

Backlist TRIAS



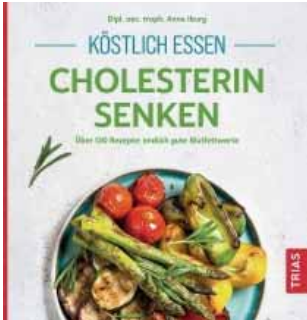
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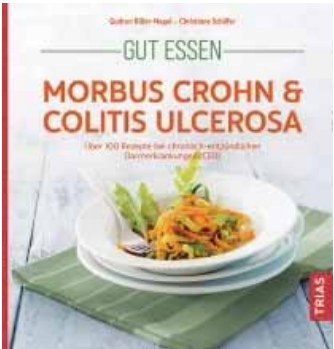


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Nutrition & Diet	Author(s)	Bibliography and short description
	Moll, Ralf	<p>Suppenfasten Soup Fasting</p> <p>4th edition, 112 pages, 30 illustrations, format 17 x 20 cm, paperback approx. € 14.99 ISBN 9783432116013</p> <p>Publication date: June 2022</p> <p>The fasting expert, Ralf Moll has a formula for success and that is: three delicious soups per day! It is this that stimulates fat burning, helps with detoxification and ensures new boosts of energy. And all this happens with none of that terrifying fasting crisis! In this new edition the author presents 45 varieties of soups from Asian style to onion soup all of which can easily be integrated into your daily routine. Whether it's for a fasting day, a 10-day fasting programme or for interval fasting – soups always work!</p>
	Müller, Sven-David	<p>Cholesterin- und Fett-Ampel Cholesterol and Fat Traffic Light System</p> <p>3rd edition, 144 pages, 4 illustrations, format 10 x 16 cm approx. € 9.99 ISBN 9783432116037</p> <p>Publication date: August 2022</p> <p>It is perfectly simple to point your cholesterol level and other blood fat values in the right direction by choosing the right foods. The Traffic Light System described here will explain how this is done and which foods are the ones to pick if you're to be successful. It shows you at a glance which of the 2,500 listed foods should be taken rarely, regularly or given preference.</p>
	Iburg, Anne	<p>Köstlich essen - Cholesterin senken Delicious Food – Lowering Cholesterol</p> <p>4th edition, 144 pages, 72 illustrations, format 22 x 23 cm approx. € 19.99 ISBN 9783432115900</p> <p>Publication date: October 2022</p> <p>More than 8 million Germans are being treated for elevated cholesterol levels. For this treatment, a change of diet is of major importance. In this cookbook, patients learn how easily this can be achieved. The special feature: with the help of this book it is possible to keep feasting without any loss of enjoyment. It is even possible to keep favourite dishes high in cholesterol on the menu if the right tricks are used.</p>



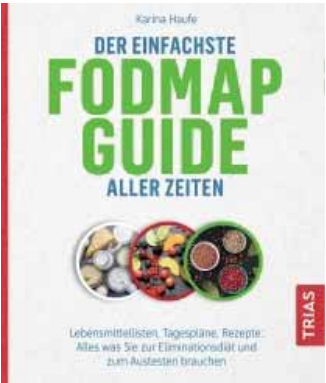
		<p>Low Carb – Rezepte für jeden Tag Low Carb – Everyday Recipes</p> <p>320 pages, 160 illustrations, Format 20,5 x 26,5 cm, hardcover € 15.00 ISBN 9783432105123</p> <ul style="list-style-type: none"> ► Over 250 recipes for every palate ► Low carb for every day ► Stylish layout – cool food photos <p>Whether you're a beginner or an experienced fan – here we have the ultimate low carb cookbook. This book, jam packed full of recipes, offers low carb delights for every day: fresh light meals, snacks for any time of day, delicious soul food goodies, vegetarian, fish, meat or poultry and sweet dishes. All the recipes give details of carbohydrate content. Practical bonus: the recipes provide special indicators for people in a hurry, for dishes to go, recipes for special occasions and very low carb dishes.</p>
		<p>Leicht kochen – Rezepte für jeden Tag Cooking the Light Way – Everyday Recipes</p> <p>New edition, 320 pages, 180 illustrations, format 20.5 x 26.5 cm, Hardcover € 15.00 ISBN 9783432106021</p> <p>Publication date: published January 2018</p> <p>This sumptuously designed cookbook with over 260 recipes is just the thing for anyone who loves cooking and eating but likes to keep an eye on their figure. It's the variety that makes it so special: from popular classics to unusual new creations – using meat, fish or vegetarian foods. All the recipes are designed in such a way that with breakfast, lunch and supper plus a snack you will never exceed 1300 calories – regardless of which combination you pick. And to ensure proper variety for every day, there are columns covering, for example, fast foods, creative ideas for guests and lots of light desserts.</p>
		<p>Familien Küche - Rezepte für jeden Tag Family Cooking – Everyday Recipes</p> <p>New edition, 320 pages, 180 illustrations, format 20.5 x 26.5 cm, hardback € 15.00 ISBN 9783432105994</p> <p>Publication date: published August 2018</p> <p>This chunky little book is just the thing for anyone who's fed up with having to ask themselves the question "What am I going to cook tonight?" and then seeing those bored faces around the dinner table. It contains over 300 delicious recipes for quick and easy everyday cooking, snacks for break-time and exciting creations for fancy gourmet meals. Forget about pasta with tomato sauce again, instead you can go for speedy chilli con carne, potato and carrot patties in crispy sesame coating, sweet potato roesti with salmon or carrot sticks wrapped in ham, etc. All the recipes promise to be successful and do indeed keep their promise. Scrumptious!</p>

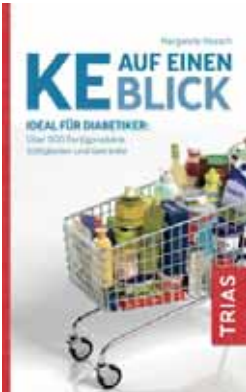


	<p>Amon, Martina</p>	<p>Wunschfigur ohne Diät Your Diet-Free Ideal Figure</p> <p>1st edition, 160 pages, format 16 x 21.7 cm, paperback approx. € 16.99 ISBN 9783432110639</p> <p>Publication date: 06.05.2020</p> <p>Eating healthily to get and to keep that feel-good weight is not just a matter of coincidence. Sometimes it takes nothing more than a few simple changes in your eating habits. Food Coach Martina Amon shows us the 6 most important key factors for developing the feelgood body weight and healthy eating habits – no strict diets or bans involved. We learn all about the important roles that insulin levels, gut bacteria, intervals between meals and nutrient density play. With this nutritional concept you can achieve sustainable weight loss without those hunger pangs, unbalanced foods or those much-feared cravings. There is a practical section which includes nutritional tips and simple dishes with healthy ingredients – even for the inexperienced cooks among us.</p>
	<p>Bäuerlein, Brigitte Dexheimer, Irmgard</p>	<p>Der Zucker-Kompass The Sugar Compass</p> <p>1st edition, 256 pages, 25 illustrations, format 16 x 21,7 cm € 19.99 ISBN 9783432113593 publication date: 06.10.2021</p> <p>Does sugar really cause dementia and depression? Is too much sugar actually even addictive? And how bad is it for children? Current studies take a new look at the risks to health. Exciting scientific findings will permanently change your view of the "sweet world". Recognising your own risk: new research shows how different people react differently to sugar – this provides terrific opportunities for one's own health. Less sugar: all there is to know about alternatives to sugar, new types of sugar and its labelling. In addition, there are recipes and useful tips.</p>
	<p>Beiser, Rudi</p>	<p>Gesunde Knollen – Die heilsame Wirkung von Wurzel- und Knollengemüse Healthy Tubers – The Healing Effect of Root and Tuber Vegetables</p> <p>1st edition, 152 pages, 76 illustrations, format 16 x 21,7 cm, paperback approx. € 19.99 ISBN 9783432111322</p> <p>Publication date: 13.01.2021</p> <p>You do appreciate the healing powers of nature, don't you? The knowledgeable author and experienced expert in herbs, Rudi Beiser will enrich your knowledge of 19 important root and tuber vegetables. The healing power of well-known foods is "captured" in 38 tasty and innovative recipes. Exciting information and anecdotes on these plants are presented here in new and original formats. Enjoy the charms of the roots and tubers when you see them in full-page picture recipes and plant portraits. Helpful health checks as well as tips on planting and cooking complete this versatile book.</p>



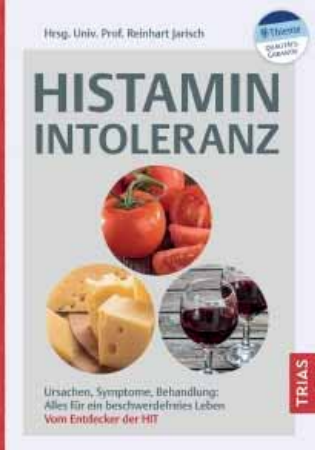
	<p>Biller-Nagel, Gudrun Schäfer, Christiane</p>	<p>Gut essen – Morbus Crohn & Colitis ulcerosa Eat well – Crohn's Disease and Ulcerative Colitis</p> <p>4th edition, 140 pages, 50 illustrations, format 22 x 23 cm, paperback approx. € 19.99 ISBN 9783432113975</p> <p>Publication date: 10.02.2021</p> <p>Correct nourishment, above all, is what we have to be aware of if we're affected by inflammatory bowel diseases. This tried and tested guidebook provides delicious recipes and answers your questions in a comprehensible and competent manner:</p> <ul style="list-style-type: none"> • How do I adapt my food to my condition? • What can I eat when I'm having an acute attack? • How can I be sure of getting all the important nutrients I need? The concept is based on the latest scientific findings. It will safely accompany anyone affected in this way through each and every phase – while offering advice for delicious foods! A traffic light system provides a quick view of what is suitable when.
	<p>Dr. Danz, Antonie</p>	<p>TCM-Ernährung für die Wechseljahre TCM Nutrition for the Menopause</p> <p>1st edition, 144 pages, 25 illustrations, format 16 x 21,7 cm approx. € 17.99 ISBN 9783432115535</p> <p>Publication date: August 2022</p> <p>Hot flushes, sleep disturbances, weight gain, depression – many women are troubled by symptoms of the menopause. The balancing effect of nutrition based on Traditional Chinese Medicine can be astonishing. The health nutritionist, Antonie Danz, offers us some wonderfully simple recommendations. She explains which foods can truly help and which are best avoided. With over 40 helpful recipes you will eat your way back to your strong self, full of energy and well-being.</p>
	<p>Danz, Antonie</p>	<p>Kochbuch für Frauen ab 40 Cookbook for Women over 40</p> <p>3rd edition, 136 pages, format 22 x 23 cm, paperback approx. € 14.99 ISBN 9783432113043</p> <p>Publication date: 10.06.2020</p> <p>This is a cookbook with 110, mainly vegetarian, recipes which provide for the best possible conversion of energy. What's particularly special about this book is that the recipes are not based on an inflexible nutritional programme, but rather on TCM and classical empirical medicine. It includes lovely recipes like "Sweet Wholemeal Rice with Peaches", a "Creamy Leek & Potato Soup with Walnuts", "Curly Kale Risotto with Mushrooms" or a "Fruity Plum and Spelt Souffle" which just whet the appetite while guaranteeing a feelgood figure! Breakfast, lunch or desserts – this cookbook allows all women to eat exactly what they want and what is good for them.</p>

	<p>Donnermeyer, Anja</p>	<p>Glutenfrei kochen und backen für die ganze Familie Cooking and Baking Gluten-free for the Whole Family</p> <p>2nd edition, 128 pages, 45 illustrations, format 22 x 23 cm, softcover € 17.99 ISBN 9783432115252</p> <p>Publication date: 09.02.2022</p> <p>Diagnosis Coeliac Disease – now what? This family cook book makes switching to gluten-free cooking easy as pie. It offers lots of gluten-free recipes for cooking and baking and manages to do this without using expensive specialty products. Shopping and preparing remain as uncomplicated and flexible as possible as “normal” recipes are simply converted into a gluten-free alternative. The author Anja Donnermeyer is a mother of a daughter with coeliac disease. After the diagnosis she was adamant: everyone will eat the same – gluten-free. And that is how all the recipes were created in her own kitchen at home.</p>
	<p>Dreier, Ulrike</p>	<p>Das einfachste Ayurveda-Kochbuch aller Zeiten The Easiest Ayurveda Cookbook Ever</p> <p>1st edition, 144 pages, 695 illustrations, format 22 x 23 cm € 19.99 ISBN 9783432114781</p> <p>Publication date: 12.01.2022</p> <p>Do you love the beneficial effects of foods from India, but somehow feel as though cooking based on the principles of ayurveda are just too complicated? This cookbook provides you with more than 120 everyday and family-friendly recipes with no more than 6 ingredients. And you can do it without any sort of exotic ingredients and you'll need no more than 10 basic spices such as cinnamon, chilli or turmeric. Ayurveda cooking will help you normalise your digestion as well as provide you with renewed energy and will also teach you about mindfulness.</p>
	<p>Gotta, Carola</p>	<p>Neue Chancen bei chronisch-entzündlichen Darmerkrankungen New Options for Dealing with Inflammatory Bowel Disease</p> <p>1st edition, 256 pages, 8 illustrations, format 13,5 x 21 cm, paperback approx. € 16.99 ISBN 9783432115511</p> <p>Publication date: 09.02.2022</p> <p>Severe diarrhoea, colic and stomach aches make it impossible for someone with inflammatory bowel diseases like Crohn's or ulcerative colitis to lead a normal life. Here is a new therapy option: the “Special Carb Diet”. Specific carbohydrates are replaced by mild alternatives which will be gentle on your gut. This guidebook shows you how this works. Additionally you will find lots of useful information all about your intestines.</p>




	<p>Gotta, Carola</p>	<p>Die spezielle Kohlenhydrat-Diät SCD Special SCD (Specific Carbohydrate Diet)</p> <p>1st edition, 160 pages, 38 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432115498</p> <p>Publication date: 08.06.2022</p> <p>The Specific Carbohydrate Diet or SCD has been helping sufferers of IBD for decades. Current studies have shown that pathological changes of the microbiome are one of the main triggers of the tormenting inflammation of the bowel. Carbohydrate-modified nutrition will promote the balance of gut bacteria and will reduce the inflammation.</p>
	<p>Greimel, Judith</p>	<p>PCO Syndrom – Das Kochbuch für die Hormon-Balance PCO Syndrome – The Cookbook for your hormonal balance</p> <p>1st edition, 160 pages, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432108230</p> <p>Publication date: 06.03.2019</p> <p>Women who suffer with the PCO syndrome know what it's all about: it is the balance of the hormones that become affected. The woman's cycle, body weight, fertility and metabolism are all out of sync. But targeted nutritional therapy can raise hope for better health and wellbeing. The combination of a 5-step nutritional programme and easy to understand information all around this subject helps the sufferer to take control of her health and to counteract the imbalances by steering them back onto the proper path.</p>
	<p>Haidenberger, Barbara</p> <p>Gewecke, Martina</p>	<p>Stark gegen Osteoporose Fit and Strong with Osteoporosis</p> <p>1st edition, 148 pages, 44 illustrations, format 22 x 23 cm, paperback. Approx. € 19.99 ISBN 9783432114804</p> <p>Publication date: 12.01.2022</p> <p>Fighting actively against bone loss with its feared consequences is indeed possible. Even if bone density is reduced, it is still possible to have a positive effect on bone metabolism. In addition to the medication we take, we must remember that nutrition and exercise play an important part. This book includes 88 delicious recipes that are good for healthy bones as well as some simple exercises for osteoporosis sufferers. You will learn how to include calcium and other nutrients in your daily food plan – including plant alternatives, why vitamin D and the acid-base balance are so important and which proteins bones need.</p>




	<p>Haufe, Karina Kaltner, Uschi</p>	<p>Reizmagen. Wenn alles auf den Magen schlägt Irritable Bowel. When it all Affects the Stomach</p> <p>1st edition, 144 pages, 43 illustrations, format 16 x 21,7 cm, paperback. Approx. € 17.99 ISBN 9783432113517</p> <p>Publication date: 09.06.2021</p> <p>You're affected by stomach cramps, nausea, abdominal bloating and belching. This book is just what you need. It combines a gently balanced diet with the best relaxation techniques and helps your insides regain a sense of calm.</p> <ul style="list-style-type: none"> • More than 40 soothing recipes take into account which foods are good for the stomach. With an "emergency option": what to eat if nothing else works? • Outsmart your stomach – remember the brain and the stomach communicate with each other. You will discover how to soothe your stomach and how to cope with difficult situations in a totally relaxed way. • Apply holistic methods from medicinal mushrooms to fascia training.
	<p>Hauenschild, Bettina</p>	<p>Meine magische Heilküche My Magical Healing Recipes</p> <p>1st edition, 224 pages, 70 illustrations, format 17 x 24 cm, Hardcover approx. € 19.99 ISBN 9783432110332</p> <p>Publication date: 08.04.2020</p> <p>There is so much more hidden in our vegetables, herbs and fruit than we ever realise. Bettina Hauenschild is passionate about developing the hidden healing powers of our plant foods. The actress, alternative practitioner and expert in herbs lives in the castle, Schloss Hirschgarten, the home of the Brothers Grimm. It is there that she creates the most delicious recipes which develop their energetic effect on eating and then set off the gentle healing process.</p>
	<p>Haufe, Karina</p>	<p>Der einfachste FODMAP-Guide aller Zeiten The simplest FODMAP Guide of all times</p> <p>1st edition, 112 pages, 20 illustrations, format 17 x 20 cm, paperback approx. € 12.99 ISBN 9783432112671</p> <p>Publication date: 08.04.2021</p> <p>FODMAPs are short chain carbohydrates that are difficult to digest and contribute to the intolerance to certain foods, inflammatory bowel diseases, irritable bowel or coeliac disease. Being able to avoid this temporarily or completely frequently results in great alleviation. This guidebook helps by providing lists of foods, nutritional plans and tasty recipes. Using the Easy-FODMAP-concept you learn to avoid suspicious foods, you can then try out what and how much of something is right for you and you can build up your meal plan in such a way so as to permanently prevent symptoms – while eating your favourite food.</p>


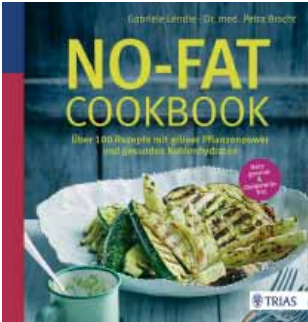
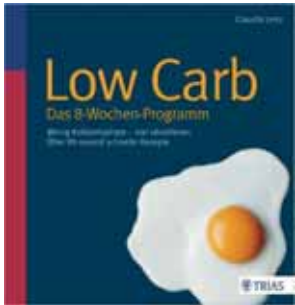
	<p>Heusch, Margarete</p>	<p>KE auf einen Blick CU at a Glimce</p> <p>5th edition, 64 pages, 1 illustration, format 10 x 16 cm, softcover € 9.99 ISBN 9783432115436</p> <p>Publication date: 09.02.2022</p> <p>Even someone with diabetes does not need to give up such little treats as a chocolate bar or a burger. Blood sugar levels and calories are always easy to find in this handy table. 850 products, snacks, sweets and drinks were evaluated and divided by food groups and brands. So easy to use in your daily routine: all the details refer to normal portion sizes and kitchen measures. This book is perfect for when you're out and about and makes choosing your daily treat so easy.</p>
	<p>Hofele, Karin Ehret, Janine</p>	<p>Gesund essen – Teller für Teller Eating Healthily – Plate by Plate</p> <p>1st edition, 128 pages, 60 illustrations, format 22 x 23 cm, paperback approx. € 19.99 ISBN 9783432113616</p> <p>Publication date: 10.02.2021</p> <p>Just one quick look and you turn into a nutritional expert: this book helps you create a balanced combination of carbohydrates, fats and proteins to put on your plate. No need for complicated calculations! Fruit and veg cover half your plate, proteins take up one quarter and carbohydrates cover the final quarter. And there you go – you have a healthy and nutritious meal. With over 100 recipes – from breakfast via practical takeaway lunches to supper – there is something there for everyone's tastebuds. Even classical favourites such as lasagne or stews can be turned into healthy alternatives with just very few changes.</p>
	<p>Hofele, Karin</p>	<p>Richtig einkaufen bei Cholesterin The Right Groceries when the Cholesterol Level is High</p> <p>3rd edition, 120 pages, 4 illustrations, format 10 x 16 cm, hardback € 9.99 ISBN 9783830482895</p> <p>The new version of the already very successful shopping guide for people with high cholesterol levels, analyses more than 800 finished products and foods. The clinical pattern of hypercholesterolemia is explained and important additional information on nutrition is provided. This reliable, pocket-sized guide has a new, four-coloured layout.</p>

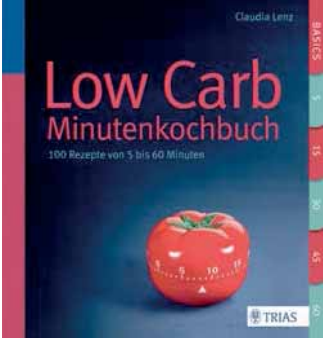
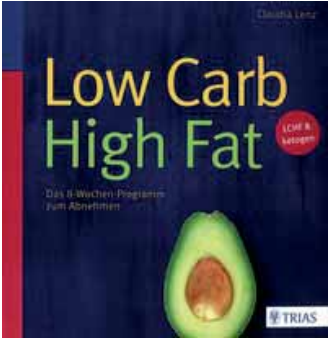
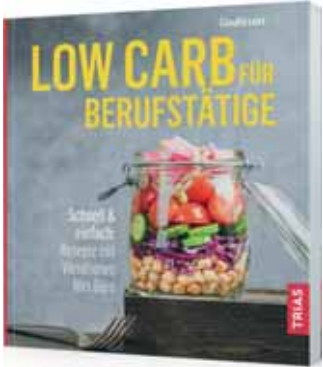
	Iburg, Anne	<p>Essen gegen das Vergessen Eating to Combat Forgetfulness</p> <p>New edition, 144 pages, 40 illustrations, format 22 x 23 cm, paperback € 19.99 ISBN 9783432106182</p> <p>Publication date: published April 2018</p> <p>The wait and see approach? That's entirely the wrong course of action when it comes to keeping away the terrifying spectre of dementia. Particularly when it comes to nutrition, based on current scientific knowledge, we know this: if you eat the right foods, you can prevent dementia. Omega-3 fatty acids, antioxidants, secondary phytochemicals and more – they can all help prevent the memory from deteriorating.</p>
	Iburg, Anne	<p>Die einfachste Gesund-Küche aller Zeiten The Easiest Way to Healthy Eating</p> <p>1st edition, 128 pages, 160 illustrations, format 16 x 21,7 cm, paperback approx. € 12.99 ISBN 9783432111506</p> <p>Publication date: 10.06.2020</p> <p>“The Easiest Way to Healthy Eating” is a special titbit in the successful range of TRIAS books! Using just 6 ingredients, it only takes a few minutes to create wonderful dishes with the help of clear photographic recipes. 12 healthy foods such as dark berries, Omega 3 fatty acids, garlic and onions, fibres such as linseeds etc. form the basis of these recipes. Foods which provide the body with all the necessary vital substances and which are all easy to get hold of. And incidentally, the perfect way to avoid catching diseases of modern civilisation. The 50 basic recipes are not just clearly illustrated, but are optically attractive too. All this will add to your cooking pleasure.</p>
	Prof. Dr. med. Jarisch, Reinhart	<p>Histamin Intoleranz Histamine Intolerance</p> <p>1st edition, 176 pages, 28 illustrations, format 17 x 24 cm, paperback approx. € 29.99 ISBN 9783432114460</p> <p>Publication date: 06.10.2021</p> <p>Leading experts together with the first person to describe histamine intolerance, Reinhart Jarisch, have taken current scientific findings and present them here in a comprehensible and fascinating fashion. The connection with seasickness and pregnancy-related nausea, about which little is known to date is also included. Practical help and advice for a healthy life make this a valuable book for anyone affected as well as for experts. An updated version of a classic publication – up-to-date and clearly presented!</p>



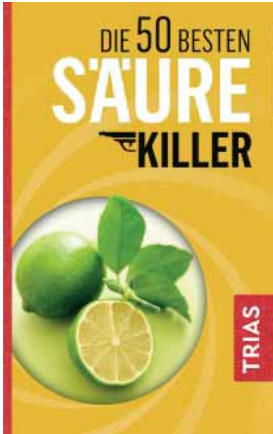
	<p>Kamp, Anne Störzer, Lisa-Marie Groeneveld, Maik</p>	<p>Warum Ihr Darm Kartoffelsalat liebt Potato Salad – So Good For Your Gut</p> <p>1st edition, 148 pages, 30 illustrations, format 16 x 21.7 cm, paperback approx. € 16.99 ISBN 9783432113142</p> <p>Publication date: 13.01.2021</p> <p>Life's a pain with irritable colon. What you need to do is to make a beeline for the potato. Scientists have discovered the healing effect of cross-linked starches which occur in potatoes as they cool down. This is the ideal nourishment for creating good gut bacteria which help to soothe the tummy. Potatoes, vegetables, porridge oats and even apple slices provide a valuable contribution which create healthy microbiomes. You will learn how to recognise and eliminate whatever triggers these problems. This publication provides over 90 healthy recipes for delicious vegetable dishes and tasty potato salads to help you do just that.</p>
	<p>Dr. med. Keuthage, Winfried</p>	<p>Die Haferkur – für einen gesunden Stoffwechsel Oats – for a Healthy Metabolism</p> <p>1st edition, 128 pages, 30 illustrations, format 16 x 21,7 cm, paperback approx. € 16.99 ISBN 9783432114293</p> <p>Publication date: 04.08.2021</p> <p>The blood glucose lowering characteristics of oats have long been known – this is now also well supported by scientific evidence. It is the beta-glucan that makes good old porridge oats a popular superfood. Many serious conditions can be effectively alleviated by having an oats-day. As little as two oats-days a month can reactivate your metabolism. Blood glucose and blood lipids are reduced, insulin resistance and fatty liver are improved. We have here 50 delicious recipes for mueslis, overnight oats recipes, porridge, bread as well as warm dishes and snacks which will help you turn your oats cure into an easy and yummy delight!</p>
	<p>Keyßer, Gernot Iburg, Anne</p>	<p>Köstlich essen Rheuma Delicious Foods Rheumatism</p> <p>1st edition, 144 pages, 60 illustrations, Format 22 x 23 cm, paperback € 19.99 ISBN 9783432104027</p> <p>Publication date: 16.08.2017</p> <p>The proper nutrition can have a real positive effect on the treatment of a rheumatic condition – and there's no need for it to taste like "hospital food"! But how do I best adapt the nutrition to the condition? What am I allowed to eat, what should I be avoiding? Can targeted nutrition prevent a rheumatic episode? You'll find the right answer in the 130 plus recipes in this cookbook.</p>




	<p>Kleinert, Imke</p>	<p>Basisch to go Einfache Rezepte fürs Büro und flotte Feierabend Gerichte Alkaline Foods To Go – Easy Recipes for the Office and Fun Recipes for After Work</p> <p>1st edition, 156 pages, 25 illustrations, format 16 x 21.7 cm, paperback approx. € 14.99 ISBN 9783432113166</p> <p>Publication date: 13.01.2021</p> <p>Cooking healthy food the alkaline way – this will unleash unexpected strength, will keep diseases away and will keep you slim.</p> <ul style="list-style-type: none"> • Meal prep for work or play: quickly prepared or cooked in advance – healthy food is quick and easy to do. • Transporting it quickly and safely: the best recipes for lidded glass containers, the bento box or thermos. • Lunches to help maintain a healthy balance: how to use healthy plant foods to give yourself a boost to help you work through the afternoon. How best to replace tea and biscuits.
	<p>Kleinert, Imke</p>	<p>Meine Basenernährung My Alkaline Foods</p> <p>New edition, 144 pages, 35 illustrations, format 17 x 24 cm, paperback € 19.99 ISBN 9783432106052</p> <p>Publication date: published January 2018</p> <p>Fruit and vegetables are alkaline foods which have very positive health benefits. And we should be eating a lot more of them compared to foods containing acids such as meat, sugars, white flour etc., which are frequently the cause of numerous health problems and physical discomfort. This book is an easy introduction to alkaline nutrition.</p>
	<p>Dr. med. Koch, Simone</p>	<p>Schlank und voller Energie bei Hashimoto Hashimoto's Disease? Staying Slim and Full of Energy</p> <p>1st edition, 192 pages, 40 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432113203</p> <p>Publication date: 12.01.2022</p> <p>Hashimoto's Thyroiditis and other thyroid diseases often lead to severe fatigue and weight gain against which there is no diet that helps. Using thyroid hormones as medication is often no help at all. Dr. Simone Koch, herself a sufferer for many years, can help you get to the root of this autoimmune disease and show you how to lose weight permanently. This 10-week programme will be a turning point: personalised nutrition instead of dieting. Making use of a thyroid reset by fasting and lightening the body using recipes that are non-irritant.</p>

	<p>Dr. med. Koch, Simone</p>	<p>Das 4-Wochen-Anti-Entzündungsprogramm The 4-week Programme to Combat Inflammation</p> <p>1st edition, 160 pages, 40 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432113180</p> <p>Publication date: 04.08.2021</p> <p>Silent inflammation is an inflammation that falls below the threshold of perceived pain, insidiously developing multiple effects in silence. Many supposed diseases of civilisation and age such as rheumatic or cardiac conditions, lack of energy or depressive moods are the result. The 4-week programme ranges from classical treatments such as nutrition, sleep hygiene, breathing and detoxification to unusual approaches such as ice baths, medicinal mushrooms and infrared light. Put your trust in this practical and tried and tested self-help plan and return to your active lifestyle again.</p>
	<p>König, Julia Fietzek, Urban</p>	<p>Gut essen Parkinson Eating Well with Parkinson's</p> <p>1st edition, 144 pages, 39 illustrations, format 22 x 23 cm, paperback approx. € 19.99 ISBN 9783432114941</p> <p>Publication date: 12.01.2022</p> <p>Using nutrition to help achieve a better quality of life! This cook book will illustrate how to prevent negative interaction between the active substance L-DOPA and proteins absorbed with food. What contains protein? What is the optimal way of spreading it out. What helps against the symptoms? Finding out everything one needs to know about nutrition matched to the medication being taken. Guaranteed variety: quick snacks, soups and salads, spreads, treats and sweets – all the recipes include important nutritional details on proteins and more.</p>
	<p>Kuchenbaur, Alexandra</p>	<p>Vegane Ernährung Vegan Diet</p> <p>2nd edition, 368 pages, format 17 x 24 cm, paperback approx. € 16.99 ISBN 9783432114842</p> <p>Publication date: 09.06.2021</p> <p>Correct nourishment, above all, is what we have to be aware of if we're affected by inflammatory bowel diseases. This tried and tested guidebook provides delicious recipes and answers your questions in a comprehensible and competent manner:</p> <ul style="list-style-type: none"> • How do I adapt my food to my condition? • What can I eat when I'm having an acute attack? • How can I be sure of getting all the important nutrients I need? <p>The concept is based on the latest scientific findings. It will safely accompany anyone affected in this way through each and every phase – while offering advice for delicious foods! A traffic light system provides a quick view of what is suitable when.</p>


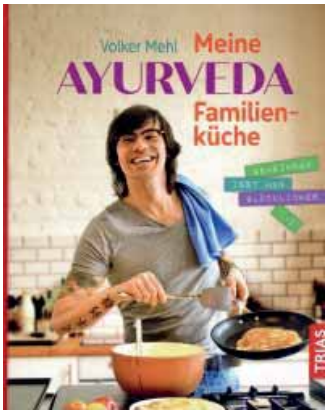
	<p>Laimighofer, Astrid</p>	<p>Schonkost für Magen und Darm A Gentle Diet for Your Insides</p> <p>2nd edition, 144 pages, 34 illustrations, format 16 x 21,7 cm, paperback approx. € 16.99 ISBN 9783432110844</p> <p>Publication date: published in October 2019</p> <p>You might just be getting over an operation, or had a bout of acute infection, maybe you're suffering with irritable bowel syndrome or colic or possibly a stomach ulcer – in all of these cases what your insides need is a bit of a break. Turning to a non-irritant diet with a slow transition to a normal diet is the best thing you can do.</p>
	<p>Lendle, Gabriele Bracht, Petra</p>	<p>No-Fat Cookbook No-Fat Cookbook</p> <p>128 pages, 45 illustrations, Format 22 x 23 cm, FH paperback € 17.99 ISBN 9783432102689</p> <p>Publication date: published 2017</p> <p>In the world of food and nutrition there is nothing that is more hotly debated than the subject of fats: are they bad or good for your health, saturated or non-saturated, plant or animal fats – who can keep up with all that information and work out what is really actually good for you? Whether it's a Mediterranean style stuffed fennel, a potato and coriander fry-up, asparagus with a thyme sauce or a summer tarte with apricots and oranges – you'll find these amongst the 110 purely plant recipes which intrinsically will only contain good fats and which are all free from any added fats.</p>
	<p>Lenz, Claudia</p>	<p>Low-Carb: Das 8-Wochen-Programm Low-Carb: The 8-Week Programme</p> <p>112 pages, 45 illustrations, format 22 x 23 cm, softcover € 17.99 ISBN 9783830467076</p> <p>Publication date: published 2013</p> <p>Many people want to lose weight as quickly as possible. But at the same time the method should be possible without too much daily effort. The 8-week low-carb programme offers exactly that. Really simple and no ideology – here you enjoy both feeling full and becoming slim, eating vegetables, fruit and healthy fats like fish or chicken. With more than 90 lowcarbohydrate recipes, practical tips and information about the low-carb programme, you feel completely supported, enabling fast weight-loss to take place.</p>

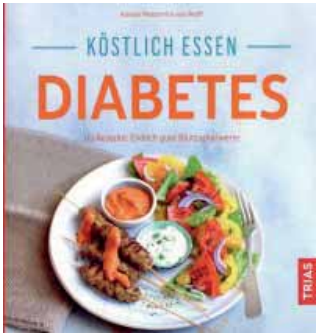
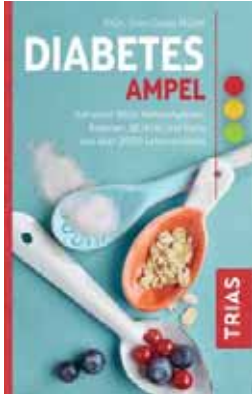
	<p>Lenz, Claudia</p>	<p>Low Carb – Minutenkochbuch Low Carb – The Minute Cookbook</p> <p>120 pages, 37 illustrations, format 22 x 23 cm, softcover € 17.99 ISBN 9783830480013</p> <p>Publication date: published 2014</p> <p>The Low Carb diet continues its successful rise and is currently enjoying a transition from being the latest trend to being an established lifestyle method. After the successful "8-week programme" there is now Low Carb in "just a minute". From smoked salmon with creamed horseradish sauce to oriental-style braised goulash. With a choice from 100 low carb recipes there's no chance of being bored. Whether it's for a relaxed brunch or if guests arrive, there are dishes here for all occasions that take from 5 to 45 minutes to prepare, all of them guaranteed to be delicious. So the method can easily and quickly be integrated into your daily routine.</p>
	<p>Lenz, Claudia</p>	<p>Low Carb High Fat Das 8-Wochen-Programm zum Abnehmen Low Carb High Fat The 8 Week Programme for Losing Weight</p> <p>128 pages, 45 illustrations, Format 22 x 23 cm, paperback € 17.99 ISBN 9783432102450</p> <p>Publication date: published 2017</p> <p>Using fats to help you slim down? This may sound like a bit of a contradiction in terms, but by avoiding carbohydrates and at the same time ramping up (healthy) fats, the body's metabolic rate is given a turbo-charged boost. This book explains all the important basic principles, making ketogenic nutrition into something that's now socially acceptable and offers a weight-loss programme with 90 delicious recipes: creamy avocado, good oils, marbled steaks, delicate creamy sauces – scrumptious!</p>
	<p>Lenz, Claudia</p>	<p>Low Carb für Berufstätige Low Carbs for People at Work</p> <p>1st edition, 120 pages, 40 illustrations, format 22 x 23 cm, paperback € 17.99 ISBN 9783432105277</p> <p>Publication date: published January 2018</p> <p>This is what many low-carb fans have been waiting for. The reason being that it is not easy to integrate a change of diet or any sort of diet into the working day: lack of time at home, nowhere to warm food up, shift work or a lousy canteen. Here the reader will find quick and easy recipes for keeping down those carbs at work. There's a breakfast-to-go option, quick snacks and fantastic main courses such as delicious suppers out of which you can prepare the perfect meal for next day at work by adding just a few ingredients.</p>

	<p>Limpinsel, Rainer Schüwer, Ute</p>	<p>Schatz, der Bauch muss weg! - Gemeinsam sind wir schlank Honey, we've got to get rid of our tummies! Losing weight together</p> <p>1st edition, 216 pages, 12 illustrations, format 13.5 x 21 cm, paperback € 14.99 ISBN 9783432108049</p> <p>Publication date: published December 2018</p> <p>Most people have been through it: at some stage they go through that vicious cycle of dieting, followed by the yoyo effect and then those snack attacks, making them feel miserable and ashamed. Gaining weight is easy – but then so is losing weight! Because losing weight starts when something goes “click” in your head, and not, as people often think, on the treadmill or on the plate. Rainer Limpinsel, doctor, author and musician experienced it for himself. As a result, together with his wife he developed a 3-stage programme and guess what: the pounds just melted away and did not return. And what is their secret? Losing weight and indulgence are not mutually exclusive! This book will provide you with all the details you need together with motivational tips, background information and a healthy dose of humour!</p>
	<p>Lohmann, Maria</p>	<p>Maria Lohmanns Säure-Basen-Kochbuch Maria Lohmann's Acid-Alkaline Cookbook</p> <p>6th edition, 168 pages, 45 illustrations, format 17 x 24 cm, paperback € 16.99 ISBN 9783432112176</p> <p>Publication date: 13.01.2021</p> <p>Start your day off with a boost of alkaline in a bowl, enjoy a dish of mixed vegetables cooked in the wok for lunch and gently round the day off with a warming pumpkin soup. That's how delicious alkaline nutrition can be! These entry-level recipes created by the experienced alternative practitioner and experienced nutritionist, Maria Lohmann will make it easy for you to switch to this different form of nutrition. Learn where the acid pitfalls are, make these uncomplicated recipes of alkaline foods part of your daily routine and rebalance the acid-alkaline levels in your system.</p>
	<p>Lohmann, Maria</p>	<p>Die 50 besten Säure-Killer The 50 best Acid-Killers</p> <p>2nd edition, 88 pages, 3 illustrations, format 10 x 16 cm, paperback approx. € 9.99 ISBN 9783432109756</p> <p>Publication date: 12.06.2019</p> <p>Acid is no fun! When our body is hit by hyperacidity, we know all about it: our skin becomes sallow, we feel tired, we become sensitive to stress and our metabolism slows down. This “Killer” helps you to deal with all that: it includes 50 simple and practical tips which can be worked into your daily life with no problem – be it about nutrition, moderate exercises or relaxation, pick out what suits your lifestyle and go for it. It will deal with your hyperacidity, managing it successfully with no detox weeks or fasting diets.</p>




