

Originals from Section 1: Herbal



My translation on herbal section:



Similar to the Blue
Gem Flower it is
known as
the Hebe
Franciscana
It is native to
New Zealand and
is named after the
Greek goddess of youth
Hebe

It seems to be arranged in a
spiked inflorescence and
of leaves going in
directions. They also
attract butterflies
after the Greek
goddess of youth
perhaps this
plant can
keep the body
youthful as well

ad in a
has row
opposite
seem to
Being named
Goddess



The Venus Fly trap,
also known as
the *Dionaea*
muscipula

is a carnivorous
plant

that catches
and digests
animal prey

- the bright
colours
represent its
exoticness.

If you are experiencing
stress, try a long walk
through nature, you

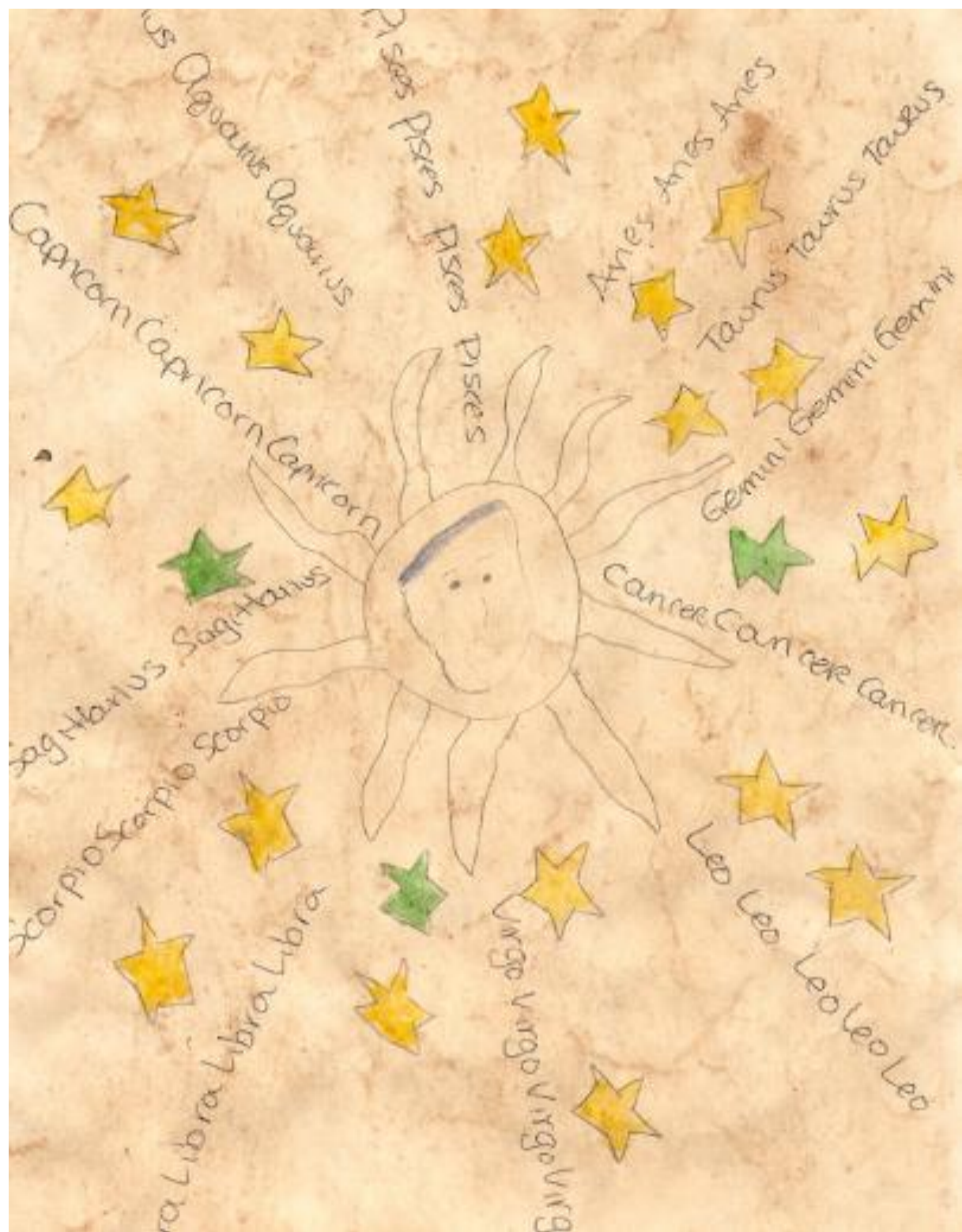
are bound to feel and see
the beauty of all things
natural.



