



September

You may think with all the travelling that I do, that I have a good grasp of geography and direction. Not a bit. I've just been to Sweden and Denmark and nearly unintentionally ended up in Finland! I had to fly into Copenhagen airport then catch a train to Helsingborg where I would meet Birgitta who was organising my Swedish lecture tour. I managed to get on a train to Helsinbør. I figured that maybe coz we were in Denmark they would spell a Swedish name differently. Luckily after a few stops I decided to ask a fellow passenger whether I was on the right train. "This train is going to Finland," he said "You need a train to Sweden". It turns out that Helsinbor is the Danish spelling for Helsinki! Oops! I did get the correct train in the end and I'm back now to tell the tale!

I'm about to go to the Northern Ireland Reflexology Conference where my dance partner and I will be starting the dancing for the gala dinner. I've been practicing loads for that. I better hurry up and prepare what I am going to say at the conference! I've got the contract to give talks at the New Hampshire, USA, conference next year in April and I am just about to launch a workshop in Marseille for July next year .

For the rest of this year, I will be preparing for the reflexology school I am running next year and somewhere amongst all that I am hoping to finish a book. I've set myself a deadline for end of October to get all the book submissions in, then will focus on creating it ready for print run in January. That's the goal. Let's see if I can manage it.

For the rest of this month I will be at jive weekender in Llandudno, at York giving a workshop and in Coleraine giving a workshop.



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SPECIAL POINTS OF INTEREST

Jane's new Level 3 Diploma in Reflexology School at Scarisbrick Village Hall has received AOR approved status.



Phil Nuttridge— Biophysicist, Statistician, Manual Therapist and Pilates Instructor—begins an occasional series of articles for The Pampering Times looking at the new science of nutrition. **These articles will draw from his research and investigation into what the modern science of food and diet is telling us and how it is confronting head-on many of the old concepts and over-turning much of what we used to believe. Be prepared to be challenged! More information can be found on Phil's website cuttingcarbs.co.uk or by following him on Instagram: CuttingCarbsUK.**

FROM THE READERS—BRIDGET MARTIN LMT

Hi Jane
Another excellent read!
The article by Phil Nuttridge was especially appealing since I've been coaching clients about weight management lately and the hot topic is the over abundance of sugars in our foods and how this has changed the metabolic responses in our bodies. I knew about the hormones but found his insights into the way they respond to foods an added piece of

knowledge I greatly appreciated reading about. I look forward to reading more of his material and will enjoy his website as well.

AND, so interested to read about Karen's auricular reflexology! I will follow her site as well as I do foot reading/reflexology and knew of auricular but haven't learned enough to apply in my practice.

Thanks Jane for providing this wonderful newsletter.

OF (FAT) MICE AND (FAT) MEN—HOW STEPPING ON THE CRACKS IN THE PAVEMENT IS GOOD FOR WEIGHT LOSS!

BY PHIL NUTTRIDGE

Phil Nuttridge continues his series of articles looking at the modern take on diet and nutrition. He explodes many of the dietary myths that have defined the latter decades of the twentieth century and left their legacy of chronic illnesses in the first decades of this century. In this month's article he looks at the evidence that calorie counting is a flawed strategy for weight loss and that it is controlled by hormones after all. More information can be found on Phil's website cuttingcarbs.co.uk or by following him on Instagram: CuttingCarbsUK

It is incredibly difficult to make a fat mouse. If it was as difficult in humans as it is in mice, people like me would not be writing articles like this!

Although there are many ethical arguments against experimentation on animals, obesity experiments on humans are hugely problematical. So, regrettably, in order

to understand better human obesity our little rodent friends are the ones under the microscope.

But there is that first significant hurdle - to study obesity in mice you have to have obese mice. And that is quite challenging. Unlike humans we can't just give them unlimited access to convenience food, a comfy sofa and a Netflix subscription and watch the pounds pile on.

Under normal conditions (and access only to normal 'mouse food'), laboratory mice are very good at controlling their weight. If you make excess food available to them, they just eat what they need and leave the rest. If you reduce food available to them, their metabolic rates reduce to compensate. If you dilute the energy content of the food they eat, they eat just the right extra amount to compensate. They do not need calorie counting to keep their weight in order.

Luckily for our experiments though, there are two possible ways to make a fat mouse:

Genetic manipulation

Addict them to sugar or foods high in synthetic fats.

Even the second of these is not a guaranteed way of making them fat as sugar-addicted obesity in mice seems to be controllable with faecal implants. I will come back to faeces later.

Taking the genetics first, there are two known variants of fat mice, named *Ob* and *Db*. Whilst both types of obese mouse look the same, the thing that sets them apart is what happens when we 'mix' these mice with non-obese mice. Regrettably, 'mix' in this context is not for the faint hearted. By 'mixing' I mean parabiosis, the surgical procedure whereby two mice are stitched together so that their blood circulations intermix - a bit like the opposite of separating Siamese twins. Such methods would be frowned upon nowadays, but in the Sixties when these experiments were performed, it was an accepted procedure.

