

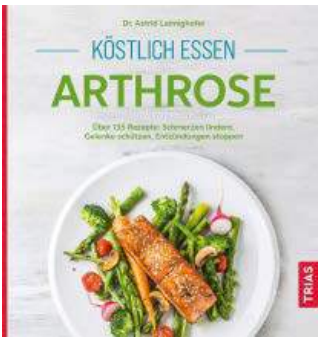


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Nutrition	Author(s)	Bibliography and short description
	<p>M. Sc. Seethaler, Benjamin Dipl. oec. troph. Snowden, Bettina Prof. Dr. med. Bischoff, Stephan</p>	<p>Mediterrane Ernährung Mediterranean Diet</p> <p>1st edition, 176 pages, 55 illustrations, format 20,5 x 26,5 cm approx. € 24.99 ISBN 9783432116853</p> <p>Publication date: April 2023</p> <p>Renowned scientists have always illustrated the positive aspects of a Mediterranean diet with descriptions of how it works as a protective shield against a multitude of medical conditions. The authors Benjamin Seethaler and Stephan C. Bischoff are currently working on a large trial which will be showing us the preventative and healing power contained in this diet. The known secondary plant substance resveratrol and other bio-active substances are described in greater detail.</p>
	<p>Blumenschein, Birgit</p>	<p>Brustkrebs – Die optimale Ernährung für mich Breast Cancer – The Optimal Diet For Me</p> <p>1st edition, 160 pages, 40 illustrations, format 17 x 24 cm approx. € 22.99 ISBN 9783432117317</p> <p>Publication date: September 2023</p> <p>Do you want to be involved in your healing process with energy, power and expertise? You can become actively involved by introducing a diet to “protect” your breast. Learn which foods will block cancer cells and how you can specifically select them. Regardless of whether you are having to deal with surgery, chemotherapy, radiotherapy or hormone therapy – the appropriate diet supports you in the best possible way and has been proven to reduce relapse numbers. 80 delicious recipes are included and these contain what you need in concentrated form to keep you healthy long term.</p>
	<p>Dr. Buchart, Karin</p>	<p>Nutrazeutika – Heilende Nahrungsmittel, Kräuter und Gewürze Nutraceuticals – Healing Food Products, Herbs and Spices</p> <p>1st edition, 176 pages, 50 illustrations, format 17 x 24 cm approx. € 19.99 ISBN 9783432116242</p> <p>Publication date: January 2023</p> <p>The dietician Karin Buchart has been working on the healing effects of our nutrition for many years. In this book she describes the 22 most effective foods – these include, turmeric, cranberry, ginger, horseradish, linseeds, apples and so on. What makes this such a fascinating book is the inclusion of more than 120 simple ideas for being healthy and staying healthy such as anis honey against coughs, carrot soup to combat diarrhoea, cranberry vinegar and nettle tinctures against cystitis, ginger wine for the immune system, garlic tonic for healthy blood vessels and so much more. It is the perfect medicine chest for all the family.</p>



