

ASTRA HERBS

Living by Ancient Wisdom

A gentle lifestyle guide inspired by ancestral herbal wisdom, daily rhythm,
breath, warmth and conscious living.

Astra DragonBean

Part of

11.11 The Cosmic Library

Expanded upload-ready editorial manuscript

Colophon

Astra Herbs - Living by Ancient Wisdom

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Title note

The title is Astra Herbs. Herbs is written without an apostrophe because it functions here as a title phrase and brand line, not as a possessive form.

Important Disclaimer

This book is a gentle lifestyle guide inspired by traditional knowledge, personal experience, ancestral practices and daily rhythm. It is not medical advice, not a treatment plan, not a diagnostic guide and never a replacement for the advice of a doctor, pharmacist, dietitian, midwife, herbal professional or specialist.

Always seek qualified medical advice if you have symptoms, a medical condition, allergies, are pregnant or breastfeeding, are preparing for surgery, are giving herbs to a child, or use medication. Herbs, spices, essential oils, teas, minerals and supplements can interact with medication and can be unsuitable for some people.

The recipes and rituals in this book are meant for ordinary, gentle, food-level use unless clearly stated otherwise. Do not use concentrated essential oils internally unless guided by a qualified professional. Stop using any herb or product if it causes irritation, allergy symptoms, stomach problems, dizziness, shortness of breath, swelling, rash or any reaction that worries you.

Astra's way is simple: respect the body, start small, listen carefully and ask for help when needed.

Safety first

This book does not promise cures. It does not claim to prevent, treat or heal disease. It offers soft daily practices that may support a calmer lifestyle for adults who tolerate the ingredients. For urgent or serious symptoms, seek medical help immediately.