Three parabiosis combinations were investigated and these are summarised below with their results:

Food was not restricted nor exercise imposed in any of these experiments - there was no enforced calorie counting. Instead, weight loss resulted from something blood-borne passing between the 'mixed' mice.

Where am I going with this? Well, you may remember the Swearing Gym Bunnies (SGBs) we met in my last article. We saw that they are the new breed of 'expert' telling us the sole reason we are fat is because we do not count our calories. The SGBs assure us that weight loss is just a simple matter of making sure you burn more calories than you eat. "Be in caloric deficit" is their mantra, i.e. eat fewer calories than you burn. Count your calories and you can count on weight loss. They assure their followers that if you do not lose weight it can only be because you are not tracking your calories properly - you are either eating more than you claim or exercising less than you claim and probably both!

The mice in our parabiosis experiments did not have SGBs shouting at them to count their calories, instead the mice lost weight because of something being transmitted in the mixed blood. It took a few decades of research to isolate what this 'something' was, but we now know enough of the chemistry to interpret those landmark experiments.

The *Ob* mouse was missing a factor in its blood that told it when to stop eating because it was full - the *Ob* mouse got fat because nothing was telling it when to stop eating. The normal thin mouse had this factor in its blood and so knew when it was full. When in Experiment 1 the two were mixed, the factor from the normal mouse was passed into the *Ob* mouse. It then had the factor telling it when to stop eating and so it lost weight.

The *Db* mouse's story is a bit more interesting. It turns out this mouse not only had the 'stop eating' factor circulating in its blood, it actually had rather a lot of it. What had gone wrong in the *Db* mouse was that its brain was deaf to the 'stop eating' message. The bit of the mouse that produced this factor was shouting its 'stop eating' message ever louder but it was not being heard, hence the elevated levels of the factor. This was bad news for the normal mouse that got mixed with it in Experiment 2. The excess 'stop eating' factor passed into the normal mouse's blood whose brain listened to the 'stop eating' signal all too clearly and kept listening. This poor thin mouse eventually died of starvation through the unrelenting 'stop eating' message.

In Experiment 3, the 'stop eating' factor from the *Db* mouse entered the blood of the *Ob* mouse, whose brain was still able to listen to the message. The *Ob* dramatically lost weight like the normal mouse in Experiment 2 but because it had more fat reserves, it lasted rather longer.

This factor turns out to be the hormone leptin that we met in my last article, the hormone released by the fat cells in our skin once they have received enough fat. *Ob* mice fail to produce leptin and *Db* mice produce leptin but instead their genetic fault leads to leptin resistance in the brain: No matter how much leptin you throw at it, it will not listen to the 'stop eating' message.

We now know that the human mechanisms controlling obesity are very similar to those in a mouse - we too have leptin. Just like the *Ob* mice, there is a rare genetic disorder in humans that prevents our fat cells producing leptin causing insatiable hunger and obesity. This human condition has been successfully treated with leptin injections. Humans can also suppress the production of leptin with bad dietary choices - rapid weight loss through calorie restriction being one of those bad choices. If you attempt weight reduction through eating fewer calories and those calories are high in carbs and synthetic fats, then your 'stop eating' signal gets quieter and quieter. You rely on willpower alone to stop eating and when

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that runs out, the midnight munchies kick in! Sneakily, the lower levels of leptin also slow down your metabolic processes so that the calories you expend both resting and in exercise reduce. Your balance between calories eaten and calories burnt moves away from deficit towards balance, taking you out of caloric deficit and into caloric surplus even though you continue to suppress your calorie intake. Life on reduced leptin is just not fair.

Humans can develop leptin resistance too, though unlike the *Db* mice in these experiments, human leptin resistance can also be developed through bad dietary choices. On the plus side, it seems that diet-induced leptin resistance in humans can be reversed at least partly.

Let's now turn to the second way to make mice fat - sugar and faeces. Not all mice will become obese if given unlimited sugary and fatty foods but some do. It is probably of no surprise to you that sugar addiction is a contributor to obesity in mice as it is in humans but did you know mice can find sugar even more addictive than cocaine? That aside, what about the faeces?

Let me take a moment to talk about microbes. It is estimated that in a typical adult human there are around 35-40 trillion human cells. Whilst that is a very big number, what I find even more remarkable is that there are at least as many microbial cells (bacteria, fungi, virus) within each one of us too. Some estimates put the ratio of microbial cells to human cells at 3:1 or greater. Whatever the ratio, the entity that you think of as 'you' is at least half microbial!