	<p>Lohmann, Maria</p>	<p>Der Basen-Doktor The Alkaline Doctor</p> <p>3rd edition, 160 pages, 5 illustrations, Format 16 x 21,7 cm, paperback € 14.99 ISBN 9783432105697</p> <p>Publication date: published 2017</p> <p>More and more people suffer from a total lack of energy. The causes for all this listlessness could be unhealthy nutrition, environmental stress and a hectic lifestyle. The author takes 35 different medical conditions, such as constipation, muscle aches and a pain, sleep disorders or migraine, and provides the reader with information on causes and symptoms. In each case she describes the connection with the acid-alkaline balance. This guidebook contains a 2-step programme on deacidification which consists of fast-track relief and readjustment.</p> <p>Czech and Slovak rights sold</p>
	<p>Lohmann, Maria</p>	<p>Detox für Eilige Detox for People in a Hurry</p> <p>1st edition, 96 pages, 35 illustrations, format 17 x 20 cm, paperback € 14.99 ISBN 9783432106083</p> <p>Publication date: published 2018</p> <p>Deacidify the body, really detoxify the body for once and for all and get rid of that extra weight – most people think of lengthy spa visits that take up a lot of time and not necessarily what one wants. Not a bit of it: this will show you how easy it is. You won't even notice! Just one solitary turbo-detox day can produce a small miracle. The alkaline express recipes are prepared in a flash and are perfect for the office. Helpful tips for detoxing: list of acid-killers which can be found in pretty much every home, feel-good tips for the intestines and the deacidification emergency pack.</p>
	<p>Lohmann, Maria</p>	<p>Natürlich abnehmen – Schüssler-Salze Schuessler Salts – Losing Weight Naturally</p> <p>2nd edition, 104 pages, 10 illustrations, format 17 x 20 cm, paperback € 12.99 ISBN 9783432106557</p> <p>Publication date: published January 2018</p> <p>The 12 Schuessler tissue salts are exceedingly effective at getting rid of those unwanted pounds. They eliminate harmful substances from the body, boost lipo- and protein metabolism and re-balance the acid alkaline balance. Best of all: there are no special dietary regulations to be adhered to. The reason being that special salts specifically target weight loss blockages and the perfect weight is achieved in a natural and healthy way.</p>

	<p>Lübke, Doris Prof. Dr. med. Willms, Berend</p>	<p>Kochbuch Diabetes Typ 2 Type 2 Diabetes Cookbook</p> <p>7th edition, 256 pages, 50 illustrations, format 16 x 21,7 cm, € 19.99 ISBN 9783432114866 Publication date: 06.10.2021</p> <p>Do I have to give up my favourite foods because of my diabetes? Luckily, nutritional guidelines are no longer so strict today and we can enjoy a bit of a feast without having a guilty conscience. This renowned and varied cookbook will help you tweak popular and traditional recipes so that they are suitable for people with diabetes. It proves that indulgence and good health do not need to be contradictory. It includes over 300 recipes offering diversity and variety to take you through the day from breakfast to supper.</p>
	<p>Mangiameli, Franca Worm, Nicolai</p>	<p>Außen schlank – innen Fett Thin-Outside-Fat-Inside</p> <p>1st edition, 144 pages, 50 illustrations, format 16 x 21,7 cm, paperback approx. € 14.99 ISBN 9783432112190</p> <p>Publication date: 07.10.2020</p> <p>Is it really only the seriously obese who are living dangerously? The answer is a simple 'no' today. It's the "Skinny Fats", more commonly known as the TOFI's that are increasingly attracting the interest of scientists. Even that little paunch can have a catastrophic affect on our health and is an indicator for the fatty degeneration of internal organs. This book starts off with a self-test asking the question: "Am I affected?" and highlights health risks such as diabetes and heart attacks. Special nutritional strategies, fitness tips and 42 fat-burning recipes help to reduce that paunch in a targeted way.</p>
	<p>Martin, Jutta Isabella</p>	<p>Hildegard von Bingen Heilküche Hildegard von Bingen's Health Foods</p> <p>1st edition, 256 pages, 55 illustrations, format 20,5 x 26,5 cm, hardcover approx. € 24.99 ISBN 9783432107035</p> <p>Publication date: 07.08.2019</p> <p>The art of cooking and healing in the style of Hildegard von Bingen has never been more topical: old fruit and vegetable varieties taste delicious, fresh herbs are healthy and improve any dish, spelt which is low in gluten and sugar-free dishes are quite simply good for our health. Many people now find that a healthy balance between rest and activity, spending time outdoors, holistic medicine, simplicity and meditation are exactly what is needed for a healthy lifestyle.</p>




	<p>Martin, Stephan Kempf, Kerstin</p>	<p>Das neue Diabetes-Programm The New Diabetes Programme</p> <p>2nd edition, 176 pages, 70 illustrations, format 16 x 21,7 cm, paperback approx. € 14.99 ISBN 9783432110394</p> <p>Publication date: published March 2019</p> <p>When someone is diagnosed with type 2 diabetes they immediately think of the medication they will have to take and the insulin jabs they'll have to deal with. But a carefully managed nutritional programme – supported by a formula diet – will also lower the blood sugar level. This 12-week programme explains how a protein shake diet works for people with diabetes. Over 40 recipes are included as well as numerous motivational tips and exciting suggestions for a lasting boost to successful weight loss.</p>
	<p>Dr. med. Matejka, Rainer</p>	<p>Fasten heilt! How Fasting Heals!</p> <p>1st edition, 208 pages, 43 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432111636</p> <p>Publication date: 13.01.2021</p> <p>The healing power of fasting has been scientifically proven for many diseases: e.g. rheumatism, joint diseases, Type 2 Diabetes, inflammatory bowel diseases or high blood pressure. Fasting can also help with auto-immune and skin diseases as well as mild depression. Fasting goes to the very root of many conditions and activates the body's self-healing processes through complex physiological processes. You can get started in no time at all by applying the practical programmes for fasting cures, interval fasting and alkaline fasting included in this book. Supplement: Tried and tested recipes for the fasting phase.</p>
	<p>Mehl, Volker</p>	<p>Meine Ayurveda-Familienküche My Ayurveda Family Cookbook</p> <p>2nd edition, 188 pages, 120 illustrations, format 19 x 23,5 cm, hardcover € 14.99 ISBN 9783432110912</p> <p>Publication date: 07.10.2020</p> <p>When you think of Ayurveda you don't immediately have to start thinking of complicated doshas, exotic foods or longwinded cookery procedures. Home-made ketchup as Ayurvedic family entertainment? Volker Mehl – the Ayurveda cook with cult status – makes it all possible. In his familiar undogmatic style he seeks out unconventional access to Ayurvedic cuisine and offers it up as the family's troubleshooter. His theory, which is based on 6000 years of Ayurvedic knowledge is this: children automatically reach out for the right food! So his aim is to instil in parents an understanding for their child's nutritional desires.</p>



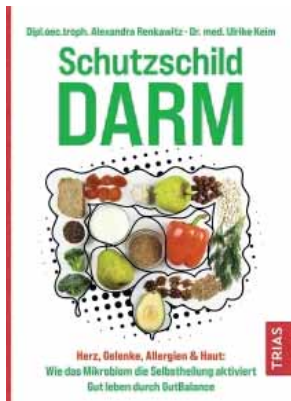
	<p>Metternich von Wolff, Kirsten</p>	<p>Köstlich essen – Diabetes Diabetes - Delicious Food</p> <p>3rd edition, 132 pages, 69 illustrations, format 22 x 23 cm, paperback € 19,99 ISBN 9783432110875</p> <p>Publication date: 10.06.2020</p> <p>More and more people are affected by diabetes. It doesn't take a diet to get those blood sugar levels under control. This book offers us a variety of dishes presented in a familiar way, and they're all dishes which are just as popular with anyone who does not have diabetes – it all includes nutritional values and preparation times! From snacks for in-between meals, delicacies with or without meat to cakes and desserts. Nowadays no one needs to forego their favourite treat just because they have diabetes.</p>
	<p>Mouni Meyer, Anke</p>	<p>Ganzheitliche Ernährung bei Rheuma, Arthrose, Gicht-Himmliche Rezepte gegen höllische Schmerzen Holistic Nutrition to Combat Rheumatism, Joint Pains, Gout – Heavenly Recipes against Hellish Pains</p> <p>1st edition, 160 pages, approx. 100 illustrations, format 20.5 x 26.5 cm, paperback approx. € 19.99 ISBN 9783432107929</p> <p>Publication date: published June 2019</p> <p>The number of joint disorders is constantly on the increase. Pain diminishes the quality of life. Doctors are at a loss. Fear of surgery is an issue and medication provides no solution. Anke Mouni Meyer's book is wonderfully effective here: containing 120 healing recipes which are based on a holistic nutritional concept, you are invited to make use of the incredible potential of the human body to regenerate and recuperate. And more than that, she concludes her book with reports from her own experiences as a long-term sufferer and tips for self-care and mindfulness as well as external applications (ginger poultices), incense and turmeric. Millions of sufferers are just waiting to get their hands on it!</p>
	<p>PHDr. Müller, Sven-David</p>	<p>Diabetes Ampel Diabetes Traffic Lights System</p> <p>9th revised edition, 144 pages, 3 illustrations, format 10 x 16 cm, softcover € 9.99 ISBN 9783432114880 Publication date: 04.08.2021</p> <p>Up to 3,000 rated food items graded from A to Z. A quick overview of "good" and "bad" foods! At a glance: what's contained in which item? What do I need to look out for? Easy to use: immediately comprehensible with no prior knowledge required. There are clearly many more foods evaluated here than in other equivalent tables.</p> <p>Polish, Dutch and Czech rights sold</p>



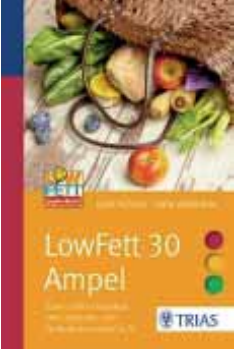
	<p>Müller, Sven-David</p>	<p>Low-Carb Ampel The Low Carb Traffic Light System</p> <p>128 pages, 3 illustrations, format 10 x 16 cm, hardback € 9.99 ISBN 9783830481607</p> <p>publication date: published 2015</p> <p>Fancy something sweet? Or a slice of crusty bread for breakfast? When you're on a low carb diet you're going to have to avoid this temptation. But what you can do, without a trace of a guilty conscience, is quickly check out the tried and tested traffic light system for something you can eat. That way you can keep an eye on your intake of carbohydrates, nutritional values and calories while you're on the go. It will not just be people with type 2 diabetes who discovered low carb foods, who will be relieved to find out how they can cleverly sidestep any calorific bombs thanks to the extensive food chart. This saves time as well as ensuring success with your diet.</p>
	<p>Müller, Sven-David</p>	<p>Die 50 besten Cholesterin-Killer The 50 Best Cholesterol Killers</p> <p>4th edition, 69 pages, 4 illustrations, format 10 x 16 cm, paperback approx. € 9.99 ISBN 9783432111568</p> <p>Publication date: 10.06.2020</p> <p>Cholesterol levels that are too high are considered to be a risk factor in causing heart attacks and strokes. Long-term LDL cholesterol can damage the arterial walls and lead to deposits. But there is some good news: The 50 Best Cholesterol Killers can help get things on the right track again by getting the balance between good and bad cholesterol sorted out and generally reducing cholesterol. People affected by this condition can learn how to reduce their risks with the right amount of exercise and proper nutrition – and all this with no medication.</p>
	<p>Müller, Sven-David</p>	<p>Gicht Ampel Gout Traffic Lights</p> <p>4th edition, 128 pages, 6 illustrations, format 10 x 16 cm, paperback € 9.99 ISBN 9783432111544</p> <p>Publication date: 08.04.2020</p> <p>Up to 3,000 rated food items graded from A to Z. A quick overview of "good" and "bad" foods! At a glance: what's contained in which item? What do I need to look out for? Easy to use: immediately comprehensible with no prior knowledge required.</p>




	<p>Dr. Niemann, Peter Snowdon, Bettina</p>	<p>Die Anti-Entzündungs-Strategie – Das Kochbuch The Anti-Inflammatory Diseases Strategy – The Cookbook</p> <p>1st edition, 144 pages, 50 illustrations, format 22 x 23 cm, paperback approx. € 19.99 ISBN 9783432114149</p> <p>Publication date: 09.06.2021</p> <p>“Silent Inflammations” are often also responsible for serious illnesses, physical symptoms, as well as premature aging. By reaching out for antioxidant foods you can take targeted action against all this: preventatively and therapeutically. Dr. Peter Niemann, specialist in internal medicine, shows us which foods and diets have scientifically proven themselves to be particularly effective: many berries and various types of vegetables, spices, herbs, oils and fish create strong anti-inflammatory effects. Following this theme, this book provides over 100 delicious recipes – simple and perfect for every day.</p>
	<p>Dr. med. Oltersdorf, Daniela</p>	<p>Familienküche frei von Laktose, Fructose, Histamin Family Meals Free From Lactose, Fructose, Histamines</p> <p>1st edition, 144 pages, 36 illustrations, format 17 x 24 cm, € 17.99 ISBN 9783432115191</p> <p>Publication date: 12.02.2022</p> <p>Cooking for family members who have food intolerances or food allergies is quite a challenge. Daniela Oltersdorf shares her tips for foods that are both well tolerated and family friendly: 120 delicious recipes which are suitable for the whole family. And with a few extras to make it a bit more special and jazz the meals up a bit. Just as varied as family life can be: packed lunches, fun breakfasts, delicious main courses and wonderful classics. With lists of alternatives for ingredients that are not tolerated, the perfect store cupboard and the most important reminders for the various intolerances.</p>
	<p>Paschmann, Anne</p>	<p>Mein Low-Carb-High-Fat-Kochbuch My Low-Carb High-Fat Cookbook</p> <p>New edition, 128 pages, 45 illustrations, format 17 x 24 cm, paperback € 17.99 ISBN 9783432105451</p> <p>Publication date: published January 2018</p> <p>Ramp up the healthy fats and watch the pounds just melt away while discovering a whole new attitude to life? Put like that, it all sounds rather astonishing – but the author, Anne Paschmann, thanks to the Low Carb High Fat (MCHF) diet with the related change of diet, has managed to lose a hefty 50 kilos in 18 months. In this very personal book, she describes her journey, explaining the method in detail and provides some 90 simple and delicious recipes.</p>

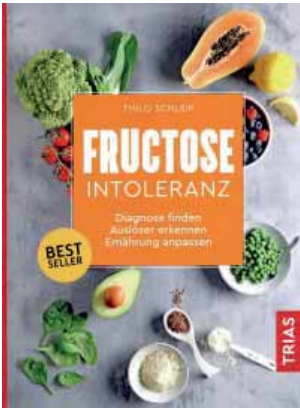

	<p>Peschutter, Kristin</p>	<p>Meine Familienküche ohne Histamin Histamine-free Family Cooking</p> <p>1st edition, 144 pages, 43 illustrations, format 17 x 24 cm, paperback approx. € 17.99 ISBN 9783432108971</p> <p>Publication date: 08.04.2020</p> <p>Diagnosing histamine-intolerance can be very tedious and difficult. But once you've worked out what these inexplicable symptoms are caused by, that's when you're faced with a proper challenge. It's always when a large number of people are sitting around the dinner table that it becomes difficult to meet everyone's requirements. Preparing that extra helping is always a bit of a pain long-term and can be costly. Kristin Peschutter's solution: a low-histamine diet for the whole family. Sounds harsh? Not at all, it's delicious and simple.</p>
	<p>Pöhlau, Dieter Iburg, Anne</p>	<p>Gesund essen Multiple Sklerose Multiple Sclerosis - A Healthy Diet</p> <p>2nd edition, 192 pages, 60 illustrations, format 22 x 23 cm, paperback approx. € 24.99 ISBN 9783432101231</p> <p>Publication date: 04.03.2020</p> <p>The treatment of multiple sclerosis is primarily the doctor's responsibility. But turning to a nutrition that puts special fatty acids at the heart of it is something we can all do if we're to help make a difference. New research around fatty acids, vitamin D and the bacterial colonisation in the gut, the microbiome, show the positive effect on the progress of the disease.</p>
	<p>Dr. Raab, Heike</p>	<p>Gut essen nach Magenentfernung Eating Well After a Gastrectomy</p> <p>1st edition, 128 pages, 40 illustrations, format 22 x 23 cm, paperback approx. € 22.99 ISBN 9783432113654</p> <p>Publication date: 04.08.2021</p> <p>Following a full or partial gastrectomy, working out a proper nutritional plan can be a bit of a headache: certain foods are no longer easily tolerated, portions need to be small and spread out throughout the day. And the nutrition needs to contain sufficient supplies of energy and proteins. Turning to easily digestible nutrition will help you regain your strength quickly, will rebalance any nutrient deficiencies and will prevent the dreaded dumping syndrome. This publication lists which foods you need to help you get through the day without any unpleasant symptoms and how to regain your appetite enjoying the varied dishes described here.</p>


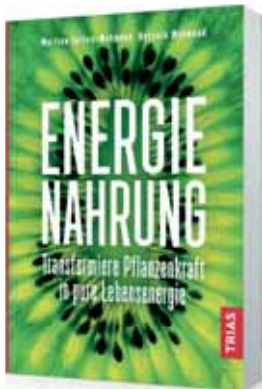

	<p>Dr. Raab, Heike</p>	<p>Nach der Adipositas-OP – Das Kochbuch für mein neues Leben After Obesity Surgery – The Cookbook For My New Life</p> <p>1st edition, 144 pages, 58 illustrations, format 22 x 23 cm, paperback approx. € 19.99 ISBN 9783432111469</p> <p>Publication date: 07.10.2020</p> <p>This book completes the TRIAS Obesity-Trilogy by Heike Raab. The first two volumes "Obesity Surgery – Sensible Shopping" and "Obesity Surgery – Healthy Eating" address those who are about to have surgery and those who've just had the surgery, while this volume is specifically for those patients who've come through surgery successfully and have started their new life. It provides simple, healthy and quick meals which can easily be integrated in your daily life. It includes recipes for quick evening meals, snacks for the sports bag, treats to eat at the office, goodies for the weekend. This is a book that will generally motivate the reader to enjoy a healthier and more active lifestyle.</p>
	<p>Dr. Raab, Heike</p>	<p>Gut essen rund um die Adipositas-OP What to Eat After Obesity Surgery</p> <p>2nd edition, 144 pages, 44 illustrations, format 22 x 23 cm, paperback € 19,99 ISBN 9783432100487</p> <p>Publication date: 09.10.2019</p> <p>This is a cookbook that provides important medical information in a clear and concise manner with recipes and details on the transition to a normal diet for each and every phase both before and after the surgery. It's the right choice for any person affected and provides all the necessary information to ensure good health.</p>
	<p>Dr. Rauch, Erich Mayr, Peter</p>	<p>Die neue Milde Ableitungsdiät nach F.X. Mayr The New Gentle F.X. Mayr Cure</p> <p>19th edition, 224 pages, 45 illustrations, format 22 x 23 cm, softcover € 19.99 ISBN 9783432112275</p> <p>publication date: 09.06.2021</p> <p>The F.X. Mayr Therapy has been tried and tested for over 30 years now. It is an effective and healthy method and is the basis for a healthy and balanced diet. This revised and updated edition has a modern cookbook layout. It includes more than 150 delicious recipes and fantastic photographs. In addition to the three phases of the F.X. Mayr Cure there are useful tips included for the kitchen. For anyone with food intolerances there are special recommendations and suggestions for exchangeable ingredients.</p> <p>Italian rights sold for previous edition</p>




	<p>Dr. Rauch, Erich Mayr, Peter</p>	<p>Milde Ableitungsdiät für Beruf & Alltag Mild Derivational Diet for Every Day</p> <p>4th edition, 160 pages, 20 illustrations, Format 17 x 20 cm, paperback € 16.99 ISBN 9783432100159</p> <p>publication date: published 2017</p> <p>Shed a couple of kilos while boosting your health? That'll be perfectly simple with the F.X. Mayr quick nutritional cuisine. This new edition appears in a new layout and format and quickly and concisely leads us into the basics of the mild derivational diet. There is a large recipe section which gives the busy working person and anyone in a hurry in a hurry many valuable tips on shopping and precooking. This makes it the perfect book for anyone who's always short of time and still wants to find a way to lose weight healthily.</p> <p>Dutch rights sold for previous edition</p>
	<p>Dr. med. Rauch, Erich</p>	<p>Die F.X. Mayr-Kur und danach gesünder leben Living a Healthier Life with the F.X. Mayr Cure</p> <p>6th edition, 120 pages, 8 illustrations, format 16 x 21,7 cm € 17.99 ISBN 9783432115719</p> <p>Publication date: 12.01.2022</p> <p>Lay the foundation for a healthy life: use fasting to detoxify and purge your intestines. This new edition combines everything that is worth knowing about the famous F.X. Mayr gut-friendly diet and provides all we need to know about the gut, gut cleansing and a wholesome food culture. The cure purges and detoxifies the gut – this is good for both your health and your figure. Valuable naturopathic tips, ideas for emotional recuperation and important nutritional rules facilitate your start with new, conscious nutrition and into a carefree life.</p>
	<p>Renkawitz, Alexandra Keim, Ulrike</p>	<p>Schutzschild Darm Protecting Your Gut</p> <p>1st edition, 240 pages, 50 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432114903</p> <p>Publication date: 09.02.2022</p> <p>Healthy intestinal flora can protect you from heart attacks, diabetes, allergies and many other diseases. The immune system and microbiome work hand in hand to do this. Why not check out 'Protecting Your Gut' to help get and stay healthy.</p> <p>Discover gut-friendly nutrition that tastes good and does you good. You'll find it easy to learn how to implement scientific findings. The practical nutrition programme is your answer: There are over 60 recipes that contain everything our gut flora enjoys. Just follow the recipe and enjoy! That's how delicious a healthy diet can be.</p>


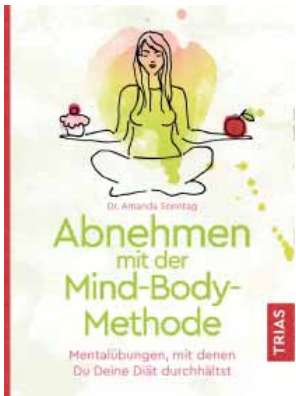

	<p>Richon, Christina</p>	<p>Meine Aromaküche My Aromatic Kitchen</p> <p>1st edition, 192 pages, format 20,5 x 26,5 cm, Hardcover approx. € 14.99 ISBN 9783432109572</p> <p>Publication date: 09.10.2019</p> <p>Mother Nature provides us with an amazing cornucopia of fragrances and aromas. The award winning chef, Christina Richon, familiar to us from television and magazines, has written a cookbook which teaches us about more than just the wonderful scents there are, but also how best to use them in our cooking to promote good health. Using spices such as chilli and wasabi, mint and basil, turmeric and coffee or the alluring scent of oranges – and jasmine blossom, she kindles a veritable firework for our senses. The over 100 recipes are a joy for you and your loved ones, but more than that, they are little health workers which help provide more energy, regenerating your inner balance, making you feel happier and providing for greater general wellbeing.</p>
	<p>Schäfer, Christiane Kamp, Anne</p>	<p>Köstlich essen: Fruktose, Laktose und Sorbit vermeiden Delicious Meals: Avoiding Fructose, Lactose and Sorbitol</p> <p>3rd edition, 136 pages, 50 illustrations, format 22 x 23 cm softcover Approx. € 19.99 ISBN 9783432112046</p> <p>Publishing date: 07.10.2020</p> <p>Millions of people affected by intolerances have been waiting for this book! For the first time various intolerances are being dealt with in a parallel way. All recipes are tailored for people with lactose, fructose or sorbitol intolerances. Furthermore, advice is provided for people with histamine problems explaining how they have to modify their diet in order to enjoy their meals without side effects. Also included: tips for shopping and handy basic recipes.</p>
	<p>Schierz, Gabi Vallenthin, Gabi</p>	<p>Low Fett 30 Ampel Low Fat 30 Traffic Light System</p> <p>4th edition, 192 pages, 2 illustrations, format 12,7 x 19 cm € 9.99 ISBN 9783432102771</p> <p>publication date: published 2016</p> <p>5,000 foods and produce listed using the practical traffic light system. Completely updated values: calories, fats, carbohydrates. The perfect shopping assistant for anyone wanting to lose weight and reduce their fat intake.</p>

	<p>Schleip, Thilo Lübbe, Isabella</p>	<p>Köstlich essen bei Fructose-Intoleranz Delicious Foods for the Fructose Intolerant</p> <p>3rd edition, 148 pages, 75 illustrations, Format 22 x 23 cm, paperback € 19.99 ISBN 9783432102184</p> <p>publication date: published 2017</p> <p>The diagnosis fructose intolerance is heard more and more these days. Does this mean having to give up fruit for ever? Anyone affected by this diagnosis will find reliable answers in this book. The new edition provides over 130 delicious recipes using a traffic light system which will help to prevent digestive disorders and indigestion. The recipes are set up in such a way as to be able to identify relevant allergy levels.</p>
	<p>Schleip, Thilo</p>	<p>Richtig einkaufen bei Fructose-Intoleranz Fructose Malabsorption – How to Shop Correctly</p> <p>4th edition, 144 pages, 3 illustrations, format 10 x 16 cm, paperback € 9.99 ISBN 9783432108650</p> <p>Publication date: published December 2018</p> <p>Picking out the correct foods is not so very easy if you suffer from fructose intolerance. What are the foods I can eat with no hesitation? What causes my symptoms? Does this food definitely not contain any fructose? This practical shopping guide provides reliable answers to these and many other questions asked by sufferers.</p>
	<p>Schleip, Thilo</p>	<p>Richtig einkaufen bei Histamin-Intoleranz Shopping the Right Way with Histamine Intolerance</p> <p>4th edition, 152 pages, 4 illustrations, format 10 x 16 cm, paperback approx. € 9.99 ISBN 9783432111827</p> <p>Publication date: 08.04.2020</p> <p>Decisively select foodstuffs – that´s the way to do it: enjoy food and drink without histamine. You are guaranteed to make the right choice with this useful shopping guide, be it in the supermarket, in a restaurant or when travelling. More than 700 foodstuffs, ready-made meals, snacks, restaurant food, fast food, clearly laid out and tested for you in tables.</p> <p>Czech rights sold</p>



	<p>Schleip, Thilo</p>	<p>Fructose-Intoleranz Fructose Intolerance</p> <p>4th edition, 152 pages, 36 illustrations, format 16 x 21,7 cm, paperback approx. € 16.99 ISBN 9783432108636</p> <p>Publication date: 10.06.2020</p> <p>In more than twenty per cent of the population the intestinal absorption of fructose is impaired. What typically follows are cramp-like pains and bloating after consuming ice cream, cake or fruit juices. Frequently a digestive problem is diagnosed – although it is, in fact, a case of fructose intolerance. This book helps patients to finally reach the correct diagnosis. They learn how they can raise their individual tolerance level and what they are allowed to eat.</p> <p>This new edition now includes recipes as well as an interesting section on the subject of sugar, together with information on the wonder weapon we know as microbiota and on the FODMAP diet.</p> <p>Polish rights sold</p>
	<p>Schneider, Martina</p>	<p>Das gesunde Klima-Kochbuch The Healthy Climate Change Cookbook</p> <p>1st edition, 144 pages, 52 illustrations, format 22 x 23 cm, paperback approx. € 16.99 ISBN 9783432112695</p> <p>Publication date: 07.10.2020</p> <p>Healthy nutrition is important. Just as important as sustainability and climate protection. This climate change cookbook manages to combine both! There are delicious recipes here which are good for our own health while keeping an eye on our personal carbon footprint. These recipes are not just about seasonal, regional foods with less meat, they also help us to implement the low-waste principle. We learn how best to avoid packaging waste, building up our health using more plant proteins and enjoying a variety of dishes - all this is included in the 97 recipes in this book.</p>
	<p>Dr. med. Scholl, Johannes</p>	<p>Diabetes zurück auf Null Diabetes – Reset to Zero</p> <p>1st edition, 192 pages, 45 illustrations, format 17 x 24 cm approx. € 19.99 ISBN 9783432110189</p> <p>Publication date: October 2022</p> <p>Having diabetes is not a fate you have to resign yourself to! The renowned doctor of preventive medicine, Dr. Johannes Scholl uses the latest scientific findings to explain how that is. This motivating and practical nutrition guide and cook book helps you break out of the dangerous vicious cycle of high insulin levels and fatty liver. This is how you can 'pep up' your metabolism: personalised treatment instead of the one-size-fits-all principle, low carb and intermittent fasting combined with endurance sports and weight training. With the use of sugar spoon graphics to help keep an eye your sugar levels.</p>



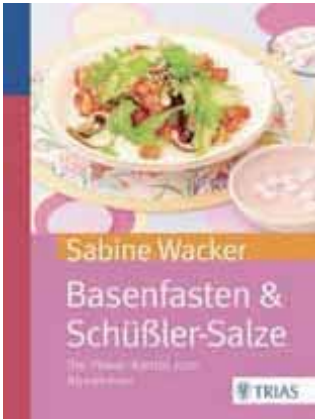
	<p>Scholz, Andreas</p>	<p>Endlich schlank mit der neuen Stoffwechseldiät Slim at last with the new metabolism diet</p> <p>1st edition, 176 pages, 38 illustrations, format 16 x 21,7 cm, paperback approx. € 16.99 ISBN 9783432109930</p> <p>Publication date: published in December 2019</p> <p>You've already heard of the mega-successful programme that gets the pounds melting away like ice in the sun? Well, here's something to astonish you, for there's more than that – and all without those hunger pangs. Over 60 recipes: practical checklist for all the phases of the diet – and the most delicious recipes which come with an enjoyment guarantee – that's how tasty weight loss can be.</p>
	<p>Seifen-Mahmoud, Martina Mahmoud, Hussein</p>	<p>Energie-Nahrung: Transformiere Pflanzenkraft in pure Lebensenergie Energy Nutrition: Transforming Plant Power into Pure Vital Energy</p> <p>1st edition, 176 pages, approx. 50 illustrations, format 17 x 24 cm, paperback € 14.99 ISBN 9783432108490</p> <p>Publication date: published March 2019</p> <p>Permanently tired? Feeling drained? For many people this is simply the norm. This book reveals how the energy that we acquire through the nutrition we take in can be converted directly into more drive and into strong nerves so that we are better able to deal with our daily lives. Numerous stimulating recipes increase the mitochondria and boost their efficiency!</p>
	<p>Seifert, Christiane Meiser, Hans-Christian</p>	<p>Die 5-Elemente-Küche für Einsteiger Five Elements Cooking for Beginners</p> <p>4th edition, 200 pages, 19 illustrations, format 16 x 21,7 cm, paperback € 14.99 ISBN 9783432107769</p> <p>Publication date: published April 2018</p> <p>Healthy, quick, easy to do and gaining in popularity: Five Elements Cooking. This book is an informed introduction into the Chinese nutritional theory and is particularly aimed at beginners to help them gain a solid understanding of individual foods, spices and our bodies' processing of food. There are 130 recipes which have been tried out in cookery courses and which are specially tailored to our European dietary habits. In addition, it includes many tried and tested tips for shopping, storing, preparing as well as how to deal with herbs and spices.</p>




	<p>Snowdon, Bettina</p>	<p>Kochen und Backen: Gluten & Weizen-Unverträglichkeit Cooking and Baking: Gluten and Wheat Intolerance</p> <p>144 pages, 47 illustrations, Format 22 x 23 cm, paperback € 9.99 ISBN 9783432104089</p> <p>publication date: published 2017</p> <p>Eating always followed by tummy aches, bloating or heavy tiredness? Gluten has been held responsible for these symptoms now for a long time, but we do know more these days. Other proteins which are closely bound up with the gluten in corn, in flours or other cereals are also responsible. Here's the good news: this cookbook offers up 135 recipes – muesli, breads, cakes, pizza, quiches etc. – and provides low-gluten variations on recipe classics and sophisticated dishes which can be made entirely without gluten.</p>
	<p>Snowdon, Bettina</p>	<p>Schlank durch Intervallfasten Slim with the Intermittent Fasting Diet</p> <p>New edition, 128 pages, 40 illustrations, format 16 x 21.7 cm, paperback € 14.99 ISBN 9783432100951</p> <p>Publication date: published January 2018</p> <p>Eat whatever, and as much as you want and still lose weight – that's new. The shooting star of weight-loss methods, intermittent fasting, makes it possible. Regular, but short fasting phases see to it that unsightly "spare tires" just melt away. There are multiple ways of doing this from eating for five days and fasting for two days to eating at certain specific hours. But fasting does not just help with losing weight, it improves the blood values and improves the health of many organs. The various interval types are explained here and using a self-test, included here, the reader can discover which intervals are best suited for him or her.</p>
	<p>Snowdon, Bettina</p>	<p>Intervallfasten – Das Kochbuch Interval Fasting – The Cookbook</p> <p>1st edition, 128 pages, 45 illustrations, format 16 x 21.7 cm, paperback € 14.99 ISBN 9783432109244</p> <p>Publication date: published December 2018</p> <p>Let's start off with the good news: the days of agonizing diets are over and done with. Because nowadays we have interval fasting – the out and out winner when it comes to nutritional methods. Whether we choose to do without food for a few hours every day, have fasting days or weeks – interval fasting is always extremely healthy and highly effective when trying to lose weight. And by using the right recipes from this book the health effects become even more enhanced. These recipes keep you satisfied for longer, provide many nutrients, valuable proteins and "slow carbs". An indispensable companion!</p>




	<p>Snowdon, Bettina Schäfer-Graf, Ute</p>	<p>Schwangerschafts-Diabetes im Griff Pregnancy Diabetes under Control</p> <p>2nd edition, 128 pages, 20 illustrations, format 16 x 21,7 cm, paperback approx. € 17.99 ISBN 9783432112855</p> <p>Publication date: 05.08.2020</p> <p>The tummy is getting rounder, there is the thrill of anticipation – but sadly the number of women who are struck by gestational diabetes is growing. But there is no need to panic. As a rule the diabetes disappears of its own accord after pregnancy. However, what is important is that during pregnancy the blood sugar level is reduced down to a normal level through exercises and careful nutrition. This nutritional guidebook has the feel-good and calming factor at the forefront. There are over 90 recipes for every taste, whether savoury, hearty or sweet. These recipes guarantee tasty foods that don't make you think you're dieting and just as importantly, they provide the perfect nourishment for the mother and her unborn baby.</p>
	<p>Dr. Sonntag, Amanda</p>	<p>Abnehmen mit der Mind-Body-Methode Losing Weight with the Mind-Body Method</p> <p>1st edition, 128 pages, approx. 37 illustrations, format 16 x 21,7 cm, paperback approx. € 12.99 ISBN 9783432109817</p> <p>Publication date: published in December 2019</p> <p>You're fed up with all the frustratingly failed diets, you've had enough of the munchies. Mind, body and soul must be seen as a whole entity – it is only when we understand that, that we are able to achieve and keep our dream weight. The mind-body method combines stress research and relaxing techniques. Positive thinking and simple mental and physical exercises make it easy to relax, to deal with the daily activities calmly and powerfully and to achieve your dream figure.</p>
	<p>Stensitzky-Thielemans, Andrea</p>	<p>Das Almased-Kochbuch The Almased Cookbook</p> <p>144 pages, 65 illustrations, format 22 x 23 cm, softcover, € 17.99 ISBN 9783830467915</p> <p>Publication date: published 2013</p> <p>With Almased certain meals are replaced with the powder, depending on the weight-loss phase. This first recipe book completes the proven concept from Almased and supports weight-loss and weight-maintenance with more than 120 delicious recipes. Those wanting to lose weight will find the relevant recipes here for the start, reduction, stabilisation and living phases, with exact data on nutrient balance. Tasty recipes, such as 'Gazpacho with Basil and Cream Cheese Gnocchi', 'Courgette and Carrot Rösti with Oak Leaf Salad' and 'Goat's Cheese Balls' or 'Celeriac Schnitzel in a Crispy Parmesan Jacket with Tomato Sauce' don't stand for abstinence, but for an increase in joy, vitality and performance.</p>



	<p>Stensitzky-Thielemans, Andrea</p>	<p>Almased Shakes & Smoothies Almased Shakes & Smoothies</p> <p>96 pages, 43 illustrations, Format 13,5 x 19 cm € 9.99 ISBN 9783830482291</p> <p>publication date: published 2015</p> <p>At last, what we have here is the perfect complement to a unique cookbook and it is this that will be the next big thing. Millions of people are enthusiastic fans of Almased and have already achieved excellent results. This new recipe collection opens up whole new taste horizons in the weight loss world for each of the four Almased phases. It's not just about Almased powder in a glass here. The 56 recipes are inspired by a variety of tastes: from classical with vanilla to extravagant with matcha, fruity or spicy with chilli and ginger, totally green or food in a spoon. You can pep up your shakes to match your mood – while still losing weight, quite simply because it actually does work.</p>
	<p>Summ, Ursula</p>	<p>Trennkost – Das Einsteiger-Kochbuch Food Combining – The Beginner's Cookbook</p> <p>2nd edition, 140 pages, 38 illustrations, Format 22 x 23 cm, paperback € 17.99 ISBN 9783432102245</p> <p>publication date: published 2016</p> <p>This successful book includes over 300 recipes in this reprint – some of which are new. The food combining colour system makes it really easy to work out at a glance which food group a particular dish or an individual food product belongs to. This new edition includes additional features pages on the latest trends such as the use of the Thermomix and making smoothies.</p>
	<p>Summ, Ursula</p>	<p>Trennkost – Das 4 Wochen Abnehm-Programm Food Combining – The Four-Week Weight-Loss Programme</p> <p>144 pages, 40 illustrations, Format 17 x 20 cm, paperback € 14.99 ISBN 9783432101286</p> <p>publication date: published 2016</p> <p>The recipes in this book are conceived in such a way that you can lose weight easily and effectively within just four weeks. 70 dishes from breakfast to a snack to a delicious main course all of which will get you through the day feeling as though you've eaten your fill. Many tips along the way help to make losing weight even easier and more effective. Let's get started and let's get the dial on our metabolic clock set to weight-loss!</p>



	<p>Summ, Ursula</p>	<p>Trennkost – Das Minuten-Kochbuch Food Combining – The Minute Cookbook</p> <p>2nd edition, 144 pages, 43 illustrations, format 22 x 23 cm, paperback € 14.99 ISBN 9783432102214</p> <p>publication date: published 2017</p> <p>Eating healthily and keeping an eye on the figure – all within the time constraints we have? The delicious food combining recipes in this new edition make it perfectly possible. It offers delicious food of the best food combining quality in 5-minute flash recipes up to 60-minute menus.</p>
	<p>Summ, Ursula</p>	<p>Trennkost – Das Kochbuch für Berufstätige Food Combining for Working People</p> <p>2nd edition, 144 pages, 50 illustrations, format 22 x 23 cm, paperback € 9.99 ISBN 9783432105604</p> <p>Publication date: published April 2018</p> <p>The numerous food-combining fans have waited a long time for this. Integrating a diet or particular dietary change into a working life is not easy: a lack of time at home, no chance to heat up food, shift work or a poor canteen. In this book the reader finds quick and nourishing recipes while food combining at work, without having to invest too much time.</p>
	<p>Summ, Ursula</p>	<p>Trennkost – Express-Rezepte Food Combining – Express Recipes</p> <p>New edition, 96 pages, 35 illustrations, format 17 x 20 cm, paperback € 12.99 ISBN 9783432108292</p> <p>Publication date: published October 2018</p> <p>Food combining? Yes. But spending hours in the kitchen to get it right? Definitely not! This successful diet is now also available for people who would describe themselves as time-poor. Ursula Summ, the successful author on all things to do with food-combining has put together over 80 quick and delicious recipes which will guarantee the variety you want.</p>
	<p>Wacker, Sabine</p>	<p>Basenfasten – Das Kochbuch Alkaline Fasting – The Cookbook</p> <p>5th edition, 176 pages, 50 illustrations, format 22 x 23 cm, paperback € 19.99 ISBN 9783432115177</p> <p>publication date: 04.08.2021</p> <p>“Eat as much as I want, do myself some good, and lose weight all at the same time”. Now that’s a motto we can all relate to and it is contained in the successful Alkaline Fasting Cookbook which offers everyone, beginners and seasoned users alike, over 130 delicious recipes. Alkaline fasting can be easily fitted into your everyday routine, however stressful it may be. As an added bonus there are lots of information boxes, prepping tips and a practical seasonal calendar.</p>