Originals from Section 2: Astronomical



My translation on astronomical section:






Originals from Section 3: Biological



My translation on biological section:



The woman's
body emphasizes
the role of
humans
and fertility.

There are many
shapes to a
woman.

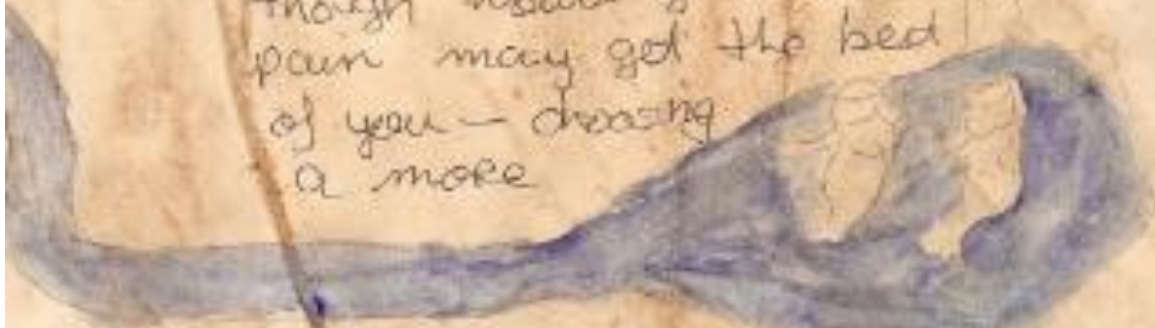
Stemming from
the notion of
fertility, these women seem to
have baby bumps. They almost
seem to be helping one another
through this painful process
called birth —

not sure what type
of birth you want
to have? Continue

Reading.

Why have a natural birth in water? Water births help you get in touch with nature - as this choice is considerably better than a medical option. When women choose this option, they are often surrounded by support - most often support of other women who have chosen the same process.

Episiotomies can be avoided - though hours of labor and pain may get the best of you - choosing a more



natural birth can limit the trauma that is believed to be brought on by a birth in the hospital. Giving birth to a child does not mean your baby will drown because haven't you heard - babies are born swimmers. Choosing the natural way helps you bring a child more calmly onto this earth, in a warm and supporting environment.

Originals from Section 4: Cosmological



My translation on cosmological section:





Originals from Section 5: Pharmaceutical



My translation on pharmaceutical section:



During pregnancy, many women experience pain for hours upon hours as they await for their child to arrive. There are ways to help cope with the pain of labor. Deep breaths help with your pain and anxiety during this time.



Of course, the mother must stay healthy to produce healthy nutrients in her milk for her baby. She must have a lot of calcium, as many women suffer from calcium deficiencies. Herbs and other forms of nutrients can be taken in through a liquid form similar to the drawings to the left of this page.