	<p>Iburg, Anne</p>	<p>Die Haferkur. Gesund abnehmen The Oats Diet for Healthy Weight Loss</p> <p>1st edition, 144 pages, 30 illustrations, format 21,7 x 16 cm, paperback approx. € 17.99 ISBN 9783432117607</p> <p>Publication date: January 2023</p> <p>For healthy and sustainable weight loss you're going to want to steer clear of radical diets. This is all you need for successful and permanent weight loss: creamy, sweet overnight oats with berries for breakfast, crispy fried oat patties for lunch or a warming vegetable soup for supper. This is not just a tasty option, but super healthy as well. Oats have a positive effect on a fatty liver, lower blood pressure as well as blood sugar and cholesterol levels. And work against insulin resistance. 80 delicious recipes are included for every occasion!</p>
	<p>Prof. Dr. med. Lohse, W. Ansgar</p> <p>Goettges, Ulf C.</p>	<p>Das Schweigen der Leber The Silence of the Liver</p> <p>2nd edition, 304 pages, approx. 20 illustrations, format 13,5 x 21 cm, paperback approx. € 17.99 ISBN 9783432112718</p> <p>Publication date: February 2023</p> <p>The liver is the most important organ in our body. But what do we know about it? Probably not a lot as it is always silent. Even when too much is expected of it. The authors of this publication reveal the secrets of this fascinating organ: what it is this little chemical plant achieves, what makes it sick and how we can look after it with care. We are provided with vital answers to questions which we ask all too rarely for our health. What is the effect of bad nutrition on the liver, is there a diet for combatting fatty liver or how useful are alcohol-free breaks really?</p>
	<p>Dr. med. Meißner, Carl</p>	<p>Das Ernährungs-Programm für gesunde Gefäße The Nutritional Programme for Healthy Blood Vessels</p> <p>1st edition, 144 pages, 40 illustrations, format 16 x 21,7 cm approx. € 19.99 ISBN 9783432116839</p> <p>Publication date: April 2023</p> <p>Deposits, inflammations and tears in the blood vessels are the most dangerous risk factors for cardiac diseases, strokes and intermittent claudication, also known as "window shopper's syndrome". The 4-week programme will reduce your risk of disease and will help you achieve a new and healthy lifestyle. The proper nutrition will help you get your blood lipids, blood sugar and uric acid under control.</p> <p>45 gourmet recipes are included which will show you how to magic delicious meals using fresh, colourful ingredients. Optimum training for the heart and cardiovascular system and details on how to get started. Bonus: additional little exercises to deal with varicose veins and thrombosis.</p>

	<p>Burgerstein Foundation</p>	<p>Burgerstein Handbuch Nährstoffe Burgerstein's Handbook of Nutrients</p> <p>14th edition, 768 pages, 78 illustrations, format 17 x 24 cm approx. € 49,99 ISBN 9783432115887</p> <p>Publication date: February 2023</p> <p>Orthomolecular medicine comprises health maintenance as well as the treatment of diseases by varying the concentration of substances that are present within the human body. These substances comprise about 45 essential nutrients such as vitamins, minerals, trace elements, amino acids and essential fatty acids. This handbook shows readers how to apply them for their health and wellness.</p> <p>Serbian and simplified Chinese rights sold; English edition published by Thieme upon a previous edition</p>
	<p>Dr. med. Oltersdorf, Daniela</p>	<p>Chronische Entzündungen – Reizarm essen The Nutritional Programme for Healthy Blood Vessels</p> <p>1st edition, 160 pages, 45 illustrations, format 17 x 24 cm approx. € 19.99 ISBN 9783432116938</p> <p>Publication date: January 2023</p> <p>Constant inflammation or auto-immune diseases can make life so difficult. This guidebook explains how to recognise inflammatory triggers, how to strengthen your gut, your liver and your immune system and how to stop the inflammatory processes. Optimise your nutrition: avoid triggers, strengthen your body with the right foods and settle your acid-base balance. All wrapped up in 110 tasty recipes.</p>
	<p>Dr. Laimighofer, Astrid</p>	<p>Köstlich essen Arthrose Eat Well and Combat Arthritis</p> <p>1st edition, 144 pages, 40 illustrations, format 22 x 23 cm approx. € 19.99 ISBN 9783432116402</p> <p>Publication date: January 2023</p> <p>Omega-3 fatty acids, linseed oil, zinc, selenium, lots of green vegetables and keeping sugars and meat down – all of this helps. Fasting is also a way of activating the body's self-healing powers long-term. Your fasting programme for a week: using the practical instructions provided it is perfectly easy to give up on certain foods. Fasting stops inflammations and alleviates the degradation of the cartilage – immediately noticeable! Eat to fight inflammation. After which you can slowly fortify your diet with anti-inflammatory foods.</p>




