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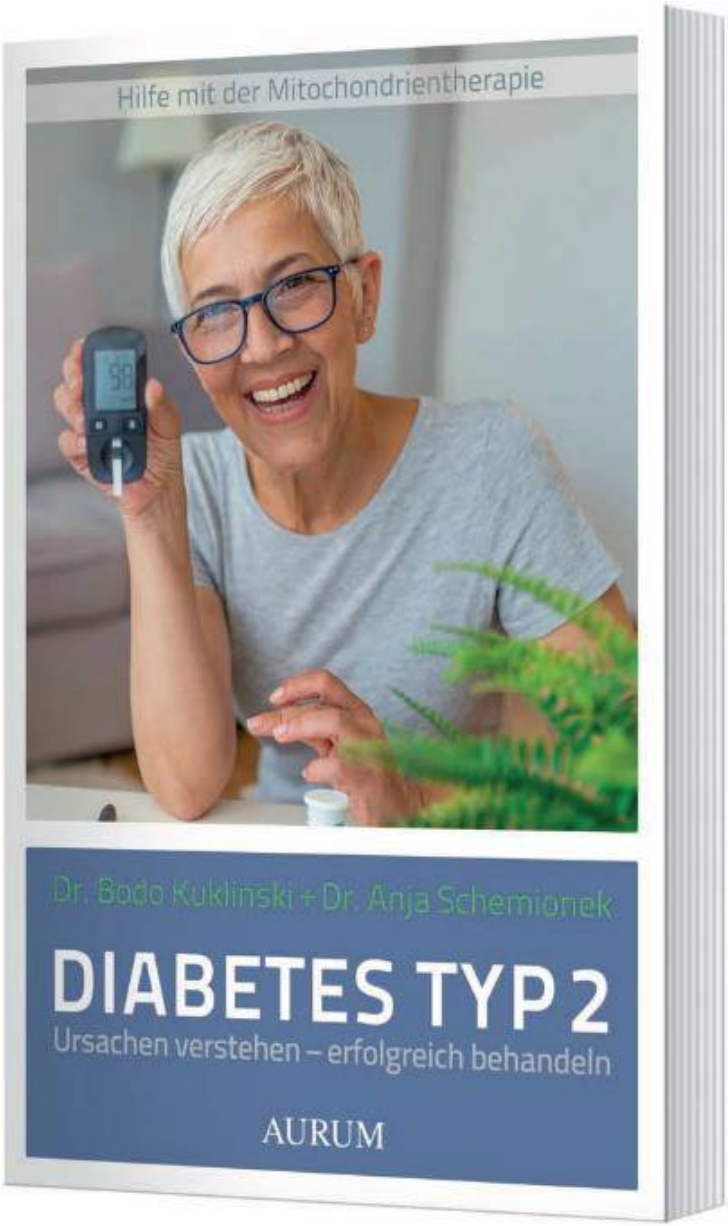
New

Type 2 Diabetes



Publication Date: September, 2022
Author: Dr. Bodo Kuklinski
Pages: 100

Understanding causes – successful treatment

PEOPLE WITH TYPE 2 DIABETES WHO ARE DISSATISFIED WITH THEIR PREVIOUS THERAPY SUCCESSES, AS WELL AS THEIR RELATIVES. THERAPISTS AND DIABETOLOGISTS WHO WANT TO LEARN MORE ABOUT THE SUCCESSFUL HOLISTIC APPROACH OF MITOCHONDRIAL THERAPY.

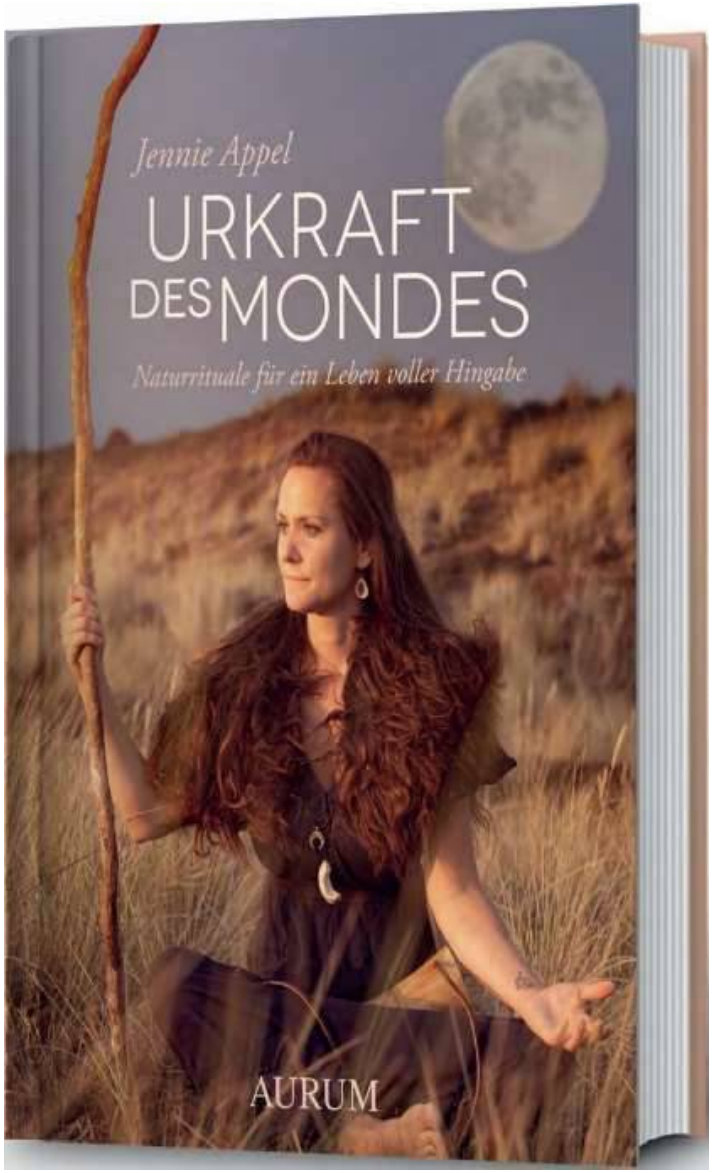
Diabetes mellitus type 2, the diabetes disease, is spreading massively. In the meantime, 8 million people in Germany are reported to be affected. Unfortunately, therapeutic successes in terms of weight reduction and blood sugar levels are very often short-lived.
The experienced doctor Dr. Bodo Kuklinski has intensively studied the background of this lack of success and recognized it: It is multiple metabolic problems of the body cells that prevent an improvement and the quite possible cure.
This book explains these obstacles to therapy in the body's cells in a way that is understandable and suitable for everyday life, and reports on how they can be diagnosed and eliminated together with a doctor, but without medication.
In this way, patients can trace the true causes of the disease and counteract diabetes and its secondary diseases.

