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# **Aracaria Guides Catalogue**

**BRAND NEW ARACARIA GUIDE**

**WITCH'S WHEEL OF THE YEAR GUIDE**

Discover the Witch's Wheel in this concise guide by a seasoned Queensland-based Witch. Delve into the 8 festivals cherished by Pagans and Wiccans worldwide, exploring the Wheel's history, the Sabbats, their elements, and beginnerfriendly spellworking tips.

\* 9 7 8 0 6 4 5 6 5 4 0 2 8 \*

**2025 MOON PLANTING GUIDE FOR GARDENERS**

• RRP \$12.00 • 15/09/2024

\* 9 7 8 0 6 4 5 6 5 4 0 1 1 \*

Put the Moon to work in your garden. Growing by the lunar rhythms' dates back to many ancient civilisations and is increasingly popular with gardeners today. The Moon has been part of the planting and growing process of most early cultures throughout the world.

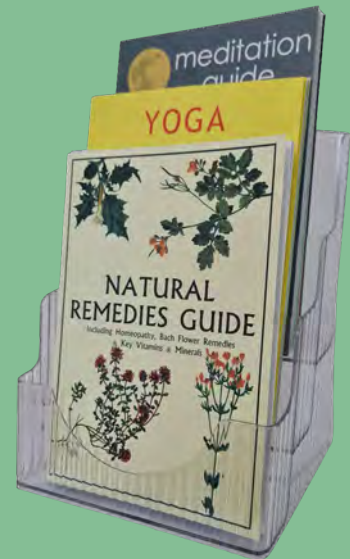
**BUY 12 GET 1 FREE: USE PROMO CODE 2025MPG FOR FREE COPY!**

\* 2 0 2 5 M P G \*

**NEW: Purchase 30+ Aracaria Guides and receive a free 3-tier stand!**

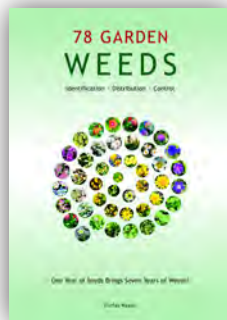
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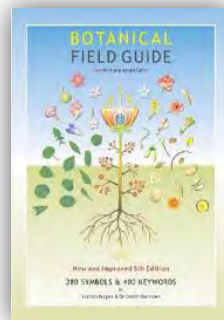
**3 IN 1 ELEMENTS OF NATURE GUIDE: COMPOST**

A concise and informative overview of three fascinating subjects, presented in one eight page fold out chart with many colourful illustrations.



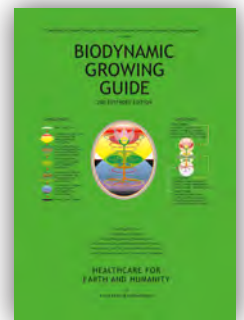
**78 GARDEN WEEDS**

The first priority of weed management is pre-venting the introduction of weeds. This requires vigilance on the part of the gardener.



**BOTANICAL FIELD GUIDE**

This Guide offers, in symbol and keyword for-mat, a substantial overview of the plant world.



**BIODYNAMIC GROWING GUIDE CHART**

Biodynamics is enjoying world-wide growth. There is an increasing awareness in the community of food quality and production methods.



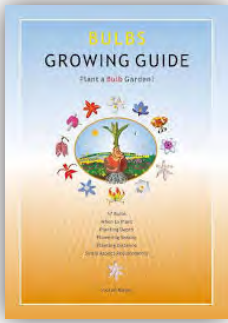
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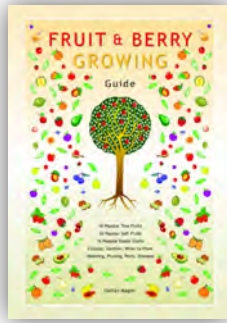






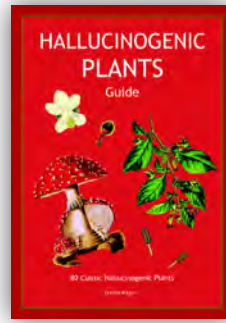
### FLOWERING BULBS GROWING GUIDE

The Bulbs Growing Guide introduces 57 flowering bulbs. Most of them can be grown in the home garden.



### FRUIT AND BERRY GROWING GUIDE

Our Fruit and berry Growing Guide helps gardeners by providing all the important information needed to grow these plants.



