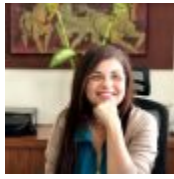


Eat by Zodiac: Water Signs – ‘Ironing’ Out the Emotions



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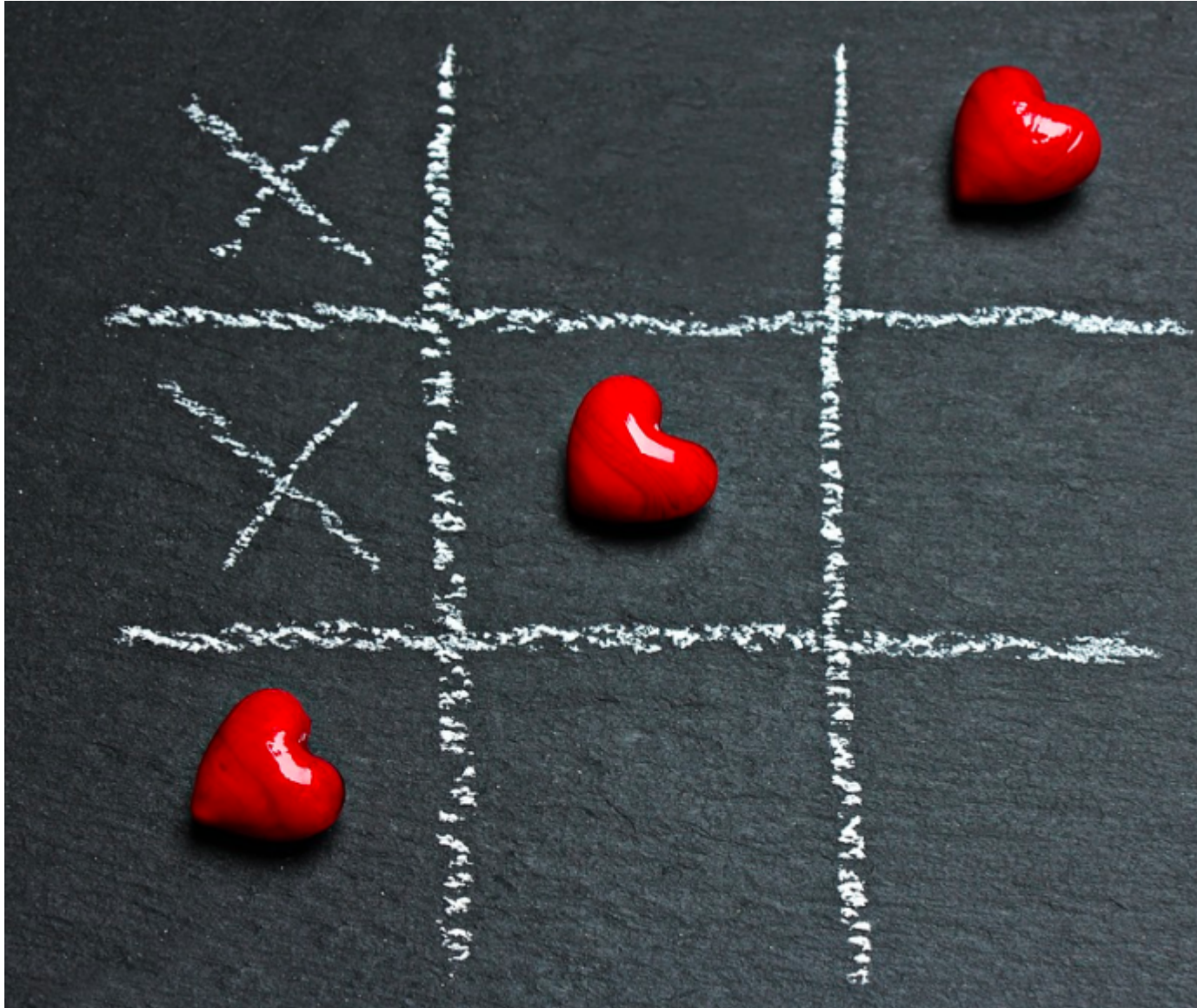
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You don't have to be an astrologer to know that the Water signs – Cancer, Scorpio and Pisces – live on their emotions. Emotional steadiness is not their forte, and the mere hint of criticism, rejection, or ridicule can bring about some pretty fierce reactions. Sulking is followed by tears, sharp words, and a bad case of the blues. Often these reactions conceal a heart of gold, an intuition that is sharper than any other sun sign, and a compassion that runs through their very core.



What the Water signs need to help them be their creative best, and stabilise the seesawing emotions, is iron and Vitamin B12. Deficiency of these can heighten the anxiety that is never too far away from a Water sign. Dark leafy greens like spinach, arugula, rocket and chard, lend themselves so well to a good salad. Add to these leaves a few cranberries or strawberries, some cherry tomatoes, pomegranate seeds, a splash of apple cider vinegar and a generous helping of nuts and seeds, and you not only have a great mood booster, but also high fibre deliciousness. Match this with a bowl of brown or red rice, quinoa, bulgur wheat, barley or oats, which you can top with your favourite seafood or egg curry, or a light sauce, and you have the perfect meal for a Water sign.

Not many Water signs enjoy lentils and beans, but for those who do, this is an extremely healthy source of iron and fibre. But, remember that water signs are not blessed with a strong constitution, so go easy on the quantity. To boost the digestive system, which is as delicate as the emotions, a daily intake of homemade yogurt shall ensure a healthy gut. What works adversely for the water signs is sugar. Sugar can tempt them to bury their perceived woes in large slices of chocolate cake or tubs of ice-cream, but eventually makes them feel far worse.



I've yet to meet a Water sign who is unable to whip up a quick and delicious meal, especially for those they love. Fresh ingredients, bright colours and nose-tingling smells, are an instant emotional pick-me-up. They enjoy texture and crunch and are as perceptive about the food as they are about the person who has cooked it. Food can make the water sign feel more loved, or unloved, than any other sign, and eating the foods that reduce emotional reactivity can help the water signs to get what they most desire – happy relationships.