

ASTRO-CHEMICAL  
ANALYSIS

BY  
DOREAL



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ASTRO-CHEMICAL  
ANALYSIS  
OF  
THE TWELVE  
CHEMICAL TYPES

BY  
DOREAL

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By

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Colorado

ANALYSIS OF  
THE TWELVE  
CHEMICAL TYPES

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REPRODUCTION OF THE WHOLE OR PART

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# ASTRO - CHEMICAL ANALYSIS

OF THE TWELVE

CHEMICAL TYPES

DOREAL

Astro-Chemical Analysis of the individual is arrived at by strictly scientific methods. By use of the Spectroscope we are able to distinguish the presence of elements in any body or form of matter. Through Chemical and Spectroscopic Analysis twenty-two elements are distinguished in the human body. It is quite certain that all the elements are present, at least in traces.

In arriving at the conclusion, embodied in Astro-Chemical Analysis, one hundred persons born under each sign were examined. Under Spectroscopic and Chemical Analysis, two chemicals were found to be present in larger quantities than the others. The only exceptions were when a glandular disease was disturbing the normal function of assimilation. Invariably, when this condition was corrected, the body responded to type tests.

Astro-Chemical Analysis is then combined with a knowledge of Bio-Chemistry, and Endocrinology and definite analysis of the type. Its susceptibility to disease, and its necessary foods may then be easily determined.

The human body is a very complex mechanism, and the intricacies of its chemical action closely follow the ancient alchemical processes. The food we eat contains various elements which are extracted and recombined to form new substances which are necessary to the body's well-being.

We may take the example of the chemist, needing four chemicals to form a particular substance. If he has only three, the substance cannot be formed. In the same manner the body needs all of the necessary elements to form the various glandular secretions. Astro-Chemical Analysis shows us what elements are most needed for our own particular body chemistry.

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## SAGITTARIUS

CALCIUM AND SULPHUR TYPE  
November 21 - December 20

Calcium forms the negative pole of your body while the Sulphur is the positive element. This means that the negative element mentioned, is especially plentiful in the body while there is a corresponding lack of the positive element. Usually the negative element is so easily assimilated that foods predominant in this element are not only unnecessary but actually harmful. However

this must be determined in the individual.

Phosphorus is very essential to the higher intellectual faculties. It helps to build and repair bone, feed nerves and nourish the brain. During the process of concentrated thought large quantities of Phosphorus are consumed. A magnetic nature is usually accompanied by a large quantity of Phosphorus in the make-up. It is an aid in sensitizing the brain for telepathic reception.

When a body is lacking in Phosphorus one may have the symptoms of every known disease. It builds new cells in the brain and rebuilds broken down cells.

Constant lethargy is a sure symptom of lack of Phosphorus as gas and acid stomach are a sign of too much Sulphur. Mental lethargy is always a sure symptom of Phosphorus deficiency. The lack of necessary elements in the diet affect the Para-thyroids, which in turn exert a profound influence on the secretions so necessary for the elimination of toxins and the keeping of the Calcium content of the body in solution. The four necessary elements for this balance are Potassium, Magnesium, Chlorine and Fluorine. The foods which are absolutely necessary for your type are these: barley, whole wheat, egg yolk, limes, nuts, lemons, grapefruit, lettuce, tomatoes, cheese, caviar, celery and avocado. In combination with these, fowl, broiled red meats, fish and ham may be eaten.

SULPHUR FOODS are: mustard, eggs, peas, cabbage, barley, baked potatoes, cauliflower, brussels sprouts, onions, wild or whole rice, cucumbers, almonds, figs, clams, shrimp and lobster.

POTASSIUM, MAGNESIUM, CHLORINE and FLUORINE foods essential for your diet are: milk, green vegetables, (preferably raw) carrots, radishes, lentils, apples, cereals, figs, blackberries, potato skins, coconut, water cress, olives, grapes, corn, cherries, and peaches.

There is often a deficiency in vitamins B and D. The principle foods containing these vitamins are: B - whole wheat, brown rice, egg yolk, tomatoes, yeast, peas, beans, spinach, grapefruit, bananas, oranges, lemons, okra, plums, grapes, raisins, dates, figs, prunes and berries.

Vitamin D is found in: cod liver oil, butter, fats and wheat flour.

