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Footreading.com

The Pampering Times
October 2019 Issue 174

October

I've just returned from the Northern Ireland Reflexology Conference in Portrush. What a blast that was. I took my dance partner and we did a demo of modern jive at the gala dinner. Here's a link to view the dance. <https://www.facebook.com/100006292425654/posts/2433224056897318?sfns=mo>

Meanwhile, David Wayte of Finger Free Reflexology fame and Sam Belyea, the foot whisperer were not to be outdone. They spent one afternoon practicing and did a waltz together after the meal. It was a great event with lots of surprises from close up magician, table decorations, even an Irish folk singer to round off the evening with some local flavour. Our two Estonian reflexologists were there again too. Those of you who went to the UK Reflexology Conference last year will remember them.

I've had some time out in Scotland for a big double birthday family celebration. Straight from there I am attending the UK Reflexology Conference in Kegworth as a delegate but I will have a vendor table to sell my books.

I'm currently learning Portuguese as I have been invited to teach in Lisbon next year.

23 November I am doing a Coaching for foot reader's workshop with Kerry Hales. Here's what has been said about it "Taking your knowledge of reading personality and emotions in the feet and building in questioning to get to the heart and soul of what is going on in the physical body. So using footreading as a tool to encourage your client to really understand how emotional imbalance can impact on the physical and give them a more "wholistic" view of themselves.. Also it's a super fun day where you will really learn a lot about yourself too!" *Pawla Hewlett*



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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 Pi-
lates Instructor—begins
an occasional series of
articles for The Pamper-
ing Times looking at the
new science of nutrition.
**These articles will draw
from his research and in-
vestigation into what the
modern science of food
and diet is telling us and
how it is confronting head-
on many of the old con-
cepts and over-turning
much of what we used to
believe. Be prepared to be
challenged! More infor-
mation can be found on
Phil’s website cutting-
carbs.co.uk or by follow-
ing him on Instagram:
CuttingCarbsUK.**

9 OCTOBER—MEET THE TUTOR

I am starting a reflexology school in Scarisbrick next year under the Temple Academy of Reflexology umbrella.

We are AOR (Association of Reflexologists) accredited and offering Level 3 diploma.

We are having a “Meet the Tutor” event on 9 October 8-9.30pm at Scarisbrick Village Hall.

If you are interested in attending please contact either Alex Clark at Temple Academy tem-

pleacademy@hotmail.com or contact Jane Sheehan at jane@footreading.com

Details of the Level 3 diploma are on the workshop page of my website <https://www.footreading.com/workshops>

SURVIVAL OF THE FATTEST

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 insulin’s role in obesity, diabetes, heart disease and inflammation. More information can be found on Phil’s website cuttingcarbs.co.uk or by following him on Instagram: **CuttingCarbsUK**



Maybe it is genes, maybe it is lifestyle choices. Whichever it is, I am very fortunate: At 53 years old, I have a BMI of a little under 23 and I am no more than nine percent body fat. Not bad stats for an “old ‘un”! But this has not always been the case - there was a time in my life when I was quite the little porker. You could definitely pinch more than an inch anywhere and everywhere on my body. At the time though, everyone was rejoicing in that chubbiness and that’s because it was when I was born. I was a (very) big and bouncing baby!

It probably hasn't escaped your notice that most of us are chubby at birth. In fact, new-born human babies can be upwards of fifteen per cent body fat. What is intriguing is that this is unique to *Homo sapiens* as we are the fattest babies in the animal kingdom and by quite a margin. The new-borns of our closest primate cousins do not make it into double-digit percentage body fats; even mammals we think of as fat, like seals, piglets and puppies, are rarely more than ten per cent fat at birth.

Carrying an extra-fat baby to term places huge energy demands on the pregnant mother. Taking the view that this is not just an 'accident' of Nature but rather a response to an evolutionary pressure, what survival advantage could this confer to human babies? Well, nutritional anthropology seems to have the answer and it all centres around the most energy demanding organ in our body - our brain.

Humans are big-brained and this is a trait that has helped us become the apex species on Earth. But at what stage in our development do we grow our large brains? If we grew our brains in the womb, this would require our mothers to develop wider hips to allow safe birthing. But wide-hipped bi-pedal humans are not good runners, bad news for a hunter-gatherer apex species. So, evolution has developed a clever solution to the problem: In the womb, the human brain develops to just a moderate size compared to the rest of the baby. Additionally the in-the-womb human baby is 'packaged' with the energy store and building material that enables it to crack-on growing a bigger brain after birth without having to wait for its eating habits to develop. Those energy and material stores are the rolls of chubbiness we are born with.

