



RIGHTS GUIDE

Health & Healing
Psychology & Psycho-coaching
Self-help & Balance of life

**man
kau**

Books which broaden one's horizons

Table of contents

New publications 2026	3
Backlist authors A – K	10
Backlist authors L – R	26
Backlist authors S – Z	46

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Experience what it **really feels like** to finally find **your true self**



Hiekyoung Blanz

The Art of Living in the Moment

How to find yourself through your body,
exercise and silence

1st ed. 2026, 207 pp, softcover with
gatefolds
13.5 x 21.5 cm, 20.00 Euro (GER)
ISBN 978-3-86374-808-1

- IntuiMotion®: a unique combination of gentle physical exercises, intuitive movement, and moments of silence
- Professional dancer, experienced coach, and workshop leader

Perhaps you have long been lost in the outside world – in your thoughts, in just going through the motions, among everyone else. But when it came to being your very own self – you often missed out. There was no one there who truly cared for you.

This book is an invitation to return to your very own self. To your body. To the present moment. To your life. It is about becoming silent, allowing your mind to settle, and feeling yourself again. Through the body, exercise and silence, Hiekyoung Blanz guides you home – to yourself – in a playful and intuitive way with *IntuiMotion*®.

Your body becomes your safe haven, where you can let go. It is here where you will discover who you truly are – letting go of the inner noise of your thoughts, self-doubt, and old roles. In your true essence. You decide for yourself how far you want to go. But what awaits you is certain: peace, vitality, and freedom – a profound encounter with yourself.

- Realize: why you have lost yourself in the first place, and how to find yourself again
- Experience: how to truly experience yourself through body awareness, free movement, and moments of silence
- Embody: how to incorporate what you have learnt into your own life and live your truth

This isn't just a nice idea. It is very real and tangible. But come and find out for yourself!



© Andrea Göppel

Hiekyoung Blanz,

born in Seoul and raised in Berlin, is a coach and author dedicated to the path to inner freedom and self-awareness. After training as a bank clerk and studying business administration, she followed her passion for dance and creativity, earning a degree in contemporary dance in Amsterdam, and working for over 20 years as an improvisational dancer and choreographer. As a certified coach for *The Work of Byron Katie*™ and the developer of *IntuiMotion*®, she now combines bodywork, thought-clearing, and creative self-exploration into a holistic journey of discovery. Her international teaching and coaching work makes her an expert in lived presence and self-development.

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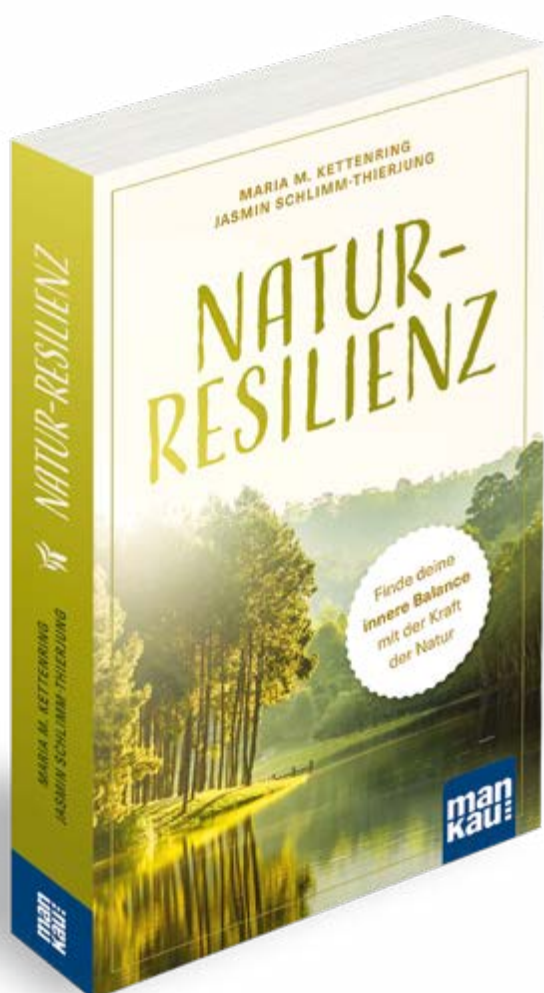
Gaining **physical** and **mental** resilience from **experiencing nature**

- Harnessing nature's resources for resilience, stress relief, and renewed energy
- Renowned authors with a large network

In a time when stress, time pressure, and constant demands shape our daily lives, nature can become a valuable source of relaxation and resilience. *Nature Resilience* guides you, through easy-to-follow steps, toward greater resilience, a zest for life, and a mindful relationship with the natural world and yourself.

Along the way, you'll learn to perceive your surroundings with all five senses, enjoy small everyday rituals, and use nature as a personal source of strength. Whether through mindful breathing in the forest, mindful movement, mindful eating, or creative exercises, the authors show you in a practical and inviting way how small moments in nature can become a true respite for body and soul.

- Inspiration and rituals from naturopathy and the Far Eastern art of living
 - Holistic and creative paths to self-care: mindful experiences, movement in nature, natural power spots, simple meditation exercises, mindful eating, journaling, calligraphy, Earth Art, and so much more
 - The power of aromatherapy for holistic balance and resilience
- Let nature bestow its gifts upon you – health, serenity, and lightness.



Maria M. Kettenring
Jasmin Schlimm-Thierjung

Natural Resilience

Finding your inner balance
with the power of nature

1st ed. 2026, 287 pp, softcover with
gatefolds

13.5 x 21.5 cm, 20.00 Euro (GER)
ISBN 978-3-86374-791-6



Maria M. Kettenring

has been a recognized aromatherapy expert, author, and "scent ambassador" for four decades, with in-depth knowledge and extensive practical experience in aromatic culture and aromatherapy. She has been developing the concept of aromatic and fragrant cooking since the mid-1980s.

As a certified trainer in forest bathing and nature-based resilience, she enthusiastically shares her passion for the healing power of essential oils and for finding balance with and within nature.



Jasmin Schlimm-Thierjung

is the founder and director of the German Academy for Forest Bathing and Health. She combines in-depth knowledge of health, mindfulness, and nature experiences with many years of practical experience in education and professional development. With passion, she shows how the forest

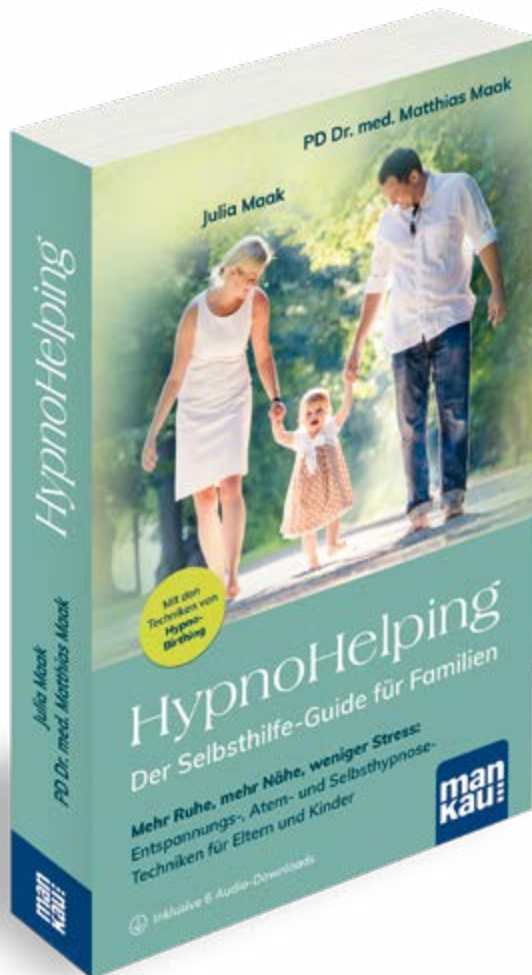
can become a source of resilience, balance, and joy of life. With her family, she lives in St. Martin in Palatinate.

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For **parents** who

want more than just getting by

- Practical exercises and strategies for parents and children
- Proven self-hypnosis and relaxation techniques from HypnoBirthing: breathing, relaxation, affirmations, visualization



Julia Maak and Private Lecturer
Matthias Maak, MD

HypnoHelping – The Self-Help Guide for Families

More peace, more closeness, less stress: relaxation, breathing, and self-hypnosis techniques for parents and children. Includes 6 audio downloads

1st ed. 2026, 230 pp, softcover with gatefolds
13.5 x 21.5 cm, 20.00 Euro (GER)
ISBN 978-3-86374-805-0

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HypnoHelping is aimed at families with babies, toddlers, and school-age children who want to navigate the everyday madness of life with greater calm, connection, inner strength, and confidence. Based on the proven methods of HypnoBirthing by Marie F. Mongan, *HypnoHelping* uses self-hypnosis techniques – such as conscious breathing, deep relaxation, visualization, and affirmations – to address the core needs and everyday challenges of families. This self-help guide shows you, step by step, how you can help both yourself and your children calm down, relax, and solve problems. *HypnoHelping* thus strengthens the entire family and helps you deal more calmly, easily, and lovingly with all the challenges you are confronted with – from the postpartum period and infancy through early adolescence – such as sleep deprivation, sleep problems, tantrums, developmental leaps, school stress, test anxiety, worries, or inner restlessness.

The book makes self-hypnosis easy to use for parents and children in everyday life – with easy-to-follow exercises, inspiring illustrations, and informative fact boxes. It helps reduce stress, regulate unpleasant emotions, lovingly examine your own patterns, and grow closer together as a family.

For all parents who would like to have a mindful, relaxed relationship with themselves and their children.



© Studiline Erlangen

Julia Maak

is a mother of four, managing partner of the HypnoBirthing Gesellschaft Europa GmbH (HBGE), a lecturer for HBGE's HypnoBirthing certification training courses, and a HypnoBirthing course instructor for expectant parents at her practice, the Erlangen-based Pura Vida Family Club.



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PD Dr. med. Matthias Maak,

MD, is a surgeon, and a senior physician at the Department of Surgery at Erlangen University Hospital; he also volunteers as a scientific advisor to the HypnoBirthing Society Europe (HBGE).

Teeth grinding and headaches?

Give your jaws a **break!**

- High number of people affected (TMJ disorder, teeth grinding)
- Medical expertise and self-help presented in an understandable and clear manner



Mandy Scheunchen, D.D.S.

TMJ Pain, TMD, and Teeth Grinding. A Pocket Guide

Prevention, practical self-help, and treatment recommendations

1st ed. 2026, 159 pp, softcover with gatefolds, full-colour print
11.5 x 16.5 cm, 14.00 Euro (GER)
ISBN 978-3-86374-801-2

Does your jaw hurt in the morning, your neck feel tense at noon, a headache set in by evening, and do you grind your teeth at night? This is where Mandy Scheunchen comes in to provide help: She explains what you need to know about temporomandibular joint pain and craniomandibular dysfunction (CMD), what causes pain in the temporomandibular joint, what the symptoms are, and how those affected can find lasting relief from these symptoms.

In addition to in-depth background information – ranging from the anatomy of the temporomandibular joint to common causes such as stress, teeth grinding (bruxism), and malocclusions, to proven diagnostic and treatment methods – the experienced dentist places special emphasis on practical tips and self-help strategies, including:

- Holistic approaches: physical therapy, nutrition, and stress management
- Relaxation: Exercises suitable for everyday life, various meditation practices, and recommendations
- Dental splints and orthodontic treatments: the pros and cons of various treatment options
- Prevention: Tips for a pain-free daily life

Relieve the strain on your jaw – and feel the difference!



Dr. Mandy Scheunchen,

D.D.S., is a dentist specializing in orthodontics (M.Sc. in Orthodontics) who takes a holistic approach to orthodontics – a topic that is also the focus of her master's thesis, her publications, and her lectures (including those given at the German Society for Functional Diagnostics and Therapy, DGFDT). She has completed numerous professional development courses and has many years of experience treating temporomandibular joint (TMJ) disorders and craniomandibular dysfunction (CMD).

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Mother nature's 10 most effective "fire extinguishers"



Barbara Simonsohn

Powerful Anti-Inflammatory Plants. A Pocket Guide

Healing and preventing chronic and silent inflammation

1st ed. 2026, 159 pp, softcover with gatefolds, full-colour print
11.5 x 16.5 cm, 14.00 Euro (GER)
ISBN 978-3-86374-814-2

- The most important plant-based anti-inflammatory agents
- Recommendations for preparations and uses in your household medicine cabinet

Today, silent inflammation is believed to be an invisible trigger for numerous lifestyle-related diseases. Especially after middle age, the body becomes more susceptible to the effects of silent inflammation, which often goes unnoticed for a long time but can permanently weaken the immune system and lead to chronic conditions such as cancer, diabetes, autoimmune diseases, and cardiovascular diseases. Medicinal plant expert Barbara Simonsohn shows you how to effectively counteract these effects using the power of nature. Ten scientifically well-researched medicinal plants help curb excessive inflammatory reactions and activate the body's own healing processes.

- Useful basic knowledge: key Ingredients, healing effects, and uses of these top antioxidants
- Anti-inflammatory plant power for your household medicine cabinet: preparation, use, and dosage
- Lifestyle tips for boosting immunity and regulating inflammation: nutrition and dietary supplements, caring for the microbiome, and so much more

This is a handy guide for those who want to protect their health holistically and keep inflammation in check naturally - gently, effectively, and without any side effects.

The Top 10 Anti-Inflammatory Medicinal Plants: pineapple, boswellia (Indian frankincense), chamomile, turmeric, ginkgo, lavender, rosemary, red root sage, yarrow, and black currant.



© Charlene Böling

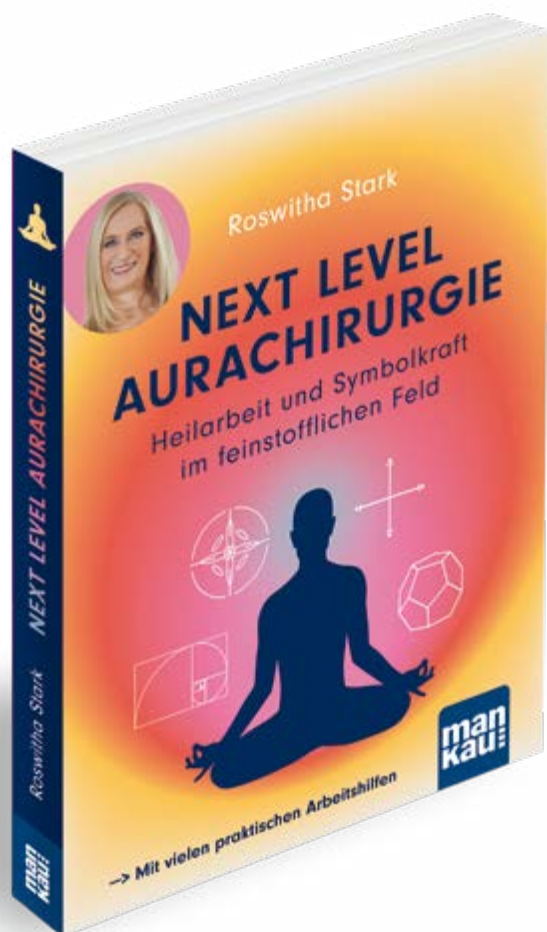
Barbara Simonsohn

is a nutritionist and Reiki instructor. Since 1982, she has been leading seminars both in Germany and abroad, primarily on authentic seven-degree Reiki, but also on acidosis treatment and acidosis massages according to Dr. Renate Collier, as well as yoga. In addition, she is deeply involved in the topic of healthy nutrition, and is considered an expert on superfoods. Since 1995, Barbara Simonsohn has published numerous guidebooks in the field of holistic health. Mankau Verlag has published, among others, her bestselling guide "Artemisia Annua – Medicinal Plant of the Gods", as well as "Stinging Nettle", "Sage – Mother of All Medicinal Plants", and "Yarrow."

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Healing transformation of the energy field and the body

- The Unique Combination of Aura Surgery and Symbol Work
- From a well-known author and expert



Roswitha Stark

Next Level Aura Surgery

Healing work and symbolic power in the subtle energy field.

With many practical resources

1st ed. 2026, 206 pp, softcover with gatefolds, full-colour print 16 x 22 cm, 25.00 Euro (GER) ISBN 978-3-86374-817-3

Energetic healing extends far beyond the physical body. This book opens the door to the invisible levels of your existence – to your energy field, your aura, and the root causes of your ailments. Both the invisible subtle energy field and the body's cells or DNA carry past experiences, emotions, and information that often influence your life unnoticed – even leading to physical ailments for which there is no visible cause.

Roswitha Stark shows you how to identify and transform these energetic carryovers – which often stem from your past lives – and how to replenish your energy field with powerful healing information. Her unique approach of combining subtle-energy aura surgery with healing impulses in symbolic form opens up entirely new paths to healing – gentle, precise, and profound all at once.

Next Level Aura Surgery reveals to you ...

- which experiences and past events are weighing on your energy field and your body, and what you can do to release these blockages. You can identify and transform deep-rooted causes – from your present life or a previous one – and finally be free of physical symptoms.
- how to introduce healing, sustainable frequencies into your energy field: e.g., powerful symbols for releasing fear and shock, wound healing, and cellular balance. Numerous helpful symbol charts in the book will guide you along the way.
- how to free yourself from pain, suffering, and old patterns in the long term and disconnect old programs stored in your cellular memory.



Roswitha Stark

is a lecturer in information medicine, consciousness methods, and healing work with symbols, and is one of the most successful authors in the field of vibrational medicine. As a naturopath, coach, and expert in energy healing, she has over 20 years of experience in supporting, training, and advising people with health and life-related concerns. Her motto is: find what is having invisible effects. Mankau Verlag has published her successful series "Homeopathic Symbol Pharmacy" (four books and four card sets, co-authored with Christina Baumann) and "Medicine to Paint on" (co-authored with Petra Neumayer), as well as the book and card set "Family Constellations with Symbols".

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Finding yourself trapped in a cycle of emotional eating, self-criticism, and failed diets?



- From the author of the bestseller "Losing Weight Is Easier Than Gaining It"
- Well-founded insights from psychology, attachment research, and stress biology

Why do we reach for chocolate when we are annoyed or sad? How often do we eat not out of hunger, but out of stress, loneliness, or self-doubt? Why can't we stick to a diet, even though we want to so badly? And why do binge-eating episodes keep coming back – even though we actually know what would be good for us?

The answer lies not in a lack of discipline, but in unconscious early childhood conditioning. In a loving, mindful, and healing tone, experienced educator, coach, and bestselling author Andreas Winter helps you recognize and understand the true causes of your eating behavior – so that you can then change it effortlessly.

Adopting the Winter Diet, you'll understand

- how early childhood experiences continue to influence your eating habits to this day,
- what the deeper, actual reason for your weight gain was,
- how you can untangle emotional knots through mindfulness, self-love, and forgiveness, and
- how you can develop a new, peaceful, and healthy relationship with food and your body and reach your ideal weight permanently – without any dieting.

Comes with the "Ten-Day Weight-Loss Challenge" – a well-structured coaching program that guides you step by step toward a new body image.

Andreas Winter

Losing Weight by Accepting Yourself

Understanding unconscious feelings – getting rid of physical baggage. No diet. No pressure. No deprivation.

1st ed. 2026, 190 pp, softcover with gatefolds
13.5 x 21.5 cm, 18.00 Euro (GER)
ISBN 978-3-86374-794-7



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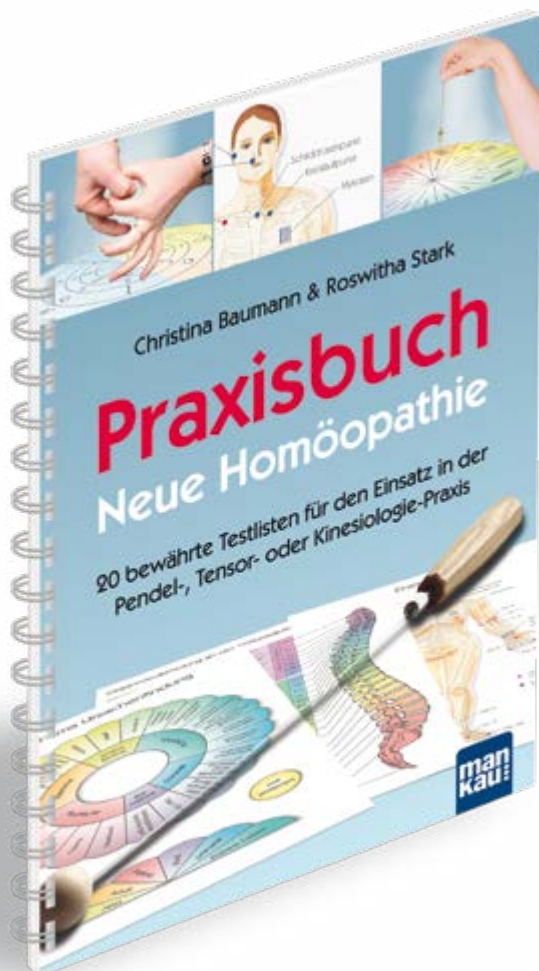
Andreas Winter

is a qualified teacher and psychological counselor. As the director of one of Germany's oldest coaching institutes, he has been helping people from all over the world improve their quality of life for over three decades through rapid and unconventional conflict resolution. His inspiring lectures and books have reached hundreds of thousands of people over the past decades. Mankau Verlag has published the following books by Andreas Winter, among others: "How Our Mind Works", "Losing Weight Is Easier Than Gaining It", "Healing Without Medication", "Nicotine Addiction – The Big Lie", "What Your Fear Is Trying to Tell You", and "Too Much Parenting Is Harmful!".

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Testing out healing symbols fast and safely

- The most important test lists in one volume
- Stable, practical and reliable



Christina Baumann / Roswitha Stark

A Practical Guide To New Homeopathy, Vol. 1

20 reliable test lists for to be used with pendulums, in one-hand dowsing and kinesiology

7th ed. 2025, 48 pp, spiral bound,
sturdy, full-colour print
21 x 29.7 cm, 34.95 Euro (GER)
ISBN 978-3-86374-106-8

**24,000 COPIES
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"New Homeopathy" – the holistic healing by the means of information transfer – developed by the Viennese electronics engineer Erich Körbler (1936–1994) experiences a grand revival. The codes and symbols that are used quickly activate the self-healing and in an energetic way heal gently and effectively body, mind and soul.

The Manual New Homeopathy is for all users of the New Homeopathy a valuable and useful "tool" for self-treatment and therapeutic practice, but also for therapists and counsellors who work with pendulum or kinesiology test systems. They have at their disposal now the 20 most important test lists and charts in a compact and clear manner, with concise and understandable instructions, developed and tested by therapists and counsellors of the New Homeopathy in long-term practice. The large-sized pages are in colour, stable, dirt-resistant and washable – ideal for the daily use.

From allergy treatment, meridian or stress compensation to the drainage of toxins – the Manual New Homeopathy offers various possibilities of application and forms a high-quality basis for the healing work with signs and symbols.



Christina Baumann

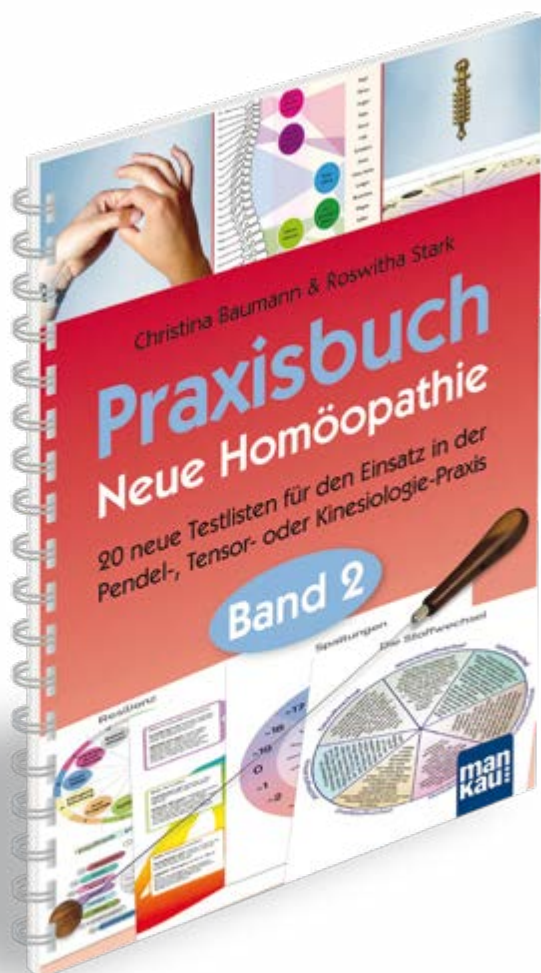
has been working for more than two decades as a coach and trainer for personal development and holistic energy healing methods. She is head of the network "www.ypsilon-portal.de" for therapists and counsellors of New Homeopathy in Berlin. Christina Baumann is editor of working and teaching materials as well as author of professional articles of energetic and informational healing.