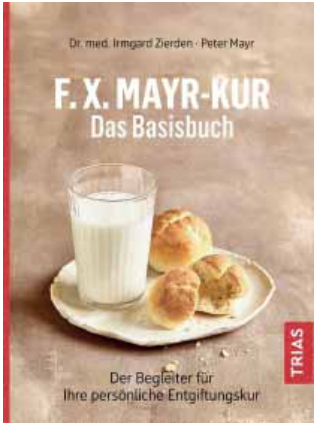
	<p>Wacker, Sabine</p>	<p>Basenfasten kurz & bündig Alkaline Fasting – Short and Sweet</p> <p>4th edition, 112 pages, 12 illustrations, format 10 x 16 cm, paperback approx. € 9.99 ISBN 9783432109756</p> <p>Publication date: 12.06.2019</p> <p>The basic information gives the reader the necessary background knowledge at a glance, useful shopping lists makes the initial weekly shop a lot easier and there are basic recipes which will help deal with any hunger pangs during the fasting week. Perfect for beginners – reducing those pounds, achieving a sense of wellbeing and a positive body awareness.</p> <p>Spanish rights sold</p>
	<p>Wacker, Sabine Huber, Martina</p>	<p>Basenfasten zum Abnehmen Alkaline Fasting for Weight Loss</p> <p>1st edition, 144 pages, 45 illustrations, format 16 x 21,7 cm, paperback approx. € 16.99 ISBN 9783432108674</p> <p>Publication date: 09.10.2019</p> <p>It's no surprise that sticking to the popular alkaline fasting purging cure you're bound to lose some weight. But using alkaline fasting in a targeted way to lose weight – now that is really something that is entirely new! Losing those excess pounds quickly and healthily using alkaline plant foods, while detoxifying the body and feeding up your skin and hair – how brilliant is that!</p>
	<p>Wacker, Sabine</p>	<p>Basenfasten & Schüßler-Salze Alkaline Fasting & Schuessler Salts</p> <p>4th Edition. 144 pages, 29 illustrations, format 16 x 21,7 cm softcover € 14.99 ISBN 9783830480563</p> <p>publication date: published 2014</p> <p>For thousands of women, going on an alkaline diet is the best detox there is. Not only does it make them feel better, but the pounds just melt away. The two success stories – the alkaline diet and Schuessler –now appear in one edition. We have the Wacker programme which is stuffed full of vitamins and minerals together with the Schuessler salts which stimulate the metabolic rate of minerals in the body. This is the guide to fighting chronic hyperacidity and feeling unwell.</p>

	<p>Wacker, Sabine</p>	<p>Basenfasten, Das Gesundheitserlebnis Alkaline Fasting, The Ultimate Health Experience</p> <p>4th revised edition, 152 pages, 34 illustrations, format 16 x 21,7 cm, paperback € 14.99 ISBN 9783432102719</p> <p>publication date: published 2016</p> <p>“The Ultimate Health Experience” is the book that, back in 2002, was the start of a major success story. Now, in its 4th edition, it is still the most popular book for beginners into the Wacker-Method®. Alkaline fasting is completely suitable for daily use, it is varied and is tasty. Obesity, headaches, lack of energy and other symptoms of hyperacidity become a thing of the past. This book provides all the important information you need about the Method as well as over 70 delicious alkaline recipes.</p>
	<p>Wacker, Sabine</p>	<p>Basenfasten für Eilige - Das 7-Tage-Erfolgsprogramm Alkaline Fasting for People in Hurry – The 7-Day Success Story</p> <p>6th edition, 144 pages, 54 illustrations, format 16 x 21.7 cm, paperback € 14.99 ISBN 9783432103501</p> <p>Publication date: published October 2018</p> <p>Healthy fasting while doing your body some good – all in just one week and with minimal effort: alkaline fasting for people in a hurry is ideal for anyone wanting to lose a few pounds while getting rid of toxins, but just don't have a lot of spare time. There's no time-consuming shopping, weighing, tedious chopping or counting calories here. All these recipes are on the table in just 15 minutes and are guaranteed to satisfy you.</p>
	<p>Wacker, Sabine Huber, Martina</p>	<p>Schön durch Basenfasten Alkaline Fasting to a Beautiful You</p> <p>1st edition, 160 pages, 40 illustrations, format 16 x 21,7 cm, paperback approx. € 14.99 ISBN 9783432111582</p> <p>Publication date: 05.08.2020</p> <p>Beauty comes from within – even science will confirm this today. Just as an example: sugar destroys our collagen and a lack of protein elements result in flabby muscles. The ever-popular alkaline fasting diet can help you to keep your skin, hair, nails and silhouette beautiful, healthy and taut. A week of alkaline fasting to spoil you with delicious plant foods will give you a beauty boost from the inside. Recipes for nourishing face masks, peelings and alkaline baths will help from the outside.</p>




	<p>Wacker, Sabine</p>	<p>Das einfachste Basenfasten-Buch aller Zeiten The Simplest Alkaline Fasting Book Ever</p> <p>1st edition, 128 pages, 160 illustrations, format 16 x 21,7 cm, paperback € 14.99 ISBN 9783432115153</p> <p>Publication date: 12.01.2022</p> <p>Purging and detoxifying, losing a few excess pounds and recharging your energy batteries – all of this can be done on an alkaline fasting regime with fruit and vegetables. All you need to do it simply and quickly are 12 alkaline foods which are available anywhere. Each recipe has just 3 to 6 ingredients and can be completed in just a few minutes. The most important information is described briefly making it easy to stick to a fasting week at home. 50 alkaline recipes for revitalising enjoyment.</p>
	<p>Wahrburg, Ursel Egert, Sarah</p>	<p>Die große Wahrburg/Egert Kalorien-&-Nährwerttabelle The Wahrburg/Egert Table of Calories and Nutritional Facts</p> <p>5th edition, 200 pages, 35 illustrations, format 21 x 21 cm, paperback € 14.99 ISBN 9783432106946</p> <p>publication date: published 2017</p> <p>For many years now, the so-called "Wahrburg" has been the go-to guidebook, particularly for dieticians and nutritional advisors, helping them to analyse, optimize and document all aspects of nutrition. All the essential nutritional information is easily found in the clear tables.</p>
	<p>Dr. med. Wirrwitz-Bingger, Andrea</p>	<p>Ganzheitliche Ernährung bei Metabolischem Syndrom Holistic Nutrition for Metabolic Syndrome</p> <p>1st edition, 192 pages, 70 illustrations, format 20,5 x 26,6 cm, hardcover approx. € 22.99 ISBN 9783432111605</p> <p>Publication date: 08.04.2021</p> <p>If your metabolism is out of balance there could be serious consequences. The experienced and multi-award-winning nutritional expert, Dr. Andrea Wirrwitz-Bingger shows us how simple the right nutrition for regaining our health is, and also how effective ONE form of nutrition can be for people with metabolic syndrome. Her "One-for-all-diet" contains over 100 delicious dishes for a healthier life. Enjoy feasting on this food as though you were on holiday in the Mediterranean – this is not about being on a diet, it's about putting the right food on your plate.</p>



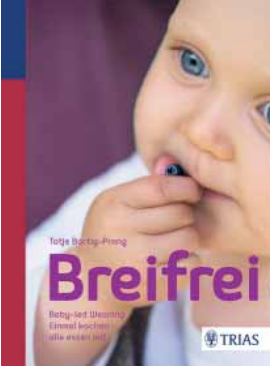
	<p>Wirth, Barbara</p>	<p>Ayurveda-Küche für jeden Tag Ayurvedic Diet for Every Day</p> <p>New edition, 144 pages, 70 illustrations, format 22 x 23 cm, paperback € 19.99 ISBN 9783432105482</p> <p>Publication date: published April 2018</p> <p>The principles of the Ayurvedic diet are steadily growing in popularity. However, wouldn't we like to know how to transfer what we've learned there using our more familiar foods without having to cook Indian food every day? No problem: this cookbook transfers the principles of Ayurvedic cooking and its digestible nutrition into our Western cuisine. It uses squashes and pumpkins, beetroot with horseradish or roast venison on rosemary: Ayurvedic cooking can be wonderfully applied to our more familiar ingredients and food culture.</p>
	<p>Worlitschek, Michael Mayr, Peter</p>	<p>Richtig einkaufen Säure-Basen-Balance Acid-Alkaline Balance - Shopping</p> <p>5th edition, 128 pages, 6 illustrations, format 10 x 16 cm, paperback approx. € 9.99 ISBN 9783432109954</p> <p>Publication date: published in December 2019</p> <p>Maintaining the right balance, as a harmonious acid-alkaline balance is the basis for health and wellbeing. Everything you need to know about hyperacidity is contained in this handy book:</p> <ul style="list-style-type: none"> - Shopping for the correct nutrients: what is acid, what is alkaline? With a practical traffic-light system. - Lots of practical tips for every day: how to avoid dangerous hyperacidity. - It's the combination that matters: how to combine acid, neutral and alkaline foods in exactly the right way – at home and at the restaurant.
	<p>Wunder, Lulit Wunder, Mabon</p>	<p>Wunderleicht ketogen essen Keto Diet – The Simple Wunderleicht Method</p> <p>1st edition, 144 pages, 52 illustrations, format 22 x 23 cm € 17.99 ISBN 9783432114521</p> <p>Publication date: 23.03.2022</p> <p>Reduce weight and detoxify quickly and safely! Ketogenic foods high in fat and low in carbs promote good health, activate energy and prevent illnesses. The Wunderleicht method created by the successful doctor and nutritionist duo helps you reduce your carbohydrate intake only as much as is necessary: Keto nutrition in 5 weeks, all the tricks, over 90 recipes. Lots of vegetables, a small amount of meat – good for the gut bacteria. Blood sugar and insulin levels fall, cravings disappear.</p>




	<p>Wunder, Lulit and Mabon</p>	<p>Wunderleicht Fasten – Das Reset-Programm für deinen Neustart Wunderleicht-Fasting – the reset programme to reboot your system</p> <p>1st edition, 160 pages, 50 illustrations, format 17 x 24 cm, paperback approx. € 16.99 ISBN 9783432110240</p> <p>Publication date: 05.02.2020</p> <p>If you use the <i>Wunderleicht-Method®</i> for your fasting cure, you will be astonished at how easy fasting can be. No more fasting crises, bye-bye to breaking your fast with an apple, you don't have to plan a break as well as answers to lots of questions on the subject of "What do I eat after fasting?". That's all over and done with. Enjoy your fasting highs using the <i>Wunderleicht-Reset</i> programme.</p>
	<p>Zichner, Diana</p>	<p>Richtig einkaufen bei Hashimoto The Hashimoto Shopping List</p> <p>1st edition, 96 pages, 10 illustrations, format 10 x 16 cm approx. € 9.99 ISBN 9783432115764</p> <p>Publication date: August 2022</p> <p>This book provides clear answers to the question: I have Hashimoto's disease, what should go on my shopping list? With a food traffic light system that helps identify what is suitable and what is best avoided. Nutrients and superfoods: how to provide a balance to a lack of vital substances and how to support your immune system. Eating out: the best tips for eating out and being symptom-free.</p>
	<p>Dr. med. Zierden, Irmgard</p> <p>Snowdon, Bettina</p>	<p>Die beste Ernährung für die Wechseljahre The Best Diet for the Change of Life</p> <p>1st edition, 176 pages, 80 illustrations, format 22 x 23 cm, paperback approx. € 19.99 ISBN 9783432112022</p> <p>Publication date: 08.04.2021</p> <p>Hot flushes, night sweats and disturbed sleep, inexplicable weight gain and mood swings – the "hot years" certainly make it tough for us women. A targeted diet can, however, help to ease some of the symptoms.</p> <ul style="list-style-type: none"> • Many foods develop hormone-like effects and help in a gentle but effective way. • Eating for hormonal balance: 140 tasty recipes provide you with effective phytohormones. • It is not a law of nature that you have to gain weight during the menopause. It's not about eating less, but about eating the right food now.




	<p>Zierden, Irmgard Mayr, Peter</p>	<p>F.X. Mayr-Kur: Das Basisbuch F.X. Mayr Cure – Fundamentals</p> <p>3rd edition, 224 pages, 5 illustrations, format 13,5 x 21 cm, softcover € 16.99 ISBN 9783432112534</p> <p>Publication date: 05.08.2020</p> <p>Indisputably, an F.X. Mayr cure strengthens the self-healing powers of the body. It achieves a wonderfully smooth skin, a glowing appearance, and makes you look vibrant. The best elements from F.X. Mayr medicine were developed according to recent insights to ensure that a successful cure can be achieved at home.</p>
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Family	Author(s)	Bibliography and short description
	<p>MW Malteser Werke (Hrsg.)</p>	<p>Natürlich und sicher: Das Arbeitsheft Natural and safe: The Family Planning Notebook</p> <p>10th edition, 176 pages, 9 illustrations, format 22 x 23 cm approx. € 19.99 ISBN 9783432116266</p> <p>Publication date: December 2022</p> <p>This notebook is the perfect complement to "Natural and Safe – the practical book". It contains material to help identify the crucial body signals and to interpret them using the cycle sheets. In this way it is possible quickly and easily to differentiate between the fertile and the infertile cycle phases. There are 31 examples listing the full range of cycle patterns. Special phases in one's life such as breastfeeding and the menopause are also considered here. Thanks to the exercises, the reliable use of sensiplan® – this natural method of family planning, free from side-effects – is guaranteed.</p> <p>English, Dutch, Hungarian, Lithuanian, English, French and Slovenian rights sold.</p>
	<p>Willand, Annette</p>	<p>Babys und Kleinkinder Babies and Toddlers</p> <p>1st edition, 128 pages, 12 illustrations, format 13,5 x 21 cm approx. € 16.99 ISBN 9783432116075</p> <p>Publication date: August 2022</p> <p>This book by the experienced pedagogue, Annette Willand, gives the guidance needed by nervous parents. Learn about the physical and emotional developments that are happening and how they interact. All this will help you address your baby's needs in a targeted way. Additionally the author scrutinizes widespread pedagogical patterns. Practical tips on your daily routine with your baby and toddler round off the book. All this will help you make the right decision in every situation.</p>
	<p>Rieber, Dunja</p>	<p>Die besten Babybreie – Kochen mit dem Thermomix® The Best Baby Foods – Cooking with the Thermomix</p> <p>2nd edition, 112 pages, 35 illustrations, format 17 x 20 cm approx. € 9.99 ISBN 9783432116624</p> <p>Publication date: August 2022</p> <ul style="list-style-type: none"> ► Over 50 wonderfully easy baby purees ► Confidently surviving the puree phase ► With a special puree timetable




	<p>Gätjen, Edith</p>	<p>Lotta lernt essen Lotta Learns to eat</p> <p>3rd edition, 176 pages, 36 illustrations, format 17 x 20 cm approx. € 14.99 ISBN 9783432115979</p> <p>Publication date: October 2022</p> <p>There is any number of books on feeding a baby, but now ... look out for Lotta! We get to accompany Lotta through breast and bottle-feeding, then baby's first purees followed by her first chunky foods. With a joke and a wink, scenes from Lotta's first year are played out for the reader's entertainment while at the same time providing parents with relaxed and helpful tips on feeding their child.</p>
	<p>Afram, Juliana</p>	<p>Vom Wochenbett zum Workout From Delivery to the Workout</p> <p>1st edition, 176 pages, approx. 200 illustrations, format 22 x 23 cm, paperback € 19.99 ISBN 9783432107318</p> <p>Publication date: published April 2019</p> <p>Brand new mums are only too aware that pregnancy, with all the wonderful things it brings, will sadly also bring us a few unwanted pounds. It always looks as though some mums manage to be back on top form within a very short time, so then why am I not able to do the same? This training concept has been conceived by Pilates and Yoga trainer, Juliana Afram, herself a dedicated mum, and is targeted for the period after delivery with the aim of regaining the pre-pregnancy shape and strength. Without overtaxing the body, these exercises are adapted to individual circumstances and is doing the body good.</p> <p>Simplified Chinese rights sold.</p>
	<p>Arbeitsgruppe NFP</p>	<p>Natürlich & sicher – Das Praxisbuch Natural and Safe: The Practical Book</p> <p>21st edition, 128 pages, 83 illustrations, format 16 x 21,7 cm, paperback € 17.99 ISBN 9783432113708</p> <p>Publication date: 09.06.2021</p> <p>The proof is in the success rate: couples looking for gentle family planning methods definitely need this guidebook! In plain and simple language, it explains what is going on inside a woman's body during the reproductive cycle. A woman who can interpret her body's signals knows when a pregnancy is possible. This book guides her step-by-step to this self-observation and makes the switch from hormonal contraceptive methods easy. This new edition has been expanded and been published in a new layout.</p> <p>English, Polish, Dutch, Hungarian, Lithuanian, English, French and Slovenian rights sold.</p>




	Bartig-Prang, Tatje	<p>Autogene Geburt Autogenic Birth</p> <p>New edition, 144 pages, 25 illustrations, Format 16 x 21,7 cm, paperback, with audio-CD € 14.99 ISBN 9783432102276</p> <p>publication date: published 2016</p> <p>Brand-new parents are overcome by joy when they hold their baby in their arms for the first time. But just before the baby arrives, many women are afraid of the pain and possible complications. This book shows the reader how hypnosis, visualisation, affirmation and relaxation techniques can help ensure a relaxed, almost painless birth. The deeply relaxing exercises and phrases of empowerment such as "river flow" and "cloud garden" are included in this audio CD.</p>
	Bartig-Prang, Tatje	<p>Bindung macht stark Bonding Makes You Strong</p> <p>New edition, 200 pages, 112 illustrations, format 17 x 24 cm, Flexcover € 9.99 ISBN 9783432106786</p> <p>Publication date: published June 2018</p> <p>Bringing your child into the world with love, giving them roots and at the same time giving them the courage to fly high. That's what Attachment Parenting is about. This only works when you balance the needs of the parents and child. Cuddling, snuggling, carrying, nursing, these are the basics – with no self-sacrifice for the parents. This guidebook provides a comprehensive list of all the important relationship areas in parenthood.</p>
	Bartig-Prang, Tatje	<p>Breifrei - Einmal kochen, alle essen mit No more Purees - Baby-led Weaning: Cooking for all the family</p> <p>160 pages, 44 illustrations, Format 16 x 21,7 cm, FH paperback € 14.99 ISBN 9783432104546</p> <p>publication date: published 2017</p> <p>Feeding your baby purees used to be the thing: the classic system of feeding your baby is no longer the only way. Baby-led weaning (BLW) where the baby eats suitable, even chunky foods is attracting more and more enthusiasts. Even before those first teeth appear it is possible to find alternatives to the classic puree. This book includes many delicious family recipes which everyone can enjoy.</p>




	<p>Bartig-Prang, Tatje</p>	<p>Die einfachsten Breifrei-Rezepte aller Zeiten The Simplest Puree-free Recipes of All Times</p> <p>1st edition, 128 pages, 160 illustrations, format 16 x 21,7 cm, softcover € 12.99 ISBN 9783432111483</p> <p>publication date: 10.06.2020</p> <p>Baby led weaning for when the baby independently also starts eating suitable solids is finding more and more enthusiastic supporters. There are, after all, alternatives to those classic purees even before those first little teeth appear. This book describes a selection of the best baby led weaning alternatives. Based on the concept of "The Simplest ... of All Times" series of books, these can be prepared in no time at all: a maximum of 3 to 6 ingredients – briefly explained and so easy to prepare. We immediately identify what we need as all the ingredients are illustrated. It could hardly be any easier.</p>
	<p>Dipl.-Psych. Bartus, Béla</p> <p>Dr. med. Holder, Martin</p>	<p>Das Kinder-Diabetes-Buch The Juvenile Diabetes Book</p> <p>2nd edition, 176 pages, 20 illustrations, format 17 x 24 cm, paperback approx. € 16.99 ISBN 9783432113029</p> <p>publication date: 09.06.2021</p> <p>When a child is diagnosed with diabetes it usually comes as a shock to most parents. So many questions. What is Type 1 Diabetes and why is it always children that are more affected by it? How do insulins work? Which insulin is the best one for my child? What monitoring systems are there and when should we be using which one? The good news is that children with diabetes can grow up being just as carefree as any other child. Two specialists in the field of Juvenile Diabetes vividly describe how to support your child throughout the various stages of its life ensuring he has a perfectly normal childhood.</p>
	<p>Beste, Béa</p>	<p>Erziehen ist ein Kinderspiel Raising Children is Child's Play</p> <p>1st edition, 240 pages, 10 illustrations, format 16 x 21,7 cm, paperback approx. € 16.99 ISBN 9783432110660</p> <p>Publication date: 05.08.2020</p> <p>From a baby to a teenager to a young adult: raising children is a genuine marathon of coexistence. But it can also be child's play according to Béa Beste. The secret is serenity, humour and improvisation! She delves into her own personal treasure trove of stories and using famous figures from books and films – from Bambi or Alice in Wonderland to the Madagascar penguin principle and Tom Sawyer – she explains her principles for a happy and fulfilled family life. Béa's strategies are exactly right for anyone who enjoys improvising and who would rather be happy than rigidly perfect.</p>


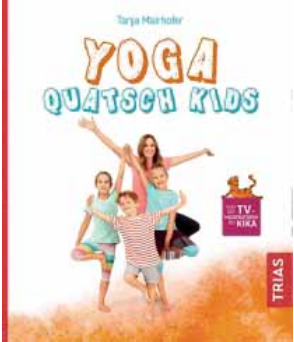

	<p>Gätjen, Edith Keller, Markus H.</p>	<p>Das geniale Familienkochbuch vegetarisch The Inspirational Vegetarian Family Cookbook</p> <p>2nd edition, 232 pages, format 22 x 23 cm, paperback approx. € 19.99 ISBN 9783432110899</p> <p>Publication date: published in October 2019</p> <p>Isn't it a lot quicker to fry up a schnitzel or some beef patties than slicing and dicing vegetables? Not a bit of it. Check this out – someone's planned it all out for you: mother of four, Edith Gätjen introduces you to the best vegetarian recipes for every week, making sure you don't miss out on any seasonal highlights on offer at the local market. Seasonal, tasty and guaranteed to be a hit with the family!</p>
	<p>Dohmen, Barbara</p>	<p>Baby Ernährung Baby Nutrition</p> <p>2nd edition, 176 pages, 74 illustrations, Format 22 x 23 cm, paperback € 19.99 ISBN 9783432104140</p> <p>publication date: published 2017</p> <p>"How should we feed our baby to make sure it develops healthily?" This important question, which is asked by all parents, is answered in this book with well-founded information and more than 110 healthy recipes. It covers the first two years of a baby's life. The information section is so easy to read that it's actually good fun becoming involved with your baby's healthy nourishment.</p>
	<p>Gätjen, Edith</p>	<p>Das geniale Familienkochbuch The Resourceful Family Cookbook</p> <p>3rd edition, 220 pages, 150 illustrations, format 22 x 23 cm, softcover € 19.99 ISBN 9783432103082</p> <p>publication date: 05.02.2020</p> <p>Elaborate recipe collection: 4 week plans per month, including shopping lists for warm meals, quick snacks, cold meals and menus for parties. This book does away with your daily worries: What shall I cook today? When will I go for the groceries? This practical week planer will help you with all these questions, always matching for the season and tailored to save time and costs. The best thing about it: the dishes described are very healthy and are so delicious that you can expect to receive charming compliments every day!</p>





	<p>Gehlmann, Peter</p>	<p>Der Familienkoch The Family Cook</p> <p>1st edition, 144 pages, 40 illustrations, format 22 x 23 cm, paperback approx. € 9.99 ISBN 9783432108810</p> <p>Publication date: 07.08.2019</p> <p>Let yourself be inspired by this brilliant family cook, even if you're just cooking for one or two children. Recipes, tricks, and tips: proper planning, clever shopping, know-how in the kitchen. Lots of hints on cooking for the freezer, making use of leftovers and the perfect larder. Children love eating healthily? Sure they do! Sugar and wheat are the exception in Gehlmann's recipes, instead they're replaced with fresh foods. Lots of recipes – simple and easy to put together: ideas for breakfast, the lunchbox, a snack attack in the afternoon or a relaxed get-together over the weekend. All the recipes have been tested by this large and lively family group – and they're all agreed – it's all totally delicious!</p>
	<p>Dr. med. Hauer, Barbara</p>	<p>Ich ess ab heute kein Fleisch mehr! – Wenn aus Teenies Veggies werden No More Meat For Me – When Your Teen Becomes a Veggie</p> <p>1st edition, 144 pages, 22 illustrations, format 17 x 24 cm, paperback approx. € 16.99 ISBN 9783432112923</p> <p>Publication date: 13.01.2021</p> <p>A sudden switch to a meat-free diet - worried and confused? That's what happened to Barbara Hauer, doctor and mother. She has put together a humorous and personal guide based on current scientific findings covering what helped her enter this new chapter on how to nourish the family. Learn about which nutrients are important for a child's development and where these are contained. You will find practical summaries, check lists and tools here. Turn this change-over period into a joint family project. Whether it's vegetables, pulses or meat substitutes – the 48 best recipes for new veggies are included here.</p>
	<p>Huch, Renate Largo, Remo Ochsenbein, Nicole</p>	<p>Ich bin schwanger - Woche für Woche rundum gut beraten I Am Pregnant – Good Advice Week by Week</p> <p>2nd edition, 392 pages, 140 illustrations, format 19 x 23,5 cm, hardback € 9.99 ISBN 9783830468585</p> <p>publication date: published 2015</p> <p>The TRIAS classic all around pregnancy and birth has always been technically the most complete pregnancy book around. In this new edition we have taken the expert knowledge of the three renowned authors and have enhanced it beautifully. Expectant parents gently talk us through a very special time in their lives allowing us to experience with them the changes in mum's body and the baby's development week by week. Empathetic answers to the many questions that young parents have are provided here by the authors, and also by the mothers and fathers.</p>




	<p>Iburg, Anne</p>	<p>Die besten Rezepte für Ihr Kleinkind The Best Recipes for Your Infant</p> <p>3rd edition, 209 pages, 95 illustrations, Format 22 x 23 cm € 17.99 ISBN 9783432111087</p> <p>Publication date: 04.08.2021</p> <p>Sometime after his first birthday you're confronted with this situation: Your "little one" really wants to start eating what the "big guys" are eating. The cook in the family is now asking these questions: what is my child allowed to eat? What do I need to look out for? How can I adapt what I'm cooking for the family? "The Best Foods for Your Infant" provides you with tasty answers. Parents will find over 170 recipes here, all practically divided by foods such as meat, rice, pasta or egg dishes with hints on how to jazz it up for the parents. And an added bonus: culinary basics and food science just in case the parents are entering new territory.</p>
	<p>Iburg, Anne</p>	<p>Die besten Breie für Ihr Baby The Best Purees for Your Baby</p> <p>4th Edition, 128 pages, 67 illustrations, format 15,5 x 18,5 cm, softcover € 9.99 ISBN 9783432107707</p> <p>publication date: published August 2018</p> <p>Healthy, fresh and delicious – that's what baby purees should be. Many parents don't want to feed their children ready meals, but they often don't have the time to spend hours in the kitchen preparing meals. This revised guidebook provides the reader with many delicious recipes which are quick and easy to prepare and which don't require many ingredients.</p> <p>Dutch and French rights sold</p>
	<p>Jürgens, Angelika Schilke, Rita</p>	<p>Die 50 besten Chaos-Killer für Familien The 50 Best Chaos Killers for Families</p> <p>1st edition, 104 pages, 5 illustrations, format 10x16 cm, paperback approx. € 9.99 ISBN 9783432108711</p> <p>publication date: published January 2019</p> <p>Using the tried and tested format of the "50 best ... Killers" series easy and pragmatic tips are provided here which quickly help get the sort of chaos that occurs at home with the family under control. Naturally the entire family has to be involved. A terrific helper which clearly creates more joy and which will help bring about a tangible reduction in all that stress that comes about when families start getting involved in the daily chore of tidying up!</p>

	<p>Klüver, Nathalie</p>	<p>Das Kind wächst nicht schneller, wenn man daran zieht Children don't grow up any quicker just because you rush them</p> <p>1st edition, 128 pages, 5 illustrations, format 16 x 21,7 cm, paperback approx. € 14.99 ISBN 9783432113722</p> <p>Publication date: 09.06.2021</p> <p>Everyday life with small children can be quite action-packed. Decisions must be made each and every day, and all that good advice you're given can cause more insecurity than any support it may provide. With her new guidebook Nathalie Klüver, the much-loved and "imperfect" family blogger helps you find your own position in relation to all the big questions about raising a child. Using humour, she takes you through a normal day in the life of a family: sleeping, breast-feeding, eating. How do you get through any difficult situation: the 'terrible twos', arguments, ticking your child off? Staying affectionate and loving while coping with all that. There's no right way or wrong way – just a way that is right for you.</p>
	<p>Klüver, Nathalie</p>	<p>Das Familienkochbuch für nicht perfekte Mütter The Family Cookbook for the Less than Perfect Mother</p> <p>1st edition, 144 pages, 50 illustrations, format 17 x 20 cm, paperback approx. € 14.99 ISBN 9783432111360</p> <p>Publication date: 08.04.2020</p> <p>Cooking for the family when you're being watched by perfect cooks can be a bit annoying. But it just takes a dash of self-confidence and a touch of skill to make the family feel well-fed and happy – and it won't drive you around the bend. Relax: 80 casual recipes with lots of variations for every day. Cool: now those super-mums in their dream kitchens won't get you down anymore. Clever: take the pressure out of cooking and write out your own rules for healthy family recipes.</p>
	<p>Klüver, Nathalie</p>	<p>Afterwork-Familie After work – Time for the Family</p> <p>1st edition, 176 pages, 10 illustrations, format 13,5 x 21 cm, paperback approx. € 9.99 ISBN 9783432109534</p> <p>Publication date: 07.08.2019</p> <p>It's about time someone came up with a few clever tricks and a good manual on how the modern family can spend time with the family in-between fitting in the day nursery, the job, shopping and bedtime. It'll help keep stress levels down and definitely pays off says someone who should know, mum-of-three and blogger Nathalie Klüver.</p>


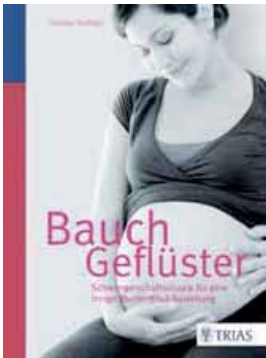


	<p>Klüver, Nathalie</p>	<p>Willkommen Geschwisterchen Welcoming a New Brother or Sister</p> <p>144 pages, 20 illustrations, format 16 x 21,7 cm, paperback € 14.99 ISBN 9783432104515</p> <p>publication date: published 2018</p> <p>We're managing well with our one child, and we're feeling ready and able to welcome a second one into the family. But then we're suddenly faced with any number of questions: How will the older child react? How do I prepare our child for the new arrival? How do I avoid jealousy? And will I be able to meet the needs of both children? This book helps increase a sense of happy anticipation for your second child, it shows you how to deal with any challenges in a relaxed way and takes you on the journey along those first few years with two (or more) children.</p>
	<p>Klüver, Nathalie</p>	<p>Die Kunst, keine perfekte Mutter zu sein The Art of How Not to Be the Perfect Mother</p> <p>New edition, 208 pages, 20 illustrations, format 13.5 x 21 cm, paperback € 16.99 ISBN 9783432106304</p> <p>publication date: published April 2018</p> <p>Everything used to be so much better, how did my grandmother manage it? It's just so hard managing the daily routine with a job, children and the household. This entertaining guidebook – evolving from a blog and sprinkled with a host of practical examples as well as quotes from parents, children, fathers – describes these raised expectations.</p> <p>French rights sold</p>
	<p>Lersch, Petra von Haugwitz, Dorothee</p>	<p>Zwillinge Twins</p> <p>4th edition, 280 pages, 40 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432112589</p> <p>Publication date: 07.10.2020</p> <p>Parents-to-be of twins have numerous questions, fears and concerns, as pregnancy and everyday life with twins isn't always that easy. The updated new edition of this successful guidebook helps parents through this exciting period in their lives. In addition to all the tried and tested tips, there is a separate chapter for fathers, tips for making contacts before the birth and information on premature birth. The authors encourage parents-to-be and make one thing quite clear: twins are a very special gift!</p>

	<p>Litschke, Wiebke M.</p>	<p>Erziehen mit Herz & Bauchgefühl Education Using the Heart and the Gut</p> <p>1st edition, 160 pages, format 16 x 21,7 cm, paperback € 16.99 ISBN 9783432114613 publication date: 08.12.2021</p> <p>Every child is unique, every family incomparable. And yet parents frequently look outside the family for advice when it comes to education. Wiebke Litschke urges us to look within: intuition is a reliable guide for doing the right thing in the interest of your family. This book will support you in doing just that, in helping you get in touch with your intuition and learning how to trust it.</p>
	<p>Mairhofer, Tanja</p>	<p>Yoga Quatsch Kids – Das freche Kinderyoga-Buch Yoga Fun With Your Kids – the Cheeky Children's Yoga Handbook</p> <p>1st edition, 144 pages, 80 illustrations, format 17 x 20 cm, hardcover approx. € 14.99 ISBN 9783432111346</p> <p>Publication date: 08.04.2020</p> <p>You love yoga, love having fun with your kids and you'd like to discover something new with them? Then this cheeky little book is just the thing for you and your children. Children love moving about, but only if it's fun and relaxed and full of excitement.</p>
	<p>Michaelis, Richard</p>	<p>Die ersten 5 Jahre The First Five Years of a Child's Life</p> <p>5th edition, 232 pages, 30 illustrations, format 16 x 21,7 cm, paperback € 9.99 ISBN 9783432104874</p> <p>publication date: published 2017</p> <p>What should my child be doing at which age? For years Prof. Dr. Richard Michaelis has been researching the development of children from babyhood to school-age and here he presents a sophisticated and clear evaluation system. Parents will find totally new insights into their child's nature and it gives them the opportunity to observe the motor, cognitive and social development of their child in a calm and composed fashion.</p>
	<p>Pascher, Nicole</p>	<p>Kangatraining Kangatraining</p> <p>1st edition, 176 pages, 100 illustrations, format 22 x 23 cm, paperback approx. € 19.99 ISBN 9783432108834</p> <p>Publication date: 08.04.2020</p> <p>After doing your postnatal gymnastics, you can start thinking about your tummy, back and pelvic floor again. A snappy training programme, perfectly matched with the postnatal phases, including fantastic tips for your daily routine</p>

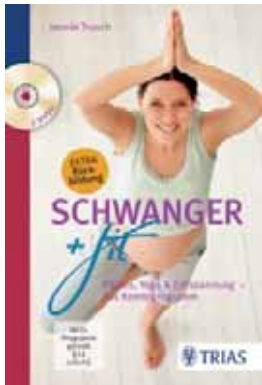


	<p>Petersen, Dunja</p>	<p>Natürlich zum Wunschkind Pregnancy – the Natural Way</p> <p>160 pages, 20 illustrations, format 17 x 24 cm, paperback € 9.99 ISBN 9783432102610</p> <p>publication date: published 2017</p> <p>Difficulty getting pregnant? Then it should be worth a try gently and holistically to use the 5 elements which are the basics of TCM to stimulate fertility. If the balance of the elements, wood, fire, earth, metal and water – which every one of us carries – is disturbed then it can happen that pregnancy does not occur. Using a 5 element test, it is easily possible to find out which of the elements needs to be strengthened.</p>
	<p>Rieber, Dunja</p>	<p>Die einfachsten Babybreie aller Zeiten The easiest-ever baby-foods</p> <p>1st edition, 128 pages, 110 illustrations, format 16 x 21,7 cm, paperback approx. € 12.99 ISBN 9783432109121</p> <p>Publication date: 12.06.2019</p> <p>That's the motto for this parent-friendly baby-food cookbook. All the ingredients and all the prepping are there for you at a glance. A maximum of four ingredients, a stick blender and a bit of love. That's all you need for a healthy helping of baby-food! Your baby will love it.</p>
	<p>Rieber, Dunja</p>	<p>Die einfachsten Kleinkindrezepte aller Zeiten The easiest-ever recipes for toddlers</p> <p>1st edition, 128 pages, 110 illustrations, format 16 x 21,7 cm, paperback approx. € 12.99 ISBN 9783432109145</p> <p>Publication date: 07.08.2019</p> <p>It's never been so quick and easy to cook for your toddler: all the ingredients and all the prepping are there for you at a glance. A maximum of 6 ingredients, and lots of love – that's all you need for a healthy and delicious meal for small children! Your toddler will love it.</p>
	<p>Rieber, Dunja</p>	<p>Eins, zwei – Brei! Hooray for ... Puree</p> <p>2nd edition, 152 pages, 30 illustrations, format 16 x 21,7 cm, softcover € 14.99 ISBN 9783830480983</p> <p>publication date: published 2014</p> <p>The new baby cuisine: delicious recipes in a modular system for babies aged 5 months upwards. Parents can be sure that they will know what is good for their child and what tastes really good too. Recipes are easy to work out based on the child's age, age 5 months, 6 to 9 months, 10 to 12 months and from 13 months upwards.</p>



	<p>Rieber, Dunja</p>	<p>Was kleinen Kindern immer schmeckt What Little Children Love to Eat</p> <p>2nd edition, 144 pages, 47 illustrations, format 16 x 21.7 cm, paperback approx. € 9.99 ISBN 9783432108612</p> <p>Publication date: published October 2018</p> <p>The recipes are quick and easy to follow, they are geared to a toddler's taste and the use of ingredients is flexible. Each of the 35 recipes has numerous variations which can be adapted according to mood and seasonal availability. Divided by breakfast and snacks, cooked dishes, cold light meals, desserts and sweet treats it is quick and easy to find the right recipe for the right occasion.</p>
	<p>Rieber, Dunja</p>	<p>Das große Kochbuch für Babys und kleine Kinder The Big Cookbook for Babies and Toddlers</p> <p>1st edition, 192 pages, 110 illustrations, format 20,5 x 26,5 cm, paperback approx. € 19.99 ISBN 9783432110226</p> <p>Publication date: 07.10.2020</p> <p>More and more young parents have little to no cooking experience. There's also frequently a lack of ideas or understanding of what their baby needs in the way of nutrients on its journey from babyhood to the toddler stage. This modern cookbook can help: it provides cheerful ideas for every occasion which are all easy to prepare. Using foundation recipes which can easily be varied it is easy to put together delicious alternatives. Background information offering the peace of mind that young parents seek is also included: this may be a list of supplementary foods, information on baby led weaning, prevention of allergies or how to deal with sugar. This book offers all the information required to help children grow up healthily.</p>
	<p>Ritter, Karin</p>	<p>Neuromotorisch fit Neuromotor Fitness</p> <p>2nd edition, 176 pages, 65 illustrations, format 17 x 24 cm, paperback € 19.99 ISBN 9783432105543</p> <p>Publication date: April 2021</p> <p>Not fully experiencing certain neuromotor developments as a baby can lead to long-term consequences for the development of the child. These can include weakness at school, a lack of concentration, bad balance and more. Doctors often do not take these deficits seriously enough, so if the parents have any doubts, they will need to take action themselves to ensure their child's motor skills are encouraged. With the help of this guidebook, parents will learn more about the character of their child and can put together a personalised exercise programme.</p>

