

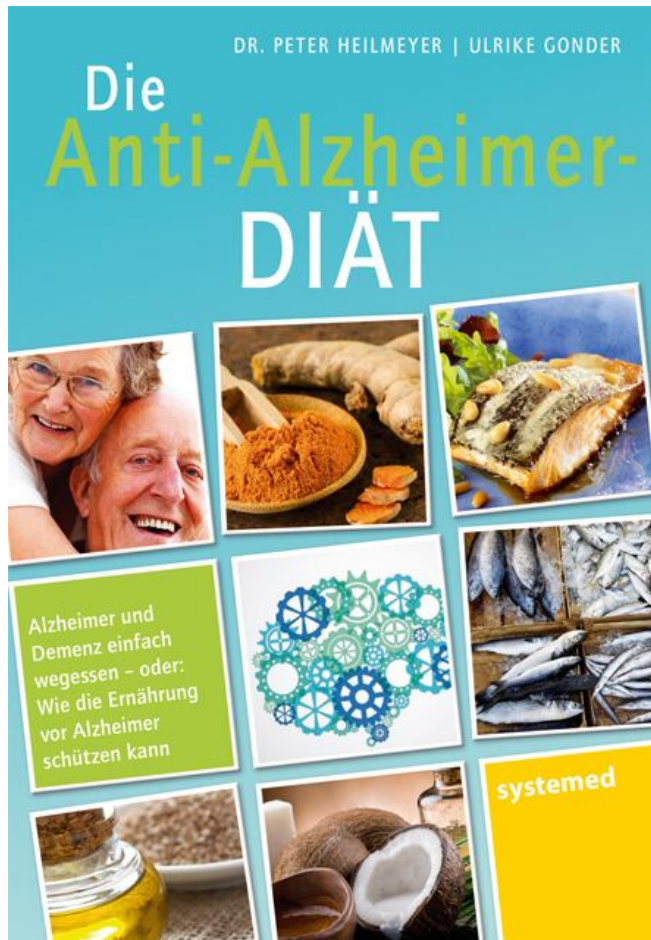


London Book Fair 2017

New Titles & Hot List

www.systemed.de

Anti-Alzheimer's- Diet



Publication Date: March 2017

Format: 148 x 210 mm, 160 pp, 4 -colour

How to protect against Alzheimer's and Dementia through a correct nutrition

Alzheimer's is neither inevitable nor irreversible. Several risk factors can be controlled and also the evolution of dementia can be favorably influenced. One of the main approaches is the proper nutrition. The author shows us in this exciting and mindful book, that we can actively and consciously fight against Alzheimer's disease.

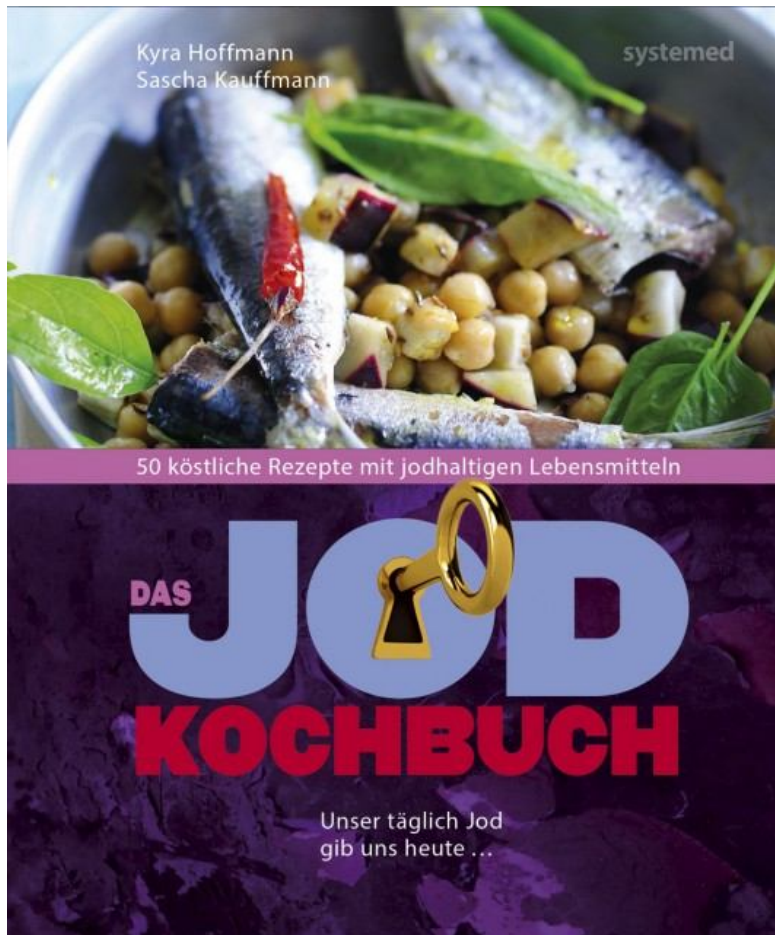
-Therapeutic aspects of food – which is still effective although the disease already has broken out?