### HALLUCINOGENIC PLANTS GROWING GUIDE

This Guide introduces 80 hallucinogenic plants from all over the world. Many common garden shrubs have known mind-altering effects. Each plant is described and pictured.



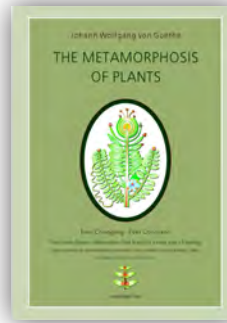
### HERB & MEDICINAL PLANTS GROWING GUIDE

72 popular herbs are profiled in this guide. Almost all of them can be grown in your own home garden. Cultivating herbs is fun, provides healthy food and saves money.



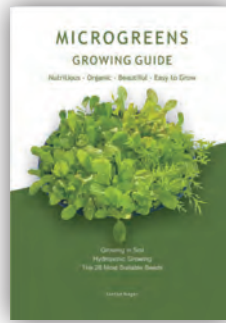
### HOW PLANTS GROW

This Guide offers a spectacular overview of nature's growing process. Richly illustrated and profoundly illuminating. Subjects include: The Big Picture Water Cycle Photosynthesis Carbon Cycle Silica Lime Polarity Chemical Growing Carbon Dioxide Cycle and more!



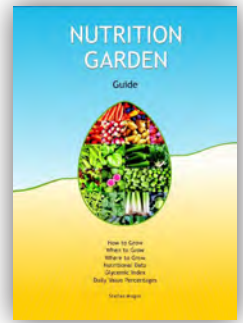
### METAMORPHOSIS OF PLANTS

Goethe acquaints the reader with the organs of the plant, with their physiological functions and the roles that they must play in the plant economy. He observes the course of development, the metamorphoses to which the individual parts must adapt.



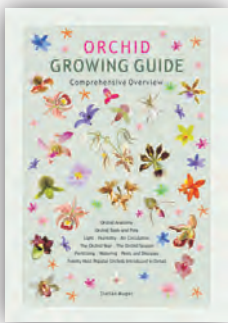
### MICROGREENS GROWING GUIDE

This Guide provides all the information on growing your own mess-free microgreens in your own kitchen. Within weeks you will benefit from this great gift of nature.



### NUTRITION GARDEN GUIDE

Growing your own Superfood Garden has many benefits, both for your health and finances. Each of the 24 vegetables presented in this Guide is easy to grow in all climate zones. Many can be grown in containers and on balconies.



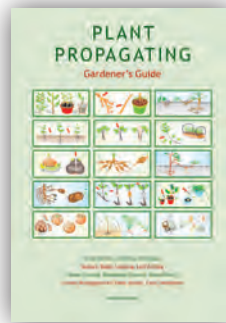
### ORCHID GROWING GUIDE

With an estimated 25,000 different types existing naturally, the orchid family is not only the largest but also one of the most diverse plant flowering families in the world. Since ancient times orchids have been associated with love, luxury and beauty.



### PERMACULTURE GUIDE

Permaculture seeks to mimic natural ecosystems by creating designs based on a philosophy of working with nature. This Guide provides a broad overview of the subject, enabling you to introduce permaculture concepts without delay.



### PLANT PROPAGATING GARDENER'S GUIDE

This useful Guide discusses stock division, grafting techniques, suckers, bulbs, layering, leaf cutting, roses, orchids, bromeliads, grasses, water plants and correct Propagation for Trees, Shrubs, Cacti, Perennials.



### ROSE GROWING GUIDE

Growing roses is one of the great pleasures of gardening. This Guide provides a comprehensive and colourful overview of the rose world.



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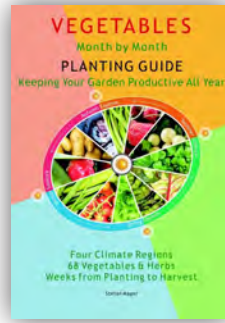
### SEED COLLECTING GUIDE

Seeds from your own crops are accustomed to your climate and soil and likely to be more resilient to pests in your areas.



### VEGETABLES GROWING GUIDE

An introduction to 68 delicious vegetables that can easily be grown to provide fresh and nutritious food from your home garden.

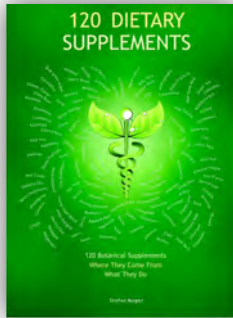


### VEGETABLES MONTH BY MONTH PLANTING GUIDE

This guide will help substantially. Specific vegetables are suggested for planting every month in each of the four climate zones.