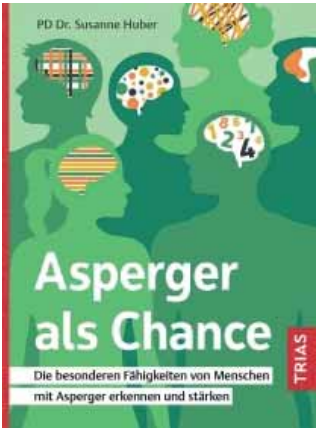

	Ritter, Karin	<p>Baby-Nöte verstehen Understanding Baby's Needs</p> <p>1st edition, 120 pages, 79 illustrations, format 16 x 21.7 cm, paperback approx. € 17.99 ISBN 9783432110936</p> <p>Publication date: 10.02.2021</p> <p>Babies are often perturbed or even slightly traumatised at birth. The consequences are generally subliminal: frequent crying or the head is slightly skewed to one side. But parents realise when their child is not quite right. Karin Ritter, renowned paediatric osteopath explains how parents can properly interpret their baby's needs and how to deal with them. This book clearly explains, with the aid of online videos, how to achieve great improvements with just the tiniest of changes, for example when you carry, change or bathe your baby. It helps to promote the healthy development of your baby and makes everyday life so much easier.</p>
	Röhnelt, Romanus	<p>Kindergesundheit Child Health</p> <p>520 pages, 230 illustrations, format 20,5 x 26,5 cm, hardcover € 14.99 ISBN 9783432101415</p> <p>Publication date: published 2017</p> <p>This reference book is all about giving parents a sense of security from the birth of their child to the start of its puberty. It offers a comprehensive overview of the most frequent and important illnesses that can affect a baby or young child, as well as including information on such classics such as measles or rubella. The numerous photographs and the extensive descriptions of symptoms make it quick and easy to work out what is wrong with your child.</p>
	Saval, Ingeborg	<p>Starke Kinder Self-confidence in Children</p> <p>3rd edition, 184 pages, 50 illustrations, format 17 x 24 cm, paperback € 19.99 ISBN 9783432115313</p> <p>Publication date: 12.01.2022</p> <p>Whether it's in kindergarten, at school or at home – sooner or later every child will find itself in a situation of conflict and be faced with fears. Why not lay the foundation for an independent and confident handling of problems. Find out how to raise your child's self-esteem. The case studies, educational and feelgood tips in this book can help turn you into a charging point for self-confidence! Also included are 24 'power sets' for school, recreation and family which will help the child face up to conflicts using its phantasy and also be able to deal with negative subjects with self-confidence.</p>

	<p>Schäb, Bianca</p>	<p>Weniger tut Kindern gut Less is More for Children</p> <p>1st edition, 176 pages, 10 illustrations, format 13,5 x 21 cm, paperback approx. € 14.99 ISBN 9783432110707</p> <p>Publication date: 08.04.2020</p> <p>Too much of anything is just not good for you. Find out how easy it is to chuck out some of that emotional and material baggage and ending up living a more relaxed life. This book is full of stories and suggestions from experts to help you decelerate and declutter your family life. It's a fact, our children are sometimes much happier with less. So are their parents.</p>
	<p>Schlotz, Sabine</p>	<p>Bauchgeflüster Tummy Whisperings</p> <p>112 pages, 20 illustrations, format 16 x 21,7 cm, softcover € 9.99 ISBN 9783830481638</p> <p>publication date: published 2015</p> <p>Taking the occasional time out and having the odd break is especially important during pregnancy, because that is when mummy and baby have their "together periods". This book provides 36 little meditations, conversations, relaxation rituals, reflexions, touch exercises, imaginations and musical interactions, all of which intensify the contact and relationship between mother and child.</p>
	<p>Sinzenich, Steffi</p>	<p>Die einfachsten Familiengerichte aller Zeiten The Simplest Family Recipes of All Times</p> <p>1st edition, 128 pages, 110 illustrations, format 16 x 21,7 cm, paperback approx. € 12.99 ISBN 9783432110165</p> <p>Publication date: 05.02.2020</p> <p>Preparing a beautiful meal quick as a flash, one that will please the whole family – that can be so easy. You'll find the ingredients and the method at a glance. A maximum of 6 ingredients and lots of love – that's all it takes to see happy faces at family mealtimes.</p>
	<p>Sinzenich, Steffi</p>	<p>One-Pot-Gerichte für kleine Kinder One-Pot Dishes for your Little Ones</p> <p>New edition, 112 pages, 40 illustrations, format 17 x 20 cm, paperback, € 14.99 ISBN 9783432107783</p> <p>Publication date: published October 2018</p> <p>Very soon after the birth of your baby, you, as a parent, will want to start thinking about cooking fresh and healthy food for him. But at the same time, there seems to be less and less time to do just that. Fortunately, we now have speedy one-pot dishes that can be prepared. These dishes are healthy, prepared with fresh ingredients and just taste yummy – from pastas to tomato risottos, potato one-pot dishes to sweet dishes.</p>


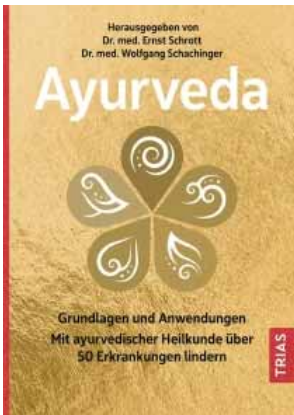
	<p>Sinzenich, Steffi</p>	<p>One-Pot-Gerichte für die Familie One Pot Meals for the Family</p> <p>1st edition, 112 pages, 40 illustrations, format 17 x 20 cm, paperback € 14.99 ISBN 9783432107806</p> <p>publication date: published February 2019</p> <p>Cooking something quickly that everyone will enjoy and that does not leave a lot of dishes to be dealt with – that's what makes the new style of one-pot cooking so popular. With 70 very easy-to-cook recipes she is offering us something delicious for every taste, while staying true to her maxim: everything in one pot! Everything healthy.</p>
	<p>Schweitzer, Doris</p>	<p>Stillen Lactation</p> <p>3rd edition, 176 pages, 30 illustrations, format 16 x 21,7 cm, paperback € 14.99 ISBN 9783432100579</p> <p>publication date: published 2017</p> <p>Many women would love to breastfeed their baby, but simply do not have the necessary self-confidence and are too unsure of themselves. To be sure that breastfeeding succeeds from the very beginning, pregnant women should already be reading this helpful book while they are still expecting. The author, who is a certified lactation consultant, provides the reader with a solid understanding of the initial preparations during pregnancy all the way through to weaning. It also includes reports of mothers' breastfeeding experiences.</p>
	<p>Snowdon, Bettina</p>	<p>Veggie-Baby Veggie Baby</p> <p>2nd edition, 160 pages, 51 illustrations, format 16 x 21,7 cm, paperback approx. € 14.99 ISBN 9783432109770</p> <p>Publication date: published in March 2019</p> <p>Vegetarian food is "in". It's no wonder that more and more parents are keen to avoid feeding their children meat and want to keep animal products to a minimum. This beautiful cookbook provides recipes for delicious and healthy foods for babies and toddlers up to the age of 3 from purees up to their first solids. The emphasis is on the special nutritional requirement of children so that mum can be sure that her baby is properly cared for even if she keeps it "animal-free". Exemplary weekly plans provide additional guidance. And of course these are all recipes with no hint of highly processed substitute products. Have fun with your veggie children's cookbook – and bon appetite.</p>




	<p>Trusch, Jennie</p>	<p>Schwanger + fit Pregnant + Fit</p> <p>2 DVD's of approx. 90 minutes, booklet 8 pages, format 12,7 x 19 cm, Digipack € 9.99 ISBN 9783432103297</p> <p>publication date: published 2018</p> <p>This unique combination links methods such as yoga, Pilates and relaxation. Two DVD's – one each for pregnancy and regression – offer exercise programmes for targeted fitness. Integrated and holistic exercises ease pregnancy-related problems – from tiredness to hot flushes and to varicose veins. A regression programme is included which helps you to get back to your original fitness after the birth. The booklet additionally includes pelvic exercises.</p>
	<p>Vlk, Johanna</p> <p>Dr. rer. nat. Jährling, Nina</p>	<p>Selbstbestimmte Geburt ohne Angst Self-determined Birth without Fear</p> <p>1st edition, 192 pages, 30 illustrations, format 16 x 21,7 cm, paperback approx. € 16.99 ISBN 9783432114361</p> <p>publication date: 04.08.2021</p> <p>I'm pregnant! Many mothers-to-be are not just happy and excited, they can also suffer from fears and insecurities: will everything work out fine? How will I deal with the actual birth? The FEARLESS Method developed by midwife Johanna Vlk and biologist Nina Jährling helps pregnant women, step by step, to overcome these fears. Using effective breathing and physical exercises, women can prepare themselves perfectly for a self-determined birth. Fascinating scientific background information on the birth experience is described in a comprehensible way. Reports of experiences from other mothers answer all the questions any parents to be would want to ask.</p>
	<p>Wawer, Susanne</p>	<p>Beziehungskiller Kind? Your Child – Killer of the Relationship?</p> <p>1st edition, 208 pages, 10 illustrations, format 13,5 x 21 cm, paperback approx. € 14.99 ISBN 9783432111384</p> <p>Publication date: 08.07.2020</p> <p>Like it or not, it seems that having that first child sends couples down the path of becoming traditional role models. The man becomes the "provider", the woman is the "family manager". If this continues to the point of causing dissatisfaction then it can result in relationship crises and separations: nearly half of all divorces affect marriages with children. This guidebook uses blunt and clear language to describe the stresses and concerns of parents in relationships and lists numerous options on how to overcome such difficulties together. The subjects covered in detail include physical closeness, loss of libido or fears during separations.</p>

	<p>Winter, Britta</p>	<p>„Komm, das schaffst Du!“ “Come on, You’ll Manage”</p> <p>2nd edition, 168 pages, 30 illustrations, format 16 x 21,7 cm, paperback € 17.99 ISBN 9783432103747</p> <p>publication date: published 2017</p> <p>Attention deficit problems affect many families these days. It's not just ADHD that causes problems at school and stress in the family. Being easily distracted, slips and careless mistakes can be traced back to an imbalance in the central nervous arousal condition. Many children displaying these symptoms are treated ergotherapeutically for which the author has developed a special “Ergotherapeutic Training for Parents”. Based on this training she describes the best strategies in this book for increasing a child’s concentration.</p> <p>Chinese and Czech rights sold</p>
	<p>Zschocher, Andrea</p>	<p>Wie du dein Schreibaby beruhigst How to Calm Down Your Cry-baby</p> <p>1st edition, 192 pages, 8 illustrations, format 16 x 21.7 cm, paperback approx. € 14.99 ISBN 9783432112657</p> <p>Publication date: 13.01.2021</p> <p>If your baby keeps crying inconsolably, you'll find it really takes it out of you: as a parent you're in despair, you feel alone and guilty. This book will give you a boost: Andrea Zschocher, a mother of three cry-babies herself has collected the experiences of experts and affected parents. A wealth of pointers – both emotional and concrete – will show you that you are not alone! The author talks of taboos such as fury and envy, in addition she deals with myths and outdated perceptions. Top of her list are the baby's and the parents' individual needs.</p>


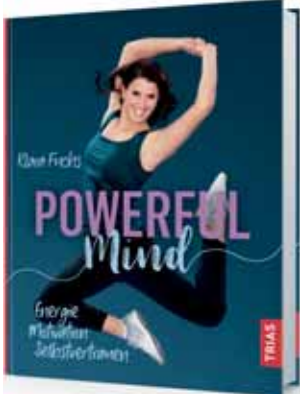

In Balance	Author(s)	Bibliography and short description
	<p>PD Dr. Huber, Susanne</p>	<p>Asperger als Chance The Positive Aspects of Asperger's</p> <p>1st edition, 128 pages, 10 illustrations, format 16 x 21,7 cm approx. € 19.99 ISBN 9783432115399</p> <p>Publication date: December 2022</p> <p>People with Autism Spectrum Disorder have a wide range of talents. Sometimes these are hidden. But being able to find and see these positive aspects will give a positive boost to those who are affected and to their nearest and dearest.</p> <p>This book helps you recognise the special talents and to bring them to the fore:</p> <p>What are people with ASD particularly good at? How can they make use of and emphasise their strengths in a targeted way? How can they transform their weaknesses into strengths?</p> <p>This is a book that will encourage anyone with Asperger's – and also all those who want to support them.</p>
	<p>Dr. Preißmann, Christine</p>	<p>Asperger: Leben in zwei Welten Asperger: Living in Two Worlds</p> <p>4th edition, 192 pages, 11 illustrations, format 16 x 21,7 cm approx. € 22.99 ISBN 9783432116747</p> <p>Publication date: October 2022</p> <p>Asperger's syndrome, a form of autism, is being diagnosed in every 300th child. Parents are faced with many questions such as: what does this mean for my child's future life? Will he ever have any friends or play sports in a club? Will he be limited in his choice of career? This book includes numerous direct quotes from seven people who are affected and who talk about their lives. The author, who is both a doctor and a person affected by this condition, provides comments on these examples from real life. Authentic solutions and ways of getting to grips with Asperger's are described together with everyday practical coping mechanisms.</p> <p>Polish rights sold</p>




	<p>Daniels, Eva</p>	<p>Geliebter Fremder Beloved Stranger</p> <p>2nd edition, 136 pages, format 16 x 21,7 cm approx. € 19.99 ISBN 9783432116105</p> <p>Publication date: August 2022</p> <p>Men with Asperger's syndrome are unusual – relationships with them are particularly so. Two different worlds come face to face with each other, there is something that is palpably different and it is not always easy to "get it". Women who are in a relationship with men with Asperger's syndrome touchingly relate their relationship stories with great openness and humour here. They talk of tentative approaches, unfamiliar intensity, early irritation as well as of the daily "battles" with their beloved stranger: fighting routines and obstinacy or fighting for more attention and physical affection.</p>
	<p>Dr. med. Gawehn, Sandra</p>	<p>Erste Hilfe für Lungen und Bronchien First Aid for Lungs and Bronchial Tubes</p> <p>1st edition, 192 pages, 15 illustrations, format 17 x 24 cm, approx. € 19.99 ISBN 9783432116440</p> <p>Publication date: October 2022</p> <p>The lung is one of our most important organs and can be severely weakened by conditions such as COPD, pulmonary embolism, high blood pressure or pneumonia. This book provides practical self-help tips on taking pressure off your lungs post-surgery or during treatment, alleviating discomfort and strengthening the lungs. Shortness of breath: you will learn effective emergency aid if you suffer from dyspnoea and have difficulty breathing. Recovery: gentle exercises help your breathing, eases pain and heals the organism. Increase your lung function with easy training sessions.</p>
	<p>Clark, Bernie</p>	<p>Das große Yoga-Buch für die Wirbelsäule The Big Yoga Book for the Spine</p> <p>1st edition, 304 pages, 300 illustrations, format 20,5 x 26,5 cm approx. € 29.99 ISBN 9783432115672</p> <p>Publication date: December 2022</p> <p>Your spine is unique. It is responsible for the body's core stability and enables an enormous range of movement thanks to its flexibility. Modern yoga often puts too much emphasis on mobility with stability losing out. Bernie Clark, the Yin Yoga expert, shows us how to find the proper balance. This helps prevent backaches and damaged discs. Learn all you need to know about the musculoskeletal system and find out which asanas suit you best.</p>


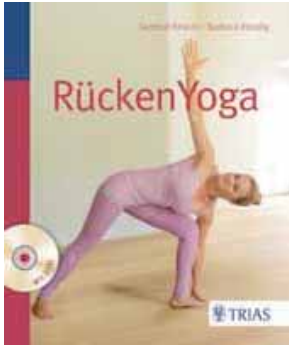

	<p>Dr. Ohm, Dietmar</p>	<p>Der kleine Anti-Angst-Coach The Little Anti-Fear Coach</p> <p>1st edition, 128 pages, 25 illustrations, format 17 x 20 cm approx. € 14.99 ISBN 9783432115061</p> <p>Publication date: November 2022</p> <p>Do you suffer from fear of flying? Are you terrified of spiders or the dentist? Do you battle with claustrophobia, panic attacks or social phobias? If so, you are not alone. Here is the good news: this little coach can help you get a grip on your fears. It shows you what lies behind your fears and how it's possible that you are actually making them worse. It includes simple exercises like systematic desensitisation, confrontation training, mindfulness-based techniques and progressive fear-combatting training. You can learn how to develop anti-fear strategies and techniques when fear threatens to overcome you.</p>
	<p>Schrott, Ernst (Hrsg.)</p>	<p>Ayurveda Ayurveda</p> <p>4th edition, 368 pages, 145 illustrations, format 17 x 24 cm approx. € 34.99 ISBN 9783432116341</p> <p>Publication date: July 2022</p> <p>In this reference book, the authors provide us with the realistic basics of ayurvedic principles together with a range of diverse treatments. Ayurveda helps us achieve the perfect balance, particularly when trying to deal with the stresses of our western world's day-to-day life.</p> <p>Apply Vedic methods to over 55 different conditions including cardiovascular disorders, coughs and colds or gastrointestinal problems and learn all about Doshas, Agni, Gunas, Ojas etc. The exercises, recipes and applications described here will help you achieve long-term harmony and balance for body and soul.</p>



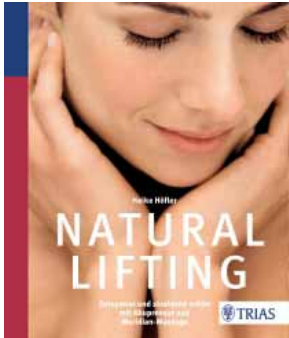
	<p>Prof. Dr. med. Hegerl, Ulrich</p>	<p>Depressionen bewältigen Overcoming Depression</p> <p>4th edition, 160 pages, format 16 x 21,7 cm approx. € 19.99 ISBN 9783432115801</p> <p>Publication date: August 2022</p> <p>Depression appears in a wide range of signs and symptoms. This also applies to the relevant therapies: these include antidepressants, psychotherapy to prevent relapses and self-help measures. Prof. Hegerl, Chairman of the German Foundation for Depression Relief and the scientific journalist Dr. Niescken introduce you to all the therapeutic cornerstones. This is a guidebook for anyone affected by the condition as well as their relatives and covers causes, diagnosis and treatment. Understanding depression: recognizing early triggers and phases. Methods covered include: sports, psychotherapy and self-management programmes with a self-check and extensive self-help section.</p>
	<p>Adler, Kristin Fengler, Arndt</p>	<p>Das einfachste Rücken-Buch aller Zeiten The Simplest Ever Book for Backs</p> <p>1st edition, 128 pages, 210 illustrations, format 22 x 23 cm, paperback approx. € 17.99 ISBN 9783432113449</p> <p>Publication date: 09.06.2021</p> <p>Anyone who suffers from backaches know one thing: exercise helps. But there's never enough time to do the right training. And exercises to be done at home are all just too complicated to keep up with. This is the book for you: the physiotherapists, Arndt Fengler and Kristin Adler offer up the easiest back exercises of all time. Step by step, with important information and many photographs to show you how they're done. Expert tips are clearly illustrated – making it easy for you to identify straightaway what to look out for. And in case of need, there is an effective acute programme for direct relief.</p>
	<p>Bartrow, Kay</p>	<p>Faszientraining Fascia Training</p> <p>New edition, 240 pages, 400 illustrations, format 20.5 x 26.5 cm, hardcover, € 9.99 ISBN 9783432106502</p> <p>Publication date: published February 2018</p> <p>Fascia training produces surprising results when it comes to dealing with stubborn tensions and recurring pains. The causes quite often do not just lie in the muscles and joints but can come from the fascia system which runs throughout the body. Exercises using tried and tested tips – with and without the black roll – are put together according to specific "problem zones". Using the pain test, additional targeted training for specific areas of the body is possible.</p>




	<p>Draxler, Tanja</p>	<p>Lebe wild, verrückt & wunderbar Living Life Wildly, Madly and Wonderfully</p> <p>1st edition, 256 pages, approx. 13 illustrations, format 16 x 21,7 cm, paperback approx. € 17.99 ISBN 9783432112312</p> <p>Publication date: 06.05.2020</p> <p>Giving everything up for the family and the job every day? Feeling free and relaxed at the same time? The key for mastering this conundrum while charging our batteries lies within us. This guidebook tells us that if we're to find the key, we need to have a major rethink about how we live our lives. Mindfulness exercises, meditation and tips as well as little snatches of scientific information help us to gain more self-determination, female qualities such as intuition, creativity, strengthening our sensitivity and finding the balance between yin and yang.</p>
	<p>Fessler, Norbert</p>	<p>Rasant entspannt Rapid Relaxation</p> <p>2nd edition, 128 pages, approx. 80 illustrations, format 16 x 21,7 cm, paperback approx. € 12.99 ISBN 9783432111209</p> <p>Publication date: 05.02.2020</p> <p>Stiff necks, backaches and just way too little time to go for those time-consuming relaxation programmes – sound familiar? That's exactly when it's so important, occasionally, to give your body a bit of a break:</p> <ul style="list-style-type: none"> - Rapid Relaxation: Using the Karlsruhe Relaxation Training (krt) from time to time, you can relax noticeably and recharge your batteries in just a few minutes. - From head to toe: nine holistic short programmes take you through the whole body, releasing tensions and relieving pains. - Anywhere, any time: while shopping, in the office or while travelling on the train, these movements will help you gently to look at yourself and briefly to pause.
	<p>Franke, Patricia</p>	<p>Authentisch! Wie du glücklich wirst, ohne dich zu verbiegen Authenticity! How to be happy without bending over backwards</p> <p>1st edition, 256 pages, 14 illustrations, format 16 x 21,7 cm, paperback approx. € 19.99 ISBN 9783432112398</p> <p>Publication date: 10.06.2020</p> <p>It's always higher, faster, further –life being lived according to other people's expectations and bending over backwards when doing so is jolly hard work. If you're to avoid ending up in burnout you have to aim for authenticity. But there are traps wherever you look. This coaching programme includes exercises and meditations which help you find the right answer to the question "who do you really want to be" and in so doing you can become the happiest version of your own self.</p>

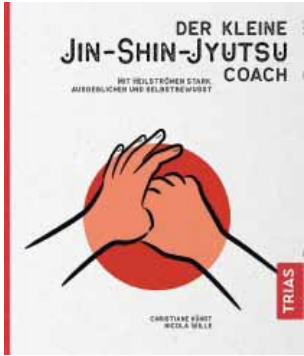
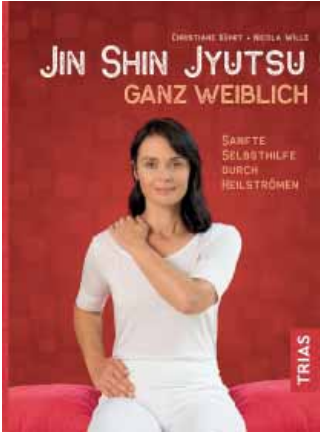

	Frohme, Gabriele	Wie die Seele den Körper heilt How the Soul Heals the Body 1 st edition, 224 pages, approx. 20 illustrations, format 16 x 21,7 cm, paperback approx. € 17.99 ISBN 9783432111407 Publication date: 08.04.2020 You have pains in your stomach because you're always pressed for time? You've really been looking forward to your holiday, only to end up in bed because you're ill? The ever-present interaction between body and soul is something we're aware of every day, and sometimes it's almost as though they're aligned against us. The experienced psychotherapist Gabriele Frohme shows you how to heal yourself and how to stay healthy holistically.
	Fuchs, Klara	Powerful Mind Powerful Mind 1 st edition, 208 pages, 115 illustrations, format 20,5 x 26,5 cm, paperback € 12.99 ISBN 9783432108315 Publication date: April 2019 Klara Fuchs is a qualified mental coach, lives in Graz and has a clear and straightforward mission: she wants women to live a self-confident, happy life that includes sports and exercises – even if they think that are too fat, too thin or too unattractive to be exercising. How does she go about it? By telling us the riveting story of her own life. Klara Fuchs is not afraid to speak honestly about it, instead she tells us how you can overcome self-doubts and motivational lows with the help of mental coaching. Equipped with training plans and a Scandinavian-inspired chapter on food, Klara, who's half-Swedish, inspires the reader to take the first steps towards an active and a happier life!
	Dr. med. Gupta, Hedwig	Schmerzfrei durch Yoga No More Pain Thanks to Yoga 1 st edition, 160 pages, 150 illustrations, format 22 x 23 cm, € 19.99 ISBN 9783432114323 Publication date: 08.12.2021 Do you suffer from headaches or painful tensions in your shoulder and back area? Do you get painful twinges in your back, your hip or your knee? What you need is yoga therapy. By combining asanas and mindful breathing in a targeted way you'll find that you can get a grip on the pain. This book will show you how everything is connected in your body and what lies behind the pain you are suffering. Step by step you will learn about the most important asanas, breathing exercises and meditations. Also included are numerous tips for balancing your doshas which can also help with various ailments.


	<p>Haase, Sabrina</p>	<p>Schlechte Gewohnheiten loswerden in 66 Tagen Getting Rid of Bad Habits in 66 Days</p> <p>1st edition, 120 pages, 18 illustrations, format 16 x 21.7 cm, paperback approx. € 9.99 ISBN 9783432109053</p> <p>Publication date: published December 2018</p> <p>Eat less sweet food. Give up smoking. Exercise more. Many of us have lots of good intentions, but we need more than just the will if we're to change the pattern of our behaviour. Sabrina Haase tells us what we really need in her motivational "Workbook". It contains the best, scientifically proven, mental strategies taken from behavioural and motivational psychology. The author has tested them out successfully with her team in coaching sessions for many years and has finally put it all together in this book format. The readers are accompanied for 66 days, exactly the length of time that's required for a successful behavioural change.</p> <p>Korean rights sold</p>
	<p>Haase, Sabrina</p>	<p>Stress dich nicht Don't Get Stressed!</p> <p>1st edition, 160 pages, approx. 20 illustrations, format 16 x 21,7 cm, paperback approx. € 14.99 ISBN 9783432110141</p> <p>Publication date: 08.04.2020</p> <p>Stressful situations are part of life. But you can learn from them, you can grow with them and become stronger, more relaxed and more productive. For stress starts off in your mind! What matters is how you see things yourself. What's good about this is that you can rewrite your own mindset and as a result you will see situations, people and yourself in a more positive way and will be more relaxed. You can learn how to make this happen from Sabrina Haase in many little practical exercises.</p>
	<p>Herwig, Sylvia</p>	<p>Ab heute trag ich Rot From now on I'm wearing red!</p> <p>1st edition, 128 pages, approx. 40 illustrations, format 17 x 20 cm, paperback € 9.99 ISBN 9783432110042</p> <p>Publication date: 09.10.2019</p> <p>Do you fancy a change? Red is the magic fire in you to help show you the way. Unfurl your power and discover your greatness. Light up your inner light, make it visible far and wide! From this journey into your innerself you will return as fresh as a daisy.</p>




	<p>Hirscher, Petra</p>	<p>Heilen und kochen mit Hildegard von Bingen Healing and Cooking with Hildegard von Bingen</p> <p>2nd Edition, 208 pages, format 15 x 22,5 cm, softcover € 12.99 ISBN 9783830439950</p> <p>publication date: published 2010</p> <p>Hildegard von Bingen is thought of as one of the outstanding women of the German Middle Ages. One chapter deals extensively with the four pillars of Hildegard's healing art: nourishment – detoxification – healing substances – fasting. The focus is on the 28 detailed portraits of healing plants from A to Z with indications and applications. In addition, the book includes more than 50 therapeutic recipes as well as a guide to a week of therapeutic fasting. An added extra is a systematic classification of gems and metals based on Hildegard von Bingen.</p> <p>Polish rights sold</p>
	<p>Hirschi, Gertrud Kündig, Barbara</p>	<p>Rücken Yoga Back Yoga</p> <p>Book: 176 pages, 144 illustrations, format 16 x 21,7 cm, DVD: running time 75:00 minutes, softcover € 9.99 ISBN 9783830469117</p> <p>publication date: published 2014</p> <p>Back aches continue to be the most common ailment in Germany. Back yoga is a highly effective improvement on current methods. It combines elements of yoga and the Feldenkrais method with the best back therapy exercises. The simple but very effective applications are ideal as preventative measures, while also helping when there's an attack of acute pain.</p> <p>Czech rights sold</p>
	<p>Hofgartner, Julia</p>	<p>Yoga & Juliet Yoga & Juliet</p> <p>1st edition, 176 pages, approx. 80 illustrations, format 22 x 23 cm, paperback € 9.99 ISBN 9783432108155</p> <p>Publication date: published February 2019</p> <p>How Julia Hofgartner, a frustrated lawyer, turns into an out and out happy Yoga teacher – this is what the author talks about in this exceptional book. Using her own story, she invites the reader increasingly to listen to her own intuition and to forge her own path. In addition, there are matching asanas, instructions on meditation and pranayamas. This is a book that can change lives!</p>




	<p>Höfler, Heike</p>	<p>Atem-Entspannung Breathing - Relaxing</p> <p>3rd edition, 112 pages, approx. 100 illustrations, format 22 x 23 cm, paperback approx. € 14.99 ISBN 9783432108209</p> <p>Publication date: published June 2019</p> <p>Proper breathing is one of the most effective means of dealing with pain and inner turmoil. Using simple exercises and techniques – from basic exercises such as using the thorax and your back for breathing to detailed programmes such as walking and breathing in the open country – you learn how to listen to your inner voice and in doing so how to gain vitality by finding time to breath properly during your ever-busy day. Deliberate breathing to achieve inner harmony and energy in life.</p>
	<p>Höfler, Heike</p>	<p>Nacken & Schultern entspannen Relaxation for Neck and Back</p> <p>128 pages, 95 illustrations, Format 15,5 x 18,5 cm, paperback € 12.99 ISBN 9783830482628</p> <p>Publication date: published 2015</p> <p>Neck and shoulder problems are often the expression of emotional tension and stress. The successful author Heike Höfler shows us in her own inimitable way how to feel well again after just a few simple physical exercises. These exercises have been developed holistically and have proven their efficacy over decades of practice and experience. They are all based on therapies that position the spirit-body connection at the centre, e.g. the Feldenkrais therapy or breathing exercises. Posture is gently improved and positive images simply raise the spirits. The exercises are easily combined according to available time, mood and requirement and are visually easy to comprehend. When you're asked to imagine that you're carrying little rucksacks for example, your shoulders automatically straighten up.</p>
	<p>Höfler, Heike</p>	<p>Natural Lifting Natural Lifting</p> <p>112 pages, 70 illustrations, format 17 x 20 cm, paperback € 9.99 ISBN 9783432101064</p> <p>Publication date: published 2017</p> <p>Who wouldn't like to look younger and less stressed? That's exactly what Botox and creams promise but they're loaded with side effects or don't actually really last for very long. "Natural Lifting", on the other hand, offers a natural and holistic alternative: destressing exercises such as for example the massaging of acupuncture points which do more than just relax the facial muscles, they also have a positive effect on the mind.</p>

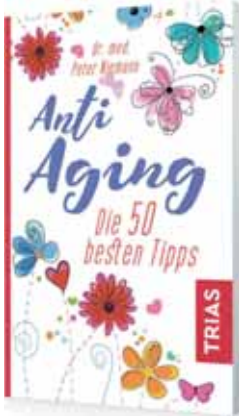


	<p>Klimenta, Kerstin</p>	<p>Yoga-Flows & Asanas auf dem Stuhl Yoga Flows and Asanas Sitting Down</p> <p>1st edition, 168 pages, 200 illustrations, format 16 x 21,7 cm, paperback approx. € 17.99 ISBN 9783432112336</p> <p>Publication date: 02.09.2020</p> <p>There is no age limit, no handicap to yoga. Anyone who wants to keep on moving and who, for whatever reason, is not up to rolling out the mat, will find some wonderfully effective yoga exercises here while sitting on a chair. From the warrior to the cobra – creatively composed flows bring variety into every sports programme. And for an active lunch break while sitting down, this guidebook offers effective asanas for all parts of the body, including breathing exercises and relaxing meditation. In this way yoga just simply becomes part of your everyday routine – in the office or anywhere.</p> <p>Czech rights sold</p>
	<p>Köllner, Volker Langheim, Eike Kleinschmidt, Judit</p>	<p>Mein Herz + meine Seele My Heart + My Soul</p> <p>1st edition, 208 pages, 20 illustrations, format 16 x 21,7 cm, paperback approx. € 19.99 ISBN 9783432107578</p> <p>Publication date: 07.10.2020</p> <p>Psycho-social factors such as depression, loneliness or stressful work conditions can raise the risk of a heart attack just as much as any classical risk factor (e.g. smoking). For example they can affect the rehabilitation and quality of life after a heart attack. Conversely a sick heart can plunge someone into an emotional crisis just as easily. Cardio-psychology addresses the very problems of heart and soul and how they are connected. Three proven experts invite you on an exciting voyage of discovery – into the heart and into the soul. This book gives us a better understanding of a close, valuable and sensitive relationship.</p>
	<p>Kuhnt Ulrich</p>	<p>Das Rückenbuch für Faule The Back Book for Lazybones</p> <p>1st edition, 128 pages, 100 illustrations, format 16 x 21,7 cm, paperback € 12.99 ISBN 9783432114767 Publication date: 08.12.2021</p> <p>You have backache and you find it difficult to get down on your mat to do your exercises after a hard day's work? But it doesn't take a lot of effort to soothe your aching back</p> <ul style="list-style-type: none"> • Suitable for couch potatoes • Integrating the exercises into your daily routine • With the Home Office Special: the best tips for never getting backaches at your office desk again.