Roswitha Stark

has a degree in German studies and is a naturopath for vibrational healing, sensitive resonance therapies and energetic healing methods; she is also a course instructor for information medicine, healing with symbols and dowsing techniques. She works for people and animals. Roswitha Stark is – together with Petra Neumayer – author of the successful guide series "Painted Medicine" as well as the book and card set "Healing With Soul Codes".

The tried and tested manual for energy healing – including 20 new test lists!



- 20 new charts/test lists for use in pendulum, biotensor or kinesiology practice
- Valuable tool for self-healers, therapists and counselors alike

Holistic healing by means of information transfer has experienced a tremendous upswing over the past two decades. It uses barcodes and symbols that quickly activate the self-healing powers, thus providing gentle and effective healing of the body, mind and soul on an energetic level.

The first volume of the Practical Guide to New Homeopathy already constituted a valuable and useful aid for self-treatment and therapeutic practice not just for users of New Homeopathy, but for all therapists and consultants who use pendulums or kinesiological testing systems, or simply work intuitively. Volume 2 now comes with 20 additional important and essential test lists in a compact and clear form, with concise and comprehensible instructions that have been developed and tested over many years of practice.

With its wide range of applications, from metabolic optimization, glands of the 7 chakras, chart-based resilience to optimizing the energetic flows in humans – the Practical Guide to New Homeopathy (Volume 2) provides a high-quality basis for energy healing using signs and symbols as well as for energy healing in general.

Christina Baumann / Roswitha Stark

A Practical Guide To New Homeopathy, Vol. 2

20 new test lists for use in pendulum, tensor or kinesiology practice

2nd ed. 2026, 46 pp, spiral bound, sturdy, full-colour print
21.0 x 29.7 cm, 39.95 Euro (GER)
ISBN 978-3-86374-721-3



Christina Baumann

is a coach for personal development and holistic-energetic healing methods, developer of working and teaching materials for energetic work and an expert in symbols and number physics. She manages the ypsilon-portal.de network and follows her vocation of researching biophysical relationships and making them available in the form of practical information.

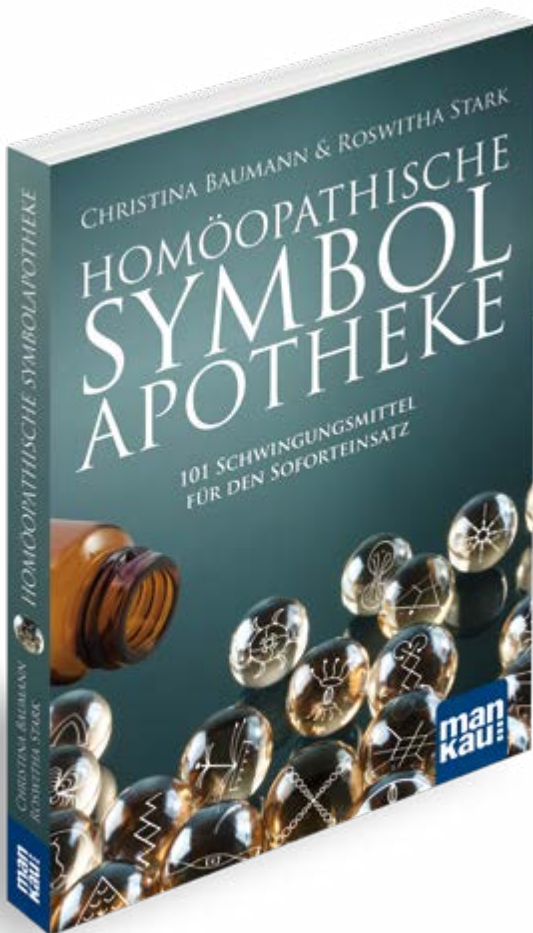


Roswitha Stark

is one of the most successful authors in the field of vibrational and information medicine. She has been working as a naturopath, coach and expert in energetic healing for over 20 years. She spent many years working as a classical homeopath before discovering that symbols speak their own energetic language and are often even more powerful remedies than the classical ones. She shares her knowledge teaching courses on vibrational medicine and has published numerous books.

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Powerful symbol vibrations instead of sugary globuli



Christina Baumann / Roswitha Stark

Homeopathic Symbols Remedy Kit

101 ready-to-use vibration-based remedies.

Extra: A2 poster for easy application!

5th ed. 2024, 222 pp, softcover with gatefolds and poster, full-colour print 16 x 22 cm, 19.90 Euro (GER)
ISBN 978-3-86374-400-7

**19,000 COPIES
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- The best known homeopathic remedies in the form of symbols
- From two successful co-authors

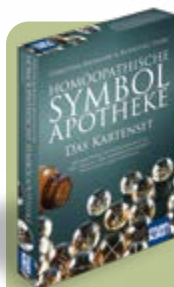
Classical homeopathy is based on the well-known principle of curing "the similar through the similar". Above all in higher potencies the starting substance cannot be chemically detected anymore, the remedies are basically only composed of pure "vibrational energy". However, their frequencies cannot only be conveyed through globuli but also through colour, sound or – as in this book – through powerful symbols and signs.

The "Homeopathic Symbols Remedy Kit" provides 101 low-cost vibration-based remedies that are easy to use. This goes far beyond the classical knowledge of Samuel Hahnemann (1755 – 1843) and meets present day requirements:

- Powerful symbols for 70 well-known homeopathic remedies (arnica, belladonna, lachesis etc.) as well as for 31 new remedies such as algae, enzymes, amino acids, negative ions or sunlight
- Several test lists for different potency levels e.g. D series, C series or LM series – for the suitable potency during "vibration adjustment"
- Including the new and unique potency "Divine particles" which allows an almost infinite raising of the cosmic resonance level

The symbols allow you to go into resonance with the entire spectrum of the remedy and at the same time with the "essence" of the original substance, to "resonate" with it as it were; this will optimally activate your self-healing powers on a physical, psychological and spiritual level.

An inspiring and groundbreaking extension to the fields of vibrational and information medicine.



Matching product:

Christina Baumann / Roswitha Stark
**Homeopathic Symbol Pharmacy
The Deck Of Cards**

101 powerful vibration means for energy and information work, meditation and healing practice

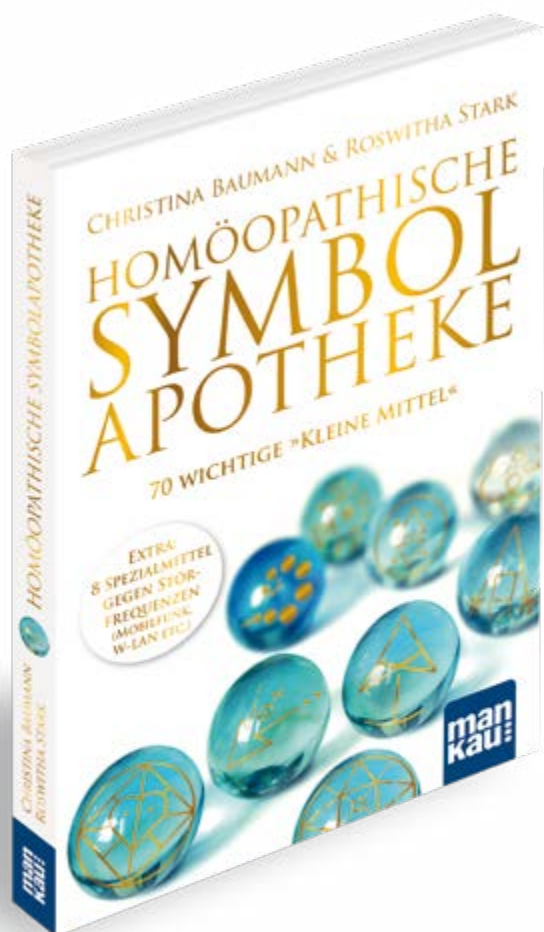
4th ed. 2025, 101 symbol cards and 10 test cards (format 79 x 120 mm), full-colour print, 8-page booklet, 24.95 Euro (GER), ISBN 978-3-86374-464-9

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Italy, France, Poland, Spain

Vibrational medicine of the new era



Christina Baumann / Roswitha Stark

Homeopathic Symbols Remedy Kit

70 important "small remedies".
Extra: 8 specific remedies against
potentially harmful frequencies (Wi-Fi,
mobile phone radiation etc.)

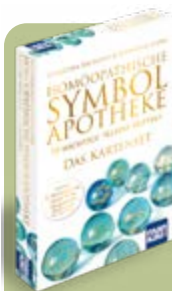
2nd ed. 2022, 192 pp, softcover with
gatefolds, with A2 poster, full-colour print
16 x 22 cm, 19.90 Euro (GER)
ISBN 978-3-86374-525-7

- Follow-up of the successful book
- Two experienced co-authors with a vast network

Already in their first volume the two authors took Samuel Hahnemann's classical homeopathy to a new level and era: Because the frequencies and "information" of the homeopathic remedies cannot only be conveyed through the known globuli or drops but will work just as efficiently when applied in the form of symbols and signs. The symbol remedies have proven to be extremely effective in practical tests – they are in no way inferior to the globule form. Since the release of the first volume at the end of 2017, these remedies have found a large number of enthusiastic fans and users.

In a simple and inexpensive approach, this book familiarizes readers with 78 rather unknown, but nevertheless very important and helpful symbolic remedies.

- Powerful symbols for 70 valuable "small remedies" from homeopathic healing, listed from A to Z (alumina, badiaga, cocculus, ipecacuanha, rosa damascena etc.)
- 8 newly developed special remedies, to meet the needs of the digital age: harmonising potentially harmful frequencies such as Wi-Fi, 5G, microwave radiation or radioactivity
- Test lists for different potency levels e.g. D series, C series or LM series, as well as for the unique "cosmic potency"



Matching product:

Christina Baumann / Roswitha Stark
Homeopathic Symbol Pharmacy
The Deck Of Cards

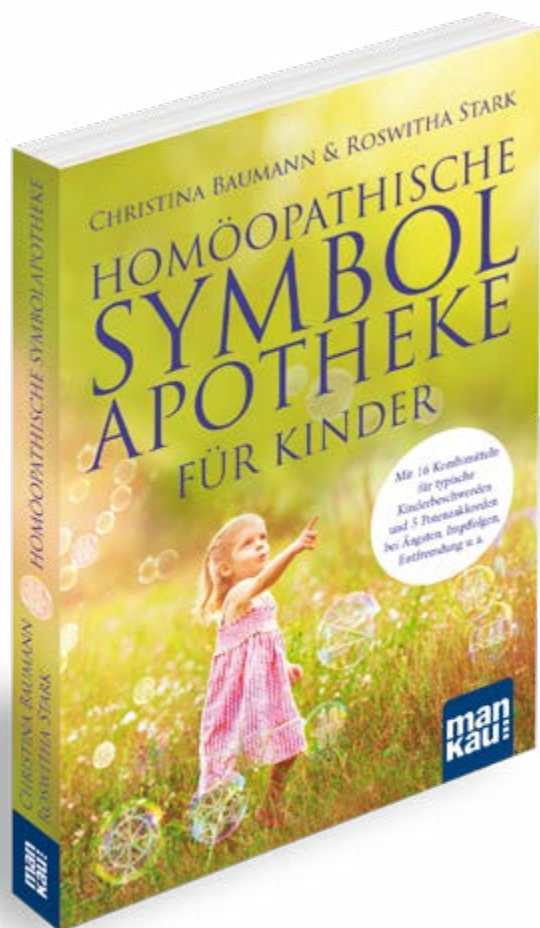
70 important "small remedies". Extra: 8 specific
remedies against potentially harmful frequencies
(Wi-Fi, mobile phone radiation etc.)

2nd ed. 2024, 78 symbol cards and 12 test cards (format 79 x 120 mm),
full-colour print, 12-page booklet, 27.95 Euro (GER), ISBN 978-3-86374-540-0

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Gentle symbol remedies for young and older children



Christina Baumann / Roswitha Stark

Homeopathic Symbols Remedy Kit For Children

With 16 combination remedies for typical children's complaints and 5 potency chords for fears, vaccination reactions, alienation, etc.

1st ed. 2021, 254 pp, softcover with gatefolds, including A2 poster, full-colour print

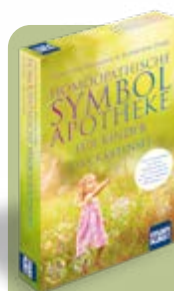
16 x 22 cm, 22.90 Euro (GER)

ISBN 978-3-86374-584-4

- Third volume of the successful series
- Symbol remedies tailored to the needs of children – from infancy to adolescence

In an easy and inexpensive way, the *Homeopathic Symbols Remedy Kit For Children* provides 101 essential and effective vibrational remedies specifically for the needs of children – from infancy to puberty. It thus goes far beyond the classical knowledge of Samuel Hahnemann, and in particular meets the requirements of the new age.

- Powerful symbols for the 78 most important homeopathic remedies for children (Calcium carbonicum, Chamomilla, Tuberculinum, *Milk Remedies*, *Element Remedies*, Teucrium, Cina etc.).
- 16 *combination remedies* (complex remedies) for typical complaints and issues of today's childhood, e.g. problems falling asleep and sleeping through the night, teething, puberty, school stress or hyperactivity.
- 5 *Potency Chords* as powerful agents for anxiety, vaccination reactions, dealing with feelings, mother issues, and alienation.
- 2 *magic remedies*: angels and fairies to appeal to the magical side of the child's being.
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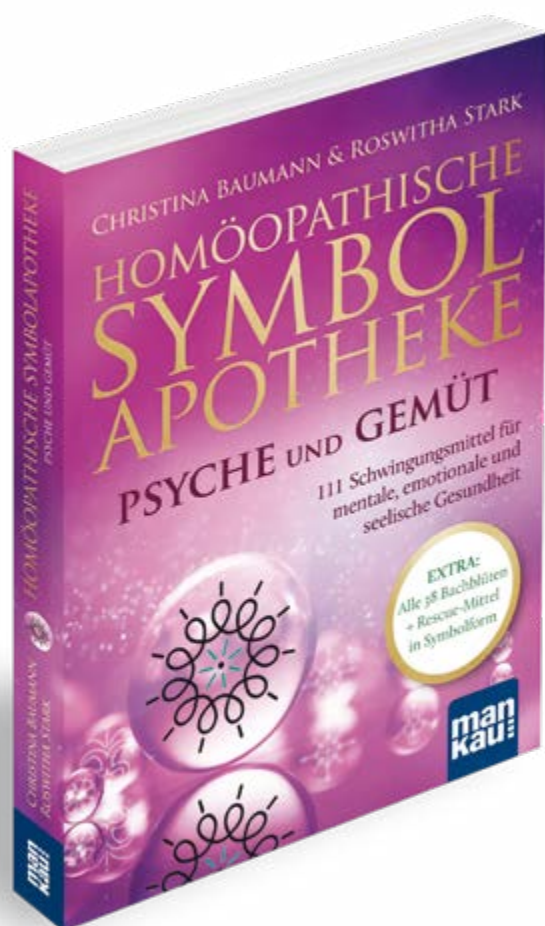
With 16 combination remedies for typical children's complaints and 5 potency chords for fears, vaccination reactions, alienation, etc.

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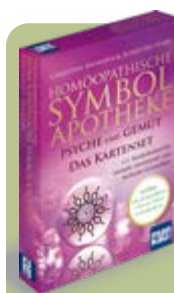
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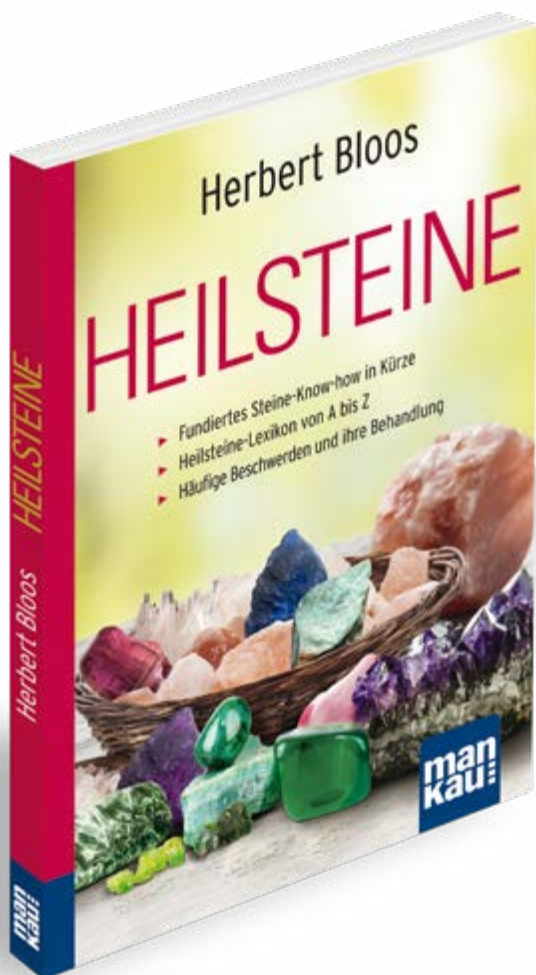
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Herbert Bloos

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4th ed. 2025, 159 pp, softcover with gatefolds, full-colour print
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Herbert Bloos

has been running a minerals shop in the Upper Bavarian town of Peiting for more than 40 years. Already as a child, he was fascinated by minerals and fossils. Although the author suffered from a pituitary tumor in his youth leaving him severely visually handicapped, he retained his enthusiasm for his hobby which he turned into a profession later in life.

Herbert Bloos passes on his vast experience and profound knowledge of minerals and crystals in his guidebook on healing stones.



Healthy vibrations

from the universe



Hans Cousto / Thomas Künne

Healing Frequencies

How cosmic vibrations promote our well-being

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- Theory and practice – from a renowned team of authors
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The leading theoretician of planetary vibrations and the experienced tuning fork therapy practitioner have teamed up for a unique project! Without the pioneering research of Swiss mathematician and musicologist Hans Cousto, the knowledge of the harmony of the spheres (which goes back to the Greek philosopher Pythagoras (570 – 500 BC) and the astronomer Johannes Kepler (1571 – 1630)) would never have attained the significance it has today: Today, his calculations of planetary frequencies are applied worldwide in the manufacture of singing bowls, gongs and tuning forks.

He has now teamed up with astrologer and vibration therapist Thomas Künne to write a book which, on the one hand, provides a scientific explanation of the planetary frequencies in a way that is also understandable for the layman – and, on the other hand, describes their healing effect in activating your self-healing powers.

The ancient knowledge of the harmony of the spheres and the cosmic octave manifests itself in an infinite number of ways in our daily lives. So when you attune into the harmony of the cosmos, you will be in harmony with the greater whole.



Hans Cousto

is a freelance natural and cultural researcher and musicologist. After familiarizing himself with the nature of mathematics and geometry at the ETH in Zurich, he explored the structures of sacred buildings and music in India, Afghanistan, Pakistan and Persia. He subsequently discovered the universal significance of the Law of Octaves in

1978. He became known above all for his calculation of the planet tones, which he derived from astronomical data and which he presented in his fundamental work "The Cosmic Octave".



Thomas Künne

is a consultant in psychosomatic medicine, consultant astrologer, astrosopher, vibrational therapist and sound lecturer. After completing his studies in German and fine arts, intensive training courses in archetypal medicine with Ruediger Dahlke and studying astrology and astrosophy, the author published numerous books and essays on complex

processes in the inner and outer world. Thomas Künne runs his own consulting practice with seminar rooms in Limburg an der Lahn.

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Your program for stable, pain-free and fitter feet!



Béatrice Drach-Schauer

Foot Essentials. A Pocket Guide

Learn the most effective exercises for proper and pain-free walking and running. With special section: walking and working out barefoot

2nd ed. 2025, 159 pp, softcover with gatefolds, full-colour print
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ISBN 978-3-86374-617-9

- Effective pain prevention and self help
- Easy everyday exercises, no expensive accessories required

Our feet do hard work – day in, day out they have to support our entire body weight for decades, and at the same time compensate for the increasing weakness of our connective tissue. It thus comes as no surprise that our feet will make themselves felt through pain if we don't take care of them properly, with malposition, incorrect stresses or even minor injuries threatening to turn our daily walk into a very painful experience.

Don't let it even come to that! Health trainer and exercise expert Béatrice Drach-Schauer has some easy and specific everyday exercises for you to train your foot muscles, prevent injuries or incorrect stresses and counteract common malpositions such as hallux valgus, flat or splay foot thoroughly and effectively. In some cases, however, exercises alone will not do, which is why the author has also asked doctors, podiatrists and other experts to contribute their advice on the respective topics.

Do the self-test to see what shape your feet are actually in and discover the joy of walking again! Foot Essentials will teach you what to do for life-long stable and pain-free walking.

- How to stand and walk properly – your foot essentials 101
- Comprehensive self-test: What shape are your feet in?
- Fitness for feet: everyday exercises for healthy feet
- Keep your feet healthy: healing foot care and proper footwear
- Walking barefoot – this is how you ensure foot and ankle stability
- Foot health 101 for runners – fit on foot



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Béatrice Drach-Schauer, MPH

is a running coach, sports science consultant, mental coach and certified trainer for stress and burnout prevention. For over 20 years, the Vienneuse has been helping her clients bring more exercise into their everyday lives and use the right kind of exercise to prevent health problems. Her special

focus is on feet: she herself suffers from flat and splay feet, and as a result of her former love of high heels and her genetic predisposition, she also developed a hallux valgus. Thanks to consistent foot gymnastics and the use of insoles, however, Drach-Schauer is completely pain-free when working as a running coach. The personal trainer, who is well-known from TV, radio and printed media, teaches both live and online classes (www.beatrice-drach.com).

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The top medicinal plants for women's health



Prof. Dr. Ingrid Gerhard / Sabine Bäumer

Monk's Pepper, Lady's Mantle & Co.

A Pocket Guide

The most important medicinal plants for women to maintain and restore hormonal balance and energy

1st ed. 2025, 159 pp, softcover with gatefolds, color
11,5 x 16,5 cm, 14.00 Euro (GER)
ISBN 978-3-86374-775-6

- From a highly qualified team of authors
- Combines ancient healing knowledge with the findings of modern science

Mother Nature takes good care of her daughters! This handy guide combines traditional healing knowledge with the latest science and shows you which medicinal plants to use specifically for your well-being as a woman.

The two authors, both proven experts in women's health, provide an in-depth introduction to monk's pepper, lady's mantle, black cohosh, roseroot and lavender, the top 5 medicinal plants for women, but also address other helpful herbs – such as horehound and ginkgo – and their areas of application. You will learn how you can use these special plants for hormonal balance at any age, to alleviate ailments and as energizers for your body and soul.

- Hormones and cycle in balance: important insights into the female organism and the healing properties of medicinal herbs
- How to use medicinal plants correctly: from the right formulation and combination to the optimal dosage form
- How to alleviate discomfort effectively: recommended applications for menstrual cycle disorders, menstrual pain, PMS, endometriosis, hot flushes, sleep problems, cystitis, etc.
- Healing support through all phases of a woman's life: from puberty, to a woman's fertile years and the desire to conceive, to menopause and beyond
- Includes do-it-yourself recipes, questionnaires/checklists and purchasing recommendations



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Prof. Dr. Ingrid Gerhard

is a professor of gynecology, additionally specializing in naturopathy and environmental medicine. In 1993, she founded the outpatient clinic for naturopathy at the University Women's Hospital in Heidelberg, which she headed until 2002. She has received numerous awards for her services to holistic medicine.



Sabine Bäumer

is a specialist pharmacist for general pharmacy, homeopathy and naturopathy, prevention manager, phytopharmacologist and manager of the pharmacy Eisbär-Apotheke e.K. in Karlsruhe. She has become known to a wider audience through appearances on German TV channels.