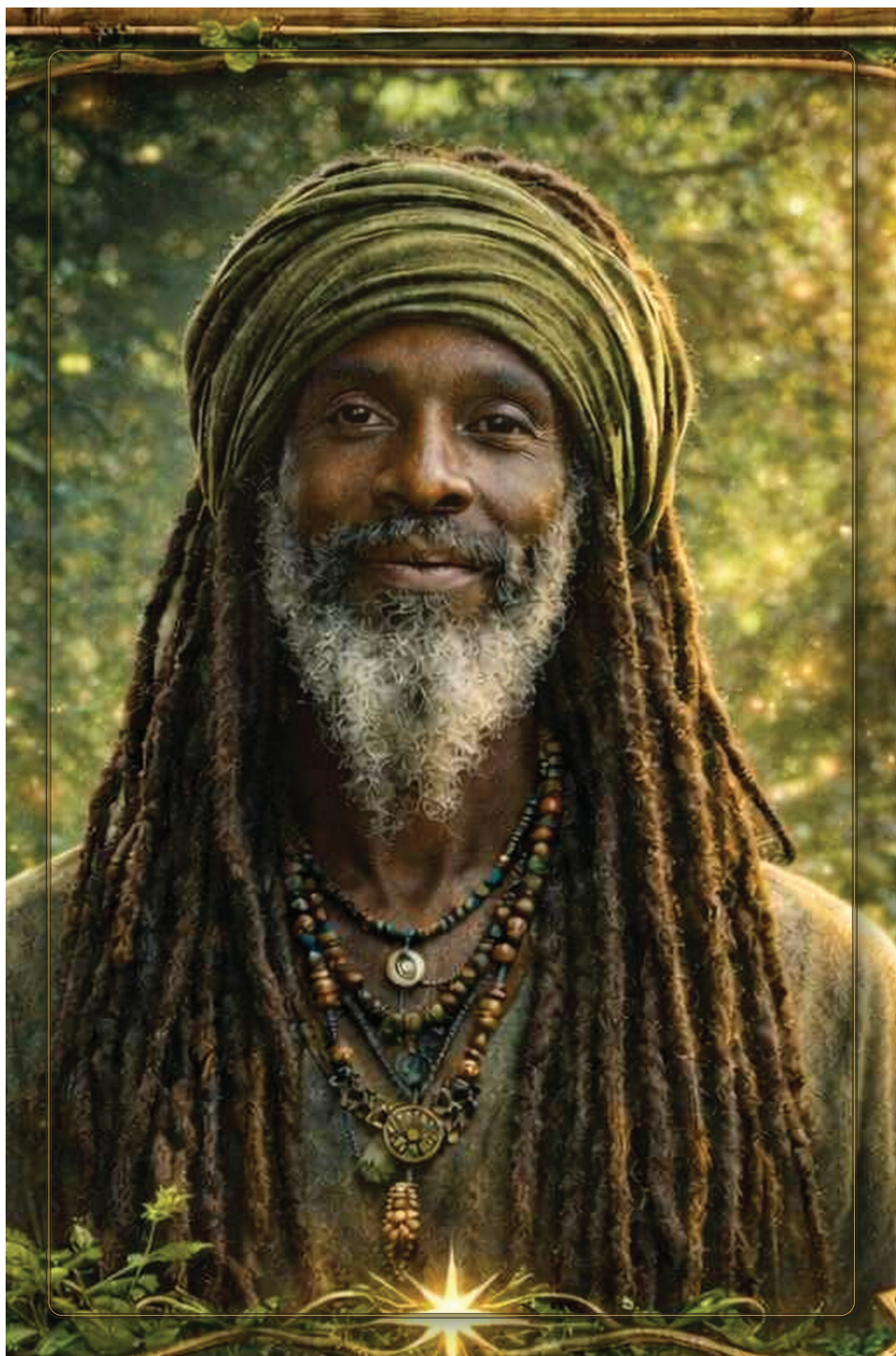
How to Use This Book Safely

Read this page before you begin. Ancient wisdom becomes stronger when it is paired with responsibility. The safest way is not more, stronger, faster. The safest way is simple, gentle and aware.

Astra's three rules

1. Start small. One cup of tea is enough. One gentle ritual is enough. Your body does not need to be overwhelmed.
2. Use kitchen amounts. This book is about food, tea, rhythm and attention - not high-dose extracts or medical protocols.
3. Check your situation. Pregnancy, breastfeeding, children, medication, allergies, chronic illness, upcoming surgery, liver disease, kidney disease, diabetes, blood pressure concerns and blood-thinning medication all deserve extra care.

When this book speaks about an herb supporting digestion, breath, warmth or calm, it means in a traditional and lifestyle sense. It does not mean the herb has been proven to treat a disease. When this book says Astra says, you are reading Astra's voice, tradition and experience - not a medical instruction.



Welcome to 11.11 The Cosmic Library

The Cosmic Library is a growing collection of stories, insights and worlds that together form one greater whole.

Each book is its own universe, written from a unique perspective, yet connected by the same core: consciousness, imagination and the invitation to look beyond what is visible.

This book is part of 11.11 The Cosmic Library. It stands on its own as a practical lifestyle guide, while also carrying the deeper thread of remembrance: the small choices of a human life are never separate from the whole.

Astra Herbs brings that thread into the kitchen. It does not ask the reader to leave the modern world. It asks the reader to place a hand on the belly, look at the cup, notice the morning and remember that the body is also a library.

Foreword - Welcome, Cosmic Traveler

Dear Reader,

If you are holding this book in your hands, it is no coincidence. Every story, every thought and every discovery begins with a moment of recognition. Not because you must believe something new, but because you may remember something simple that has been close to you all along.

The Cosmic Library is not an ordinary collection of books. It is a place of remembrance. A place where imagination and consciousness meet, and where you are invited to look beyond what appears on the surface.

Not to tell you what to believe, but to allow you to experience what you can discover for yourself. For you do not stand outside the universe. You are part of it.

Every thought you think, every choice you make and every step you take is a movement within that greater whole. This book is an invitation: to read, to feel, to discover and perhaps to recognize something within yourself that you have never truly lost.

Welcome to 11.11 The Cosmic Library.

Foreword - by Astra

This book is not new. It is old. Older than pills. Older than hurry. Older than forgetting.

What you read here was not taught to me from books alone, but from life. From listening. From watching. From feeling. People always came to ask questions: What do you take? How do you stay so steady? What do you do differently?

One day I thought: maybe it is time to write it down. Not to convince. Not to promise. Not to make anyone afraid of modern life. But to remember.

Because many people are not only tired in the body. They are tired in their rhythm. They have forgotten morning. They have forgotten warmth. They have

forgotten breath. They have forgotten that food can be simple and still be powerful.

This expanded edition gives the reader more room. More examples. More quiet pages. More practical bridges between an old kitchen way and a modern life with work, screens, stress, deadlines, children, medicine, tiredness and hope.

So take this book slowly. Let it be a cup of tea in your hands. Try one thing. Feel. Adjust. Ask for help when you need it. And always keep your own body as your first teacher.

Introduction - The Ancient Way

Health does not begin with illness. Health begins before it.

Long before there were modern words for stress, inflammation or burnout, families already knew that the rhythm of a life matters: what you eat, how you breathe, how you speak, how you rest, how you begin the day and how you return to yourself after being pulled away.

