

## Astrological medicine: Your birth month can predict your risk for asthma, ADHD and more than 50 other diseases

Your Zodiac symbol and birthstone aren't the only things decided by your birth date: The day you entered this world may also predict your chances of developing ailments like asthma or heart disease.

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[Researchers] found that 55 diseases were significantly linked to birth month. Babies born from September to November were at the highest risk to develop the widest variety of diseases. Babies born in fall...have a higher chance of developing ADHD, viral infections, and respiratory diseases like asthma. On the other hand, winter babies, born in January through March, are far more likely to develop heart disease than babies born in other months. Interestingly, the exact opposite is true for fall babies; the results indicated that babies born in fall were actually protected against heart disease.

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Why would this seasonal effect exist? The link between asthma and fall babies...may have something to do with babies' heightened exposure to indoor dust mites as people retreat indoors for the upcoming winter. Past studies have also shown that heart disease may be more prevalent in winter babies due to an early-life vitamin D deficiency (which our bodies produce with sun exposure).

Disease Map x Image as source type unknown

**The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [Your Birth Month Influences Your Risk for Diseases](#)**