- The basis of health starts from the smallest cell (mitochondrial therapy)
- New hope for a large number of people affected

DOZ. DR. SC. MED. BODO KUKLINSKI IS A SPECIALIST IN INTERNAL MEDICINE AND ENVIRONMENTAL MEDICINE AND HEAD OF THE DIAGNOSTIC AND THERAPY CENTRE FOR ENVIRONMENTAL MEDICAL DISEASES IN ROSTOCK. HE IS THE LEADING EXPERT ON THE SUBJECT OF MITOCHONDRIAL MEDICINE.

New

Primordial power of the moon



Publication Date: March, 2022
Author: Jennie Appel
Pages: 250

Natural rituals for a life full of devotion

FOR PEOPLE WHO USE NATURE RITUALS AND THE STRENGTHENING AND PURIFYING POWER OF THE MOON AND PEOPLE WANTING TO STIMULATE THEIR SELF-HEALING POWERS.

The moon has always fascinated us, and not only governs the tides of the seas, but also determines the rhythm of people. This book, written by the well-known author Jennie Appel is a guide full of touching and connecting nature rituals, that lead through the various time qualities of the year. The rituals link soul themes with phases of the moon. They strengthen, cleanse, help to let go of burdens, to accept the given and to manifest genuine desires. Human, earth and moon in harmony - year after year, step by step.

- The fascination of the moon and its power for one's own life is growing enormously

- Easily implementable rituals for every situation in life

JENNIE APPEL IS PASSIONATE ABOUT BUILDING BRIDGES BETWEEN SHAMANIC TRADITIONS AND OUR MODERN TIMES. WITH HER EXTENSIVE EXPERTISE, SHE RELIES ON THE POWER OF RITUALS THAT EASILY BRING BACK THE MAGIC BACK INTO EVERYDAY LIFE. THE AUTHOR OF MORE THAN 15 SPIRITUAL BOOKS HAS BEEN SHARING HER PROFOUND KNOWLEDGE PASSIONATELY AND HUMOROUSLY IN INDIVIDUAL SESSIONS AS WELL AS IN HER TRAINING GROUPS AND ONLINE COURSES.

New

The Silence Comes As You Walk

Publication Date: March, 2022
Author: Luca Lauga
Pages: 220

On the way to me

FOR READERS WHO WANT TO DRAW STRENGTH FROM NATURE. FOR READERS OF EXPERIENCE AND TRAVEL REPORTS THAT ARE RELATED INTO FOREIGN WORLDS BY READING THIS SPECIAL REPORT.

In a captivating yet calm, downright meditative tone Luca Lauga describes, how the serious accident of one of her sons plunges her and her family into a deep crisis. On long walks in the wild Patagonian landscape, she was able to observe the gradual coping process.
As in the nights in the hospital by her son's side, she also consciously indulges in the present on her trips. She emotively describes how these intense nature experiences helped out of being trapped in one's own crises, from being frozen in their fears. Her experience shows: Being aware of nature with all senses can help you out of a serious crisis and reawaken the joy of life.

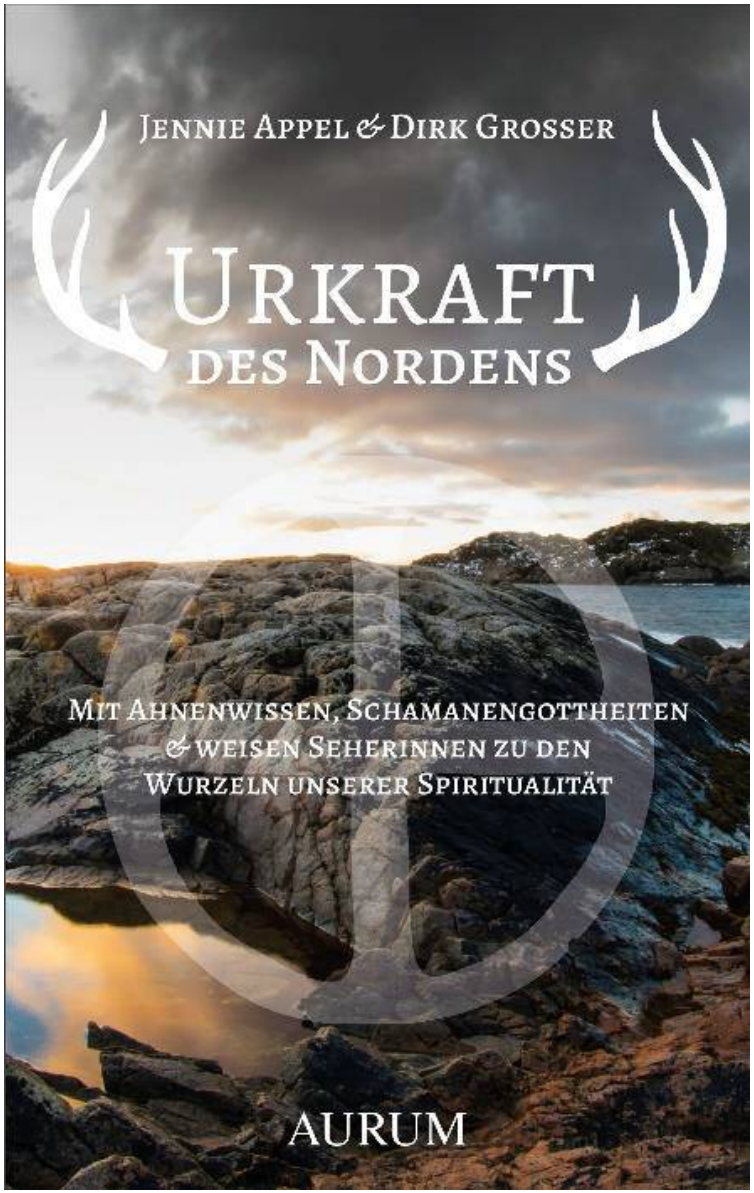
- About the healing effects of experiencing nature

- Nature writing is very popular

- Descriptions of the wild Patagonian landscape

LUCA LAUGA, WHO STUDIED GERMAN, LIVES WITH HER ARGENTINIAN HUSBAND IN GERMANY AND PATAGONIA. SHE HAS TWO ADULT SONS. AS A LANGUAGE AND INTERCULTURAL TRAINER FOR SOUTH AMERICA SHE WORKED IN BUSINESS FOR MANY YEARS UNTIL HER PERSONAL EVENTS CHANGED LIVES. WALKING IN NATURE TOOK HER FURTHER AND THUS, A BOOK WAS CREATED. TODAY SHE WORKS AS COACH AND CONSULTANT.