The above foods may be eaten in any combination, but it is necessary that we eat our food, of any kind, in moderation. That is true also of the number of foods eaten at a meal. Three or four different foods are far better than a dozen different dishes.



# CAPRICORN

## CALCIUM AND SILICON TYPE

December 21 - January 19

There are twenty-two known Chemical elements in man, and perhaps traces of all the elements. The twenty-two known elements are: Oxygen, Carbon, Hydrogen, Nitrogen, Phosphorus, Sulphur, Sodium, Chlorine, Calcium, Potassium, Silicon, Magnesium, Iodine, Fluorine, Manganese, Bromine, Aluminum, Arsenic, Iron, Zinc, Copper and Osmium.

In the Calcium and Silicon type, the Silicon is positive and the Calcium negative. This means that a high percentage of Silicon foods are necessary for the well being of this type, while the Calcium foods may be eaten in small quantities, as this type uses a great deal of Silicon and a minimum of Calcium. Calcium is readily absorbed, and thus, though a necessary element, smaller quantities of Calcium foods are needed.

In Occultism this type is regulated by the Spiritual head center located at the terminus of the Vagus Nerve. Its corresponding physical center is located relative to the Coccygeal Gland at the tip of the spine, a center called by the Yogi the seat of Kundalini. The Vagus Spiritual center is more open at birth than any other center, and the energies,

principles and forces which flow through affect the physical body chemically and cause the various Mental and Spiritual qualities and impulses of this type to manifest. The zodiacal sign thus gives us the key to the tendencies and characteristics of the individual. This does not mean that the individual is bound to have the ailments peculiar to his type, but it does mean that there are tendencies in those directions which must be guarded against. This is done by right thinking, relaxation and attention to the proper diet of the type. When one knows the elements which are related to their chemical type they are able to eat properly and thus maintain their chemical balance.

The Calcium and Silicon type needs a diet rich in Iron, Silicon, Manganese, Fluorine and Chlorine. Vitamin A foods are also essential to the well being of this type.

The Calcium and Silicon type are most susceptible to the following diseases: nervous disorders, tumors, neuritis, nervous indigestion, hypochondria, cramps, infantile paralysis, skin disease and trouble with teeth. Many are also troubled with acid condition if too much Calcium is taken. In any case very little Calcium should be taken after the age of forty.

Lack of Silicon is often shown by thin, or dull and brittle hair, brittle

finger nails, etc.

A good breakfast is essential to this type and may consist of fruit or fruit juice, egg yolk, butter and crisp toast. Crisp bacon or a small piece of ham may be eaten without bad after effect.

Luncheon, if eaten at all, should be a very light meal; consisting of vegetable or fruit salad with French Dressing, Mayonnaise or simple oil dressing.

Dinner should always have considerable Iron and Silicon included; combinations should be according to tables in the book "VITAMINS AND ELEMENTS", by Doreal (Price \$1.00)

Balancing of the chemical elements in each chemical type is very necessary for the well being, as each type assimilates certain chemicals with greater ease than one of a different chemical type.

Foods which should be dominant in the diet of this type are oranges, oats, apples, figs, cherries, strawberries, eggs, peas, carrots, rice, cucumbers, greens, cabbage, lettuce, onions, nuts and asparagus.

The Calcium and Silicon type should avoid situations which induce nervous excitation, as it is very easy for this type to become afflicted with nervous disorders.

The Calcium and Silicon type should strive to relax both mind and body at all times, thus avoiding the nervous disorders this type is susceptible to.

This type finds its best work in sedentary pursuits and the avoidance of strenuous activity.

Accidents are most liable to happen to the Calcium, Silicon type during July or August. Broken bones are the most common kind of accident to befall this type.

Excess of food should never be eaten and above all no alcoholic stimulants, as these tend to depress and make morbid the Calcium and Silicon type.

Proper balance of the elements in the diet will make this type witty and brilliant in conversation and writing - while lack will cause just the opposite effect.

This type often desires sweets in excess and therefore there should be rigid restraint practiced. This type usually finds low or medium altitude most beneficial.

Care should be taken to breathe deeply as the high breath is the most common in this type. Deep breathing Oxygenizes the blood stream and tones down the tendency to nervousness.

Plenty of Iron is very necessary to

prevent the formation of tumors. It is also well to eat considerable Sulphur foods as a preventative of skin affections.

