
Child Astrological Report for

Alicia Silverstone

October 4, 1976

3:44 PM

San Francisco, California

MatthewsAstrology.com

818-427-6870

*** Introduction ***

This Astrological Child Report has been designed as a guide for Alicia Silverstone's parents, with a special commitment: to help with Alicia Silverstone's growth and cultural upbringing, to emphasize and strengthen her assets, and to alert the parents to mistakes or possible problems that Alicia Silverstone could face in her life.

Chapter 1 describes Alicia Silverstone the way she really is (position of the Sun), and the way her personality is expressed (Ascendant sign). Chapters 2 and 3 describe the influences linked to her mother and father respectively, which DOES NOT mean a description of their personalities, but the way Alicia Silverstone sees them, experiences them, and which characteristics she takes from each one. In the astrological chart of a brother or sister, the description of parents could be different due to the individual's perspective. Chapter 4 completes the sequence of the description of Alicia Silverstone's temperament, focusing her mind, her attitude toward education, and her intellectual capacity.

Chapter 5 describes Alicia Silverstone's destiny, her vocation, her profession, and the probability of success in the material world. In order to get an appropriate view of Alicia Silverstone's vocational possibilities, it will be necessary to combine what is in this chapter plus what is in Chapter 1 and any other relevant information in the report.

Chapter 6 analyzes the conditions of Alicia Silverstone's health; some tendencies or possibilities to physical diseases are mentioned, which DOES NOT mean that Alicia Silverstone is going to suffer from them, one by one. It does mean that those are her weak points and she is inclined to those possibilities. As a complement, some recommendations for Alicia Silverstone to have better nutrition are mentioned. PLEASE CONSULT A PHYSICIAN REGARDING ANY PHYSICAL PROBLEMS THAT YOUR CHILD MAY HAVE!!! FOLLOW YOUR PHYSICIAN'S ADVICE AND ANY MEDICATION OR THERAPY THAT HE/SHE RECOMMENDS!!! ASTROLOGY SHOULD NEVER BE USED AS A SUBSTITUTE FOR PROFESSIONAL MEDICAL ATTENTION!!!

Finally, Chapter 7 describes the astrological influence of the outer planets which affect all the children who were born in the same period of years, producing common ideas and behaviors and subsequent generational characteristics.

It is probable that you may find some contradictions in the report; this is because some planets may be beneficial in a certain area of life while other planets may be less helpful or even harmful. This means that Alicia Silverstone may have both positive and negative experiences in the same area. You need to draw on your intuition and common sense to come to your own conclusions. But remember that every child, no matter the sign he/she was born in, needs LOVE in order to grow up in the right way.

*** Astrological Data ***

For the benefit of students of astrology, the positions of the planets at the time of birth and other technical information is given below:

| | | | | | | | |
|---------|----|-----|----|----------|----|-----|----|
| Sun | 11 | Lib | 50 | Neptune | 11 | Sag | 41 |
| Moon | 5 | Pis | 29 | Pluto | 11 | Lib | 36 |
| Mercury | 24 | Vir | 22 | Asc. | 4 | Aqu | 22 |
| Venus | 10 | Sco | 44 | MC | 24 | Sco | 41 |
| Mars | 27 | Lib | 22 | 2nd cusp | 9 | Pis | 17 |
| Jupiter | 0 | Gem | 49 | 3rd cusp | 19 | Ari | 30 |
| Saturn | 14 | Leo | 20 | 5th cusp | 15 | Gem | 04 |
| Uranus | 5 | Sco | 54 | 6th cusp | 7 | Can | 23 |

Tropical Koch Summer Saving Time observed

GMT: 22:44:00 Time Zone: 8 hours West

Lat. and Long. of birth place: 37 N 46 30 122 W 25 06

Aspects and orbs:

| | | | | | |
|-------------|---|---|-----|----|-----|
| Conjunction | : | 7 | Deg | 00 | Min |
| Opposition | : | 6 | Deg | 00 | Min |
| Square | : | 6 | Deg | 00 | Min |
| Trine | : | 6 | Deg | 00 | Min |
| Sextile | : | 4 | Deg | 00 | Min |

***** Chapter 1 *****

General description of the child: essential nature and personality. Physical body and childhood.