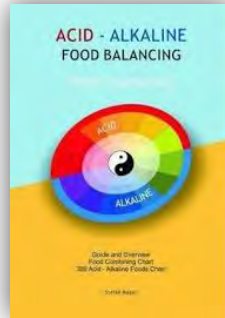


## HEALTH & LIFESTYLE



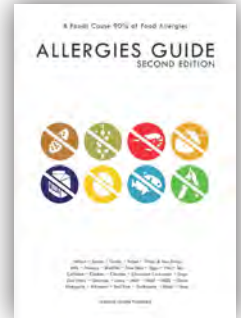
### 120 DIETARY SUPPLEMENTS

This chart is a comprehensive guide to dietary supplements and botanical dietary supplements and illustrates why vitamins, minerals, herbs, amino acids, and botanicals are valued for their medicinal and therapeutic properties.



### ACID-ALKALINE FOOD BALANCING GUIDE

This Guide lists 389 foods according to their acid or alkaline forming potential as well as providing an easy to follow overview to food combining.



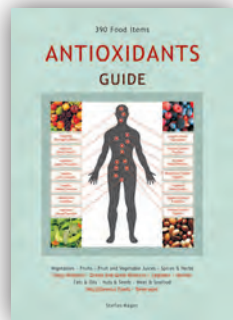
### ALLERGIES GUIDE, 2ND EDITION

The Allergies Guide, 2nd Edition, provides an important revised and updated overview of the allergy subject. Allergies of some kind affect up to 30% of adults and 40% of children worldwide.



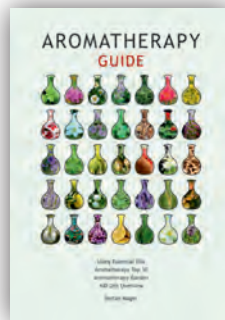
### ALTERNATIVE MEDICINES GUIDE

This guide outlines how many traditional healing systems and alternative medicines attempt to heal the body as a whole rather than exclusively focus and treat the symptoms of a disease.



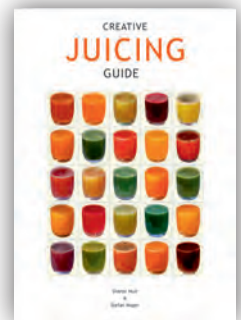
### ANTIOXIDANTS GUIDE

Antioxidants are chemicals that oppose or neutralise oxidation in cells. Oxidation reactions can produce free radicals which can cause damage to nerve cells in the brain, arthritis, damage to eyesight, premature ageing, increased risk of heart attack and certain cancers.



### AROMATHERAPY GUIDE

A concise and informative overview of essential oils, the aromatherapy top 30 oils and extraction methods, and aromatherapy garden, presented in one eight page fold out chart with many colourful illustrations.



### CREATIVE JUICING

Juicing is the process of extracting juice from fruit or vegetables. Juicing has become a popular way of supplying excellent nutrition to the body. This guide provides 27 recipes for a wide spectrum of delicious and healthy juices.



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### DIET ESSENTIALS

Good Nutrition is about finding the right balance between carbohydrates, protein, fat, fibre and micronutrients. Good nutrition reflects in the body's functions and also in its appearance. Eyes, skin, hair and teeth are indicators of how well the body is nourished.



### FERMENTATION PROBIOTICS GUIDE

Fermentation refers to the transformative action of micro-organisms. This Guide offers an overview of food fermentation and opens the door for further research as well as practical experimentation.



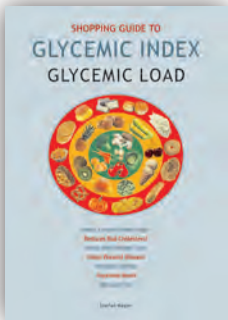
### FOOD ADDITIVES GUIDE

Food additives are substances added to food to enhance taste and appearance, improve shelflife and assist in the manufacturing processes. This Guide provides information for a better understanding of what is in the food you eat.



### GLUTEN FREE GUIDE

An A4-size, 8-page, laminated, fold-out, full-colour chart including the following information: - What Is Gluten & What Does It Do? - Coeliac Disease, Causes & Symptoms, 352 Safe Foods, Ingredients & Additives, 56 Not Safe Foods, Ingredients & Additives, 45 Gluten Free Foods, Ingredients & Additives and more.



