

Aries

Chakra: Solar Plexus
Bezwen: Calm + Control

Mineral Support

Nettle
Supports energy and reduces burnout
How: Tea
Frequency: 2 – 3x/week
Warning: Overstimulation

Sea Moss
Full mineral support
How: Gel
Frequency: 3 – 4x/week (small)
Warning: Digestive issues if overused

Aries needs control, not more fire.

Taurus

Chakra: Root

Bezwien: Movement + Opening

Mineral Support

Alfalfa

Supports body nourishment

How: Tea

Frequency: 2 – 3x/week

Warning: Bloating

Nettle

Grounding mineral support

How: Tea

Frequency: 2x/week

Warning: Heaviness

Taurus needs movement.

Gemini

Chakra: Throat
Bezwen: Clarity

Mineral Support

Sea Moss
Mineral support
How: Gel
Frequency: 3x/week
Warning: Overuse imbalance

Nettle
Grounding support
How: Tea
Frequency: 2x/week
Warning: Overuse imbalance

Gemini needs focus.

Cancer

Chakra: Heart
Bezwen: Protection

Mineral Support

Sea Moss
Mineral support
How: Gel
Frequency: 3x/week
Warning: Overuse imbalance

Nettle
Grounding support
How: Tea
Frequency: 2x/week
Warning: Overuse imbalance

Cancer needs emotional safety.

Leo

Chakra: Heart/Solar
Bezwen: Balance

Mineral Support

Sea Moss
Mineral support
How: Gel
Frequency: 3x/week
Warning: Overuse imbalance

Nettle
Grounding support
How: Tea
Frequency: 2x/week
Warning: Overuse imbalance

Leo needs heart balance.

Virgo

Chakra: Solar Plexus
Bezwien: Release

Mineral Support

Sea Moss
Mineral support
How: Gel
Frequency: 3x/week
Warning: Overuse imbalance

Nettle
Grounding support
How: Tea
Frequency: 2x/week
Warning: Overuse imbalance

Virgo needs to relax.

Libra

Chakra: Heart
Bezwon: Clarity

Mineral Support

Sea Moss
Mineral support
How: Gel
Frequency: 3x/week
Warning: Overuse imbalance

Nettle
Grounding support
How: Tea
Frequency: 2x/week
Warning: Overuse imbalance

Libra needs clarity.

Scorpio

Chakra: Sacral
Bezwien: Release

Mineral Support

Sea Moss
Mineral support
How: Gel
Frequency: 3x/week
Warning: Overuse imbalance

Nettle
Grounding support
How: Tea
Frequency: 2x/week
Warning: Overuse imbalance

Scorpio needs to let go.

Sagittarius

Chakra: Solar
Bezwen: Direction

Mineral Support

Sea Moss
Mineral support
How: Gel
Frequency: 3x/week
Warning: Overuse imbalance

Nettle
Grounding support
How: Tea
Frequency: 2x/week
Warning: Overuse imbalance

Sagittarius needs direction.

Capricorn

Chakra: Root
Bezwen: Opening

Mineral Support

Sea Moss
Mineral support
How: Gel
Frequency: 3x/week
Warning: Overuse imbalance

Nettle
Grounding support
How: Tea
Frequency: 2x/week
Warning: Overuse imbalance

Capricorn needs to feel.

Aquarius

Chakra: Crown
Bezwen: Connection

Mineral Support

Sea Moss
Mineral support
How: Gel
Frequency: 3x/week
Warning: Overuse imbalance

Nettle
Grounding support
How: Tea
Frequency: 2x/week
Warning: Overuse imbalance

Aquarius needs feeling.

Pisces

Chakra: Crown
Bezwen: Grounding

Mineral Support

Sea Moss
Mineral support
How: Gel
Frequency: 3x/week
Warning: Overuse imbalance

Nettle
Grounding support
How: Tea
Frequency: 2x/week
Warning: Overuse imbalance

Pisces needs grounding.