Sun in Libra:

The child of Libra is sweet, soft and charming. Her features are delicate and she conquers everybody with her beautiful smile. She is sociable and she enjoys being with people. At a young age she starts seeking inner balance through harmony. Aggressiveness makes her very uncomfortable; she cannot stand arguments or quarrels; she will be always looking for peaceful places, warm colors, soft music. This is something to keep in mind when dealing with her own aggressiveness. She may lose control in an intense or harsh environment, so if her bedroom is decorated in a delicate and harmonic way, it will help her temper. One of the worst problems she faces is making up her mind. Her inner balance swings back and forth from one side of the issue to another, causing doubt. She hates to make decisions in a hurry because the pressure makes her even more confused. Parents should not shout at her, order her, or berate her. Otherwise, as an adult, she may show neurotic behavior when making decisions. The point is to talk to her softly and patiently; she is obstinate only when confused. Caution is her best characteristic. She does not like to get involved in trouble or to be wrong. In discussions she will be impartial, and will be the peacemaker, soothing the opposing sides and finding equitable solutions. She knows what balance and justice mean, and this must be cultivated by her parents. The best way to teach this is by example: at home, treat brothers and sisters the same, and give responsibilities to everybody. She may have intense periods of activity, followed by times for relaxation. It is a very good idea not to bother her while she is doing nothing; her inner balance will soon drive her into motion. She is a little bit lazy, and she does not like physical effort. She is an expert at softening hearts, especially her parents'. She is very sweet and sympathetic and, because of this, she usually gets whatever she wants. The bad side of this is that she will be a spoiled child, so it is very important that her parents combine discipline with love.

Alicia Silverstone will adjust well in school if she receives the right balance at home. Because she has a bright and logical mind, and is curious and likes to know about everything, she is a very good student. As she does not like disorder, she will help to keep the house clean. During adolescence her fondness for good grooming will become apparent and she will take over the bathroom for hours. Her parents must remember that peace, beauty and comfort are part of her harmony. She will start early to show her skills as a charmer and she will always be surrounded by romance.

This child has multiple creative skills and she is very expressive artistically. She will be very happy learning how to sing or play a musical instrument, or taking classes in literature or arts and crafts. Regarding her dietary habits, she has a tendency to choose sweet things, which could cause future weight problems. If her parents give her a harmonious environment to grow in, this child will always be protective of her parents and their home.

Aquarius Rising Sign:

Alicia Silverstone's birth could have been sudden and unforeseen, somehow unusual, or before the expected time. Her movements are very fast and her body is full of electricity. The look in her eyes will be curious and vivacious. Her body tends to be thin and tall, with long arms and legs. Alicia Silverstone will learn to walk and talk quite easily. Her intelligence along with her desire for freedom will lead her to overstep her boundaries. She will be a special and a different girl who will marvel at everything around her. She will always be looking for new things and her great curiosity will make her many friends. Alicia Silverstone will be outgoing, sympathetic and sociable, though sometimes she will seem impatient, irritable and easily bored. She will not adapt well to any routine and even less to obeying orders. She has an innate rebelliousness which will always be a part of her. Alicia Silverstone can have an erratic temper and her interests will not follow the family tradition. It is very important

that her parents stimulate her creativity and keep themselves from imposing their characteristics on her. This Ascendant strengthens the character and makes her an "original". She will be attracted to science fiction and electronics in general; she will be interested in UFOs and life on other planets, and will also try to invent her own toys.

Her childhood is ruled by Uranus, which creates special situations, many changes and instability at home. Her own family may be untraditional; one of the parents may be from a foreign country or a different culture than the one at home, or in other cases there may be a great age difference between the parents. One way or the other, there is always something that gives Alicia Silverstone an atypical childhood, totally different from other children. That is why her mentality will be very special, as well as her vision of the world. Her rebelliousness will increase as she grows. As an adolescent she may be into extravagant hairdos or clothes which scandalize her parents; also her unprejudiced opinions will not be easy for them to understand. The most important thing is that she is neither aggressive nor a tyrant; she just wants to live her life her own way and be free to change the things which bore her. Alicia Silverstone wants to share her life with friends, the right friend at the right moment, without trying to convince anyone whether it is right or not. It is not going to be easy to raise this girl. Parents must always keep in mind that she has a futuristic mentality; she is always ahead of her time, and a classic and formal education will not be right for her. Her creativity and talent must be stimulated. Though parents may not always have control while raising this girl, they will be proud in the future to have a child whose intelligence and originality are outstanding.