### GLYCEMIC INDEX

The Glycemic Index measures the impact of carbohydrate containing foods on blood sugar levels. Foods with higher index values raise blood sugar more rapidly than foods with lower glycemic index values do.



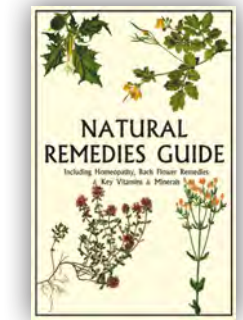
### RAW FOOD GUIDE, THE

Understanding the principles of raw food and incorporating them into the daily diet routine will bring immediate health benefits, add life-energy and a provide a feeling of vitality and well-being. This Guide presents a useful and practical overview of most aspects raw foodism.



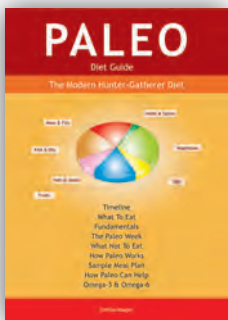
### GREEN SMOOTHIES GUIDE

Green Smoothies can be made from a huge variety of whole, raw vegetables, fruit and other nourishing ingredients. Many creative combinations are possible. The Green Smoothies Guide introduces 157 popular smoothie ingredients and provides a nutritional overview of each.



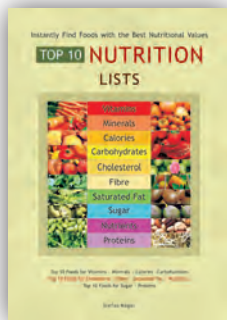
### NATURAL REMEDIES GUIDE

Natural remedies often involve the use of plants, minerals and other naturally occurring substances to assist in helping to balance the body's health and well being. This Guide provides a simple, easy-to-understand overview of three most common natural dietary and herbal approaches to health.



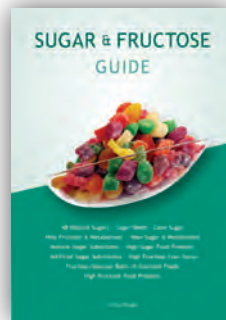
### PALEO DIET

Paleo adherents know that the diet of the paleolithic people cannot be simply duplicated. This Guide provides an overview to this increasingly popular way of organising food groups, rejecting some and embracing others.



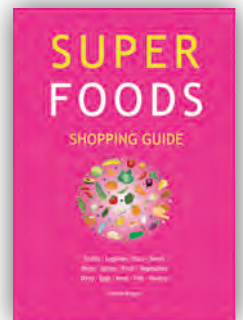
### TOP 10 NUTRITION LISTS

The Top 10 Nutrition Lists can save a lot of research time. This guide provides 41 Top 10 Lists of a wide variety of nutrients including vitamins, minerals, calories, carbs, cholesterol, fibre, sugar, nutrients and proteins.



### SUGAR & FRUCTOSE GUIDE

For the aware person it is sensible to have some knowledge of what sugar is, how the body metabolises it, what the risks are and what alternatives are available. The importance of these health choices cannot be overestimated.



### SUPER FOODS SHOPPING GUIDE

This guide will help to make shopping easier. A quick glance enables you to make the best nutritional choices when buying food. Includes: fruits, vegetables, nuts & seeds, herbs & spices, meat & fish.

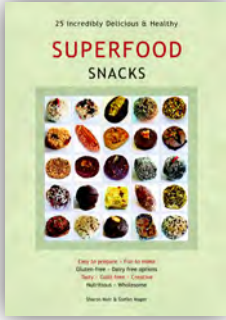


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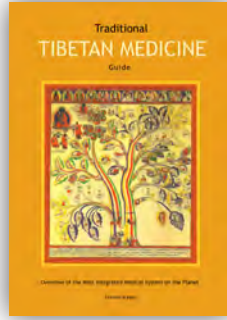
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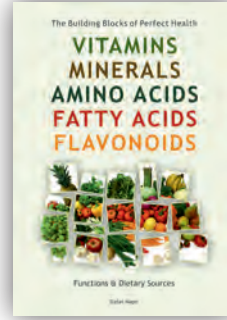
### SUPERFOOD SNACKS

Superfood Snacks are extremely healthy. The 25 recipes presented in this Guide introduce a range of snacks that are delicious, full of goodness, easy to prepare and satisfying to eat. The ingredients are readily available. All you need is a food processor and the fun can start.