-Prevention through a proper diet: right fats and amino acids, carbohydrate reduction, vitamin D, antioxidants, B vitamins, alpha-lipoic acid, phytochemicals

-Tips for cooking healthy meals and changing your lifestyle with success

New

Iodine – The Cooking Book



Publication Date: May 2017
Format: 165 x 196 mm, 98 pp,
4 –colour

50 recipes for new power for your body cells

Your body does not make iodine, so it is an essential part of your diet. But do you get enough? You will be surprised what this vital trace element can contribute to the prevention and treatment of many diseases, specially related to the brain, the breast and ovaries. But the properties of iodine are also antibiotic, antiviral and antifungal.

- 50 accessible recipes rich in iodine
- Quick and easy to do
- Simple but super-tasty recipes

New

Iodine - Key to your Health



Publication Date: June 2016
Format: 148 x 210 mm, 184 pp,
4 –colour

New power for your body cells

Your body does not make iodine, so it is an essential part of your diet. But do you get enough? You will be surprised what this vital trace element can contribute to the prevention and treatment of many diseases, specially related to the brain, the breast and ovaries. But the properties of iodine are also antibiotic, antiviral and antifungal.

- Discover what iodine deficiency really means for your body

- Information about treating thyroid problems

- Algae - the new Superfood

- Iodine in modern naturopathy medicine

Cost-Almost-Nothing



Publication Date: May 2017

Format: 150 x 150 mm, 96 pp, 4 –colour

The best 49 savings recipes for you (and all you love)

Easy – Tasty - Healthy

This compact cookbook with great recipes from all over the world is meant for those who have a low budget but want to eat healthy.

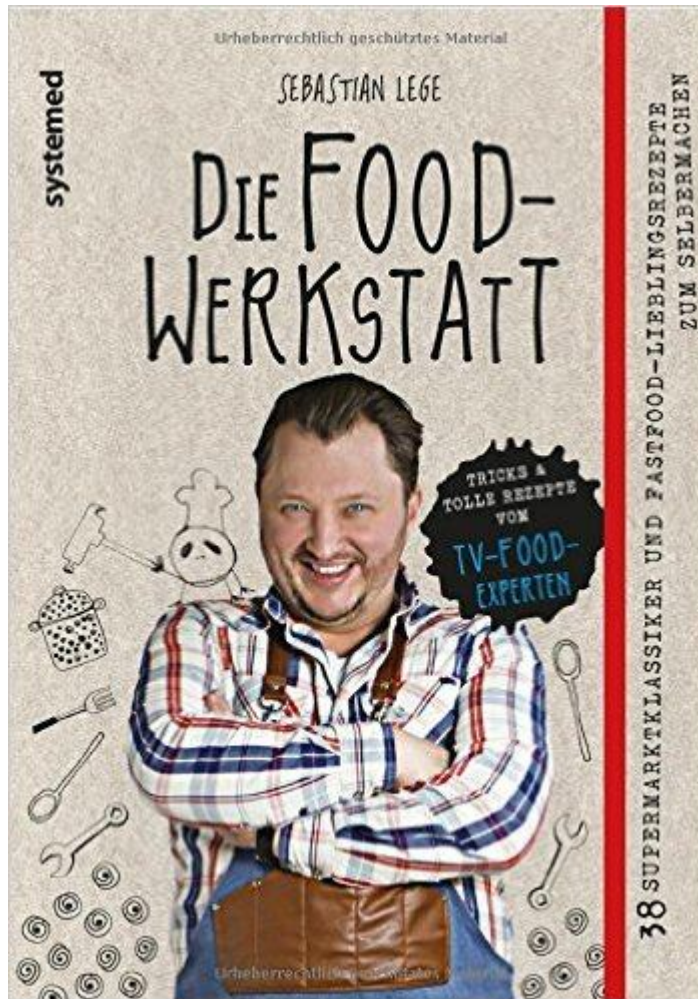
Cooking yourself is one of the best ways to put something delicious on the table and save a lot of money. Healthy food is immeasurably and does not have to be expensive.