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The gentle alternative to medication and surgery



Prof. Dr. Ingrid Gerhard
Dr. Barbara Rias-Bucher

How To Heal Fibroids Naturally

Eating the right kind of food – the natural alternative to drugs and surgery

3rd ed. 2024, 179 pp, softcover,
full-colour print
16.8 x 24 cm, 22.00 Euro (GER)
ISBN 978-3-86374-458-8

- Effective nutritional concept as an alternative to surgery and medication
- Renowned author duo

At some stage in their lives, more than two thirds of all women between 35 and 55 years of age are confronted with the diagnosis of uterine fibroids. The cause of the development of uterine tumors has not yet been conclusively researched; it is clear, however, that in particular hormonal changes such as estrogen dominance and progesterone deficiency play an important role.

Although fibroids are usually not dangerous, they often lead to various complaints in those affected, which are then treated with medication or even surgery.

This guide presents gentle alternatives to conventional therapies, as there is a chance of slowing fibroid growth and shrinking existing fibroids, especially in the early stages, through a mindful diet and a conscious lifestyle. Read everything you need to know about fibroids and enjoy the whole variety of colourful light dishes that will do you good! Questions and answers on fibroids: Causes, symptoms, conventional and alternative therapies

- Tips for a simple change of diet: which foods to put at the top of your list and which to steer clear of
- More than 90 "fibroid-shrinking" recipes that everybody in your family will love: breakfast, main courses, desserts, cakes, bread, soups, smoothies and drinks



Prof. Dr. Ingrid Gerhard

is a professor of gynecology, additionally specializing in naturopathy and environmental medicine. In 1993, she founded the outpatient clinic for naturopathy at the University Women's Hospital in Heidelberg, which she headed until 2002. She has received numerous awards for her services to holistic medicine, including the Bundesverdienstkreuz Erster Klasse (Federal Cross of Merit, 1st Class) in 1995.



Dr. Barbara Rias-Bucher

after completing her doctorate, first worked as a senior editor in the field of guidebooks and as editor-in-chief of a magazine; since 1980 she has been the author of numerous cookbooks, amongst other things. Her area of expertise is whole-food and vegetarian nutrition.

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Cortisol balance: health and wellbeing in the age of stress



Svea Golinske / Dr. Peter Heilmeyer

The Cortisol Code. Balance the Stress Hormone in 30 Days

For restful sleep, weight control and long-term health

2nd ed. 2026, 254 pp,
softcover with gatefolds
13,5 x 21,5 cm, 18.00 Euro (GER)
ISBN 978-3-86374-781-7

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- Well-founded guide to the social media 'cortisol detox' trend
- 30-day program for your cortisol reset

Svea Golinske and Dr. Peter Heilmeyer shed light on the central role of the stress hormone cortisol in various health problems: a permanently elevated cortisol level can cause symptoms such as fatigue, stubborn belly fat, irritability, exhaustion, sleep disorders and concentration problems. The Cortisol Code explains how our modern lifestyle can disrupt our hormonal balance and offers well-founded solutions.

Use natural strategies to restore the cortisol balance:

- targeted nutrition, adaptogenic plants and dietary supplements
- improving sleep hygiene and adapted exercise routines
- cold and heat therapy
- mindfulness practices and optimization of lifestyle habits

The Cortisol Code offers a holistic approach that combines scientific findings with practical everyday strategies. In the '30-day cortisol reset' you can implement the recommendations directly and restore your hormonal balance.



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Svea Golinske

is a science journalist specializing in health, prevention, nutrition and psychological stress. Her focus is the impact of stress and cortisol in relation to lifestyle diseases and quality of life. In her master's thesis, she explored eustress, distress, and salutogenesis for sustainable employability. She has published successful health guides such as "Diabetes ist heilbar" and writes for magazines and publishers, making science understandable and motivating people to become proactive about their health.



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Dr. Peter Heilmeyer, MD

is an internist specializing in physical and rehabilitative medicine. He researched hormone metabolism in Freiburg, earning a doctorate on insulin and glucagon. As chief physician in Isny, he connected lifestyle, nutrition and chronic diseases, and was an early advocate of the low-carb (LOGI) method.

His interest lies in stress, nutrition, exercise and prevention, including long COVID. In retirement, he lectures, coaches, researches, and writes books about nutrition, dementia prevention, and healthy aging.

Natural superfood

is the best dietary supplement



Dr. Günter Harnisch

Moringa Oleifera.

A Pocket Guide

The healing power of the
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- the latest results from research
- interesting case studies and applications
- ideas for delicious recipes around the powder from the Moringa leaf



Dr. Günter Harnisch

studied law, pedagogy, psychology and didactics of the German language. As a therapist he worked with adults and children and was head of the association for dream research and therapy. Harnisch is an expert in the field of traditional medicine and has been head of the working group gesund leben for more than 20 years; one of his key activities is the research and testing of old, newly discovered naturopathic treatments. He has published around forty, many internationally successful books on healthy living and natural healing. He is living on a farm in the Münsterland and on a Frisian island.

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A proverbial fountain of youth for your eyes



- Easy every-day exercises
- Experienced visual training coach and seminar guide

In our modern information society, the eyes of a lot of people are unilaterally strained and often fatigued. All over the world, vision problems are rising drastically, 80 percent of all youths in cities are already nearsighted. So-called age-related diseases such as cataracts, glaucoma or macular degeneration are becoming more and more common. So how can you prevent vision problems and do something good for your eyes with simple means?

This handy guidebook teaches you how to

- effectively relax your exhausted eyes
- restore your exhausted vision in a gentle way
- improve contrast and colour vision
- optimally strengthen your eyesight and avoid vision problems

Experienced visual training coach Wolfgang Hätscher-Rosenbauer introduces readers to simple yet highly effective exercises which can easily be integrated into their everyday routine.



Wolfgang Hätscher-Rosenbauer

holds a graduate degree in education and has additional training in colour and Gestalt therapy. He has been teaching the "art of vision" since 1981, since 1991 he has headed the VisioVital Institut für Sehtraining in Bad Vilbel (www.institut-fuer-sehtraining.de) and offers international seminars

and course leader training. From 1996 to 1999 as part of the "work and vision" research programme of the German Federal Ministry for Science and Technology, he developed preventive measures for people whose work puts an extreme strain on their eyesight. Ever since, he has run this programme in the form of a seminar entitled "eyesight training – healthy vision at the workplace" in numerous companies and authorities.

Wolfgang Hätscher-Rosenbauer was a lecturer at the Universität Hannover for many years and since 1991 has been a lecturer at the Akademie Gesundes Leben in Oberursel. In addition, he works as a sculptor (www.haetscher-rosenbauer-skulpturen.de) and has authored various books and self-help programmes.

Wolfgang Hätscher-Rosenbauer

Vision Training. A Pocket Guide

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Free yourself from unconscious guilt!



Ulrich Kohler

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- The LösUS® technique: a proven approach for self-help and in therapy

What underlies unconscious guilt, what causes it and how does it affect you? And how can you resolve it?

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Unconscious guilt sets in motion powerful reparation mechanisms within us. Unconsciously, these cause us to hold on to stressful feelings, to sabotage ourselves, to fail to achieve our goals, to constantly try to make amends, or even to punish ourselves. As a result, we may suffer mild to severe physical or psychological ailments, experience disastrous life patterns, entanglements in our life path, and unhappy relationships. With the help of the proven LösUS® approach, you can uncover what underlies your unconscious guilt and effectively free yourself from it!

- Comes with instructions on the LösUS® technique for self-use, with the help of which anyone can free themselves within a few minutes from burdensome feelings of guilt that have arisen due to unhealed present suffering
- Contains valuable information on the LösUS® therapy for professional users, enabling them, together with their clients/patients, to locate and resolve unconscious guilt – along with the complaints linked to it – that has existed for many years
- Includes numerous real-world case studies



Ulrich Kohler

In 2006, many years after suffering a painful experience early in life, nonmedical practitioner Ulrich Kohler (born in 1970), who has been working therapeutically and as a consultant in his own naturopathic practice since 1995, discovered the so-called unconscious guilt and the way to resolve it.

Through several years of research into the emotions underlying unconscious guilt, he developed both the LösUS® technique and the LösUS® therapy. Kohler hosts workshop days teaching participants how to use the LösUS® technique and also offers in-depth training for those interested in becoming a LösUS® Practitioner.

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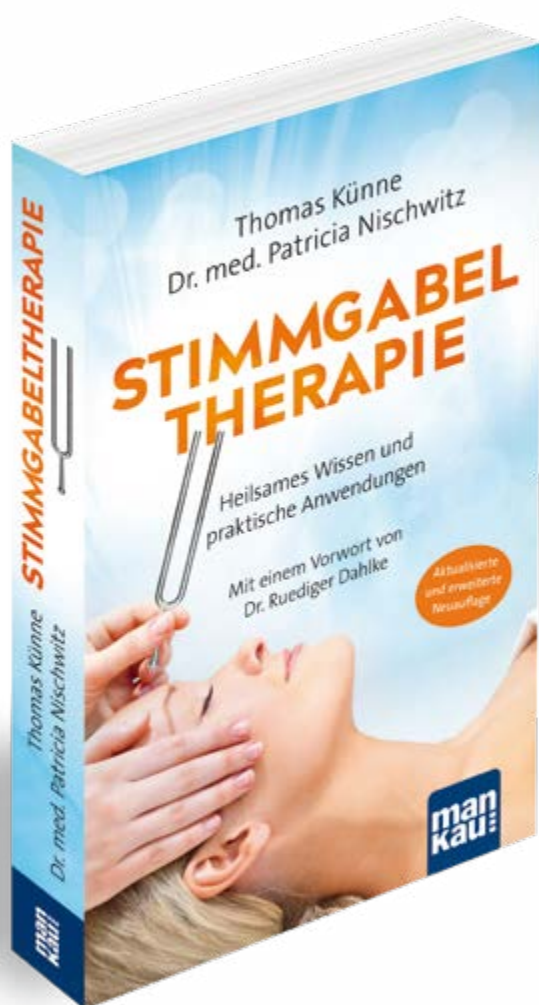
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A practical book for beginners

- Increasing popularity of phonophoresis
- Self-treatments easy to implement

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Thomas Künne / Dr. med. Patricia Nischwitz

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Thomas Künne

is a consultant of psychosomatic medicine, astrologer, astrophysicist and member and instructor of the Federation of Spiritual Healing (Dachverband Geistiges Heilen e. V., DGH). After training by Ruediger Dahlke, the author has published books and essays about processes of the internal and external world.



Dr. med. Patricia Nischwitz

worked as a specialist in general medicine in a multidisciplinary joint practice. Since the late 1980s, she has devoted herself – besides conventional medicine – to alternative medicine and now works mainly with acupuncture, homeopathy, kinesiology, and other natural therapies.



Matching product:

Thomas Künne / Dr. med. Patricia Nischwitz

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Also our four-legged friends' organism is subject to the rhythmic processes of yin and yang, of day and night and of the seasons, with active phases constantly alternating with rest phases. Knowledge and awareness of this can be used for the diagnosis and treatment of numerous complaints and diseases that arise from an energetic imbalance.

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Prof. TCM Univ. Yunnan Li Wu
Dr. Natalie Lauer / Dorina Lux, DVM

TCM organ clock for healthy pets

Gentle TCM-based treatment for dogs and cats

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Li Wu

is a professor of Traditional Chinese Medicine (Yunnan University) and runs a naturopathic practice in Munich with great success. He has published numerous successful books of advice.



Dr. Natalie Lauer

holds a doctorate from Munich's Ludwig-Maximilians-University in Munich and is the author of several specialist books on the topics of medicine, health and wellness.



Dorina Lux, DVM

studied veterinary medicine at the Justus Liebig University in Giessen, where she also received her doctorate. She went on to specialize in small animal medicine in the postgraduate Small Animal Science program at the Freie Universität Berlin. She runs a mobile veterinary naturopathy practice.

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At the center of Traditional Chinese Medicine (TCM), an exact, systematic science and holistically oriented healing method, is the stimulation and harmonization of the life energy Qi. The Far Eastern art of healing has proven to be an effective alternative or useful supplement to Western orthodox medicine in the treatment of everyday complaints as well as symptoms that are difficult to treat, such as pain, metabolic diseases and various organic and mental disorders.

Strengthen your life energy Qi according to the basic rules of the doctors of ancient China, who even back then helped their emperors to a long and healthy life! Find out everything about the basic principles of Chinese medicine, the work of Yin and Yang, the Five Elements and the acupuncture points. Treat yourself in a simple and effective way: acupressure, healing recipes and Chinese teas, herbal treatments, exercise and meditation exercises, massages to stimulate the Qi flow and a delicious and healthy diet will keep you in good health and heal your ailments.

Prof. TCM Univ. Yunnan Li Wu

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Prof. TCM Univ. Yunnan Li Wu

is a professor of Traditional Chinese Medicine (TCM). In Germany, he is licensed as a naturopath and runs a very successful naturopathy practice in Munich. His extraordinary gift was recognized very early on and earned him an education at the world-renowned Shaolin monastery in the Chinese Henan province, which he later continued with medical studies at Beijing university. In Germany, he studied psychology and German studies at Passau University.

Moreover, Li Wu is a Qi Gong master, a professor for TCM at Yunnan University as well as a professor und doctor of Acupuncture and Oriental Medicine at the University of East West Medicine in California (U.S.A.). Moreover, Li Wu is head of the Naturheilkundliche Forschungsinstitut München (= Munich Naturopathic Research Institute) and a board member of the Chinese Huang-Han Medical Association.

Traditional Chinese Medicine

for everyday life



Prof. TCM (Univ. Yunnan) Li Wu

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- Healing remedies, herbal teas, massages and exercises
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The stimulation of the vital energy Qi stands in the centre of Traditional Chinese Medicine (TCM). Thus any complaint – whether of physical or mental nature – is a disturbance of the harmonious relationship between the poles of Yin and Yang. The treatment is always about the restoration of the balance in order to stimulate the flow of the vital energy Qi and to stimulate the self-healing functions of the body.

The therapeutic methods of TCM are manifold: acupressure, healing recipes and herbal treatments, (meditation) exercises from Qi Gong, therapeutic massages to stimulate the flow of Qi and an enjoyable, balanced diet according to the five elements – all these methods help to relieve everyday aches and to remain healthy.

After an introduction to the basics of TCM, individual daily programmes for all seven days of the week concentrate on each part of the body. They provide concrete guidance to do something good for the body with the various TCM therapies and to achieve a better general health.

An effective and easily implementable healing and relaxation programme – also for busy people – just five or ten minutes per day.

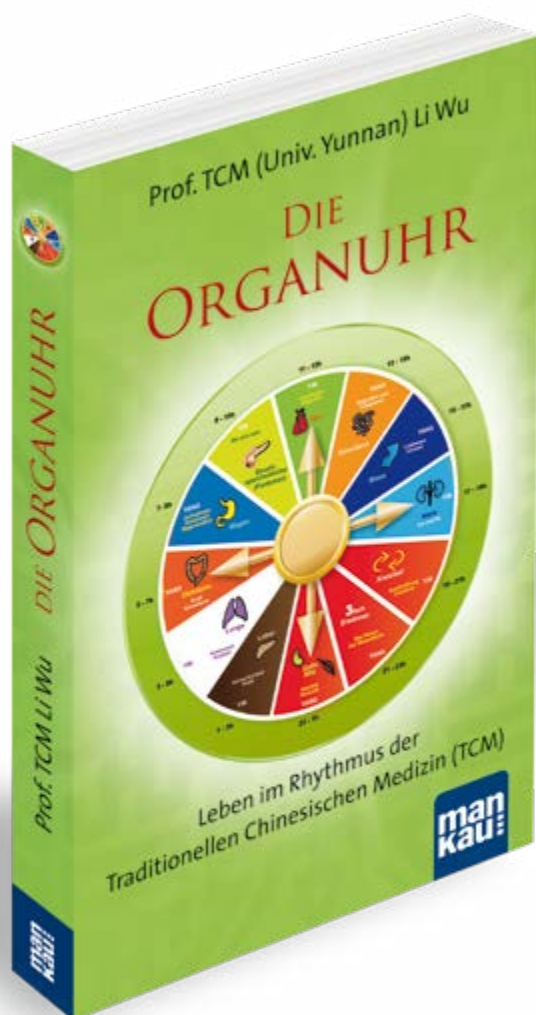


Prof. TCM (Univ. Yunnan) Li Wu

is a doctor of Traditional Chinese Medicine (TCM). In Germany he is approved as an alternative practitioner and is head of a successful natural healing practice in Munich. His exceptional talent was recognized already at an early age and gave him the possibility to study at the famous Shao-

lin monastery in the Chinese province of Henan, later he studied medicine at the Beijing University. In Germany, Li Wu studied psychology and German literature and language at the University of Passau. Dr. Li Wu is also a master of Qi Gong, professor for TCM at the University of Yunnan and professor for East-West Medicine at the University of San Francisco, he is also head of the Naturopathic Research Institute in Munich and is a board member of the Science Research Association of China and the Chinese Huang Han Medical Association.

Living in the rhythm of the body clock



Prof. TCM (Univ. Yunnan) Li Wu

The Clock Of The Organism

Living in the rhythm of Traditional Chinese Medicine (TCM)

10th ed. 2026, 188 pp, paperback
12 x 19 cm, 9.95 Euro (GER)
ISBN 978-3-86374-144-0

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- Practical introduction to the topic
- Great popularity of Traditional Chinese Medicine (TCM)

The human being of the 21st century has become estranged from the natural rhythm of life. Our daily schedule is often not determined by the natural change of day and night, but is structured by a number of obligations and urgent tasks to which the daily routine must be re-adjusted. This is why many people feel rushed, overwrought and at some point exhausted; or they develop typical symptoms of stress that are medically "treated" – apart from the actual causes.

According to the healing knowledge of Traditional Chinese Medicine (TCM) even the infinite cosmos is subject to constant change – the interplay of phases of activity and resting, of Yin and Yang, the dynamic interplay of opposites. If this delicate balance is disturbed, the whole system gets out of sync. Psychosomatic complaints should therefore always be seen as warning signals. They show us that we should listen more or again to our own bodies, to our inner clock. Human beings are also embedded in the rhythmic processes of nature, in the course of the seasons, of sun and moon, day and night. In the same way, each of our bodies has its active and its resting phase.

The renowned TCM expert Li Wu shows in this guide which complaints refer to which organs at certain times of day, when which treatments are most effective and when it is time for work or rest. Organize your daily life with the effective methods and remedies of TCM according with the natural needs: only if we live mindfully and in harmony with our inner clock, we find back to our natural biorhythm – and thus to well-being and health.

- Brief introduction to Traditional Chinese Medicine (TCM)
- The main times of activity of our twelve major organs
- Prevention and treatment – natural remedies and methods
- Summary table with times and functions of the respective organs



Matching product:

Prof. TCM (Univ. Yunnan) Li Wu
The Clock Of The Organism
Living in harmony with your natural rhythm

1st ed. 2016, 127 pp, softcover with gatefolds, 11.5 x 16.5 cm
7.99 Euro (GER), ISBN 978-3-86374-269-0

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Tap into the healing power of TCM for yourself and your baby!

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Traditional Chinese Medicine (TCM) has a number of gentle methods that can be specifically tailored to the respective pre- or post-natal stage in order to balance an (expectant) mother's body energetically and gently alleviate common complaints. This guidebook teaches you the necessary knowledge and has numerous practical tips to ensure that you and your baby will be comfortable during pregnancy, delivery and also in the period thereafter.

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- Holistic support during breastfeeding
- Dietary recommendations from the Five Elements (Wu Xing)
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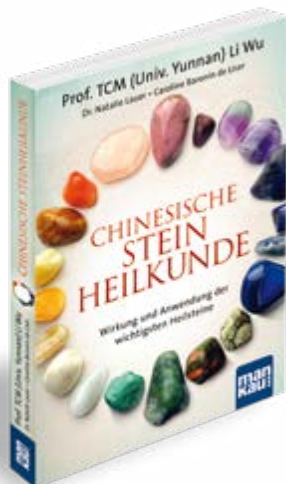
Li Wu

is a professor of Traditional Chinese Medicine (Yunnan University) and runs a naturopathic practice in Munich with great success. His extraordinary talent was recognized at an early age and led him to receive training at the world-famous Shaolin Monastery in the Chinese province of Henan, which he later continued with medical studies at the University of Beijing. In Germany, Li Wu studied psychology and German and literature at the University of Passau; he has published numerous successful self-help books.



Dr. Natalie Lauer

holds a doctorate from Munich's Ludwig-Maximilians-University and is the author of several specialist books on the topics of medicine, health and wellness. Her content focuses on nutrition, healing exercises (yoga, qigong, and meditation), naturopathy and traditional medical systems, among others. Natalie Lauer lives and works in Munich.



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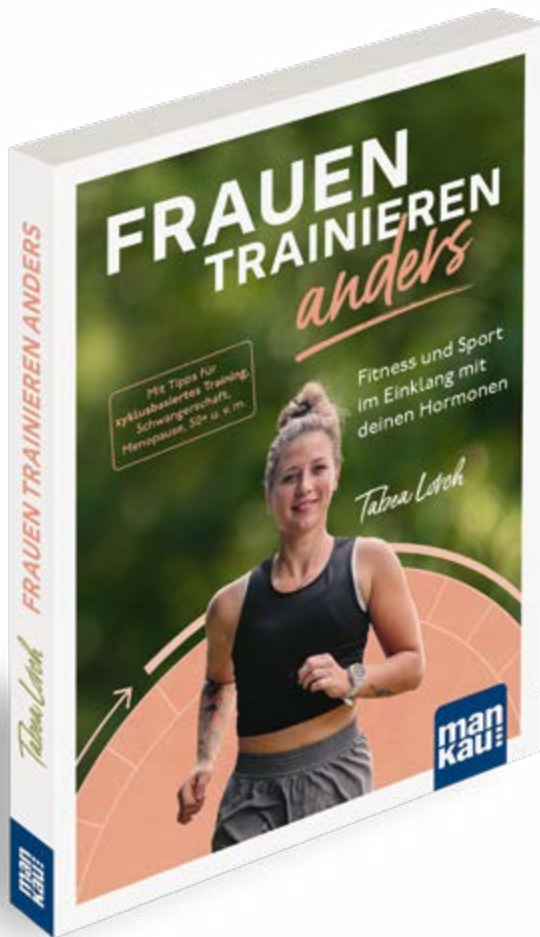
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Tabea Lorch

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High-quality training for women – why has such an important topic been receiving such little attention in sports science? Many female sports and fitness enthusiasts are looking for useful and specific recommendations. In view of the limited number of studies, it is crucial to integrate the latest findings into women-specific training, and to apply the many years of experience in the field in order to close existing knowledge gaps.

This is exactly what Tabea Lorch does in "Women train differently". The sports scientist provides a thorough understanding of training based on the female physiology, shedding light on the different phases of a woman's life and the specific needs that arise from them.

The book provides exercises and training plans for all fitness levels so that readers can start training immediately. Practical recommendations are supplemented by valuable tips on nutrition and regeneration.

Tabea Lorch answers key questions for training in the different phases of a woman's life:

- Cycle-based training in her fertile years
- During pregnancy and when she returns to work afterwards
- Training before, during and after menopause
- Relief from cycle disorders and menopausal symptoms through specific training



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Tabea Lorch

Tabea Lorch is a female performance coach, running trainer and sports scientist. For several years now, she has provided her professional support to women in all walks of life in their daily challenges of structured training. Her work aims to encourage women to exercise differently and thus perform better, manage cycle and hormonal imbalances, and alleviate menopausal symptoms. She is now training other female running coaches to raise awareness of the special needs of women in sports and to create more equality for them. Through her Instagram and YouTube channels "laufganzheitlich" (= 'runningholistically') and her podcast of the same name, Tabea Lorch has become known to a large audience.

Get ready for your baby!



