

Health Horoscope

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Health Horoscope

Heinrich, the health horoscope sheds light on the interrelation between your date of birth and your physical disposition and your constitution. It tells you the health risks that might arise when you find yourself in a critical phase or when you are dissatisfied with your own productivity and output.

By learning more about your own physical strengths and weaknesses and by being aware of the areas where you are particularly susceptible you can improve your well-being and prevent illnesses. At the same time the health horoscope is not only concerned with superficial physical aspects, it also places emphasis on the necessity for psychological health and happiness. The diverse connections between your body and soul must never be neglected. Emotional stress or negative feelings and reactions are often the source of many illnesses or malfunctions which cause you to lose your inner equilibrium.

In this respect the health of people should be viewed in its entirety and not simply defined abstractly as illnesses. You will only really be able to feel good and to realize your full potential if you are at peace with your environment and with yourself. You will only be able to lead a fulfilling and happy life under the condition that your abilities and requirements are in tune with each other. Feelings of fear, uncertainty or discontentment which can, among other things, give rise to particular diseases will rarely occur.

Your element shows that you are a lively and energetic person with a thirst for adventure who loves change and who courageously and curiously gets involved in exciting enterprises. You always proceed impetuously and recklessly as you hate limitations of any sort. In your yearning for new boundaries and extraordinary experiences you place great value on your freedom and independence - you believe that this is the only way that you can develop your capabilities and opportunities.

Heinrich, your pronounced self-confidence ensures that you are not discouraged by problems or minor setbacks. You know your strengths and don't tend to doubt yourself or have inner uncertainty. Your optimistic charisma and convincing manner leave a lasting impression on those

around you. People are inspired by your objectives and ideas as you will follow your claims with impressive feats.

It goes against your basic nature to let yourself be thrown by symptoms of illness. Your good physical disposition even helps you to overcome health restraints which might degenerate into chronic and prolonged illness in other people. Your well-being can, however, suffer as you expect too much of yourself and overestimate your strength. Sooner or later you will be unable to avoid heart trouble or circulatory disorders if you continue to ignore your limitations. Another danger to your health is that you often tend to be unscrupulously devoted to life's pleasures. Liver, gallbladder or kidney trouble is the consequence of an unreasonable and excessive life style that is unrestricted in any way.

The enthusiastic Pisces

As you convincingly and sincerely represent your plans and intentions it's no surprise that frequently other like-minded people plug into your interesting projects. The strong attraction which radiates from you motivates and stimulates your surroundings - people let themselves be carried away by your ideas and proposals because they are so extraordinary and original.

Heinrich, once you have devoted yourself to a particular project, which usually is very demanding and unconventional, it becomes the focus of all your attention and energy. Unselfishly and altruistically you set about the realization of your goal. In this, you are even willing to make sacrifices and to go without to keep from jeopardizing the success of the project.

Considerable health problems often spring from this committed manner: You overrate your physical and emotional energies, expect too much of yourself, and neglect the most essential needs. Signs of exhaustion and tiredness or symptoms which clearly indicate that you have reached or even exceeded the limits of your abilities do not aggravate you as you perceive them practically as accompanying circumstances. Because you don't have the strongest disposition anyway, you should place the greatest possible value on stabilizing your body's defenses.

Athletic activities done sensibly are just as useful as extensive periods of rest and relaxation in that both will put the necessary distance between you and your stressful and often nerve-racking occupation. Also, don't make the mistake of immediately wanting to fight any symptoms of illness that occur with drugs - these complaints are often of a passing nature and can soon be dealt with in natural ways.

Your Planet: Neptune

Heinrich, your pronounced intellectual and artistic abilities make you a sympathetic and sensitive person who expects a lot of yourself. You are never satisfied with already known theories and ideas and are much more compelled to push forward to new and extraordinary results. Your strong imagination plays a significant role here. It helps you to advance to higher spheres and thus to truly understand the real and deep interrelations.

Your sensitive disposition often causes you difficulties as soon as you

are confronted with life's realities and constraints. You don't want these to curtail your freedom and intellectual independence so you often try to evade clashes in connection with this and to withdraw yourself from the influence through your surroundings. Conversely, inexplicable phenomena and mysterious circumstances have are almost irresistibly fascinating to you - it is therefore definitely not just by chance that you occasionally fully occupy yourself with occult and parapsychological subjects.

Your profound intellectual character often causes you to neglect your physical needs and requirements - you ignore the signals which indicate that your body is being weakened or overtaxed. Sometimes you first have to experience a serious sickness before you'll take the time to consider your current life style and pay more attention to your health. Based on your sensitivity you are basically prone to nervous disorders as you take particular facts or events too much to heart and thus lose your inner equilibrium and peace. Recovery of your inner equilibrium is guaranteed if you'll strive for a harmonious unison between your body and soul.

Your Element: Water

The way in which the people who can be assigned to this element act and think is highly influenced by their emotions. Accordingly, you are anything but composed, practical and straight forward - when occupied with a particular project you are wholeheartedly involved in every meaning of the word. Accordingly, you respond almost indignantly or even irritably as soon as you are accused of a lack of commitment. It is no wonder that with this sort of emotional disposition that you are very dependent on the mood of your close environment.

On the one hand, this leads to you being remarkably productive in a harmonious and agreeable atmosphere, but on the other hand problems and accusations on the part of your fellow men are not without effect. Heinrich, you are hardly able to conceal your excitement or your displeasure and sometimes have a tendency to quite drastically, openly and radically voice your opinion and soon as you feel like you've been mistreated.

Incidentally, your pronounced sensitivity and sentimentality ensure that you are highly susceptible to emotional upset and disturbance. Occasionally, your confidence is too easily undermined and you lack the ability to simply ignore particular difficulties in your surroundings. Therefore, it is not just coincidental that you are occasionally faced with

psychosomatic illnesses which are caused by the loss of your inner equilibrium. If you attempt to suppress feelings of anger, discontentment or sickness it will have a negative effect on your well-being - stomach complaints or indigestion indicate unequivocally that inner tensions give rise to physical symptoms.

Favorable and Unfavorable Phases

The best conditions for introducing and changing new schemes and projects are definitely in the end phase of February and in March. Heinrich, you confidently tackle extraordinary challenges yourself as you are on top of the world and brimming with self-confidence. In May, in the first weeks of July, and in January you also have pronounced capabilities and during these periods you can almost effortlessly achieve remarkable results.

On the other hand you will possibly momentarily lose your inner equilibrium and have a tendency towards mood swings and indecisiveness. You should keep these weak phases in mind by proceeding more cautiously and restrained than usual and refraining from making far-reaching decisions. As you are more prone to health problems than usual during this period you should focus primarily on a reasonable and balanced way of life which does not involve extreme physical stress.