In conclusion, if there is a tendency toward bad teeth, increase the Calcium and Sodium content of the diet.

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## AQUARIUS

CALCIUM AND SODIUM TYPE  
January 20 - February 18

Those born under this sign are of the Calcium and Sodium type. They are subject to stomach troubles, lung affections, headaches, anemia, heart weakness, nervous diseases, blood poisoning, varicose veins and sensitive skins. This does not mean that this type must have these conditions but the tendencies to contract these diseases are found in this type; they are the ones to be guarded against. This type should avoid intense emotional strain and relax mentally as much as possible.

Foods which should predominate in the diet of this type are: grapefruit, oranges, lemons, limes, peaches, grapes, prunes, cauliflower, asparagus, lettuce, egg plant, spinach, red cabbage, onions, berries, beets, cocoanuts, celery, eggs,

cucumbers, cheese, nuts, poultry and fish.

Calcium is found in the bones and blood, and without it there would be no skeletal framework. People of this type usually have strong bones, good teeth and eyes. Too much Calcium should not be eaten after forty years of age as it accumulates in the hardening walls of the arteries.

Sodium foods help to keep Calcium in solution in the blood stream and prevents Arthritis. If this type does not have a sufficiency of Sodium, frontal headaches, sinus trouble, burning or dry skin, gas, slow digestion and constant drowsiness are often present.

This type is usually healthier when living in low altitudes and hot climates. High altitudes and cold weather are felt by them more than any other type.

They often are naturally Clairvoyant and their intuitive powers are sure guides if not repressed. Often they refuse to listen to the inner voice, but when they do so it is sure to result in great financial gain.

Spring and fall are danger points of health for this type and unusual care of the diet should be taken at these times.

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# PISCES

## SODIUM AND SULPHUR TYPE

February 19 - March 20

You are of the Sodium and Sulphur type which is predisposed to stomach affections induced by a condition of nervous strain which is largely caused by an unbalance of the elements of the body. Too much Sulphur and Sodium food for one of this type is not good as you assimilate these elements too easily.

Foods most necessary for your well being are those containing Fluorine, Hydrogen, and Phosphorus. This does not mean that other foods may not be eaten but some of the above three should be included in every meal, while Sulphur foods should be avoided. The best Fluorine, Hydrogen, and Phosphorus foods are: Egg yolk, water cress, cod liver oil, spinach, oats, goats milk, lettuce, roquefort and swiss cheese, turnip and mustard greens, asparagus, celery, fish, fowl, steak (broiled), dairy products, nuts, caviar, pineapple, peaches, limes, lemons, grapefruit, oranges, figs, melons, berries, and prunes.

The following exercises are recommended for a general elimination of the trouble of this type.

## EXERCISES

1. Lie quietly relaxed, flat on your back with eyes closed. Concentrate all your consciousness on the throat in the vicinity of the Adams Apple. Chant slowly the Hebrew Letter VAU ten or fifteen times.

2. After using the VAU, lie in the same position for five minutes as relaxed as possible, then take a deep breath and hold it in the throat, at the same time mentally willing for an intense vibration to manifest in the throat.

3. Center the consciousness between the eyes, then direct it to the affected parts, then center the consciousness between the eyes. Will for this light to pour through the body.

4. Lie on the back in a relaxed position. Center the consciousness on the Pituitary, move to the Pineal and will for an intense vibration to start. Then move forward to the Pituitary, down to the Thyroid, the Solar Plexus, left side and Pancreas, over to the right side and Liver, then back to the Thyroid and Pituitary. Vibrate with all your force while centered on each of the glands.

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# ARIES

## SULPHUR AND PHOSPHORUS TYPE

March 21 - April 19

The Sulphur forms the negative pole of your body while the Phosphorus is the positive element. This means that the negative element mentioned is especially plentiful in the body while there is a corresponding lack of the positive element. Usually the negative element is so easily assimilated that foods predominant in this element are not only unnecessary but actually harmful. However this must be determined in the individual as sometimes one, just over the line, has harmful effects.

Phosphorus is very essential to the higher intellectual faculties. It helps to build and repair bone, feed nerves and nourish the brain. During the process of concentrated thought large quantities of Phosphorus are consumed. A magnetic nature is usually accompanied by a large quantity of Phosphorus in the make-up. It is an acid in sensitizing the brain for the telepathic reception.