The clever thing for our nutritional journey is just how the baby becomes fat. It uses the same metabolic mechanism that (for example) bears use to pile-on the pounds just before Winter hibernation. That mechanism is reversible Insulin Resistance. Regrettably, as I shall show you, in the last fifty years this mechanism has back-fired on us humans and provides an eloquent explanation for the epidemics of obesity and Type II diabetes in the modern age. More of that later but firstly, I need to talk about insulin and what happens when we become resistant to it.

Insulin is the key hormone for lowering excess blood sugar levels in the body. When we have eaten a meal containing sugar or starch, the latter of which is broken down into sugar by our digestive enzymes, then sugar molecules (principally in the form of glucose) will be absorbed into our blood raising our blood sugar

level. Short term this is fine, but our body does not like too much sugar in the blood for too long as these pesky glucose molecules just love attaching themselves to any and every protein molecule they can find. Proteins are fundamental to the chemistry, structure and function of our body cells - they form enzymes (the catalysts that facilitate chemical reactions), hormones, antibodies, transport molecules like haemoglobin, collagen and muscle fibres. But a glycolated protein, one that has been attacked by glucose, cannot do its designated job properly: Sugar with protein is bad news!

Glycolated proteins are bad news on another front too. Because they are 'mongrel' molecules not naturally found in the body, our immune system is likely to identify them as foreign invaders. Immune responses are triggered potentially leading to auto-immune disease and inflammation. Very bad news for our body.

To overcome this we have evolved clever chemistry to keep our blood sugar levels in check. The hypothalamus in our brain constantly monitors the concentration of sugar in the blood and if the level rises above a threshold value, signals are sent to the pancreas to release the hormone insulin. Insulin acts quickly and sets things in motion to get that extra sugar out of our blood.

Different parts of the body listen to insulin in different ways. In summary though, insulin mediates a metabolic switch: One setting of this switch, the way it is set in the absence of insulin, tells our body to give-up its fat reserves and use them for energy; the other side of the switch, triggered when insulin is circulating, tells our body to bolster its fat reserves and preferentially use sugar for energy.

How does insulin operate this switch? Well, it has a number of actions all of which combine to give this effect:

Insulin controls entry of glucose into your muscle and fat cells.

When insulin is present, important transport mechanisms in cell membranes open-up and allow glucose into the cells. This is key for insulin's role in reducing blood sugar levels - open the cell doors and glucose will pass out of our blood and into those cells, thereby naturally reducing blood sugar. Significantly, the liver and brain cells which have high demands for energy do not need insulin for glucose to enter as they have transport mechanisms that are insulin independent.

Insulin tells the liver to stop producing glucose and start producing glycogen. Our liver is very good at making glucose from fats and proteins. In fact, because of this gluco-neogenesis, all the glucose needs of our body can be met from fat and protein and consequently there is no minimum daily requirement for eating carbohydrate. The same is not true for fat and protein. Although the liver can make a lot of protein and fat building blocks, not all can

be made and so our diet must contain these 'essential' fat and protein components. Our health will quickly fail if we stop eating protein and fat yet we will survive, even thrive, if we cut our carbohydrate intake. Our liver naturally pumps away producing glucose but this process stops as soon as insulin is detected. Instead, the liver switches to converting blood glucose into glycogen, a storage form of glucose, that takes glucose out of harms way and stores it as a 'banked' fuel for later.

Insulin tells the liver to make triglycerides. The body can only bank so much glycogen. After this limit is reached any further glucose is then converted to fatty acids and triglycerides destined for storage in the skin. And these are the real bad guys. Although I will save my demolition of the 'cholesterol is bad' fallacy to a later article, let me say at this stage that the blood measure that IS correlated to worsened cardiovascular outcomes, is blood triglyceride level. The higher blood triglyceride, the more the chance of developing cardiovascular dis-

ease. And those triglycerides come from insulin-mediated processing of excess sugar.

Insulin inhibits the breakdown and metabolic use of adipose fat. The adipose fat is the fat that lines the skin. It is the fat that makes us look fat. When there is too much sugar around, insulin tells the body to stop burning fat for energy and use sugar instead. Under the control of insulin, the pathways that mobilise fat and use it for energy cease and instead the body goes full-on into the mode of deriving energy from sugar and converting any excess sugar to storage fat.

Insulin therefore tells our cells to cling on to our fat reserves and add to them if there are excess carbs around. You can see that if you want to lose weight and be healthy, then ideally you need to eat minimal amounts of the food that trigger insulin: You need to eat fewer carbs. That clip-perty-clop sound you can hear right now is my hobby-horse trotting off into the sunset!