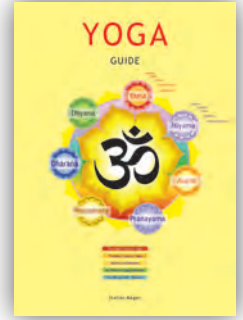
### TRADITIONAL TIBETAN MEDICINE GUIDE

The three great ancient medical systems in Asia are Indian Ayurveda, Traditional Chinese Medicine and Tibetan Medicine. These healing systems have been practiced for thousands of years and together contain a vast knowledge of practical methods to achieve and maintain good health and well being.



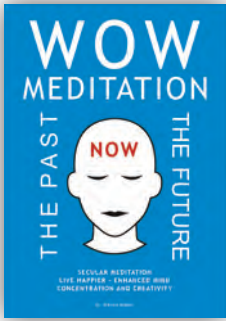
### VITAMINS, MINERALS, AMINO ACIDS, FATTY ACIDS, FLAVONOIDS

This Guide provides a detailed list of the 19 vitamins, the 7 important macro minerals, 11 essential trace minerals, 8 flavonoids, the 4 fatty acids and 22 important amino acids. The information is arranged in easy to follow, colour-coded charts.



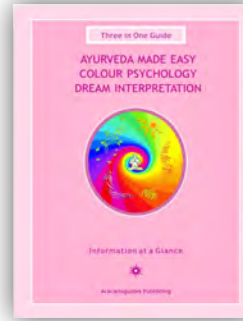
### YOGA GUIDE

About Yoga. While millions of people around the world practice yoga every day, few are aware that the term Yoga actually relates to a much broader concept than physical exercises.



### MEDITATION GUIDE

Mediation is a valuable tool, used for thousands of years to calm the mind and promote emotional and physical wellbeing.



### 3 IN 1 GUIDE: AYURVEDA COLOUR DREAM

A concise and informative overview of colour, psychology and dream interpretation, presented in one eight page fold out chart with many colourful illustrations.



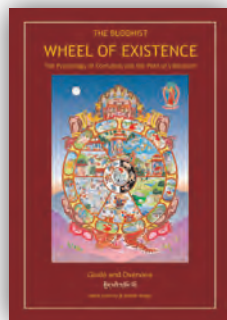
### 3 IN 1 GUIDE: FENG SHUI CHINESE ASTROLOGY

You will have a lot of fun with this colourful production! Practical Feng Shui: Feng shui, is the Chinese art of arranging buildings, objects, and space in the environment



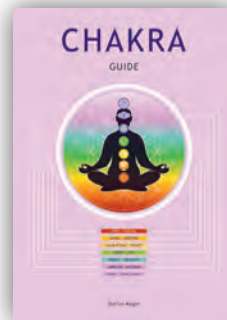
### 3 IN 1 GUIDE: VEDIC ASTROLOGY SEVEN CHAKRA

A concise and informative overview of vedic astrology, the seven chakras, and astrology made easy, presented in one eight page fold out chart with many colourful illustrations.



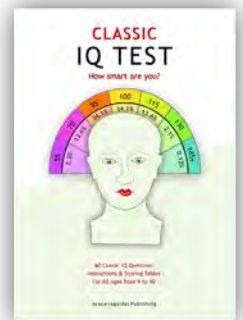
### BUDDHIST WHEEL OF EXISTENCE

This richly illustrated guide takes you through detailed explanations of the six realms and 12 conditions of the ancient Buddhist teaching device the Wheel of Existence.



### CHAKRA GUIDE

The concept of chakras can be found in many cultures including Indian, Tibetan and Chinese. Chakras relate to the 'subtle body' which corresponds to a 'subtle plane' of existence.



### CLASSIC IQ TEST

This publication presents a sixty-part test based on classic IQ test variations which include mathematical, logical, verbal and conceptual tasks.