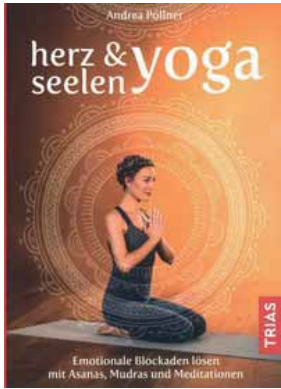
	<p>Kührt, Christiane Wille, Nicola</p>	<p>Der kleine Jin-Shin-Jyutsu-Coach The little Jin Shin Jyutsu Coach</p> <p>1st edition, 128 pages, approx. 150 illustrations, format 17 x 20 cm, paperback approx. € 14.99 ISBN 9783432109671</p> <p>Publication date: 07.08.2019</p> <p>Negative thoughts will affect our energy system. They block the ability to make our ideas come true and prevent us from going through life with happiness and self-confidence. The combination of awareness training with Jin Shin Jyutsu, an ancient Japanese healing art can work wonders here.</p>
	<p>Kührt, Christiane Wille, Nicola</p>	<p>Jin-Shin-Jyutsu ganz weiblich The all-feminine Jin Shin Jyutsu</p> <p>1st edition, 120 pages, 95 illustrations, format 16 x 21,7 cm, paperback approx. € 14.99 ISBN 9783432112138</p> <p>Publication date: 02.09.2020</p> <p>Holistic healing practices such as Jin Shin Jyutsu, an ancient Japanese healing art are gaining in popularity. Body, soul and spirit are restored to a new equilibrium with energy blockers being released by the laying of fingers on special points along the body. This book specifically addresses women's health issues. At each phase of their lives women find themselves being confronted with different physical and emotional challenges, and all are addressed in this book. Jin Shin Jyutsu is so easy to apply. There is so much women can do to take action against typical female physical and emotional problems – and there's no need for medication and no side effects.</p>
	<p>Lamprecht, Gerlinde</p>	<p>Meine Stimme stärken Strengthening My Voice</p> <p>1st edition, 88 pages, approx. 15 illustrations, format 16 x 21,7 cm, paperback approx. € 14.99 ISBN 9783432111964</p> <p>Publication date: 08.07.2020</p> <p>Speaking powerfully and convincingly at a meeting, on the telephone or at a parents' evening? Having a good, melodious voice is about much more than just having the proper technique. This guidebook helps women in a targeted manner to open up their whole personality as a speaker in any situation – at special moments as well as in any situation that life may throw at her. The voice coach Gerlinde Lamprecht shows us how to master difficult speaking situations, how to tune oneself in and how to overcome stage fright. With a diverse mix of voice, body and mental exercises you learn to exude self-confidence, charisma, and conviction, you learn how to capture your audience and how to appear authentic.</p>


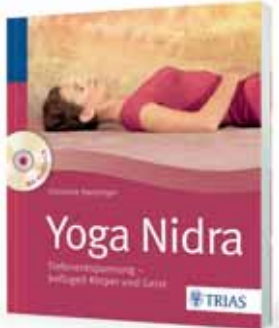

	<p>Lange-Fricke, Iris</p>	<p>Yoga Kitchen Yoga Kitchen</p> <p>176 pages, 95 illustrations, Format 19 x 23,5 cm, bound € 19.99 ISBN 9783830481287</p> <p>Publication date: published 2015</p> <p>The practice of yoga is a wonderful way of harmonizing body and soul. But its full potential only unfolds when it is combined with conscious nutrition and a targeted selection of foods. Yoga Kitchen offers a perfectly designed duo of Asanas and recipes for more vitality and relaxation when the immune system urgently needs a boost, the energy stores are low and the metabolism is screaming out for a detox click. Nicole Reese's exercise flows are invigorating physical meditations, the recipes provided by Iris Lange-Fricke are a delightful aid to achieving the exercise goal.</p>
	<p>Larsen, Christian Schürer, Julia Stratil, Dana G.</p>	<p>Einfach singen! Die Stimme im Chor entwickeln Simply Sing! Developing Your Voice in a Choir</p> <p>96 pages, 30 illustrations, format 16 x 21,7 cm, paperback € 12.99 ISBN 9783432103020</p> <p>Publication date: published 2017</p> <p>Singing is pure joie de vivre and empowers the spirit – over three million people sing in over 60,000 choirs throughout the country. The successful author Christian Larsen combines medical knowhow with the actual experience of singing in a choir. The holistic concept of spiral dynamics provides effective exercises for anatomically correct posture and the relaxed conscious breathing required to make the voice sing out. Choir masters will find original educational tools here which will help improve rehearsal times.</p>
	<p>Larsen, Christian Larsen, Claudia Hartelt, Oliver</p>	<p>Körperhaltungen analysieren und verbessern Analysing and Improving Body Posture</p> <p>144 pages, 245 illustrations, format 22 x 23 cm, softcover € 24.99 ISBN: 9783830434696</p> <p>Publication date: published 2008</p> <p>Hyperkyphosis, flat feet or hyperlordosis: something that may have started as a bad habit, over a number of years, can turn into a painful problem. Then there is another aspect: bad posture makes us appear older and less attractive. The novel concept for anatomically correct posture demonstrates: How to place my feet when I'm standing? What is the line of my mechanical axis? What does my posture say about me? These questions are vividly answered in this book. The visual quick-learn programme helps to analyse (incorrect) postures. 24 specially selected series of photographs covering the body from head to toe illustrate correct and incorrect movement patterns.</p> <p>Czech rights sold, World English and Russian rights not available</p>


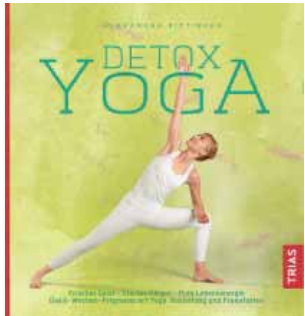

	<p>Larsen, Christian Wolff, Christiane Hager-Forstenlechner, Eva</p>	<p>Medical Yoga 2 Medical Yoga 2</p> <p>New edition, 144 pages, 130 illustrations, format 22 x 23 cm, paperback € 19.99 ISBN 9783432100906</p> <p>Publication date: published 2016</p> <p>Medical Yoga II continues with the principles we first read about in the successful book, Medical Yoga I. Anatomical diagrams offer a fascinating insight into the internal workings of the body and help us understand the physical effects of yoga exercises at a glance. 18 central asanas and over 140 exercises help with mobility problems such as hip immobility, foot deformities or painful tensions.</p> <p>Czech and simple Chinese rights sold</p>
	<p>Leon, Rosita</p>	<p>High Energy High Energy</p> <p>1st edition, 272 pages, approx. 5 illustrations, format 13,5 x 21 cm, paperback € 9.99 ISBN 9783432110523</p> <p>Publication date: published in December 2019</p> <p>Perfectly normal madness: exhausted and worn out, all you want is some peace and quiet for yourself. But all those energy vampires are feeding on your strength, your trust, satisfaction and your joy de vivre. Detox your negative thoughts, get rid of those energy thieves, discover sources of strength in your daily routine and make contact with your heart again. In this book I will show you how to rediscover the sources of your precious life's energy and get it fizzing: Body, energy, soul, spirit and heart. Your strong, fulfilled life is just waiting for you. So what are you waiting for?</p>
	<p>Liesner, Franziska</p>	<p>Mein Beckenbodenbuch My Pelvic Floor Book</p> <p>3rd edition, 144 pages, 90 illustrations, format 22 x 23 cm, paperback approx. € 17.99 ISBN 9783432105758</p> <p>Publication date: published April 2018</p> <p>It is estimated that 20-30 % of all women suffer with pelvic floor disorders. This beautifully designed book provides basic anatomical information for a better understanding as well as a comprehensive self-test which helps every woman find the exercise that she needs. The basis of the great success of this book is the daily 10-minute programme. In just 12 weeks, the pelvic floor will be mobile and active again, there will be an improvement in stomach and back muscles, posture is improved, and energy levels will rise.</p> <p>Czech and Simplified Chinese rights sold</p>

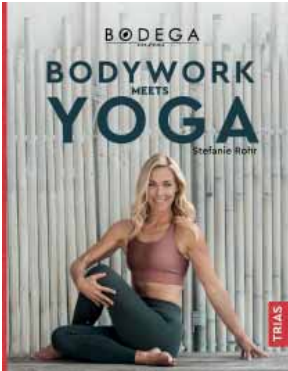
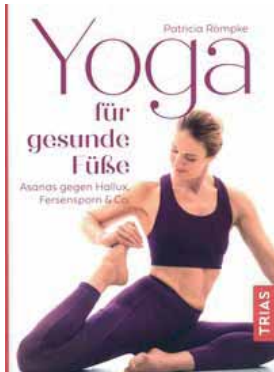

	<p>Liesner, Franziska</p>	<p>Der kleine Beckenboden-Coach The Little Pelvic Floor Coach</p> <p>1st edition, 128 pages, 100 illustrations, format 17 x 20 cm, paperback approx. € 12.99 ISBN 9783432114309</p> <p>Publication date: 08.06.2022</p> <p>Bladder weakness, prolapse complaints, pains during sex, lack of desire or a tired lower back – these are all problems that can be managed with targeted pelvic floor training. This book will motivate and support you. It contains the best and simplest exercises to strengthen the pelvic floor as well as to relax it. The Coach will provide you with valuable tips for strengthening your core.</p>
	<p>Marx, Susanne</p>	<p>Es ist nie zu spät für eine gute Kindheit (Hörbuch) It is never too late for a good childhood (audio book)</p> <p>1st edition, Audio-CD: running time approx. 60 minutes Booklet 12 pages, format 13,7 x 18,7 cm, Digipack approx. € 14.99 ISBN 9783432109428</p> <p>Publication date: Published June 2019</p> <p>The experiences we have in childhood will affect our whole life. Many unprocessed experiences can result in low self-esteem and can rob us of our energy. This healing journey will help you find your way back to yourself and to your past. Using hypnosis, that is the alpha theta state, you will recognize pent-up emotions and you will be able to dissolve them.</p>
	<p>Dr. phil. Mommert-Jauch, Petra</p>	<p>Embodiment – Die Wechselwirkung zwischen Körper & Seele Embodiment – The Interaction Between Body and Soul</p> <p>1st edition, 144 pages, 50 illustrations, format 16 x 21,7 cm, € 17.99 ISBN 9783432114088 Publication date: 01.09.2021</p> <p>Your heart is thumping, your stomach cramps up – mental stress has a direct effect on your body. This actually also works the other way around: posture, gestures and facial expressions will influence your emotional condition. By employing specific postures or movements you can alter your thoughts and your feelings in a positive way.</p> <p>This book introduces the concept of “Embodiment” – it is both comprehensible and totally practical. The various exercises here will help you become active, will promote your self-efficacy and will lift your spirits. It's all up to you!</p>

	<p>Niemann, Peter</p>	<p>Anti-Aging Anti-Aging</p> <p>New edition, 112 pages, 3 illustrations, format 10 x 16 cm, paperback € 9.99 ISBN 9783432106649</p> <p>Publication date: published April 2018</p> <p>Short and to the point we learn what needs doing to ensure a healthy, long life and what should be avoided using examples from nutrition via recreation to personal body care. The first part explains everything about biological processes. People age at different rates, and this can also be influenced by our lifestyles. The second part introduces 50 solid anti-aging tips. These are all scientifically evaluated, tested in practice, make us smile and contain lots of Eureka moments. Much of what we read here is innovative and new – all we need to do is pick out what we like and go for it.</p>
	<p>Dr. Dipl. Psych. Ohm, Dietmar</p>	<p>Der kleine Anti-Stress-Coach The Little Anti-Stress Coach</p> <p>1st edition, 128 pages, 128 illustrations, format 17 x 20 cm, € 12.99 ISBN 9783432113913 Publication date: 08.12.2021</p> <p>For inner peace and serenity. Do you feel stressed? Does it feel like you're just running around in circles and never getting any peace? If that's the case, then The Little Anti-Stress Coach can help you calm down, relax and unwind. It'll tell you all about:</p> <ul style="list-style-type: none"> • First aid against stress: the best tips and tricks when nothing else works. • Relaxation instead of hustle and bustle: combining mindfulness and meditation to fit in your everyday routine. • Stress begins in the head: Find out what your personal triggers are and which mental exercises work to combat these.
	<p>Dr. Dipl. Psych. Ohm, Dietmar</p>	<p>Stressfrei durch Progressive Relaxation Mental Tranquillity through Progressive Relaxation</p> <p>3rd edition, 96 pages, 70 illustrations, format 17 x 20 cm, paperback € 17.99 ISBN 9783432104416</p> <p>Publication date: published 2017</p> <p>The Jacobson method of Progressive Relaxation (PR) comes from the USA and is a form of relaxation training which is based on the interaction between the psyche and the muscular system. The user learns to systematically tense and relax the muscles. The use of PR helps stabilise your health, making day-to-day chores easier to deal with and improves the quality of life with this method imparting a sense of soothing inner calm and serenity.</p>



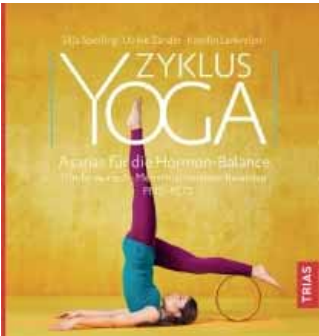
	<p>Dr. Dipl. Psych. Ohm, Dietmar</p>	<p>Entspannung für Kinder Relaxation for Children</p> <p>Book: 160 pages, 90 illustrations, format 17 x 24 cm, paperback Audio-CD: duration 70 min. € 16.99 ISBN 9783432102481</p> <p>Publication date: published 2017</p> <p>Demands and challenges at school, leisure-time stress in the afternoon, and always on the mobile. Periods of anxiety, difficulty concentrating or sleep disorders are the result. Children do definitely need little islands of calm in their hectic daytime routines. These can be created spontaneously by providing moments of mindfulness at family mealtimes or a bit of a cuddle on the sofa. In the long-term, children can benefit from things such as yoga, progressive relaxation, autogenic training or relaxing stories all of which can act like an anti-stress shield making them more capable of dealing with what life throws at them.</p>
	<p>Poller, Carmen Maria</p>	<p>Glücklich, schön & selbstbewusst Happy, beautiful and self-confident</p> <p>New edition, 208 pages, 10 illustrations, format 13.5 x 21 cm, paperback € 14.99 ISBN 9783432106823</p> <p>Publication date: published April 2018</p> <p>Many women are not very good at appreciating their own beauty and talents and are more likely to see what they think of as their "defects" rather than their strengths. This book will help to interpret the traces in a woman's own face and to better understand the language of the body. It shows how positive thinking can be transformed into feelings of happiness and how it is possible to cultivate feel-good emotions.</p>
	<p>Pöllner, Andrea</p>	<p>Herz- & Seelen-Yoga Heart and Soul Yoga</p> <p>1st edition, 144 pages, approx. 50 illustrations, format 16 x 21,7 cm, paperback approx. € 16.99 ISBN 9783432109077</p> <p>Publication date: published June 2019</p> <p>The heart is a place that lets in much light, but also much darkness. Light, because that is where beautiful feelings such as love, joy and sympathy reside. Darkness because our heart can be so sensitive and vulnerable when it experiences trouble or sadness. Heart-Yoga is an invitation to make contact with your own heart. To feel what it is to bond with yourself, to let go if there is something to release. This book will open paths to finding your way to yourself and to your heart. Specially selected asanas, breathing exercises, meditations and inspirations allow the heart's energy to flow again.</p>

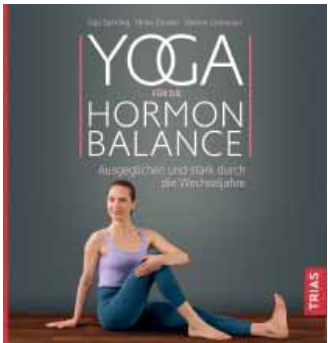


	<p>Precht, Anne</p>	<p>Wie strick ich mir ein dickes Fell How to develop a thick skin</p> <p>1st edition, 167 pages, approx. 60 illustrations, format 16 x 21.7 cm, paperback approx. € 17.99 ISBN 9783432109893</p> <p>Publication date: 09.10.2019</p> <p>Don't you sometimes wish you could be less sensitive, be strong and cool in difficult situations? Particularly when you come across certain people who've been unfriendly or unfair to you and you wish you'd been able to have been more quick-witted and self-confident in your reaction to them. Or your job feels like a treadmill from which you cannot escape, you're unable to make it all just disappear and you're unable to maintain an even keel? This is all dealt with here in small and manageable chunks with lots of little exercises that will accompany you through the coaching process and will help you to develop yourself further. It is a workbook that is simply just good fun!</p>
	<p>Ranzinger, Christiane</p>	<p>Yoga Nidra Yoga Nidra</p> <p>New edition, 72 pages, 30 illustrations, format 15,5 x 18,5 cm, paperback, with audio-CD € 9.99 ISBN 9783432100517 Publication date: published 2016</p> <p>Our hectic lives make it difficult for us to relax. Yoga Nidra is a healing form of deep relaxation which helps us to overcome stress, experience spiritual and inner balance and recharge our batteries. The enclosed CD helps us to dive straight into the heart of yoga. While experiencing the "sleep of the Yogi", we are able to let go and we can find our way back to our inner self.</p>
	<p>Reese, Nicole</p>	<p>Das einfachste Yoga-Buch aller Zeiten The simplest yoga book of all times</p> <p>1st edition, 128 pages, approx. 160 illustrations, format 22 x 23 cm, paperback approx. € 14.99 ISBN 9783432109879</p> <p>Publication date: 09.10.2019</p> <p>You'd like to be practicing yoga at home as well, but you just cannot manage to remember all the details and exercise steps that you learned in your yoga class. Don't worry, you're in the right place here. Nicole Reese, experienced yoga teacher, is very aware of this problem from her yoga students and step by step she will take you through to the asanas and the flows.</p> <p>Dutch and Czech rights sold.</p>

	<p>Reumann, Friederike</p>	<p>Heilendes Yin Yoga Healing Yin Yoga</p> <p>1st edition, 160 pages, 100 illustrations, format 22 x 23 cm, € 22.99 ISBN 9783432115139</p> <p>Publication date: 06.04.2022</p> <p>Long Covid and Post Covid problems continue to have a strong effect on sufferers long after the Corona virus infection has passed. Here Dr. med. Peter Niemann shares his extensive knowledge. He combines it with the latest research on Covid-19 and describes what it is that you too can do: knowledge in a nutshell: What is Long Covid and what are the causes? What similarities does Long Covid have with diseases which are already being successfully treated? New research: What therapies promise success? What can you do yourself? Holistic advice: traditional medicine + alternative medicine + psychotherapy.</p>
	<p>Rittinger, Alexandra</p>	<p>Detox-Yoga Detox Yoga</p> <p>1st edition, 160 pages, approx. 80 illustrations, format 22 x 23 cm, paperback € 9.99 ISBN 9783432108773</p> <p>Publication date: 09.10.2019</p> <p>When our body suffers from toxins, then we just don't feel well. We feel listless, tired and drained. And then we quite frequently intensify these effects further: we eat too much and when we do, and then we sit in front of the goggle-box instead of being outside in the fresh air. But it's really not that difficult to get your full strength back. Alexandra Rittinger has put together a 6-week program in this book which will help you detoxify by means of yoga, detoxification therapy and prana fasting.</p>
	<p>Rockoff, Tony</p>	<p>Klassisches Pilates Classical Pilates</p> <p>Book: 128 pages, 160 illustrations, format 22 x 23 cm, paperback DVD: approx. 70 minutes duration € 9.99 ISBN 9783432101392</p> <p>Publication date: published 2017</p> <p>At the beginning of the last century, when Josef Pilates developed a new method of exercise there was a lot more behind it than just a new fitness trend – it was in fact a philosophy. What we have here are the challenging original Pilates exercises on the mat in the very way they were originally conceived while providing us with the greatest benefit. Each exercise includes a beginner's version which helps the user gently to achieve the perfect execution.</p>




	<p>Rohr, Stefanie</p>	<p>Bodega Moves® - Bodywork meets Yoga Bodega Moves® - Bodywork meets Yoga</p> <p>1st edition, 240 pages, approx. 100 illustrations, format 20,5 x 26 cm, paperback € 14.99 ISBN 9783432108896</p> <p>Publication date: 05.02.2020</p> <p>Bodega Moves combines elements of body shaping with yoga. It brings together the best of asanas and workouts and as such provides a balance between tension and relaxation. This exercise programme can help shape your body in a targeted way, strengthening it in a sustainable fashion from within and keep yourself healthy. Bodega makes you fit and flexible, it stimulates the body's ability to break down fat and magics a beautiful core and posture. Bodega Moves does more than just make you physically fit, it also affects your mental state: it reduces everyday stresses, it improves your quality of sleep and lets your mind relax. The minute you integrate Bodega into your life you will fall in love with it.</p>
	<p>Römpke, Patricia</p>	<p>Yoga für gesunde Füße Yoga for healthy feet</p> <p>1st edition, 112 pages, approx. 50 illustrations, format 16 x 21,7 cm, paperback approx. € 12.99 ISBN 9783432109695</p> <p>Publication date: published June 2019</p> <p>Our feet carry us day in and day out. It is only when they start to ache that we become aware of what it is they are actually achieving and then we feel unwell and constrained. But there is no need to suffer with painful feet. Patricia Römpke has developed the CardYo® training concept which will help you to deal with your discomfort. The flowing movements and stretches in this exercise programme will make your feet feel good again.</p>
	<p>Römpke, Patricia</p>	<p>Yoga für den unteren Rücken, Hüfte und Becken Yoga for the Lower Back, Hips and Pelvis</p> <p>1st edition, 128 pages, 100 illustrations, format 16 x 21,7 cm, paperback € 12.99 ISBN 9783432115863</p> <p>Publication date: 08.06.2022</p> <p>Is your lumbar spine or lower back aching because of your lopsided posture? Does your hip feel stiff or do you have problems with your pelvic floor? It's time to be active and to bring back the balance in your body! The experienced yoga teacher Patricia Römpke will show you how body and mind are interlinked and what might be lying behind your problems. You will learn how you can increase self-healing using acupressure and how you can find your inner balance again using meditation. And you will carefully examine your posture and learn how to move while avoiding any stresses or strains to your back.</p>

	<p>Rössler, Julitta</p>	<p>Gesundes Ego- starkes Ich A Healthy Ego – A Strong Me</p> <p>New edition, 208 pages, format 13.5 x 21 cm, paperback € 9.99 ISBN 9783432106113</p> <p>Publication date: published June 2018</p> <p>Finally, we have here a book on personality development which covers all the important aspects of self-strengthening, making the “me” strong again. The author accompanies the readers on a journey to their positive self and supports them, for example, in the areas of self-empathy, self-confidence and self-development. She provides stimuli, exercises and instructions that are easily workable.</p>
	<p>Prof. Dr. Schnack, Gerd Schnack-Iorio, Birgit</p>	<p>Die Vagus-Meditation Vagus Meditation</p> <p>1st edition, 192 pages, 50 illustrations, format 17 x 24 cm, € 19.99 ISBN 9783432112985 Publication date: 06.10.2021</p> <p>Ban stress, diseases or insomnia from your life! The renowned doctor, Prof. Dr. Schnack will show you how to bring into balance the longest cranial nerve – the vagus nerve – using meditation and includes fascinating scientific findings from brain research. Vagus meditation helps you to increase your concentration and improve your digestion. Practical exercises with precise instructions and excellent pictures are also included. Start living a deeply relaxed life and play your body's nerves like the strings of a Stradivarius!</p>
	<p>Schultz, J. H.</p>	<p>Autogenes Training – Das Original Übungsheft Autogenic Training – The Original Exercise Book</p> <p>27th edition, 96 pages, format 12,7 x 19 cm softcover € 9.99 ISBN 9783432110356</p> <p>Publication date: 08.04.2020</p> <p>Less stress, more tranquillity – this is what most people wish for in their everyday lives. Autogenic training makes it all possible. The relaxation technique developed by I.H. Schultz in the 1920's promises a better quality of life. It is quick and easy to learn and can be universally applied. To celebrate the 75th anniversary of the original exercise book, this 25th edition appears in a new layout. The text has been updated and supplemented by a historical overview. Dr. med. Siegfried, 1st Deputy Chairman of the “German Society for Medical Hypnosis and Training” has written a foreword to this edition.</p> <p>Korean and Czech rights sold</p>




	<p>Dr. Smolka, Silvia</p>	<p>Die Buteyko-Atmung Buteyko Breathing</p> <p>1st edition, 176 pages, 20 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432116167</p> <p>Publication date: 08.06.2022</p> <p>Chronic dyspnoea and shortness of breath have a restricting effect on one's life and can even be life threatening. Drugs may well be available but these are often rejected due to their strength and side effects. This user-friendly guide acquaints you with Buteyko, an alternative method which you can use to improve even long-lasting health issues quickly and simply.</p> <p>The breathing expert Silvia Smolka shows you how you can consciously take in less oxygen so that you can raise the carbon concentration in your blood.</p>
	<p>Sonntag, Robert</p>	<p>Blitzschnell entspannt Relaxation in the Twinkling of an Eye</p> <p>3rd edition, 128 pages, 8 illustrations, format 15,5 x 18,5 cm, softcover Approx: € 14.99 ISBN 9783432111698</p> <p>Publication date: 07.10.2020</p> <p>Stress is everywhere. At work, in the family, sometimes even during leisure time. Who does not know this? With this stylish collection of relaxing exercises it has become very simple to get away from it all for a few moments. You will quickly feel your inner strength grow and will feel full of energy in order to continue with your work.</p> <p>NB: License agreements are only possible for the book.</p>
	<p>Sperling, Silja Zander, Ulrike</p>	<p>Zyklus-Yoga Yoga Cycle</p> <p>1st edition, 144 pages, 80 illustrations, format 22 x 23 cm, paperback approx. € 19.99 ISBN 9783432113104</p> <p>Publication date: 09.06.2021</p> <p>Hormonal imbalance can cause many women to feel unwell. Stomach cramps, headaches and mood swings – many women suffer with various symptoms due to their cycle or the much longed for pregnancy simply does not happen. This specialised yoga programme and a mindful lifestyle can help intensively reactivate and rebalance the hormonal glands. Tried and tested yoga exercises, breathing techniques, visualisation and meditation will help achieve a harmonious cycle. Targeted yoga flows can soothe PMS, mood swings and PCOS and have a positive effect on fertility.</p>

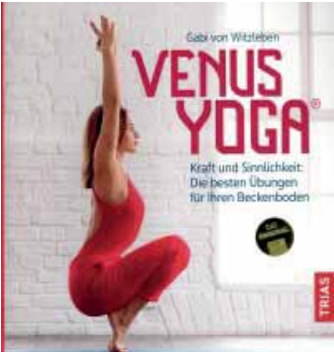

	<p>Sperling, Silja Zander, Ulrike Lankreijer, Karolin</p>	<p>Yoga für die Hormon-Balance Yoga to Balance Your Hormones</p> <p>1st edition, 160 pages, 80 illustrations, format 22 x 23 cm, paperback approx. € 19.99 ISBN 9783432111421</p> <p>Publication date: 07.10.2020</p> <p>Hormone Yoga is a combination of dynamic yoga exercises, breathing and relaxation techniques which intensively activate the production of hormones. The efficacy of the exercises has been proven in a study and as such they provide a natural alternative to pharmaceutical hormone replacement therapies. There is no getting away from it, every woman will be affected at some time: by 40 or so, the hormone levels drop and the hormone reserves veer out of balance. Hot flushes, restlessness, insomnia – these are all typical symptoms.</p>
	<p>Dr. med. Stock, Christian Reese, Nicole</p>	<p>Mein Achtsamkeitstag My Mindfulness Day</p> <p>1st edition, 256 pages, 80 illustrations, format 16 x 21,7 cm, paperback approx. € 19.99 ISBN 9783432113265</p> <p>Publication date: 09.06.2021</p> <p>Wouldn't you like to perceive your life more fully and be more aware of life around you? How about slowing things down a notch? Turn off life's autopilot switch? You need more mindfulness in your life. The mindfulness expert Christian Stock and the yoga teacher Nicole Reese show you inspirational ideas for five separate refuelling days. There is a daily motto that takes you through a retreat: goodwill, empathy, joy and equanimity. Pick out what matters most to you at the moment.</p> <ul style="list-style-type: none"> • Promoting mental balance through meditation and reflection • Eating slowly and deliberately with full awareness • Using yoga to look after your body mindfully
	<p>Dr. med. Stock, Christian</p>	<p>Resilienz Resilience</p> <p>1st edition, 144 pages, approx. 20 illustrations, format 16 x 21.7 cm, paperback approx. € 14.99 ISBN 9783432108919</p> <p>Publication date: 07.08.2019</p> <p>Do you admire people who just easily seem to be able to deal with crises and effortlessly put stressful situations behind them? Then you need to discover the secret of inner resilience and find your inner strength. You will learn how mindfulness can help you overcome crisis situations – and all done quite simply with many exercises. No need to worry, you do not need to be a Buddhist to do this. Mindfulness and resilience are easily combined and can be built into your everyday life at any time. And in no time at all you will be able to deal with all those stresses with more ease and serenity.</p>

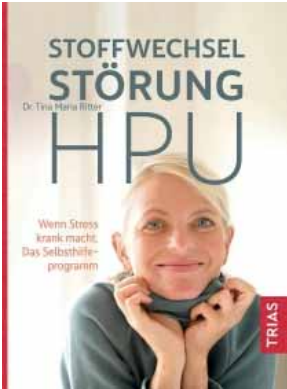


	<p>Dr. med. Stock, Christian</p>	<p>Meditation – Achtsame Übungen für mehr Gelassenheit im Leben Meditation – Mindfulness Exercises for more Serenity in Life</p> <p>2nd edition, 144 pages, 45 illustrations, format 16 x 21.7 cm, paperback, Audio-CD: Playing time 66 minutes € 14.99 ISBN 9783432107905</p> <p>Publication date: published August 2018</p> <p>Simple, clearly explained and scientifically substantiated: the healing power of meditation and mindfulness as a totally different approach to dealing with stress management and self-management is now being accepted more than ever. The breathing and physical exercises as well as the meditation exercises presented here are particularly suitable for daily use and can help the body to calm down and relax.</p>
	<p>Storr, Martin Babst, Björn</p>	<p>Darmhypnose Bowel Hypnosis</p> <p>Audio-CD duration approx. 65 minutes, booklet 24 pages, 5 illustrations Format 13,7 x 18,5 cm, Digipack € 17.99 ISBN 9783432105086</p> <p>Publication date: published 2017</p> <p>Tummy aches, diarrhoea, bloating – an irritable bowel is not just an unpleasant minor issue; it can actually substantially reduce the quality of life in people. Complex causes and the triggers for these symptoms can make it very difficult to find the right therapy. Being able to apply bowel hypnosis oneself can offer a gentle solution for lasting relaxation of the bowel. Restorative suggestions affect the nervous system and can reduce extreme sensitivity in the bowel.</p>
	<p>Tödter, Regina</p>	<p>Machs einfach Make it easy on yourself</p> <p>1st edition, 144 pages, approx. 5 illustrations, format 13,5 x 21 cm, paperback € 9.99 ISBN 9783432108094</p> <p>Publication date: published June 2019</p> <p>What do you say to yourself when that to-do list gets longer and longer and you find you just do not have the time to do the things you really enjoy doing? You dream of a simple life, but you simply do not know how to make your own life simpler. The simple life is not achieved by running away from your routine or by moving out into the country and turning off your smart phone. Living the simple life is possible any time – all it takes is changing a few basic and important attitudes.</p>



	<p>Walther, Tasja Piglas, Johanna</p>	<p>Faszien-Yoga Fascia Yoga</p> <p>128 pages, 250 illustrations, format 22 x 23 cm, paperback, with DVD approx. € 19.99 ISBN 9783432100715</p> <p>Publication date: published 2016</p> <p>An elated spirit and a relaxed body! Complement your holistic yoga workout with fascia yoga for perfect results. The fascia stabilises and shapes our body and just like our muscles, needs regular movement. Fascia yoga releases deep-seated tensions, regenerating and tightening the connective tissue. The stunningly simple variations on classical asanas provide variety in your exercise regime. A DVD is included containing 7 coordinated yoga flows for the back, neck, feet and more.</p> <p>Czech rights sold</p>
	<p>Wagener, Alma Katrin Firnkes, Michael</p>	<p>Wie Sie als Paar die Liebe wiederentdecken How to Rediscover Love as a Couple</p> <p>1st edition, 208 pages, 10 illustrations, format 13,5 x 21 cm, paperback € 17.99 ISBN 9783432114637 Publication date: 08.12.2021</p> <p>How are things working out for us? Are we satisfied with our sexuality and our intimacy? Those are questions asked by many couples. Regardless of whether your answer is 'yes' or 'no', there's still a lot of fun to be had with this book which can show you all sorts of ways to achieve new sensuality. The couples, therapist and the men's wellbeing coach show you</p> <ul style="list-style-type: none"> . how to rediscover yourself and find out what your needs are. . how to communicate with your partner lovingly and openly and savour new experiences. . how to become familiar with all the aspects of a fulfilled partnership which will do more than inspire the sexuality of both partners.
	<p>Wagner, Karo</p>	<p>Yoga gegen dunkle Tage Yoga against Dark Days</p> <p>New edition, 144 pages, 100 illustrations, 22 x 23 cm, paperback € 14.99 ISBN 9783432107073</p> <p>Publication date: published August 2018</p> <p>There are phases in one's life when things just won't go your way – you end up feeling sad, desperate, unhappy. This book of exercises helps you break out of these crises and regain your "balance". It combines yoga exercises, meditation, breathing and mindfulness exercises. Even yoga beginners are quick to pick it all up. There is an emergency plan for frustrating days which provides additional suggestions and quick help for crisis situations.</p> <p>French rights sold</p>


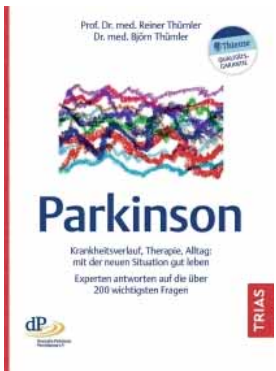

	<p>Wagner, Karo</p>	<p>Finde deinen inneren Yogi Find Your Inner Yogi</p> <p>1st edition, 160 pages, 50 illustrations, format 16 x 21,7 cm, paperback € 12.99 ISBN 9783432111445</p> <p>Publication date: 07.10.2020</p> <p>Just imagine: mastering your day-to-day life with the attitude of a yogi, accepting that things are what they are, taking a breath and just walking through life with more serenity, tranquillity and lightness. This guidebook teaches us how this is possible with a combination of yoga, meditation, breathing techniques, self-reflection and mindfulness. The aim is to find your inner yogi and to really think about things that are truly important in life. It includes many practical exercises, instructions and rituals which introduce a zest for life and a lightness and in this way we are able to find little islands of strength in our turbulent lives.</p>
	<p>Wehner, Renate</p>	<p>Alexander-Technik. Achtsame Übungen für mehr Körperharmonie The Alexander Technique –Mindful Exercises for Increased Body Harmony</p> <p>2nd edition, 64 pages, 28 illustrations, format 16 x 21.7 cm, paperback, audio CD: run-time approx. 75 minutes € 19.99 ISBN 9783432106748</p> <p>Publication date: published February 2018</p> <p>For avoiders of exercise it is always a horror when back pain, poor posture, stress, etc. need to be remedied through proper exercise programmes. There is an alternative, it is the Alexander Technique. In terms of prevention and pain therapy it counts as one of the most successful methods of holistic bodywork.</p> <p>The aim: learning to perceive and to become aware of one's senses to become more relaxed. Daily positions such as lying, standing, sitting and walking are used to relax the body and mind – without having to exert oneself too much.</p>
	<p>Wilk, Daniel</p>	<p>So einfach ist Autogenes Training How Simple is Autogenic Training</p> <p>2nd edition, 88 pages, 8 illustrations, format 15,5 x 18,5 cm, softcover € 14.99 ISBN: 9783830467328</p> <p>Autogenic training (AT) which was developed in the twenties is one of the most popular methods of relaxation. It is one of the most effective and easy ways to switch off stresses and strains. As a result more people attend AT courses than any other relaxation courses. Which is actually not surprising, as AT revitalizes the spirits quickly, boosts the ability to concentrate and increases physical well-being. Furthermore, AT also helps to alleviate pains and ailments and to promote the healing process.</p>




	<p>Wolff, Christiane Starck, Annabelle</p>	<p>Heilen mit Yoga Healing with Yoga</p> <p>New edition, 176 pages, 130 illustrations, format 17 x 24 cm, paperback € 14.99 ISBN 9783432104201</p> <p>Publication date: published August 2018</p> <p>Nothing is more helpful against emotional stresses than yoga – this is the claim that lies behind Yoga Healing. If the body is in a state of relaxation, then the balance of the spirit is restored. Yoga helps one to become better aware of oneself and one's needs. Yoga reduces stress hormones and makes it easier to deal with difficult or stressful situations. Over 50 yoga flows reduce fears and depressions, stop the danger of burnout and stabilize the psyche.</p>
	<p>Würdig, Charlotte Zacherl, Johanna</p>	<p>Löwinen-Power Lioness Power</p> <p>1st edition, 196 pages, approx. 100 illustrations, format 20.5 x 26.5 cm, hardcover € 9.99 ISBN 9783432108797</p> <p>Publication date: published December 2018</p> <p>In life it should all be about one thing above all else: feeling good in one's own body! What matters is that one feels fit and in balance. And that is where Charlotte Würdig's Lioness concept starts. Authentic and underpinned by her own experiences, she motivates women to feel fit, strong and self-confident. It includes exercises that are easy to understand and which can be done at home, there are additional tips for young mums and there are tested lifestyle and nutritional tips.</p>
	<p>Wurster, Sandra</p>	<p>Das Leben ist zu kurz, um den Bauch einzuziehen Life is too short to hold your tummy in!</p> <p>1st edition, 192 pages, 20 illustrations, format 13.5 x 21 cm, paperback approx. € 14.99 ISBN 9783432108254</p> <p>Publication date: published April 2019</p> <p>Sandra Wurster has worked it out: there's practically no one out there who loves their body – not even slim people! And that has quite an effect on our self-esteem. Yet we'd all be so happy, relaxed and satisfied if the dimensions of our body – and that does include the size of our stomach – simply did not matter anymore! How do we do it? So: forget about self-doubts and complexes, why not replace it all with self-love and a zest for life!</p>




	<p>von Witzleben, Gabi</p>	<p>Venus Yoga Venus Yoga</p> <p>1st edition, 100 pages, 69 illustrations, format 22 x 23 cm, paperback approx. € 17.99 ISBN 9783432112152</p> <p>Publication date: 06.05.2020</p> <p>A healthy pelvic floor strengthens your core, while providing undreamt-of feminine power and sensuality. We only become aware of it if our resilience and flexibility start to wane, which can happen after giving birth or during the menopause. Venus Yoga is a particularly gentle style of yoga which specifically addresses the needs of women and harmoniously combines asanas with exercises for the pelvic floor. It provides for a stable grounding and a flexible pelvic base as well as graceful straightening of the body and clarity of thought. Targeted exercises provide for greater awareness of the body and its requirements.</p> <p>Polish rights sold</p>
	<p>Zimmermann, Eliane</p>	<p>Aromapflege für Sie Aroma Care for Her</p> <p>4th edition, 150 pages, 40 illustrations, format 16 x 21,7 cm, paperback € 19.99 ISBN 9783432101316</p> <p>Publication date: published 2017</p> <p>Essential oils can do wonderful things when it comes to care. They protect us from bacteria and viruses and can relieve pain. In stressful situations they are able to build a bridge from scents, touch and devotion and are helpful aids for our wellbeing. This "scented collection" introduces the 14 most important oil groups, their characteristics and areas of application. Furthermore, we find here more than 100 beneficial recipes for any number of situations and various indications such as digestive problems, pain, inflammation, dementia or for palliative care.</p>

Healing and Health	Author(s)	Bibliography and short description
	Dr. Ritter, Tina Maria	<p>Stoffwechselstörung HPU Metabolic Disorder - HPU</p> <p>2nd edition, 160 pages, 11 illustrations, format 16 x 21,7 cm approx. € 17.99 ISBN 9783432116280</p> <p>Publication date: July 2022</p> <p>Do you feel you are constantly overwhelmed and are lacking in energy? Maybe HPU is the actual cause. Haemopyrrolactamuria – this metabolic disorder is not something everyone has heard of, and yet every tenth woman has the condition. It's not just the name that is unattractive, the symptoms are equally unpleasant: exhaustion, thyroid disorders, susceptibility to infections, depressions, extreme susceptibility to stress. This self-help programme helps you get your metabolism back on track again.</p>
	Dr. med. Buchinger, Andreas	<p>Buchinger Heilfasten – Mein 7-Tage-Programm für zu Hause The Buchinger Fasting Cure – My 7-Day Programme at Home</p> <p>5th edition, 112 pages, 18 illustrations, format 17 x 20 cm approx. € 14.99 ISBN 9783432115931</p> <p>Publication date: June 2022</p> <p>The Buchinger fasting cure – an experience for body and soul. Year after year many people rely on the tried and tested cures using teas, vegetable broths and juices. This new edition is specifically aimed at Buchinger novices and goes into the effects and areas of application of fasting methods in a clear and concise way. The leading expert and direct descendant of Otto Buchinger, Dr. Andreas Buchinger, answers the most important questions about the correct preparation and proper follow-up.</p>
	Wolf, Daniela	<p>PMDS - Wege zu einem entspannten Zyklus PMDD – A Guide to an Easier Menstrual Cycle</p> <p>1st edition, 112 pages, format 16 x 21,7 cm approx. € 17.99 ISBN 9783432116709</p> <p>Publication date: October 2022</p> <p>The classical symptoms of the still largely unknown condition PMDD start right after ovulation. These include mood swings as well as extremely long menstrual bleeding affecting your whole life. Daniela Wolf, herself a sufferer and expert in this condition, has compiled her comprehensive knowledge on the subject. What are the orthodox as well as the alternative treatments that can help? Networking and support: making use of the valuable tips and contact points provided to ensure your condition is recognised and finding strength in the benefits of networking.</p>



	<p>Newson, Louise</p>	<p>Sind das schon die Wechseljahre? Is it the Menopause?</p> <p>1st edition, 176 pages, format 16 x 21,7 cm approx. € 19.99 ISBN 9783432116686</p> <p>Publication date: December 2022</p> <p>Our body is constantly changing – even before the menopause has started there are various changes such as hot flushes or weight gain that can unsettle us. The doctor, Louise Newson works to ensure that early symptoms are correctly recognised and treated. Understanding your body: how do certain processes affect your body? Gynaecological expertise: all about contraception, the desire to have a child and treatment with bioidentical hormone therapy in early menopause cases. Diverse therapeutic approaches: including the best orthodox and alternative therapies.</p>
	<p>Dr. med. Marnitz, Ulf</p>	<p>Ihr Weg aus den Rückenschmerzen Backaches Be Gone</p> <p>1st edition, 208 pages, 100 illustrations, format 17 x 24 cm approx. € 19.99 ISBN 9783432115047</p> <p>Publication date: October 2022</p> <p>Holistic therapy can be just what's needed to find your way to a pain-free existence. The interdisciplinary team of the prestigious Back Centre at Markgrafenpark in Berlin introduces the reader to its innovative and multi-modal concept. What triggers your pain and what affects it? Find out what it is that connects the body and the mind. With targeted exercises and the right posture to look after your back it will not be long before you start to feel an improvement. There is also an emergency kit for acute cases which provide quick relief from the pain.</p>
	<p>Dr. med. Schönlé, Christoph</p>	<p>Schmerzfrei & Aktiv nach der Rücken-OP Pain-free & Active After Back Surgery</p> <p>1st edition, 144 pages, 80 illustrations, format 16 x 21,7 cm approx. € 17.99 ISBN 9783432115412</p> <p>Publication date: October 2022</p> <p>When backache becomes unbearable, there is sometimes no way of avoiding surgery. The back expert Dr. med. Christoph Schönlé illustrates what you need to know now and what will help you get through it:</p> <ul style="list-style-type: none"> - All about the surgery - Programme for when you're home developed by experts - In control of the pain: whether it's painkillers, massage or osteopathy.




