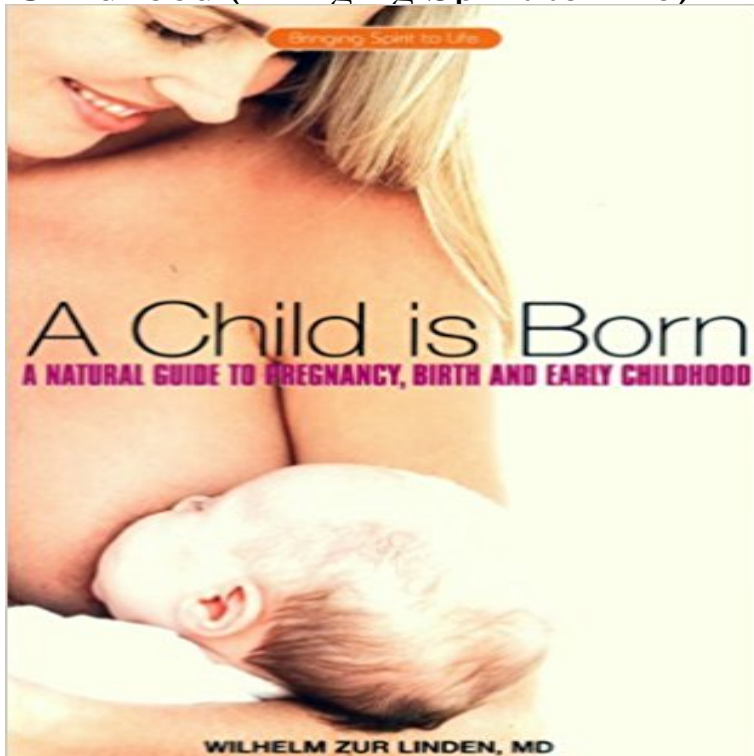


# A Child is Born: A Natural Guide to Pregnancy, Birth and Early Childhood (Bringing Spirit to Life)



Prospective parents are faced today with a huge selection of guidebooks on pregnancy, birth and early childhood. While many of these offer sensible advice and information, Dr zur Lindens long-established natural care book offers an important additional dimension. In clear and accessible language, he explains what the newborn baby and small child need to unfold harmoniously the full potential of body, soul and spirit. Based on this broad perspective, he offers many practical suggestions. Beginning with the growing embryo in the mothers womb, the author guides us through the birth; the post-natal period and breastfeeding; caring for the newborn baby; how and what to feed your baby; and caring for a sick child (acute and chronic illness as well as childhood illnesses). He also adds useful sections on bottle feeding, almond milk, and water quality. This new edition features many new additions on questions such as contraception, drugs, the fathers presence at the birth, thumb-sucking, where the infant should sleep, cot death, overheating, and so on. Dr zur Lindens commentary on these issues is the fruit of a lifetimes experience as a paediatrician and general practitioner. Parents will find his indications for proper care, nutrition and upbringing a constant source of support.

Green Artists League GALvanizing Eco-Responsibility Subscribe via RSS HOME ABOUT ALCHEMICAL GARDEN ECOVENTIONS Help Cultivate The Alchemical Garden: An Edible Garden and Art Park at Newburyport's Rail Trail Posted by erin on April 25, 2011 3 comments The Alchemical Garden site February 2010 GAL is turning a desolate field of weeds into a visually compelling garden that will educate and engage the community for years to come. Located on a 160 x 25 site near the south entrance of Newburyports Clipper City Rail Trail, the Alchemical Garden is a richly layered evolving art and horticulture experience that is accessible on many different levels to the public. Alchemical Garden Plot plan Alchemical Garden is designed to become a model for a sustainable, interactive public garden through the use of symbiotic, low maintenance plantings and recycled materials. The ancient discipline of Alchemy marries art and science and is famously known for transforming a common material into gold. The Alchemical Garden will lead the community to transform on a number of levels : Alchemical Garden with Spring Wheat "Crop Circles" June, 2011 BUILD COMMUNITY: The Garden creates a gathering space for individuals to form a more intimate relationship with their community. The space is designed with visual features and seating areas to compel passers-by to pause, reflect, and have a multi-sensory interactive experience ( sight, smell, touch, taste, smell) with the garden and the community. Read the rest of this entry Categories: Alchemical Garden, Articulture, Current

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