Moon in 1st house:

She will be very emotional, sensitive and inconstant. Her mood will depend on what is going on around her, not only the emotional climate, but also the weather conditions. Alicia Silverstone will be affected by the phases of the Moon. Her imagination is vast and her sensitivity is acute, and this will make her a very loving person who always gets the sympathy of others. This astrological position can bring fame and recognition, especially working with the public. She will be very protective of her friends, and will always attend to their needs. Because she is so impressionable, her mood can be sad due to a problem which is affecting a person she loves. She may be shy, but she will overcome it, as time goes by. Alicia Silverstone's childhood will be very important for her future, and she will also be attached to every place she ever lived. Female relatives will play an important role for this girl: mother, sisters, aunts, grandmothers, etc. Negatively, Alicia Silverstone can be moody, very nervous, restless and inconstant, and her friends may not be able to rely on her consistently.

***** Chapter 2 *****

Maternal figure: emotions, feelings, capacity to love and share.

Moon in Pisces:

The emotional world of Alicia Silverstone will be full of fantasies and illusions. She will be moved very easily, and she will often cry, either for joy or sadness. She will be very compassionate toward anyone who is suffering and will always be ready to help. Alicia Silverstone will have a vivid imagination and will live much of the time in her own world. She is acutely sensitive to everything that is happening around her. Telepathy, or other forms of extrasensory perception, will probably become evident during her life.

Her mother will probably be very affectionate and loving, perhaps sacrificing her own life for her family. Alicia Silverstone will have an idealized image of her mother; as an adult, she will have many problems trying to accept her mother's defects or failures. She may tend to overprotect her, so she must learn to defend herself, and to develop a stronger and more self-confident attitude toward problems. Alicia Silverstone will not like to face things in a cold and rational way, instead she will have a very humane and emotive point of view. This astrological influence can bring great artistic ability to Alicia Silverstone and she can excel in music, painting, or the theater.

Moon Square Jupiter:

Alicia Silverstone will probably have an overprotective mother; as a consequence, she will react with a kind of unworried, lazy, and loose attitude throughout her life. She will have to learn to control her attitude about money, as she can be a spendthrift. Alicia Silverstone will tend to enjoy everything, which can drain her physical energies. Alicia Silverstone is attracted to the easy life and may not assume all her responsibilities.

Moon Trine Venus:

Alicia Silverstone will be very sociable. People will be attracted by her great charisma and winning personality; she will have many romantic, loving relationships. She will be quiet, optimistic, outgoing, and aesthetic in tastes. The expression of her emotions will be very refined and she will always show a touch of kindness. Alicia Silverstone will prefer relaxing, non-strenuous activities.

Moon Trine Uranus:

Alicia Silverstone will be spontaneous, free, and creative. She will not feel comfortable with emotional bonds. She will also dislike any restrictions on the expression of her personality. Alicia Silverstone will be intelligent and will always be interested in new ideas. She will be attracted to original things, as well as the occult sciences and research. She will probably travel and also change her residence many times.

Venus in Scorpio:

Her love will be intense and long lasting. Alicia Silverstone will be passionate and will have tumultuous romances due to jealousy and a strong desire to dominate. She will find it difficult to express her feelings verbally due to their depth and complexity. Alicia Silverstone will not like short or superficial relationships, and at an early age will show great selectivity in her social world. As a result of this, Alicia Silverstone will have few friends, but she will be loyal to them and they could be friends forever. Her sex life will also be intense, so it is very important for her to be well-educated about the possible consequences of her behavior. She can be very selfish and rough in

expressing herself, and though sometimes she can get into trouble, she will never stop being frank and sincere.

Venus in 9th house:

Alicia Silverstone will have an intense desire for knowledge and will look for activities which could expand her emotional world. She will be philosophical, religious, and will love to travel. Alicia Silverstone will probably fall in love abroad or may marry a person from another country. She will have strong intuition and will be a cultured person. Alicia Silverstone will love to study and expand her general skills, and as a result of this, Alicia Silverstone will have an urbane, cultivated manner.

