

The Mineral & Specific Foods for the 12 Astrological Signs

Capricorn: (*Calcium Phosphate*) – sesame seeds and cabbage

Aquarius: (*Potassium Chloride*) – fish, beets, cucumber, carrots, all green vegetables, lentils, cabbage

Pisces: (*Iron*) – all green leafy vegetables, egg yolk, lentils, spirulina, spinach, nettle tea, strawberries, figs, dates, oats

Aries: (*Potassium Phosphate*) – cabbage, figs, almonds, blueberries, bananas, soya and lima beans, rice bran, lentils, raisins, sesame seeds

Taurus: (*Sodium Sulphate*) – cabbage, cauliflower, onions, asparagus, carrots, raw egg, apples, peaches, plums, melons, figs, spinach, beans

Gemini: (*Potassium Chloride*) – Same as **Aquarius**. There are, in fact, 12 minerals; however, they have taken *Sodium Chloride* and *Calcium Sulphate* out and only made 10 minerals. *Potassium Chloride* stands in for *Sodium Chloride* and *Sodium Sulphate* works for *Calcium Sulphate*.

Cancer: (*Calcium Fluoride*) – cauliflower, cabbage, egg yolk, spinach, tomatoes, salad vegetables. Goat milk is the highest in *Fluorine*.

Leo: (*Magnesium*) – broccoli, beetroot, spinach, carrot, egg yolk, almonds, walnuts, figs, dates, corn, oats, beans

Virgo: (*Potassium Sulphate*) – carrots, figs, dates, spinach, cabbage, beans, cauliflower, raisins, barley

Libra: (*Sodium Phosphate*) – dried figs, spinach, dates, lentils, beans, eggs, carrots, celery

Scorpio: (*Calcium Sulphate*) – This is the other mineral that has been replaced by the other *Sulphates* – see **Taurus**.

Sagittarius: (*Silica*) – oats, barley, dates, figs, strawberries, cabbage, asparagus, raisins, cucumber, rice bran