Jeanette Luft

Yoga During Pregnancy

Invigorated – loved – protected.
Including short and sweet postnatal
exercises to get you started,
and a large colour poster

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- Modern guidebook with an appealing design, by an experienced yoga therapist
- Exercises for well-being and birth preparation

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With its holistic approach, the book offers everything that matters to you now:

- Invigorating exercises for your well-being and for a relaxed birth. Including a large exercise poster!
- A Yoga miracle box to relieve the most common pregnancy ailments
- Sound background knowledge and insider tips for coping better with the wild ride that pregnancy can be
- Small rituals for strengthening the bond between you and your baby
- Short and sweet postnatal exercises to get you started
- A large exercise poster and four online videos



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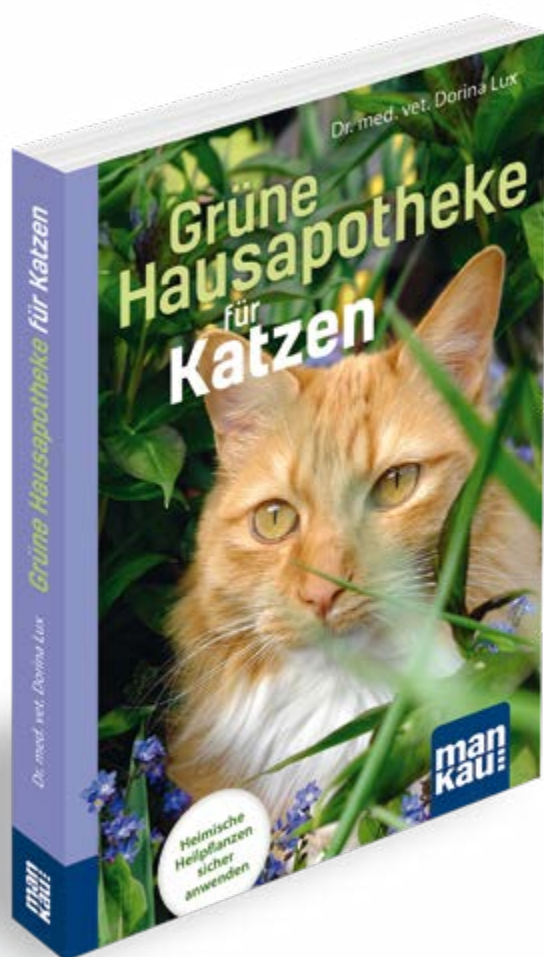
Jeanette Luft

is a yoga therapist, founder of the Ganesha Yoga Lounge, a Heidelberg-based yoga studio, and mom of two children. She specializes in pregnancy and postpartum yoga and is one of the leading providers of pre- and postnatal yoga training. To date, she has accompanied well over 2,000 women during pregnancy. As an author, she has published numerous articles in print and online media, including Yoga Aktuell, Auszeit and Happy Mind magazine.

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Natural herbal care

and healing for your furry friend



Dorina Lux, DVM

Herbal Remedies for Cats. A Pocket Guide

How to use native medicinal plants safely

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Many thousands of years ago, cats sneaked into our hearts on silent paws, as mousers first, then as self-confident and lovable members of the family. We have been concerned about the health of our cats for just as long. The knowledge of our ancestors has been newly proven today in numerous scientific studies: Plants and herbs from the local environment are extremely effective natural remedies, and often tolerated better than conventional medicines. Unlike the latter, medicinal plants are not subject to supply bottlenecks or production stops, but are always reliably available: You can harvest them from the wild, grow them yourself in your garden or on your balcony if necessary, or simply buy them in a suitable form in stores. This book will teach you how to successfully and safely help your cat with ailments using proven medicinal plants!

- Common symptoms and diseases from A to Z and their treatment using medicinal plants
- 20 illustrated plant portraits: Ingredients, effect, application and dosage in the cat
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Matching product:

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How to use native medicinal plants safely

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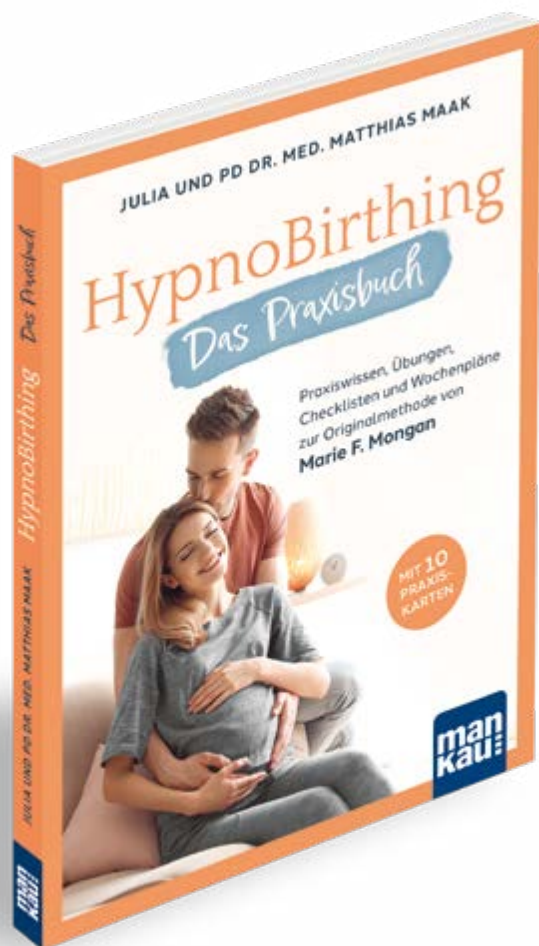


Dorina Lux, DVM

studied veterinary medicine at the Justus Liebig University in Giessen, where she also received her doctorate. She went on to specialize in small animal medicine in the postgraduate Small Animal Science program at the Freie Universität Berlin. Already during her studies she was interested in holistic medicine and naturopathy and completed numerous advanced training courses. Of her many years as a veterinarian, she spent three years working in northern Sweden. Dorina Lux runs a mobile veterinary naturopathy practice south of Munich.

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A helpful companion to the original HypnoBirthing method!



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- Experienced team of HypnoBirthing experts

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Using the enclosed practice cards, you as parents-to-be can optimally adapt HypnoBirthing to your individual needs and practice it with confidence. In addition, you will intensify your loving bond with each other and with your baby.

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- Numerous further recommendations: Tips for nutrition and exercise, pelvic floor health, perineal massage, first-time baby gear, packing lists, postpartum preparation, baby massage, etc.

HypnoBirthing according to Marie F. Mongan – the natural way to a self-determined and relaxed birth!



Julia Maak

is a mother of four, managing partner of the HypnoBirthing Gesellschaft Europa GmbH (Limited liability company HypnoBirthing Europa) (HBGE), lecturer for HypnoBirthing certification trainings of the HBGE, and HypnoBirthing course instructor for expectant parents.



Matthias Maak, MD

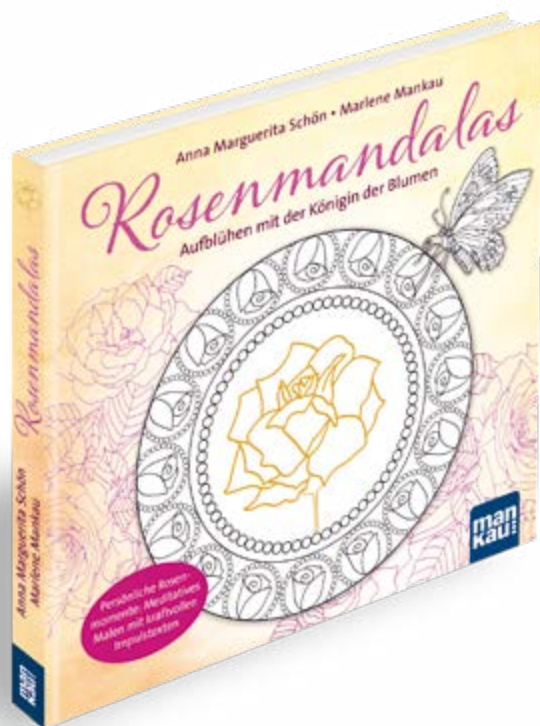
holds a university degree in human medicine and has worked at the Munich Rechts der Isar university hospital, amongst others. He works as a volunteer scientific advisor to the HypnoBirthing Gesellschaft Europa GmbH (HBGE).

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Meditative painting

with the Queen of Flowers



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Also in this coloring book, the rose stands for beauty and love, for tenderness and power. In self-care, the rose follows its very own rhythm and seems to know instinctively when it is time to open its flower and when to close it. Its blossom is deeply embedded in it – always oriented towards the sun, even rainy seasons cannot prevent it from blooming at the right time from the inside out with full power.

Let yourself be carried away to wild rose gardens, refreshed by the morning dew and warmed by the sun. Bloom inside and out, and let YOUR colors run wild!

Marlene Mankau
Anna Marguerita Schön

Rose Mandalas

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Create your Personal Rose Moments:
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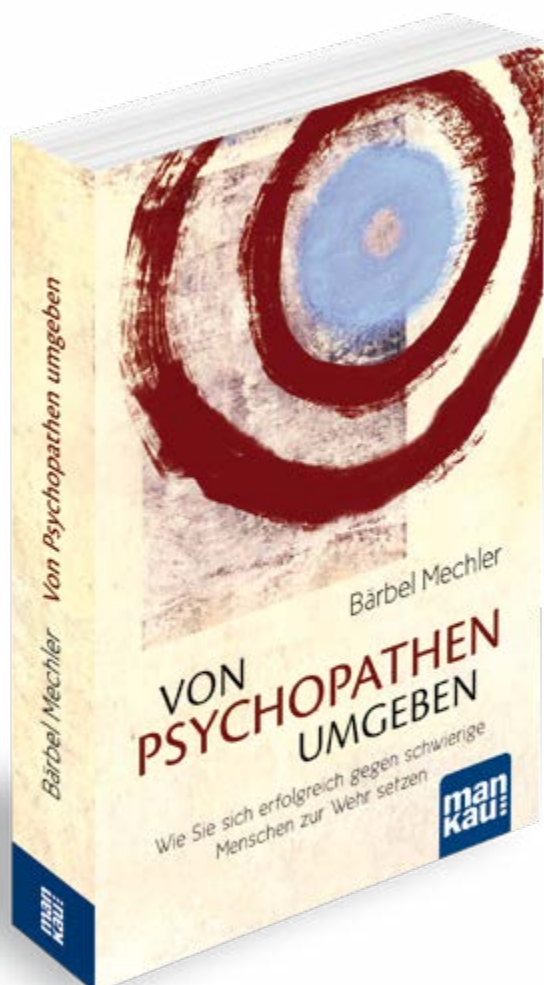
lives near Murnau am Staffelsee. Already in her childhood, writing and her close connection with nature were her personal elixir of life. Her love of the written word therefore not only shapes her private life, but also her professional career, which began at the Akademie des Deutschen Buchhandels (Academy of the German Book Trade) in the Munich Literaturhaus. Most recently, she spent four years as editor-in-chief of a successful regional and lifestyle magazine. Since the spring of 2020, she has felt at home working in the editorial department of a holistically oriented book publisher.



Marlene Mankau

lives in the Pfaffenwinkel region of Upper Bavaria. A trained communications designer, she has been employed at a new media agency for more than 13 years and currently works in the field of e-learning. Creative drawing, design and photography have always been an important part of her life. Marlene Mankau spends a lot of time out and about in nature. Her own garden, which also boasts a lot of roses, is one of her sources of inspiration.

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"The author provides a crystal-clear analysis of tormentors and their victims. And she gives practical advice (...). This book does not only encourage, it enables you in the end to stop meanies."

Thüringer Allgemeine Zeitung

Bärbel Mechler

Surrounded By Psychopaths

How you successfully defend yourself against difficult people

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Bärbel Mechler

works as a spiritual healer for adults and children. She is trained in classical energetic healing by Barbara Ann Brennan and works just as successfully with the method "The Journey" by Brandon Bays. Another aspect of her work is personal coaching with which individuals or groups learn to deal with inappropriate behavioural and communicational structures. Bärbel Mechler is married, has a son and lives near Heidelberg.

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The essential component

for beauty and well-being



Petra Neumayer

Multitalent Zink. A Pocket Guide

Healthy, beautiful and balanced
with this vital trace element

2nd ed. 2018, 127 pp, softcover with
gatefolds, full-colour print
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- Deficiency frequently encountered in modern everyday life
- Tips for a diet to combat zinc deficiency

Zinc is one of the vitally important trace elements: Various body functions depend on the presence of zinc or are controlled by this element. We need zinc to keep our skin, our mucous membranes and our eyes healthy, amongst other things. During illness, this trace element supports the healing process by exercising a positive effect on cell division and the immune system. A powerful antioxidant, zinc prevents aggressive chemical compounds from damaging somatic cells.

Because our organism cannot store zinc, supplying this trace element regularly is thus particularly important. Lifestyle and diet changes but also modern food production may slowly but surely result in a zinc deficiency. In particular in periods of stress or depression, you should ensure your zinc level is balanced since zinc also plays an important role in the release of happy hormones.

In a clear and concise manner, this pocket guide explains

- how this vital element enters our organism and which functions it fulfils there
- what causes deficiency symptoms and how they affect our well-being
- how to ensure an optimum zinc supply and how to strengthen the immune system by means of a balanced diet



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Petra Neumayer

is a Munich-based free-lance medical journalist, lecturer and author. She has published numerous books about dietary supplements, alternative medicine and naturopathy, one of them being "Healing with Numbers" and the successful series "Painted Medicine" (co-authored by Roswitha Stark). At Natura Naturans, she trained in traditional Western medicine ("Paracelsus medicine").

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A healing accompaniment through a time of change



- Health knowledge in a handy format
- Holistic help with complaints, including tips for useful immediate measures

Hormones control our whole life and our fertility cycles. They have an effect on our well-being, our emotional life and our appearance. Two thirds of all women between 45 and 60 years of age are affected by symptoms such as hot flashes, insomnia, lack of concentration, depression or dry mucous membranes.

But menopause is also accompanied by an inner change that opens the door to the second half of life. Just as every woman is unique, every woman will experience menopause differently. There are many natural ways to bring your hormones into balance again, improve your well-being and alleviate discomfort so that you can live through this period of transition in a vital and conscious way.

Petra Neumayer provides readers with a practical background knowledge and introduces a comprehensive range of holistic methods and remedies:

- estrogen, progesterone etc. – an introduction to the hormone system
- how to relieve symptoms naturally using phytotherapy, Hildergard medicine, homeopathy, Schuessler salts, hormone yoga, bioidentical hormones, ayurveda, TCM etc.
- clean eating and superfoods – eat the right food to be healthy and symptom-free

Petra Neumayer

First Aid For Hot Flashes Etc. A Pocket Guide

Medicinal plants, superfoods and bioidentical hormones against menopausal symptoms

3rd ed. 2021, 127 pp, softcover with gatefolds, full-colour print
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Petra Neumayer

is a Munich-based freelance medical journalist, lecturer and author. She has published numerous books on nutritional supplements, alternative medicine and naturopathy, including the best-seller "Heilen mit Zahlen" (healing with numbers) and the successful series "Medizin zum Aufmalen" (healing through painted-on symbols, co-authored by Roswitha Stark). She completed training in Traditional Western Medicine ("Paracelsus Medicine") at Natura Naturans.

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Animals are like people living organisms that ultimately consist of "energy" or "vibration". Accordingly, diseases of animals are nothing but disturbances of the energetic field; the symptoms call for a holistic adjustment at all levels of being. The New Homeopathy offers with the usage of Körbler's signs a proven range of measures in order to give animals a gentle and yet very effective healing stimulus.

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- Gentle help from birth to adolescence

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The healing power of number vibrations

- In-topic: number medicine
- Many practical instructions and test lists

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Numbers and number sequences have not only a quantitative but also a qualitative value – an information. One can imagine number codes as concentrated "packets of vibration" through which the organism experiences a certain frequency. This information is also the language of the universe which creates and organizes matter. Used in a specific way, these information fields can put vibrations that are out of balance back into their harmonious original state.

From the over 5,000 years old mysticism of numbers to Cosmic Numerology and Sacred Geometry to spiritual code systems of Indian and Russian healer such as Grigory Grabovoi – in this guide you will learn how to work in a simple way with numbers for healing and well-being. The use of the mysterious Fibonacci sequence is explained as well as the handling of the sacred healing number of Dr Zhi Gang Sha.

Numerous practical instructions, case studies and test lists will show you how you can apply number codes – including Grabovoi number series for the hundred most important pains – and so support the self-healing processes of regeneration and get a greater zest for life.



Petra Neumayer

Healing With Numbers

From mysticism of numbers to the spiritual code system.

With an extensive practical section

4th ed. 2023, 155 pp, softcover with gatefolds, 2c

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180 cards with detailed instructions

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Petra Neumayer

lives as a freelance medical journalist, lecturer and author in Munich. She has published numerous books on food supplements, alternative medicine and naturopathy, among them the bestseller "Healing With Numbers" and the successful series "Painted Medicine" (together with Roswitha Stark).

She has been devoted to healing with vibrations and sensitive resonance therapy for many years.

Understanding and using healing symbols



Petra Neumayer / Roswitha Stark Healing With Symbols. The 64 Most Important Healing Signs

- 18 sign codes of the New Homeopathy
- 18 symbols of the Holy Geometry
- 28 healing symbols from all over the world

9th ed. 2025, 174 pp, paperback
12 x 19 cm, 9.95 Euro (GER)
ISBN 978-3-86374-336-9

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- Valuable knowledge about the most important healing symbols
- Matching the set of cards "Painted Medicine"

Symbols are the language of our subconscious and our soul. They have an impact – especially in the spiritual and healing field. Even if the mind sometimes cannot interpret them, but they convey a message to our higher consciousness and lead our way to health and harmony.

Petra Neumayer and Roswitha Stark describe 64 fundamental healing symbols (also available in the card set "Painted Medicine"): Erich Körbler's sign code system, important symbols of the Holy Geometry and proven healing symbols from all over the world. They explain the message and the deeper meaning of these powerful signs in a sensitive manner, inspiring texts promote intuitive understanding. This knowledge enables and improves the use of these healing symbols for health and wellbeing.

The following 64 healing symbols are described in the book:

- 18 sign codes of the New Homeopathy
- 18 symbols of the Holy Geometry
- 28 healing symbols from all over the world



Matching product:

Petra Neumayer / Roswitha Stark

Painted Medicine: 64 Symbol Cards
New Homeopathy, Holy Geometry and more

8th ed. 2025, 64 cards (8 x 12 cm), 8-page booklet
17.90 Euro (GER), ISBN 978-3-938396-59-9

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Petra Neumayer

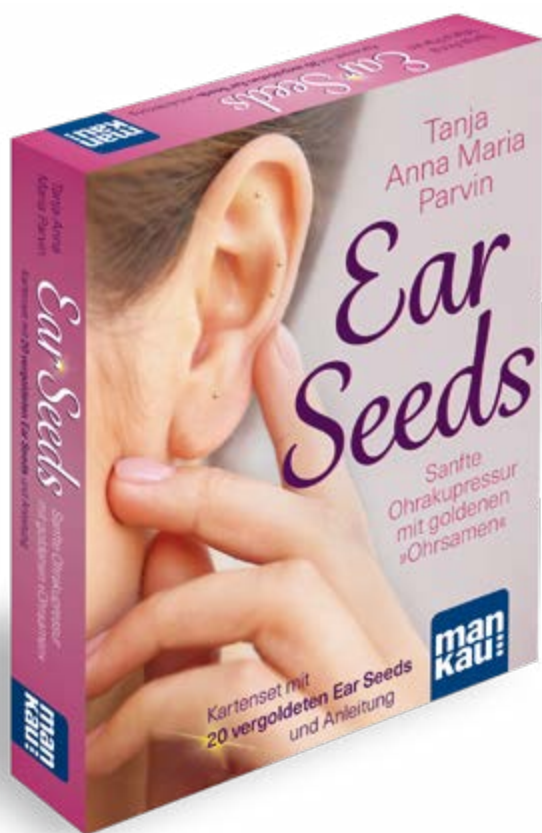
works as a medical journalist, writer and author-ess. Numerous books about food supplements, alternative medicine and naturopathy have been published by her.



Roswitha Stark

is an alternative practitioner for classical homeopathy, sensitive resonance therapy and coloured light therapy, moreover she is a course instructor for information medicine/healing with symbols/dowsing.

Ear Seeds – an aesthetic health trend



Tanja Anna Maria Parvin

Ear Seeds

Gentle ear acupressure
with gold-plated Ear Seeds

2nd ed. 2026, set of 36 colored cards
in A6 format (10.5 x 14.8 cm), 20 gold-
plated Ear Seeds and 24-page booklet
16 x 22 cm, 29.95 Euro (GER)
ISBN 978-3-86374-627-8



- Gentle ear acupuncture – without needles
- Comes with 20 high-quality gold-plated Ear Seeds on a transparent skin patch

Gold-plated Ear Seeds are the gentle and stylish version of ear acupressure. In the US, they have been extremely popular for years now, even making their way into Hollywood's celebrity circles. The tiny ear spheres are an instant remedy that fits in any handbag, can simply be stuck on thanks to the transparent skin patch and even look stylish!

The use of Ear Seeds – for which the seeds of the vaccaria plant were originally used – has its origin in Traditional Chinese Medicine and has proven an effective remedy for headaches, back pain, sleep disorders, hormonal imbalances, anxiety and allergies, to name just a few. In addition, according to the teachings of TCM, the precious metal gold strengthens your vital Qi.

The gold-plated Ear Seeds are stuck on known ear acupuncture points where they will then unfold their gentle (pressure stimulus) effect. The lovingly designed cards illustrate the exact location of the energy points, describe the areas of application and provide inspiration for healing with their guidance questions and suggestions. The cards or points to be used in a specific case are determined based on a symptoms chart, or the cards can also be drawn intuitively.

- 36 cards in A6 format with color illustrations by Tanja Anna Maria Parvin, describing each acupressure point, its effect, its areas of application, theme and message.
- 16-page booklet with detailed instructions and symptoms chart
- 20 high-quality, gold-plated Ear Seeds (Ø 1.2 mm) on a round transparent skin patch (Ø 7 mm, latex-free acrylic resin adhesive)

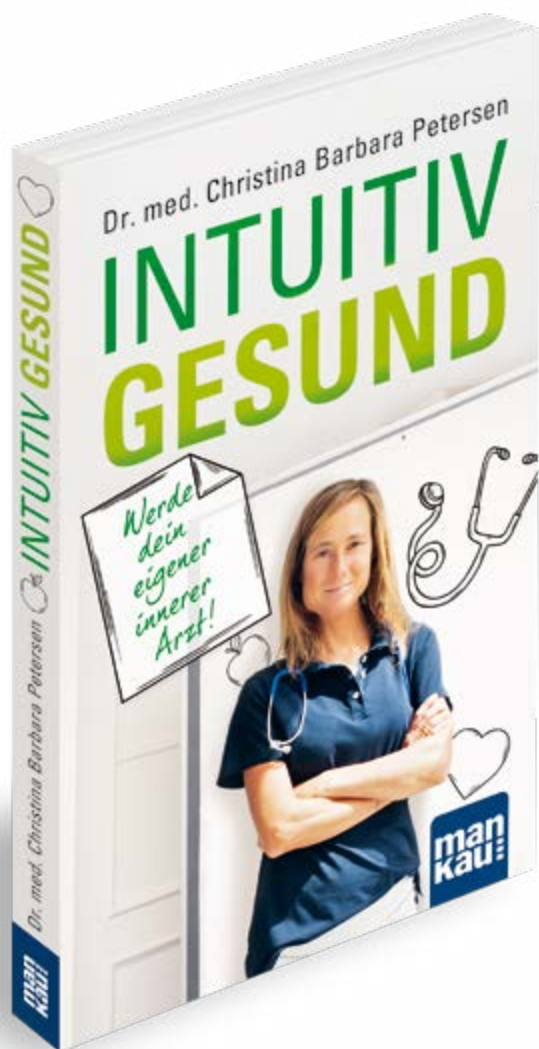


Tanja Anna Maria Parvin

is an alternative practitioner with her own practice in Heppenheim an der Bergstraße in Hesse. She focuses on herbal medicine, holistic beauty and acupuncture, especially ear acupuncture (auriculotherapy). She passes on this knowledge and her Face Identity treatment technique (www.faceidentity.de) in seminars and lectures for doctors and medical professionals both at home and abroad. In addition, she organizes guided tours of medicinal plants in the Odenwald region where she lives, and develops her own tea blends using medicinal herbs and berries.

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Take a look behind the scenes of your health



Christina Barbara Petersen, MD

Intuitive Health

Tap into your inner doctor!

1st ed. 2021, 190 pp, softcover with gatefolds

13.5 x 21.5 cm, 14.95 Euro (GER)

ISBN 978-3-86374-590-5

Rights:

All rights available.