With this book your life will be more delicious, healthier and, above all, much cheaper.

Doctor and best-seller author Dietrich Grönemeyer has been a pioneer in independent health care for many years. Together with cookbook author Anna Cavélius and pedagogue Anja Rusch, he presents this new book in a practical format.

New

The Food Workshop



New

Publication Date: March 2017

Format: 165 x 235 mm, 200 pp, 4 –colour, hardcover with moleskine ribbon and pencil

38 classics from the supermarket to make by your own

Nutella, Ketchup, Ravioli, fish sticks, Miracoli, Choko Crossies, ... almost everyone loves them. The problem: most industrially processed food contain a lot of “dubious” substances such as cheap meat, food preservatives and flavor enhancers.

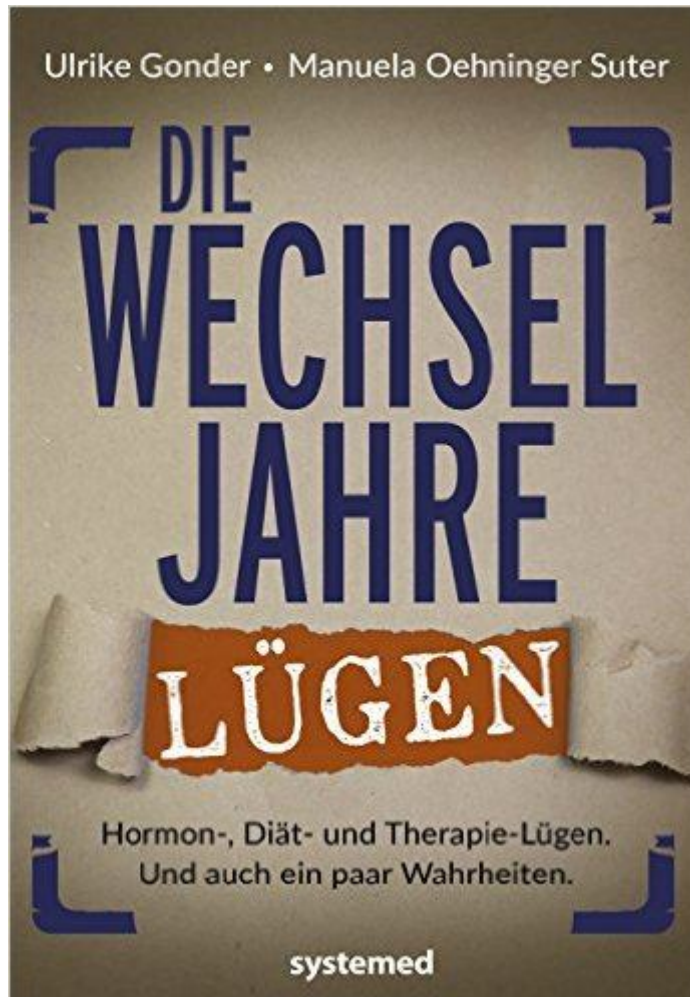
TV Food expert Sebastian Lege shows in this book how the most popular classics, instant and fast food meals you buy in the supermarket can easily be prepared at home: Healthy and fresh, and without any additives.

