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## Fitness and Healthy Lifestyle Guide Based on YOUR Monthly Lunar Return Report



The **Fitness and Healthy Lifestyle Forecast Guide** is designed to help you face the biggest challenge to your health and diet, which is your emotional state. When emotions, ruled by the influence of the **Moon**, are out of control, the body follows your lead. Second in command is **Mercury**, taking the lead from the emotions and reacting on the body in very profound ways.

The **Fitness and Healthy Lifestyle Forecast Guide** is a monthly look at dietary and exercise potential based on the Ascendant, planets in the house signs, aspects, and the Midheaven (as others see us and contribute to our dietary effort).

Setting the goal to obtain a healthy lifestyle is an energetic investment for people interested in taking charge and control of their lives and understanding the underlying cause of diet and exercise breakdowns. By understanding the monthly influences based on your personal and unique chart, you can work with them and avoid the pitfalls placed in your path.

### MONTHLY FITNESS AND HEALTHY LIFESTYLE GUIDE

#### What it is:

A monthly look at dietary and exercise potential based on the sign on the Ascendant, with a serious look at the Moon, house, aspects, and all other planets. The report identifies markers of Major Focus which align with health and diet.

#### What it is NOT:

It is not intended to be used for "quick" dietary loss or health maintenance. It is not meant to be an "overload" of information which can often be confusing or overwhelming.

SPECIAL BONUS  
To support you on  
your Health and  
Fitness Journey,  
you will receive  
3 Lunar Months  
for the price of 2  
at only \$15



### Helpful Hints:

We all know the rules for a healthy lifestyle – drink more water, exercise regularly, cut out sugar, eat until only 80% full, cook at home, eat healthy fats, reduce simple carbs, practice mindful eating, reduce stress, learn to meditate, breathe properly, and walk whenever you can, but here are a few more helpful hints:

1. Throw away the scale! If your clothes become loose, or begin to slip off, you are losing weight.
2. Astrologically –
  - a. Pay attention to transits by the planet Jupiter as it expands what it touches.
  - b. Pay attention to transits by the planet Saturn as it tends to bind up the internal works, and passing the easiest food becomes somewhat difficult.
  - c. Your Lunar Return influences change every month, and so your diet may need to adjust monthly. This honors your planetary influences and keeps your menu from being boring as the needs of your body and food groups change.
3. Do not graze mindlessly throughout the day. Ask yourself if you are truly “hungry” or if you are bored, emotional, or stuffing your feelings. Before reaching for a snack, drink a glass of water.
4. Do experiment with food groups and types to see what your body likes and dislikes. Your body may agree with one set of foods while a family member may react differently to the same foods.
5. If you tend to be a couch-potato, then exercise is essential to incorporate into a healthy lifestyle. If you sit and watch TV a lot, then include exercises that you can do while watching TV. Make your personal space your work out area as well.

**NOTE:** The developer of this report carefully researched the influences of planetary cycles over a two-year period, paying close attention to the Lunar Return, and the sign on the Ascendant. The developer battled with obesity and put the dynamics of this report into practice. It inspired him to write this program to keep track of the ups and downs, pitfalls, and workable solutions to a problem plaguing many Americans. This can be an invaluable tool (if used correctly) to take back control of your life. A benefit to the **Fitness and Healthy Lifestyle Forecast Guide** is it provides an understanding as to why you may not have been successful in the past and bring insights to improve your healthy lifestyle efforts. It points out quite clearly how you might fair in a “fire sign month”, or how you may fail or see less than expected results in a “Venus controlled month”.

**DISCLAIMER:** No diet or exercise regime should be started without the advice of a doctor or physician. The information provided is not meant as a substitute for care from a qualified physician. The information is given for entertainment/educational purposes only and is not intended to diagnose or prescribe.

## MONTHLY FITNESS AND HEALTHY LIFESTYLE GUIDE

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