- Adopt the right mindset for long-term health
- Authentic author, physician and networker

Never before have medical research efforts and health expenditure worldwide been vaster than today. And yet, there are more and more patients whose condition can only be cured insufficiently or not at all using traditional medicine. In a lot of cases, even the sophisticated diagnostic methods of the Western world fail to produce a diagnosis for the ailments these patients so clearly suffer from.

So we need to take a closer look 'behind the scenes'. To understand why we get sick in the first place, and how we can regain and maintain good health. Because good health starts at the root – in our head. Let Christina Petersen teach you how to recognize thoughts that make you sick and transform them, and how to focus on healing!

From her book, you will learn

- why good health is not a coincidence,
- what causes disease and what role our Western style of living plays in this,
- why you can trust in nature,
- why you should observe rather than evaluate,
- what precise steps you can take to regain and/or maintain good health, and
- what we can learn from the latest scientific findings to live longer and happier.



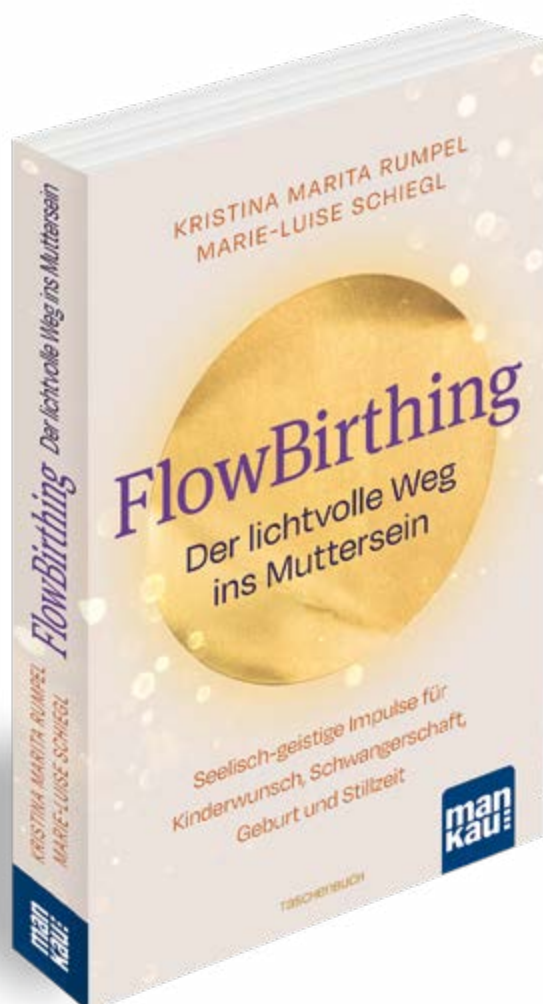
Christina Barbara Petersen, MD

is a general practitioner and a doctor of Traditional Chinese Medicine; in her own practice in Eutin, she attends to patients whose negative beliefs resulted in blockages that made them chronically ill. Through her Healthy Docs podcast (www.intuitiv-gesund.de), she educates her audience and augments conventional medicine with advanced views. Her intention is to get doctors, but also patients, to listen to their own bodies again. With this approach, she is ahead of her time, initiating in a new chapter in medical history with her integrative medicine based approach.

Acting as an interface between conventional medicine and alternative medicine, Christina Barbara Petersen combines ancient wisdom and the elements of nature with modern scientific findings and conveys her knowledge in an easy-to-understand and entertaining manner.

Empowering impulses

for every phase of motherhood



Kristina Marita Rumpel
Marie-Luise Schiegl

FlowBirthing. The Enlightened Path to Motherhood

Mental and spiritual impulses for
planning a family, pregnancy, birth
and breastfeeding

1st ed. 2025, 159 pp, paperback
12 x 19 cm, 12.00 Euro (GER)
ISBN 978-3-86374-772-5

Rights:
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- Holistic support based on the model of Louise L. Hay
- Affirmations and exercises, reflection questions and journaling ideas, etc.

Would you like to embark on the exciting journey into motherhood in a conscious and mindful way, full of joy and confidence? This book offers you an intuitive approach to the emotional, psychological and spiritual aspects of planning a family, pregnancy, birth and breastfeeding.

Inspired by Louise L. Hay's holistic approach, it establishes the connection between mental issues and physical challenges; mental and spiritual impulses for every phase of motherhood help you to release inner blockages, transform unconscious beliefs and find your way back to inner security at any time. By providing practical exercises, affirmations and reflections, the FlowBirthing philosophy supports you in harmonizing your thoughts, feelings and actions beyond all doubt.

This is more than just a classic guidebook: it enables you to take the enlightened path to motherhood and helps you to experience birth as a sacred event in joy, love and trust. It will be a valuable companion that you can pick up again and again to find specific answers to mental and emotional challenges in every phase.



Kristina Marita Rumpel

is the founder of the FlowBirthing movement and has been campaigning since 2015 for a new birth culture in which women give birth in safety, joy and love. In her work, the visionary and author combines ancient female wisdom with modern knowledge and accompanies women on their journey from planning a family to pregnancy, birth and beyond.



Marie-Luise Schiegl

is a doula, mentor for enlightened births and a mother of three. The birth of her third child in 2021 became a key magical experience for her that connected her deeply with the feminine primal power and led Marie-Luise to her profession and her calling: to give expectant mothers the certainty that giving birth is far more than a merely physical process - it is an expression of the purest creative power and an initiation into the highest consciousness of ourselves. Marie-Luise is convinced that the original experience of birth is the foundation for peace on our earth.

Tried and tested **five-step program** for **times of (personal) crisis**



Abbas Schirmohammadi

Help in Difficult Times

Overcome personal crises in five steps. Includes meditations, exercises, check-ups and self-tests

1st ed. 2024, 174 pp, paperback,
12 x 19 cm, 12.90 Euro (GER)
ISBN 978-3-86374-737-4

- Experienced author with an extensive network, editor-in-chief of several health magazines
- Exercises, check-ups, meditations

No matter whether its fears about the future, relationship problems, existential worries, health problems or other difficult circumstances – crises can throw us off track and require us to perform at our best physically, mentally and emotionally. Which is why good crisis management is crucial for us to be able to think clearly, reduce stress, find solutions and ultimately emerge stronger from a crisis.

"Help in Difficult Times" provides meditations, exercises, check-ups and self-tests to give you inner peace and security. You will learn how to activate your resources, discover new talents and spin straw into gold. This will give you the strength to lead a more self-determined, self-confident and happier life.

The following steps will help guide you into a new life and living:

1. Come to rest and find a safe inner place to reflect on what has happened.
2. Recognize which part of you is experiencing the crisis and which parts are stable. This will clarify what you need to address and what resources you have.
3. Discover spiritual sources of strength.
4. Use your newfound strengths to examine the crisis and recognize your own part in it.
5. You are ready to make new decisions. Your inner strength will help you overcome the crisis and move forward more empowered.



Abbas Schirmohammadi

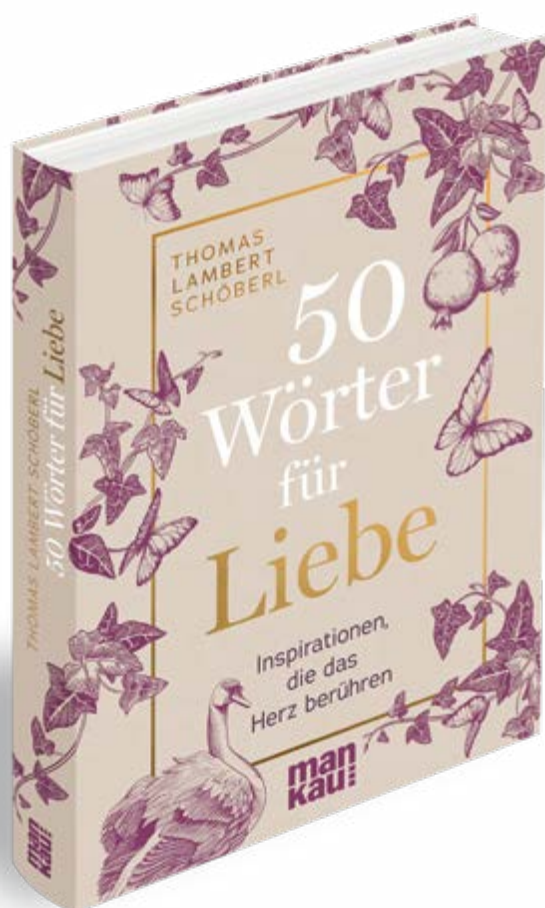
is a non-medical practitioner for psychotherapy, a coach, a mediator, a mental trainer and the editor-in-chief of various health magazines. For over 15 years now, this expert in stress prevention and relaxation has been sharing his knowledge in coaching sessions, seminars, specialist articles and audio programs. In his solution-oriented methods, he always focuses on individual continuous personal development. Since almost all physical illnesses are triggered by a psychological condition, mental hygiene is a central theme of his work.

Abbas Schirmohammadi has already published numerous bestselling books, audio CDs and card sets, making him one of Germany's best-known health experts for over a decade.

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Poetic and inspiring - a timeless gift

- Charismatic author and columnist
- With poetic texts as well as concrete exercises and impulses for self-development and personal development



Thomas Lambert Schöberl

50 Words for Love

Inspirations that touch the heart

1st ed. 2025, 222 pp, hardcover
13.5 x 18.5 cm, 18.00 Euro (GER)
ISBN 978-3-86374-728-2

Love is more than just a feeling – it is a way of life, a journey with a sublime destination. It has the magnificent power to shape, heal and unite us. But how can we share it generously and rekindle it again and again?

In his "50 Words for Love", Thomas Lambert Schöberl explores the deep mysteries of love. With inspiring reflections, touching anecdotes, concrete exercises and groundbreaking impulses, he invites his readers to fall in love with the unfathomable wonders and facets of love. The nature of love reveals itself in surprisingly diverse ways – be it as a silent miracle, a profound reflection or an unexpected twist, but never as a coincidence.

"50 Words for Love" will touch your heart and show you a path to the holistic healing of your soul.

- 50 words for love – from agape to tenderness
- provides simple exercises and impulses for each word
- suggestions for self-development and all-encompassing healing

An inspiring companion for all those who strive for a deep connection to life.



Thomas Lambert Schöberl,

born in 1989, is a teacher, author, columnist and herbal educator; in his garden in Munich he teaches numerous seminars and workshops on topics such as holistic living, monastic healing, nature and creativity. Holding a degree in music, art and theater studies as well as a teaching degree in Protestant religious education and with his expertise in naturopathic practices, he skillfully interweaves the fields of medicine, creativity, theology, education and nature. Using his interdisciplinary approaches, Thomas Lambert Schöberl makes it clear time and again that "everything is connected to everything else".

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BodyResilience – the healing connection of body and mind



Isabel Scholz

BodyResilience

Harmonizing body and mind – your way to calmness, stability and resilience

1st ed. 2022, 239 pp, softcover with gatefolds

13.5 x 21.5 cm, 18.00 Euro (GER)

ISBN 978-3-86374-667-4

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- Experienced coach, seminar leader, fitness and personal trainer
- With practical exercises

The topic of resilience – the psychological strength and power of resistance to deal with stress and stressful situations – has been on everyone's lips for some years now. However, mental training techniques that rely exclusively on the right "mindset" often reach their limits here because they completely ignore the body.

BodyResilience links previously isolated concepts into a new holistic approach and connects the levels of our body, our emotions and our thoughts into a healthy whole. For this purpose, BodyResilience integrates the interior of our body as a sensory organ (interoception) and shows us how our body works, how we can feel and use it. Through physical exercises, we learn to positively activate the power that lies in our autonomic nervous system. As a result, our body, as a calm and stable base, then sends the right signals "up" to our head, our thoughts – which in turn has a calming and balancing effect on our central nervous system.

- BodyResilience shows you a healthy way to your emotions through the body and brings them into balance.
- BodyResilience integrates emotions and body signals on a mental level, helping you find the right life direction and become "whole".
- BodyResilience contains a unique true-to-life and authentic blend of personal experience, tried and tested methods and practical exercises.

BodyResilience helps us deal with difficult situations, stress and crises!



Isabel Scholz

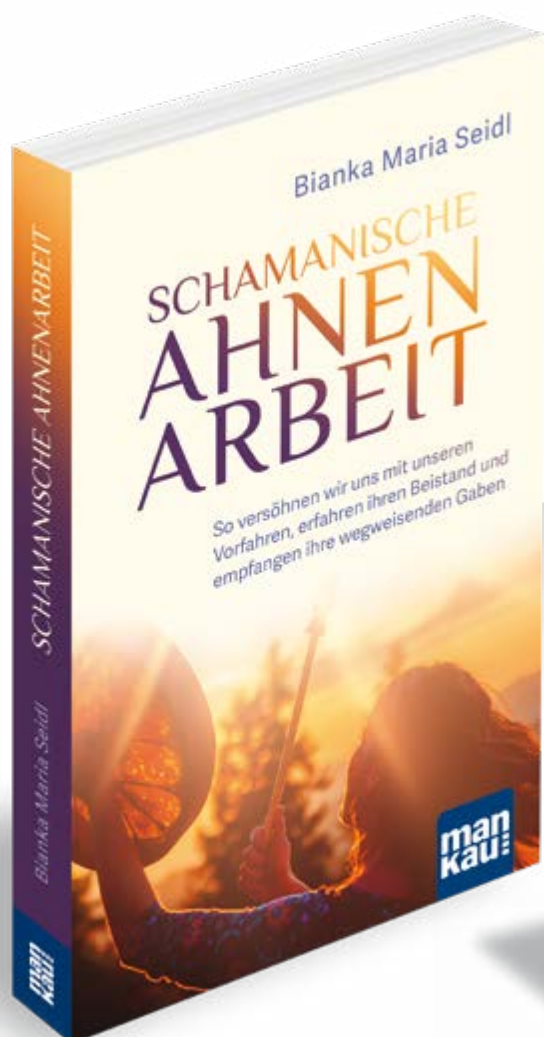
holds a degree in business administration, is a fitness and personal trainer as well as a coach in process-oriented psychology (according to Arnold Mindell) and body psychotherapy. For over 20 years, she has been guiding people to a healthy and satisfied life. This includes advising companies on corporate health management, seminars and workshops on resilience and healthy employee management, and therapeutic coaching with burn-out patients and people suffering from addiction. With her zest for life and versatile experience, she wants to encourage people and help them steer themselves well. Even through difficult times.

Strong roots enable you to reach for the stars

- Background information, case studies and exercises
- Boom of systemic constellation work etc.

This book is a wake-up call from an experienced future ancestor, making us aware again of our connection with our ancestors. In doing so, she points out that our ancestors bequeathed to us not only their strengths and talents, but also their pain, hardships, and illnesses, and that now, in these times, we have the privilege of freeing ourselves from the burdens of our ancestors.

Instead, we can discover the enormous potential that lies in this connection: By receiving their good inheritance, their strengths that they have developed along the way, as their gifts to us, we thereby also receive inspirational gifts/tasks that can lead us to our destiny and to a fulfilled life. The support of our ancestors, their assistance and their blessing accompany us on all our ways.



Matching product:

Bianka Maria Seidl

Shamanic Ancestor Work

Guided journeys with drum accompaniment

2nd ed. 2024, 1 audio-CD in jewelcase, running time approx. 59 min., 8-page booklet, 14.95 Euro (GER), ISBN 978-3-86374-647-6

Bianka Maria Seidl

Shamanic Ancestor Work

In this way, we reconcile with our ancestors, experience their assistance and receive their inspirational gifts

1st ed. 2021, 206 pp, softcover with gatefolds

13.5 x 21.5 cm, 18.95 Euro (GER)

ISBN 978-3-86374-644-5



Bianka Maria Seidl

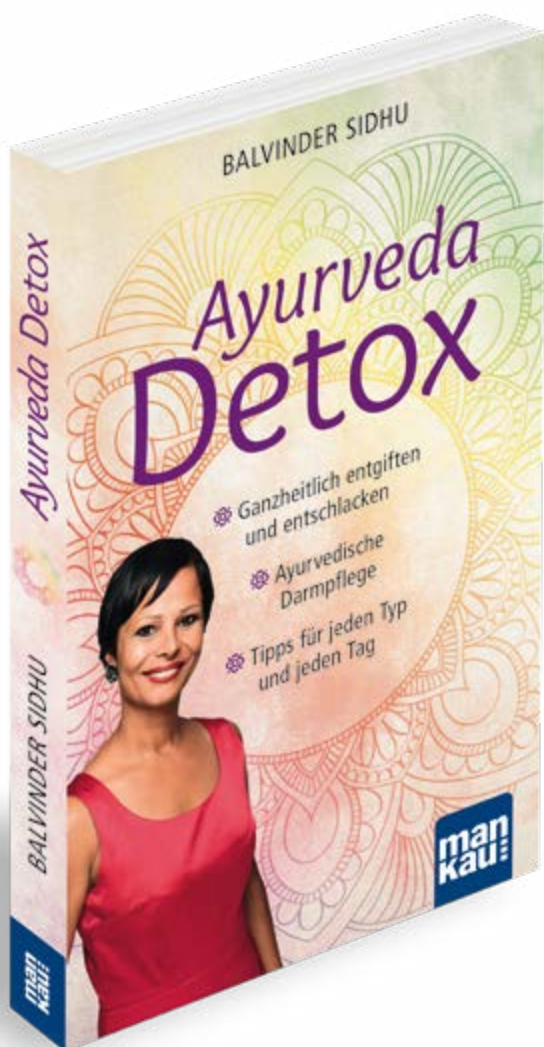
has been working for more than 30 years as an independent architect in the field of energetic architecture as well as a lecturer at the IHK (Chamber of Commerce and Industry), HWK (Chamber of Trade and Commerce) and the TÜV-Akademie Süddeutschland. Since 2012, she has been running her own counseling practice in Windberg, where she offers various mentoring programs, coaching sessions, meditations and guided inner journeys. She also leads an annual seminar trip to Lanzarote, regularly publishes articles in professional magazines.

Bianka Maria Seidl wants to awaken the power of renewal in her clients and sow the seeds of freedom. With her shamanic work she supports people in midlife in freeing themselves from the limiting programs of their family and genetic conditioning, thereby releasing trapped vital energy and awakening potential that is still dormant. She inspires people to dream big, define their own values, set themselves lofty goals and, connected to the power of their ancestors, reach for the stars.

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Ayurvedic cleansing – soothing for body and soul



Balvinder Sidhu

Ayurveda Detox

- Holistic detoxification and purification
- Ayurvedic intestinal care
- Tips for every type and every day

2nd ed. 2026, 168 pp, softcover with gatefolds

13.5 x 21.5 cm, 12.95 Euro (GER)

ISBN 978-3-86374-499-1

- Authentic and successful Ayurveda expert
- Routine day to day tips for every type

Detoxification is a very popular topic although it has been known for thousands of years. Already the ancient Indians relied on regular detoxification of the body. What makes it so special: Ayurveda cleanses body, mind and soul equally and restores the original energy to a person's organism on all levels. This makes Ayurvedic cleansing the perfect solution for many physical and mental problems of our world of over-stimulation – such as permanent stress, exhaustion, sleep disorders, digestive problems, skin problems and hair loss.

India-born Ayurveda expert Balvinder Sidhu will show you a simple and easy way to give your body strength and find harmonious balance at all levels:

- Ayurvedic bowel care: Lay a stable foundation – good digestion and a healthy bowel play a key role in Ayurvedic medicine.
- Ayurvedic cleansing: Free your body, mind and soul from the burden of the past – with a 5 or 10 day purification cure, yoga exercises suitable for everyday use, short meditation rituals and practical tips for every day.
- The three Doshas: Use the recommendations for the constitution types Vata, Pitta and Kapha for an optimal, individually matched diet and exercise.



Balvinder Sidhu

was born in northern India and grew up with the Ayurvedic healing tradition in which her family has been rooted for generations. The Ayurveda therapist has lived in Germany since she was twelve years old and sees it as her vocation to combine the millennia-old, holistic knowledge of Hindu scholars with the needs of Western society. She has been running the Institute "Kaya Veda" in Augsburg for about 30 years and has already published several guidebooks (including "Das Ayurveda-Glücksbuch"); her paperback "Energiequelle Ayurveda" (boosting your energy through Ayurveda) (3rd edition 2019) has been published by Mankau Verlag.

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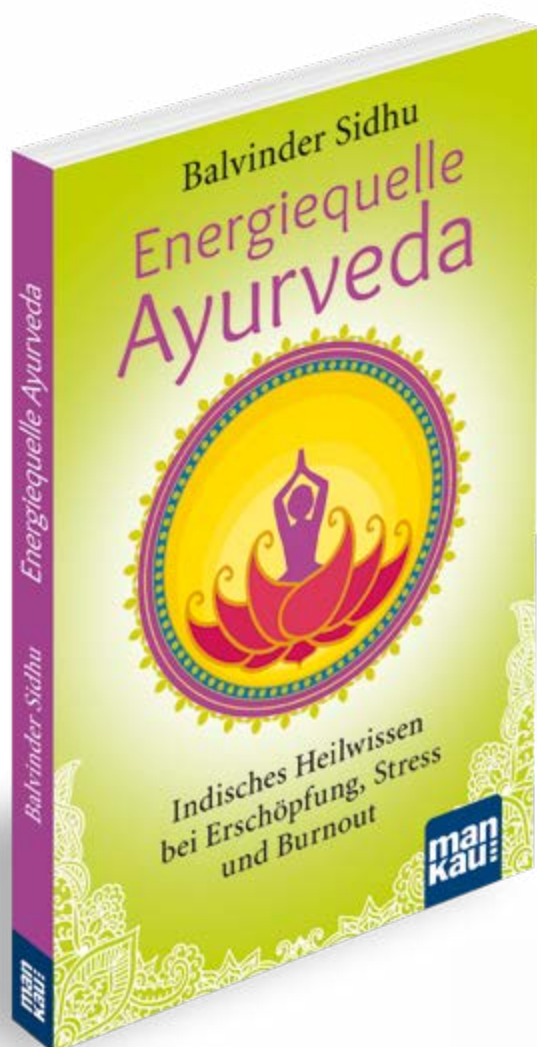
Use ancient knowledge for new energy!

- Energy programmes suiting individual needs
- Competent and authentic author

Are you stressed? Are you often tired and listless, or do you fear that everyday life is too much for you? Get help from the more than 5,000-year-old knowledge of the Vedas!

Gaining new energy and finding and unfolding your own potential – these treasures you can draw from the "Ayurveda – source of energy". The Indian Ayurvedic therapist Balvinder Sidhu introduces you to new, multi-faceted and effective ways in which you can get back your energy and preserve it. In the holistic view of the body, mind and soul you will be the creator and designer of your quality of life. You can feel how new vitality, creativity and well-being will arise.

Balvinder Sidhu helps you according to your needs and constitution: the holistic approach includes a reviewing of your lifestyle habits, detoxification and cleansing of the organism on a physical and mental level, the mental strengthening through yoga and meditation as well as specific nutritional and energy programmes suiting your individual needs. Balvinder Sidhu shows how you can easily integrate this into your daily routine.



Balvinder Sidhu

Ayurveda – Source Of Energy

Indian healing knowledge
for exhaustion, stress and burnout

3rd ed. 2018, 158 pp, paperback
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ISBN 978-3-86374-205-8

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Matching product:

Balvinder Sidhu

Get Your Hair Back!