Venus Conjunction Uranus:

Alicia Silverstone will be very sociable and very particular about her choice of friends. Usually, parents will not agree with her choice, and this could get worse as Alicia Silverstone grows. She will be rebellious and will search for her own freedom. Her creativity will be remarkable, though her energy can be inconsistent and scattered. She will not feel comfortable with routines or restrictions. It will be wise to teach her to respect the feelings of others, as she will tend to change her mind quite easily and to get involved in unusual situations without thinking about how others are affected. The best thing to do is neither to criticize nor to limit her, but just to suggest ideas, if possible!

Venus Square Saturn:

Alicia Silverstone's parents, especially her father, must make an effort to show love and caring because Alicia Silverstone is especially sensitive to any indifference and may feel she is always being rejected. This could make her shy and unable to show her emotions. Alicia Silverstone will tend to sacrifice her happiness for duty. She will tend to be defensive and afraid of being rejected or of not being accepted. It is very important for her destiny that her parents give her all the love they can. In the future, it will be better for her to get married after the age of 28, when she is emotionally mature. If Alicia Silverstone does not overcome her inner fears, this astrological position can make her ineffectual in sentimental matters and lonely.

Jupiter in Gemini:

Alicia Silverstone will have a great intelligence and fantastic mental abilities. Parents should help her find a way to combine her great reasoning with her feelings, because under this astrological position the development of the mind can become so important that the development of the emotions is overlooked. Alicia Silverstone can be a bit restless and insensitive.

Jupiter in 4th house:

Alicia Silverstone will love her family and her home and will often receive help from her parents. Alicia Silverstone will love being outdoors. She will be happy growing up in the place where she was born. Her attitude will be open, spontaneous, and outgoing, which will bring her to a happy and full maturity. Bad situations will neither bother nor change her character.

Neptune in 10th house:

Alicia Silverstone will have high aspirations and spiritual goals for her life. She will enjoy helping people and will be very idealistic. Whatever she achieves in her life will come from her own efforts, nothing will come from her family. Alicia Silverstone will be very sensitive to the feelings of those around her and could be a very good

diplomat. Chemistry and liquids could be related to her job or profession. Most likely, she will suffer great confusion when trying to choose her vocation and she could experience some changes in her professional life. Alicia Silverstone should learn to behave decisively and consistently, leaving all her fantasies and doubts behind.

***** Chapter 3 *****

Paternal figure: authority, power, capacity to assume responsibilities and to defend oneself in life.

Sun in 8th house:

It is very important for Alicia Silverstone to be taught to properly handle money, care for possessions, and to learn to respect the property of others because later in life her career may involve managing or handling finances or possessions of other people. The relationship with her father can be rather tough, with deep disagreements and contrasts, along with, on the other hand, a great need for closeness. Both of them must share their respective ideas in a quiet way, as the two of them can learn a great deal from each other. Alicia Silverstone will feel very attracted to the mysteries of life and will be a great researcher. She will have great intuitive powers, and will be interested in occult sciences in general. Alicia Silverstone will live her life in an intense way; her emotions will be very deep and most likely she will be possessive and jealous. The material portion of her life will be favored by inheritance, bequests, marriage or gifts.

Sun Conjunction Pluto:

She will have strong desires and aspirations for every aspect of her life: physical, mental, and spiritual. Alicia Silverstone can show some types of behavior which may indicate an obsession with her objectives. She will not be an easy person to handle. As she has great authority and enough assertiveness to impose it, parents will not find it easy to control her. Alicia Silverstone will feel comfortable with a father or relative who shows strength, as she will use him as an example in forming her own personality. Alicia Silverstone may be very intolerant and very selfish, and probably she will frequently fight with her father. However, Alicia Silverstone will accept things if they are logical; she will respect a coherent and firm authority, and will soften up with demonstrations of love. Alicia Silverstone will be passionate, and her feelings will be very deep and long lasting. It is very important not to lie to her, as she is very intuitive and will realize it.

Sun Sextile Saturn:

Alicia Silverstone will gain great success in life due to her disciplined work and constant effort. She will be constant, faithful, responsible, and serious about her goals. She will have great concentration and a good sense of organization. Generally, her life will be orderly, healthy, and long. Alicia Silverstone will deeply admire her father, who probably will be a very successful person and will possess many characteristics that she will want to embrace as an adult. Alicia Silverstone will always be a person everybody can trust.