One other point to make here is that insulin also has an anabolic effect on the body in that it mediates tissue growth and replacement. Insulin telling the fat cells in our skin to take-up glucose in order to make bigger adipose reserves is one example of this anabolic function. Other anabolic pathways controlled by insulin include the production and uptake of structural proteins, the expression of genes and the replication of DNA all essential for tissue regeneration and growth. Of course we need this and so some insulin is essential. However, too much insulin too often will over-stimulate these anabolic functions and excessive cellular regeneration, unchecked, leads to uncontrolled cell proliferation, the bedrock of cancer. Even non-malignant proliferation can be problematical if those

tissues are for example, our fat cells or the cells lining your blood vessels. The perfect storm of inflammation and cell proliferation - both caused by excess insulin - can lead to atherosclerosis, the thickening of blood vessel walls and a precursor to heart disease. They used to think that eating too much fat thickened our artery walls but now we know that it is from excess carb-triggered insulin.

The recurring message here is that for good health outcomes we need to control our insulin levels - we need to avoid producing too much too often.

Compounding this problem, the insulin mechanism is itself under attack if we follow a diet perpetually consuming large amounts of starch and sugar. The persistent triggering of insulin to deal with the daily spikes in blood sugar levels begins to take its toll. The insulin receptors on the cell membranes of the target cells start needing higher concentrations of insulin in order to be triggered. We could say they start becoming partially deaf to the insulin message. This is the start of Insulin Resistance. Insulin Resistance then sets up a vicious and escalating cycle: If the insulin receptors become a little 'hard-of-hearing', the pancreas will respond by releasing a bit more insulin into the blood to get its message across. But these higher levels of insulin sustained over a period of time will make the receptors even more deaf. So the pancreas has to release yet more insulin to get its message 'out there'. In this ever escalating sequence, eventually the pancreas will no longer be able to release enough insulin to get its message across to all the target organs - the receptors have become just a little too deaf. This is Type II Diabetes. Once this condition has developed the body is no longer able to control the spikes in blood sugar brought about by the sugars and starches in the diet. Those glycolated proteins we met early can now go on the rampage!

Research also shows that not all of the insulin receptors and not all of the pathways from each receptor become equally deaf to insulin. If we have fatty liver disease for example, then it is likely that the liver becomes deaf to the insulin message rather quickly. This is very bad news. Remember how through the process of gluconeogenesis the liver pumps out glucose when it thinks the body needs it? Normally the insulin message will tell the liver to stop doing this but if the liver has become deaf to insulin, it will continue to pump out glucose even though there is already raised glucose in the blood (the event that triggered the insulin in the first place). Blood sugar therefore goes up and not down. But, and it does seem to depend on your genetic disposition, many of us have fat

skin cells that only very slowly become deaf to the insulin message. You will recall that insulin tells these fat cells to mop-up blood glucose and convert it to fat for storage and avoid burning it for energy. If the skin cells remain sensitive to every drop of insulin in circulation, then they will go into overdrive adding to their fat reserves because of the excess insulin triggered by a resistant liver. This is the metabolic pathway to obesity.

Just stepping aside of the argument here, this fits very nicely into my hobby horse that calorie counting is not enough to manage weight loss. Our insulin model and particularly the model of how with partial insulin resistance our skin fat cells are listening to an overloaded message of insulin to store fat, shows that weight gain is very much under hormonal control. And because insulin is the hormone in control, how much weight you gain is dependent on the sugar and starch in your diet.

Continuing with our insulin resistance story, you may remember that some of the functions of insulin are anabolic - they stimulate cell growth and proliferation. Good in small measure but not so good in excess. This anabolic pathway in the insulin receptors is less likely to become insulin resistant than the glucose absorbing pathway. So, in a body experiencing rising surges of insulin, those anabolic pathways, just like the skin fat cells, are listening to every drop of insulin. Cell proliferation, atherosclerosis and inflammation, all triggered by the anabolic functions of insulin, become rife.

You can now see that excess insulin is not a good thing. Obesity, type II diabetes, inflammation, cancer, atherosclerosis are all the long term consequences. Notice how this list is the rogue's gallery of non-communicable chronic diseases prevalent in the 21st century, all mediated by insulin resistance in turn triggered by regular excess sugars and starches in your diet. It doesn't stop there as insulin is an antagonist to leptin, the hormone we met in my last article that tells us when we are full. An Insulin resistant metabolism that throws large amounts of insulin into your blood will therefore depress levels of leptin and thereby suppress one of the key signals that you are full. A high carb diet = High insulin = Low leptin = Always hungry. Insulin Resistance seems to be our enemy.

But here's the thing. Becoming insulin resistant has been an advantage to us in our evolutionary past. This takes me back to our fat babies.

