

MOON PHASES AND SIGNS FOR TREATMENT: THE QUALITY OF TIME *“Transit” Moons and also, some natal Moon sign tips.*

Waxing Moon:

Nutlify, add to body, build, grow, plant (first quarter is best for energetic effects, and second quarter is strongest for ripening effects). See note for *Full Moon*.

Waning Moon:

Expels, purges, cleanses body. Fast, remove parasites, perform removal surgeries (fourth quarter is strongest). See note for *New Moon*.

Full Moon:

Swells, bursts, concludes, fulfills. Hemorrhage prone. Avoid surgery 48 hours before to at least 24 hours afterward (unless physician advises otherwise). Lunar Eclipses are triple strength full moons.

Balsamic/New Moon:

Forces turn inward, enhances tidal pull. Avoid surgery 48 hours prior, 24 hours following (unless physician advises otherwise). Solar Eclipses are triple strength new moons.

Earth Moons; Taurus, Virgo, Capricorn: Cold and Dry (Taurus is warm and moist)

vomits up, casts and molds well, excellent for building for long term, plant root crops. Strengthens the body, tonifies, Earth signs are astringent and concentrating, constipating. Muscle and bone builders (especially Taurus). Liver slows down. Virgo and Capricorn moons are best for light, low fat eating or for fasts whereas Taurus is best for eating heartily!

Water Moons: Cancer, Pisces, Scorpio: Cold and Moist

expells downward, accepts best of all signs, mucous producing, excites excretory system (especially Scorpio), highly fertile, responds strongly to drugs, best element for decoction therapy, plasters, compresses, making tinctures, infusions, decoctions. Hydrating and edemic. Stimulants, exercise and heat counteract.

Fire Moons: Aries, Leo, Sagittarius: Hot, Dry (Leo is hottest, Sag is warm)

Best element for exercise and movement therapies. Light, sun and color therapy. Play therapy, sports, hiking. Stimulants work more strongly on fire moons. This element excites the arterial and cardiac system and can overheat the body, the brain, the nerves. Fever prone. Bad for “itises” and inflammation. Dehydrating, drying. Good for reducing excesses fluid with vapor therapies. Sedatives and moisture counteract.

Air Moons; Gemini, Libra, Aquarius: Cold and Dry (Aquarius is the coldest)

Excites nerve impulses, and speeds up neurotransmission. This element is most sensitive to electric fields and EMF poisoning through computers, cell phones, etc. Air does not absorb nutrients well. Gemini and Aquarius moons are generally known for strange effects due to drugs or major health treatments. These signs need air. Requires calming, grounding therapies, touch, minerals, vitamins. Responds well to protective stones, nerve tonification, nerve and brain rest, relaxing sleep. May heighten mental effects. Nervines assist. Minerals ground.