Elemental Power Of The North



Publication Date: August, 2021
Authors: Jennie Appel, Dirk Grosser
Pages: 220
Imprint: Aurum

For people interested in Shamanism and lovers of Nordic Mythology

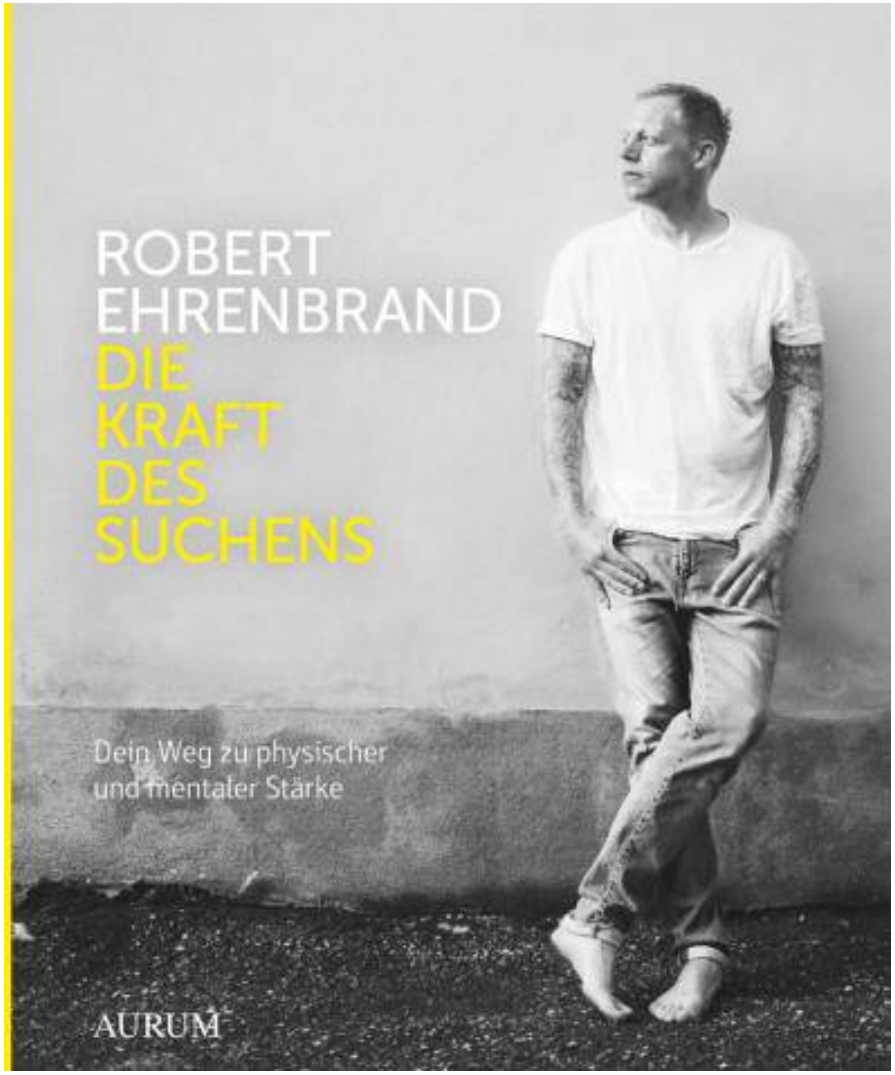
The mythology of the North impresses and captivates with its fascinating sagas that still have a message for us today. The authors invite us to approach these legends in a new way. They tell touching stories from the world of our ancestors, report on trance rituals as well as the power of the wise seers. The spirituality of the North is characterized by closeness to nature, ancient shamanic ideas and a connection to all beings.

The insights from the myths are a valuable treasure - also and especially in our demanding times.
The practical part contains inspirations for suitable rituals and meditation instructions that support shamanic journeying and show ways of inner growth.

Touching and also surprising wisdom stories from the world of our ancestors, report on trance rituals as well as the power of the wise seers and show how much the spirituality of the North is shaped by ancient shamanic ideas.

JENNIE APPEL and **DIRK GROSSER** live and work together in the beautiful Kalletal, giving courses individually and together in Germany and Ireland. Both in their shamanic seminars and training series, as well as in their meditation courses and other offers on mythological, spiritual and transformative topics, there are always strong references to nature, which is very close to their hearts.

A Seeker's Code – BecomingMe Yoga & Movement



Publication Date: March, 2021
Author: Robert Ehrenbrand
Pages: 197
Imprint: Aurum

New paths to pyshical, mental and emotional strength

BECOMINGME YOGA & MOVEMENT is based on a mixture of asanas, martial arts, dynamic breathing, yogic techniques, free flowing movements, active meditations & sound immersion. Each lesson incorporates these parts in a set order to allow the practitioner to strengthen his system (mentally, physically & emotionally) as well as dissolve stress & tension through a powerful celebration of grit & determination. Join the BECOMINGME journey towards a stronger, more focused and happier self.
Meet yourself & push the boundaries within.
#yogaofbecomingme
BESTRONG.
BEFOCUSED.
BEENERGIZED.
BEYOU.

Robert Ehrenbrand is yogi, business psychologist, coach and musician (bassist of the US band BOYSETSFIRE). His BECOMINGME YOGA & MOVEMENT are yoga exercises laid out in English. Thanks to his long membership of the band, he lived in America for many years, and coached among other things at English language yoga festivals. He helps people grow physically as well as mentally with the goal of awakening their own power and intuition and finding hidden potential.