It seems that during the third trimester of the pregnancy, the human baby flicks the insulin resistance switch and becomes temporarily insulin resistant. It starts to pile-on the pounds of fat and by the time the baby is born we have the perfect fat baby. But, and this is key, the insulin resistance switch is reversible; once the baby is born, it flicks the switch back and normal metabolism is restored. So, having a metabolism that can become insulin resistant has served *Homo sapiens* well in the past. It has also probably helped us through the odd ice age too. As times have become tough for humans when ice ages approach, we have probably had to rely more on starch reserves in underground vegetables for energy. If consuming these in quantity makes us pile on the pounds of fat (through insulin resistance) those pounds of fat have almost certainly made our survival of the cold more likely. Evolution will therefore have placed a selective advantage on those with the insulin resistance genes.

To a limited extent this continued to be a survival advantage up until our very recent history. Each Winter there would be a survival advantage to those carrying a few extra pounds of subcutaneous fat - an extra layer of protective warmth. How clever would it be if we could trigger piling on a few pounds in the Autumn in readiness for the approaching Winter.

Until the era of supermarkets and the removal of seasonality of foods, humans would only have had access to significant amounts of sugar and starch in the Autumn in the form of fruits, berries and starchy root vegetables. Consuming these in the Autumn glut would temporarily overload our insulin mechanisms triggering mild insulin resistance in turn promoting our skin cells to store more fat. We therefore get those few extra pounds of insulating body fat in readiness for the upcoming Winter. The key thing though for our evolution is that we then stop eating those sugars and starches at the end of Autumn because they are no longer available. Our insulin mechanisms restore to normal function, insulin levels fall allowing us to mobilise and metabolise those fat reserves and enabling us to live off them during the Winter. But modern 21st century Man lives in a perpetual Autumn as starch and sugar are available year-round causing perpetual insulin resistance to obesity. What once gave us a survival advantage has now turned against us.

JANE'S SEMINAR DATES 2019

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—Stevenage

25/26 Apr—New Hamp-
shire, USA

17/17 Jun—Tonbridge

18 Jun—Coaching for
Footreaders—Tonbridge
Wells

1/2 Jul—Bedfordshire

21/22 Jul—Marseille,
France

2/3 Sept—Birmingham

9 Sep—Coaching for
Footreaders—York

20-21 Oct = 360 degree
foot reading with Angela
Telford and Jane Sheehan

27/28 Nov—Lyon, France

5/6 Dec—Lisbon, Portugal

Next month, in my article entitled ‘How to “Phil” Your Plate’, I shall take a side-step from the modern science of nutrition and talk a little about the practicalities of feeding ourselves in a way that manages insulin and leptin.

My recipe for this week is one for my run-to quick and easy main meals—Kidney Cookpot

KIDNEY COOKPOT BY PHIL NUTTRIDGE

Ingredients

4-6 Lambs’ kidneys
125g Lardons, or half a
chopped red
pepper or 4-6 spring
onions
finely chopped
50g Anchovies, coarsely
cut
150ml Creme Fraiche
1tbsp Ground flax seed
2-3 tsp Dijon mustard



Salt and pepper to taste

A large portion of steamed fibrous green vegetables

Grating of parmesan cheese

Cook the lardons/pepper/spring onion with a little oil in a large sauté pan until browned. Put to one side.

In the same pan, gently cook the trimmed kidneys.

Add the lardons/pepper/spring onion back to the pan and mix with the kidneys. Add the flax seed to thicken the juices.

Add the creme fraiche, anchovies and mustard and stir whilst coming to a gentle simmer.

Add the steamed vegetables and mix carefully. Add salt and pepper to taste.

Grate the parmesan on top to garnish and serve.

The steamed vegetables can be any mix - I tend to use broccoli, cauliflower, kale and spinach. I fill a 24cm steamer and find that gives a serving enough for two people.

COACHING FOR FOOT READERS WITH KERRY HALES AND JANE SHEEHAN

JOIN Kerry Hales and Jane Sheehan on 23 November

9.30am to 5pm at

The Scout Hut,

1 Hillside Road,

Frodsham,

WA6 6AW

£167 for the day

Lunch and refreshments included

Numbers limited

This is the third ever workshop of it's kind and a unique collaboration between Kerry Hales and Jane Sheehan to bring you the basics of Self-Actualisation Learning Technique to enhance your foot reading practice.

To book go to <https://www.footreading.com/workshops>

“Taking your knowledge of reading personality and emotions in the feet and building in questioning to get to the heart and soul of what is going on in the physical body. So using foot reading as a tool to encourage your client to really understand how emotional imbalances can impact on the physical and give them a more “wholistic” view of themselves

Also it's a super fun day where you will really learn a lot about yourself too!” *Paula Hewlett*

Other dates:

18 June—Tonbrige Wells £167 including lunch

9 Sept—York £155 not including lunch

NEW WORKSHOPS WITH JANE SHEEHAN AND FRIENDS

I just wanted to have a quick word about my new workshops.

