

Planetary Bioenergetics Celebrity Case-Study Assignment

For each celebrity below, complete the following:

- What are the two constitutional planets for each celebrity?
- List what each of these planet's rule.
- What 7-year aging cycle is each celebrity currently in and what organ system does that planet rule?
- For each celebrity, list 3 homeopathic remedies that relate to their planetary constitution.
- For each celebrity, list 2 herbal tonics and 2 superfoods that you would consider adding to this persons' diet or lifestyle to support their 2 organ systems.
- For each celebrity, create a short plan for better health and awareness as this person ages.

Princess Diana - July 1, 1961 7:45 PM

Cristiano Ronaldo - February 5, 1985 5:25 AM

Elizabeth Taylor - February 27, 1932 at 2:30 AM

Dwayne Johnson - May 2, 1972 at 6:02 PM

Assignment Example: Miss Liberty - Born July 4, 1957, 6:05 AM

Constitutional Planets: Thursday, Jupiter Day, born in the Mercury hour

Jupiter Rules: liver, digestion, pancreas thyroid, assimilation

Mercury Rules: the lungs breathing and respiratory issues

7-Year Aging Cycle: age 64 = Saturn 7-year cycle (in the year 2021); Saturn = bone health, skeletal system

Homeopathic Remedies: *Lycopodium, China off., Zingiber*

Herbal Tonics / Superfoods: Jupiter = Milk Thistle, Ginger, Apple Cider Vinegar, Dandelion; Mercury = Chia Seeds, Cordyceps, Elderberry, Germanium

Plan for Better Health: If I were this person, I would eat clean, no fried foods that may clog up the liver. Digestion and liver health are the primary concerns to consider along with enhancing this person's assimilation. Seasonal cleansing and eating more green leafy vegetables. Since Jupiter rules the feet, I would suggest reflexology or foot massage and avoid tight shoes. With Mercury as the second planet, involvement of the lungs and breathing are a part of this person's health journey. Alternate nostril breathing and breathing exercises are important. No smoking!

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