When a body is lacking in Phosphorus one may have the symptoms of every known disease. It builds new cells in the brain and rebuilds broken down cells.

Constant lethargy is a sure symptom

of lack of Phosphorus as gas and acid stomach are a sign of too much Sulphur. Mental lethargy is always a sure symptom of Phosphorus deficiency. A cold is also a sign of Phosphorus deficiency. Throat trouble and stiffening in the joints is a symptom of lack of these very necessary elements in the diet. These affect the Para-thyroids, which in turn exert a profound influence on the secretions so necessary for the elimination of toxins and the keeping of the Calcium content of the body in solution. The four necessary elements for this balance are Potassium, Magnesium, Chlorine and Fluorine. The foods which are absolutely necessary for your type are these: nuts, barley, whole wheat, egg yolk, lemons, limes, lettuce, cheese, caviar, grapefruit, celery, avocado and tomatoes. In combination with these, fish, fowl, ham and broiled red meats may be eaten.

Potassium, Magnesium, Chlorine and Fluorine foods essential for your diet are: milk, green vegetables, (preferably raw) carrots, radishes, lentils, cereals, apples, figs, blackberries, cocoanut, water cress, olives, potato-skin, corn, cherries, peaches and grapes.

There is often a marked deficiency in vitamins B and D. The principle foods containing these vitamins are: B<sub>1</sub> - egg yolk, brown rice, whole wheat, spinach, yeast, peas, beans, tomatoes, okra, bananas, oranges, lemons, grapefruit, berries, prunes, grapes, raisins, dates,

figs and plums. Vitamin D is found in: Cod liver oil, butter, fats and wheat flour.

The above foods may be eaten in any combination, but it is necessary that we eat food, of any kind, in moderation.

The following mental exercises are recommended for your type. These should be carried out at any time most convenient to you and remember you don't have to strain to do them.

#### EXERCISES

1. Lie on your back and sweep the consciousness up and down the body.

2. Center the consciousness between the eyes and visualize a bright light, then move the consciousness to the Solar Plexus and contract and expand it.

3. Center the consciousness on the left side just below the ribs. Take three deep breaths, inhaling and exhaling slowly.

4. Center the consciousness between the eyes and visualize a blue-white light; move this to the Liver and take three deep breaths, inhaling and exhaling slowly - relax.

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# TAURUS

## PHOSPHORUS AND IODINE TYPE

April 20 - May 19

If you were born under this sign you are of the Phosphorus and Iodine type. Phosphorus and Potassium aid greatly in the normal functioning of the nervous system. During the process of concentrated thought large quantities of Phosphorus and Potassium are used and if there is a deficiency of these in the body there is a considerable reaction upon the nervous system often causing nerve congestion which in turn affects various parts of the body including the eyes. Skin eruptions are common in this type and the eyes are often affected through nerve congestion.

A sufficiency of Iodine in the diet is of extreme importance in the functioning of certain of the Endocrine Glands, especially the Para-Thyroids and Thyroid in the throat. Lack of proper functioning of these glands invariably causes a toxic condition to arise in the system with resulting symptoms running from constipation to extreme headaches and often ailments of the stomach or digestive tract.

The best PHOSPHORUS FOODS are: egg yolk, (which should be beaten in orange juice,) whole wheat, cabbage, cucumbers,

cheese, tomatoes, celery, caviar, nuts, radishes, prunes, lemons and grapefruit. It should always be remembered that Phosphorus is destroyed by cooking.

The best POTASSIUM FOODS are: carrots, cereals, radishes, apples, blackberries, figs, cocoanut, potato skins, water cress, asparagus, olives, whole wheat, endive and peas.

Iodine foods are very necessary for your type as there is often a marked deficiency in the Iodine assimilation. It is impossible for you to assimilate an excess of Iodine. The best IODINE FOODS are: Lobster, shrimp, crab, oysters, salmon, cod liver oil, potato skins, raw egg yolk, artichokes, mushrooms, strawberries, tomatoes, grapes, pineapple, pears, beets, onions and peas.