Many of these microbes sit in your gut and we are now learning just how transformational they are in our relationship with food. To understand this I am afraid our rodent friends are back in the firing line.

One thing that works in our favour when we study mice is that mice will actually eat their own faeces. It even has a posh name - coprophagia. It is an evolutionary strategy that enables mice to absorb vitamin B12 and folic acid released from food by their gut bacteria but too late in the digestion process to be absorbed 'first time around'. So, by eating their faeces, the B12 and folic acid released from the first-time processing in the gut then get absorbed in this second pass through. The consumed faeces will also contain a sample of their gut microbes. If the faeces are from another mouse, then the ingesting mouse gets exposed to the gut bacteria of the 'donor' mouse.

Remember I mentioned earlier that not all mice get fat when sugar is made available to them. Here's the interesting thing: If you take the faeces from one of these thin mice and feed them to a mouse that would otherwise get fat, then the potentially fat mouse remains thin. The gut microbes of the thin mouse seem to make a pivotal difference.

Interesting corroboration of this for humans comes from the study of twins. Studying identical twins reduces the effect of genetic variation in any analysis as the siblings have an identical genetic make-up. What is useful is if you can find sets of such twins where one of the siblings is of normal weight and one is overweight or obese. Fortunately sufficient instances of such twins have been found and studied. It is particularly interesting when we look at the diversity of the gut microbes in each twin. Consistently, each normal weight twin has a much greater diversity of gut microbes than their overweight or obese sibling.

Inconveniently (from a research perspective), we humans do not have a penchant for eating faeces! Instead, experiments of surgical faecal transplantation between thin and obese humans are showing similar results to the mice experiments.

So, what you eat matters because food groups can alter leptin production and leptin sensitivity. Your gut bacteria matter too. I think the SGBs would start swearing at me if they heard that.

Let me now anticipate an objection here: Surely it is just mind over matter - with enough willpower (being shouted at by SGBs, for example) surely we can overcome the limitations leptin imposes on calorie restriction? Fortunately there is some (old) research that helps answer that very question.

One of the big problems with human food research is the ethics of strictly controlling exactly what a group people eat and do for a sufficiently long period of time

to have a meaningful and measurable effect. (Un) fortunately during the Second World War, some researchers had access to a group of people who could have their diet and exercise very rigorously controlled - imprisoned Conscientious Objectors.

Now referred to as the “1944 Minnesota Starvation study”, this experiment placed a group of Conscientious Objectors on a strict diet of reduced calories and enforced exercise. Of course, this is exactly what the SGBs tell us to do but the 1944 study enforced things to a degree no SGB could ever hope for.

In the first weeks of caloric deficit, the 1944 test subjects duly lost weight. One - nil to the SGBs. The thing is though, this weight loss did not continue as planned. The rate of weight loss reduced as the experiment progressed; even though the subjects were on the same calorie restriction and the same levels of enforced exercise - in other words, their caloric deficit was being maintained - they stopped losing weight. Some even started to regain weight.

JANE'S SEMINAR DATES 2019

20-22 Sep—NI Reflex
Conference

19/20 Oct—Coleraine

29/30 Oct—Sheffield

1/2 Nov—York

16/17 Nov—Lyons, France

23 Nov—Frodsham
Coaching

2020

26/27 Jan—Aldershot

1/2 Feb—Chester

29 Feb 1 Mar—Portlaoise

7/8 Mar—Newcastlewest,
Limerick

28/29 Mar—Letchworth

27/28 May—Sully

17/17 Jun—Tonbridge

18 Jun—Coaching for
Footreaders—Tunbridge
Wells

1/2 Jul—Bedfordshire

2/3 Sept—Birmingham

9 Sep—Coaching for
Footreaders—York

Our calorie counting SGBs will tell us that cannot be - stay in calorie deficit and you will continue to lose weight. If the SGBs had been at the helm of this experiment they would have been shouting and swearing, claiming that the subjects were not losing weight because they were lying and cheating; they were being glutinous and/or lazy. But the Minnesota experiment showed otherwise. The subjects' calorie intakes WERE rigorously controlled (no opportunity for cheating there) and they WERE forced to continue with the exercise regimen (no cheating there either). In fact, in order for weight loss to be achieved and maintained for the whole of the starvation phase, calorie intakes in the study were repeatedly reduced so by the end of the trial some participants were on fewer than 800 calories each day.

That this was leptin's revenge is evidenced by the behaviour and mood of the subjects. Despite the starvation phase being conducted in the summer, the participants constantly felt cold. Their muscular strength reduced by twenty per cent. Resting heart rates plummeted, some to as low as 35 beats per minute. Cardiac outputs reduced twenty per cent; blood pressure scores lowered too. They experienced dizziness, lethargy, mania, depression, and anxiety. The lower leptin levels caused by the calorie restriction meant they were completely lethargic during the non-exercising parts of the day and burning fewer calories than before during their enforced exercise sessions. They were in such metabolic shut-down that their total calorie expenditure reduced sufficiently to compensate for the lowered calorie intake. A controlled calorie intake that had started off as caloric deficit became calorie balance, even for some caloric surplus.