	<p>Dipl. oec. troph. Iburg, Anne</p> <p>Prof. Dr. med. Storr, Martin</p>	<p>Köstlich essen Reizdarm Tasty Diet for Irritable Bowel</p> <p>1st edition, 144 pages, 45 illustrations, format 22 x 23 cm approx. € 19.99 ISBN 9783432116914</p> <p>Publication date: February 2023</p> <p>Help with diarrhoea, bloating etc.: The latest medical treatment guidelines for irritable bowel syndrome including concrete instructions and support for your daily diet. The most up-to-date findings: how to implement current recommendations on the Low FODMAP concept, on intolerances, fibres, microbiome, antibody tests and on the bowel-brain axis.</p>
	<p>Dr. med. Ledochowski, Maximilian</p>	<p>Nahrungsmittel-Intoleranzen Food Intolerances</p> <p>2nd edition, 160 pages, 15 illustrations, format 17 x 24 cm approx. € 19.99 ISBN 9783432117188</p> <p>Publication date: April 2023</p> <p>Histamine, fructose, lactose intolerances as well as intolerance to sorbitol, grains and gluten are widespread. Diarrhoea, bloating, tiredness, depression and many other conditions can all be a sign of an intolerance to a particular food. Even if food intolerances are more familiar to us today than they were some years ago, the route to the correct diagnosis is not easy. This tried and tested book takes you seriously and gives you security and clarity: practical profiles on various conditions, on multiple intolerances, proven self-tests, omission diets and tips for the right approach when visiting your doctor.</p>
	<p>Dr. Raab, Heike</p>	<p>Richtig einkaufen bei Adipositas-OP How to Shop After Adiposity Surgery</p> <p>2nd edition, 128 pages, 10 illustrations, format 10 x 16 cm, paperback € 9.99 ISBN 9783432117102</p> <p>Publication date: January 2023</p> <p>This reference book with its check lists and summaries offers many counselling aspects and information on "what contains what", to help maintain the new lifestyle that has been gained after successful surgery: what vitamins and minerals do I need, what foods contain them, how much protein is contained in what foods, what carbohydrates should be avoided or what lab values should I always be aware of.</p>
	<p>Knödler, Tanja Prof. Dr. med. Richter, Werner O.</p>	<p>Fettarm kochen & backen Low Fat Cooking and Baking</p> <p>1st edition, 160 pages, 40 illustrations, format 16 x 21,7 cm, paperback € 19.99 ISBN 9783432117539</p> <p>Publication date: April 2023</p> <p>With certain medical conditions or after surgery such as the removal of gallstones, a very lowfat diet is the order of the day – temporarily or long-term. With fat no longer available as a flavour carrier, some serious advice is essential. Food still needs to taste good, regardless of your state of health. This book is full of advice on how to change over to using low fat ingredients with ease! Variety is guaranteed thanks to a wide range of recipes.</p>




	<p>Kujath, Maren</p>	<p>Optimal ernährt vor und in der Schwangerschaft Optimum Diet Pre- and During Pregnancy</p> <p>1st edition, 144 pages, 30 illustrations, format 16 x 21,7 cm, paperback € 17.99 ISBN 9783432116662</p> <p>Publication date: April 2023</p> <p>You've decided you want to start a family and wish to improve your diet accordingly? Right then – your body will need to achieve maximum performance and you will want to affect the health of your child. The most important nutrients you need to prepare and support your body: folic acid, zinc, iron, calcium, vitamins D and B and omega-3 fatty acids. Clean Eating: how to avoid additives, microplastics, heavy metals and environmental toxins in your food and prevent bacterial infections. Mix & Match recipes: no rigid recipe specifications, just put together your own combination of the best foods.</p>
	<p>Reschreiter, Anna</p>	<p>Das einfachste TCM-Kochbuch aller Zeiten The Simplest TCM Cookbook Ever</p> <p>1st edition, 144 pages, 60 illustrations, format 22 x 23 cm, paperback € 19.99 ISBN 9783432116556</p> <p>Publication date: Januar 2023</p> <p>Are you looking for a style of nutrition that is simple, suitable for daily use and good for body, mind and soul? Then you will just love this cookbook! The 110 recipes in this book use no more than a maximum of 6 ingredients. The diet based on the 5 elements of Traditional Chinese Medicine treats you by using fragrant herbs, spices and fresh ingredients. They will help strengthen your core, calm digestion and activate your life force Qi.</p>
	<p>Dr. Ritter, Tina Maria Gottenbusch, Uta Von Zitzewitz-Knorr, Alexandra</p>	<p>Stoffwechselstörung HPU – Das Ernährungs-Programm Metabolic Disorder HPU – The Nutritional Programme</p> <p>1st edition, 168 pages, 28 illustrations, format 22 x 23 cm, paperback € 19.99 ISBN 9783432116426</p> <p>Publication date: Februar 2023</p> <p>Hämopyrrolaktamurie (HPU) is a metabolic disorder where the body's own detoxification process is severely compromised. People affected by this condition must try to absorb as many nutrients as possible while avoiding toxins and triggers that cause irritable bowel or specific food intolerances.</p>