-Tricks for really fast cooking

-Tips about cooking, shopping and stocking .

... and above all: fun, fun, fun!

Lies About Menopause



New

Publication Date: May 2017

Format: 148 x 210 mm, 160 pp,
4 –colour

How misconceptions and misinformation deter us in enjoying this phase of life - and what can do about it!

'By 50, the ovaries cease to make estrogen, you get hot flashes and night sweats, gain weight, mood swings and when you take hormones, you get cancer.' This is how many women imagine menopause, although this is not what happens to your body. Ulrike Gonder presents in her new book many myths and gives valuable tips and practical guidance on how women can enjoy this phase of her life:

- What really happens during menopause in your changing body
- What the body urgently needs in this stage of life
- Important information about hormones, hormone replacement therapy and alternatives
- Why it is so important to take care of yourself and how to start

Instructions For Overweight



New

Publication Date: April 2017

Format: 148 x 210 mm, 112 pp, 4 –colour

Stop the dieting madness now!

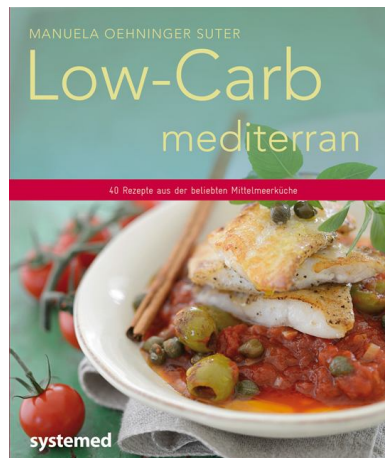
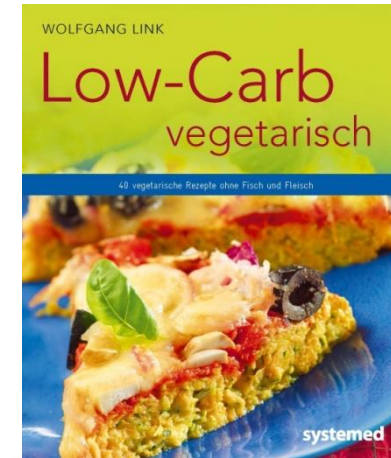
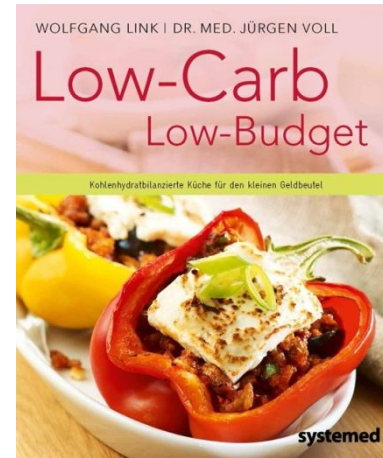
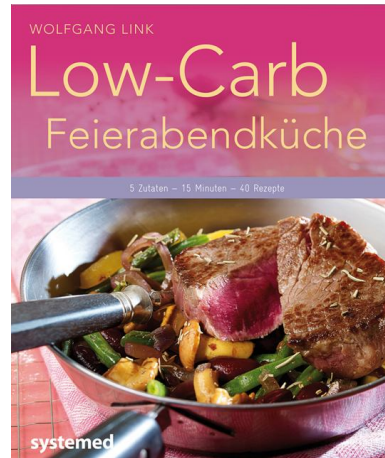
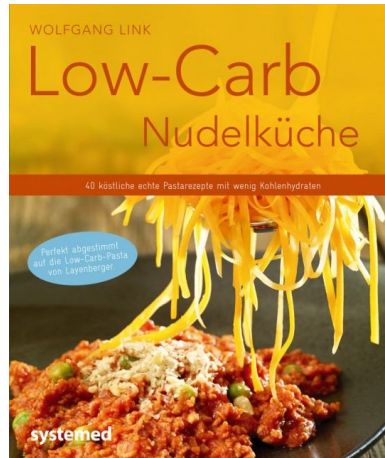
The big joke about losing weight is that it is usually just a temporary success and happily turns the other way around. It seems almost as if the goal of weight loss strategies is not to become slimmer but thicker.