Skin eruptions are usually minor in nature and are a symptom of toxic and nervous conditions and will be entirely eliminated as that condition improves. A very fine exercise for the skin is the following:

#### EXERCISE

Center the consciousness above and between the eyes on the Pituitary center. Visualize a blue-white light and then will for that to expand throughout the entire face, neck and shoulders, contracting and expanding it a number of times, as if you were literally flushing the skin with light. In addition, in-

clusion of Sulphur foods in the diet and the use of a mild Sulphur soap on the skin occasionally will aid in clearing the condition.

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G E M I N I

### CHLORINE AND CALCIUM TYPE

May 20 - June 18

If you are born under this sign you are the Chlorine and Calcium type. Your predominant foods are: goat's milk, ham, cheese, dried beef, salt, salty fish, lettuce, spinach, radishes, red cabbage, carrots, lentils, asparagus, cucumbers, endive, onions, citrus fruits, currants, grapes, peaches and prunes.

Under the influence of Calcium, the brain gives up its knowledge, thought transmission is easier; genius more brilliant, concentration efficient. In order to develop a good memory you need Calcium in abundance.

The Chlorine in your body is the active disinfectant. It overpowers intestinal infection and prevents bacterial fermentation. Nervous intensity is increased by lack of certain elements, namely: Nitrogen, Oxygen, Potassium and Magnesium. It is recommended that these, with Calcium and Chlorine foods, form the predominant part of your diet. Magnesium

will be found very effective for the eye condition.

The vitamins B and D should form a large part of your diet.

The following Occult exercises are especially recommended for this type.

#### EXERCISES

1. Lie flat on the back and relax as much as possible. Place the thumbs of both hands on the nerve behind the ears and massage lightly, with a rotary motion.

2. Place the thumbs on the temples and massage lightly with a firm rotary motion.

3. Place the thumbs on the inside top corner of the eyes and massage firmly and lightly, with a firm rotary motion.

4. With the mouth open, tense the muscles of the jaw and push the lower jaw forward and down.

5. Place the finger tips on the Solar Plexus and press firmly; take a slow, deep breath, holding the fingers firmly on the Solar Plexus. Exhale slowly, maintaining the pressure.

6. Center the consciousness between the eyes and visualize a blue-white light. Will for this to center

behind the left ear, then move to the throat and center on the Adam's Apple.

7. Press firmly behind the left ear with the left thumb, at the same time pressing firmly on the right temple with the right thumb. Take three deep breaths inhaling and exhaling slowly, then relax and lie quietly for fifteen minutes, keeping the mind as blank as possible.

Do these once each day and after the twenty-first day you will find noticeable increase in energy, mental power and health.

## C A N C E R

### CALCIUM AND FLUORINE TYPE

June 19 - July 23

The Cancer type usually has a large head and long neck, broad forehead, expressive eyes, small mouth, with a slender body and long fingers.

They are artistic by nature, psychic, imaginative, restless and sometimes lazy. They are usually more or less bound by precedent, seldom doing the things which, in their imagination, they see themselves performing. This type makes good writers of fiction.

This type is susceptible to digestive diseases, dropsy, coughs, cancer,



tumors, ovarian trouble, inflammatory diseases, asthma, kidney trouble and nervous tension.

This type often has Clairvoyant or prophetic powers, which if misused cause trouble.

This type often has a deficiency in vitamin B and D. The principle foods containing these vitamins are: spinach, whole wheat, brown rice, egg yolk, okra, yeast, beans, tomatoes, peas, bananas, lemons, oranges, raisins, prunes, berries, grapefruit, grapes, dates, plums, figs, and butter fats.

SULPHUR FOODS which are an absolute essential in the changing of the skin condition are: mustard greens, egg yolk, cabbage, cauliflower, brussels sprouts, barley, peas, wild or whole rice, figs, onions, almonds, clams, shrimp and lobster.

FLUORINE FOODS which are also necessary for the proper balance of elements in your body are: eggs, brussels sprouts, water cress, cheese, oats, and fish.

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# LEO

## MAGNESIUM AND CALCIUM TYPE

July 24 - August 22

If you are born under this sign you are of the Magnesium and Calcium type with the Magnesium negative; that is, the Magnesium is present in the body in large quantities but in a dormant or latent form. Your body chemistry is such that Magnesium is easily absorbed and little attention need be given to the Magnesium content of foods.