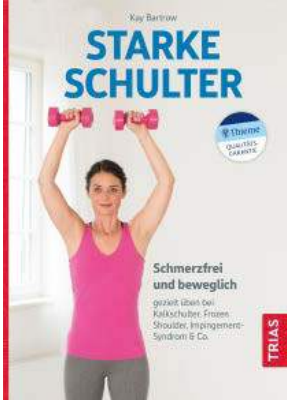

In Balance	Author(s)	Bibliography and short description
	Krug, Marianne	<p>Hormoncoaching erlernen & gezielt anwenden All About Hormones</p> <p>1st edition, 176 pages, 40 illustrations, format 17 x 24 cm approx. € 24.99 ISBN 9783432115696</p> <p>Publication date: June 2023</p> <p>Do you suffer with insomnia, weight gain, depression or forgetfulness? This can all be caused by hormones, and not just during the menopause. Oestrogen deficiency, progesterone deficiency or adrenal insufficiency can result in a wide range of medical conditions. Hormones are also involved in thyroid disorders, joint pains or migraines. Take control of your health and become an expert in all hormone-related matters with the help of this book and of author and doctor Marianne Krug!</p>
	Höfler, Heike	<p>Feldenkrais – Die besten Übungen für Ihren Alltag Feldenkrais – The Best Exercises for Every Day</p> <p>2nd edition, 128 pages, 70 illustrations, format 16 x 21.7 cm, paperback, Audio-CD. approx. € 19.99 ISBN 9783432116808</p> <p>Publication date: January 2023</p> <p>There's a twinge in your back and the neck and shoulder areas are feeling tense? Feldenkrais exercises can help target the pains, immobility and tensions. The exercise section is divided into several subsections. It involves no strenuous training. Instead we have slow and simple exercises with small and mindful movements. In this way we become more aware of our body and are overcome by a wonderful feeling of relaxation.</p>
	Prof. Dr. med. Mengden, Thomas	<p>Bluthochdruck senken durch Yoga-Atmung Yoga Breathing to Lower Blood Pressure</p> <p>1st edition, 128 pages, format 16 x 21,7 cm approx. € 19.99 ISBN 9783432117072</p> <p>Publication date: April 2023</p> <p>In addition to being overweight, not having enough exercise and too much salt in the diet, stress is one of the most important causes of hypertension. You can reduce stress and lower your blood pressure using targeted relaxation techniques. Prof. Mengden is one of the best experts in the field of hypertension. He describes the diverse connections within the body and refers to current scientific studies. Targeted yoga breathing techniques help lower blood pressure. The combination of conventional medicine and the far-eastern art of healing provide sustainable and long-term support in the healing process.</p>




	<p>Dalberg, Andreas</p>	<p>Der Weg zum wahren Reiki-Meister The Route to Becoming a True Reiki Master</p> <p>18th edition, 400 pages, 50 illustrations, format 12,7 x 19 cm, paperback € 19.99 ISBN 9783432117010</p> <p>Publication date: April 2023</p> <p>More and more people are beginning to recognize how much Reiki can offer. For Reiki practitioners are in a position to take up the energy that is available everywhere and transfer it onto themselves as well as onto others which has a positive effect on body and soul. In this book Andreas Dalberg describes the psychological and esoteric approach as well as symbols, degrees and exercises in Reiki. He provides a concrete guideline for the conscious shaping of the Reiki process and as such this book becomes something that is suitable for both beginners and advanced pupils on their way to becoming a Reiki master.</p>
	<p>Fischer, Corinna Fischer, Bob</p>	<p>Ich liebe einen Asperger! I'm in Love With an Asperger's!</p> <p>2nd edition, 192 pages, 9 illustrations, format 17 x 24 cm approx. € 21.99 ISBN 9783432116785</p> <p>Publication date: January 2023</p> <p>In this book, Corinna Fischer and her husband, Bob tell the story of their extraordinary partnership and of a life with autism in the family. For a long time, the relationship was dominated by a lack of understanding for the very different emotional worlds. Using various milestones on their mutual path – getting to know each other, marriage, having children – this husband-and-wife team tell us about their daily life together. It is, above all, Corinna Fischer who tells us the story from the point of view of an Asperger's patient's partner by describing how they arrange their family life with autism and what has helped them to cope.</p>