Your Ayurveda coaching to get full and healthy hair

1st ed. 2020, 1 audio-CD in jewelcase, running time approx. 47 min.,
8-page booklet, 12.95 Euro (GER), ISBN 978-3-86374-554-7

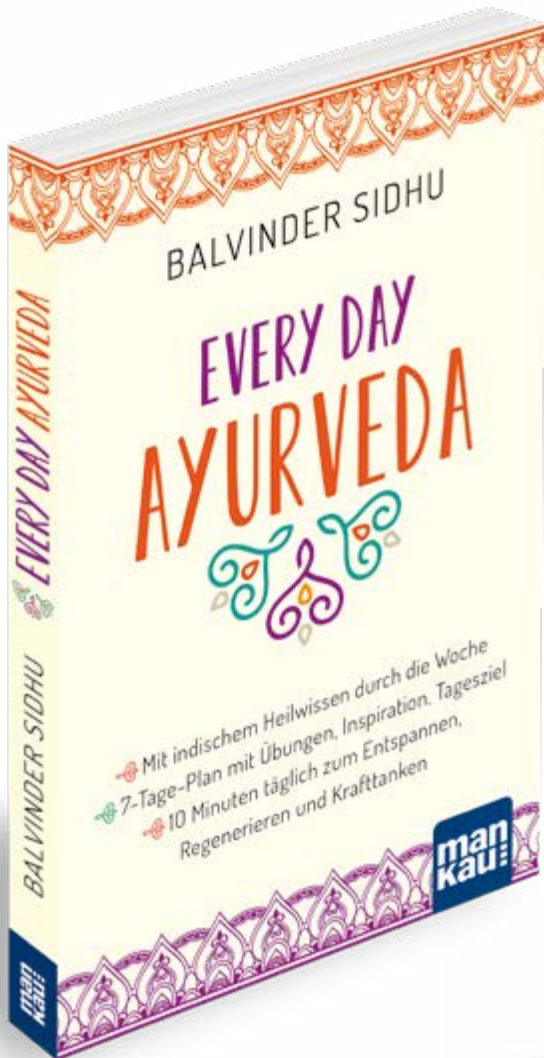
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Balvinder Sidhu

was born in northern India and grew up with the Ayurvedic healing tradition rooted in her family for generations. Since the age of twelve the Ayurvedic therapist has been living in Germany and it is her vocation to combine the ancient, holistic knowledge of the Hindu scholars with the needs of Western society. For 30 years she has been head of the institute "Kaya Veda" in Augsburg and has published, among others, the guide "The Ayurvedic Book Of Happiness".

Use Ayurveda and your week will be smooth sailing



Balvinder Sidhu

Everyday Ayurveda

Indian healing for each day of the week – 7-day plan including exercises, inspiration, daily goal – 10 minutes a day to relax, regenerate and recharge your batteries

2nd ed. 2024, 159 pp, softcover with gatefolds
13.5 x 21.5 cm, 16.95 Euro (GER)
ISBN 978-3-86374-750-3

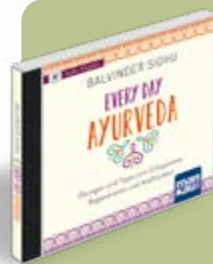
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- Tips, exercises and meditations from a well-known Ayurveda expert
- Useful daily exercise routines

Are you also one of those people whose everyday life is marked by stress? You would like to make time every day to do something for yourself, your health and your happiness but do not know what exactly and how?

Ayurveda is one of the oldest healing concepts in the world and has been constantly refined over the centuries, adapting it to the respective circumstances of life. The most important pillars of this holistic art of healing are nutrition and digestion, cleansing, massage, spirituality and yoga as well as the knowledge about the healing effects of herbs and plants.

Even small changes in your lifestyle will have a great effect on your health and well-being – just a few minutes a day are enough to manage symptoms such as exhaustion, lack of strength or fatigue! Ayurveda expert Balvinder Sidhu takes you by the hand and guides you perfectly through your week with inspiring questions, mantras, meditations and tips.



Matching product:

Balvinder Sidhu

Everyday Ayurveda

Exercises and tips to relax, regenerate and recharge your batteries

1st ed. 2020, 1 audio-CD in jewelcase, running time approx. 67 min., 8-page booklet, 12.95 Euro (GER), ISBN 978-3-86374-569-1

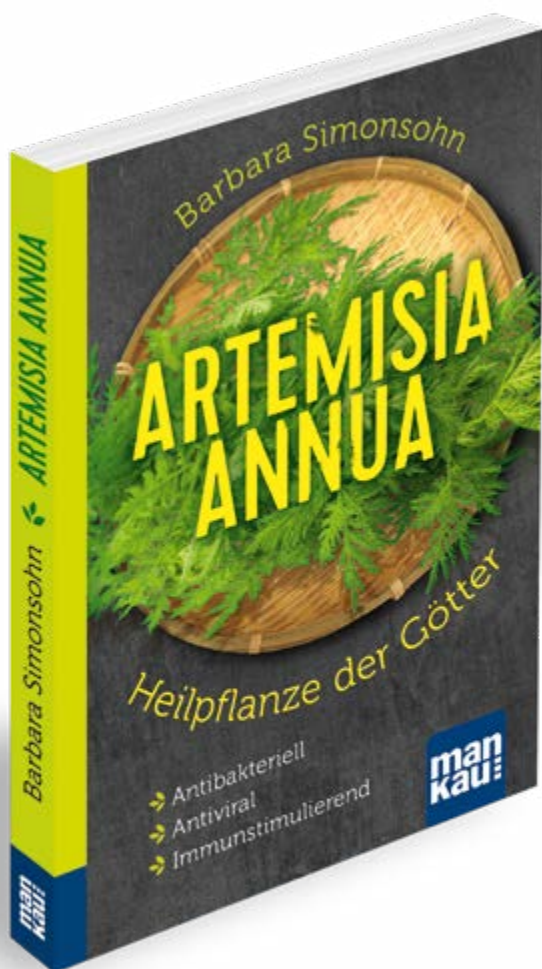
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Balvinder Sidhu

as Indian-born Ayurveda therapist is firmly rooted in traditional Ayurvedic healing. Already her father was a successful Ayurveda doctor practicing throughout Europe. Since the time Balvinder Sidhu came to Germany with her family as a 12-year old, she has been following her heart's desire to bring this ancient knowledge of Hindu scholars to the Western world and exploit it for healing the typical Western diseases of civilization. This is why, more than 30 years ago, she founded the KAYA VEDA® institute in Augsburg where she offers holistic consultations on the subjects of hair loss, Ayurvedic detoxification (Detox), metabolic typing diet and burn-out prevention, among others. Balvinder Sidhu has already published several guidebooks.

The rising star among natural remedies



Barbara Simonsohn

Artemisia annua. A Pocket Guide

A divine medicinal plant

12th ed. 2025, 127 pp, softcover with gatefolds

11.5 x 16.5 cm, 8.99 Euro (GER)

ISBN 978-3-86374-474-8

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Spain

- Top seller in Corona times
- Crown jewel from the treasure trove of TCM

Up until Chinese pharmacologist Tu Youyou was awarded the Nobel Prize for Medicine in 2015, there were probably only a few who had ever even heard of *Artemisia annua*, also known as annual mugwort. Yet this medicinal plant has been used for centuries by Traditional Chinese Medicine (TCM) as an effective remedy for malaria and other serious diseases. Recent studies even suggest that the "crown jewel from the treasure trove of TCM" also shows promising effects in the treatment of diabetes, cancer, HIV infection and even COVID-19.

In addition to the active ingredient artemisinin, the "miracle plant" contains over 600 ingredients that are medically significant, amongst others for their antibacterial, antiviral and immunostimulant effects and because they have virtually no side effects. Also impressive is the plant's high ORAC value which defines its antioxidant capacity: Its ability to eliminate free radicals protects the human body against degenerative diseases such as rheumatism or arthrosis. In addition to its effect on diabetes and cancer, *Artemisia annua* is also a useful remedy against allergies, borreliosis, inflammations as well as against parasites and fungal infestation.

Annual mugwort is taken as a preventive measure to strengthen the immune system as well as for self-treatment in the form of tea, powder or capsules.

This compact guide introduces readers to this amazing medicinal plant, providing, amongst others

- Interesting facts about its growth, occurrence and history
- Comprehensive information on its ingredients, fields of application and current research results
- Practical advice on how to grow *Artemisia* yourself and recipes with *Artemisia* products



Barbara Simonsohn

is a nutritionist and Reiki teacher. Since 1982 she has been giving seminars at home and abroad, mainly on the original 7 degree Reiki system, but also on acidosis therapy and massages according to Dr. Renate Collier as well as yoga. In addition, she is intensively involved with the topic of "healthy nutrition" and is regarded as a "superfoods" expert.

The misjudged treasure

from your own garden



Barbara Simonsohn

Stinging Nettle. A Pocket Guide

The Miracle Herb for Health,
Cuisine and Beauty.
101 applications and recipes

4th ed. 2026, 158 pp, softcover with
gatefolds, full-colour print
11.5 x 16.5 cm, 12.00 Euro (GER)
ISBN 978-3-86374-652-0

**15,000 COPIES
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- Proven applications for health and beauty
- Experienced bestselling author and superfood expert

"The queen of herbs" – this honorary title was given to the stinging nettle by Rudolf Steiner. Why? Not only does it play an important role ecologically – insects and birds are drawn to it, and it serves as a caterpillar food plant for over 30 butterfly species – but it also offers us humans an unprecedented wealth of healthy ingredients as a medicinal plant.

The stinging nettle herb for example contains carotenoids for the eyes and as an immune booster, B group vitamins for good nerves, vitamin E for fertility and for binding the harmful free radicals, vitamin K for healthy bones and wound healing. The flavonoids contained in the nettle protect blood vessels and the heart, its plant acids have an anti-inflammatory and pain-relieving effect, its chlorophyll is important for detoxification and defense, and its amino acids support cell and muscle development.

In terms of minerals, the nettle also scores highly with its content of calcium, potassium, phosphorus, chlorine, magnesium, silicon, easily absorbable iron and the rare trace elements manganese, boron and copper. Even small traces of gold can be found in it! These minerals are extremely important for our body's energy production, our immune system, water balance and acid-base balance, blood formation, bones and teeth. Even the mood-boosting serotonin can be detected in this highly underrated plant!

- The healing effects of stinging nettle: from acne and anemia to hair problems and skin diseases, menopausal symptoms and gingivitis
- Applications and preparations for your medicine cabinet
- Useful tips for garden enthusiasts, plant and animal lovers
- Extras: Stinging nettle recipes for healthy cuisine



Barbara Simonsohn

is a nutritionist and Reiki instructor. Since 1982 she has been giving seminars mainly on the original seven degree Reiki, but also in acidosis therapy and related massages according to Dr. Renate Collier, as well as in yoga. In addition, she is intensively involved in the topic of healthy nutrition and is considered a superfoods expert. Since 1995, Barbara Simonsohn has published numerous guidebooks in the field of holistic health; the total circulation of her books is about 600,000 copies.

The top 10 most popular and healthiest culinary herbs

- Exciting synthesis of culinary delights and healthcare
- From a well-known and successful author



Barbara Simonsohn

Healing Culinary Herbs – 10 Herbs for Body and Soul.

A Pocket Guide

With numerous applications for
healthcare and cooking

2nd ed. 2025, 159 pp, softcover with
gatefolds, full-color print
11.5 x 16.5 cm, 12.00 Euro (GER)
ISBN 978-3-86374-758- 9

Rights:

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Herbs are now on everyone's lips, and that's exactly where they belong! Peppermint, parsley, oregano, thyme and the like not only taste delicious, spice up many dishes and add that extra something to recipes, they also contain a wide range of valuable ingredients that we should not do without – especially in this day and age: Vitamins, minerals, bioactive substances and antioxidants in their natural, unprocessed form.

So let us take you into the world of these green all-rounders. You will be surprised at what is hidden behind these inconspicuous little plants! This guide presents ten well-known, popular and highly effective spices and culinary herbs:

- Useful health knowledge about proven effects and areas of application
- Tried and tested preparations for your medicine cabinet – teas, ointments, oils, and the like
- Practical tips on how to grow and harvest herbs on your balcony, terrace and in your garden
- Treatments for body and soul: Tried and tested applications for A to Z ailments and afflictions

Enjoy and exploit the health benefits provided by Barbara Simonsohn's Top 10: Wild garlic, coriander, lavender, melissa, oregano/ wild marjoram, parsley, peppermint, rosemary, sage and thyme.

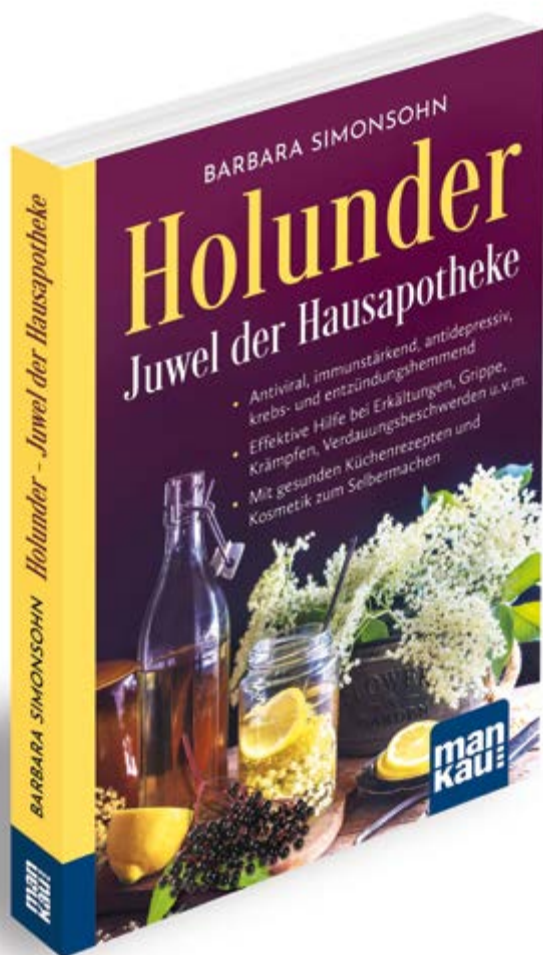


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Black elderberry – the sacred tree of the Celts and the Germanic tribes



Barbara Simonsohn

Elderberry – Jewel of the Medicine Cabinet.

A Pocket Guide

- Antiviral, immune-boosting, antidepressant, anti-cancer and anti-inflammatory
- Effective help for colds, flu, cramps, digestive problems and much more
- Including healthy cooking recipes and do-it-yourself cosmetics

2nd ed. 2025, 159 pp, softcover with gatefolds, full-color print
11.5 x 16.5 cm, 12.00 Euro (GER)
ISBN 978-3-86374-717-6

Rights:

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- Ancient medicinal plant, long tradition
- Numerous applications/recipes for the medicine cabinet, cosmetics and cooking

Elder – *Sambucus nigra* – was revered by the Celts and the Germanic tribes as a protective tree. In our latitudes, it has an ancient tradition as a medicinal plant and has been used as a panacea for centuries, especially in rural areas. Elderflowers and berries, leaves, bark and roots offer us a variety of vitamins, minerals, essential oils and bioactive substances – such as flavonoids, phytosterols, tannins and saponins – which have earned the popular garden shrub the award as "Medicinal Plant of the Year 2024" (Germany).

Elderberry has been proven to fight flu and cold viruses, it detoxifies, aids digestion, alleviates gastrointestinal complaints, strengthens the nerves and rejuvenates the skin; its numerous healing properties – including antipyretic, antioxidant, pain-relieving, antispasmodic, anti-inflammatory, immune-boosting, heart-protective and antidepressant – make the "elderberry" a true jewel in the medicine cabinet.

- Elderberry for strength: Ingredients and healing effects of black elderberry
- Elderberry for health: Applications and preparations for ailments from A to Z
- Elderberry for food: From sweet to savory – easy elderberry recipes for cooking
- Elderberry for beauty: Elderflower and elderberry seed essential oil, flower extract, leaf ointment and more – do-it-yourself elderberry cosmetics



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Tree of life

and ancient medicinal plant

- A remedy that has been known and used for centuries
- Applications for your medicine cabinet, DIY cosmetics, cooking recipes



Barbara Simonsohn

The Lime – Tree of Healing and Harmony. A Pocket Guide

Recipes and applications for healthcare, cosmetics and cooking

1st ed. 2025, 159 pp, softcover with gatefolds, full-color print
11.5 x 16.5 cm, 12.00 Euro (GER)
ISBN 978-3-86374-755- 8

The lime tree is the tree closest to the hearts of Central and Northern Europeans, and for Martin Luther it was a "tree of joy and peace". Our ancestors already knew to use its flowers, leaves and honey as food and medicine.

The lime tree is full of antioxidants that act as free radical scavengers; the flowers, leaves, buds, bark, wood and seeds of the lime tree can be used in a wide variety of ways. The polyphenols and other bioactive substances it contains strengthen the immune system, lower blood sugar and thus prevent type 2 diabetes, slow down inflammatory processes, relieve pain and protect us from cancer, liver disease and degenerative processes of the brain.

But the lime tree does not just provide benefits for our bodies: Some of its ingredients help us cope better with stress, act to reduce anxiety, make us fall asleep more easily and enjoy a deeper sleep. These and many other indications have been proven in countless scientific studies.

Medicinal plant expert Barbara Simonsohn has compiled valuable health knowledge and practical tips for use in your medicine cabinet, for cooking and beauty care:

- Relief from complaints: Proven applications, for internal and external use
- Lime tree-based skin and hair care: DIY natural cosmetics
- Lime tree ingredients for culinary delights: Savory cooking recipes



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(Dande)lion power for your body and soul



Barbara Simonsohn

Dandelion – The Miracle Plant For Resilience And Vitality. A Pocket Guide

Applications and recipes for metabolism, cell protection, skin health, detoxification and mental balance

3rd ed. 2026, 158 pp, softcover with gatefolds, full-colour print
11.5 x 16.5 cm, 12.00 Euro (GER)
ISBN 978-3-86374-694-0

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- Numerous instructions and recipes for self-use
- Very well-known and widely used plant with amazing healing powers

Don't fret over a dandelion invasion in your garden – rather learn to appreciate it for the powerful medicinal plant and healthy food it is! All parts of the plant can be used – flowers, leaves, roots, stems, buds and seeds – and some can even be harvested all year round.

Dandelion is rich in vitamins and base-forming minerals; the composite plant stimulates metabolism, helps with digestive problems, strengthens bones and muscles, detoxifies, cleanses the liver and blood, serves as a cancer prophylaxis and inhibits tumor growth. *Taraxacum* also has antiviral, antibacterial, antioxidant and anti-inflammatory effects, prevents diabetes and osteoporosis and reduces obesity. Externally, it helps with skin problems such as acne, dandruff and warts; on a spiritual level, dandelion helps us let go of old and superfluous things and ensures a sunny disposition. It gives us resistance not only on a physical level, but also spiritually: Resilience. As a survivalist, dandelion provides us with vitality. Its message to us is: Being firmly rooted allows you to grow wings!

- For the medicine cabinet: Practical applications for external and internal complaints
- For cooking: Sophisticated recipes for salads, smoothies, side dishes, soups and the like.
- For beauty: Creams, bath additives and packs to make yourself



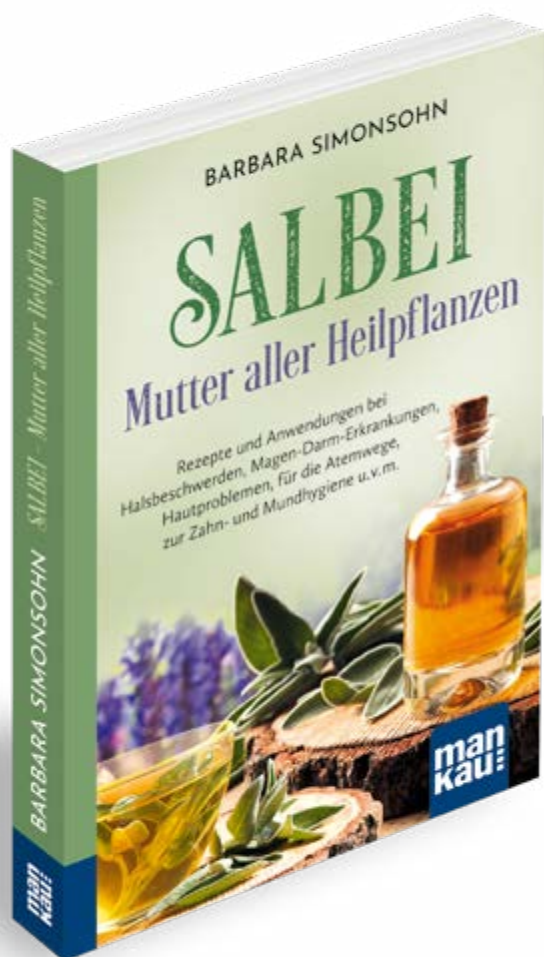
Barbara Simonsohn

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Since 1995, Barbara Simonsohn has published numerous guidebooks in the field of holistic health; the total circulation of her books is about 600,000 copies.

Sage – medicinal plant

of the year 2023



Barbara Simonsohn

Sage – Mother Of All Medicinal Plants. A Pocket Guide

Recipes and applications for throat complaints, gastrointestinal diseases, skin problems, for the respiratory tract, for dental and oral hygiene and much more

2nd ed. 2024, 158 pp, softcover with gatefolds, full-colour print
11.5 x 16.5 cm, 12.00 Euro (GER)
ISBN 978-3-86374-706-0

- Applications and preparations for the medicine DIY
- Sage cosmetics and recipes for tasty dishes

Hardly any medicinal plant is more versatile, better researched and more healing than the mother of all medicinal plants. Thanks to its versatility, sage has been used since ancient times for a wide variety of diseases and ailments. The aromatic medicinal herb has proved particularly useful for colds, respiratory diseases and in oral hygiene; but it is also used for excessive perspiration, diabetes, gingivitis, digestive problems such as flatulence, bloating or heart-burn, menstrual cramps, acne and other skin diseases, poor concentration and nervousness.

The valuable ingredients of *Salvia officinalis* – essential oils, polyphenols, minerals and many more – have an antibacterial, antioxidant, analgesic and anti-inflammatory effect, protect against free radicals, slow down the growth of viruses and fungi, lower cholesterol levels and blood pressure, promote digestion and appetite and optimize metabolism. Sage can prevent cardiovascular disease and cancer and inhibit tumor growth. It also improves memory and concentration, protects against dementia and Alzheimer's disease, relieves menopausal symptoms and provides psychological stability.

- The mother of all medicinal plants: Ingredients, effects and applications of sage
- How to use sage as a home remedy: Applications and preparations for numerous indications from A to Z
- Sage-based DIY beauty and skin care recipes: Beneficial for skin and hair
- Tasty sage: Recipes for healthy and delicious dishes



Barbara Simonsohn

is a nutritionist and Reiki instructor. Since 1982 she has been giving seminars at home and abroad, mainly on the original seven degree Reiki, but also in acidosis therapy and related massages according to Dr. Renate Collier, as well as in yoga. In addition, she is intensively involved in the topic of healthy nutrition and is considered a superfoods expert.

Since 1995, Barbara Simonsohn has published numerous guidebooks in the field of holistic health; the total circulation of her books is about 600,000 copies.

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Recognized medicinal plant

with a long tradition



Barbara Simonsohn

Yarrow – an All-Rounder among Medicinal Plants. A Pocket Guide

Recipes and applications for health, cooking and beauty

2nd ed. 2026, 159 pp, softcover with gatefolds, full-color print
11.5 x 16.5 cm, 12.00 Euro (GER)
ISBN 978-3-86374-755- 8

- Very broad spectrum of action, with balancing and regulating effects
- Recipes and applications for health, cosmetics and cooking

Discover the fascinating world of yarrow! This quite inconspicuous wonder of nature surprises with an astonishingly broad spectrum of action and is considered one of the best medicinal plants for women. Thanks to its ingredients – including valuable essential oils, bitter substances and flavonoids – the effects of *Achillea millefolium* are countless: antibacterial and antiviral, hemostatic, menstruation-regulating, anti-inflammatory and anti-cancer, detoxifying, antispasmodic, pain-relieving, circulation and digestion-promoting effects, to name just a few. But that's not all by a long shot: its balancing, harmonizing properties make yarrow a panacea - it helps with diarrhea as well as constipation and weak periods as well as heavy periods.

All parts of the plant above ground - leaves, flowers and stems – can be used for health and well-being: in the form of teas, fresh juices, tinctures, oil extracts, homeopathic remedies, creams and ointments, or even freshly picked as first aid for wounds and insect bites. Find out everything you need to know about yarrow ...

... in science: ingredients, healing effects and areas of application
... in the medicine cabinet: healing applications internally and externally

... in the kitchen and garden: healthy recipes and practical tips

... for skin and hair care: do-it-yourself cosmetics

Discover the many possible uses of this all-rounder plant!