Sun Sextile Neptune:

Alicia Silverstone will be a visionary, an idealistic, and intuitive person. This energy can be channeled through musical or literary expression, although her perception can also take her to areas like investments, research, etc. Alicia Silverstone will be very romantic; her life will be full of visions and ideals which will be fulfilled little by little. She will be dedicated to her home and family, because she will always need a harmonious place where her spirit can find peace.

Saturn in Leo:

Alicia Silverstone will have a great need for personal recognition and will always try to be the leader, no matter what the price. She must learn to have a better attitude about love, about other children, and about her own creative expression. Probably Alicia Silverstone will be cautious and reserved, a serious child with little sense of

humor. Parents must show her how to enjoy life and to have a more relaxed attitude about the responsibilities she has. Alicia Silverstone will have great mental vitality and will excel in fields like education and management. She must learn to share things with others and not isolate herself.

Saturn in 7th house:

Alicia Silverstone will have a great desire to be with her father and to share everything with him. If she does not receive all the attention she needs, she will suffer from a fear of being rejected, a tendency to feel lonely, and will attempt to compensate by being with someone older. In the future there may be a big difference between her age and her mate's. It will be better for her to delay marriage until she is mature and more experienced. Alicia Silverstone will be very clever and will have excellent abilities working with the public. She will need time to be alone and to recharge her batteries. She will take marriage very seriously and will work hard to make it succeed.

Saturn Trine Neptune:

Alicia Silverstone will learn a positive ethical and moral standard from her parents. She will also have a very important instinct for self-preservation and will take very good care of her own interests. Her great imagination and inspiration will be shown in an organized, practical, and methodical way. Alicia Silverstone will have a strong sense of reality and discipline will be her philosophy of life. During her life, Alicia Silverstone will develop strong spiritual and religious principles.

Saturn Sextile Pluto:

Alicia Silverstone will have strong will power which will allow her to overcome all the frustrations and limitations of her life. She will have vast energy and the power to concentrate and channel it in an organized way. Alicia Silverstone will not be afraid of challenge and will develop extraordinary self-confidence. She will show a strong sense of responsibility and will usually be tolerant with others, because it will be easy for her to control her emotions.

Mars in Libra:

Alicia Silverstone will have a strong feeling for justice and will fight against everything she considers unfair or inhumane. Alicia Silverstone will be very comfortable working with other people; she will feel that the results will be better working with a team, although sometimes she could be jealous and competitive. It is very important for her to learn not to be so dependent on other people, or she will lose confidence in herself and will have trouble making decisions in the future. Alicia Silverstone will be a charming, generous, sociable, and persuasive person. She will enjoy people and new ideas. Negatively, Alicia Silverstone can show a tendency to laziness; sometimes she will not make enough of an effort to get what she wants. As she is so sweet and charismatic, sometimes she will let others do things for her instead of doing them herself. It is very important for Alicia Silverstone to have physical exercise as an outlet for the energy flowing through her body; this may help to combat or avoid the tendency to laziness. Her humor and sensitivity are stimulated with music and colors; soft light and harmonious surroundings will balance her bad mood quickly, and relieve depression.

Mars in 9th house

Alicia Silverstone will be independent, enthusiastic, and very curious. Her restless mind will motivate her to further her education and to achieve the goals she sets for herself. It is likely that Alicia Silverstone will have conflicts with or completely reject her religion, as she will rebel against its demands and will have her own ideas about God. If this idea of God becomes very developed, Alicia Silverstone has the potential to be a religious

fanatic. Her restless mind will make her plan many trips around the world.

Uranus in 9th house:

Alicia Silverstone will travel frequently during her life and will visit exotic, uncommon, and faraway places. While traveling, she will have experiences which will enrich her inner life, her own philosophy, and her attitude about religion. Alicia Silverstone will be very creative, independent, and adventurous. Her religious beliefs will be unorthodox and it will be very difficult for her to follow tradition. She will be very interested in social reforms and will probably become involved in politics, though this could change as time goes by. Alicia Silverstone should avoid involvement in legal problems, as these could have unpredictable results.

Pluto in 8th house:

Alicia Silverstone will have a long life due to her regenerative capacity. She will experience many intense situations and deep changes. She will be interested in the different processes of human existence, especially life and death, and will dedicate many hours to the study of these subjects. Her interest in these things goes beyond mere curiosity; it is a very deep psychological impulse which will take her deep into the mysteries of life. Alicia Silverstone could excel in research, medicine, or the natural sciences. Her inquiring mind will lead her to search the spiritual field for answers and she will explore all the religions, looking for the most coherent one.