In this guide, the stressful world of diets is turned upside down. Using many examples from real practice and also fictional narratives, the author explains 20 errors we all commit while we try to lose weight.

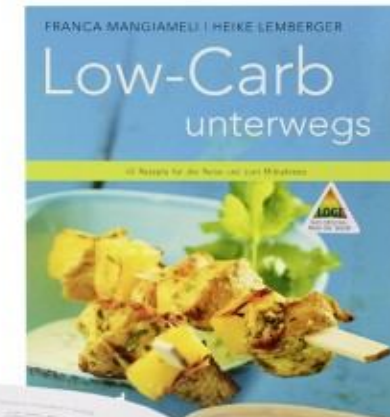
The author, Dr. Julia Feind, explains in an ironic way, what prevents us from having a satisfied body feeling and finds explanations for this apparent paradoxical striving for overweight, a result from the failure of eternal diets.

Recognize your own false "truths" about weight and avoid the best mistakes in losing weight in the future!

Low-Carb Guides –over 240,000 copies sold!



23 titles available!



Ketogenic diet for cancer



Publication Date: April 2014
Format: 210 x 148 mm, 176 pp

The best food for tumor diseases

Improve your therapy forecasts with a proper nutrition.

In this guide, the authors provide an overview about the best and most successful nutritional strategy for cancer patients: the ketogenic diet.

This diet helps to counteract the frequent weight and strength loss in cancer patients and strengthens the healthy body functions. Recent studies show: The ketogenic diet can support cancer therapy, because with lower sugar and carbohydrate intake, many cancer processes are slowed down.

- highly competent scientific team of authors.
- All facts on the latest scientific discoveries.
- very practical and easy to understand

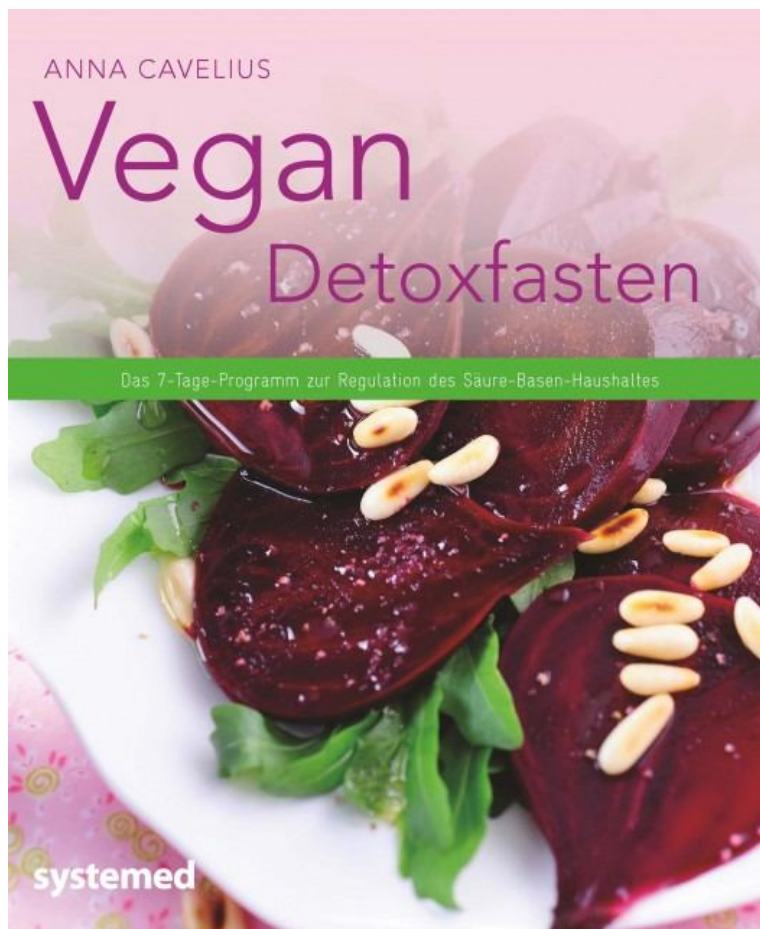
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Hot List

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Vegan Detox Fasting



Publication Date: February 2016

Format: 164 x 196 mm, 68 pp,
4-colour

7 – Day Diet Meal Plan to regulate of your acid - base balance

This compact guide presents a balanced vegan fasting rich in revitalizing smoothies and healthy plates with fruits and vegetables. A 7 Day Diet Meal Plan to lose weight in a gentle and beneficial way and without starving. Additionally, you get the right balance of acid and basic, detoxify your body and improve your health and well-being significantly.

