

ASTROLOGICAL TRENDS FOR OCTOBER 2005



by Bev Murray -
Insight Astrology

BIRTHDAY – LIBRA

Libra encompasses the spring Equinox which encompasses the true focus of this Sun sign, **balance**. Balance and harmony are of primary importance in their lives. As a consequence they are diplomatic, sociable and idealistic. The most important sphere of their lives is the one-to-one relationship. They enjoy luxury and can be self-indulgent.

Give them: Pink roses, expensive chocolates, oils and perfume, anything beautiful and indulgent!!

What October holds...

Libra

There is a new moon in Libra on October 3rd, with a solar eclipse and Venus opposite Mars. All this adds up to increased sensitivity and more opportunities for your counseling abilities to be put to good use. Old friends could figure in your life.

Scorpio

The focus this month is more on the financial than the creative. The latter part of the month favours finances and the ability to create more! Move ahead with personal plans and take advantage of an increase in confidence and optimism.

Sagittarius

There is an eclipse on the October 17th Full Moon which suggests that you take your time making decisions, especially with regards to work. Timing is everything this month! You may experience a psychic insight in the last few days of the month.

Capricorn

A great month career wise. Make the most of any opportunities that come your way! Although you might be reluctant to take financial risks now, believe me everything will turn out beautifully. Music and art will relax your mind.

Aquarius

Reaching a long-term goal is quite possible this month. This is an excellent month financially and socially! It is best for you to follow your heart in all things now and enjoy the results! Some of you will receive a promotion or career opportunity.

Pisces

The Jupiter transit through Libra late in the month is a boon financially and you can really make some headway. Relationships can also be strengthened this month and old problems sorted out agreeably. Spend some time in the outdoors.

Aries

Family, romance, children, parents, are all-important during October. You can find that old fears no longer bother you and you feel inspired to take on challenges! Any disagreements will be sorted out quickly so don't get in fluster.

Taurus

The full moon on the 17th will highlight the fact that you need to bring your spiritual and mundane life into harmony. You could be inclined to take off in a new direction! It is a very intense and confusing time for you right now. Relax, go with the flow.

Gemini

The solar eclipse on October 3rd falls in your romantic sector, making for a passionate and intense month. Truths will be revealed and honesty is the best policy right now! Small issues can get out of hand way too easily. Practice deep breathing.

Cancer

Mars turns retrograde on October 2nd marking a time of slow movement and frustration. Working steadily and in good humour will eventually reap you rewards, so don't get worried about this! Go out a little and enjoy yourself with friends.

Leo

A sense of closeness with friends and partners prevails this month. Make the most of it! You'll be especially popular towards the end of the month but don't let social engagements stop you from looking after yourself. Eat well and get plenty of rest.

Virgo

Painful relationship issues can be brought out into the open and worked through this month. There is a lot of adjustment coming for you and intense inner searching. Look after yourself as the nervous system is in for a beating.

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The low-down on fats

By Anna Steadman N.D.

Dietary fat has been a dirty word for some time now and generally people are cautioned against eating too much fat, hence the boom in low-fat products. At the same time that low-fat everything is available, we are fast becoming one of the fattest nations in the world, second only to America.

That would suggest to me that something is wrong with the whole industry and perhaps we need to look at things differently to be healthier as a nation. For starters not all fat is bad. There are a few types of fat, both good and bad and I will take you through the different types and where you will find them.

We all need some fat in our diet. Fat helps us to produce hormones, to make and repair cell membranes and nerve sheaths and to balance our nervous systems. Fat in our food, whether it is olive oil or butter makes it taste better, we all know that! Any skin condition that is red, itchy or inflamed needs fatty acids - psoriasis, eczema and dandruff especially.

Fatty acids are the chemical components that make up fats, and the body needs fatty acids in order to stay healthy. The thing about fatty acids is they must come directly from our food, we can't make them ourselves.

Okay, so let's look at the different types of fats. First of all we have the Essential Fatty Acids, which are important for good health. They reduce the chance of heart disease through decreased clotting of the blood, they display an anti-inflammatory action therefore helping with asthma, eczema and arthritis and they increase brain function and memory.

EFAs are generally divided into two categories, **Omega-3** and **Omega-6**.

Omega-3: One of the main Omega-3 oils is called alpha-linolenic acid and it comes from plant sources such as flaxseed oil, walnuts and soybeans. The other Omega-3 oils are DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) and they are found in fish oils. Oil rich fish include mackerel, cod, tuna and salmon. These are all available in supplement form or you can get them through your diet by eating the oily fish and using oils on your food. Flaxseed oil is a particularly good source of Omega-3. A dessertspoon full on your breakfast is a good way to take it, or in a salad dressing. Make sure the oil is refrigerated and stored in a dark, well-sealed glass bottle as it is easily oxidised. Olive oil is also a good source of EFAs and may be used liberally on salads. High temperature cooking such as frying destabilises EFAs, but some oils are more stable than others. Sunflower, safflower, grapeseed and olive oils are the best ones for cooking.

Omega-6: There are two forms of Omega-6 fatty acids; linolenic acid and gamma-linoleic acid (GLA). Pumpkin seeds, walnuts, almonds, wheatgerm and flaxseed are all good sources of linolenic acid. GLAs are harder to acquire through diet as they are normally converted by the body

from linolenic acid. However, deficiency is common as the conversion is easily disturbed by stress, illness, poor diet, too much alcohol, decreased liver function and hypothyroidism. Therefore a supplement is recommended, usually of evening primrose oil, which is high in GLAs.

Saturated Fats: These fats are usually found in animal foods and coconut and palm oil. Saturated fats are generally solid at room temperature. It is important to have some saturated fat in the diet, but too much increases the chances of heart disease and obesity. Some examples of saturated fats include dairy products, meat and coconut milk.

Unsaturated Fats: Most vegetable oils are unsaturated and are therefore liquid at room temperature. Unsaturated fats are generally divided into two categories; Monounsaturated fats and polyunsaturated fats.

Monounsaturated: These fats are very important as they help to decrease low density lipoproteins (LDLs) which make up 'bad' cholesterol and increase high density lipoproteins (HDLs) which make up 'good' cholesterol. Olive oil is a good example of a monounsaturated fat.

Polyunsaturated: These fats include flaxseed oil, canola oil and hemp, walnuts, soybeans and pumpkin seeds. However both good and bad oils may be polyunsaturated, depending on how they have been treated.

Hydrogenated and Trans Fats: Now these really are the bad guys and unfortunately they are everywhere in processed foods. The process involves adding a hydrogen molecule to natural oils, which breaks them into a semi-solid fat. This is done to prolong the shelf life of certain foods. It is also done in the process of making margarine spreadable. Trans-fatty acids are found in commercial baked goods such as biscuits and cakes, in many packaged foods, salad dressings in a bottle, margarines and some cooking oils such as corn and safflower. The trans-fatty acids are a weird molecule shape and are known to be bad for us.

So, there's the low-down on fats. As per usual the best food to eat is food that you have made yourself. Any processed and packaged food that you consume is likely to be deficient in the 'good' fats and full of the 'bad' ones. Especially be wary of margarine, which was the big health fad of the 1980s, but due to its trans-fatty acid content, is best avoided. Butter is better, especially if you can get organic butter.

Eat plenty of unrefined, unprocessed cold-pressed oils on your salads or over vegetables.

Crush up sunflower and pumpkin seeds and almonds and sprinkle that on your porridge in the morning, add a dessertspoon of flaxseed oil and you will have just about reached your fatty acid requirement for the day.

Good health to you, until next time....

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