Plant Based Wisdom

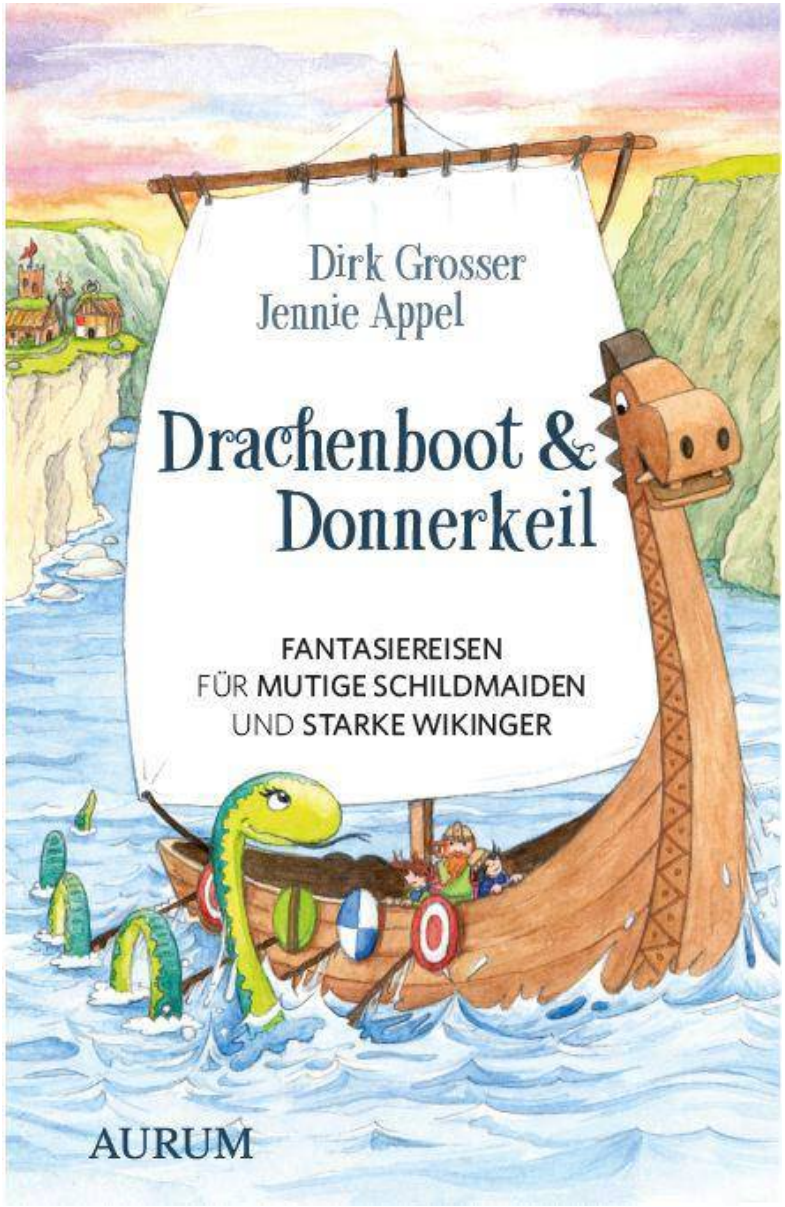
Publication Date: October, 2021
Author: Madhavi Guemoes
Pages: 200
Imprint: Aurum

The wonderful power of essential oils

Essential oils are an important support for self-care and self-care. In this book you will get a comprehensive insight into the creation and use of essential oils in everyday life. You will also get tips on how to integrate essential oils into your spiritual practice. With the help of simple recipes, you can create true moments of well-being, positively influence your mood and put together an important toolkit for the challenging moments of everyday life. Whether it's the winter blues, overwhelm or mood swings, the tips and recipes in this book will help you integrate relaxation, ease and clarity into your everyday life and create true wellness oases for yourself. Modern and lovingly designed, with numerous recipes and fields of application, the book offers you an anchor of well-being in your often turbulent everyday life.

Madhavi Guemoes is the founder of a lifestyle blog focusing on yoga, meditation, essential oils, macrobiotics and personal development. With 25 years of experience in yoga, a spiritual practice, and the use of essential oils, she now wants to encourage other people to get to know essential oils and how they work and to integrate them into everyday life. Madhavi lives in Berlin with her husband and two children.

Dragon Boat & Thunderbolt



Publication Date: September, 2021
Authors: Dirk Grosser & Jennie Appel
Pages: 200
Imprint: Aurum

Meditation and fantasy trips for strong children

Steer a dragon boat with brave sailors, feel strong like a deity and climb the world tree Yggdrasil. Children meet new animal friends with the help of the meditations and fantasy journeys and learn about strength, courage and self-confidence in an exciting way. They get to know their own feelings better and can use this important knowledge to powerfully master everyday life.
The new stories, meditations and fantasy journeys take the children into the world of the Vikings and Shieldmaidens. The stories are based on shamanic mythologies that are lovingly translated into the language of children.
For parents, educators and caregivers who want to convey security and strength to children with the help of the fantasy journeys. And for children who want to experience new adventures with special friends.

Jennie Appel and Dirk Grosser give shamanic seminars and training series, meditation courses and online courses on mythological, spiritual and transformative topics. The relationship to nature is especially important to them. As authors of more than a dozen books and as many music and meditation CDs, they are now familiar to a large audience.

Urine, A Very Special Juice

Publication Date: May, 2014
Author: Carmen Thomas
Pages: 320
Imprint: Aurum

In 1988, Carmen Thomas was able to arouse curiosity and fascination for an absolutely taboo subject, which until today still moves people around the world, with her the first television show "Urine".

25 years after the first broadcast and 20 years after the publication of her first book, this updated reissue opens up the opportunity to rediscover the experience of those days, and reports on the sensational possibilities of urine in crafts, energy production, household, agriculture and urine Therapy.

Turkish rights sold

Macrobiotics

Publication Date: September, 2017
Author: Madhavi Guemoes
Pages: 180
Imprint: Aurum

Living The Variety – Transforming Your Spirit

In today‘s fast-moving time, where almost no one puts effort into cooking their own meals or pays attention to the right food anymore, macrobiotics is a gift that unites. Macrobiotics is more than a diet. It is a life-affirming philosophy, which Madhavi Guemoes conveys in a modern, undomatic way. With her many years of experience, she guides the reader to change their diet, overcome everyday struggles, and integrate techniques like yoga and meditation into their daily routing step by step.