- Everything you need to know about the hot topic Vegan Food

- Discover the importance of the right acid -base balance for your health and weight

-40 delicious recipes for a Vegan Base Fasting Week and the days after

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Fruit Belly



Publication Date: March 2015
Format: 210 x 148 mm, 200 pp, 4-colour

The title of Swiss author Romy Dollé's, *Fruit Belly*, refers to abdominal bloat often accompanied by digestive distress; a common result of some basic dietary misconceptions in many fast-track, low-fat, weight loss plans.

With well-defined, easy to ingest information about how the body actually breaks down and distributes fats and nutrients, *Fruit Belly* provides a clear 4-Day Quick Fix plan to not only relieve any existing abdominal distress, but help reset the metabolism and reawaken the body's natural desire for the kinds of *real food* it wants and needs to function at its best — while still losing unwanted pounds.

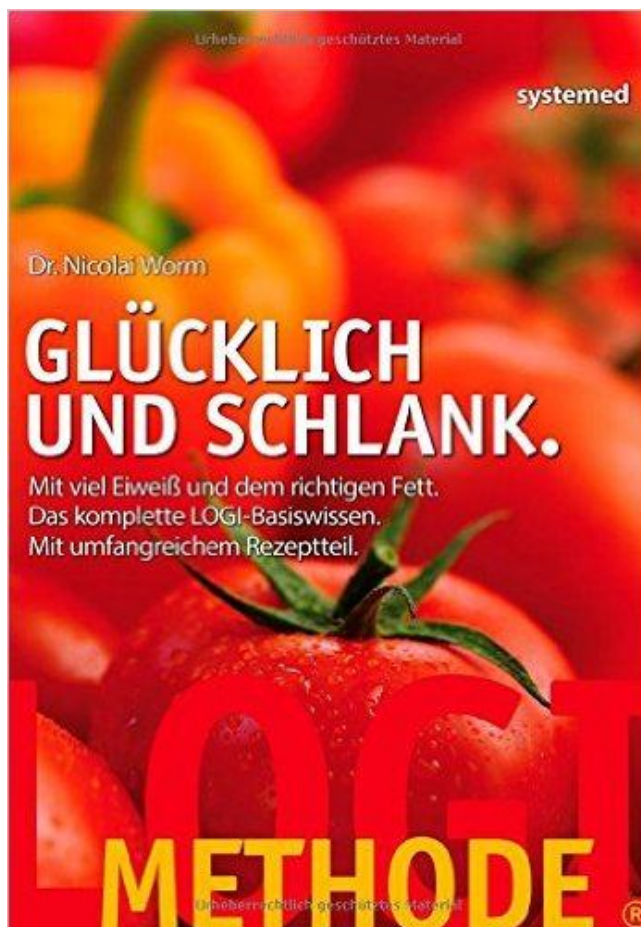
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Happy and Slim



Publication Date: April 2015
(12th Edition)

Format: 239 x 187 mm, 176 pp,
4-colour

Although in recent years people consume more and more “light” and diet products, the world is becoming, literally, rounder. So what is the problem? Could there be a fundamental defect in our eating habits? This book answers these and other pressing questions about nutrition. It also contains 74 delicious recipes that promise greater pleasure without effort by simply reducing your intake of starches and carbohydrates.

This revolutionary nutritional strategy is easily put into practice. With this publication, Dr. Worm began the successful series of books on the **LOGI®** Method.

This book is one of the most successful nutritional guides in Germany.

LOGI Method has sold over 1,000,000 books sold in Germany only.

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