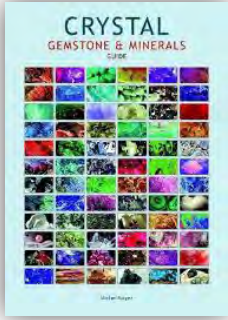
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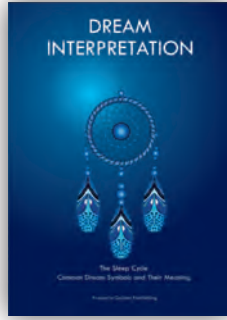






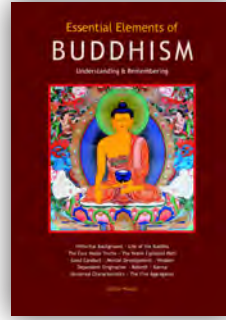
### CRYSTAL & GEMSTONE GUIDE

Pieces of minerals that divide into precious and semi-precious stones. Broadly speaking, diamond, ruby, sapphire and emerald are considered 'precious' while all others are semi.



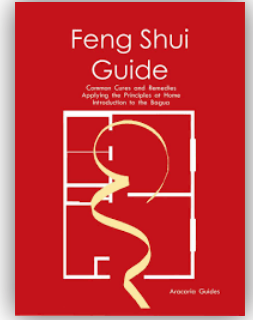
### DREAM INTERPRETATION

It provides an overview of the tools which can be applied to better remember and interpret dreams. In addition, it contains a straightfor-ward, summarized.



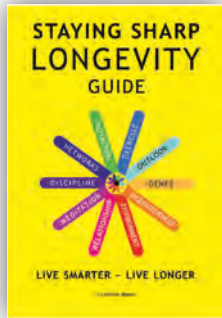
### ESSENTIAL ELEMENTS OF BUDDHISM

This Guide presents the foundations of Buddhist thinking in clear terms with some simple diagrammatic illustrations.



### FENG SHUI GUIDE

Feng Shui is the ancient Chinese art of arranging buildings, objects and spaces in the environment in order to achieve favourable energy flow, harmony, and balance.



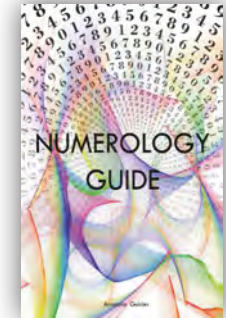
### LONGEVITY GUIDE

This Guide provides an overview of the many factors that contribute to a longer and happier life.



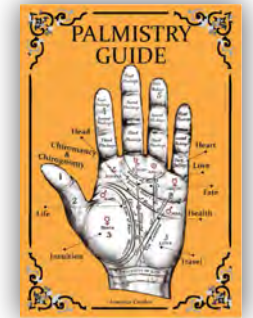
### TAROT GUIDE

The Tarot Guide seeks to provide an overview of the subject for both novice and expert and enable quick interpretations.



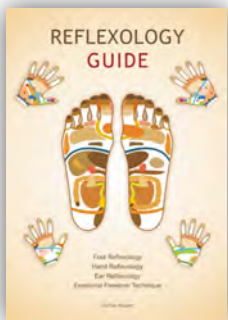
### NUMEROLOGY GUIDE

Numbers are an integral part of everyday life. They appear in things all around us. Numerology is the study of the relationship between numbers and people, events and more



### PALMISTRY GUIDE

Palmistry is the art or science of working out personal, character or destiny information by observing the lines upon, and the shape of the hand. It's origins go back to antiquity.



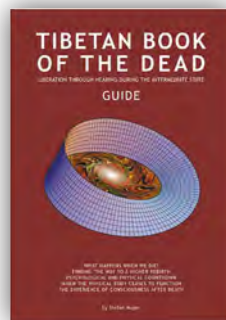
### REFLEXOLOGY GUIDE

This guide includes an explanation of the Emo-tional Freedom Technique, an alternative psychotherapy which manipulates the body's energy fields by tapping on acupuncture points



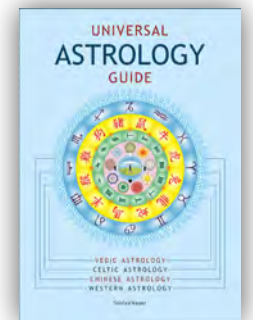
### RUNES GUIDE

Runes have a long history dating back to over 2000 years. This ancient system of symbols have for centuries been used as tools in divination.



### TIBETAN BOOK OF THE DEAD GUIDE

This Guide provides an accessible explanation and overview of one of the most famous and influential Buddhist texts of all time.



### UNIVERSAL ASTROLOGY GUIDE

In modern times astrology is considered a non-science. Scientific testing of astrology has found little evidence to support the effects claimed in astrological traditions.



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