Health	Author(s)	Bibliography and short description
	Dr. rer. nat. Kaiser, Ulrike Gärtner, Anne Dr. med. Preissler, Anke Hoffmann, Greta Norda, Heike	<p>Schmerzen lindern – Praktische Selbsthilfe für ein aktives Leben Pain Relief – Practical Self-Help for an Active Life</p> <p>1st edition, 208 pages, 50 illustrations, format 17 x 24 cm approx. € 19.99 ISBN 9783432115450</p> <p>Publication date: October 2023</p> <p>Pains have many different causes. To detect the root cause, the authors combine findings from medicine, psychology, physiotherapy and personal experience. As someone personally affected, you will learn how to better understand your pains and how to find a way to cope on a daily basis.</p> <p>The biopsychosocial viewpoint has a way of viewing your pains from all sides to keep you as informed as possible.</p>
	Walther, Luise	<p>Schmerz zentrale Gehirn Pain Central – The Brain</p> <p>1st edition, 128 pages, 100 illustrations, format 16 x 21,7 cm approx. € 19.99 ISBN 9783432116587</p> <p>Publication date: February 2023</p> <p>There are people who go through life wonderfully pain-free while others suffer pain without there being any obvious physical cause. The reason: pain occurs in the brain. Luise Walther, expert for neuro-centric training, starts you off. Reprogramme your pain memory: targeted exercises for the eyes, balance and body awareness.</p> <p>Optimal breathing: using the power of the breath to relieve pain.</p> <p>Simple implementation: integrate the training into your daily routine and get a grip on any pain.</p>
	Prof. Dr. Luomajoki, Hannu	<p>Rückenschmerzen endlich im Griff Back Aches – Under Control At Last</p> <p>1st edition, 160 pages, 120 illustrations, format 16 x 21,7 cm approx. € 24.99 ISBN 9783432117034</p> <p>Publication date: June 2023</p> <p>Back pain often drags on for a long time and many sufferers try everything possible to become pain-free again. Often only the symptoms are treated, but not the causes. These can be caused by limited mobility, tense or weak muscles, stuck fasciae or a muscular imbalance in the body.</p>

	<p>Dipl.-Psych. Precht, Anke</p>	<p>Der Trauma-Notfallkoffer The Trauma Emergency Bag</p> <p>1st edition, 144 pages, 30 illustrations, format 16 x 21,7 cm approx. € 17.99 ISBN 9783432117256</p> <p>Publication date: April 2023</p> <p>Many traumas can be reactivated time and again by various triggers and this can make life difficult for people who are affected. Frequently, traumatised people can be overwhelmed by strong feelings such as fear and anger. Others don't even really feel them properly or may even reach for addictive substances or become prone to self-harming behaviour. To mitigate the symptoms of acute post-traumatic stress disorders check out the Trauma Emergency Bag for "first aid" – it contains all you need to know to help you understand your traumas as well as options for self help as well as practical exercises and tips straight from the therapeutic practice.</p>
	<p>Dr. Frick-Baer, Gabriele, Dr. Baer, Udo</p>	<p>Trauma Trauma</p> <p>1st edition, 160 pages, 10 illustrations, format 16 x 21,7 cm approx. € 19.99 ISBN 9783432117232</p> <p>Publication date: April 2023</p> <p>How does a trauma occur and what are its consequences? Can it be passed on to children and grandchildren? What is post-traumatic stress disorder (PTSD)? And can one overcome a trauma? These and many more are the questions that preoccupy traumatised people. This also affects helpers and family members who want to support these people and who ask themselves: what is it they need? How can I help them? In this book, the authors provide answers to 99 questions that they have been asked over the years about traumas. They explain how traumas can be successfully overcome and how to help sufferers.</p>
	<p>Chen, Nina</p>	<p>MCAS – Mastzell-Aktivierungs-Syndrom MCAS – Mast Cell Activation Syndrome</p> <p>1st edition, 176 pages, 15 illustrations, format 17 x 24 cm approx. € 22.99 ISBN 9783432117478</p> <p>Publication date: February 2023</p> <p>When the body suddenly starts acting crazy and we get symptoms such as stomach aches, cardiovascular problems, food intolerances or hives then it can all be down to MCAS. Nina Chen knows only too well how difficult it is to find the correct diagnosis and helpful therapy. This self-help book is where she describes her own strategy. In addition to recognising and avoiding triggers it is a plant-based, anti-inflammatory and alkaline diet that can bring relief. Nutritional supplements such as, for example, magnesium or vitamin D and superfoods like turmeric or barley grass are also helpful.</p>