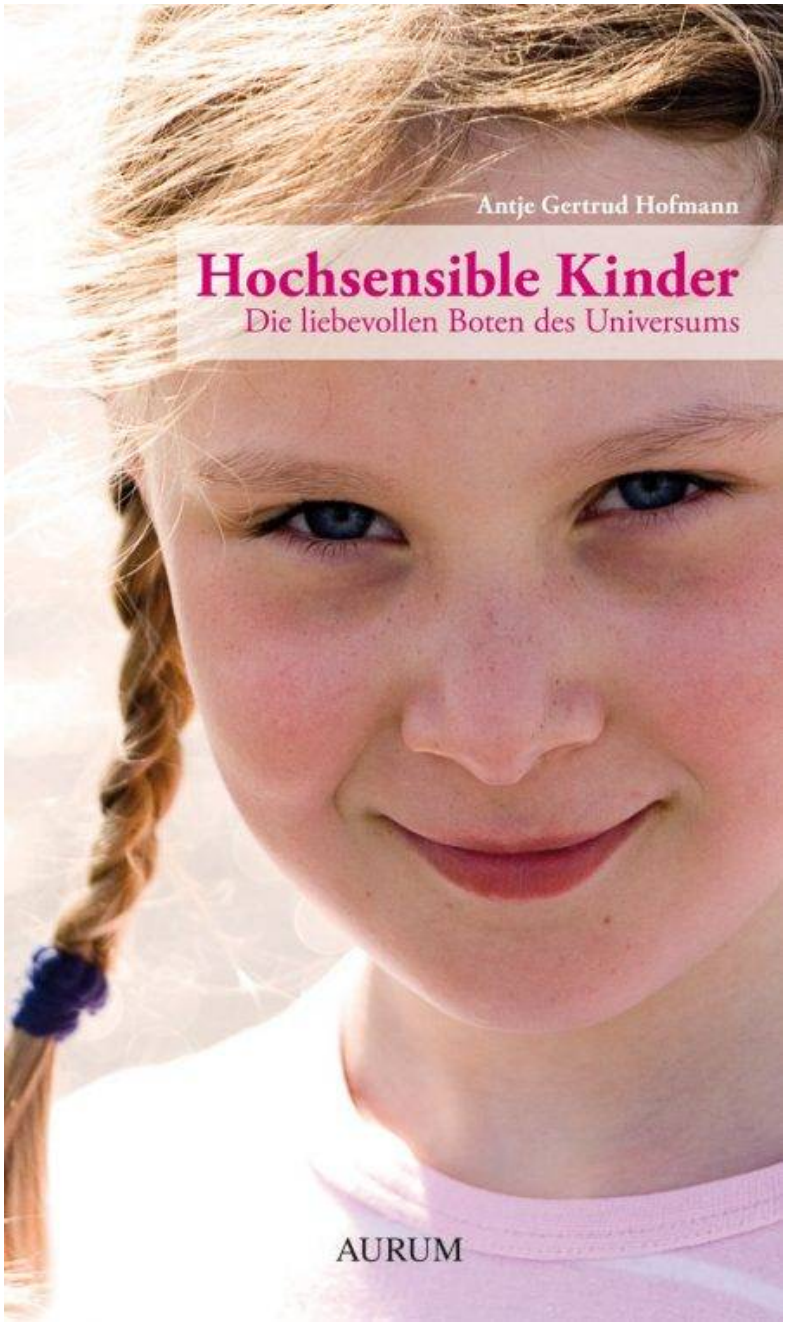
An urban, fresh, positive, and appealing book which dusts the reputation of macrobiotics. Numerous delicious recipes and colorful pictures turn this book into a true treasure.

Madhavi Guemoes is the founder of Kaerlighed, a lifestyle-blog focusing on yoga, meditation, macrobiotics, and personal growth. With 25 years of experience in yoga and a macrobiotic-vegan diet, she now wants to encourage others to live their full potential.

www.kearlighed.de

Polish rights sold

Highly Sensitive Children



Publication Date: January, 2001
Author: Antje Gertrud Hofmann
Pages: 280
Imprint: Aurum

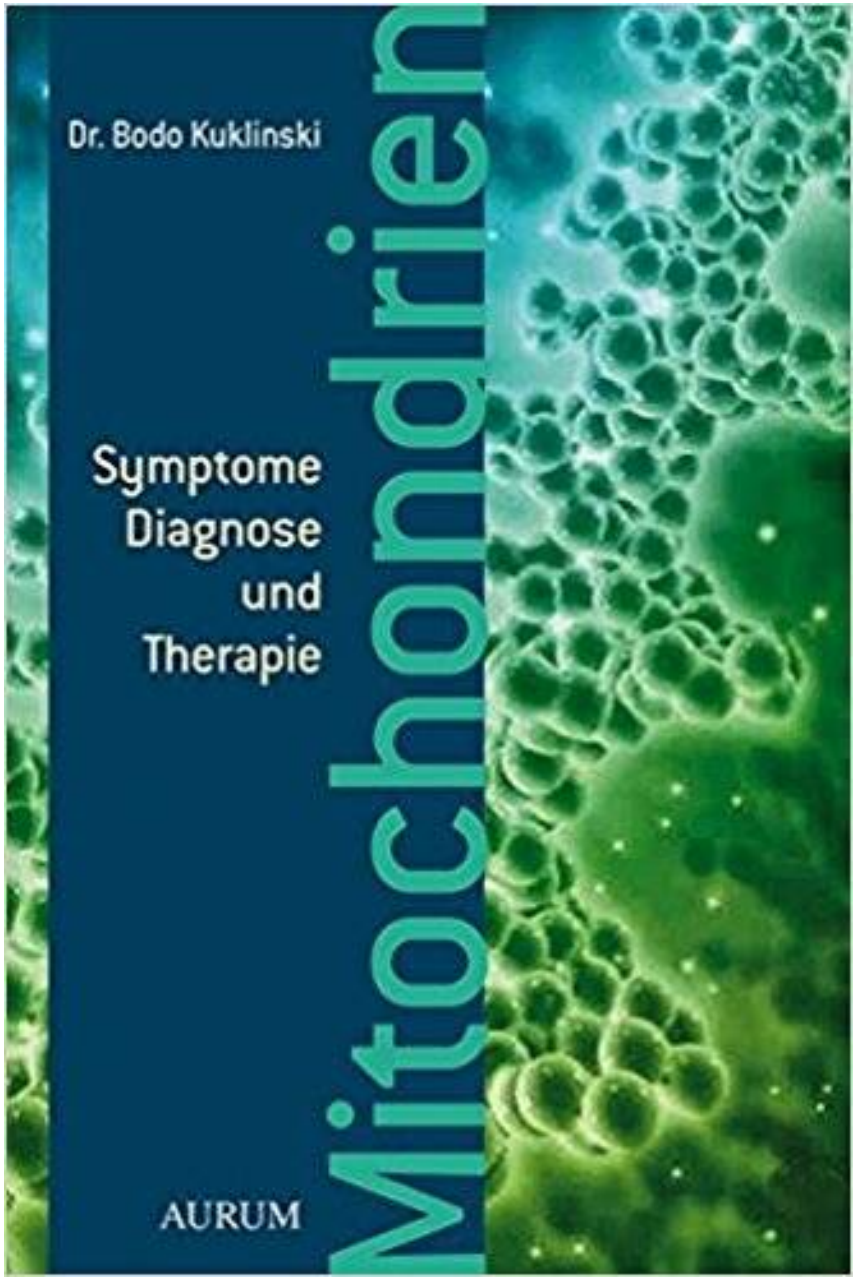
They are called “children of a new age, “people from the future” or “precursors of a fundamental change of consciousness”. However, the euphoria expressed in these terms does not alter the fact that the current situation of these children is rather difficult. Their highly sensitive souls are already evident when they are babies: either they are strikingly quiet and content children, or they are bawlers. In kindergarden, highly sensitive children are often overwhelmed because they perceive everything that is going on around much more clearly than others. In school, they are often referred to as behavioral. But a closer look reveals that most highly sensitive children are very intelligent, creative, friendly and helpful.