On March 26th I am doing a one off event in Milton Keynes called "An Audience with Jane Sheehan". It is being set up by Alex Clark of Temple Academy but open to all. She asked me to be available for a whole day so that students and therapists can ask me questions about reflexology, about business and about foot reading. I'm hoping my pal Sylvia will come along to add her knowledge of nutrition too and maybe one or two others. Should be a fun, informative, and valuable learning experience based on what you want to know.

Other workshops coming up are my Coaching for foot readers workshops with Kerry Hales where Kerry and I offer an insight into how to get more holistic with your foot readings by using curiosity based coaching on them. But before you can do it to them, you need to experience it for yourself, hence this workshop.

And on 20 and 21 October next year in Stevenage, I am joining forces with Angela Telford who runs the visual reflexology study group on facebook. She will be talking about the physical aspects of the foot and what you need to know about the physical health of the body. What to consider. I will be adding ideas about the emotional signals shown on the feet based on what she is teaching. We are calling this 360 degree foot reading.

See the last page for all my diary dates

From the Readers

Sally Shipsey writes: Thank you Janie for the portable guide. This is a replacement for my daughter Liz Shipsey's Portable Guide which I managed to spill my drink over..... She was reading my feet when she visited last weekend. I'm delighted all of our family have the adventurous little toe (prostitute toe, lol, I've read your book too!) Lizzie read correctly that I'm an introvert who works hard to overcome this, and needs plenty of time alone to recharge/recover my energy. Most of my friends gathered in adulthood think I'm an extrovert, and I would have said my children would see me as an extrovert too. I am naturally more of an introvert. I'm pleased Liz understands me better since reading my feet.

I'm keeping the set of cards which are water-damaged for myself. I think they are very interesting.

DUCK RAGU WITH PASTA BY COLIN HACKETT

- 2 Duck legs
- 1 tsp Butter
- 1 tsp Extra virgin olive oil
- 1 stalk, diced Celery
- 1 medium diced Onion,
- 1 medium Carrot, diced
- 2 cloves Garlic, minced
- 1 tsp Brown sugar
- ¼ tsp Ground cloves
- ¼ tsp Cayenne pepper
- 1 cup Red wine
- 1 cup Canned tomatoes, with juice, diced
- 1 handful Parmesan cheese, freshly grated
- 1 bunch Fresh parsley, chopped

Trim the duck legs of any extra fat (that is, trim off any extra skin hanging off the sides). Season with salt and pepper on both sides.

Heat oven to 150C.

In a saucepan heat the butter and olive oil. Place the legs skin side down and cook until brown (about 10 minutes). Flip and cook on the other side for about 5 minutes. Remove the duck legs on to a plate or transfer to a slow cooker if using.

Pour out all but about a tablespoon of fat from the saucepan. Return to heat and add the celery, carrot and onion. Saute for 5 minutes or until browned. Add the garlic, brown sugar, cloves and cayenne and cook for a further 3 minutes.

Add the red wine and tomatoes and bring to a boil. Pour the sauce into a deep ovenproof casserole with the duck legs. Bake, covered, for 2 hours until the duck is very tender. You should be able to stick a fork in the leg and the meat should fall off the bone with very little resistance.

Remove the duck to a plate and cool. Strip the meat from the bones and shred by hand. Add the meat back to the sauce and warm up to thicken the sauce for 5 minutes.

Cook the pasta (pappardelle works well), in salted boiling water until al dente, drain and serve with the duck ragu.

Garnish with grated parmesan and parsley.



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 OCTOBER 2019

BY DIANE OF POSITIVE ELEMENTS

Our shared planetary picture



There are two planetary changes of direction this month when Pluto goes direct on 3rd and Mercury goes retrograde on 31st. Pluto has been retrograde since late-April, scrutinising on a collective level, 'our' use of power and the authority figures we give power to. Having now completed this possibly troubling review, it is our joint responsibility to make sure that our representatives are fit to be in the positions they hold.

At the same time, on a personal level, different signs will be experiencing a parallel processing in different areas of life. And if you have your own birth chart and know where to look, it will show your individual learning process.

Mars leaps into Libra from 4th, determined to find co-operation and make things harmonious and fair (again in different areas of life for each sign). Saturn throws up some frustrations from 23rd - 27th but there is no harm in checking for a few days, that your approach is right.

Full Moon in Aries is usually a boisterous affair and this year on 13th (at 22.09 BST) it is pumped up even further by Jupiter. Daring escapades may come to the fore. New Moon in Scorpio on 28th (at 4.40 BST) also has another planet involved... It is directly opposite unpredictable Uranus.

New Moon always offers a fresh start or new cycle in some way and this month there is an electrical, awakening aspect to it. Mercury goes retrograde (also in Scorpio) just three days later, so this will not be a smooth start. More thinking has to take place before you can freely proceed. Be patient and do not get discouraged by this wait.

