

Health Report for 5 Years

(Sample)

Sarthak Jain

Male, 04/**/**, 16:**:40, C****, P****, United Kingdom

Dear Sarthak,

Thank you for choosing Future Point. We have compiled all the information sent by you and prepared a detailed report, along with an answer to the question sent in by you. The accuracy of the predictions is directly proportional to the accuracy of the birth details provided by you. Your future is dictated by stars, but you have a role to play too. Keep thriving ahead in life. We hope our analysis helps you come out of some of the problems that you are currently facing in your life.

Blessings

Dr. Arun Bansal

Your Rising Sign/ Lagna

In Vedic Astrology, the first house in the birth chart is known as Lagna or Rising Sign. It denotes the basic characteristic of the native. The ascendant describes one's personality traits and features, along with the physical attributes and beauty. Born in the Virgo Lagna, you have an air of mystery around you. You like your life to be simple and yet have all the luxuries. Being a Virgo you are a born perfectionist and you enjoy to spend time with nature. Your quality of doing work that's par excellence is true to your substance yet unique to you. When changes happen or things do not go your way, you get anxious and start thinking the worst.

However, you have a strong personality and it shines when you interact with others. You aren't afraid of voicing your opinions, but apprehensive if the others will consider it or not. A family person inside out, you enjoy the company of your family and cousins. A person so deeply rooted in the family would care less if they have friends or not, and that is exactly how you are. You have entwined your entire life around your family with no regrets whatsoever.

Your Horoscope and Health

The most important part of having sound health is maintaining good eating habits. You enjoy your luxuries and materialistic comforts just like the other person, but for you, this entails splurging on restaurants and going out to eat. You treat this as your cheat days but never understand the true meaning of this. As per your birth chart analysis, you are highly likely to attract digestive disorders and stomach ailments. With time you will start showing the symptoms of gastritis and periodic stomach aches. However, you will be ignorant of the problem because you hate overthinking, which is the only thing that you do after being a perfectionist.

You enjoy trying out new dishes and cuisines. And are always ready to travel above and beyond to visit your favourite restaurant or a new place that just opened. This is ironic because your appetite is way too small to be spending so much time on choosing a restaurant.

Apart from food, you also have a habit of procrastinating and enjoying your leisure time. However, when you are determined about achieving something- you move heaven and earth to achieve what you want. Your never die attitude is crucial to maintaining good health.

Dasha Analysis for 5 years with respect to your health

2019

Your 6th house, the house of diseases predicts that you will have stomach related ailments if you do not take care of yourself in a proper manner. Diarrhoea, dysentery, or aches will be normal due to gastric issues your house prophesizes. However, it is not something big and can be dealt with easily. You can go for early morning walks and brisk evening jogs to keep yourself in shape and you will be in high spirits the entire day.

You will be able to get away from your diseases and problems as soon as you have decided to eat healthily and work out well.

2020

The beginning of the year will be safe for you to venture out and carry your plans as you desire. The period of Benefic Jupiter will start fading after March 2020 and you will start experiencing some minor changes in your life. This will not harm you much until and unless you carry your plans to have only the food that is healthy and keep staying hydrated throughout the day. If you are cautious enough, no planetary transit would be able to cast a huge shadow on you. As per the Planetary Transits of 2020, you will be in the clear.

Having proper experience in the field of eating healthy and staying fit, you will embark on a journey to inspire others around you by the end of August. This will prove to be beneficial for you, as you will get people to exercise with, and also someone whose story would inspire you to be more than what you already are.

The mid of the year will be auspicious for channelling your inner strength and stay away from foods that might hamper with your digestive system. There will be functions and get-together's happening in the month of October and November which is the time where you might slip-up and create mini havoc for yourself. When you want to eat outside at a fancy restaurant or indulge in

some binge eating, you can take it in small amounts with your fluids and exercise after. Overall there won't be much to worry about, so have a good year and keep working out.

2021- 2022

The Period starting from 2021 might not be what you expected. You will be in your chart although you might have sensitive physiology because of placement of Mars in 8th house and that of Lagna lord in 12th house, however, the significator of immunity is well placed in 11th house therefore all the negativities related to health won't affect you badly.

2023

In your horoscope, although 8th lord is also not well placed however, your life expectancy won't get reduced as Jupiter, Saturn, Sun and Rahu all are strong.

Actually, Jupiter is the great protector of life, therefore, its auspicious placement gives protection to your life.

Sun is the biggest significator of immunity therefore because of its auspicious placement you shall escape from misfortunes, health troubles and damage to immunity.

Saturn is the biggest significator of longevity and it is forming Shash Yoga in your chart and for that reason, your life expectancy is unquestionably decent.

Rahu brings protection from sudden mishappenings and for that reason, its auspicious placement is an additional advantage.

Your Lagna lord is placed in the 12th house however its exaltation in D9 chart shall add extra protection to your life.

The only negative point is the negative placement of Mars in the 12th house. In order to overcome the malefic influence of it, you are advised to donate red daal on Tuesday.

Your Question:

I have a severely bad digestion problem, which keeps me away from living my life to the fullest. Can astrology help me find a solution?

As per your birth chart, Virgo is posited in your 6th House, i.e. the house of diseases. In such a case you will have troubles related to your stomach, as stated by you in your question. You will be susceptible to stomach ailments and diarrhoea problems. This would continue till the time you start paying attention to your eating habits and mend your schedule.

However, Jupiter is aspecting your 6th house, which proves to be giving off a positive vibration to your health. This means that you can probably heave a sigh of relief and enjoy your life as the next transit comes. In case you want to enjoy spicy food or food that is a once in a while temptation you can take your chance but after following the remedies that are prescribed to you. In your life, you like to take things slow and enjoy every moment.

Inculcate the habit of going for a jog in the morning or taking a light walk with your dog every evening. Taking small steps towards ensuring good health will matter in the long run. Once you develop the habit of enjoying these small walks and jogs, you can go for full-fledged runs and laps. Make working out fun and take this as a challenge- your perfectionist streak will outshine in the period and help you attain the health that you dream of. In order to enjoy food that you want to eat, first, develop a habit of eating healthy and

eating fresh. This would help you stay fit and in shape, thus bringing you a step closer to your aim.

In a nutshell, you need to start working out and eating healthy in order to prepare your stomach to be strong and your immunity as good as new. The period from July 2019 will be excellent for you as you will start seeing results and this would encourage you to go a step further. This period will also be the beginning of the time when you will stop facing this trouble and enjoy your life as per usual.

Remedies

- In order to overcome obstacles, you are advised to do the following remedies-
 - Keep Matangi Yantra at the place of worship and chant following Mantra 108 times daily-
"Om Hreem Kleem Hoom Matangyai Phatt Swaha"
 - Donate red Daal on Tuesday.
 - Chant Srisuktam and Laxmisuktam daily.
 - Chant Lalitasahastranam daily.
 - Wear opal locket in your neck.
 - Do fasting on Friday and make sure that you don't miss chanting Lalitasahastranam on this day.

Blessings

Dr. Arun Bansal

Disclaimer

The calculations and conclusions reached in this report are strictly based on the reading of the natal chart by the expert astrologer based on the birth details provided by you. The above report is not to be used as legal proof. The actual report may vary a bit from the sample report based on the query stated by you.