	<p>Prof. Dr. Luomajoki, Hannu</p>	<p>Muskeln, Sehnen, Gelenke - Schmerzfrei durch gezielte Bewegungen Targeted Exercises to Combat Pain in Muscles, Tendons, Joints</p> <p>1st edition, 176 pages, 20 illustrations, format 17 x 24 cm approx. € 19.99 ISBN 9783432116471</p> <p>Publication date: October 2022</p> <p>Chronic pain sufferers are most likely to complain of pain in the back, knees and shoulders. And the problem is: it is the causes of these pains that are most often neglected when being treated. The expert in physiotherapy, Prof. Luomajoki from Finland deals with it as follows: he explains how pain occurs and what can be done to combat it. He does away with outdated knowledge and unnecessary therapies by introducing the latest in trial studies. What he does is to offer an active exercise programme – after all, movement has a long-lasting effect.</p>
	<p>Prof. Dr. med. Thümler, Reiner</p>	<p>Parkinson Parkinson</p> <p>5th edition, 224 pages, 28 illustrations, format 16 x 21,7 cm approx. € 24.99 ISBN 9783432116518</p> <p>Publication date: August 2022</p> <p>What does Morbus Parkinson actually mean and why is the term 'shaking palsy' so misleading? What role does dopamine play in the nervous system? And how are dementia and Parkinson's connected? Professor Dr. Reiner Thümler, a leading expert on Parkinson's Disease and his son, Dr. Björn Thümler, also a neurologist, give us sound answers here. This is how the condition occurs and this is its course. These drugs and therapies really do help. Practical aids and care services to help with the daily routine.</p>
	<p>Prof. Dr. med. Uehleke, Bernhard</p>	<p>Das große Kneipp-Gesundheitsbuch The Big Kneipp Health Book</p> <p>6th edition, 192 pages, 42 illustrations, format 17 x 24 cm approx. € 19.99 ISBN 9783432116303</p> <p>Publication date: July 2022</p> <p>The naturopathic healing movement founded by the priest Sebastian Kneipp over 100 years ago combines classical hydrotherapy with phyto-therapy, exercise, nutrition and "Ordnungstherapie", (which signifies establishing physical and psychological order in the human body, environment as well as in daily life). Stress, headaches, high blood pressure, rheumatism or colds – you can do your body and soul a lot of good naturally by turning to the Kneipp Cure. The five tenets: water, herbal medicines, exercise, nutrition and the balance of mind and body will provide rapid relief.</p>



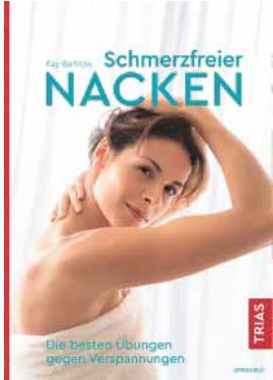
	<p>Höfler, Heike</p>	<p>Die besten Übungen für den Atlas-Wirbel The Best Exercises for the Atlas Vertebra</p> <p>1st edition, 128 pages, 100 illustrations, format 16 x 21,7 cm approx. € 14.99 ISBN 9783432115849</p> <p>Publication date: August 2022</p> <p>Is your neck prone to tension and pain? Do you stare at your smartphone for hours on end or spend time in front of your computer with your head bent forward? All this has a major effect on your Atlas vertebra which affects your whole body. This is how to deal with it:</p> <ul style="list-style-type: none"> - Background: learn about the function of the Atlas vertebra, understand its important key role. - What to do: provide for relaxation and mobility in your neck: eight targeted exercise programmes by the Atlas expert. - Tips: How to avoid pain and misalignment and improve your general posture.
	<p>Olsson, Nina</p>	<p>Neurocoaching - Wie der Körper den Schmerz vergisst Neuro-coaching – Helping the Body to Forget the Pain</p> <p>1st edition, 112 pages, 20 illustrations, format 16 x 21,7 cm approx. € 14.99 ISBN 9783432116181</p> <p>Publication date: October 2022</p> <p>Enough of constantly being at the mercy of pain: Nina Olsson and Michael Weber of Skelata© show you how to take control of your perception of pain with the help of neuro-coaching and osteopathy. Pain occurs in the brain: and this is precisely where neuro-coaching starts. This innovative pain therapy makes use of what we have learned from neuroscience. Train yourself to control pain: understand pain aggravating thoughts and replace them with pain-relieving thoughts.</p>
	<p>Neye, Daniela</p>	<p>Hände in Top-Form: schmerzfrei, beweglich & kraftvoll Hands in Top Form: Pain-free, Flexible and Strong</p> <p>1st edition, 160 pages, 120 illustrations, format 17 x 24 cm approx. € 19.99 ISBN 978-3-432-11614-3</p> <p>Publication date: October 2022</p> <p>Arthrosis, carpal tunnel syndrome, tennis elbow, Dupuytren's disease or gout – problems affecting the hands are not all that uncommon. Recognising the issues: what the dangers are, how to prevent them and what conditions may be lying behind your symptoms. Finding solutions: targeted exercises and tips for dealing with the most common diseases of the hand and how to remain pain-free and flexible despite wearing a cast.</p>

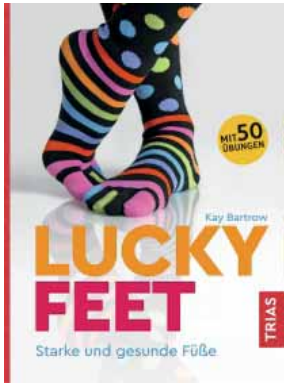
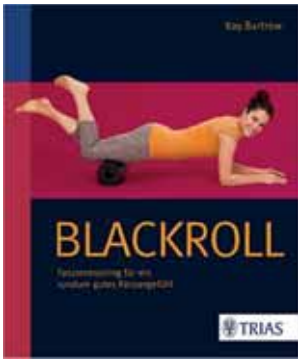

	<p>Kapp, Stefanie</p>	<p>Gesunder Kiefer - Gesunder Körper Healthy Jaw – Healthy Body</p> <p>1st edition, 160 pages, 100 illustrations, format 17 x 24 cm, approx. € 19.99 ISBN 9783432115023</p> <p>Publication date: July 2022</p> <p>Do you grind your teeth, do you suffer from headaches or neckache? The problem – and the solution – could be your jaw. Take a holistic look at your jaw and all that may be connected with it in your body. You will come across a number of conditions and will be able to improve them: from cracking your jaw and toothache to tinnitus and pain in your cervical spine. The experienced physiotherapist and CMD expert Stefanie Kapp gives you background information and practical tips and advice.</p>
	<p>Höfler, Heike</p>	<p>Fitness-Training fürs Gesicht Fitness-Training For Your Face</p> <p>7th edition, 128 pages, 100 illustrations, format 22 x 23 cm approx. € 17.99 ISBN 9783432116129</p> <p>Publication date: August 2022</p> <p>Lifting without scalpel and Botox – and with a lot of fun and laughter instead? This is exactly what Heike Höfler thought of when she created more than 100 exercises for each part of the face – and it works! Very important for the success of the training: the photos and images can easily be combined into a training program. A few minutes per day are enough to reach great results with little effort. For example, facial gymnastics can be conducted while applying lotion or removing make-up.</p> <p>Czech, Russian and Slovakian rights sold for previous Edition</p>
	<p>Reynolds, Donna</p>	<p>Der bipolare Spagat The Bipolar Balancing Act</p> <p>2nd edition, 128 pages, 50 illustrations, format 15,5 x 18,5 cm, € 17.99 ISBN 9783432114347 Publication date: 06.10.2021</p> <p>Extreme highs and extreme lows are characteristic features of bipolar disorder. What is often overlooked is the chasm between the inner reality of the affected person and the external reality of friends and family.</p> <ul style="list-style-type: none"> • Over 100 solutions for better ways to deal with the condition and a more sympathetic coexistence. • For the family: more understanding, helping actively, not forgetting to set boundaries and to protect oneself from excessive demands. • For the affected person: taking advantage of the inspiring experiences and tips which can provide you with long-term benefits.




	<p>Niklewski, Günter Riecke-Niklewski, Rose</p>	<p>Leben mit einer Borderline-Störung Living with a Borderline Disorder</p> <p>4th edition, 240 pages, approx. 5 illustrations, format 13,5 x 21 cm, paperback approx. € 19.99 ISBN 9783432111025</p> <p>Publication date: 08.04.2020</p> <p>Do you suffer from extreme mood swings and difficult relationships where quite suddenly love can turn to hate and fury? A borderline personality disorder is characterised by great internal suffering and stress:</p> <ul style="list-style-type: none"> - Understanding: this book provides you with a moving understanding of the internal world of affected persons helping you understand yourself better. - Helping: you gain an insight into all the effective therapies which will really help you along the way. - Connecting: family members and partners often find that every day can be like dancing on a volcano.
	<p>Menzel, Janett</p>	<p>Mein neues Leben ohne Angst My New Life With No Fear</p> <p>1st edition, 208 pages, 20 illustrations, format 16 x 21,7 cm, paperback approx. € 17.99 ISBN 9783432110769</p> <p>Publication date: 05.02.2020</p> <p>You are not alone with your fears. Many women today are plagued by anxiety and panic attacks. Janett Menzel was herself one of those women and she managed to find her way out of this dead end. Today she is a counsellor and writes the very popular fear-blog. Covering the reversion method and healthy self-care to self-discovery on all levels: physical, mental, emotional and spiritual.</p> <p>Take the time you need to understand your fears, take courage and find your way out of the state of fear.</p>
	<p>Reddemann, Luise Dehner-Rau, Cornelia</p>	<p>Trauma verstehen, bearbeiten, überwinden Understanding, Processing and Overcoming Traumas</p> <p>6th edition, 160 pages, approx. 10 illustrations, format 16 x 21,7 cm, paperback approx. € 19.99 ISBN 9783432111049</p> <p>Publication date: 05.02.2020</p> <p>Traumatic experiences can be very diverse: from the severe childhood experience of loss to sexualised violence. Many people affected in this way suffer from the consequences of these extremely serious emotional experiences for a long time. Above all what they want is to feel safe again and to put the agonising memories behind them. The targeted methods of modern trauma therapy help to develop new confidence in oneself and in others.</p>

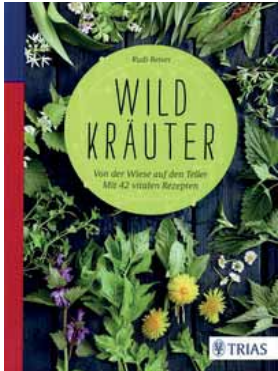


	<p>Adler, Kristin Fengler, Arndt</p>	<p>Gesunde Faszien. Ihr Trainingsprogramm Healthy Fascia. Your Training Programme</p> <p>2nd edition, 184 pages, 180 illustrations, format 22 x 23 cm, paperback approx. € 19.99 ISBN 9783432112374</p> <p>Publication date: 04.08.2021</p> <p>Backaches, a tense neck, a stabbing pain when bending over – very often, sticky fascia can be the cause. The exercises in this book are tailor-made for typical areas of pain such as the rib cage, spinal column, shoulders and knees. They are fun and easy to do, while being totally effective and are easily integrated in our daily routine. All the exercises can also be found on the DVD.</p>
	<p>Adler, Kristin Fengler, Arndt</p>	<p>Psoas-Trainig für Vielsitzer Psoas Training for People with a Sedentary Lifestyle</p> <p>New edition, 128 pages, 70 illustrations, format 16 x 21.7 cm, paperback € 17.99 ISBN 9783432106663</p> <p>Publication date: published October 2018</p> <p>People who spend a lot of their time sitting at work are more likely to be affected by discomfort in the back, buttocks or legs. Frequently it is the relatively unknown psoas and piriformis muscles which are responsible for these conditions. People affected by these conditions will quickly find out by means of a test, described in this guidebook, which they can carry out for themselves which exercises will alleviate their condition. The exercises, which are divided by degree of difficulty, help the user find the most suitable exercise for his or her specific condition.</p> <p>Czech rights sold</p>




	<p>Akoa, Georges Burger, Maximilian Otto, Wolfgang (Hrsg.)</p>	<p>Prostatakrebs Prostate Cancer</p> <p>224 pages, 30 illustrations, format 17 x 24 cm, paperback € 14.99 ISBN 9783432101132</p> <p>Publication date: published 2017</p> <p>A diagnosis of prostate cancer is often a shock for those affected and for their partners as well as throwing up numerous questions: what sorts of therapy options are available? What are the acute consequences and side effects? How does rehabilitation help and how does one deal with the psycho-social stress factors? This book specifically addresses people who are directly affected as well as their partners, and helps both parties to overcome the period of the illness from diagnosis through therapy as a strong couple.</p>
	<p>Albrecht, Karin</p>	<p>Stretching – Elastisch, schmerzfrei und gesund Stretching – Elastic, Pain-free and Healthy</p> <p>1st edition, 160 pages, 100 illustrations, format 16 x 21.7 cm, paperback approx. € 17.99 ISBN 9783432113890</p> <p>Publication date: 01.09.2021</p> <p>It's not just in the morning when you're getting out of bed that you often feel stiff and you find it painful to move. Your old flexibility seems to be lacking throughout the day as you try to do all the little day to day things that used to be so easy to do. And when you're exercising you suddenly notice your muscles have contracted because your feet appear to be out of reach. What you need is to do some stretching. The renowned stretching expert, Karin Albrecht shows you her best exercises based on her many years of experience as well as little programmes which can easily be fitted into your daily routine. Discover the soothing effects of proper stretching which will help with any number of physical ailments.</p>
	<p>Allescher, Hans-Dieter Iburg, Anne</p>	<p>Divertikel – Für immer beschwerdefrei Diverticula – Free from Symptoms For Good</p> <p>3rd edition, 128 pages, 19 illustrations, format 16 x 21,7 cm, paperback approx. € 19.99 ISBN 9783432112879</p> <p>Publication date: 10.06.2020</p> <p>Around 1 person in 10 has these in Germany – diverticula – small bulges or pockets developing in the lining of the intestine. These are actually harmless, but for around 25% of patients, inflammations can develop which can have serious consequences. This new edition offers detailed expert knowledge and information on the diagnosis, medication and possible surgery. It includes over 50 delicious recipes and a large self-help section. Gymnastics, special Yoga exercises and massage therapy, as well as the reduction of stress will alleviate the symptoms.</p>



	<p>Bachmann, Robert Schleinkofer, German M.</p>	<p>Natürlich gesund mit Kneipp Naturally Healthy the Kneipp Way</p> <p>6th edition, 164 pages, 70 illustrations, format 16 x 21,7 cm, paperback approx. € 19.99 ISBN 9783432107967</p> <p>Publication date: 08.04.2020</p> <p>Thanks to Father Sebastian Kneipp we know about the cleansing, refreshing and revitalising power of water. The Kneipp water treatments have been amongst the best known natural therapies for over 100 years. Your Kneipp water treatment at home: strengthen your body's defences and treat any illness the natural way.</p>
	<p>Bartrow, Kay</p>	<p>Der schmerzfreie Rücken The Pain-free Back</p> <p>1st edition, 224 pages, approx. 140 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432109206</p> <p>Publication date: 05.02.2020</p> <p>You're always sitting – at the office, in front of the TV screen, at home in a chair, at the restaurant. Then you turn to pick something up and ... ouch, there goes your back. Or you always aware of a painful pulling in the shoulders, the neck, the backbone and you think to yourself: I really have got to do something about this! No need to worry – this book can help you do something for your backbone and core muscles, all on your own.</p>
	<p>Bartrow, Kay</p>	<p>Schmerzfreier Nacken Pain-free Neck</p> <p>2nd edition, 144 pages, 108 illustrations, format 17x 24 cm, paperback approx. € 19.99 ISBN 9783432109664</p> <p>Publication date: 07.08.2019</p> <p>Your neck is aching, your shoulders and upper back are feeling tight and the pains are radiating through to your head – a painful experience shared by many. But what's to be done when the pain keeps reappearing? There are 10 easy test movements described in this book which will help you work out where your own personal weak points are situated. Using a modular system, individually adapted exercises can be combined to create an effective programme. The exercises are adapted to the various weak points, illustrated in great detail and guarantee long-lasting relief from pain.</p>




	<p>Bartrow, Kay</p>	<p>Lucky Feet</p> <p>1st edition, 144 pages, 114 illustrations, format 16 x 21,7 cm, paperback approx. € 14.99 ISBN 9783432109183</p> <p>Publication date: 07.08.2019</p> <p>Our feet are the foundation of our body. And yet we keep neglecting them in the most ruthless way. If we want them to take us through life without pain and make sure that hallux valgus, flatfoot and splayfoot, skew foot or fallen arches have no chance of kicking in, then they need some special care as well as Kay Bartrow's brilliant foot exercises.</p>
	<p>Bartrow, Kay</p>	<p>Blackroll schmerzfrei & beweglich Blackroll – Pain-free and Flexible</p> <p>136 pages, 89 illustrations, format 15,5 x 18,5 cm, softcover € 12.99 ISBN 9783830480204</p> <p>Publication date: published 2014</p> <p>Fascial training using the Blackroll is the “in” thing. It's extraordinary how quickly persistent tension and recurring pain can be dealt with successfully. The reason is that frequently the causes of these aches and pains are not just in the muscles and joints, but also in the fascial system that is located throughout the body. There is an initial test that helps the reader find out where his weak points are. Once the problem area has been identified, the Blackroll comes into its own. There are 5 large whole body programmes and over 50 exercises which guarantee a sustainable effect – it may be lying down, standing, sitting, using alternative devices or even without a device. You will experience fascial release, tightness is loosened and there is a fabulous sense of total relaxation with renewed total freedom of movement “afterwards”!</p>
	<p>Bartrow, Kay</p>	<p>Das Arthrose-Selbsthilfe-Buch The Osteoarthritis Self Help Guide</p> <p>240 pages, 170 illustrations, format 17 x 24 cm, hardback € 14.99 ISBN 9783432106809</p> <p>Publication date: published October 2018</p> <p>Some five million people in Germany have osteoarthritis, the most common of all joint conditions. As a result of the pain that's associated with this condition, patients generally tend not to use the affected joint, when, in fact, it is regular movement and the proper nutrition that will relieve the pain. Using a targeted exercise programme for each of the “problem joints” as well as tips on nutrition and how to handle the pain, quality of life will be improved.</p>

	<p>Bartrow, Kay</p>	<p>Cupping – die sanfte Art des Schröpfens Cupping – The Gentle Art</p> <p>1st edition, 192 pages, approx. 80 illustrations, format 16 x 21,7 cm, paperback € 14.99 ISBN 9783432111308</p> <p>Publication date: 07.10.2020</p> <p>Cupping is a tried and tested healing method that has been practiced for thousands of years. Modern cupping using silicone cups is simple and is suitable for anyone to apply on themselves. Suction is applied onto the skin by the colourful, elastic cups and creates a vacuum. This promotes blood circulation and relieves tensions and pain. All of the exercises are clearly described and illustrated and the use of the various sizes and colours are explained. There is something extra here too: numerous exercises and wellness programmes are included. These all help with cellulitis, support anti-aging and promote the body's immune defence. Cupping has never been so gentle and so simple!</p>
	<p>Bartrow, Kay</p>	<p>Starke Knie – Schmerzfrei und beweglich Strong Knees – Pain-free and Flexible</p> <p>2nd edition, 152 pages, 130 illustrations, format 17 x 24 cm € 19.99 ISBN 9783432115214</p> <p>Publication date: 12.01.2022</p> <p>Does your knee feel stiff and painful after sitting for a long time or after long walks? This book will help anyone with knee problems and describes a wide variety of therapy options. Eight tests help you identify your own personal problem areas and weaknesses in the meniscus, the nerves, kneecap or even help you discover a possible arthrosis. You will find a personal training programme adapted to your requirements and to how much time you have available and it will help you train yourself back to strong knees again.</p>
	<p>Beiser, Rudi</p>	<p>Wildfrüchte Wild Berries</p> <p>New edition, 160 pages, 90 illustrations, format 16 x 21.7 cm, Flex cover €9.99 ISBN 9783432107394</p> <p>Publication date: published September 2018</p> <p>Eating food from the forest is like balm for the soul: preparing and eating the wild fruit found on trees and bushes is healthy, tasty and is good fun. In fact, just experiencing nature in that way is proven to be good for the spirit. We are introduced to an A to Z of trees and bushes which offer edible foods. Each entry includes two recipes. Berries, leaves, pine needles, blossoms, bark and seeds provide exciting and healthy ingredients for a cuisine that is close to nature. The 40 recipes – maple leaf salad, wild sloe chutneys, delicious spruce jellies, etc. – are all exquisite and full of surprises.</p>

	<p>Beiser, Rudi</p>	<p>Wildkräuter Wild Herbs</p> <p>160 pages, 90 illustrations, format 16 x 21,7 cm, Flex cover € 17.99 ISBN 9783432102658</p> <p>Publication date: published 2017</p> <p>Just step outside your front door and your adventure with wild herbs can begin. Nature's green power has developed from being man's original nutrition into a valuable trend to be enjoyed. Herbs such as hogweed, wild garlic and wild carrots etc. are all super healthy and provide us with a whole new world of flavours. Thanks to the 21 comprehensive portraits with fantastically detailed photographs nothing can go wrong when collecting and preparing these plants. And all the ingenious recipes that are included will certainly wake up those taste buds.</p>
	<p>Beuth, Josef</p>	<p>Gut durch die Krebstherapie Dealing with Cancer Therapy</p> <p>3rd edition, 168 pages, 5 illustrations, format 16 x 21,7 cm, paperback € 19.99 ISBN 9783432100272</p> <p>Publication date: published 2016</p> <p>Cancer therapy is often found to cause multiple and serious side effects. This highly praised guidebook sees itself as a health book for the period during and after cancer therapy. It describes the most frequent symptoms from A to Z. Clearly defined columns provide the reader with precise descriptions of symptoms and the naturopathic treatment of these symptoms while avoiding any further side effects. Measures taken from complementary medicine are included and these provide the reader with information on how to treat everyday ailments. These include susceptibility to infections or varicose veins.</p> <p>German pocket books rights sold for previous edition</p>
	<p>Beuth, Josef</p>	<p>Krebs ganzheitlich behandeln Your Way Through Cancer Therapy</p> <p>4th rev. edition, 256 pages, 23 illustrations, format 16 x 21,7 cm, softcover € 24.99 ISBN 9783830481577</p> <p>Publication date: published 2014</p> <p>A cancer treatment can be accompanied by various and often serious side effects. This guide serves as reference book on health issues during and after cancer treatment. 68 illnesses are described, in alphabetical order. The different categories are held in a consistent format. The symptoms are described in detail, together with natural remedies that have no side effects. In addition, there are recommendations from complementary medicine and tips on how to treat every-day problems like for example susceptibility to infections or varicose veins.</p>




	<p>Bloss, Cornelia</p>	<p>Fibromyalgie – Das Mutmach-Buch Fibromyalgia – The Book That Gives You Courage</p> <p>1st edition, 160 pages, 10 illustrations, format 16 x 21.7 cm, paperback approx. € 16.99 ISBN 9783432112633</p> <p>Publication date: 08.04.2021</p> <p>Cornelia Bloss, the alternative practitioner and a sufferer herself, has taken her own diagnosis, decided to reinterpret the pain positively and shaken her life up. This has opened up a whole new world of undreamt-of possibilities. Despite her condition, she succeeded in completing the Camino de Santiago, the pilgrims' route. The author depicts the best strategies for living your life without allowing the fibromyalgia to take over. She lists the most important findings from conventional medicine and describes manual therapy. Her tip is this: try out whatever helps, for example relaxation, biographical work, exercise, proper nourishment reduction of stress and so much more.</p>
	<p>Börner, Benjamin Moll, Ralf</p>	<p>Das 5-Wochen-Programm für ein starkes Immunsystem The 5-week Programme for a Strong Immune System</p> <p>1st edition, 144 pages, 20 illustrations format 16 x 21.7 cm, paperback approx. € 16.99 ISBN 9783432113630</p> <p>Publication date: 13.01.2021</p> <p>There's the coronavirus, the flu, intestinal and cold germs and fungi – we're permanently surrounded by pathogens which make us ill. But our resistance is an unbelievably powerful system. There's a lot we can do for it by caring for it, supporting it and training it.</p>
	<p>Börner, Benjamin Moll, Ralf</p>	<p>Voller Energie statt chronisch erschöpft Full of Energy, Yes – Chronic Exhaustion, No!</p> <p>1st edition, 176 pages, 26 illustrations, format 17 x 24 cm, paperback approx. € 17.99 ISBN 9783432112565</p> <p>Publication date: 13.01.2021</p> <p>When tiredness, listlessness and a lack of energy determine what your day is like, it's about time to do something about it. The last thing you want is a burnout situation. Specialised in integrated medicine, the alternative practitioner, Benjamin Börner and the nutritionist Ralf Moll have put together a holistic solution in this practical 5-week programme. Using fasting, detoxification and relaxation you can target interference zones such as nutrient deficiency, intestinal inflammation, environmental pollutants as well as chronic stress. This publication includes 50 recipes to provide your body with green power foods for renewed energy.</p>

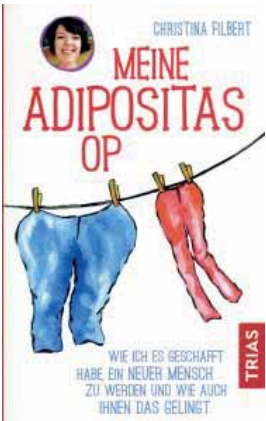


	<p>Börsteken, Barbara</p>	<p>Köstlich Essen - Nierenerkrankungen Delicious Food for Renal Diseases</p> <p>3rd edition, 144 pages, 60 illustrations, format 22 x 23 cm, paperback € 24.99 ISBN 9783432108414</p> <p>Publication date: March 2019</p> <p>How big a role does nutrition actually play in this condition? Different renal disorders and stages in insufficiency call for a halt on salt, or the need to eat less protein and to change the fats in your diet. In Germany alone, some 4 million people are affected and now, thanks to this illustrated cookbook with 120 varied recipes, they can learn how to avoid dialysis but still enjoy delicious food, by simply changing a favourite recipe, slightly. Of course, many specific illness-related tips for the kitchen are also included.</p>
	<p>Breitenbach, Verena</p>	<p>Ganz intim All Very Intimate</p> <p>1st edition, 224 pages, approx. 15 illustrations, format 13,5 x 21 cm, paperback approx. € 16.99 ISBN 9783432111148</p> <p>Publication date: 07.10.2020</p> <p>There's a lot more to discover behind the <i>mons veneris</i>, or the mound of Venus, than most women think. Gynaecologist, Dr. Verena Breitenbach has her own charming and entertaining way of looking at the female body and its functions. How is the uterus constructed? Is there such a thing as vaginal orgasm? What can a woman do to ensure a healthy vaginal flora? In doing so she describes the close relationship between body and soul while referring to both conventional medicine and to naturopathic medicine. There are numerous tips drawn from her gynaecological practice which she uses to show women what they can do for their health in a natural way. Women will be able to understand their bodies better, listening to signals and developing a positive feeling.</p>

	<p>Brötz, Doris Weller, Michael</p>	<p>Bandscheiben-Aktiv-Programm The Active Intervertebral Discs Program</p> <p>4th edition, 144 pages, 100 illustrations, format 16 x 21,7 cm, paperback € 19.99 ISBN 9783432115092 Publication date: 06.10.2021</p> <p>Everyday experience has shown that people with disc problems need exercises which, on the one hand, strengthen any weak points and, on the other hand, guarantee that they don't make a wrong move. This revised exercise book helps us to be better at judging the generally more difficult to localise pain stimuli so that we can react more successfully with the right exercises. The effect: within just two weeks mobility increases and pain decreases. Important: the training is always oriented to a patient's status which makes it perfect even after surgery.</p>
	<p>Brückle, Wolfgang</p>	<p>Fibromyalgie Fibromyalgia</p> <p>5th edition, 144 pages, 35 illustrations, format 16 x 21,7 cm, paperback approx. € 17.99 ISBN 9783432107479 Publication date: 09.10.2019</p> <p>Pains in the whole body as well as weariness, insomnia and emotional suffering are regular ailments of this disease. These symptoms can be burdensome for people affected. This up-dated version provides basic information on fibromyalgia. Furthermore, the highly renowned author reveals natural treatment methods, a new way of managing stress and tips on how to help yourself.</p>
	<p>Brütz, Sabine</p>	<p>Heilsame Hypnose Healing Hypnosis</p> <p>1st edition, 160 pages, 10 illustrations, format 16 x 21,7 cm, paperback approx. € 16.99 ISBN 9783432114101 Publication date: 04.08.2021</p> <p>Do you suffer with anxiety, with aches and pains? Are you desperate to give up smoking? Is insomnia one of your problems or are menopausal symptoms causing you grief? If so, you'll find that hypnosis can really work wonders. Hypnosis can help to recognise the causes and the reasons for your problems which may be buried deep in your subconscious. It leads you into a state of deep relaxation and helps track down negative behavioural patterns and beliefs turning them into a positive direction.</p>

	<p>Dr. Cramer, Annette</p>	<p>Tinnitus – Wirksame Selbsthilfe mit Musiktherapie Tinnitus – Effective Self-Help with Music Therapy</p> <p>4th edition, 144 pages, 18 illustrations, format 16 x 21,7 cm, Hardcover, 2 audio CD's: run-time 141:43 minutes € 24.99 ISBN 9783432106533</p> <p>Publication date: published April 2018</p> <p>Music therapy can produce astonishing results particularly in those patients who have been suffering with tinnitus long term. The revised programme consists of a book and two audio CD's which focus more than ever on the needs of the affected person. The book is informative about the causes of tinnitus as well as being a useful guide to appropriate therapy. The two CD's contain new pieces, offer a wide range of sound and musical examples as well as two 7-day training programmes which can easily help to put the written word into practice. What is unique about it is that the listener can combine the exercises to suit him and his requirements. By listening correctly, he will learn to go into deep relaxation and start to hear actively again – and the tinnitus will just fade away.</p>
	<p>Die Malteser in Deutschland (eds.)</p>	<p>Mit Demenz leben Living with Dementia</p> <p>New edition, 132 pages, 80 illustrations, format 17 x 24 cm, paperback € 14.99 ISBN 9783830469179</p> <p>Publication date: published 2015</p> <p>Quality of life: Since 2002, the Maltese have been increasingly committed to the care of people with dementia. In doing so they are passing on the concept of the Silviahemmet Foundation established by Queen Silvia of Sweden. Proven experts of the Maltese foundation pass on their expertise that is suitable for daily use and show how best to help people affected by the condition, be it directly or indirectly such as family members and carers and how to support and unburden themselves.</p>
	<p>Prof. Dr. Med. Diener, Hans-Christoph</p>	<p>Der Migräne-Therapiekompass The Migraine Therapy Compass</p> <p>1st edition, 112 pages, 35 illustrations, format 16 x 21,7 cm, paperback approx. € 14.99 ISBN 9783432114484</p> <p>Publication date: 04.08.2021</p> <p>Learn all about the latest findings and therapy options from one of Germany's leading migraine experts:</p> <ul style="list-style-type: none"> - special situations: migraine in children, young people and older people over 65, during menstruation or pregnancy and nursing. - therapy guide: how do I make use of analgesics and other medication correctly. How do I prevent migraines from happening? Are monoclonal antibodies a suitable alternative? - self-help: what forms of treatment are available and how can I make use of them? What non-pharmaceutical treatments are there which I can use as preventative measures for myself?




	<p>Prof. Dr. Dierkesmann, Rainer</p> <p>Dr. Kaiser, Sonja</p>	<p>Asthma, COPD, Lungenemphysem Asthma, COPD, Pulmonary Emphysema</p> <p>4th edition, 112 pages, 85 illustrations, format 15,5 x 18,5 cm, € 17.99 ISBN 9783432114576</p> <p>Publication date: 09.02.2022</p> <p>Running out of breath? This exercise book is specifically designed for people suffering from asthma, chronic bronchitis and pulmonary emphysema. The exercises can easily be done in the comfort of your own home. The spotlight is on active self-help to help alleviate any breathlessness during physical activity and also to permanently reduce the symptoms.</p> <p>Effective emergency aid: In the event of acute shortness of breath, special exercises provide quick relief.</p> <p>Keeping the airways open: The correct coughing technique will clear the bronchi.</p> <p>Strengthening the muscles: Breathing exercises to strengthen your respiratory muscles.</p>
	<p>Enders, Norbert</p>	<p>Enders' Handbuch Homöopathie Enders' Homeopathy Handbook</p> <p>5th revised edition, 648 pages, 4 illustrations, format 17 x 24cm € 39.99 ISBN 9783432103723</p> <p>Publication date: published 2016</p> <p>The bestseller by Dr Enders now appears in a new, modern outfit. More than 600 pages of vivid and detailed information offer readers sound knowledge on homeopathy as well as homeopathic remedy pictures, information inserts, and much more. Specific innovations greatly facilitate the search for specific complaints. The basic structure no longer advances from A to Z, but proceeds from "head to toe", which makes daily work and the finding of complaint-related information much easier. At the same time, readers can be sure to find the correct remedy.</p>
	<p>Feldkamp, Joachim</p>	<p>Gut leben mit Hashimoto Living Well With Hashimoto's Disease</p> <p>160 pages, 29 illustrations, format 16 x 21,7 cm, paperback € 17.99 ISBN 9783432104485</p> <p>Publication date: published 2017</p> <p>Anyone affected by Hashimoto's thyroiditis knows one thing above all else: treating this auto-immune disease is definitely a challenge. To start with, there is the over-function of the thyroid, then under-function, resulting in a wide range of symptoms which makes the diagnosis and treatment very difficult. This guidebook clearly explains this syndrome and answers questions such as "Should I be taking nutritional supplements?", "Does giving up certain foods alleviate the symptoms?" or "What can I do if symptoms such as tiredness, weight gain or hair loss continue to affect me despite taking hormones?"</p>



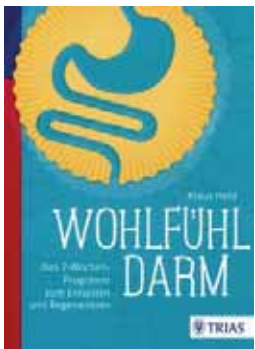
	<p>Feichtinger, Thomas Niedan-Feichtinger, Susana</p>	<p>Schübler – Kurz und bündig Schübler – Short and Sweet</p> <p>4th edition, 144 pages, format 10 x 16 cm, paperback € 9.99 ISBN 9783432101163,</p> <p>Publication date: published October 2018</p> <p>Information on all 24 Schübler's Tissue Salts available in a practical mini format. Whether at home, at work, for travel or on route to the chemist's shop: Here, readers will find at a glance which salts are effective for 600 different complaints. This unique synopsis will meet the approval of both newcomers as well as established Schübler fans.</p> <p>Beside the practical index of indications from A to Z, the Haug mini offers all important essential information on:</p> <ul style="list-style-type: none"> • The action of the 12 classical and the 12 supplemental Schübler's Tissue Salts. • The correct dosage and manner of taking Schübler's Tissue Salts. <p>Recipes for preparing creams, gels and bathing salts.</p>
	<p>Fengler, Arndt Dr. med. Galla, Mellany</p>	<p>Die einfachsten Fuß-Übungen aller Zeiten The Easiest Foot Exercises of All Times</p> <p>1st edition, 128 pages, 210 illustrations, format 22 x 23 cm, paperback € 17.99 ISBN 9783432113463 Publication date: 06.10.2021</p> <p>Anyone who's having a hard time with their feet knows perfectly well: hallux, skew or splay foot, fallen arches or flat feet can make life a pain. Systematic and regular gymnastics would help. But the exercises are often far too difficult to encourage one to make the effort! This is the book you need: the foot specialist Dr. Mellany Galla and the physiotherapist Arndt Fengler show you the simplest exercises for your feet here. Step by step, with the most important information and lots of pictures to help you copy the exercises. Tips from the experts clearly illustrated – so you can immediately see what you need to look out for.</p>
	<p>Fengler, Arndt</p>	<p>Der kleine Knie-Coach The Little Knee Coach</p> <p>1st edition, 128 pages, 100 illustrations, format 17 x 20 cm, paperback approx. € 12.99 ISBN 9783432113814</p> <p>Publication date: 08.04.2021</p> <p>How would it be to be able to move without pain again? How about taking action against the pain caused by arthrosis, rheumatism or a sports injury in the knee. What you need is The Little Knee Coach. It will motivate and support you with diverse exercises. Tried and tested tips will also help you alleviate the pains effectively:</p> <ul style="list-style-type: none"> • Self-test: what is causing the pains in my knee? • Personal training: the 40 best exercises for beginners and advanced practitioners alike • For fitting in: easy to fit into your daily routine <p>Walking with a spring in your step again!</p>




	<p>Filbert, Christina</p>	<p>Meine Adipositas-OP My Obesity Surgery</p> <p>1st edition, 204 pages, 3 illustrations, format 13,5 x 21 cm, paperback approx. € 16.99 ISBN 9783432110202</p> <p>Publication date: 06.05.2020</p> <p>“Just eat less and do more sports” – as though that were so easy. Even Christina Filbert herself suffered from clinical obesity. She'd been battling with diets since her youth and tried everything to normalise her weight. Till she finally took the brave decision to radically change her life by going for gastric surgery. In this gripping book she shares her experiences on her way to reducing her weight by 70 kilos: from the initial idea of having surgery, the investigations, all about the surgery itself all the way to her life two years later. One thing is certain for Christina Filbert today: “I would do it all again!”</p>
	<p>Fischer, Jürgen</p>	<p>Das Arthrose-Stopp-Programm Stop the Advance of Osteoarthritis</p> <p>4th edition, 106 pages, 86 illustrations, format 17 x 20 cm € 14.99 ISBN 9783432102337</p> <p>Publication date: 14.12.2016</p> <p>Over 2 million osteoarthritis patients in Germany can finally breathe a sigh of relief: the advance of joint wear and tear can be stopped by means of targeted exercises. People affected by this condition can continue to be mobile in their everyday life and can remain physically active. The author has used his many years' experience as an orthopaedic and sports physician to put together the best tips and exercises against the progressive “disintegration” of joints. It is noteworthy that each exercise can be read and executed within 3 minutes.</p>
	<p>Frank, Matthias</p>	<p>Krebs Cancer</p> <p>1st edition, 240 pages, approx. 6 illustrations, format 13,5 x 21 cm, paperback € 14.99 ISBN 9783432109978</p> <p>Publication date: 05.02.2020</p> <p>Being told you have cancer is a dramatic experience that comes with great fear and a thousand questions: what's happening in my body now, which treatment is the most likely to help me, what can I do to combat side-effects? Of course you've often heard about natural medicine, such as, for example, mistletoe therapy – but what can sensibly complement conventional therapy and what is just a lot of nonsense? Dr. Matthias Frank, general practitioner and expert in naturopathy, knows the answers and explains which alternative treatment methods have been proven to be effective.</p>




	<p>Freier, Lutz</p>	<p>Das Anti-Schmerz-Programm The Anti-Pain Programme</p> <p>1st edition, 132 pages, approx. 170 illustrations, format 16 x 21,7 cm, paperback approx. € 16.99 ISBN 9783432111872</p> <p>Publication date: 05.08.2020</p> <p>Most Germans are often affected by pain. This book explains how to help yourself when that happens. Using three points massage, pain can be eliminated in three steps in a flash, at home or out and about, alone or with a partner. The method is simple but brilliant: first to the point of the pain, then the hand, then the ear. It combines the knowledge taken from ear and hand acupuncture with massage practice. Thanks to numerous pictures and step-by-step instructions, it is easy to implement this method. More than 50 types of everyday pains can be treated in this way: head, nose, ears, mouth, throat, joints, back, stomach, feet.</p>
	<p>Fröhlich, Valentin</p>	<p>Heilsame Bewegung bei Fibromyalgie, Rheuma und chronischen Schmerzen Healing Movement Against Fibromyalgia, Rheumatism and Chronic Pain</p> <p>1st edition, 192 pages, 80 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432113784</p> <p>Publication date: 04.08.2021</p> <p>Do not despair if medication hardly works at all and your doctor is unable to find a solution for your symptoms. Valentin Fröhlich helps by using a holistic view of the person. He himself suffered pain for many years. Today, working as a practitioner in psychotherapy and a yoga teacher, he gives you tips for dealing with chronic pain.</p>
	<p>Frohme, Gabriele</p>	<p>Corona – Wie Sie die psychischen Herausforderungen meistern</p> <p>1st edition, 160 pages, approx. 30 illustrations, format 16 x 21,7 cm, paperback approx. € 14.99 ISBN 9783432113531</p> <p>Publication date: 07.08.2020</p> <p>Social distancing and mandatory face masks, working from home, and reduced hours, uncertainty about future income, illness affecting your nearest and dearest and a diminished quality of life – the corona crisis has a lot to answer for presenting us with major challenges. Our emotional wellbeing is particularly affected by the measures which have been introduced for the protection of our physical health and which alter our professional and recreational life. The many exercises and practical tips in this guidebook provide us with the emergency aid we need that can be applied to any crisis situation.</p>