So what will this mean for us all?

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

Aries: Relationships and partnerships are your main focus this month, with Venus smoothing the waters until 8th. Your ruling planet Mars takes over from 4th though and you will be hotly pursuing your goals. 'Partnerships' includes professional as well as personal ties. And Mars generates heat which could take the form of conflict or passion, so be ready for both.

Full Moon on 13th is in your sign and a Venus-Uranus opposition on the same day could bring about the unexpected (romantically or financially) and Jupiter lends you extra bravado. New Moon on 28th is a call to sort out joint finances which includes taxes, debts and inheritances. Intimacy could be an area to look at afresh too.

Mars squares Saturn from 23rd - 27th which may not be too comfortable. This is often a period of frustration as you cannot push ahead as usual. Rather than hit your head against a brick wall, take this transit for what it is: a review period to stop and look at how you have been using your Mars recently.

And that means reviewing one or more of the following: goal setting, applying your will, assertiveness, use of sexual expression, use of physical energy in general and dealings with men. Whichever it is, your approach to one or more of these needs adjusting.



Taurus: Pluto completes its five-month review in your travel, ethics and culture zone on 3rd. Your principles may have been tested during this period as your belief system or world view was reassessed. You may also have had cause to observe how power is used nationally and internationally. Journalism, legal matters and 'the truth' may have been under scrutiny and dealings with people from different countries, cultures or belief systems can have a strong impact on you. Your responsibility now is to carry your deeper understanding in any of these areas, into the world. And yes, that is a big job!

Work and health matters may keep you busy too this month, with Venus and the Sun enhancing your well-being until 8th and 23rd respectively. Things get shaken up though by the arrival of Mars on 4th which demands action... This could be the perfect time to start a new regime and Mars adds the energy and determination to actually stick to it. Work is another domain that can benefit from this fresh, new thrust. Is it time to make changes there too? Your daily routine can also be revved up. Are there elements that need adding? (And yes, exercise could be one of them...).

Your ruling planet Venus enters your opposite sign on 8th, smoothing the way for harmonious relationships and partnerships this month. New Moon on 28th marks a fresh start here too in some way. Uranus in your sign also happens to be opposite this

particular New Moon which could bring unexpected and exciting changes for you personally.

Mercury goes retrograde on 31st, also in your relationships and partnerships zone, so things may not go as hoped to start with. But Mercury goes direct again on November 20th, so do not despair if things are bumpy at first.



Gemini: Romance, children and creativity are well-starred with Venus providing pleasure until 8th and the Sun adding warmth and energy until 23rd. But Mars leaps in from 4th making you more assertive and insistent and you may find yourself in hot pursuit of a certain someone... If this seems unlikely, it could be someone in hot pursuit of you! Or you may turn your energies to achieving hoped for outcomes for children or a creative project.

Pluto changes direction on 3rd and goes direct after five months in retrograde. This has been a long review in your joint funds zone which includes taxes, debts and inheritances. Matters connected to birth, sex and death, intimacy and sharing may have featured too. With this review now complete, you will hopefully now know understand to best proceed.

From 8th Venus glides through your 6th House, bringing pleasure through work, colleagues and daily companions and service to others. Attending to your physicality can be a source of comfort too and you will hopefully appreciate your health, daily rituals and routines. Make sure though that you do not abuse your system with over-indulgence.

New Moon on 28th marks a fresh start here too and is the perfect time to start a new regime. Your unconscious is playing a part here too. On 31st your ruling planet Mercury goes retrograde and puts things on hold to some extent. You have to get your mind and thoughts on board. And after November 20th it will be full speed ahead.



Cancer: Things are looking lively at home this month as Venus and the Sun complete their happy transits here on 8th and 23rd. But the main action arrives on 4th when Mars spurs you into action on the home front or in your dealings with mother-figures (and possibly your own dealings if you are a mother yourself). Personal development features here too and this is no time to be complacent. Is there a course that would broaden your knowledge,

skills or self-knowledge? Or have you considered exploring your inner-world through counselling or therapy?

Partners may not be fully behind you whatever you choose but Pluto goes direct on 3rd, completing a five-month review of power issues between you or the need for transformation, so you can now make headway here too.

Full Moon on 13th highlights the conflicting demands of career and home, father and mother or career demands versus personal development. Or is your home situation getting in the way of your ambitions? Issues with partners may feature here too...

Romance, children or creativity are a source of pleasure from 8th onwards as Venus smoothes things along, although Uranus may stir things up around 11th - 12th. And New Moon on 28th marks a fresh start here with Uranus adding the unexpected. Mercury goes retrograde on 31st though, so watch out for misunderstandings and double-check that both you and everyone involved is on the same page.