Barbara Simonsohn

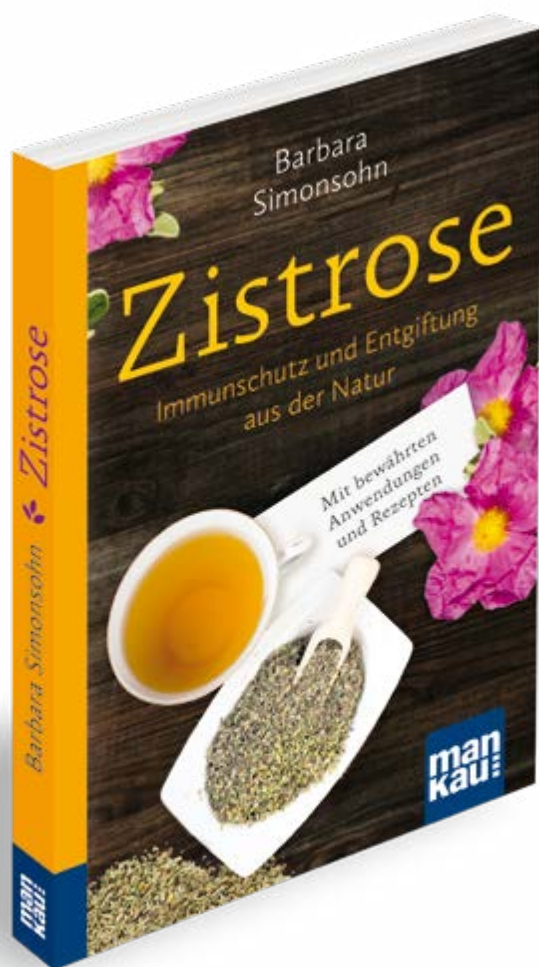
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Flower power for health and beauty



Barbara Simonsohn

Cistus. A Pocket Guide

One of nature's remedies for immune protection and detoxification. Including tried and tested applications and recipes

2nd ed. 2023, 127 pp, softcover with gatefolds, full-colour print
11.5 x 16.5 cm, 9.99 Euro (GER)
ISBN 978-3-86374-611-7

**10,000 COPIES
SOLD!**

- Builds on the great success of Barbara Simonsohn's guidebook *Artemisia annua*
- From the well-networked superfoods author

A traditional medicinal plant from the Mediterranean region has caught the attention of scientists! In ancient times, rockrose was already appreciated as a powerful household remedy for healing wounds and treating flu and colds. Now it is receiving new attention because of its high content of polyphenols.

For example, recent studies with *Cistus incanus* L. Pandalis show that drinking cistus tea significantly increases the amount of antibodies (IgA = immunoglobulin A) that form a barrier against germs and pathogens, and cistus extract can effectively inhibit viral infections and tumor growth. In addition, cistus detoxifies the body, protects the heart from infarction and the skin from aging processes.

Besides, this unobtrusive flower is considered a valuable beauty product used in skin and baby care.

- Interesting Facts: History, ingredients and healing properties of rockrose
- Home remedy: Tried and tested applications for a wide range of afflictions
- Healthy and youthful skin: Beauty skin care recipes



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Vitamin D as a protective shield against cancer



- Updated new edition – from leading vitamin D experts
- A plea for the life-giving sunlight

Without the sun there would be no life on earth. Until a few years ago medicine made use of its healing power. But for us modern people it is mutated into a nasty demon that threatens our health. This guide shows how important sunlight is for our health. Many people, not only in Central Europe, suffer from vitamin D deficiency and do not know that this can lead in many cases to cancer.

The "sun hormone" may not only improve the quality of life and prolong life regarding affected persons, but is especially a relevant key to prevention: vitamin D reduces the risk of cancer and suppresses the growth of malignant tumours. It also protects against rickets and diabetes, slows atrophy of the bones, strengthens muscles, improves the immune system, produces the body's own antibiotics, protects nerve cells (also from MS) and lowers blood pressure.

Jörg Spitz and William B. Grant describe the latest research on UV light and the sun hormone. A plea for a health-conscious approach to the sun!

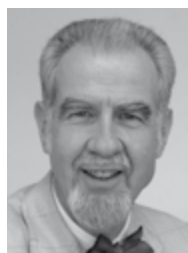
Prof. Dr. med. Jörg Spitz
William B. Grant, Ph. D.

Cancer Cells Do Not Like The Sun

Vitamin D – the protective shield against cancer, diabetes and heart diseases. Medical advice for affected persons. With a vitamin-D-barometer and lifestyle-risk-questionnaire

5th ed. 2025, 158 pp, softcover with gatefolds, full-colour print
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ISBN 978-3-86374-764-0

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Prof. Dr. med. Jörg Spitz

is a specialist in nuclear, nutritional and preventive medicine, board member of the "European Health Network" as well as founder of the nonprofit "German Foundation For Health Information And Prevention".

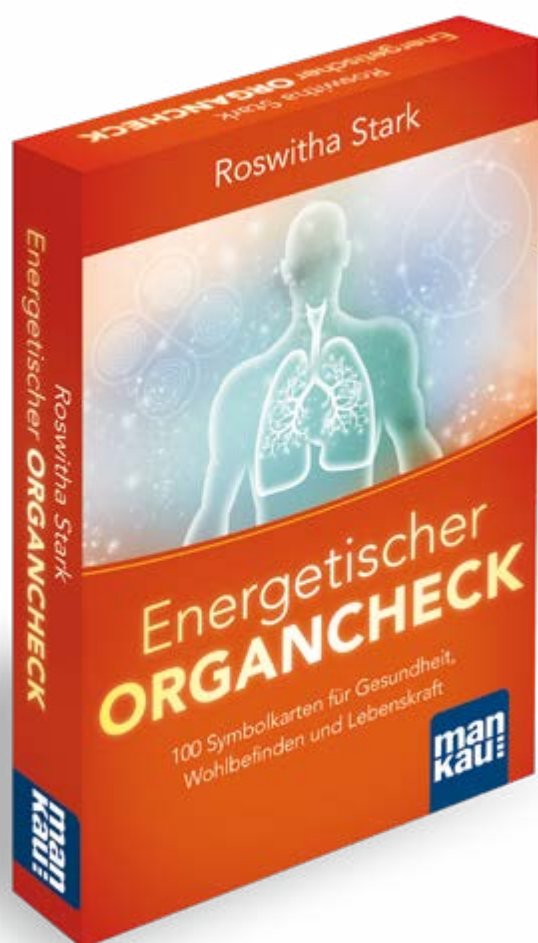


William B. Grant, Ph.D.

is considered as one of the leading vitamin D experts. After his doctorate in Berkeley he in particular turned to the study of the epidemiology of chronic diseases in relation to sun exposure. Dr. Grant is head of the "Sunarc Center" in San Francisco (USA).

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Balance and strength for your entire organism!



- Uncover energetic organ deficits and set specific healing impulses
- 107 symbol cards, 4 test cards, detailed booklet

Symbols speak their own miraculous language: they emit vibrations that can transport stimulating or harmonizing information into the body, into organ systems or physiological processes. If chosen specifically, symbols can therefore release valuable healing impulses for health and well-being.

In this card set, symbol expert and alternative practitioner Roswitha Stark provides 111 symbol cards for all important organ systems and bodily functions. Working with the cards will first give you an idea which organs might have a deficit on the energetic level. In addition, you also receive valuable healing impulses and can specifically activate your self-healing powers, for example by storing the symbol information in water or neutral globules.

- 96 healing symbol cards: powerful symbols for our organs, organ systems and bodily functions
- 11 cause cards: automatic balancing and correction of the deeper levels of causes of illness or discomfort
- 4 test cards for a specific assessment of individual organs and for choosing the appropriate healing symbol
- Detailed booklet with in-depth description of the symbols and the various selection and test options

Roswitha Stark

Energetic Organ Assessment

111 symbol cards for health, well-being and vitality

2nd ed. 2023, 96 organ symbol cards, 11 cause cards and 4 test cards (sized 79 x 120 mm), in colour, 64-page booklet
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ISBN 978-3-86374-559-2



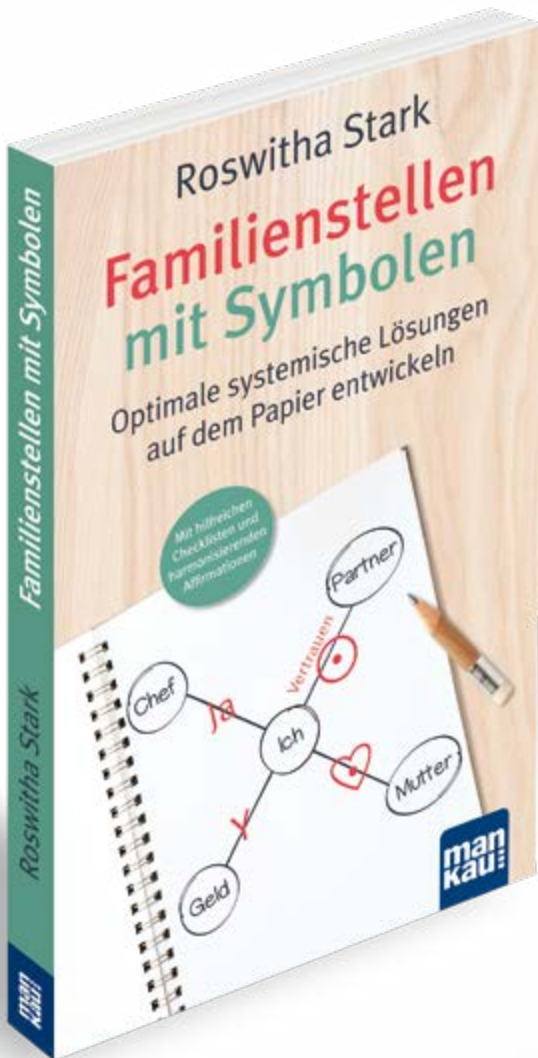
Roswitha Stark

is one of the most successful authors in the field of vibrational and energy medicine. For more than 20 years, she has been working as an alternative practitioner, coach and expert for energy healing. She had already been a classical homeopath for many years when she discovered the power of symbols and found out that symbols speak an energy language of their own and, when used for healing, often have a more powerful effect than traditional remedies. She shares her knowledge teaching classes on vibrational medicine and has published numerous books on the subject.

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Make systemic miracles happen!



- Systemic harmonisation with symbols:
Family Constellations without substitutes
- From a well-known author and expert

For family systems as well as for business or private projects, the following holds true: Only if all parts of a whole are in harmony with each other can the whole itself be in harmony – which is why, to achieve happiness and success, we need to get along well with one another. If one or more parts are left out deliberately or inadvertently, this will result in discordance, suppression and emotional reactions that prevent success. However, once the whole field has been cleared and all participants have been restored to their power, wonderful things can happen. Problems and blockages will dissolve; all that is good, useful and healthy will happen easily and effortlessly, thus clearing the way for happiness, success, well-being and love.

This book shows in a practical way how you can easily develop family constellations and systemic work on paper yourself. With the help of a test system that is readily available, you can check which "members" are important for your concern or project and which relationships are not in harmony with each other. Then clean up blocking relationships using symbols and words from a well arranged table in the book.

See for yourself how the energy in the system will change perceptibly to the positive and realize that you can actually make systemic miracles happen all by yourself!

Roswitha Stark

Family Constellations With Symbols

How to develop optimal systemic solutions on paper. With useful checklists and harmonising affirmations

5th ed. 2023, 143 pp,
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Roswitha Stark

Family Constellations With Symbols. Set Of Cards.

2nd ed. 2022, set with 220 impulse cards (59 x 91 mm), 9 large test list cards (120 x 170 mm) and 24-page booklet, 29.95 Euro (GER), ISBN 978-3-86374-528-8

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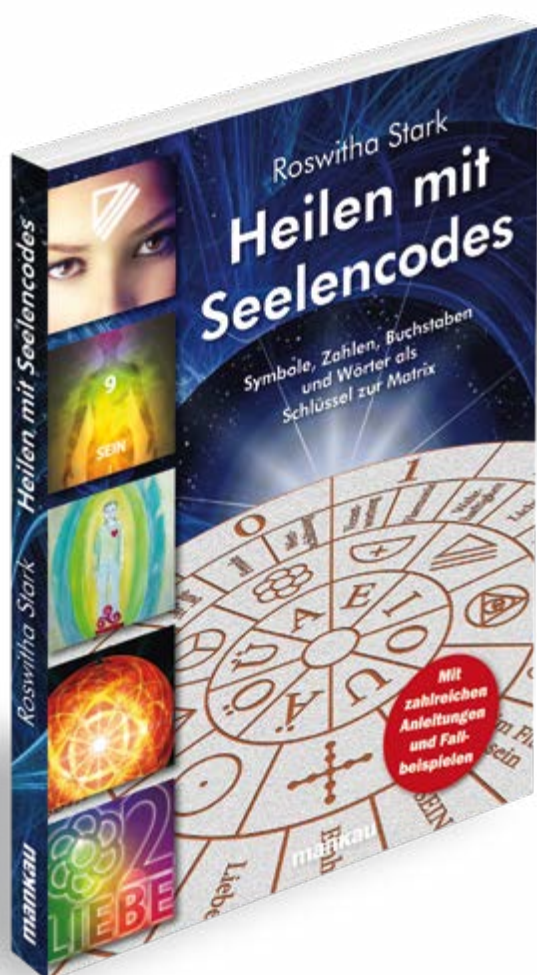


Roswitha Stark

is a graduate specialist in German studies and an alternative practitioner for healing with vibrations, sensitive resonance therapy and energetic healing techniques. Moreover she is a course instructor for information medicine, healing with symbols and dowsing. She works with humans and animals. Roswitha Stark is – together with Petra Neumayer – author of the best selling series "Painted Medicine".

Finding a way to the soul

with healing pictures



Roswitha Stark

Healing With Soul Codes

Symbols, numbers, letters and words as a key to the matrix.

With numerous instructions and examples

3rd ed. 2025, 189 pp, softcover, full-colour print

15 x 21.5 cm, 20.00 Euro (GER)

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- Personal healing codes
- Healing combinations of symbols, numbers, words and colours

Get access to the language of the soul! The therapeutic effect of forms, "keywords" and numbers has been known already for a long time. Roswitha Stark combines these worlds and leads us into the realm of the soul codes: image combinations of simple shapes, symbols, letters, numbers and colours look like coded messages and allow us a direct contact to the soul. In this way we can connect us with our "original matrix" – the fundamental structure of our life in its purest and intact form – and easily resolve problems, blockades and traumas.

Roswitha Stark tells us how we can filter the vast number of possible combinations of shapes, numbers, letters and colours in order to get to know our personal healing codes and use them for physical, mental and spiritual concerns. With many suggestions for exciting experiments and own experiences.

"The rebirth of the magical"

ImPulse

"Roswitha Stark has gone deep into the world of symbols, numbers, letters and words. (...) Her new book "Healing With Soul Codes" provides a method of activating the healing powers that cannot be understood as a standard instruction, but as a field of experimentation for holistic healing."

newsage



Matching product:

Roswitha Stark

Healing With Soul Codes.
Set Of Cards

2nd ed. 2021, 64 cards (8 x 12 cm), 62-page booklet, test disc, full colour, 25.95 Euro (GER), ISBN 978-3-86374-098-6

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The new fundamental guide

from the bestselling series



Roswitha Stark

Painted Medicine: Healing With Signs And Symbols

New Homeopathy 101.

With numerous new tips and case studies from 20 years of practice

2nd ed. 2025, 254 pp, softcover with gatefolds, full-colour print
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- Everything worth knowing from 20 years of Painted Medicine
- With numerous new tips and case studies

New Homeopathy 101 is a valuable companion, source of inspiration and reference book all in one for therapists and non-professionals working with Erich Körbler's barcode method. It also provides comprehensive insight into advanced information medicine using symbols.

New Homeopathy employs simple bar codes and signs; these symbols are carriers of information, act as the language of the unconscious and can therefore be used effectively as healing impulses. For diagnosis and selection of signs, energetic testing is used with the help of a single-handed rod (tensor), for which you will find detailed instructions in the book; however, other testing methods such as pendulum or kinesiological tests are also briefly explained. Roswitha Stark, expert for New Homeopathy and healing work with symbols, stands for authentic knowledge and professional competence; her approach allows even beginners to understand this groundbreaking healing method and to apply it specifically, and she complements the method with her own practical experience of the last 20 years. Numerous instructions and suggestions for healing work with symbols complete the work.

What New Homeopathy 101 offers you:

- Comprehensive practical knowledge from the best-selling Painted Medicine series: everything about healing using Körbler's signs and other healing symbols
- Expertise from more than 20 years of healing practice and seminar work: new experiences and insights as well as complementary applications
- Groundbreaking inspiration: numerous exciting case studies and suggestions for modern awareness work
- In the appendix: practical instructions and test lists

Everything worth knowing from 20 years of Painted Medicine!

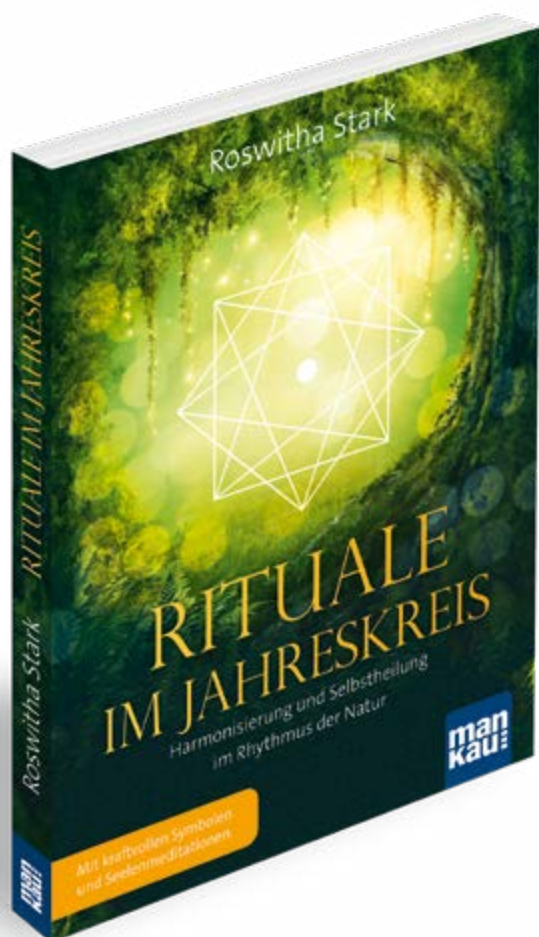


Roswitha Stark

holds a degree in German studies and is an alternative practitioner for vibrational medicine, sensitive resonance therapy and energetic healing techniques. Moreover, she teaches classes on information medicine and healing with symbols. She works with humans and animals and for the Earth.

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Become one with nature – heal your body and soul



- Powerful rituals and meditations from Celtic and Germanic traditions
- New edition, completely revised and updated

Since ancient times, the cycle of the year has been celebrated as a symbol of life. The rituals for humans, animals, nature and earth performed during the sun and moon festivals in many cultures have an incredible power to stabilize and heal body and soul. Especially in these times, in which we are constantly confronted with fast change and new demands, mindful rituals give us staying power, joy and peace of mind.

In this book, Roswitha Stark combines the power of traditional rituals with modern methods used in information medicine and quantum consciousness – for strengthening our organism and our immune system, for recovering our soul and benefiting nature and the environment. The book provides you with contemplative and effective ritual suggestions for practicing by yourself or in a group for the eight essential stations in the annual cycle – such as the winter and summer solstice, spring and autumn festivals, equinoxes. For each of the eight stations, Roswitha Stark has developed two energetic light helpers which take the form of coloured illustrations and templates and are intended to provide their healing energies to participants during rituals. This combines powerful traditional rituals with the new vibration energy transfer approach.

You, too, can benefit from the harmonizing effect these powerful rituals have on your body, mind and soul!

Roswitha Stark

Rituals In The Annual Cycle

Harmonization and self-healing following
the rhythm of nature

2nd ed. 2020, completely revised,
207 pp, softcover with gatefolds,
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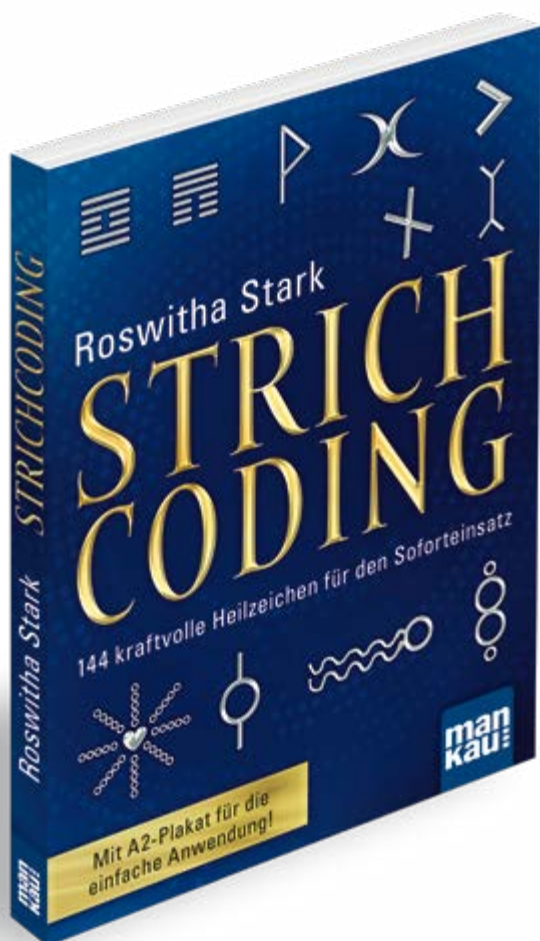


Roswitha Stark

is one of the most successful authors in the field of vibrational and energy medicine. For more than 20 years, she has been working as an alternative practitioner, coach and expert for energy healing. She had already been a classical homeopath for many years when she discovered the power of symbols

and found out that symbols speak an energy language of their own and, when used for healing, often have a more powerful effect than traditional remedies. She shares her knowledge teaching classes on vibrational medicine and has published numerous books on the subject. Mankau Verlag has published her books "Familienstellen mit Symbolen" (Family Constellations With symbols), "Strichcoding" (Sign Code Healing) and "Heilen mit Seelencodes" (Healing With Soul Codes), to name just a few, as well as the successful guide book series "Medizin zum Aufmalen" (Painted Medicine) and "Homöopathische Symbolapotheke" (Homeopathic Symbols Remedy Kit).

Healing signs and symbols for body, mind and soul



Roswitha Stark

Sign Code Healing

144 powerful healing signs and symbols for immediate use.

Extra: A2 poster for easy application!

3rd ed. 2023, 223 pp, softcover with gatefolds, full-colour print
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- Comes with poster depicting all 144 healing signs and symbols
- Lasting boom in information medicine

Although powerful healing signs and symbols have been known for thousands of years in all cultures, they had long been forgotten or even fallen into disrepute. Think of the Chinese I Ching oracle, the powerful runic characters of our European ancestors, or even the bar codes of the Viennese electrical engineer Erich Körbler (1938 – 1994), all of them simple antenna-shaped signs of astonishing healing power.

Sign Code Healing resumes this traditional healing approach, adapting it to the needs of today's world full of light by energetically cleansing and thus reactivating the traditional signs. Moreover, the author has developed 44 new healing symbols – the so-called "Gaia codes" – which interact marvellously with the traditional signs and can thus be used efficiently in practical healing.