When the test subjects were finally put on the recovery phase of the experiment and given freedom to eat and exercise as much or as little as they liked, the subjects dutifully and rapidly put all the weight they had lost back on and in most cases around ten per cent extra too. Their lowered metabolisms now meant that even eating food at pre-diet levels caused significant caloric surplus and therefore rapid weight gain. Their percentage body fat was also significantly higher after the experiment as their bodies had gained fat in preference to lean body mass in the recovery phase.

The Minnesota study proved that calorie deficit only works in the short term. Leave it long enough and leptin-controlled responses bring about metabolic reduction to restore caloric balance. Leptin changes also attack your mood and willpower, eventually forcing us to resume normal eating. When normal eating is restored, the reduced metabolism leads to rapid weight gain because of the now caloric surplus. The yo-yo diet is born!

To summarise, the two rules of all calorie restricted diets:

- 1: All diets work
- 2: All diets fail

Initially the diet works - better eating in terms of quantity and quality of food will give you weight loss. Eventually though the body fights back and returns you to where you started through altered metabolism and reduced willpower. Your body does not like change.

But if it does not work, why is calorie counting such a part of our psyche? Maybe it is not too dissimilar to why there are 'flat-Earthers' out there. Look out your window and apart from a few undulations, the Earth undeniably does look flat. However, physics and global exploration clearly show us that this is no more than a local approximation of a spherical planet. Most people accept that. If I equate 'leptin deniers' (a.k.a. my SGBs)

to ‘flat-Earthers’, you can perhaps see my comparison. Because calorie counting works in the short term, the leptin-deniers extrapolate it as a complete long-term solution too. It is hard to convince them otherwise as, unlike a few harmless flat-Earthers, the leptin-denying SGBs make a lot of money from their view of the world!

Perhaps I can beat them at their own game. I could market a ‘STEP ON THE CRACKS IN THE PAVEMENT’ diet. It would read: “*Rather than eat lunch, go outside and step on the cracks in the pavement for half an hour. Do that every day and I guarantee in two weeks you WILL have lost weight*”. Ker-ching. A potential money spinner.

However, beyond this initial success, as we now know, leptin’s hold will kick-in: After two weeks, you might spend only fifteen minutes stepping on the cracks in the pavement; you might do it more slowly than at first; you might take a packet of crisps out with you while you are ‘crack-stepping’. You might dive into a mid-afternoon snack instead. You might have a power-nap in the afternoon to save some calories. Or when you get home, you are slumped on the sofa all evening rather than going to Zumba. Leptin has a lot of strategies up its sleeve. As long as I have done a runner by the time this happens and when all the weight has been put back on, I am quids-in with my cunning diet plan. And so it is for the calorie counting SGBs out there.

Leptin is inevitably just part of the story. In next month’s instalment I will share with you the story of insulin and its role in weight gain - a tale of Ice Ages, Fat Babies and Autumn binges.

This month’s recipe is a quick and easy low-carb cheese biscuit:

CHEESE BISCUIT BY PHIL NUTTRIDGE

Ingredients

100g of hard cheese
(parmesan or grana padano)
100g of ground almonds
1/4tsp salt
A little water



Rosemary and more salt or
more cheese for the topping

- 1 Pre-heat oven to 170 Celsius.
- 2 Put the grated hard cheese and ground almonds in a food processor with the salt. Pulse to a fine mix.
- 3 Put the motor on low and trickle in just enough water to get a dough.
- 4 Place the dough on a sheet of parchment. Put another sheet of parchment on top and roll to a rectangular crust 1/4 - 1/8 inch thick depending how thick you want them.
- 5 Lift off the top parchment. Score with a knife into biscuit shapes. Sprinkle rosemary and salt on top or more grated cheese if you love them cheesy.
- 6 Loosely cover with the top parchment sheet and place in the oven for around 20 minutes until lightly brown.
- 7 Allow to cool before lifting from the parchment.