***** Chapter 4 *****
Mentality: intelligence, studies and capacity for communication.

Mercury in Virgo:

Alicia Silverstone will have a very analytical and logical mind that will allow her to see all the details of each situation. She will be very intelligent and will have the ability to understand difficult and abstract problems. Alicia Silverstone will look for perfection in everything she does, but if she feels she cannot achieve it, she will quit. She will be a very good student, especially when she feels she is studying a useful and practical subject. Alicia Silverstone will have a very critical vision of the world: she will be very exacting with her job as well as with her personal relationships; she will discover the mistakes and the weaknesses of others. Her communication can be very limited, as she will be very shy. Her logical and impersonal mind will make her impartial and detached. Alicia Silverstone can show a lot of interest in scientific and research jobs in medicine, hygiene, nutrition, mathematics, etc. Also, her great capacity for observation will allow her to capture the characteristic behavior of the people around her, and she will enjoy doing imitations of them. She will be very honest, but she could show some intolerance for less intelligent people and she could be very skeptical.

Mercury in 8th house:

Her mind will be penetrating and it will be attracted by hidden and mysterious things. She will be very intuitive, reserved, and intriguing. As a child she will like detective and mystery stories in which she will use her own talent to solve the cases. Alicia Silverstone will have enormous abilities in handling others' financial matters and possessions, and will be a good worker in fields like banking, management, or politics. Alicia Silverstone will not be very communicative; she will express herself with few words and without openness. She will usually try to keep quiet as she will probably feel that others misunderstand her.

Aries on 3rd house cusp:

Alicia Silverstone's mind will be restless, active, and tireless. It is probable that she will express her ideas in a rough and abrupt way, without any thought, and will then have to deal with the consequences of her impatience and impulsiveness. Alicia Silverstone will not like spending a lot of time studying; she will get bored quite easily and will need constant action. She will grasp new ideas quickly, but will not be able to concentrate on the same subject for a long time. Alicia Silverstone must alternate studying with physical activity, without allowing the latter to displace her duties as a student. She will be very spontaneous in expressing herself; though she will have a good sense of humor, she could get angry quite easily too. She will like to travel, investigate things, and get to know different people and places.

***** Chapter 5 *****

Destiny: vocation, profession, probability of success and social recognition.

Scorpio-Sagittarius MC

Alicia Silverstone's destiny will encompass the whole world; she will travel abroad and come to know many different people and places. Freedom is the key to her success. She will look for work situations with no set schedule and without responsibilities which could restrict her, but they will not always be easy to find. Alicia Silverstone could excel in activities which require physical strength such as sports or heavy industry; she will be attracted to metals and their industrial use. Most likely Alicia Silverstone will not have just one profession in her life; she will experience a variety of occupations. Whenever she first starts a job, she will be more than pleased with it and will put all her energy into it, but eventually will feel burdened by the routine and will search for innovations and changes. During the second portion of her life, Alicia Silverstone will make a big transition and will probably reside in another country or will travel a lot.

Her career choice could be one of the following professions or a combination of some of them: engineer, mechanic, electronic engineer, sportswoman, investigator, travel agent, sailor, coach, physical education teacher, athlete, etc., or any other profession where she could use her physical strength and also be independent.

Alicia Silverstone's parents could have incompatible personalities. One of them will be a day-dreamer and a bohemian and the other one (generally her mother) will be the one with her feet on the ground. Early on Alicia Silverstone will begin her search for freedom from impositions. Scorpio and Sagittarius individuals will have a strong influence on her destiny.

***** Chapter 6 *****

Health: probable physical problems and recommendations for diet and nutrition.

Sun in Libra:

Libra rules the kidneys, the bladder, the suprarenals, and the urethra. Alicia Silverstone's main problem will be her tendency to laziness; to be quiet and comfortable means absence of movement, and, as a consequence, there will probably be circulation problems as well as weight problems. To avoid problems in her kidneys, her delicate section, she should drink large quantities of pure mineral water and avoid salt. Alicia Silverstone will need a harmonious and peaceful place to develop herself; her inner balance will be very important and its condition will be reflected in the state of her health. If Alicia Silverstone were raised with constant arguments, noise, shouting, and tension, she could be seriously ill. Soft music has healing power on her body, as well as soft colors and the touch of nature.