	<p>Sander, Susanne Dr. med. Schweiger, Beatrix</p>	<p>Vitamin D</p> <p>1st edition, 144 pages, 15 illustrations, format 17 x 24 cm approx. € 19.99 ISBN 9783432116877</p> <p>Publication date: June 2023</p> <p>Not so long ago, vitamin D deficiency would be exclusively associated with bone structure deficit. But today we know that the sun hormone is an important component for our health – from head to toe. With a high dose therapy based on the Coimbra Protocol, astonishing successes can be achieved in autoimmune diseases, such as for example multiple sclerosis, lupus, rheumatism and psoriasis. This book covers what it can best be used for, the options, risks and the cost of high dose therapies as well as studies on the treatment of cancer, Covid-19 and dementia – Vitamin D as an immune-booster against infections, muscle and joint pains.</p>
	<p>Sutor, Volker Bumb, Tim</p>	<p>Der kleine Arthrose-Coach The Little Joint Disease Coach</p> <p>1st edition, 128 pages, 120 illustrations, format 17 x 20 cm approx. € 14.99 ISBN 9783432116389</p> <p>Publication date: April 2023</p> <p>Whether it's your knees, shoulders or hips – joint disease can affect pretty much any joint as well as the spine and can result in severe pain. Targeted exercises can help. But what's important is to keep at it! And here is where this Little Joint Disease Coach can help. It supports you with effective exercises and valuable tips. And all this is based on current scientific findings. Function test: How fit are you? Individual exercise programmes: 40 simple exercises for beginners to advanced users. Easy exercises: how to use every-day objects and turn them into perfect training devices.</p>
	<p>Höfler, Heike</p>	<p>Der kleine Augen-Coach The Little Eye Coach</p> <p>1st edition, 112 pages, 100 illustrations, format 17 x 20 cm approx. € 14.99 ISBN 9783432117270</p> <p>Publication date: April 2023</p> <p>Our eyes are often overtired and overburdened as a result of all the screen work we do and this can result in long-term impaired vision. Many people are affected by dry or watery eyes. The Little Eye Coach can help. It supports you with valuable tips to help soothe your symptoms and to help you see better. Holistic view: there is an intensive exchange between the visual centre, the head joints and the neck muscles. Eye-wellness: a mixture of relaxation, massage, acupressure and eye yoga. Targeted exercises: The six programmes here contain precisely the right exercises for your eyes.</p>

	<p>Fengler, Arndt</p>	<p>Die einfachsten Knie-Übungen aller Zeiten The Simplest Knee Exercises of All Times</p> <p>1st edition, 128 pages, 250 illustrations, format 22 x 23 cm approx. € 19.99 ISBN 9783432116976</p> <p>Publication date: April 2023</p> <p>Do your knees hurt because you are affected by inflammation of the meniscus, you have gonarthrosis, bursitis or maybe even a cruciate ligament rupture? Regular and targeted training helps to get your knees fit again. The physiotherapist and knee specialist Arndt Fengler shows you the simplest knee exercises ever: step-by-step instructions with lots of pictures – have a look, understand and replicate. It is easy to see what is really important when exercising. All the expert's tips are quick and easy to identify in the illustrations. Also included is an emergency programme with the most effective exercises to soothe acute pains.</p>
	<p>Bartrow, Kay</p>	<p>Starke Schulter Strong Shoulders</p> <p>2nd edition, 144 pages, 110 illustrations, format 16 x 21,7 cm approx. € 14.99 ISBN 9783432116761</p> <p>Publication date: February 2023</p> <p>Shoulders have a lot to put up with when it comes to everyday activities and sports and as such they are particularly susceptible to injuries and functional disorders. And yet it is possible to do something about shoulder aches even without painkillers or surgery. Kay Bartrow shows us here how an injured shoulder can become free of pain and mobile again. Using a tried and tested self-test it is possible to create an individually tailored exercise programme. Based on the causes of the pains, they can be alleviated, and the symptoms can be improved for the long term.</p>
	<p>Bartrow, Kay</p>	<p>Gesunder Kiefer Healthy Jaw</p> <p>3rd revised edition, 128 pages, 60 illustrations, format 16 x 21,7 cm approx. € 19.99 ISBN 9783432116228</p> <p>Publication date: January 2023</p> <p>Do you grind your teeth at night? Does your jaw crack when you chew? Do you have frequent headaches for which you have no explanation? Do you suffer with earache or struggle with ringing in the ears? The reason is likely to be a problem with your jaw joint. This book will help you find noticeable relief and gentle alternatives to dental guards or painkillers, using little exercises which can easily be introduced at any time throughout the day. You can put together a tailor-made exercise programme for your specific problem using the "rope trick", the "transporter" or the "corner of your mouth lifter".</p>

