

HEALTH: MIND, BODY & SOUL:

Pass the gin cocktails, the patty melt, the skillet of baked smoked gouda...this is your season for indulgence, thanks to the Sun's dance through Scorpio, your fifth house of pleasure and celebration. Instead of feeling guilty, though, why not just embrace the revelry? For some sound nutritional information, check out fellow Cancer and award-winning nutritionist Layne Lieberman's *Beyond the Mediterranean Diet*, a substantive look at how to make periodic decadence really work for you: <http://worldrd.com/beyond-the-mediterranean-diet/>.

The revelry comes screeching to a halt on November 21, when the Sun marches into Sagittarius, your sixth house of wellness. Are your fitness habits working for you? Or, um, do you even have fitness habits after the prior month's indulgent mood? Now is the time to get back in the health saddle. Stock up on your vitamins. Get to the gym first thing in the morning, since what we do when we first wake up has a better chance of sticking, habit-wise. Pass on the fatty foods and high sodium fare. Your sign is known to enjoy its comfort foods, but now you'll have an added appreciation for the end game. Is that melted wheel o' brie really worth the cholesterol? Probably not.

On November 28, the relationship-centric Libra moon forms a pesky T-square with crisis-junkie Pluto in Capricorn, your seventh house of committed partnerships, and rollicking Uranus in Aries, your tenth house of authority. Hmm...are you going for your way or the high way? Odds are good that such an M.O. will backfire, especially when it comes to tricky interpersonal dynamics. But, that doesn't mean you can't inject a little backbone into dealings with crabby bosses and relatives. And, um, "crabby" would be the operative word, here. With the moon in your seventh house of dependency, you could definitely be falling prey to a little projection. Instead of getting intense or righteous, take a time out. Light some candles. Fill up an Epsom salt bath and soak the stress away. **[Next up: your Cancer Weekly Horoscope >](#)**