In many African, Surinamese, Antillean and Jamaican traditions, health was seen as a living flow. You keep that flow clear through simplicity, rhythm and attention. Not by taking more, but by choosing better.

Astra Herbs is a return to that ancient way: not as nostalgia, not as a rejection of doctors or science, but as a loving reminder that daily life itself is part of wellbeing.

This book belongs in the kitchen, near the tea, close to the window, beside the ordinary moments where real change begins.

Structure of the Book

- Part One - The Morning Gate: breath, rhythm and the first choices of the day.
- Part Two - The Kitchen Gate: food, combinations, herbs and water.
- Part Three - The Body Gate: belly, warmth, skin, hair, cravings and calm.
- Part Four - The Living Gate: daily practice, 11-day return plan, manifesto, certificate and bridge to 11.11 The Cosmic Library.

Astra's Safety Notes for Kitchen Herbs

These notes are placed early in the book because the reader must feel safe before the reader can feel inspired. The herbs in this book are familiar kitchen herbs, but familiar does not mean harmless for every person.

Ingredient	Gentle use in this book	Extra care / ask a professional if...
Clove	One or two whole cloves in a very mild ritual, or a light tea.	You use blood-thinning medication, have a bleeding disorder, ulcers, diabetes medication, are pregnant, preparing for surgery, or want to use clove oil/extracts.
Cinnamon	Small kitchen amounts in tea or food. Ceylon cinnamon is often	You have liver disease, use diabetes medication, use blood

	preferred for regular use.	thinners, are pregnant, or plan high-dose daily use. Avoid more is better.
Rosemary	A sprig in water, a mild tea, or gentle topical scalp use.	You are pregnant/breastfeeding, have epilepsy/seizure sensitivity, high blood pressure, allergies, sensitive skin, or use medication.
Thyme	A mild tea or kitchen herb amount.	You are allergic to thyme or related plants, are pregnant/breastfeeding, giving it to children, have stomach irritation, or use medication.
Mint	A light tea after meals when it suits you.	You have reflux, heartburn, hiatal hernia, are using concentrated peppermint oil, or applying menthol products near babies/young children.
Honey	A teaspoon in warm - not boiling - tea when appropriate.	Never give honey to babies under 1 year. Use care with diabetes, allergies, or when reducing sugar.
Salt water	A tiny pinch only when needed after heat, sweating or movement.	You have high blood pressure, kidney disease, heart disease, fluid restrictions, or are told to limit sodium.
Copper vessels	Optional ritual vessel, cleaned carefully and used with ordinary water.	You have Wilson's disease, copper metabolism issues, liver disease, or want to store acidic drinks in copper. Do not use damaged or unlined copper for acidic liquids.

This table is not complete medical guidance. It is a reminder to be careful. When in doubt, choose less, pause, and ask someone qualified.



CHAPTER 1

The First Breath of the Day

Starting before your day begins

The threshold before the world enters

Whoever starts the day wrong often spends the whole day correcting it. Not because the day is cursed, but because the body was never invited into it gently.

In many ancient cultures, health begins before you eat, before you speak and before you run toward the demands of the world. The first minutes are tender. Your nervous system is listening. Your belly is listening. Your heart is listening.

Astra says: "The morning does not need to be impressive. It needs to be honest."

The first rule: do not rush into noise

Before the phone, before the news, before messages, give yourself one quiet minute. This is not a performance. It is not a spiritual test. It is a respectful greeting to your own body.

Noise is not only sound. Noise can be the thought that says hurry before you have even breathed. Noise can be a screen before sunlight. Noise can be someone else's worry becoming your first meal of the day.

The ancient way asks for a doorway. It says: let the first thing you give your body be contact, not alarm.

The body does not understand your calendar first

Your calendar may know appointments, messages and duties. Your body first knows temperature, light, hunger, thirst, breath and safety. If these are ignored, even a good plan can feel like a battle.

This is why Astra begins with the body. Not because the mind is unimportant, but because the mind lives inside the body. A calmer body gives the mind a better room to think in.

One minute of breath does not remove responsibility. It gives responsibility a softer place to land.

Astra's morning ritual - softened and safe

Astra's traditional morning begins simply. In an old kitchen, one person may start with clove. Another may start with warm water. Another may start by opening the door and looking at the sky. The heart of the ritual is not the object. The heart is attention.

Step 1 - choose silence. Sit upright. Place one hand on your belly. Inhale through the nose for 4 counts. Pause for 2 counts. Exhale slowly through the mouth for 6 counts. Repeat 7 times.