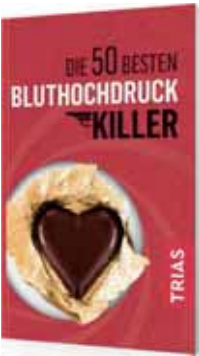

	<p>Galla, Mellany Fengler, Arndt</p>	<p>Füße in Bestform Your Feet in Tiptop Form</p> <p>1st edition, 160 pages, approx. 80 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432111162</p> <p>Publication date: 07.10.2020</p> <p>What we expect our feet to do for us is to give us stability and carry us through the day safely and securely. But how do we get feet to stay strong and healthy so they can take the daily stresses? So we can carry on hiking and jogging or just to carry on staying happily mobile? It might be bunions (<i>Hallux valgus</i>), bad posture, unstable ankles or painful soles – this book describes the symptoms of the most common foot problems and shows us how foot gymnastics can help to deal with it all. Simple but effective exercises for every day and for every condition will return your feet to tiptop form again.</p>
	<p>Garcia, Isabel</p>	<p>Lipödem - Ich bin mehr als meine Beine Lipoedema – I am more than just my legs</p> <p>1st edition, 288 pages, approx. 30 illustrations, format 13.5 x 21 cm, paperback € 19.99 ISBN 9783432107882</p> <p>Publication date: published December 2018</p> <p>There came a point when Isabel García just had enough. She wanted to know how life with lipoedema could be made easier. How to get the pain under control and how to manage to feel beautiful and self-confident again. And what nutrition and what exercises are the most helpful. Using her self-help strategies it is possible to find a way to healthy food choices, sensible exercises and a feel-good body. And another strong plus-point: the tips on styling and quick wittedness will additionally boost the sense of self-confidence! A most helpful book!</p>
	<p>Gautschi, Roland</p>	<p>Triggerpunkte & Faszien Trigger Points and Fascia</p> <p>1st edition, 352 pages, 690 illustrations, format 17 x 24 cm, paperback approx. € 29.99 ISBN 9783432116464</p> <p>Publication date: 04.05.2022</p> <p>Trigger points are painful, permanently shortened zones within the muscle tissue which have poor circulation and which frequently result in radiating pain. This book is about understanding how trigger points occur and what lies behind them, recognizing where the pain comes from, where it radiates to and what keeps it going. It illustrates how myofascial pain and functional disorders can be treated with targeted massage of the trigger points and fascia, as well as identifying functional exercises which actively support the healing process thus preventing relapses.</p>


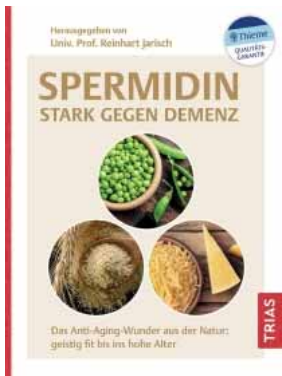

	<p>Gerhard, Ingrid</p>	<p>Frauengesundheit Women's Health</p> <p>3rd edition, 352 pages, 30 illustrations, format 17 x 24 cm, paperback approx. € 24.99 ISBN 9783432105932</p> <p>Publication date: 07.10.2020</p> <p>What you want is to be fit and healthy at every phase of your life, right? You want to be active and you want to be treated in a way that suits you, correct? Sadly, not every doctor's surgery is open to individualised treatments that will be tailored to your special female needs. Prof. Ingrid Gerhard explains which holistic methods are specifically designed to keep women healthy and full of energy.</p>
	<p>Gottmann, Judith</p>	<p>Magersucht überwinden Conquering Anorexia</p> <p>1st edition, 176 pages, 3 illustrations, format 13.5 x 21 cm, € 19.99 ISBN 9783432115115 Publishing date: 06.10.2021</p> <p>Eating disorders are a vicious circle as they also stand for a crisis of identity at the same time. It is only when we can fully accept ourselves as we are that the healing process can succeed. In her youth, Judith Gottmann suffered with anorexia herself and she professionally supports you here to find your way out of this condition. A wide range of exercises for the mind, body and soul lead you to the causes of your condition. Learn how to strengthen your own self-love and how to protect yourself from crises situations. With parents so often concerned about their child in such cases, the whole family becomes involved in the healing process.</p>
	<p>Grzelak, Claudia Hirschmann, Katja</p>	<p>Das Backbuch für Diabetiker The Baking Book for Diabetics</p> <p>3rd edition, 128 pages, 36 illustrations, format 17 x 20 cm, paperback € 14.99 ISBN 9783432108452</p> <p>Publication date: published April 2019</p> <p>This beautiful baking book is the result of the authoresses' long-term experience in counselling and teaching. The recipes allow diabetics who are sorely afflicted enjoyment without regret: The spectrum reaches from classics such as fruit cakes to new, trendy cakes (such as latte machiato cake) to Christmas cookies and delicious pizza pockets. Based on recent scientific recommendations, each recipe contains details on calories, fat, proteins, carbohydrates, including the calculation of the carbohydrate exchange value.</p>

	<p>Günther, Wolfram Landthaler, Irmgard</p>	<p>Köstlich Essen - Gicht Delicious Foods for Gout Sufferers</p> <p>4th edition, 144 pages, 60 illustrations, format 22 x 23 cm, paperback € 19.99 ISBN 9783432108476</p> <p>Publication date: published February 2019</p> <p>Gout is often thought to be connected with bad nourishment. This will often mean that a simple change in ones eating habits is all it takes to improve the condition. With not a hint of a diet! The 130 recipes contained in this publication help you enjoy some tasty meals – and meanwhile there's a noticeable drop in the uric acid values.</p>
	<p>Hecker, Hans-Ulrich Hecker, Janna</p>	<p>Aku-Taping für Frauen Acupressure Taping for Women</p> <p>New edition, 160 pages, 105 illustrations, format 22 x 23 cm, paperback € 9.99 ISBN 9783432102528</p> <p>Publication date: published 2016</p> <p>Acupressure taping, or acutaping, helps combat PMS, cystitis and connective tissue weakness – it does this gently and with no side effects. It also has a soothing effect in cases of exhaustion and emotional stress. This holistic method is based on the fundamentals of Traditional Chinese Medicine (TCM). The tapes are placed over acupressure points and meridians and this revitalizes the flow of energy.</p> <p>Czech rights sold</p>
	<p>Heid, Klaus</p>	<p>Wohlfühl-Darm Feel-Good Intestines</p> <p>128 pages, 38 illustrations, format 16 x 21,7 cm, paperback € 12.99 ISBN 9783432103815 Publication date: published 2017</p> <p>The cause of digestive problems, auto-immune conditions or skin problems can often be found in a disturbance of the intestinal flora. That must be enough of a reason to take a step back and give the gut a bit of a break. This 2-week intensive programme is based on the latest findings in intestinal research and will help to soothe, cleanse and gently restore the gut. The 35 feel-good recipes and beneficial relaxation exercises make your intestines feel as though they've gone on a dream holiday!</p>




	<p>Heyny, Rosemarie</p>	<p>Organuhr und 5 Elemente Organ Body Clock and the 5 Elements</p> <p>New edition, 144 pages, 30 illustrations, format 17 x 20 cm, paperback € 14.99 ISBN 9783432106960</p> <p>Publication date: published October 2018</p> <p>Each of the body's organs works and rests at very specific times. This ancient Chinese knowledge provides the foundation for healing different physical and emotional conditions. Many people, disappointed in Western medicine, search for healing here. Rosemary Heyny introduces us to simple exercises, matched to the organic body clock and the 5 elements.</p>
	<p>Hiller, Andrea</p>	<p>Richtig einkaufen Glutenfrei Shopping the Gluten-free Way</p> <p>3rd Edition, 112 pages, 5 illustrations, Format 10 x 16 cm, paperback € 9.99 ISBN 9783830484035</p> <p>Publication date: published 2015</p> <p>People with gluten intolerance or coeliac disease often find food shopping very tedious and time-consuming: the products have to be examined with great care and manufacturer's data need to be studied thoroughly. This guidebook offers a practical shopping companion – a quick look at the list of products based on the traffic light principle will show the reader if something can be enjoyed safely.</p>
	<p>Hiller, Andrea</p>	<p>Köstlich essen bei Zöliakie Delicious Foods for Coeliacs</p> <p>3rd edition, 160 pages, 60 illustrations, format 22 x 23 cm, paperback € 19.99 ISBN 9783432100807</p> <p>Publication date: published 2016</p> <p>Does one really have to give up the delights of fresh rolls, the scent of freshly baked bread and delicious cakes when one is diagnosed with coeliac disease? Not a bit of it! It's perfectly possible to magic some truly delicious dishes even with no gluten – as the 140 tried and tested recipes in this cook book prove. The extensive table of foods which conceal gluten promises to make your shopping experience safe and easy.</p>




	<p>Hirscher, Petra</p>	<p>Die wunderbare Kraft der adaptogenen Pflanzen The Wonderful Power of Adaptogenic Plants</p> <p>1st edition, 200 pages, approx. 36 illustrations, format 17 x 20 cm, paperback € 12.99 ISBN 9783432110004</p> <p>Publication date: published in December 2019</p> <p>Adaptogens are plant extracts which make the body resistant to stress as well as bolstering your nerves and mind. Their effect is both stimulating and invigorating and also calming – just exactly as and when you need it!</p> <ul style="list-style-type: none"> - For the gardener: how you can grow adaptogenic plants yourself – in the garden, on the balcony or on the windowsill in your kitchen - Over 140 recipes for tinctures, teas and lots of goodies to help relax the mind and body.
	<p>Hirscher, Petra</p>	<p>Die einfachsten Hausmittel aller Zeiten The Simplest Household Remedies of All Times</p> <p>1st edition, 128 pages, 110 illustrations, format 16 x 21,7 cm, paperback € 14.99 ISBN 9783432112459</p> <p>Publication date: 09.12.2020</p> <p>Speedy help required when someone's not feeling all that well? It can also be done without any drugs! Tried and true household remedies are unbeatable when it comes to dealing with harmless but troublesome conditions: for example, try cinnamon porridge for diarrhoea, a ginger compress is soothing against headaches and a camomile pillow is just the thing for a good night's sleep. This book includes 50 simple recipes for everyday complaints. No more than 6 ingredients, easily available in any household, are required to create soothing remedies in just a few minutes with the aid of the clear illustrations. That's all you need to combat colds, etc. – and no side effects involved!</p>
	<p>Hirscher, Petra</p>	<p>Die einfachsten Hausmittel für Kinder The Simplest Household Remedies for Children</p> <p>1st edition, 128 pages, 110 illustrations, format 16 x 21,7 cm, paperback approx. € 14.99 ISBN 9783432112237</p> <p>Publication date: 05.08.2020</p> <p>Fevers, runny nose, tummy ache, ear ache – little children often feel ill. Gentle and natural alternatives entirely without drugs and nasty side effects are clearly popular with parents: for example, little peppermint balls can have a beneficial effect on toothache, banana tea is a popular sleep aid, frozen lemons help with nausea etc. 50 easy to follow household remedies are presented on a double page spread here. Each of the recipes can easily be prepared in a jiffy following the clear illustrations using a maximum of 4 ingredients available in every household. Your little ones will be all better again in a flash.</p>

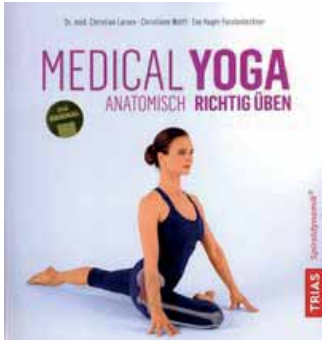

	<p>Hofele, Karin Burkhard, Marion</p>	<p>Richtig einkaufen bei Diabetes Shopping the Right Way with Diabetes</p> <p>3rd Edition, 140 pages, 4 illustrations, format 10 x 16 cm, paperback € 9.99 ISBN 9783830463085</p> <p>Publication date: published 2015</p> <p>Decisively selected foodstuffs – that’s the way to do it: Indulge joyfully and still keep your blood sugar and weight in check. It’s the right selection that counts.</p>
	<p>Hoffbauer, Gabi</p>	<p>Die 50 besten Bluthochdruck-Killer The 50 best Blood Pressure Killers</p> <p>3rd edition, 96 pages, 4 illustrations, format 10 x 16 cm, paperback € 9.99 ISBN 9783432100838</p> <p>Publication date: published August 2018</p> <p>A practical pocket-sized reference book. Effective tricks using nutrition, movement and relaxation. Enormous target group: some 20 million Germans have high blood pressure.</p>
	<p>Höfler, Heike</p>	<p>Entspannungstraining für Kiefer, Nacken, Schultern Relaxation Training for the Jaw, Neck and Shoulders</p> <p>3rd edition, 120 pages, 101 illustrations, format 22 x 23 cm, paperback € 14.99 ISBN 9783432114729 Publication date: 06.10.2021</p> <p>The face, jaw and neck and shoulder areas are the first visible victims of stress. The muscles in these areas are closely connected with each other and are the quickest to react to tension. Many people are sufferers. Heike Höfler gives a clear and precise description of the anatomy and interaction of the nerves and muscles. These exercises can be carried out at any time and anywhere.</p> <ul style="list-style-type: none"> • The first book with holistic programmes for the jaw, neck and shoulders • Understanding the interaction between muscles, the nervous system and internal wellbeing • 10 series of exercises targeted against each particular form of tension <p>Croatian rights sold for previous edition</p>

	<p>Höfler, Heike</p>	<p>Der kleine Coach für Kiefer & Nacken The Little Coach for Jaw and Neck</p> <p>1st edition, 128 pages, 100 illustrations, format 17 x 20 cm, paperback approx. € 12.99 ISBN 9783432113838</p> <p>Publication date: 08.04.2021</p> <p>Stress-related tooth grinding, mobile phone neck or poor posture when working at your desk – if your jaw and neck muscles are tensed up then that can be painful. What helps is The Little Jaw and Neck Coach which shows you the simplest and best exercises for your problem area. It motivates and supports you with valuable tips to alleviate your pains. Using targeted training programmes for mobilisation, stretching, strengthening and relaxation. Find out what causes tooth grinding and tension in your neck and what triggers you should look out for.</p>
	<p>Dr. med. Jarisch, Reinhart</p>	<p>Spermidin – stark gegen Demenz Spermidine – Powerful Against Dementia</p> <p>1st edition, 144 pages, 30 illustrations, format 16 x 21,7 cm, paperback approx. € 17.99 ISBN 9783432113784</p> <p>Publication date: 09.03.2022</p> <p>Here's a chance to outwit Alzheimer's disease and dementia as well as other memory defects. This guide familiarises you with the Spermidine proteins – naturally found in foods. It rejuvenates your cells and protects the brain. This book is full of delicious recipe ideas and information about foods high in Spermidine such as wheat germ, dried soya beans and pumpkin seeds - all of which will increase the chances of a healthy aging process.</p>
	<p>Kneipp, Sebastian</p>	<p>Meine Wasserkur – So sollt ihr leben My Water Cure – How to Live</p> <p>9th edition, 512 pages, format 16 x 21.7 cm, hardback € 19.99 ISBN 9783432107431</p> <p>Publication date: published June 2018</p> <p>The water cure was already known to the Greeks and the Romans as a healing method, but over the centuries it slowly fell into oblivion. Sebastian Kneipp discovered the therapeutic benefits of this method of treatment and developed it further. Kneipp therapies are as popular as ever today. In addition to the familiar water cure, Kneipp advocated a natural way of life, close to nature. So, for anyone who is a Kneipp fan, these two standard works "My Water Cure" and "How to Live" combined in one volume are a definite must-have.</p>

	<p>König, Roland</p>	<p>Der kleine Anti-Burnout-Coach The Little Anti-Burnout Coach</p> <p>1st edition, 128 pages, 40 illustrations, format 16 x 21,7 cm, paperback approx. € 14.99 ISBN 9783432112596</p> <p>Publication date: 07.10.2020</p> <p>Burnout is a phenomenon which has slowly developed into a wide-spread disease and is now beginning to affect people in all professional groups. At the same time there are numerous ideas for prevention available as well as drop-in centres. However, many groups at risk initially just wish for easy, brief instructions and simply cannot raise the energy (yet) for a visit to the doctor's. Here is where this guidebook fits in: it helps with safely recognising the typical symptoms and offers specific exercises which have proven themselves in the hypno-psychotherapy practice of the author on a daily basis.</p>
	<p>Krag, Werner</p>	<p>Das Alzheimer-Stopp-Programm The Stop Alzheimer's Disease Programme</p> <p>1st edition, 176 pages, approx. 10 illustrations, format 13,5 x 21 cm, paperback approx. € 14.99 ISBN 9783432110684</p> <p>Publication date: 08.01.2020</p> <p>Stopping Alzheimer's Disease and dementia, treating them successfully or just not allowing it to happen? This is still nothing but a dream for many. But science and quite a number of physicians have got further than that. What matters is mental fitness and a holistic understanding of the mind and body. Understanding the brain, valuing relaxation, recreation and movement, making clever use of many little helpers: that is how you can work against forgetfulness, whether it's for a loved one or for yourself.</p>
	<p>Dr. med. Krämer, Günter</p>	<p>Diagnose Epilepsie Diagnosis Epilepsy</p> <p>3rd edition, 144 pages, 20 illustrations, format 15 x 22.5 cm, paperback approx. € 17.99 ISBN 9783432113678</p> <p>Publication date: 04.08.2021</p> <p>This is a widespread condition, a condition with many aspects: in addition to the grand mal seizures, a short "absence" can also be a sign of epilepsy. This is a tried and tested guide which, briefly and succinctly, provides information about all the forms and types of epilepsy, examinations, treatments and important questions of relevant social law. It touches upon questions of life planning, on profession, family and leisure time. It is a book that offers courage and provides many tips on how to deal with life with self-confidence and optimism.</p>

	<p>Laimighofer, Astrid</p>	<p>Köstlich essen-Divertikel Eating well with Diverticula</p> <p>New edition, 144 pages, 48 illustrations, format 22 x 23 cm, paperback € 19.99 ISBN 9783432106625</p> <p>Publication date: published August 2018</p> <p>The number of people diagnosed with this condition is on the rise: by the age of 60, 30% of the population suffers from a diverticular condition – for some 20-25% this turns into an inflammation, so-called diverticulitis, which requires acute treatment. There are 110 recipes here which will help those affected – all clearly set out using the traffic light recipe system and taking the reader through every phase of the condition. During the acute phase a period of fasting will be called for, after that there will be a slow build up period using broths, soups and low viscosity foods.</p>
	<p>Langendoen, John Sertel, Karin</p>	<p>Taping Taping</p> <p>96 pages, 100 illustrations, format 16 x 21,7 cm, paperback € 12.99 ISBN 9783432104058</p> <p>Publication date: published 2017</p> <p>Physio-professionals, sports people and people with mobility issues: they all swear by taping. For this method is not only effective and free of any side effects – and it works in three ways: on muscle and nerve pains and also on sticky fascia. The new “Langendoen” provides a quick and easy overview and explains each and every application using text and illustrations. Furthermore we are shown the positions of the large fascia here together with the best fascia tapes, making it possible for anyone to treat the relevant issue themselves.</p> <p>Simple Chinese rights sold</p>
	<p>Langendoen, John</p>	<p>Taping im Sport Taping in Sport</p> <p>192 pages, 120 illustrations, format 17 x 24 cm, softcover, DVD: running time approx. 50 minutes € 14.99 ISBN 9783830469452</p> <p>Publication date: published 2014</p> <p>The colourful tapes on backs, arms and legs are now here to stay: used in the treatment of injuries, pain and scars in professional sports these tapes can also help in recreational sports. But how do you apply them correctly – particularly in an acute case, or in the case of an injury that looks as though it will get in the way of that run after work you'd been so looking forward to? We have here the 45 most important sport tapes from head to toe for over 100 ailments – and they're divided by sport.</p> <p>Simple Chinese rights sold</p>

	<p>Langendoen, John Sertel, Karin</p>	<p>Das Taping-Selbsthilfe-Buch The Self-help Book on Taping</p> <p>2nd edition, Book: 272 pages, 170 illustrations format 17 x 24 cm, flexcover DVD: 31:19 minutes € 29.99 ISBN 9783432101729</p> <p>Publication date: published 2017</p> <p>Taping is the latest thing: nowadays it's not just being applied by physiotherapists, but laypeople are applying this effective method which is totally free of any side-effects to themselves with increasing frequency. This does not just treat the symptoms or local pain, it has a holistic effect that concentrates on the more deep-seated causes. Precise step-by-step photographs guarantee optimal application.</p> <p>English, Spanish, Greek, French, Korean, Polish, Simple Chinese, Russian and Czech rights sold</p>
	<p>Dr. med. Larsen, Christian</p>	<p>Entspannter Kiefer Relaxed Jaw</p> <p>2nd edition, 64 pages, format 13,5 x 19 cm, paperback € 9,99 ISBN 9783432113289 Publication date: 04.08.2021</p> <p>Do you grind your teeth at night or experience an audible or palpable crunching sound? Are you aware that you often clench your teeth or unconsciously grit your teeth? Relax that jaw! These effective exercises from Spiral Dynamics® will help you relax that jaw so that it stays that way permanently again. The simple exercises that will make you aware of the correct jaw position, stretching, relaxing and self-massaging can all easily be integrated into your daily routine. All it takes is ... get started, stick with it and enjoy palpable relaxation.</p>
	<p>Dr. med. Larsen, Christian Miescher, Bea</p>	<p>Spiraldynamik® – schmerzfrei und beweglich Spiraldynamics® - Pain-free and Flexible</p> <p>2nd edition, 272 pages, 397 illustrations, format 17 x 24 cm, hardcover € 24.99 ISBN 9783432111001</p> <p>Publication date: 05.02.2020</p> <p>Tense neck, saddle back, painful knees, hallux valgus deformity: something that started off with incorrect posture or habit has turned into a painful problem over the years. In this unique compilation, Christian Larsen presents us with the top exercises of the successful method of Spiraldynamics®. The aim of these exercises is to battle incorrect posture and pain. Whether the problem is the chin, the shoulder, the hips or the knees, anyone affected by these problems, and physiotherapists too, will find 60 exercises for every area of the body.</p> <p>Simple Chinese, English and Czech rights sold</p>

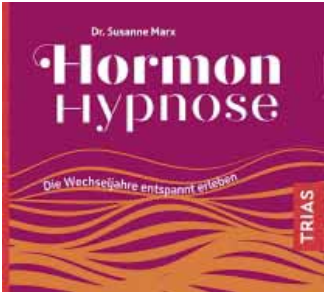
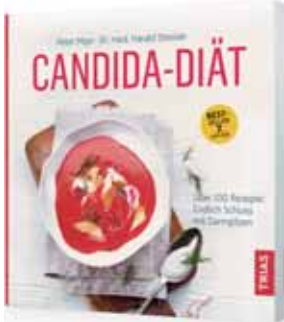

	<p>Larsen, Christian Zürcher, Sandra Altmann, Joachim</p>	<p>Medical Running</p> <p>1st edition, 320 pages, approx. 250 illustrations, format 20,5 x 26,5 cm, hardcover approx. € 34.99 ISBN 9783432105840</p> <p>Publication date: published June 2019</p> <p>Jogging helps keep the body and mind fit and healthy, it helps us relax and it ensures a good night's sleep as well as being an anti-aging wonder drug. Exercise is the simplest and most effective means against inactivity and all the conditions related with it. It's easy for errors to creep into one's running technique and these can result in physical discomfort and ailments. "Spiraldynamik"® provides the perfect instructions for anatomically correct running techniques – for everyone from the beginner to the professional runner.</p> <p>Czech and simple Chinese rights sold.</p>
	<p>Larsen, Christian Wolff, Christiane Hager-Forstenlechner, Eva</p>	<p>Medical Yoga</p> <p>2nd edition, 164 pages, approx. 204 illustrations, format 22 x 23 cm, paperback approx. € 24.99 ISBN 9783432107677</p> <p>Publication date: published April 2019</p> <p>Do you want to practice yoga at home, but you're not quite sure which of the many yoga positions are right for you? Medical Yoga will show you how to find your way to beneficial yoga practices, arming yourself against strains and pains and learning how to integrate the asanas into your everyday life. To do this, Medical Yoga makes use of the knowledge we find in Spiraldynamik® and combines the age-old knowledge of the yogis with findings from modern medicine.</p> <p>Spanish, simple Chinese, Czech and French rights sold.</p>
	<p>Larsen, Christian</p>	<p>Gut zu Fuß ein Leben lang Good on Your Feet</p> <p>5th edition, 192 pages, approx. 147 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432109107</p> <p>Publication date: published February 2019</p> <p>The reader will now find clear descriptions of the 10 most common foot complaints together with effective exercises for bunions, hammer toes, heel spurs, fallen arches and flat feet, athlete's foot etc. These can be used separately or together and are easy to incorporate in your daily routine. In addition there are numerous tips on a number of points including the right footwear, inlays and information on the most important surgery options.</p> <p>Czech, Croatian, simple Chinese Russian and English rights sold.</p>



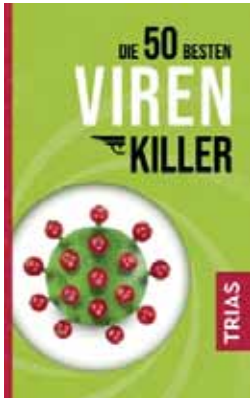
	<p>Larsen, Christian</p>	<p>Gesunde Füße Healthy Feet</p> <p>2nd edition, 64 pages, 51 illustrations, format 13.5 x 19 cm, paperback € 9.99 ISBN 9783432107455</p> <p>Publication date: published August 2018</p> <p>Hallux valgus, splayfoot, flat foot or fallen arches, heel spurs: the list of foot conditions is indeed long. But Spiral Dynamics® which has been such a successful method, can help here too. Using a combination of findings from medicine, physiotherapy, sports science and yoga it provides highly effective exercises for improving and preventing conditions. The joints are not overused during the exercises and as a result are not subjected to strain. Individual complaints can be effectively improved by targeted exercises using self-help therapy.</p> <p>Czech right sold.</p>
	<p>Larsen, Christian Rosmann-Reif, Karin</p>	<p>Skoliose – Aufrecht durch Bewegung Die besten Übungen aus der Spiraldynamik® Scoliosis – Upright with Exercises The Best Exercises Using Spiral Dynamics</p> <p>3rd edition, 112 pages, 71 illustrations, format 22 x 23 cm, Flexcover approx. € 19.99 ISBN 9783432109558</p> <p>Publication date: published December 2018</p> <p>Scoliosis or curvature of the spine is generally seen in young girls during the growing phase. Classical treatments include physiotherapy and bracing – which can be a bit of a pain. There are, however, other ways of dealing with it with the new self-help and treatment approach. The Spiraldynamik® three dimensional exercises dynamically counteract the deformation. The author, who is a scoliosis patient, physiotherapist and enthusiastic dancer herself, demonstrates how to get the most out of life with scoliosis through joy in movement and in one's own body.</p> <p>Czech right sold.</p>
	<p>Larsen, Christian Zbuzkova, Petra Caligari, Mario</p>	<p>Medical Golfing</p> <p>1st edition, 256 pages, 200 illustrations, format 20,5 x 26,5 cm, paperback € 34.99 ISBN 9783432114408</p> <p>Publication date: 23.03.2022</p> <p>Spiral Dynamics meets Golf. Golfer's elbow, injuries of the wrist, shoulder pains or back problems? The causes are well known: lop-sided stance, faulty technique and physical overload. This book closes the gap between golf, functional movement and self-help: it shows you how to analyse and improve your technique so that your golf swing improves permanently. It also includes the best spiral dynamics which help soothe aches and pains, strengthen muscles and prevent any unpleasant golfer symptoms.</p>


	<p>Dr. med. Ledochowski, Maximilian</p>	<p>Ist es wirklich Reizdarm? Is it Really Irritable Bowel Syndrome?</p> <p>1st edition, 192 pages, 25 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432115351</p> <p>Publication date: 23.03.2022</p> <p>Your doctor has diagnosed IRS, but the symptoms won't go away despite changing your diet and applying other therapies. It is only when you know and eliminate the real triggers, that you can achieve proper absence of symptoms. Internist, Dr. Maximilian Ledochowski, who specialises in bowel diseases, will point you in the right direction.</p>
	<p>Liem, Torsten MA. Tsolodimos, Christina</p>	<p>Das Osteopathie-Selbsthilfe-Buch The Osteopathy Self-Help Book</p> <p>1st edition, 288 pages, 70 illustrations, format 17 x 24 cm, € 29.99 ISBN 9783432114187 Publishing date: 08.12.2021</p> <p>Osteopaths mobilise tissues while keeping in mind the reciprocal interactions between body systems and environmental factors. You can also make use of these relationships for yourself: learn about surprising, scientifically proven health giving exercises and transfer osteopathic principles into your daily life. Learn to breathe your way into good health with the seven breath openers, synchronise your cerebral hemispheres with the butterfly hug and discover why it is that intermittent fasting can strengthen your bones. It takes just the smallest possible change for you to achieve the greatest possible effect.</p>
	<p>Limpinsel, Rainer</p>	<p>Diabetes – Das Anti-Insulin-Prinzip Diabetes – The Anti-Insulin Principle</p> <p>2nd edition, 180 pages, 9 illustrations, format 13,5 x 21 cm, paperback approx. € 14.99 ISBN 9783432110851</p> <p>Publication date: published October 2019</p> <p>Rainer Limpinsel talks openly and with humour about his "double life" as a doctor and a diabetic: why a cycling trip through the Alps turned out to be a warning shot for him and got him to get a grip on his diabetes. How he then managed to do this without turning to medicines and why taking a look behind the scenes of his own profession should have had his hair standing on end – if only he still had any hair. He reveals the contradictions in the treatment of people with diabetes and explains what can be done without recourse to insulin etc. so that you can actively stand up to diabetes and get rid of it – with determination and by natural means.</p>

	<p>Löhr, Angela</p>	<p>Crazy Sexy Wechseljahre Crazy, Sexy Menopause</p> <p>1st edition, 192 pages, 50 illustrations, format 16 x 21,7 cm, paperback approx. € 17.99 ISBN 9783432112961</p> <p>Publication date: 08.04.2021</p> <p>In her online magazine, Lemondays, Angela Löhr provides lots of tips on coping with the menopause: the hormonal rollercoaster, love handles, chaotic thoughts and so much more. She puts it all together in an entertaining storybook together with practical tips and exercises. We have the nearly 50-year old fictional character, Moni, who walks us through her turbulent day-to-day life juggling family with pubescent teenagers, hot flushes and professional commitments. The reader is taken on a trip into the amazing second half of life and motivates us to figure out for ourselves what is really important in life.</p>
	<p>Löser, Christian Jordan, Angela Wegner, Ellen</p>	<p>Mangel- und Unterernährung Undernourishment and Malnutrition</p> <p>2nd edition, 144 pages, 31 illustrations, format 16 x 21,7 cm, paperback approx. € 19.99 ISBN 9783432109732</p> <p>Publication date: published February 2019</p> <p>Eating, cooking, consumption, sensuality and quality of life all seem to be inseparable – but what happens when food and eating feels more like a burden? When a full plate triggers not your appetite, but rather a sense of anxiety? After operations, during an illness or in old age: sometimes it feels tough trying to take in the proper nourishment. It is precisely in such situations that it's important to provide the body with the proper care – and by using the right strategies, you'll find that it is possible!</p>
	<p>Maier, Ulrike</p>	<p>Der kleine Fuß-Coach The Little Foot Coach</p> <p>1st edition, 128 pages, 100 illustrations, format 17 x 20 cm, paperback approx. € 12.99 ISBN 9783432113852</p> <p>Publication date: 08.04.2021</p> <p>Don't you wish your feet felt like they were walking on air again? Take matters into your own hands and do something about the pains and incorrect positioning caused by hallux, splayed feet or heel spurs. Turn to The Little Foot Coach. It motivates and supports you with a variety of exercises and valuable tips. Alleviate your pains effectively:</p> <ul style="list-style-type: none"> • using the self-test: analyse how you walk and stand, • use the individual training programme: the 40 best exercises for beginners and advanced practitioners alike • fitting in: so easy to fit into your daily routine <p>Your feet will thank you and walking will be a joy again!</p>




	<p>Maier, Ulrike</p>	<p>Sitz-Killer Seat Killers</p> <p>1st edition, 144 pages, 10 illustrations, format 10 x 16 cm, paperback € 9.99 ISBN 9783432109855</p> <p>Publication date: 09.10.2019</p> <p>We sit in the office the whole day long. When we're on the bus or train on our way home the first thing we do is look out for a free seat. Come evening we collapse into our favourite TV armchair. And it's not as if we don't know that sitting around all day is bad for us. Our back, our hips and legs – they want to be moving, not sitting around motionlessly in front of the telly or in our chairs.</p>
	<p>Maier, Wolfgang Jessen, Frank Schulz, Jörg B. Weggen, Sascha Reetz, Kathrin</p>	<p>Alzheimer & Demenzen verstehen Understanding Alzheimer's Disease and Dementia</p> <p>3rd edition, 176 pages, 23 illustrations, format 16 x 21,7 cm, paperback approx. € 19.99 ISBN 9783432108513</p> <p>Publication date: published October 2019</p> <p>If a family member is diagnosed with Alzheimer's Disease or any other form of dementia, the shock to the family is massive. There is hardly any other disease that triggers so many questions about the life that lies ahead as one that means the gradual loss of memory and personality. This book provides people in those early stages with counsel, help and guidance. It is written by Germany's top experts renowned in the field of degenerative dementias.</p>
	<p>Prof. Dr. med. Mann, Johannes</p>	<p>Nierenerkrankungen Kidney Diseases</p> <p>3rd edition, 160 pages, 30 illustrations, format 16 x 21,7 cm, paperback € 24,99 ISBN 9783432115276</p> <p>Publication date: 09.02.2022</p> <p>Diagnosis "Kidney Disease" – now what? The most important goal must be to keep the kidneys functioning and to prevent the "spectre" that is dialysis. This book is an invaluable aid: in addition to information about the actual disease and drug therapy you will also learn about the effect of blood pressure and blood sugar levels and how you can protect and strengthen your kidneys yourself. This new edition, with new illustrations, is fully up-to-date with the latest medical developments. It includes quotes from patients which will help you better understand the disease.</p>




	<p>Marx, Susanne</p>	<p>Hormon-Hypnose Hormone Hypnosis</p> <p>1st edition, Audio-CD: running time approx. 60 minutes Booklet 12 pages, 199 illustrations, format 14 x 12,5 cm, Digipack approx. € 14.99 ISBN 9783432109022</p> <p>Publication date: published June 2019</p> <p>Hot flushes, mood swings, weight fluctuations, anxiety, insomnia? An imbalance in the body's hormone levels can mean a range of conditions in women in their middle years. Guided meditations will help create a positive effect on your most important hormonal gland, the pituitary gland. Restore your hormone balance and ensure there is perfect interaction between the oestrogen and progesterone in your body. You will sleep better, stabilise your weight and will feel even-tempered and fit again.</p>
	<p>Mayr, Peter Stossier, Harald</p>	<p>Candida-Diät The Candida Diet</p> <p>7th edition, 144 pages, 45 illustrations, format 22 x 23 cm, paperback approx. € 19.99 ISBN 9783432108575</p> <p>Publication date: published March 2019</p> <p>Many people struggle with severe fungal diseases which can manifest themselves in very different ways. This guidebook has therefore been relied on for many years by people affected by such conditions. The causes, the course and treatment of Candida are explained clearly and coherently. A targeted anti-fungal treatment is the main subject of this book. Over 100 recipes are included all of which follow a successful 3- step plan.</p>
	<p>Müller, Sven-David Weißenberger, Christiane</p>	<p>Köstlich essen für Leber und Galle Delicious Meals for Liver and Gallbladder</p> <p>3rd edition, 136 pages, 60 illustrations, format 22 x 23 cm € 19.99 ISBN 9783432102061</p> <p>Publication date: published 2016</p> <p>Feasting Instead of Dieting! Starting out with the fundamentals: The disease and its therapy are described in an easily comprehensible manner. Answers the question: What role does nutrition play for this particular disease? Being able to eat delicious food when suffering from liver or gallbladder disease? The cookbook shows how enjoyment can be achieved without epigastric fullness: By eating light, low-fat whole-foods, which exclude irritant factors. Also included are important culinary tips for food preparation without fat.</p>

	<p>Müller, Sven-David</p>	<p>Die 50 besten Blutzucker-Killer The 50 Best Blood Sugar Killers</p> <p>2nd edition, 84 pages, 4 illustrations, format 10 x 16 cm, paperback € 9.99 ISBN 9783432104454</p> <p>Publication date: published 2017</p> <p>Having raised blood sugar levels does not immediately mean having diabetes, instead it is just an initial severe warning telling us to keep an eye on our lifestyle and to be aware of our levels. This book on blood sugar killers makes it all quite simple and better yet, it achieves it with no medication. Those affected will find valuable hints on subjects such as "nutrition", "exercise", "relaxation" and "dietary supplements" which include tips on how to get the raised values under control again with just a few minor changes. Keywords for good health are: phytochemicals and carbohydrates with a low glycaemic index value, vitamin C and zinc as well as more exercise and relaxation.</p>
	<p>Müller, Sven-David</p>	<p>Die 50 besten Entzündungskiller The 50 Best Infection Killers</p> <p>1st edition, 128 pages, 4 illustrations, format 10 x 16 cm, paperback approx. € 9.99 ISBN 9783432108957</p> <p>Publication date: published February 2018</p> <p>With the subject of "silent infections" having been uppermost in the minds of experts for some time, it is now the turn of laypeople to focus on it. Our answer is to produce another book in the "Killer series". As nutrition plays a major role here, this book offers a collection of nutritional tips which can quickly and easily be used. In a user-friendly manner: it does not tell you that your life has to be turned on its head right away. Just a couple of "adjustments" is all that's needed to achieve major changes!</p>
	<p>Müller, Sven-David</p>	<p>Die 50 besten Viren-Killer The 50 Best Virus Killers</p> <p>1st edition, 112 pages, 3 illustrations, format 16 x 10 cm, paperback approx. € 9.99 ISBN 9783432113999</p> <p>Publication date: 09.12.2020</p> <p>The new Coronavirus, influenza virus, herpes and hepatitis viruses – we're all just surrounded by these pathogens. In addition to what we already know about face-space-hands, we have another 50 simple and practical tips here to help strengthen your immune system. Eating healthily, carefully selected nutrients, special foods as well as targeted exercises and relaxation will keep you fit. All this can help you stay clear of infections throughout the year. These are all tips that are easy to follow and will give you a sense of security!</p>