This book delivered warmhearted, timely information for parents and teachers.

4 Editions!

Rights sold to:
Czech Republic
Romania

Mitochondria: Sympthome, Diagonosis and Therapy



Publication Date: November, 2015
Author: Dr. Bodo Kuklinski
Pages: 526
Imprint: Aurum

If you have a look at today's waiting rooms in medical consulting, you realize that multimorbid patients are the rule rather than the exception and there are rare cures.

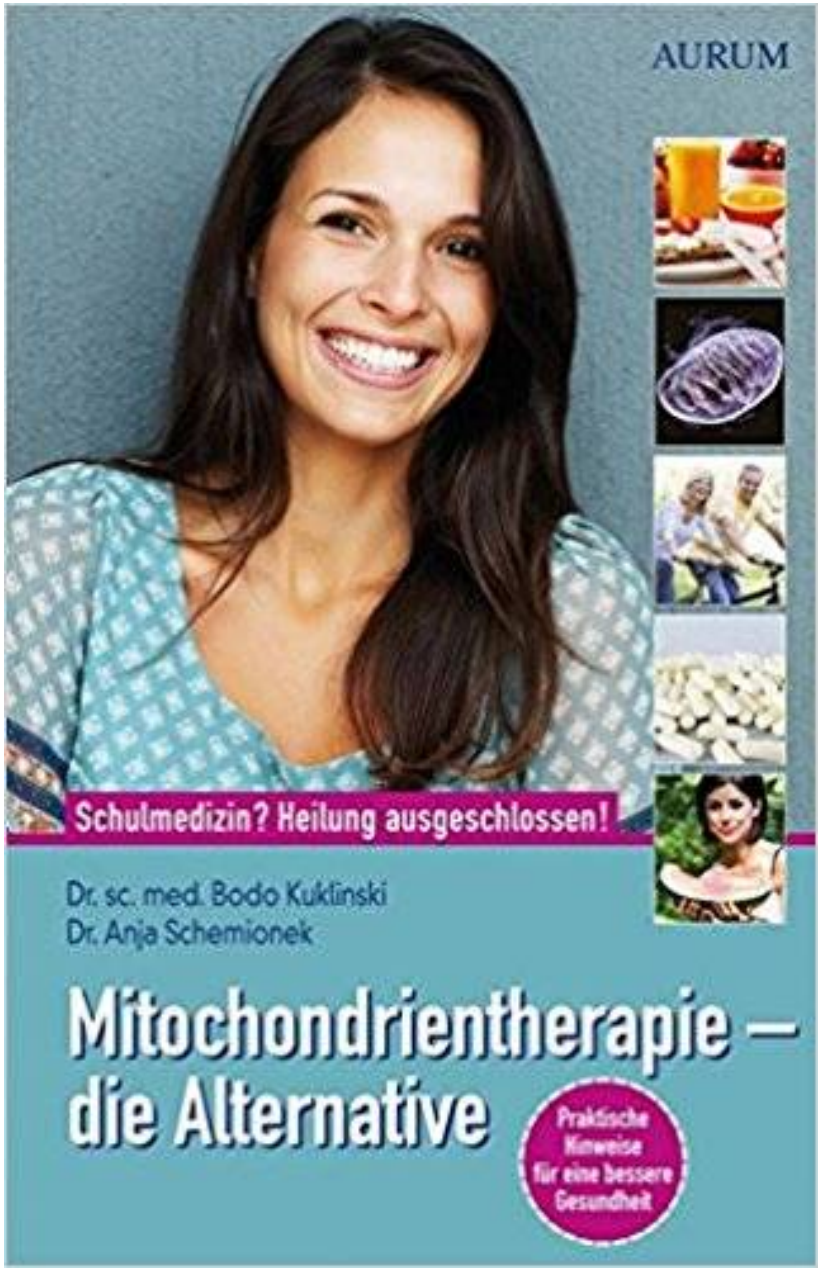
Dr. Kuklinski, a specialist in internal medicine and environmental medicine and head of the Diagnostics and Therapy Center for Environmental Medicine in Rostock, Germany, has discovered the background to multiorgan diseases: metabolic disorders in the mitochondria.

Those doctor’s who are able to focus their therapy on the mitochondria can help many multiorganic patients to end their pathways of disease and suffering.

This book explains detailed and scientifically based on what is happening inside the bodies and its mitochondria of many patients, and which therapeutic measures can lead to a cure even in apparently hopeless cases.

Polish rights sold

Mitochondria Therapy – The Alternative



Publication Date: April, 2014
Author: B. Kuklinski & A. Schemionek
Pages:
Imprint: Aurum

More and more, too many chronically ill people are visiting private doctors without receiving any real help. Whether migraine, irritable intestine, sleeping disorders, overweight, hypertension, sugar disease, rheumatism, autoimmune diseases, all these diseases are caused by misdirected reactions of the body and its cells. If this is not recognized and treated appropriately, this misdirected metabolism spreads like a subterranean smoldering fire. One day, this leads to visible and measurable diseases. Then - finally! – you can be treated by the school physician with medications that often cause further metabolic problems.

This book provides tips on how to diagnose and treat strange symptoms that you can be treated by yourself.