GF RECIPE CORNER: SWEET POTATO AND PARSNIP SOUP WITH RED COCONUT CREAM BY COLIN HACKETT

Ingredients

60g butter
1 large white onion, peeled and roughly chopped
1L chicken stock
300g sweet potato (kumera style), peeled and roughly chopped
250g parsnip, peeled and cored
Grated zest of 1 orange
400ml hot milk
1 tsp freshly grated nutmeg
1 cup coconut cream
1 tbsp Thai red curry paste
4 sprigs coriander
Salt and white pepper to taste



Method

1. In a large saucepan, melt the butter and when foaming add the onion and slowly cook for 5 minutes. Pour in the chicken stock and bring to the boil.
2. Add the sweet potato and parsnip and cook for 30 minutes. Remove from heat to cool. Mash the solids with a potato masher (puree if you prefer but mash gives a bit of texture). Whatever you do, return the soup to the saucepan and to the heat.
3. Add the orange zest, milk, nutmeg, salt and pepper. Bring to a simmer and stir to cook and blend the flavours; stir in the red curry paste and coconut cream and stir well.
Serve with a sprig of coriander in the centre of each plate.



HEALTH BREAKTHROUGH OF THE CENTURY BY PAM LOB

A woman comes running past you in the park as you sit on a bench eating your lunch and watching the world go by. You watch her effortless grace as she runs away from you and you wish you had the energy to walk at a pace, not alone run and look this good. Oh to be young and fit again!

As you sit there dreaming the runner comes around again and this time sits down beside you. Saying "Hi, great to see you" in a breathless voice. As she catches her breath you look across and realise it's a friend, the same age as you who you haven't seen in ages. Last time you had met she was over weight and even more unfit than you are. Your jaw drops open in amazement and before you can stop yourself you ask her "what the hell has happened to you, you look amazing?" She turns and grins, replying with "thank you, I'm feeling fantastic, I don't think I have ever felt this good, who would have thought last year I would ever be seen in Lycra and running round the park!".

She goes on to explain "I've been taking a supplement that allows my body to heal from the inside out and a gel containing the same ingredients on my skin, that boosts my health from the outside in. Look how my wrinkles have reduced and how soft my skin feels." You compare her skin to your own and there is no comparison, she is glowing and you can see it's not just from the exercise. Yours is dry and wrinkles are erupting your sure by the day. Your sure last time you saw her she looked older than you. Now look at her. Wow! How is this possible in just a few months?

She asks if you have ever heard of Redox cell signalling. "Redox isn't that something you put in the bath?" She laughs "no that's a different spelling. This happens inside your body and is how your cells communicate within themselves and with each other, repair and get replaced. Fascinating stuff. If you are interested in the science and finding out more how this breakthrough health technology that top scientists are calling a bigger breakthrough than DNA and Penicillin works come round for coffee. I'll show you a video, and you can get to try the products for yourself, if you are interested." Boy are you interested, who doesn't want to look tan and feel good! She says goodbye and that she will call to arrange a time to get together. You sit and watch her walk away feeling jealous of her figure and looks, she could be easily 10 years younger and from behind could be in her twenties.

You carry on eating your lunch day dreaming of what you would do if you had more energy, the new clothes you would buy if you lost some weight and got fitter, the compliments you would receive from friends and family.

A light bulb flashes inside your head as you recognise that you have been taking your health for granted and putting all the niggling pains and stiffness, the slowing down to getting older. If she has turned her health around, why can't you? You realise that if you start to look after your health and putting yourself first, plus trying this strange sounding product you could also enjoying the freedom that a healthy body brings, feel younger not older and be seen in slim jeans and a fitted sweater walking at a good pace around the park. Lycra and running are a step to far, however miraculous this product is!

Turn this dream into a reality. CONTACT ME today pam@pamlob.com for more information on how boosting your Redox cell signalling could support your body in healing itself.

I look forward to hearing from you and supporting you on your transformational journey.



Diane is a talented, experienced astrologer and qualified counsellor. To get in touch, please call: **07929 261 231** (or 00 44 7929 261 231 if you are outside the UK)

Or you can write to Diane at info@positive-elements.com



ASTROLOGY FOR SEPTEMBER 2019

BY DIANE OF POSITIVE ELEMENTS

Our shared planetary picture



We have an unusual month of two very distinct halves with a Full Moon in Pisces bang in the middle, in the early hours of 14th (so the build-up is on 13th). Full Moon is when the Moon opposes the Sun and this month we have a Pisces/Virgo polarity which echoes the challenges during the first half of the month.

Four personal planets in Virgo are exacting and demand our full attention (in different areas of life for each sign). Doing things to our best ability and with attention to detail will be important, in our health, work and service to others. While the Virgo focus is on how we are different, Neptune in Pisces (opposite these planets) focuses on how we are all in the pool together and not separate at all.

Jupiter in Sag is the outlet for these conflicting energies and requires us to take a broader, wiser more worldly, philosophical position. Be inclusive and engage your higher self.

Saturn goes direct in its own sign Capricorn on 18th. It went retrograde at the end of April, bringing about a review (again in different areas of life for each sign). Saturn is 'the teacher' of the zodiac and from 18th you can start to apply whatever you have learnt during this four-month impasse.

So what will this mean for us all?

Read the horoscope for your Sun sign *and* your Ascendant sign if you know it.