Family	Author(s)	Bibliography and short description
	Gätjen, Edith Brandel, Stefan	<p>Die geniale Kochschule für Kinder The Brilliant Cooking School for Children</p> <p>1st edition, 192 pages, 70 illustrations, format 22 x 23 cm approx. € 19.99 ISBN 9783432112817</p> <p>Publication date: January 2023</p> <p>This illustrated children's cookbook can have children as young as kindergarten age cooking almost entirely independently. Simple illustrated step-by-step instructions point the way to the first little dishes – and it works without having to be able to read. 70 wholesome recipes loved by children: Pancakes, pasta sauces, finger foods and salads. Each recipe has information on the food products, how to exchange ingredients – and how you can best support your children while they cook.</p>
	Schroffenegger, Yvonne PD Dr. Krois, Wilfried	<p>Verstopfung bei Kindern Constipation in Children</p> <p>1st edition, 144 pages, 50 illustrations, format 13,5 x 21 cm approx. € 26.99 ISBN 9783432117553</p> <p>Publication date: August 2023</p> <p>Functional obstipation, in other words, constipation without any organic cause is a chronic condition frequently found in children and young people. If it is not quickly identified and treated properly, children affected by this condition often suffer for months and even years with severe pain. Yvonne Schroffenegger and Dr. Wilfried Krois provide information on the background and on sensible treatment methods. Probiotics, psyllium, laxatives. What really helps? What can parents and children do to make each day a positive and relaxed experience? Two competent experts in the field: an affected mother and a consultant paediatrician working together.</p>
	Prof. Dr. med. Brandl, Ulrich	<p>Unser Kind hat Epilepsie Our Child Has Epilepsy</p> <p>1st edition, 144 pages, 12 illustrations, format 17 x 24 cm approx. € 24.99 ISBN 9783432117584</p> <p>Publication date: August 2023</p> <p>One per cent of all children will at some time or other have some form of epilepsy. For these children and their parents this condition is terrifying and can be an enormous challenge. Many want to do whatever it takes to prevent the next attack. But can we ourselves influence that? Dr. Ulrich Brandl, one of the most experienced neuro-paediatricians and specialist in epilepsy, supports parents in dealing with the condition: achieving normality in school, sports and leisure time.</p>

	<p>Gätjen, Edith</p> <p>Lottas Lieblingsessen Lotta's Favourite Food</p> <p>2nd edition, 144 pages, 47 illustrations, format 22 x 23 cm, softcover € 14.99 ISBN 9783432117140</p> <p>publication date: February 2023</p> <p>This little guidebook on the tricky subject of child nutrition and cooking for toddlers from 1 to 4 reminds us that no dull theory can compete with the vibrancy and colour of true life. After all, with the development of and changes in a child's likes and dislikes, parents find themselves facing ever greater challenges. You'll find tips and tricks on pleasing the palates of little ones using nutritious dishes other than the everpopular pastas and chocolate spreads. Over 110 recipes, which aren't just Lotta's favourites, will help you do just that: be it sunshine muffins, salmon pizzas or orange hearts. All the recipes are nutritious, delicious and are bound to put a smile on your little one's face!</p>
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