Leo: Communications are looking creative this month with Venus and your ruling planet the Sun keeping things running smoothly until 23rd. But there is a great change from 4th when Mars leaps into your thought zone and you will have mental energy and the determination to put new ideas (or old ones) into action!

A deep review in your work and health zone reaches a turning point on 3rd when Pluto goes direct after five months moving retrograde. This unleashes a lot of creative energy too and the ability to bring transformation to your work, health or daily routine. Pets and being of service to others may come into this too.

Meanwhile home is harmonious as Venus glides through your solar 4th House of mother and home. You may find yourself wanting to beautify your home and perhaps inviting others to share its pleasures with you. Dealings with mother-figures go well. Personal development projects can be pleasurable too. And when the Sun joins Venus from 23rd there is even more creative energy for you to play with.

New Moon on 28th also falls in this area of your solar chart and

marks a fresh start in some way. Uranus is opposite this New Moon, indicating unexpected events happening in your father, career and social status zone which also play a part in this new cycle. Uranus is also about awakenings and revolution, so it will be interesting to see what this brings.

Mercury goes retrograde in this same area of your chart from 31st. So whatever began on 28th will not have a smooth start and how you have communicated in these new situations needs a quick review. Do your personal homework and did not throw the baby out with the bath water during this bumpy start.



Virgo: Finances are looking rosy as the month begins, with Venus and the Sun providing a creative, optimistic approach. Then from 4th Mars gets to grips with plans to develop income streams, possibly even new ones and also throws in the energy and determination to really get things on the road.

On 3rd Pluto goes direct in your romance, children and creativity zone, completing a five-month review of how you have been, should be or could be using your power here. It is also a reminder of the transformative impact of creativity, sports and fun. And yes, that means on you too!

Communications start the month well. Short journeys, trading and dealings with neighbours and siblings are pleasurable too. New Moon here on 28th marks a fresh phase of some kind. This can be to do with taking a course, teaching one or new forms of communication (including physical movement).

Your ruling planet Mercury goes retrograde here on 31st though, so do not despair or abandon ship if your first attempts do not have the hoped for outcomes. Your efforts should start to make headway after November 20th.



Libra: Your ruling planet Venus graces your sign and adds to your charms until 8th. The Sun ball also remains in your court until 23rd, radiating warmth, optimism and freer self-expression. This is all looking good and to add resolve to the mix, Mars leaps into Libra on 4th and adds fire to your belly, helping you to be more focused, determined and assertive. If you have projects in mind, push them forwards now!

From 8th Venus sheds a rosy light on your finances but around 11th - 12th, the 'money of others' (taxes, debts and inheritances) or your partners finances may have an unexpected impact on your sense of security, as unpredictable Uranus strikes a bolt of lightning. Keep in mind that we should welcome light of any kind, even when it illuminates things we might prefer not to look at.

Pluto which is in long-term residence in your 4th House, goes direct once again on 3rd (completing a five-month review). So forward-moving transformation is once again within your grasp, regarding your dealings with mother-figures, home and personal development.

Full Moon on 13th in Aries, your opposite sign, may cause ructions at home. And the challenge of this Full Moon may be just what you need to act on the changes that need to happen. And New Moon on 28th marks a fresh start in your finances but Mercury goes retrograde in this same area on 31st. Try to avoid signing anything important until after November 20th if you can.



Scorpio: Your ruling planet Pluto which has been retrograde since late April, goes direct on 3rd. And this completes a long review in your thoughts and communications zone. How we think creates our personal reality and there are many choices to be made on a daily basis on how helpful your mindset is. Hopefully having had this opportunity to look at this over the past five months, you can now proceed with the changes that need to be made.

The other area under review has been how you use your words and the tone and attitude you take towards others in your own communications. We are looking for better self-awareness here too.

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 and a more meaningful time to make resolutions for the year ahead than January 1st. Many Happy Solar Returns! It is also the perfect time to explore your planets for the year ahead with a good astrologer.



New Moon in your sign on 28th marks the beginning of your emotional New Year. Make resolutions that will help you to meet your needs in the year ahead. Uranus is opposite the Moon this time too which can bring revolution through partnerships. Mercury retrograde from 31st creates doubt at first. But keep an open mind and be open to everything that you can learn.

Sagittarius: Your financial outlook or position on security and values takes a turn for the better on 3rd when Pluto goes direct, completing a five-month review. This has been an opportunity (possibly not a comfortable one) to look at your relationships to money, security, values and self-esteem.

So often in the modern world we equate our income or earning-power with our self-worth which is neither helpful nor true. You can now apply your hard-earned deeper understanding of this (or whatever you have been looking at) to your present situation.