In order to be healthy, Alicia Silverstone will have to consider this advice: she will have to restrict sweets, pasta, and all products which come from flour, replacing them with proteins easier to digest like fish and poultry, fresh cheese, soy and its products; she will have to drink pure water every day; she will have to practice a sport, dance, swim, or go to a gym, (it must be pleasurable activity); she will have to be with positive and outgoing people; she will have to avoid red meat and seafood; she will have to rest in nice, quiet and ventilated places; she will have to have an artistic activity as an entertainment; she will have to rid herself of her rancor and annoyance; she will have to avoid gaining weight; and mainly, she will have to find an over-all balance.

Saturn in Leo:

This astrological position could bring the hardening of the arteries, atrophy of the heart, debilitation of the muscle of the heart, and some general circulatory problems. These difficulties originate from a lack of calcium, magnesium, and potassium. It is also probable that her heart could be smaller than normal.

Cancer on 6th house cusp:

The short term problems related to Alicia Silverstone's health could originate from the retention of liquids in the body, congestion of fluids in general, or the lack of Vitamin B-2 (Riboflavin), potassium, and fluorine. This could bring digestive problems, gastric colds, flatulence, hiccups, sclerosis, etc.

The best advice, as far as food is concerned, is to include in her diet: beet, broccoli, tomato, dry peach, blackberry, mango, peanut, tangerine, banana, wheat germ, pure milk cheese, eggs, and, the most important element will be pure mineral water. Also, it will be advantageous for Alicia Silverstone to chew her food well before swallowing. It will also be important to avoid drinking while eating and to eliminate seasonings which irritate the stomach.

The long term problems related to Alicia Silverstone's health could originate from the lack of proteins, Vitamins C and K, folic acid and the poor retention of calcium. This could bring a debilitation of the bone structure; she will be inclined to dislocations, especially in the knees; dry or scaly skin, and loss of hair.

In order to prevent these problems, it will be very important to have the nourishment mentioned above, plus: soy and alfalfa sprouts, celery, carrots, cauliflower, all seeds and grains, orange, lemon, grapefruit, strawberry, grapes, almonds, apple, coconut, non-fat milk, goat milk, fresh cheese, yogurt, egg yolk, pineapple, poultry, and especially, fish.

***** Chapter 7 *****
**Generational influence: ideas and feelings common to
your child's age group.**

Uranus in Scorpio:

Alicia Silverstone belongs to a generation of people who will break many taboos about sex, life and death, and other matters of a personal nature. She will defend her own ideas almost fanatically and will become aggressive when challenged. She will be very vigorous, dynamic, and secure in her self-expression, though she will need to learn to be more flexible. Her intuition will be powerful; many inventions and discoveries will characterize her era, especially in fields like medicine and metaphysics.

Neptune in Sagittarius:

Alicia Silverstone's generation will seek to discover new religious and philosophical values. They will inquire deeply into the different meanings of life. It is also probable that during this period many laws and educational programs will be changed. As a part of this generation, Alicia Silverstone will be very interested in being a member of reform groups; she will be inclined towards new ideas, will search for a universal religion, and will get to know different cultures. It is also probable that she could meet false prophets, but her strong intuition will tell her who is who.

Neptune Sextile Pluto:

Alicia Silverstone will have great creative and artistic ability. Also, she will fight against injustice and will try to reform the legislative system. Her intuition will be powerful and will compel her to study and uncover the secrets of nature. Most likely, her ideas about freedom or the way she will use her mystic knowledge will not be totally understood; however, her interest in this matter will not vanish.

Pluto in Libra:

Alicia Silverstone's generation will be concerned about the development of human relationships and their communications. They will not be very selfish and will understand the importance of listening to others, always seeking balance and harmony between different points of view. They will be interested in psychology and sociology, and will propose new styles of association, in business as well as in personal relationships, trying to find better understanding and happiness. Their policies will lead to peace treaties between different countries, making possible the avoidance of the arms race or political power struggles. As a part of this group, Alicia Silverstone will show a great love of beauty and harmony; she will have a strong sense of justice and well-developed social instincts.