Aries: Your work, health and service to others is the focus for the first half of the month. And it may be time to start a new regime... Four planets in Virgo, including your ruling planet Mars are keen to attend to details for once and the details can have a huge impact on your well-being.

This includes your daily routine, how you tend your physical self

(including the order that you usually do things in) and of course what you feed yourself, sleep patterns and exercise. Aries are usually too busy to give these things time and attention but now you **must** and the benefits from fine-tuning your daily routine can be huge!

On the career, social status and ambitions front, Saturn goes direct on 18th after being retrograde for four months in this area of your solar chart. This has been a deep review of looking at your career, relations with authority or father figures or social status. What has so far been achieved? What ambitions have still to be fulfilled? And what changes will that demand of you? If you happen to be an authority yourself, this review may include how you have been using that privilege?

From 14th Mercury and Venus light up relationships and partnerships but run up against Saturn and Pluto from 24th - 30th. The demands of the world may not allow time for love. Could it also be that the partner (or business partners) you have chosen may not be helpful in your rise to the top? New Moon on 28th marks a fresh start in relationships and partnerships in some way. What would you like that to be?



Taurus: Romance, children and creativity are priorities during the first half of the month, as all the personal planets pass through your 5th House in Virgo. Mars stays there all month, adding energy and determination to the mix. What do you want to see through to completion on a creative level? Mercury in good aspect to Uranus (in Taurus) at the start of the month, provides some original ideas.

'The money of others' features large too from 2nd - 14th but whether that is heading towards your inbox or outbox remains to be seen. Sharing and intimacy come into this too. And there can be growth through either channel.

On 14th your ruling planet Venus glides into your work and health zone, along with Mercury, planet of communication. This is good for relations with colleagues and for enjoying physical exercise. Are you getting enough? Gyms may not be a favourite places for many Taureans but any form of movement outdoors (especially

in nature) may appeal and of course dance. Give your senses more outings.

New Moon on 28th marks a fresh start here too. Time for a new regime? Keep in mind that for it to work, it needs to be pleasurable too!



Gemini: Home, security or women in the family fully occupy the first half of the month, although the demands of the world are calling too. Details have to be seen to which may feel neverending at times. Venus and Mars find creative solutions and your ruling planet Mercury helps to speed things along until 14th.

The focus then changes to romance, children and creativity which look more pleasurable. And when the Sun joins Mercury and Venus from 23rd you can probably breathe a sigh of relief! New Moon here on 28th marks a fresh start in some way too.

Saturn has been retrograde in your joint funds zone since the end of April but it goes direct on 18th which enables forward movement on whatever you have been mulling over. This may include taxes, debts and inheritances, sharing and intimacy.

Relationships and partnerships may grow as you contend with the challenges the first half of the month presents you with. Or perhaps you just come to appreciate them more.



Cancer: What you say and how you say it may take on huge proportions during the first half of the month as planets in critical Virgo cannot help noticing what is wrong... How you address this will determine the outcome. Choose your words carefully. Dealings with neighbours and siblings could be sensitive too.

If this does not seem to apply to you, the planetary line-up could be telling you that you need to move your mind and body more. Taking a course or physical exercise should be part of your schedule. Likewise, if you are in a position to share your skills and knowledge with others, it may be time to start teaching others. Work, health and service to others is highlighted from 2nd - 14th too and can offer growth for you and for others if you are proactive.

On 14th Mercury and Venus move into your 4th House of mother and home. You may have some new ideas to apply here and Venus will encourage you to beautify your home and share its pleasures with others through entertaining. Partners may not be fully behind this though (from 24th - 30th) so a large part of your task is getting them on board...

New Moon on 28th falls in you mother and home zone too, starting a new cycle. This could be to do with domestic matters and dealings with mother-figures (or possibly your own dealings if you happen to be a mother-figure yourself). But personal development and self-nurture come into this too. Nevermind everyone else, what needs to happen for your growth and well-being?



Leo: Finances are a big feature in September with four planets focusing on income, security and values during the first half of the month. But Mars drives you on all month providing the energy and determination to improve your present position, attend to details and perhaps even create a second income?

However, the financial situation (or demands) of 'others' is running counter to this from 2nd - 14th. Whether this is to your advantage or disadvantage, may not be entirely clear. One unexpected outcome of these tensions though is an outburst of energy in creativity, romance or dealings with children. And Leo's can make more of this than most.

Your ruling planet the Sun works well with Saturn and Pluto in your work, health and service to others zone around 6th and 18th. Saturn also goes direct on 18th, completing a four-month review of your work, health, service to others and daily routine. You can now apply your conclusions and make adjustments to improve your well-being.