	<p>Nibel, Hildegard Fischer, Kathrin</p>	<p>Neurogenes Zittern Neurogenic Tremors</p> <p>1st edition, 152 pages, 50 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432111988</p> <p>Publication date: 05.08.2020</p> <p>Stress and emotional pressures can make anyone sick over time. TRE® ("Tension and Trauma Releasing Exercises") can help. This unusual method has been developed from the field of trauma relief. It is ideal for stress reduction, the prevention of burnout and the stimulation of the self-healing process. Step by step, this book describes – in detail and with illustrations – seven brilliantly simple physical exercises which activate the fascia, the muscle groups and the nerve ends working from the foot up to the head.</p>
	<p>Niemann, Peter</p>	<p>Die Anti-Entzündungs-Strategie The Anti-Inflammation Strategy</p> <p>1st edition, 168 pages, approx. 30 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432110028</p> <p>Publication date: published in December 2019</p> <p>You want to stay fit and healthy, look young and continue living life to the full into your old age, right? Growing old will happen willy-nilly – but how healthy you will be, that's something you yourself can have a decisive effect on. Many physical ailments and premature aging can be caused by "silent inflammations". These are actually a vital reaction of our body-police, the immune system. But if they get out of hand, they cause us to age more rapidly, they cause diseases and can even become chronic.</p>
	<p>Dr. med. Niemann, Peter</p>	<p>Das Long-Covid-Syndrom Überwinden Overcoming Long Covid Syndrome</p> <p>1st edition, 128 pages, 100 illustrations, format 16 x 21.7 cm, paperback approx. € 19.99 ISBN 9783432115573</p> <p>Publication date: 08.12.2021</p> <p>Long Covid and Post Covid problems continue to have a strong effect on sufferers long after the Corona virus infection has passed. Here Dr. med. Peter Niemann shares his extensive knowledge. He combines it with the latest research on Covid-19 and describes what it is that you too can do: knowledge in a nutshell: What is Long Covid and what are the causes? What similarities does Long Covid have with diseases which are already being successfully treated? New research: What therapies promise success? What can you do yourself? Holistic advice: traditional medicine + alternative medicine + psychotherapy.</p>




	<p>Dr. med. Orfanos-Boeckel, Helene</p>	<p>Nährstoff-Therapie Nutrition Therapy</p> <p>1st edition, 352 pages, 24 illustrations, format 17 x 24 cm, paperback approx. € 24.99 ISBN 9783432114965</p> <p>Publication date: 12.01.2022</p> <p>Nutrient deficiency has a negative effect on the body: it can cause sensitivity, lack of energy and goes hand in-hand with many medical conditions. The author, an experienced holistic medical practitioner and expert in metabolic processes, therefore puts her trust in a targeted nutrient supply: therapeutic, preventative and doing battle with the ageing phenomenon. She illustrates what examinations are used to recognise hidden deficiencies and what therapeutic conclusions can be drawn. Furthermore, she explains what compounds can be used and what the doses are to ensure efficacy.</p>
	<p>Platte, Petra Korenke, Christoph</p>	<p>Ketogene Diät bei Epilepsie – Wie sie Ihrem Kind hilft Ketogenic Diet in Epilepsy – How it Helps Yours Child</p> <p>2nd Edition, 192 pages, 66 illustrations, format 16 x 21.7 cm, paperback € 24.99 ISBN 9783432106335</p> <p>Publication date: published 2017</p> <p>Epilepsy is a condition that frequently occurs in children and young people. Many of those affected by the condition can be treated with medication when epileptic seizures occur – but for up to 30% of young patients, medication does not bring about the desired results. In such cases the Ketogenic diet can be very promising. An extremely high-fat diet alters the metabolism in the brain reducing the number of seizures, and even stopping them altogether. This guidebook explains when the diet can sensibly be applied, how it works in detail and how it can be adapted to everyday activities.</p>
	<p>Plogmeier, Klaus Oellinger, Robert</p>	<p>Operation Schönheit Operation Beauty</p> <p>New edition, 160 pages, 100 illustrations, format 16 x 21,7 cm, paperback € 22.99 ISBN 9783830484394</p> <p>Publication date: published 2015</p> <p>A quick overview of the history of cosmetic surgery is followed by the 10 most popular and familiar cosmetic surgeries in detail. This book looks at questions such as "What exact form do these procedures take?", "What techniques are available?", "What do I need to be aware of after such a procedure?". There is also important information on how to deal with an operation that's gone wrong and any potential risks. It includes numerous diagrams and photographs.</p>




	<p>Preißmann, Christine</p>	<p>Überraschend anders – Mädchen & Frauen mit Asperger Surprisingly Different – Girls and Women with Asperger's Syndrome</p> <p>2nd edition, 192 pages, 13 illustrations, format 16 x 21,7 cm, softcover Approx. € 19.99 ISBN 9783432112008</p> <p>Publishing date: 07.10.2020</p> <p>The fact is that girls and women develop quite different symptoms. With this guidebook, Christine Preissmann has now closed a very obvious gap. It is designed to help women and young girls to deal with their very special everyday lives. Including up-to-date specialised knowledge on the subject of Asperger's and women, and in particular detailed reports of the experiences of women affected by the condition commented on by experts in the field, this guidebook bridges the gap between theory and practice.</p>
	<p>Rauch, Erich</p>	<p>Darmreinigung – Das Original nach Dr. med. F.X. Mayr Colonic Cleansing the Dr. F.X. Mayr Way</p> <p>44th edition, 128 pages, approx. 21 illustrations, format 16 x 21,7 cm, paperback approx. € 19.99 ISBN 9783432108599</p> <p>Publication date: published February 2019</p> <p>Digestive problems, headaches, as well as flabby skin and an unhealthy appearance could be the result of bowel dysfunction. Or to put it another way: the route to health and beauty is the application of the F.X. Mayr rules of colonic cleansing which are still valid to this day. They ensure effective purging of intestines and organism. They heal digestive weaknesses and holistically and gently deal with the hidden causes of many illnesses. This natural method of keeping fit and healthy continues to enjoy widespread popularity!</p> <p>Chinese, Hebrew, Russian, English, Czech, Dutch, Spanish, Polish, Romanian and German pocket books rights sold for previous edition</p>
	<p>Renkawitz, Alexandra Keim, Ulrike</p>	<p>Diabetes besiegen mit einem gesunden Darm Combatting Diabetes With a Healthy Gut</p> <p>1st edition, 176 pages, approx. 60 illustrations, format 17 x 24 cm, paperback approx. € 17.99 ISBN 9783432110547</p> <p>Publication date: 08.01.2020</p> <p>Diet and sport are said to be the best thing you can do to combat type 2 diabetes, right? You've tried it all before, without much success? Then this revolutionary counter-strategy comes along, which is praised to the skies by scientists, and appears to be just what you've been waiting for: microbiota, an ensemble of gut bacteria, which is decisive for the prevention, progression and cure of diabetes.</p>

	<p>Rhomberg, Lisa</p>	<p>Zwänge verstehen und überwinden Understanding and Overcoming Your Compulsion</p> <p>1st edition, 288 pages, 8 illustrations, format 13.5 x 21 cm, paperback approx. € 19.99 ISBN 9783432113951</p> <p>Publication date: 08.04.2021</p> <p>When does washing your hands or checking up on something become a compulsion? It's a razor-thin line, the line between normality and compulsion, it can just creep up on you with no warning. This book provides practical counselling to help you understand compulsions, to recognise them in good time and to overcome them. Lisa Rhomberg, herself a sufferer, gives an authentic insight into her emotional world and explains how compulsions are experienced.</p>
	<p>Römpke, Patricia</p>	<p>Yoga für Kiefer, Nacken und Schultern Yoga for the Jaw, Neck and Shoulders</p> <p>1st edition, 144 pages, 144 illustrations, format 16 x 21.7 cm, paperback approx. € 14.99 ISBN 9783432113302</p> <p>Publication date: 13.01.2021</p> <p>Is your back always tensed up because you tend to sit at your desk with your shoulders hunched? Does your neck hurt because you keep staring down at your mobile? Or do you grind your teeth in your sleep because you're permanently under stress? Poor posture can lead to painful tensions. Yoga helps combat all this. The experienced yoga teacher, Patricia Römpke explains where these tensions come from. She shows us how targeted asanas can help free the jaw, neck and shoulders from pain and how you can use deep and calm breathing exercises to regain your inner balance and relax again.</p>
	<p>Schäfer, Benjamin</p>	<p>Kopfschmerzen und Migräne – Das Übungsbuch Headaches and Migraines – The Exercise Book</p> <p>New edition, 144 pages, 110 illustrations, format 22 x 23 cm, paperback € 17.99 ISBN 9783432104669</p> <p>Publishing date: published 2017</p> <p>It has only quite recently been established that muscles and joints not only have an effect on tension headaches, but also on migraines. Migraine patients are therefore also suitable for physiotherapy exercises. There are over 60 exercises presented here which deal with individual problem holistically. The big plus point here is the simple form of self-diagnosis with the appropriate choice of exercise depending on the symptom.</p>




	<p>Schäffler, Arne</p>	<p>Gesundheit heute Health Today</p> <p>2nd edition, 1392 pages, 1640 illustrations, format 21 x 28 cm, hardcover € 34,99 ISBN 9783830481164</p> <p>Publishing date: published 2014</p> <p>Trust is good, information is better. People who take on responsibility for their health expect to have reliable information on causes, diagnoses, therapies and the course of illnesses. However, in practice, many questions do frequently remain unanswered and concerns are not removed. This is where Health Today fills the gap. This new reference book has been compiled by a team of over 50 doctors (from the Germanspeaking world) assisted by some outstanding medical illustrators. It develops wide-ranging know-how and valuable experiences with the aim of facilitating conversations between doctor and patient at eye-level.</p>
	<p>Schleip, Thilo Lübke, Isabella</p>	<p>Köstlich essen bei Histamin-Intoleranz Delicious Meals for those with Histamine Intolerance</p> <p>3rd edition, 144 pages, 61 illustrations, format 22 x 23 cm, hardback € 19.99 ISBN 9783830482048</p> <p>Publishing date: published 2015</p> <p>Let's have some variety in our food – even without any histamines! This intolerance, which affects some 4 million people in Germany alone, makes many foods off-limits. This book helps banish boredom from the dining table by providing more than 130 original cooking and baking recipes with low histamine or histamine-free ingredients. The traffic light principle provides clarity for the reader. And that means that anyone suffering from histamine intolerance can still look forward to the pleasure of tasty vegetable soufflés, hearty meat dishes, fruity sweet desserts and fragrant cakes and cookies all of which are guaranteed to taste delicious and to be very wholesome.</p>
	<p>Schmiedel, Volker</p>	<p>Cholesterin – endlich Klartext Cholesterol – in plain language</p> <p>4th edition, 140 pages, 20 illustrations, format 16 x 21,7 cm, paperback approx. € 14.99 ISBN 9783432104904</p> <p>Publication date: published December 2019</p> <p>How do I make sense of lab results? Which fats are good and which are bad? Why is the real killer called trans fatty acids? What plant and other cholesterol lowering foods are there? Using the checklist you can work out whether cholesterol really is a risk for you and which factors affect your risk of arteriosclerosis and heart attack. And for when you're visiting your doctor, this book has a crib sheet for you that contains all the important points you need.</p>

	<p>Schmiedel, Volker</p>	<p>Alarm im Darm Alarm in the Gut</p> <p>3rd edition, 104 pages, 13 illustrations, format 16 x 21,7 cm, softcover € 14.99 ISBN 9783432100548</p> <p>Publishing date: published 2016</p> <p>Agonising diarrhoea or constipation results in a diagnosis of irritable colon for millions of patients. Volker Schmiedel supports the theory that this is very often a misdiagnosis or a diagnosis made in desperation. It is particularly those problems affecting bowel mucosa that are blamed on many “offenders” such as for example fat digestion dysfunction or food intolerances. There’s not always a need for expensive apparatus diagnostics – sometimes it only takes amazingly simple (laboratory) tests that will provide clarity. This new edition will point the afflicted reader in the direction of a well-founded guide to a proper diagnosis and therapy.</p>
	<p>Dr. med. Schmiedel, Volker</p>	<p>Typ-2-Diabetes – Heilung ist doch möglich! Type 2 Diabetes – Healing is Indeed Possible</p> <p>1st edition, 160 pages, 12 illustrations, format 16 x 21,7 cm, paperback € 19,99 ISBN 9783432116051</p> <p>Publication date: 08.06.2022</p> <p>Getting diabetes under control – even without insulin and pills. Dr. med. Volker Schmiedel shows you how:</p> <ul style="list-style-type: none"> - Change of diet: By reducing sugar, sweeteners and bad fats you will lower your blood sugar. - Movement: Endurance and muscle training you will reduce your total cholesterol and will even lose weight. - The power of alternative medicine: Natural remedies such as cinnamon, bitter gourd and fenugreek seeds will help you to lower your blood sugar permanently and completely without the use of insulin.
	<p>Prof. Dr. med. Schöbel, Christoph</p> <p>Dr. med. Möller, Andreas</p>	<p>Die 50 besten Schnarch-Killer The 50 Best Ways to Kill off Snoring</p> <p>1st edition, 96 pages, 2 illustrations, format 10 x 16 cm, paperback approx. € 9.99 ISBN 9783432112107</p> <p>Publication date: 08.04.2021</p> <p>Is your bedroom beginning to sound a bit like a sawmill? Here is the solution: more than 50 valuable and concise tips from experts to help you reduce annoying snoring and to get back to a good night's sleep. These include simple household remedies for aids to stop snoring, as well as drug treatments and surgical options. These two qualified authors offer you simple exercises as well as nutritional tips. You will find out what kind of snorer you are and will learn about that little gymnastics programme for your tongue.</p>

	<p>Schobert, Astrid</p>	<p>Die 50 besten Gicht-Killer The 50 Best Gout Killers</p> <p>New edition, 96 pages, 5 illustrations, format 10 x 16 cm, paperback € 9.99 ISBN 9783432106243</p> <p>Publication date: published June 2018</p> <p>We all want our uric acid levels to be good. Anyone who's had an attack of gout is clear about one thing: this is not something I want to go through again! The good news is that raised uric acid levels can often be reduced naturally without taking any medication. All that's required is a targeted low-purine diet, lots of exercise and reducing stress. We have 50 tips here which you can easily integrate into your daily life. In addition, there is everything you need to know about gout and the best diet to combat it.</p>
	<p>Schobert, Astrid</p>	<p>Das 6-Wochen-Programm gegen Gicht The 6-Week Programme to Combat Gout</p> <p>1st edition, 128 pages, 40 illustrations, format 16 x 21,7 cm, paperback approx. € 14.99 ISBN 9783432111858</p> <p>Publication date: 07.10.2020</p> <p>An attack of gout is accompanied by unbearable pain. But a visit to the doctor's surgery tells us that it doesn't just come out of nowhere. The uric acid levels will usually have been higher than they should be and gone unnoticed for a long time. Now the first priority is to relieve the pain and then to prevent future attacks for the long term. This practical programme clearly describes, step by step, not just how to stop the pain, but also includes specific measures that can be taken to continue to remain healthy. Important information all around and about gout and purines and analgesic drugs is included here. Additionally, there are supporting tips for a joint-friendly lifestyle and delicious recipes for changing one's look on life.</p>
	<p>Schönle, Christoph Hess, Thomas Rödig, Silke</p>	<p>Schmerzfrei & beweglich mit dem neuen Hüftgelenk Pain-free and flexible with your new hip.</p> <p>3rd edition, 140 pages, 70 illustrations, format 15,5 x 18,5 cm, paperback approx. € 14.99 ISBN 9783432110950</p> <p>Publication date: published in December 2019</p> <p>You've taken that first step towards a pain-free and more flexible life having decided to go for hip replacement surgery – well done! Whether you're into gardening, dancing or gym, it's entirely up to you as to how easily you can make all that part of your life again. You can move and put weight on it again, but you've got to do it properly: May I bend over? How do I get into a car safely? What sports are allowed? There are lots of tips and targeted exercises that will help you get back into living your life at a lively pace.</p>

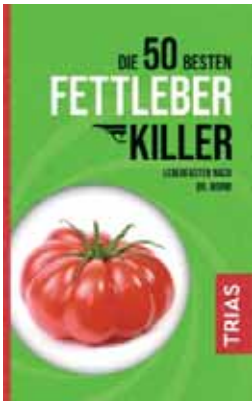
	<p>Schulze, Henry A.</p>	<p>Der kleine Coach für das Lymphsystem The Little Book for the Lymphatic System</p> <p>1st edition, 128 pages, 120 illustrations, format 20 x 17 cm, paperback, € 14.99 ISBN 9783432114163</p> <p>Publication date: 08.12.2021</p> <p>This practical little coach makes use of professional manual lymphatic drainage and compression techniques used by therapists – transposed to daily applications at home and at the office.</p> <p>The exercises help with lymphoedema, varicose veins, sports injuries or with water retention during pregnancy as well as after surgeries.</p> <ul style="list-style-type: none"> • All the techniques are illustrated and explains comprehensibly. • Also ideal for the period between treatments. Get to know your lymphatic system and become active again!
	<p>Soeder, Sonja Dorey, Grace</p>	<p>Ganz Mann It's a Man-Thing</p> <p>2nd edition, 64 pages, format 15.5 x 18.5 cm, € 14.99 ISBN 9783432115375</p> <p>Publication date: 09.02.2022</p> <p>Bladder weakness and erectile dysfunction – sound familiar? Your prostate problems will soon become a thing of the past with this scientifically proven training programme from the German Pelvic Floor Centre in Berlin. This book includes effective exercises that will help you strengthen and relax your pelvic floor in a targeted manner. These will keep the bladder and prostate strong and functional and will help you to win back your quality of life.</p>
	<p>Dr. med. Stangaciu, Stefan</p>	<p>Sanft heilen mit Honig, Propolis und Bienenwachs Gentle Healing with honey, royal jelly and beeswax</p> <p>4th edition, 152 pages, 48 illustrations, format 21,7 x 16 cm, paperback, € 17.99 ISBN 9783432115337</p> <p>Publication date: 12.01.2022</p> <p>Honey, pollen and royal jelly belong among the most valuable foodstuffs available. Renowned researchers have demonstrated their astounding effectiveness in another area:</p> <p>The successful treatment of nearly 700 complaints. Beside colds or hypertension even severe diseases such as gastrointestinal problems or liver complaints can be treated. In countries such as Romania, Russia or Japan, the treatment with bee products has been carried out for almost sixty years. Sometimes even in special clinics for apitherapy. The author of this guide demonstrates clearly how everyone can make use of apitherapy.</p> <p>Polish rights sold for the 2nd edition</p>




	<p>Dr. med. Steckel, Hanno</p>	<p>Schmerzfreie Hüfte Pain-free Hip</p> <p>1st edition, 192 pages, 120 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432115238</p> <p>Publication date: 09.02.2022</p> <p>Hip surgery is one of the most common of orthopaedic surgeries – and yet it is not always necessary. Because before it gets to that point, there is a lot you can do to improve your quality of life and become free of pain. . The renowned orthopaedic surgeon Prof. Dr. med. Hanno Steckel will show you how this can be achieved.</p>
	<p>Stern, Cornelia</p>	<p>Die Heilkraft der Pflanzenknospen The Healing Power of Plant Buds</p> <p>2nd edition, 96 pages, 30 illustrations, format 15,5 x 18,5 cm € 14.99 ISBN 9783432114699</p> <p>Publication date: 12.01.2022</p> <p>Gemmotherapy quickly provides effective support in cases of acute and chronic symptoms. It uses the unique healing powers of plant buds: whether it's for allergies, exhaustion or recurrent infections – simply sprayed into the mouth its effect quickly unfurls.</p>
	<p>Sternheimer-Völcker, Julia</p>	<p>Parkinson. Sicher durch den Alltag Parkinson's. Helpful Tips for Every Day.</p> <p>1st edition, 160 pages, 80 illustrations, format 16 x 21,7 cm, paperback approx. € 17.99 ISBN 978-3-432-11338-8</p> <p>Publication date: 04.08.2021</p> <p>This is a guidebook to help you through the day using tried and tested exercises. This experienced occupational therapist describes simple training exercises to help you get through the day while maintaining your independence. The exercises were specifically developed with Parkinson's Disease in mind. They make it possible for you to:</p> <ul style="list-style-type: none"> • maintain your physical mobility • carry out complicated foot and hand operations (such as tying your shoelaces) • applying little tricks to make everyday situations that much easier to deal with (such as emptying the dishwasher, using a computer mouse).

	<p>Stockinger, Jochem</p> <p>Iburg, Anne</p>	<p>Köstlich Essen – Herzerkrankungen Delicious Food for Heart Conditions</p> <p>1st edition, 136 pages, 64 illustrations, format 22 x 23 cm, paperback € 19.99 ISBN 9783432105369</p> <p>Publication date: published December 2018</p> <p>This new book complements the well-established series of books under the heading “Delicious Food” by adding this new and very important subject matter. Offering over 130 recipes for anyone who’s suffered a coronary heart disease and after a heart attack we find here a variety of culinary delights based on medical facts. The quick and easy to prepare dishes provide delicious changes to the norm. Whether the options are vegetarian, or use meat or fish – there is something on offer for everyone here while keeping the heart fit as a fiddle. Additionally, there is much background information and practical nutritional facts.</p>
	<p>Prof. Dr. med. Storr, Martin</p>	<p>Darmhypnose 2 (Audio-CD) Bowel Hypnosis 2 (Audio-CD)</p> <p>1st edition, 8 pages, format 19 cm, SON 13,5 cm, wav (CD), approx. € 17.99 ISBN 9783432113425</p> <p>Publication date: 09.06.2021</p> <p>Stomach pains, diarrhoea, abdominal bloating – an irritable bowel is not just an unpleasant symptom, it can indeed affect quality of life substantially. Complex causes and triggers of such symptoms make it difficult to find the right therapy. In such cases, the self-application of bowel hypnosis can help the intestines relax permanently. Restorative suggestions have an effect on the nervous system and reduce the extreme sensitivity of the intestines. In Part 2 of the tried and tested Bowel Hypnosis, new exercises and an extra helping of Progressive Muscle Relaxation (PMR) provide for more variety in your bowel hypnosis programme.</p>
	<p>Storr, Martin</p> <p>Bissinger, Angelika</p>	<p>Den Reizdarm beruhigen mit Yoga Soothing irritable bowel with Yoga</p> <p>1st edition, 144 pages, approx. 100 illustrations, format 22 x 23 cm, paperback approx. € 19.99 ISBN 9783432109367</p> <p>Publication date: 07.08.2019</p> <p>Yoga does more than just help your muscles and joints to be more flexible. Using yoga exercises can also help combat intestinal problems as has been established by scientific studies. Whether it’s irritable bowel or chronic inflammatory bowel diseases – special yoga exercises can help soothe symptoms and improve quality of life. And all this without any need to resort to medication, naturally and holistically.</p>



	<p>Sutor, Volker</p> <p>Bumb, Tim</p>	<p>Der kleine Coach bei Schwindel und Gleichgewichtsstörungen The Little Coach for Dizziness and Impaired Balance</p> <p>1st edition, 128 pages, 120 illustrations, format 17 x 20 cm, paperback approx. € 14.99 ISBN 9783432113401</p> <p>Publication date: 04.08.2021</p> <p>Are you finding that dizzy spells and impaired balance are affecting your daily life? You're never quite sure if you can trust your body in certain situations? Why not spring into action and get your balance and equilibrium back into your life. This little guidebook will tell you how it's done. It supports you with a range of exercises and valuable tips for alleviating your symptoms effectively.</p>
	<p>Sutor, Volker</p> <p>Bumb, Tim</p>	<p>Der kleine Rücken-Coach The Little Back Coach</p> <p>1st edition, 128 pages, 120 illustrations, format 17 x 20 cm, paperback approx. € 14.99 ISBN 9783432109046</p> <p>Publication date: published June 2019</p> <p>Lumbago, painful sciatica, overworked spinal column – backaches can make your life truly unpleasant. Obviously something needs to be done about it, but getting up the enthusiasm is often quite difficult. Luckily we have the Little Back Coach! It is motivating and will support you with a variety of exercises and valuable tips to soothe non-specific back aches effectively.</p>
	<p>Dipl.-Psych. Unger, Sonja</p>	<p>Depression überwinden mit dem Konzept der inneren WG Overcome Depression Using the Concept of Your Internal Environment</p> <p>1st edition, 208 pages, 20 illustrations, format 16 x 21,7 cm, paperback approx. € 19.99 ISBN 9783432115474</p> <p>Publication date: 08.06.2022</p> <p>From the old nag to the pushy driver and from the couch potato to the inner child: get to know the residents of your "internal environment". Taking this new approach will help you discover negative thought and behavioural patterns, which often develop out of painful experiences in the past. Using the power of imagination and other psychological means, you can exchange your "internal environment" for something of value. You will care for old wounds and change your negative thoughts into positive ones so that you can finally overcome your depressions.</p>


	<p>Walther, Tasja Dorscht, Sabine</p>	<p>Yoga als Therapie Yoga as Therapy</p> <p>1st edition, 224 pages, 110 illustrations, format 22 x 23 cm, paperback approx. € 22.99 ISBN 9783432113760</p> <p>Publication date: 08.04.2021</p> <p>Backaches, high blood pressure or insomnia – many of these problems often emanate from a very different place than we initially assume. Being in pain or having an illness can give us a chance to look more closely at ourselves. Yoga can help you do this. The experienced yoga teacher, Tasja Walther and the physiotherapist, Sabine Dorscht offer us a variety of methods to help us deal with various ailments. Self-tests help to track down problem areas. Use goal-oriented asanas and mudras to help yourself. Turn to meditation and breathing exercises for more mindfulness and mental balance.</p>
	<p>Weinmann, Marlene</p>	<p>Schmerzfrei durch Fingerdruck Pain-Free Through Finger Pressure</p> <p>4th edition, 224 pages, 145 illustrations, format 12,7 x 19 cm, paperback € 14.99 ISBN 9783432110745</p> <p>Publication date: 08.04.2020</p> <p>For disturbances in physical, mental and spiritual being caused by an imbalance in life forces, acupressure can have a beneficial effect. Specific points on the surface of the body are stimulated with light pressure and initiate the self-healing: energy blockages are cleared, pain alleviated and the immune system strengthened. The author describes the basic foundation, shows techniques and presents more than 200 acupressure points through word and images.</p>
	<p>Wilhelmi, Martin</p>	<p>Der Po-Doc The Bum-Doc</p> <p>1st edition, 352 pages, approx. 20 illustrations, format 13,5 x 21 cm, paperback approx. € 12.99 ISBN 9783432110264</p> <p>Publication date: published June 2019</p> <p>Allow me to introduce myself! I am the bum doc and I would like to invite you to come on a journey to a hidden place about which we rarely talk. But let's dispense with our embarrassment and let's take a wander past the bum-cheeks, going in and through the intestines and the bum-crack all the way to the anus, into which we enter finding our way all the way to the rectum and the pelvic floor. It's getting darker and darker, it's full of mucous, getting warmer and ever-more exciting and also quite medical.</p>


	<p>Willems, Elvira</p>	<p>CRPS – Aktiv gegen den Schmerz CRPS – Combatting Pain</p> <p>1st edition, 144 pages, 10 illustrations, format 16 x 21.7 cm, paperback approx. € 19.99 ISBN 9783432113227</p> <p>Publication date: 04.08.2021</p> <p>You trip and fall, you sprain your ankle, it's all healed up – and yet, the pain continues. It's all caused by CRPS. Complex regional pain syndrome (CRPS) can cause lasting symptoms such as pain, swellings, changes in the skin and sensory impairment for which there is no obvious explanation. Elvira Willems – herself affected by CRPS – has collected the knowledge of experts here and tells us about her own experiences. This book is a valuable aid for anyone affected to be able to come up with the correct diagnosis, suitable treatments and an active life with less pain.</p>
	<p>Prof. Dr. Worm, Nicolai</p>	<p>Die 50 besten Fettleber-Killer The 50 Best Fatty Liver Killers</p> <p>1st edition, 88 pages, 8 illustrations, format 10 x 16 cm, paperback approx. € 9.99 ISBN 9783432113340</p> <p>Publication date: 13.01.2021</p> <p>Overeating, too many carbohydrates, not enough exercise – all of this can lead to fatty liver disease. Fatty liver can threaten your health even if you're not aware of it initially. Yet it's not all that difficult to address this problem. This publication provides you with 50 simple and practical tips which will do your liver good without you having to turn your life upside down: the bitter compounds and healing power of oats can help, strengthening the body with proteins, reducing the fats in the liver while you sleep – just pick out what suits your lifestyle best. And a small section with recipes will show you how delicious fasting for the liver can be.</p>
	<p>Worm, Nicolai Deutsch, Melanie</p>	<p>Leberfasten nach Dr. Worm Dr. Worm's Liver Fasting Regime</p> <p>2nd edition, 148 pages, 40 illustrations, format 22 x 23 cm, paperback € 19.99 ISBN 9783432107820</p> <p>Publication date: published April 2018</p> <p>A fatty liver is above all the result of alcohol consumption that is too high? Not a bit of it! It is now known that it is not so much alcohol that is the cause of a fatty liver, but rather overeating and too many carbohydrates. The consequences can range from diabetes to liver cirrhosis. And yet one can get a grip on the problem through nutrition alone. This effective reduction programme is just what one needs to fight a fatty liver – a new nutritional concept which is backed up scientifically guarantees sustainable results. It contains useful tips to motivate the reader during the transition period and the delicious recipes included here provide a variety of culinary treats.</p>

	<p>Worm, Nicolai Teutsch, Melanie</p>	<p>Die 4-Wochen-Kur gegen Fettleber The 4-Week Cure to Combat a Fatty Liver</p> <p>1st edition, 136 pages, 35 illustrations, format 17 x 20 cm, paperback € 14.99 ISBN 9783432107592</p> <p>Publication date: January 2019</p> <p>Fatty Liver – it doesn't just sound like a serious condition, that's exactly what it is. But Dr. Worm's 4-week cure is just the thing to get this problem under control. Additionally, every week starts with new ideas for more movement, better sleep and more relaxation, all of which are equally important for the liver. The book is rounded off with motivational tips which help with the necessary perseverance.</p>
	<p>Wrona, Jennifer</p>	<p>Konfettiregen im Kopf – Leben mit Borderline A Rollercoaster in Your Head – Living with Borderline Disorder</p> <p>1st edition, 224 pages, 20 illustrations, format 16 x 21.7 cm, paperback approx. € 19.99 ISBN 9783432112619</p> <p>Publication date: 15.02.2021</p> <p>Affected by BPD? Isn't that someone who can't keep her emotions under control and who manipulates everyone else? Sufferers are affected by such prejudices and feel marginalised. Jennifer Wrona puts an end to this here: she talks openly and honestly about her life with BPD and gives us an insight into a world that veers between emotional health and illness. She sensitively shows us how to cope with this difficult time. She supplements her own personal experiences with sound expertise – what she gives us here is a story of being different which is both touching and which destigmatises.</p>
	<p>Wunder, Lulit & Mabon</p>	<p>Wunderleicht Leberreinigung Liver cleansing the easy way</p> <p>1st edition, 160 pages, approx. 45 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432108995</p> <p>Publication date: published June 2019</p> <p>Let's be honest: when was the last time you gave your liver a proper "servicing"? Being our prime "body cleanser" it filters out all the harmful elements that we allow into our bodies: unhealthy foods, medicines, environmental toxins and obviously the occasional glass of alcohol. But our over-burdened liver doesn't hurt and the liver function appears to be fine, it suffers in silence and liver weakness and fatty liver remains undetected.</p>


	<p>Zichner, Diana</p>	<p>Meine Hashimoto-Ernährung My Hashimoto Nutrition</p> <p>1st edition, 160 pages, 50 illustrations, format 17 x 24 cm, paperback approx. € 19.99 ISBN 9783432109305</p> <p>Publication date: published June 2019</p> <p>What no doctor tells you, even though it is so important: your nutrition has a significant influence on the development of that insidious thyroid disease, Hashimoto's thyroiditis. But personalised nutrition plans can balance out the hormonal chaos in your body, relieving pain and discomfort as well as help with weight loss.</p>
	<p>Zimmermann, Eliane</p>	<p>Aromatherapie für Sie Aromatherapy for You</p> <p>4th edition, 150 pages, 50 illustrations, format 22 x 23 cm € 22.99 ISBN 9783432113562</p> <p>Publishing date: February 2021</p> <p>Pleasant scents enhance your sense of wellbeing and increase your joie de vivre. But aromatherapy can do a lot more than that: it can help with spiritual conflicts and quite a few minor ailments. The author gives us a short and concise introduction into the world of scents, describing the oils used and explaining what to look out for on buying aromatherapy oils and carriers. In the large practical section you will find more than 60 different moods and indications – from daily frustrations and grief via migraines to sex and relationships.</p>

Ways Out of Crisis	Author(s)	Bibliography and short description
	<p>Bräunig, Peter</p>	<p>Leben mit bipolaren Störungen Living With Bipolar Disorders</p> <p>3rd edition, 200 pages, 12 illustrations, format 13.5 x 21 cm, paperback € 19.99 ISBN 9783432105789</p> <p>Publication date: published June 2018</p> <p>A roller-coaster of emotions ranging from deepest sadness to the wildest euphoria. Approx. 4 million people are having to battle with bipolar disorder, often taking years to be diagnosed and treated. But people who are affected should not need to feel helpless and be at the mercy of these highs and lows. The new edition of this tried and tested TRIAS guidebook is totally up-to-date. It helps by providing answers to over 200 questions: with information on the clinical picture and symptoms, as well as the progression of the condition, diagnosis, treatment options, medication, psycho-social support and shows how best to help oneself.</p> <p>Portuguese rights sold</p>
	<p>Eckmann, Nadine</p>	<p>Goodbye Magersucht Goodbye Anorexia</p> <p>New edition, 144 pages, 70 illustrations, format 22 x 23 cm, paperback € 19.99 ISBN 9783432104638</p> <p>Publication date: published April 2018</p> <p>After recovering from an eating disorder, one has to learn to pick up the threads of how-to-eat all over again. Of course, a lot is being done at the clinic depending on the required treatment concept, but in the end, it is the affected person who has to apply what he or she has learned – or respectively together with their parents. It is not a therapist who is talking here, but rather an affected person, someone who is using inspirational recipes and episodes from her own experiences to help the reader find new courage and accompanies the fellow sufferer in their first tentative steps into a world of food and cooking enjoyment again.</p>

	<p>Lieb, Hans von Pein, Andreas</p>	<p>Der kranke Gesunde Healthy People who are Sick</p> <p>6th edition, 192 pages, 40 illustrations, format 16 x 21,7 cm, paperback € 19.99 ISBN 9783432107370</p> <p>Publication date: published April 2018</p> <p>Agonising diarrhoea or constipation results in a diagnosis of irritable colon for millions of patients. Volker Schmiedel supports the theory that this is very often a misdiagnosis or a diagnosis made in desperation. It is particularly those problems affecting bowel mucosa that are bla on many "offenders" such as for example fat digestion dysfunction or food intolerances. This new edition will point the afflicted reader in the direction of a well-founded guide to a proper diagnosis and therapy.</p> <p>Romanian rights sold</p>
	<p>Maio, Giovanni</p>	<p>Medizin ohne Maß? Medicine beyond Measure?</p> <p>224 Pages, 5 illustrations, format 12,7 x 19 cm, hardcover € 12.99 ISBN 9783830467496</p> <p>Publishing date: published 2014</p> <p>When technology starts to act as a substitute for dialogue and empathy, it is that much more important to ask oneself those inevitable questions about the good life with a fresh, new view. This book asks these basic questions that no one should evade: is health really the condition for a good life? How can we learn about facing death without feeling utterly powerless? Prof. Giovanni Maio takes the reader on a journey to new ideas about how to deal with health, illness, life and death.</p> <p>English rights sold</p>
	<p>Müller-Kainz, Elfrieda Steingaszner, Beatrice</p>	<p>Was Krankheiten uns sagen What Illnesses Tell Us</p> <p>13th edition, 392 pages, 5 illustrations, format 16 x 21,7 cm, softcover € 22.99 ISBN 9783830465232</p> <p>Publishing date: published 2014</p> <p>The relationship between our personal character traits and symptoms of illnesses is indisputable today: our spirit determines our wellbeing and our ill health. Based on intensive research and decades of professional experience, the authors analyse here, in numerous case studies, the spiritual roots of common illnesses and attempt to explain how a causal treatment is possible which can lead to long term healing.</p> <p>Romanian rights sold</p>

	<p>Schirmer, Brita</p>	<p>Elternleitfaden Autismus Parent's Guide to Autism</p> <p>3rd edition, 272 pages, 35 illustrations, format 17 x 24 cm, paperback € 26.99 ISBN 9783432112831</p> <p>Publication date: published December 2020</p> <p>How does my autistic child experience the world? What therapy is best suited for which deficit? What specifically will help our own child? Many parents of a child on the autism spectrum feel helpless after the initial diagnosis and search for well-founded information. This new edition offers parents optimum support in their search for the right therapy and points at how they can best encourage their child and wisely help it through the daily routines.</p>
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Thermomix	Author(s)	Bibliography and short description
	Staubach-Friedrichs, Eva	<p>Hausmittel - Gesundheit aus dem Thermomix Home Remedies – The Thermomix Route to Health</p> <p>New edition, 96 pages, 35 illustrations, format 17 x 20 cm, paperback € 9.99 ISBN 9783432106441</p> <p>Publication date: published August 2018</p> <p>A sore throat, a tummy ache or a skinned knee – these are all familiar problems in most families. Generally, you'll find that home remedies are all you need to deal with them, particularly as the natural ingredients will avoid any side effects. And thanks to the Thermomix® they can be quick and easy to prepare. Whether it's a cough syrup, a cream to deal with sunburn, a rash cream or a compress – this book will provide the right recipe for all those little aches and pains. It even includes tips on prevention of diseases and formulas to care for your skin and hair.</p>
	Hartig, Svetlana	<p>Rezepte für kleine Kinder - Kochen mit dem Thermomix® Recipes for Small Children - Cooking with Thermomix</p> <p>2nd edition, 144 pages, 60 illustrations, format 22 x 23cm, paperback approx. € 14.99 ISBN 9783432109718</p> <p>Publication date: published December 2018</p> <p>Using the Thermomix turns cooking for your little ones into child's play. This book offers over 150 quick and easy recipes which are bound to please even the youngest child: finger foods and small dishes are included here as well as family meals and healthy snacks. Cooking takes no time at all, it's healthy and, above all, delicious – Mum's new super chef, the Thermomix, wishes all the family a very "bon appetit".</p>
	Gehlmann, Peter	<p>Naturkosmetik Beauty aus dem Thermomix Natural Cosmetics Beauty from the Thermomix</p> <p>96 pages, 35 illustrations, format 17 x 20 cm, paperback € 14.99 ISBN 9783432107271</p> <p>Publishing date: published 2017</p> <ul style="list-style-type: none"> ► 80 beauty recipes ► Body care, household remedies, baby care ► Guaranteed no chemical additives

	<p>Hartig, Svetlana</p>	<p>Vegetarisch Kochen mit dem Thermomix Vegetarian Cooking with the Thermomix</p> <p>144 pages, 50 illustrations, format 22 x 23 cm, paperback € 9.99 ISBN 9783432107233</p> <p>Publishing date: published 2017</p> <ul style="list-style-type: none"> ▸ 123 delicious recipes ▸ of which 40 are purely vegan ▸ Features for the veggie kitchen
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