Immerse yourself in the matrix of consciousness where the old path and the new way converge, and exploit the most powerful symbols to perform effective healing work on body, mind and soul:

- Fast selection of one or more symbols straight from the poster, without any complex test systems
- Simple storing and activating ritual for releasing all the powers needed to resolve your concerns
- Detailed description of symbols and their meanings as well as instructions for the intuitive interpretation of the messages from the soul



Matching product:

Roswitha Stark

Sign Code Healing Set Of Cards

1st ed. 2023, 144 cards (7.9 x 12 cm), 64-page booklet, full colour, 29.95 Euro (GER), ISBN 978-3-86374-709-1

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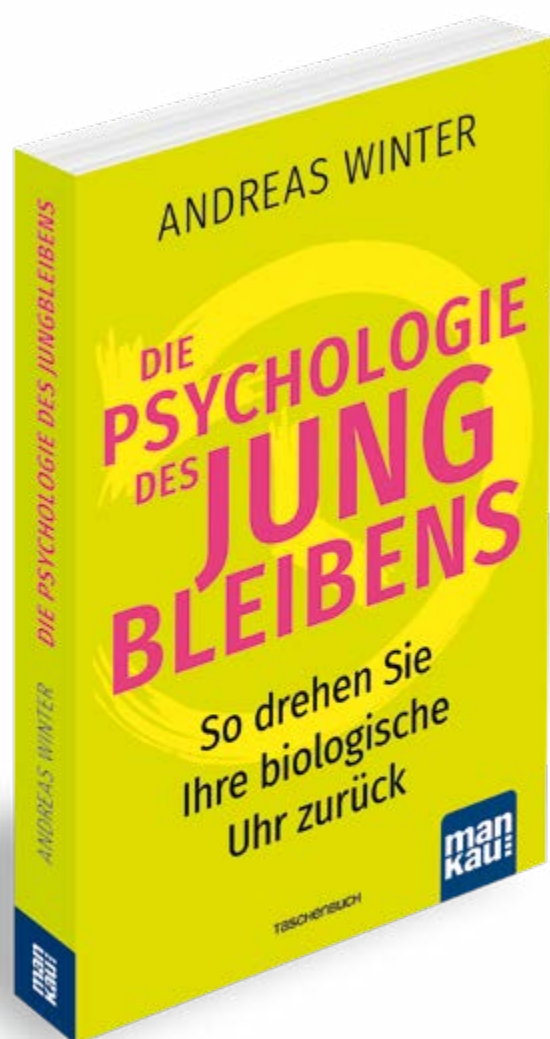
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Roswitha Stark

holds a degree in German studies and is an alternative practitioner for vibrational medicine, sensitive resonance therapy and energetic healing techniques. Moreover, she teaches classes on information medicine and healing with symbols. She works with humans and animals and for the Earth.

Discover the fountain of youth within you!



- Why it's so easy to stay young
- Tried and tested depth psychology-based approach

Why are some people still on the sunny side of life at an advanced age and able to enjoy all of life's pleasures full of vitality, while others decline physically and mentally and give themselves up at a relatively young age?

The difference is not only in their personal genetic makeup or the environmental conditions they are exposed to. It is mainly based on people's lifestyle and especially in their outlook on life. Fears, worries, stress and wrong beliefs – these are the factors that significantly influence the aging process. You too can now free yourself from these "accelerators of aging" and start your own rejuvenation therapy. Help bring your body into the shape it needs for an authentic outer appearance.

Follow step by step an exciting depth-psychology based analysis which will enable you to slow down your body's aging process and reawaken your inner spring.

The anti-aging guidebook by Andreas Winter!

Andreas Winter

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How to turn back your biological clock

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Andreas Winter

holds a degree in education and works as a psychological consultant. As head of one of Germany's largest coaching institutes, he has been improving the quality of life of people from all over the world for more than two decades through quick and unconventional conflict resolutions. His mesmerizing lectures and books have meanwhile reached cult status.

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Indulgence instead of addiction: How to conquer the "spirit in the bottle"



- Gain control and become confident in drinking for pleasure only
- Exciting, humorous, psychologically proven

The thing with alcohol is, it can be tricky. On the one hand, society teaches us that anyone who doesn't join in the drinking is a bore and a killjoy; on the other hand, we are warned of the health hazards of alcohol and urged to drink in moderation. What now?!

A glass of wine with dinner, a beer at the end of the day, or a sip of champagne in a social gathering is perfectly fine. But as soon as that half pint of beer turns into at least three in the evening, we finish off the whole bottle of wine on our own, or we end up having a mental blackout at the end of the company party, we should really ask ourselves whether our drinking behavior has gotten out of hand ...

Would you like to be able to enjoy a good glass of wine at any time and stay in control effortlessly? To do this, you need to know only one thing: the reason why you drink! If you become fully aware of this, you gain control and become a confident connoisseur.

Connoisseurs know no symptoms of deficiency, no sense of inferiority, and no self-doubt; they are concerned exclusively with the sensory stimuli of the flavors, and they will stop drinking as soon as they feel the intoxicating effect of alcohol taking over.

Follow step by step an exciting depth-psychology based analysis which will help you conquer the "spirit in the bottle" easily and become a pure connoisseur.

Andreas Winter

The Thing about Alcohol

Indulgence without addiction is possible: Why we drink alcohol and how we can change our habits

1st ed. 2022, 190 pp, softcover with gatefolds

13.5 x 21.5 cm, 18.00 Euro (GER)

ISBN 978-3-86374-676-6



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holds a degree in education and works as a psychological consultant. As head of one of Germany's largest coaching institutes, he has been improving the quality of life of people from all over the world for more than two decades through quick and unconventional conflict resolutions. His mesmerizing lectures and books have meanwhile reached cult status.

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Whoever sees through their fears **will** conquer them

- Fears and phobias are constantly recurring themes
- Successful deep-psychological approach

Almost every person is afraid of certain things or events: illness, loss of work or of a beloved one, of rejection and criticism or simply of strangers, snakes, spiders, lifts or air travel – these fears block us in our daily lives and impair the quality of our lives.

It has been proven that people who go through life without fear are healthier, more successful, more popular and, above all, happier. But how can we rid ourselves once and for all of our anxieties and reservations without putting ourselves through lengthy procedures?

Depth psychologist Andreas Winter who is renowned for his unusual approaches has the answer – which is as simple as it is stunning: "Understanding our fears will make them disappear!" Because we acquired all our fears subconsciously in our childhood where they protected us against loss of control. Those who know the causes of their fears will be able to find an antidote and thus regain control of their lives. This will even help them overcome the much dreaded panic attacks and archetypal fears.

By answering three questions, readers can find out what is behind their fears and how they can be conquered. Citing various example cases from his many years of practical coaching, the author shows how people have managed to overcome their fears by simply "flipping a mental switch".

Experience for yourself what it feels like to live without fear!



Andreas Winter

What Your Fear Wants To Tell You

How to understand and overcome blockages – Includes extra tips for dealing with panic attacks – With a preface by Jürgen Fliege

4th ed. 2020, 198 pp, paperback
12 x 19 cm, 9.95 Euro (GER)
ISBN 978-3-86374-323-9

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Matching product:

Andreas Winter

What Your Fear Wants To Tell You

Audio coaching and guidance to self-hypnosis

1st ed. 2016, audio-CD, running time aprox. 70 min.
12.95 Euro (GER), ISBN 978-3-86374-332-1

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Andreas Winter

Andreas Winter is a qualified educationalist and psychological counsellor. As head of one of the largest coaching institutes in Germany, he is helping people from around the world in achieving a better quality of life through quick and unconventional conflict-resolution for more than two decades. His captivating lectures and books have now reached cult status.

How you can simply get rid of chronic complaints

- A new perspective of diseases/symptoms
- Paperback edition of the best-selling book

Allergies, migraine, sleep disorders and even cancer – many chronic diseases have not physical, but psychological causes and can vanish only by detection or "reinterpretation". With this deep psychological approach Andreas Winter has combined the orthodox medicine with humanities for many years and successfully treated thousands of patients.

It has nothing to do with "esotericism" or "miracle cures" at all, but it is a strictly scientific method that clearly distinguishes between the body and psyche. For similar to the software of a computer the psyche is an information complex that affects the "hardware", i.e. the body. Instead of treating mere symptoms with medicine in vain, the biographical background of psychosomatic complaints should be recognized. If the "algorithm of the psyche" is understood and the affected person is aware of the deeper meaning of the illness, the symptoms often vanish within a short space of time.

The updated and completely revised paperback edition shows – based on the latest findings and amazing case studies – how mere knowledge of the true causes leads to healing – often after a single conversation and without any doctor.

Find out for yourself what is behind your illness, and get back the control of your health!

Completely revised and updated paperback edition of top-seller of the same title!



Andreas Winter

Andreas Winter is a qualified educationalist and psychological counsellor. As head of one of the largest coaching institutes in Germany, he is helping people from around the world in achieving a better quality of life through quick and unconventional conflict-resolution for more than two decades. His captivating lectures and books have now reached cult status.

With the Mankau publishing house Andreas Winter has published, among others, the following books: "Losing Weight Is Easier Than Gaining It", "Healing Through Knowledge" and "Addiction To Nicotine – The Big Lie".



Andreas Winter

Healing Without Drugs

Chronic diseases: reveal mental backgrounds and get well

4th ed. 2019, 197 pp, paperback
12 x 19 cm, 9.95 Euro (GER)
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Understanding the algorithm of the mind, curing psychosomatic illnesses

- The standard reference work on the tried and tested depth psychological approach
- The Andreas Winter method – from questioning technique to reframing



Andreas Winter

How Our Minds Work

- Understanding the intelligence of the subconscious
- The causes of psychosomatic symptoms and blockages, and how to resolve them
- The Andreas Winter method

1st ed. 2024, 270 pp, softcover with gatefolds, WG 1481
16.5 x 24.0 cm, 28.00 Euro (GER)
ISBN 978-3-86374-713-8

We humans are considered the "crown of creation". And yet many of us suffer from chronic, often diffuse complaints, feel stressed, fall victim to our bad habits and have the feeling of going round in circles. What is behind these seemingly unsolvable problems?

Understanding how our minds work is the key to understanding the causes. Many so-called diseases or behavioral disorders – such as allergies, chronic pain, addictive behavior, obesity, burnout and other psychological complaints – have deep and ancient roots that go back to early childhood or even to before birth. In reality, these symptoms are often intelligent protective mechanisms of our mind.

The Andreas Winter method helps you become aware of the underlying individual triggers and origins, reinterpret them emotionally and thus render them harmless. In this way, this coaching approach, which has been tried and tested for 30 years, can be used to resolve psychological, psychosomatic and chronic complaints and blockages immediately and sustainably.

- The algorithm of the mind
- The Andreas Winter method – from questioning technique to reframing
- Numerous case studies and reflection impulses
- Supplementary practical recommendations for therapists and coaches



Andreas Winter

holds a university degree in education and works as a psychological consultant. As the head of one of Germany's largest coaching institutes, he has been helping people from all over the world achieve a better quality of life through rapid and unconventional conflict resolution for over three decades. His fascinating lectures and books have now achieved cult status.

The following titles, amongst others, by Andreas Winter have been published by Mankau Verlag: "Having to makes you tired – wanting to makes you awake!", "Losing weight is easier than gaining it", "Healing without drugs", "Nicotine addiction – the big lie", "What your fear wants to tell you" and "Too much education harms!".

The gentle healing power of the Queen of Flowers



Angelika Countess Wolffskeel
von Reichenberg / Susanne Schütte
Kurt Ludwig Nübling

Rose Medicine

The gentle healing power of the
Queen of Flowers

2nd ed. 2020, 287 pp, softcover with
gatefolds, full-colour print
16 x 22 cm, 20.00 Euro (GER)
ISBN 978-3-86374-349-9

- Created through the cooperation of renowned experts
- Numerous practical uses

The rose is the Queen of Flowers, beautiful to look at, delicate and of beguiling fragrance. There is no other plant in the world in which people and nature have invested so much creativity, patience and ingenuity as in the simple *Rosa gallica*. This wonderful primal form is the origin of thousands of types of rose which are virtually unrivalled in terms of variety and beauty.

But this alone is not what makes it so special. Because the thorned beauty contains valuable substances which are good for a person's physical and mental well-being. The rosehip lowers blood pressure, globuli made from the Damask rose have a positive effect on mucous membranes and joints, a rose mask made of rose petals helps alleviate acne, and rose oil counteracts skin aging. The mere scent of a rose harmonizes the mind, reduces appetite and has a mood-lifting effect against worries and somber thoughts.

Learn everything about the health-promoting effects of the "flower of flowers":

- The most important information about its history and planting
- Healing rose preparations such as rose tea, rose water, rose oil etc.
- Effective healing recipes and extra tips for common ailments
- Mouth-watering recipes for cooking with roses



Angelika Countess Wolffskeel von Reichenberg

is a renowned alternative practitioner, head of a school for alternative practitioners, lecturer and authoress.
See more on page 75.



Susanne Schütte

lives in Hamburg and since 2012 has been working as a freelance author and medical writer for leading health, wellness and women's magazines. Her articles and reports reflect the latest scientific research findings.



Kurt Ludwig Nübling

is active partner of the firm Primavera Life GmbH, which is a market leader in the field of 100 % naturally pure essential oils; its professional academy is one of the world's largest specialized training centres for aromatherapy.

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Healthy and fit with Schuessler Cell Salts



- With an extensive appendix of symptoms from A to Z
- The standard work for non-experts

Staying healthy and healing diseases: more and more people turn to the holistic healing method of Dr. Wilhelm Heinrich Schuessler (1821–1889). The committed physician and research scientist was convinced that with his 12 Schuessler cell salts "all diseases that are curable can be cured". In her comprehensive guide about Schuessler cell salts the well-known alternative practitioner and expert in Schuessler cell salts Angelika Countess Wolffskeel von Reichenberg gives practical tips for everyday use.

For many years the authoress has also given lectures concerning this topic all over Germany – for the most part in cooperation with pharmacies and often for the biochemical association of Germany (Biochemischer Bund Deutschlands e.V., BBD). In her guide "The 12 Salts Of Life" she reveals her great pool of experience: elemental knowledge about the 12 Schuessler cell salts and the 12 supplementary salts, curing according to disease patterns, paediatrics, puberty, menopause, nerve salts, health cures, ...

A comprehensive, practical and sound guide that is unequalled – with an extensive index of diseases!

Angelika Countess Wolffskeel
von Reichenberg

The 12 Salts Of Life

Biochemistry According To Dr. Schuessler.
A guide for adults and children

8th ed. 2019, 381 pp, softcover with
gatefolds and poster, two-colour print
16 x 22.4 cm, 18.00 Euro (GER)
ISBN 978-3-86374-267-6

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Matching product:

A. Countess Wolffskeel von Reichenberg

The 12 Salts Of Life. A Pocket Guide
Biochemistry according to Dr. Schuessler

2nd ed. 2017, 95 pp, softcover with gatefolds, 11.5 x 16.5 cm
7.99 Euro (GER), ISBN 978-3-86374-129-7

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Angelika Countess Wolffskeel von Reichenberg

a renowned alternative practitioner and head of a school for alternative practitioners, has become well-known all over Germany as a charismatic lecturer and authoress comprehensively learned in alternative medicine. See more on next page.

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Facial diagnostics: It is written all over your face ...



Angelika Countess Wolffskeel
von Reichenberg

Schuessler Salts – Facial And Hand Diagnostics

How to find the right remedy

2nd ed. 2021, 222 pp, softcover
with gatefolds, full-colour print,
numerous photos
16 x 22 cm, 19.80 Euro
ISBN 978-3-86374-455-7

- From the bestselling author of "Die 12 Salze des Lebens" ("The 12 Salts Of Life")
- Richly and vividly illustrated

"The inner nature of a man reveals itself in his outer appearance."
(J.W. von Goethe)

For thousands of years, people have tried to draw conclusions from someone's "appearance" on what they cannot see. This is why facial and hand diagnosis is one of the oldest forms of diagnosis in the art of medicine: wrinkles, swelling, pallor, redness or discoloration of the skin provide very concrete indications of physical complaints or internal diseases, mental moods, psychological processes and the personality of a person.

The method described by Countess Wolffskeel is based on many years of experience, and supplements the facial diagnosis technique according to Dr. Schuessler and Hickethier with the analysis of signs and lines on hands and face. Their careful examination allows conclusions to be made regarding related physical complaints, so as to control a disease even before first symptoms appear.

With the help of this clearly illustrated book readers can determine whether they suffer from a mineral deficiency in their cells or a disharmony in their organs. The appropriate Schuessler salts and the right diet can then be used for a corrective effect, to strengthen their health and to point the way to the right kind of (self) treatment.



Angelika Countess Wolffskeel von Reichenberg

is a non-medical practitioner, psychological consultant and vice-president of the Biochemischer Bund Deutschland (BBD) e. V. (Biochemical Association of Germany). She has gained a Germany-wide reputation as a charismatic speaker

and book author with a vast naturopathic knowledge. Moreover, Countess Wolffskeel is a lecturer for the Freie Verband Deutscher Heilpraktiker e. V. (FVDH) (Free Association of German Alternative Practitioners) for Dr. Schuessler' Biochemistry and head of the SURYA-Heilpraktiker-Schule (School of Naturopathy) in Reichenberg near Wuerzburg. She is the author of various health guides; her book "Die 12 Salze des Lebens" is one of the best-selling Schuessler salt guides in the German-speaking countries.

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Gentle guide from the wish for child to the lactation period

- Valuable experience regarding Schuessler cell salts
- Holistic help without side effects

You desire a child or are expecting one already? And you want to have for your baby the best start in life?

With her wealth of experience the Schuessler cell salts expert Angelika Countess Wolffskeel von Reichenberg offers all expectant parents a gentle help without side effects: from the effective use of the Schuessler cell salts for strengthening and prevention during the conception phase to the treatment of fertility disorders, from relieving typical symptoms or particular problems during the pregnancy to the prevention of potential dangers, from the actual support by the biochemical Schuessler cell salts before, during and after birth until the lactation period. For all questions you find the right application and helpful hints for your individual situation.

Angelika Countess Wolffskeel von Reichenberg

Schuessler Cell Salts For Conception, Pregnancy And Birth

Support for fertility and conception – Strength and cure during the pregnancy

Gentle help regarding the birth – Useful support during the lactation period

2nd ed. 2022, 167 pp, softcover

14 x 21 cm, 12.95 Euro (GER), ISBN 978-3-86374-011-5

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Healing children in a gentle and natural way

- By the author of the best selling book "The 12 Salts Of Life"
- With an extensive appendix of symptoms

Healing children in a gentle way: Angelika Countess Wolffskeel von Reichenberg provides mothers and fathers with a guide which has developed from the everyday practice and many questions of concerned parents. It contains valuable knowledge about the 12 Schuessler cell salts, the supplementary salts and the Schuessler ointments. An extensive index of children's diseases and symptoms from A to Z – from anorexia and acne, cough and chicken-pox to problems with teething – gives concrete recommendations on numerous instances. In addition, there is more useful information, e.g.: What is the significance of children's diseases? What has to be taken absolutely into account regarding vaccinations? How should ADHD, anxiety disorders, or obesity be dealt with? Helpful advices – e.g., instructions for the contents of a medicine cabinet, various compresses and other tested household remedies –, diet advices and well-tried recipes complete the book. *From the author of the bestseller "The 12 Salts Of Life"!*

Angelika Countess Wolffskeel von Reichenberg

Schuessler Cell Salts For Your Child

A gentle cure for children being 0 to 14 years old.

Index of symptoms from A to Z

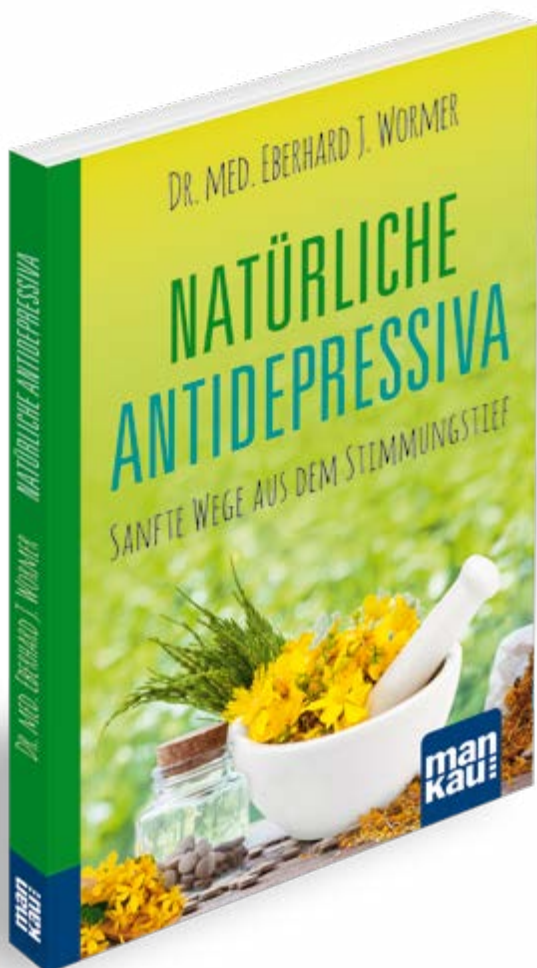
4th ed. 2022, 268 pp, softcover

14 x 21 cm, 12.95 Euro (GER), ISBN 978-3-938396-24-7

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Natural approach to alleviating melancholia and depression



Dr. med. Eberhard J. Wormer

Natural Antidepressants. A Pocket Guide

Gentle remedies to help you beat the blues

2nd ed. 2022, 158 pp, softcover with gatefolds, full-colour print
11.5 x 16.5 cm, 12.00 Euro (GER)
ISBN 978-3-86374-423-6

- Learn about the body's own antidepressants and those derived from plants
- Mood-lifting nutrients and self-help

The term "melancholia" goes back to ancient times and is used to describe an emotional state characterized by dark moods and gloom which inspired poets and philosophers to gloomy self-reflections. The clinical picture today is referred to as "depression", and there seems to be a worldwide trend: Besides an alarming rise in depression related to various social factors, the consequential costs are also rising drastically – owing to unemployment, hospital treatment and early retirement, for example.

Unfortunately, the health and quality of life of those affected are often carelessly jeopardized because strong psychiatric medicines are hastily prescribed. However, where undiagnosed deficiencies are what causes these mental ailments, chemical antidepressants usually do not have an effect, and their side effects add to the suffering of a patient already struggling with their depression.

This compact guide explains both the symptom "depressive disorder" and the psychological illness "depression", its focus is above all on numerous non-pharmacological antidepressants which are tolerated well, and on alternative therapeutic approaches:

- symptoms, diagnoses and causes of depression
- opportunities and risks of a pharmacological treatment
- the body's own antidepressants and those derived from plants
- useful nutrients and measures to fight depression



Dr. med. Eberhard J. Wormer

studied German, history, social sciences and medicine. After his PhD and MD degrees, he worked as a physician and in medical publishing houses. Dr. Wormer lives in Munich where he now works as a journalist, author and editor. His preferred fields of work are guides and manuals, encyclopaedias and specialized publications on the subjects of medicine, health, science, medical history and biographies. He has already published numerous health guides for millions of readers, the primary focus being on the cardiovascular field, psychology, nutrition, naturopathy, healthy exercise and pain, amongst others.

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The 21st century balm

for the soul



Annemarie Zobernig

Incense Burning For The Soul.

A Pocket Guide

Cleanse, harmonize and strengthen energies. Modern day use of incense for yourself, your pets and your home

5th ed. 2026, 159 pp, softcover with gatefolds, full-colour print
11.5 x 16.5 cm, 12.00 Euro (GER)
ISBN 978-3-86374-535-6

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- Proven incense burning applications for you, your pets and your home
- From an experienced incense burning expert

The history of incense burning is as old as mankind itself. There is no people, no tribe in this world where people would not sit together by the fire and burn incense. Burning incense was part of everyday life and was used at festivals and ceremonies to strengthen man's connection with nature and his sense of belonging.

This guide shows how traditional incense burning wisdom can be adapted to suit the needs of modern life. Experienced incense expert Annemarie Zobernig invites you on a journey on the wings of the fragrances – from the plant to your nose to your limbic system – and explains how this will trigger positive reactions not only in your body, but also in your mind and emotions. Applied correctly, burning incense contributes to more clarity and lightness, harmony and relaxation, motivation and joie de vivre. Whether used for meditation, as a much needed break or as a beautiful everyday ritual: Burning incense will always have a beneficial effect on our senses and our innermost being.

And because not only humans, but also pets can benefit from effective incense mixtures, the book also describes fragrant applications for dogs, cats & co.

- Incense smoke: a natural source of power for people, pets and rooms
- Incense fragrances: effective incense plants and mixtures
- Incensing burning methods: the right application and harmonious rituals for different areas of your home



Annemarie Zobernig's

interest in incense burning was sparked in Vienna at "Indigo Enterprises" more than 20 years ago, and 5 years later she started her own business "Duftklang" in Tyrol (www.duftklang.at), specializing in the sale of incense and drums. Today she presents incense burning and its various benefits

in a very up-to-date form. In her incense burning seminars in Austria, South Tyrol and Bavaria, Zobernig presents proven methods and invites participants to feel the effects of the incense and use them themselves. In addition, she offers individual incense burning sessions at people's houses as well as fragrance coaching for more stability and strength in challenging life situations.



For further information / Für weitere Informationen:

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