New Moon on 28th marks a fresh cycle in communications. Uranus adds to this, coming in on a diagonal so we are looking for unique expressions of who you are! Relations with siblings and neighbours enter a new phase too, as does studying, teaching or learning a new language. New forms of physical movement are also recommended. Now what are you going to try?



Virgo: The Sun ball remains in your court this month until 23rd, radiating warmth, optimism and freer self-expression. Mercury lends you mental energy too and Venus also in Virgo, makes you darling of the zodiac until 14th. You may not be the pushover people imagine though, as Mars in your sign all month gives you an assertive edge that they may bump into... Mars also gives you the energy and determination to push your agenda forwards.

You may find opposition from others or partners may be pulling in a different direction. Despite this, it is important to see your plans through and there can be personal development or a broader base for you to operate from as a result. Relationships with women in the family can grow too. Full Moon on 13th/14th, in your opposite sign of relationships and partnerships raises emotions too.

There is also a planetary change of focus from 14th when your ruling planet Mercury and Venus move into your 2nd House of money, possessions, security and values. Venus usually eases things so to fingers crossed that it will do the same for your finances. The Sun helps to shed light on security issues too from 23rd and New Moon on 28th is a fresh start here in some way.

Saturn has been retrograde in your romance, children and creativity zone since the end of April which has required a review of one or more of these. On 18th Saturn goes direct once again and whatever insights you have gained during this period, can now be applied. Creative structures can be helpful.



Libra: Energy levels may have been low recently but that is about to change. The month before our birthday we are often at low ebb as the Sun has been away from us for the longest time. The good news is the Sun is bringing fresh energy and a sense of renewal to you from 23rd!

Your birthday whether this month or next is your personal new year. Many Happy Solar Returns! This is a more meaningful time to make resolutions for the year ahead than January 1st. It is also the perfect time to explore your planets for the year ahead with a good astrologer.

The first half of September may find you riddled with anxiety, imagining what may go wrong. This is due to a number of planets in your 12th House where your unconscious workings live. The im-

agination is a powerful tool that needs to be kept positive. And a large part of your job during this period is doing just that.

Wanting things to be perfect is another driver this month. And this too needs to be kept in hand, bearing in mind that as mere humans, perfection is often beyond our reach. Include yourself in the people you are compassionate towards and talk, write or sing about how you are feeling.

Your ruling planet Venus glides into your sign from 14th making you darling of the zodiac for the rest of the month. Your charms will be at their highest and you will attract others to you. (Although Saturn and Pluto's involvement on 25th and 30th is less easy to handle). Enjoy your popularity but make sure you do not fall into over-pleasing others.

New Moon in your sign on 28th marks the beginning of your personal New Year. Make resolutions that will help to support your emotional needs in the month and year ahead!



Scorpio: You may find yourself giving a lot of thought to friends, groups and community this month as a group of planets gather in your 11th House of collectives during the first half of the month. And with Mars in residence all month, this will be followed by action too.

Neptune's longing for individual creativity, romance and children runs counter to this in some way from 2nd - 14th and any tensions this causes finds an outlet through Jupiter which is currently widening your values and sense of security.

Others may have noticed that you have been deep in thought and less communicative than usual. But what they do not know is that as you have been undergoing an internal review since Saturn went retrograde in your communications zone at the end of April. On 18th Saturn goes direct and you can start to apply your conclusions as you begin to move forwards once again. This may help with physical agility too.

Meanwhile from 14th Mercury and Venus are busy behind the scenes with creative ideas. The Sun joins them from 23rd, shedding light on unconscious thought patterns which can now be



turned around to a more helpful setting. We are looking for positive self-talk, affirmations and have you ever considered meditation?

Sagittarius: The demands of the world may feel heavy during the first half of the month as an exacting group of planets occupy your father, career and social status zone. Details must be attended to which may be your least favourite part of the process. And at times this may feel neverending.

The call of mother, home and women in the family is strong too and even more so around Full Moon on 13th/14th. And if you can measure up and meet all of these demands, you cannot help but grow.

Finances, values and security have been under review since the end of April when Saturn went retrograde in this area of your solar chart. The good news is that Saturn goes direct on 18th and things that had ground to a halt (possibly assess to cash), start to move forwards once again as you apply your conclusions from this review.

Friends, groups and community offer pleasure from 14th and may feel like a reward for your efforts earlier in the month. The Sun adds warmth and light here too from 23rd. New Moon on 28th also falls here which could be the start of collective projects. Make time to enjoy the people in your community.



Capricorn: The wider world is demanding your attention during the first half of the month. This could take the form of travel, the higher mind, legal matters or dealings with in-laws. Neptune in your 3rd House of daily communications finds it hard to decipher the truth of things as you may 'hear' what people are thinking more loudly than what they are saying (and of course the two may bear no resonance to each other). Your antennae are sharp mid-month though, so go with your intuition.