Friends, groups, community and humanitarian ideals are calling you strongly right now. Good relations are on offer here and from 4th Mars will spur you on to be active in offering your energies to collective movements or organisations. It may be a week or so before you find your flow, so do not give up in the initial teething stage.

Your unconscious is busy this month too and your compassion for others will seek an outlet or creative expression, initially behind the scenes. New Moon on 28th marks a fresh start here too but Mercury retrograde from 31st makes it difficult to gather momentum at first. Once again, hold in there. You have a lot to say and your words will not be lost, even if you have to wait until after Nov 20th to be fully heard.



Capricorn: A five-month review comes to an end on 3rd when Pluto goes direct once again, in your sign. This may have been an opportunity to look at how you generally use (or abuse) your personal power. And although this may have stopped you in your tracks, it is for good reason. With Pluto's forward change of direction, you can now proceed, hopefully with better self-awareness.

Career, social status and dealings with authority are also high on the agenda this month. Influential people can smooth your path

up until 8th and the Sun illuminates your standing in the world until 23rd.

The big news though is that assertive Mars leaps into this area of your solar chart on 4th, sharpening your ambitions and providing you with the energy and determination to push your professional agenda ahead. Mars represents heat which can mean you forging ahead on all four cylinders or possibly running up against opposition, competition or conflict. Having just completed your Pluto review, you should now be able to handle this in an ethical manner.

Full Moon on 13th carries some personal impact for you as it squares the heavy-weights Saturn and Pluto in your sign. And New Moon on 28th in your friends, groups and community zone, marks a fresh start here in some way and there may be an unexpected zing as Uranus adds an element of excitement to the mix. This is coming from your romance, children and creativity zone, so who knows how that could manifest.

Mercury goes retrograde in this same area of your chart on 31st so things may not proceed as hoped (not right away at least) but hold on in there as Mercury goes direct once again on November 20th!



Aquarius: Your travel, ethics and philosophy zone is busy this month with Venus and the Sun adding pleasure and Mars revving up your energy levels and determination from 4th. Your world view is important now too and you may find yourself feeling angry about world events. You also have the energy to add your voice and resolve to movements that share your view. Convincing others of your viewpoint may feel important too.

On 3rd Pluto goes direct behind the scenes in your inner-workings. Any ways in which you may have been undermining yourself can now start to be overcome. Pluto has been retrograde since late-April, demanding a lot of self-searching. But now it is time to move forwards. Check that the settings on your self-talk are turned to 'Positive' and if any creative ideas have been brewing, get those moving too!

From 8th Venus glides into your professional sphere which is good for career and ambitions. Dealings with father-figures and people in authority go well too. Do not be afraid to ask for their help as they will be looking on you kindly during this period. And if you

happen to be a father or authority figure yourself, use your influence in the best way you can.

New Moon on 28th is opposite your ruling planet Uranus. This marks a new phase in your worldly standing which may be connected to unexpected events at home or to do with women in the family. However things look at this point, hold on before putting all of your eggs in one basket as Mercury goes retrograde in this same area of your chart from 31st. All will become clear in November.



Pisces: Pluto goes direct on 3rd in your friends, groups and community zone, after five months of moving retrograde. This helps to bring growth through friends and membership of groups. You can also be very effective in joining campaigns that you feel strongly about as your voice is now ready to be heard.

There is a gathering of planets in your 8th House this month which draws your attention to the transformational processes of birth, sex and death. 'The money of others' is also highlighted, including taxes, debts and inheritances. Intimacy and sharing are major themes too. When Mars takes residence in this area of your solar chart, you will be proactive in pushing forward processes that need to now happen.

Mercury is in good aspect to your ruling planet Neptune on 15th which gives a flow with words and movement. Venus follows likewise around 21st which creates a sense of harmony and one-ness with whatever (or whoever) is around you.

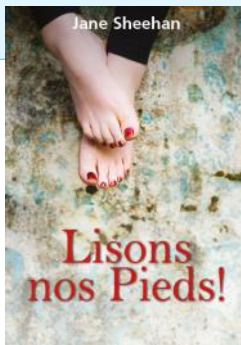
Travel, philosophy and ethics become more important as the month progresses and you may want to respond to how you now see the world. Deep study, in-laws or legal matters may feature too, especially around New Moon on 28th. Is there an article or campaign material forming in your mind that is waiting to be written? Results may not show themselves for some time but do not let that discourage you.

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 (or 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

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

16/17 Jun—Tunbridge Wells

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

1 /2July—Bedfordshire

21/22 July—Marseille, France

2/3 Sept—Kings Norton, Birmingham

9 Sept—Coaching for Foot readers with Jane Sheehan and Kerry Hales in York

10/11 Oct—**Coaching for Foot Readings with Jane Sheehan and Kerry Hales in Tipperary, Ireland**

more workshop dates on www.footreading.com/workshops