

MONTHLY MOON SIGN EFFECTS (TO BE COMBINED WITH MOON PHASE)

Aries: Excites brain, blood flow to head, avoid light in eyes/excessive sun on head. Heat can arise suddenly, so watch fevers and tempers. Dehydrates brain.

Taurus: Builds, fixes forms. Habit bound. Calms, strengthens, nutrifies. Gourmand's moon. Enhances moisture and other effects to ear-nose-throat. Pleasant, relaxing, congenial vibes.

Gemini: Responds too strongly to pharmaceutical drugs. Avoid EMFs. Jumpy nerves moon. Sensitizes lungs, hands, fingers, arms, nerves. Not sleepy! Stimulates diversion, distraction, fun. Energy flows into the mind, verbal centers and hands. Requires exercise to balance.

Cancer: Stomach oriented. Energies turn inward. Strong effects on psyche, mood, memory. A weepy, sentimental moon. People prefer to stay home, sleep, eat, cuddle. Increases allergic responses. Stay home. Allow only pleasant images to enter the mind. Nurture self, others.

Leo Moon: Forces are warm and expansive. A pleasure moon. Effects blood pressure, heart. Heats organs, gall bladder effects. Care to back. A willful, hot tempered moon. Dehydrates.

Virgo: Fasting moon. Slows the liver, pancreas, intestines. Avoid fats. Quickens nerves.

Libra: Pleasant, sociable moon. Effects balance of PH, hormones. Relaxes. Increases desire for sugar and alcohol. Increases vertigo in those prone.

Scorpio: Enhances all excretory functions. Immune system ramps up. Avoid salt. Toxic or cleansing moon. Chemist's moon. Pulls energy to reproductive organs, bladder, nose.

Sagittarius: Stimulates the sciatic nerve and motor centers. Hyperactive, restless responses. This Moon enhances insomnia, and excites all "red" mental illnesses in those prone including: mania, paranoia, schizophrenia, MPD, ADHT (in those prone). This moon requires large muscle movement and aerobics. Anti-sedentary.

Capricorn: Slows liver and gall bladder, sensitizes skin, knees, stiffens body, vomits up. This moon is very drying and has an adverse effect on the uterus, breasts, emotions. Avoid harsh sun, purges, This moon increases allergic responses. Excellent fasting moon.

Aquarius: Most extreme moon for electro-magnetic and barometric effects that are hard to diagnose. Cramps, especially in lower leg. Energies are unpredictable and reactions can be extreme to medications, hormones, and even homeopathic remedies! Fatigue. Influences circulation, spinal nerves, blood quality (anemia), oxygenation of blood, neural impulses. Requires more vitamins and some minerals than most signs. Craves salt. Needs fresh air!

Pisces: The sleepy moon. Energy meanders. Sensitizes feet, glands. Most receptive moon, avoid exposure to bacteria/viruses. Strongest moon (positively or negatively) for hypnosis, autosuggestion, music therapy. Dangerous for depressives and sensitives. Psychic Moon. Excellent for making/administering teas, tinctures, decoctions (under medical supervision).