5 Editions!

Polish rights sold

Healthier With Micronutrients

Publication Date: August, 2012
Author: B. Kuklinski & I.v.Lunteren
Pages: 375
Imprint: Aurum

Protect Your Cells From "Free Radicals"

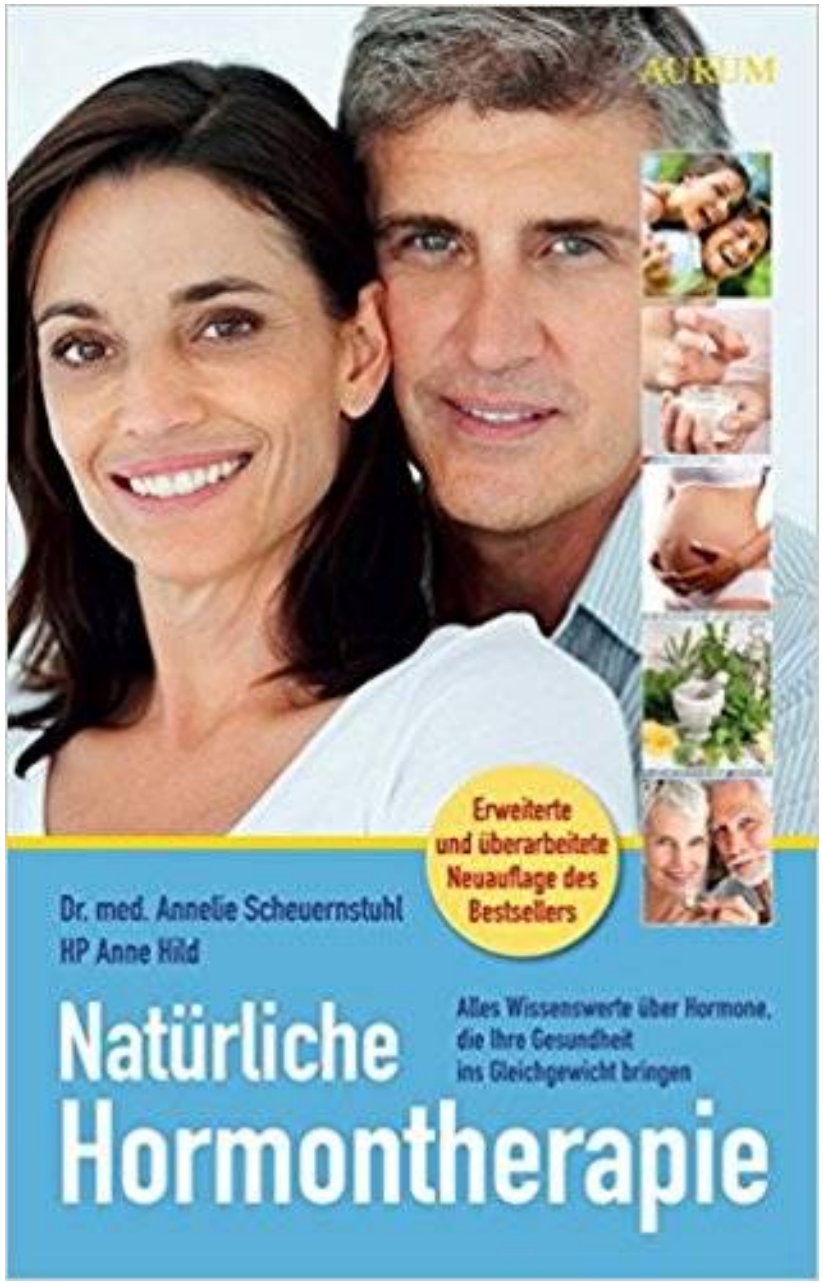
A book full of vital information about micro-nutrients that protect our cells from environmental toxins.

More and more, doctors are confronted with environmental disease patterns that they can not classify. Furthermore, the focus of modern medicine is still more on symptom control than on cause research and real healing. With great expertise, the authors Bodo Kuklinski and Ina van Lunteren provide the reader indications for self-help and a self-responsible handling of vitamins, minerals and trace elements, which can help neutralize environmental toxins and keep the body healthy and vital.

An important book that opens up new, non-effective and cost-effective opportunities for the patient.

Polish rights sold

Natural Hormone Therapy



Publication Date: September, 2014
Author: A.Scheuernstuhl & A. Hild
Pages: 256
Imprint: Aurum

Hormone Therapy? Yes, Of Course!

This book shows the way out of the hormone disorders of woman and man. The researches of recent years and the results of the major hormonal studies arouse doubts about artificial hormones.

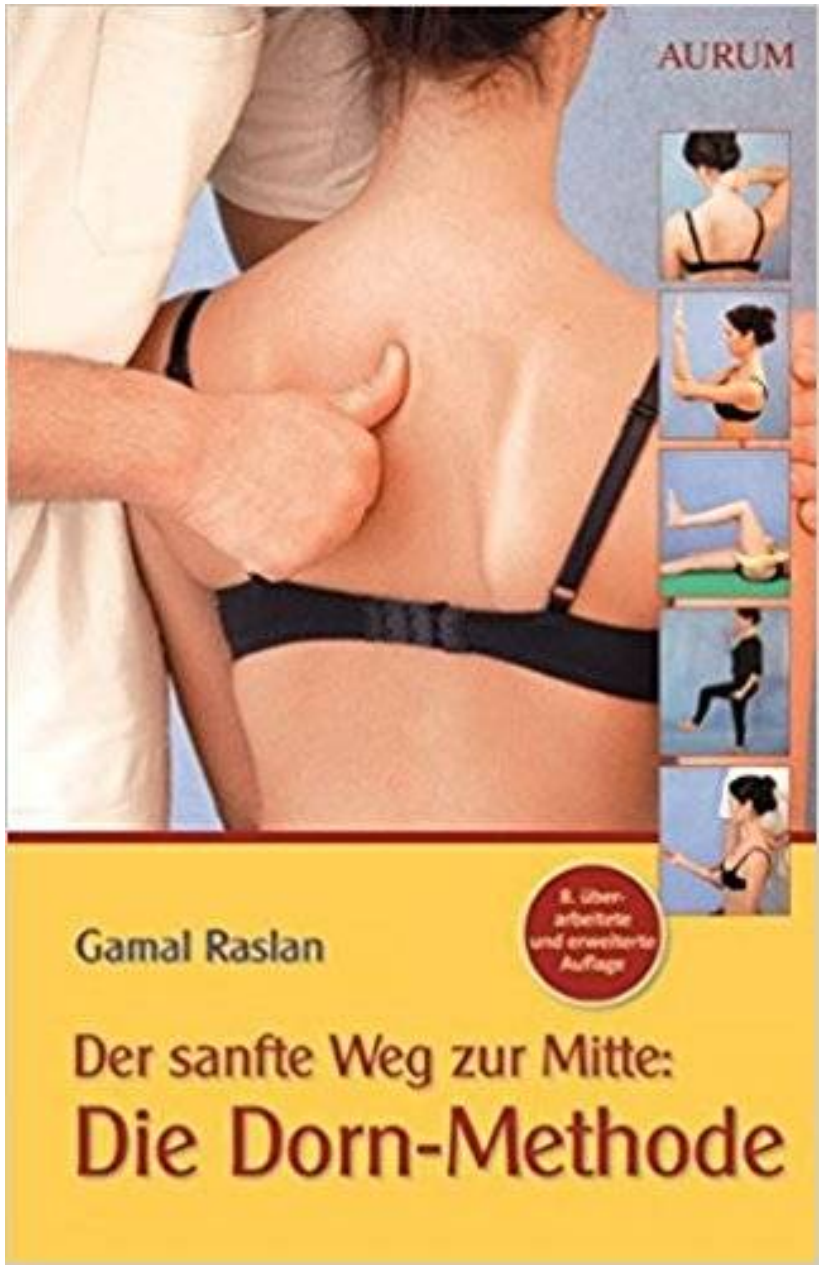
This book shows in a practical way how we can balance our hormones thanks to bioidentically natural hormones. How we can recognize and treat hormone disorders in a simple and easy way and achieve a physical and mental well-being without side effects.