Many things have been under review recently and the most important one of all is: you. Your ruling planet Saturn went retrograde at the end of April, setting in motion a deep internal review of identity, self-expression and creativity. That review comes to an end on 18th and you can start to move forwards once again, hopefully with a clearer idea of who you now are, how that should be expressed and outlets for that expression.

On 14th Mercury and Venus move into your career zone, providing fresh ideas around how to enhance your social status and ambitions. Venus also attracts the good intentions of authority figures who can help you on your way. Be sure to ask if you need their influence. This may not sit comfortably with you around 24th - 30th. But find the largesse to deal with it.

New Moon on 28th marks a fresh start also in your father, career and social status zone. Make resolutions for what you hope to find here in the month and year ahead.



Aquarius: Your ruling planet Uranus starts the month on a mental high as it forms a good aspect to Mercury and you will be full of good ideas. You might be thinking about travel, studies or relations with people from different countries or cultures too from mid-month as Mercury and Venus turn their attention to the wider world. New Moon on 28th marks a new cycle here too.

The main focus this month though is joint funds, sharing and intimacy. This includes taxes, debts, inheritances and 'the money of others'. You have four planets analysing matters here during the first half of the month and Mars remains here into early October, determined to tackle all the details and push things ahead.

This sequence of planets oppose Neptune (and the currently misty view of your own finances) and square Jupiter from 2nd - 14th. This unexpectedly brings about expansion and growth within and through friendship, groups and community. You could also make a helpful contribution (financially or with your skills and support) to a campaign or cause that you believe in.

Saturn goes direct on 18th in your 12th House which rules the unconscious, healing, your online world and creativity behind the scenes. Your compassion for those less fortunate will be strong and your inner-workings are moving forwards. This helps with self-talk too. And as always we are looking for positive!



Pisces: Relationships and partnerships are at the forefront during the first half of the month as all of the personal planets gather here until 14th. This may not be especially comfortable as one by one they oppose Neptune in your sign which would just prefer to

float along without all of these demands. There can also be growth (perhaps from being freed) in relation to father-figures, career and social status.

From 14th the focus changes to joint funds, sharing and intimacy. And with Venus present, you may benefit from 'the money of others'. This could be in connection to taxes, loans, debts and inheritances. New Moon here on 28th marks a fresh start in some way too.

On 18th Saturn goes direct in your friends, groups and community zone. One or more of these has been under review since the end of April but you can start to move forwards once again as your four-month review is now complete and you can put your conclusions into action.

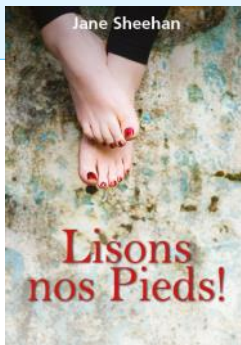
Full Moon in your sign in the early hours of 14th (so the build-up is on 13th) finds an emotional you. Nurture and protect your sensitivity.

To find out what this means for you as an individual, get in touch and we can explore your birth chart together by phone - diane@positive-elements.com or 07929 261231 (44 7929 261231 if calling from outside UK). And to find out more about the benefits of astrology or more about me, visit www.positive-elements.com

Footreading.com

Jane Sheehan is author of “Let’s Read our Feet”, “The Foot Reading Coach”, “Sole Trader: The holistic therapy business handbook”, “Foot Reading - a Portable Guide” and “Lisons nos pieds”. All of these are available at <http://www.footreading.com>

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Jane Sheehan



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JANE’S DIARY DATES FOR 2019

20-22 Sep—Northern Ireland Reflexology Conference

27/29 Sep—jive weekend

4-6 Oct—private event

16-18 Oct—one to one foot readings Coleraine, Northern Ireland

19/20 Oct—Coleraine, Northern Ireland

29/30 Oct—Sheffield

1/2 Nov—York

16/17 Nov—Lyons, France

23 Nov—**Coaching for Foot Readers with Jane Sheehan and Kerry Hales in Frodsham**

27/28 Nov—Bridgend, Wales

Dates for 2020

26/27 Jan—Aldershot, Hants

1/2 Feb—Chester

12 Feb—11 Nov 2020—Level 3 Reflexology Diploma:

Jane launches her reflexology school February 12 2020. Details on website

29 Feb/1 March—Port Laois

7/8 Mar—Limerick, Ireland

28/29 Mar—Stevenage, Herts

27/28 April—Portsmouth, New Hampshire, USA

27/28 May—Sully, Wales

16/17 Jun—Tunbridge Wells

18 Jun—**Coaching for Foot Readers with Jane Sheehan and Kerry Hales in Tunbridge Wells, Kent**

1 /2 July—Bedfordshire

21/22 July—Marseille, France

2/3 Sept—Kings Norton, Birmingham

more workshop dates on www.footreading.com/workshops