Magnesium is the most relaxing and cooling of chemical elements. It alkalizes the body and protects brain tissues from over-exertion. It controls the generative functions and counteracts gases, toxins and acids. It is a nerve sedative and increases the magnetic force.

The Magnesium and Calcium type must eat foods rich in Calcium excepting that it is necessary to balance the Calcium with considerable Iron after one has reached the age of forty.

Lack of Silicon is especially hard on the nervous system of the Calcium type and often causes nervous disorders, tumors, neuritis, nervous indigestion and hypochondria. Foods which should be predominant in the diet are: oranges,

lemons, limes, grapes, currants, prunes, peaches, cabbage, asparagus, lettuce, cauliflower, endive, spinach, rice, egg yolk, oats, cheese, apples, peas, nuts, carrots, poultry, and fish. IRON FOODS are: broiled or roasted beef, lentils, blackberries, strawberries, pears, black cherries, and most green vegetables such as mustard greens and turnip greens. Buttermilk and goats milk may be taken, but sweet milk should be used only in very moderate quantities.

Vitamin A foods should be eaten in quantities. These are: butter, liver, brussels sprouts and cod liver oil, in addition to the foods already given. Carbon foods should be eliminated from the diet entirely, with the exception of rye bread, figs, baked potatoes and honey.

A good breakfast is essential for this type and may consist of fruit or fruit juice, egg yolk, butter and crisp toast. Crisp bacon or a small piece of ham may be eaten without bad after effect. A very light luncheon should be eaten, consisting of a salad or fruit. A Russian dressing or Mayonnaise is recommended with olive oil and lemon juice.

Dinner may be any combination of the Calcium, Silicon and Iron foods, remembering that vegetables combine with proteins, acid fruits, fats, oils, sweet fruits, and starches. Starches combine with sugars, vegetables, sweet fruits,

fats and oils. Proteins combine with acid fruits, vegetables, fats and oils. Acid fruits combine with proteins, vegetables, fats and oils. Legumes combine with vegetables, fats and oils.

The more acid foods should be eaten with caution and only in the proper combinations.

Balancing of the chemical elements in each chemical type is very necessary for the well being, as each type assimilates its predominant chemicals with greater ease than one of a different chemical type.

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## VIRGO

IODINE AND IRON TYPE  
August 23 - September 21

If born under this sign you are of Iodine and Iron type and certain foods are very necessary for your well being. Iron is the master element which keeps the life-force in harmony in the body. It gives warmth, magnetism, mental endurance and vitality. In training your body to absorb Iron, plenty of Oxygen is necessary as Oxygen attracts Iron. We therefore recommend that five minutes be set aside morning and night for deep, slow inhaling and exhaling of fresh air.

Foods containing Chlorine, Sodium, Silicon, Oxygen, Iodine, Calcium, Iron, Potassium and Manganese are especially recommended for your case. IRON FOODS are: beets, lettuce, lentils, spinach, peas, onions, asparagus, cucumbers, red cabbage, yellow corn, green beans, whole rice, prunes, peaches, raisins, berries, grapes, cherries, rye bread, nuts, egg yolk and rare beef.

Iodine foods are especially necessary for the nervous condition as Iodine protects the brain and nervous system from body toxins. IODINE FOODS are: crab, shrimp, lobster, oysters, salmon, potato skin, artichokes, mushrooms, tomatoes, onions, beets, garlic, peas, pineapple, strawberries and grapes.

Eat moderately of any combination of these foods.

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## LIBRA

IRON AND POTASSIUM TYPE  
September 22 - October 21

If born under this sign you are of the Iron and Potassium type and have a naturally strong constitution.

Iron is the master element which keeps the life force in harmony in the body. It gives warmth, magnetism, men-

tal endurance and vitality. If it were not for the Iron in the blood, the body would not absorb Oxygen through the lungs and we would suffocate. Iron and Oxygen enable parents to transmit their highest qualities to children. If through some disturbance of digestion, absorption or assimilation, the Iron taken in the food is not utilized, or is insufficient in quality, the blood making organs do not receive the necessary amount, the red corpuscles are not formed in sufficient numbers, the blood becomes poor in hemoglobin and various conditions affecting the heart manifest. Sometimes anemia which is actually a symptom, not a disease, appears. In training the body to assimilate Iron, plenty of Oxygen is necessary as Oxygen attracts Iron. Foods containing Iron, Chlorine, Potassium, Sodium, Manganese, Calcium, Iodine, Silicon and Oxygen should be eaten for IRON deficiency. Hydrogen, Carbon, Sulphur and Nitrogen foods should be omitted.