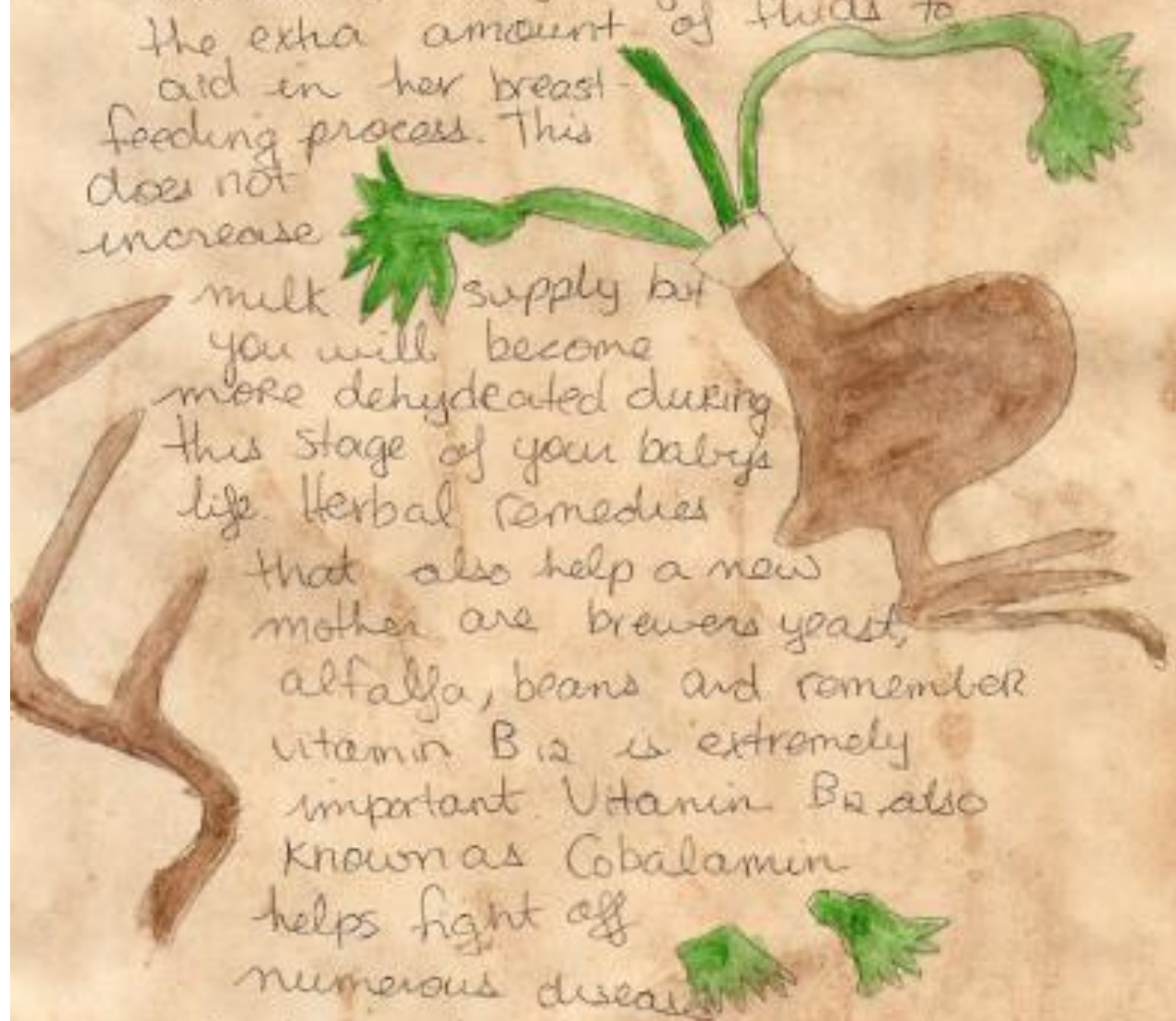
A new mother should always remember to drink plenty of liquids - as a woman's body is going to need the extra amount of fluids to aid in her breast-feeding process. This does not

increase milk supply but you will become more dehydrated during this stage of your baby's life. Herbal remedies

that also help a new mother are brewers yeast, alfalfa, beans and remember vitamin B₁₂ is extremely important. Vitamin B₁₂ also known as Cobalamin helps fight off

numerous diseases.

And in order to avoid this a nutritional diet consisting of fish, liver, beef, cheese and eggs will help keep a younger new mother strong and healthy.



Originals from Section 6: Recipes



My translation on recipe section:



chicken soup did not
always cure the soul.
Although Campbell's
soup may help with
stomach problems today,
this was not always
the case. To cure a stomach
ache, many natural
remedies such as blackberry
tea and ginger tea. For
example, in China, ginger
has been used to treat
digestion problems and
upset stomachs. Ginger also
helps to cure nausea, and
has done so for over 2000
years. These remedies are
always better than
store bought products.



★ How to make Chicken soup, for the natural soul - the herbal way:

★ you will need an entire chicken which of course is the main dish and most important ingredient

★ Next a lot of carrots chopped up and if you are a fan of celery go ahead and add this ingredient as well

★ Chopped up onions don't worry are they are cooked will leave your stomach feeling more content without hurting the shells of your breath
★ Potatoes can also be added to your stew

★ This step is optional If you would like to keep to the healthiest option you do not have to add salt. You may also add pepper if it is wished

★ Once you have all of these ingredients cook in a large pot till it is ready
Ginger tea and homemade soup has never tasted better than Campbell's Soup you bought at Wal-Mart