The best IRON FOODS are: Lettuce, beets, lentils, spinach, peas, onions, asparagus, cucumbers, red cabbage, green beans, yellow corn, whole rice, peaches, prunes, raisins, dark berries, cherries, grapes, rye bread, egg yolk, nuts and rare beef.

Potassium, the other predominant element of your body, is found in rocks, soils, plants, in most foods, and in the tissues of animals. When there is a large amount of Potassium in the tissues, there is a greater quantity of Oxygen,

producing greater Oxygen activity, life and growth in the tissues, greater alkalinity, a stronger system, and more efficient muscular equipment. Because you are of the Iron and Potassium type it is of supreme importance that your diet be rich in these elements. Potassium is very important; it is the female chemical and is necessary for all female trouble. Constipation and other elimination disorders often arise from lack of Potassium.

Potassium foods stimulate activity, tissue oxidation, give energy to the heart, lungs and muscles and induces sleep. It gives a reddish brown color to the skin and helps to heal injuries quickly. An excess of Potassium causes one to be physically aggressive, while lack induces the opposite reaction.

The best POTASSIUM FOODS are: peas, endive, spinach, lentils, cereals, oats, carrots, water cress, potato skin, whole wheat, asparagus, olives, apples, figs, blackberries, nuts and cocoanut.

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## SCORPIO

SODIUM AND CHLORINE TYPE  
October 22 - November 20

You are of the Sodium and Chlorine

type, and certain foods are very necessary for your well being. Your type is especially subject to toxic conditions which disturb not only the digestion but the nervous system and the glandular secretion as well.

Your best foods are: apples, figs, berries, beets, asparagus, cucumbers, carrots, celery, lentils, cabbage, okra, radishes, green vegetables, eggs, nuts, cheese, fish, ham and dried beef.

The condition of lethargy is closely associated with the toxic condition, and the toxic condition is to a great degree caused by faulty elimination. In addition to the corrective diet which will be given later, to be added to your own food type, these exercises are very good for a constipated condition.

### EXERCISES

1. Upon arising in the morning, stand erect with hands on hips and sway the body forward - to the right - back - to the left and forward again. Continue for five minutes.

2. Lie on back, close the right hand and pass the fist, with a rotary motion, over the abdomen for five minutes.

The condition of lethargy not only is a result of the toxic condition, but is also connected with a faulty or decreased secretion of the Adrenal Glands. This in association with the Thyroid



causes the increased metabolism and consequent thinness.

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# VITAMINS AND ELEMENTS BY DOREAL

We wish to call the attention of our students and friends to the very informative book by Dr. Doreal, on "The Vitamins and Elements."

The knowledge of foods, and their value can be of inestimable value to the Seeker of Light, for often the Student's development is impaired through improper feeding. Unless the proper food values are given in their proper combinations, the vitality and harmony of the body may be deficient to meet the demands of the consciousness for the attainment of balanced, spiritual unfoldment.

It gives the twenty-two chemical substances in man and the foods which contain them.

The corresponding physical conditions which appear when the body has a deficiency or an excess of the twelve master chemicals, are given with a list of foods which should be eaten in each instance. Price: \$2.00

# THE FOUR PLANES OF HEALING

by  
Dr. M. Doréal

A common mistake among most Spiritual Healers is that they use one method for the treatment of all ills. This limits them and is actually the reason for their failure in healing many cases which come to them for treatment.

There are four planes of man's being which should be considered in Spiritual Healing: the physical, mental, psychic and spiritual planes. A symptom may appear in the physical which has its cause in any one or more of these four planes. The treating of symptoms alone will not remove the cause. When the cause is not eliminated, even though the symptom has disappeared, the patient has not been really healed for the same symptoms or another may later appear if the cause is allowed to remain.

This large book is not written for the healer alone but may be used for self treatment as well. The beginning student in the study of Spiritual Healing may read FOUR PLANES OF HEALING and begin immediately to practice its principles and heal the sick. All students who wish to learn how to heal, either themselves or others, should read this book.

Price: \$5.00