14 editions!

Rights sold to:

Czech Republic
Slovaquia,
Italy

The Gentle Way To The Middle



Publication Date: 2003
Author: Gamal Raslan
Pages: 192
Imprint: Aurum

In his book, Gamal Raslan explains the psychological and emotional aspects of vertebral and articular shifts, the meridian system, supplementary therapies such as Breuss massage, cupping, acupressure and stretching exercises.

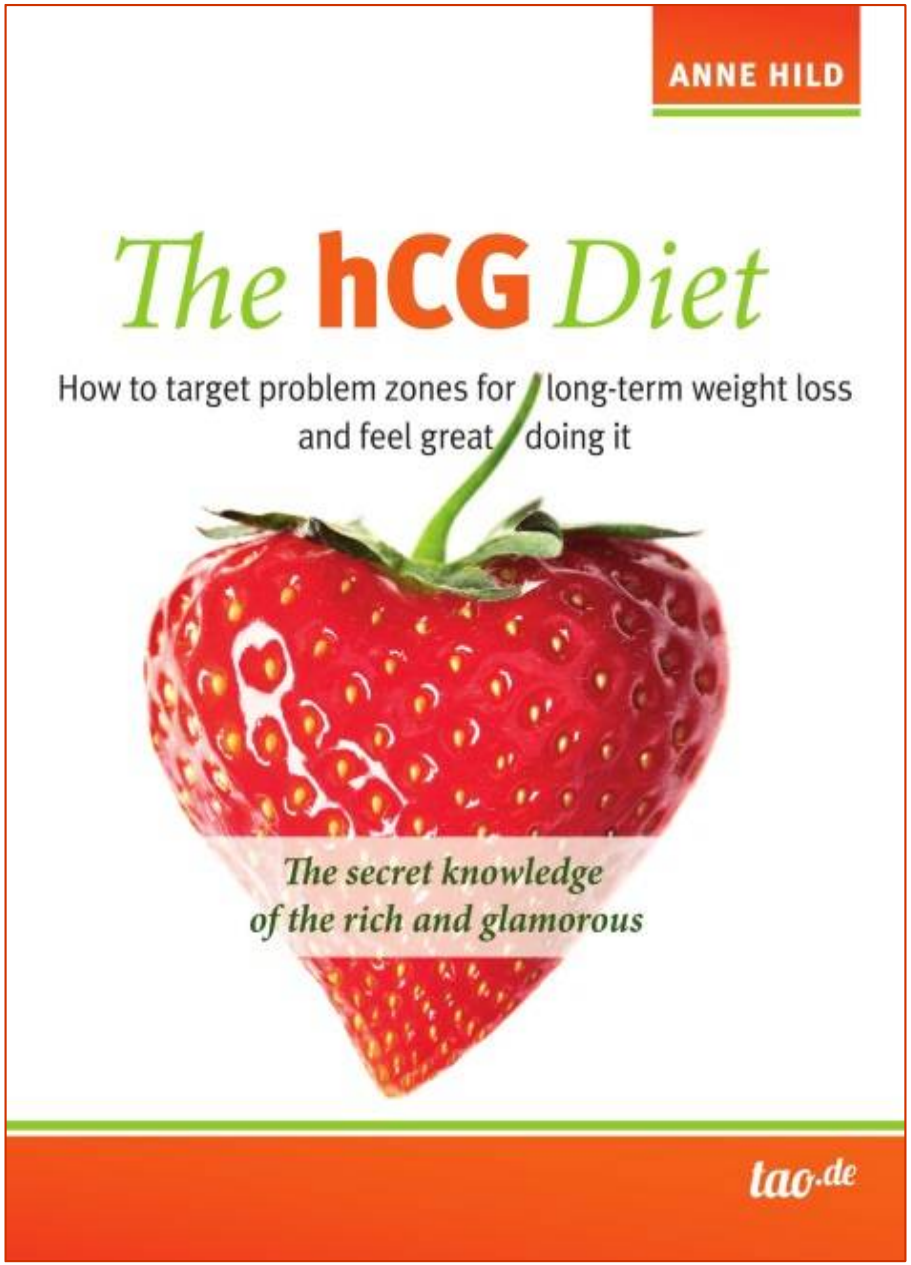
A clear and comprehensible guide, not only for therapists, but also for amateur users and patients.

Each exercise is described and illustrated in a clear and comprehensible manner.

Rights sold to:

Spain
Czech Republic

The hCG Diet



Publication Date: December, 2011
Author: Anne Hild
Pages: 148
Imprint: Aurum

How to target problem zones for long-term weight loss and feel great doing it

More and more people these days are looking for a way to lose weight permanently. Since more than 50 years the hCG Diet makes exactly this possible. Until now, this way of weight loss was reserved for the rich and famous because the lavish course of treatment with the endogenous substance hCG was, an still is, very expensive.

Nowadays, homeopathic or hormone-free, bio-energized drops exist which are a less expensive, but just as effective alternative.

Detailed explanations for the day-to-day course of the diet, delicious recipes, practical shopping lists, and helpful tips make the hCG Diet suitable for men and women in their everyday life.

Over 100,000 copies sold on the German market

18 Editions!

Polish rights sold

Herbalism

Publication Date: September, 2011
Author: Wolf-Dieter Storl
Pages: 240
Imprint: Aurum

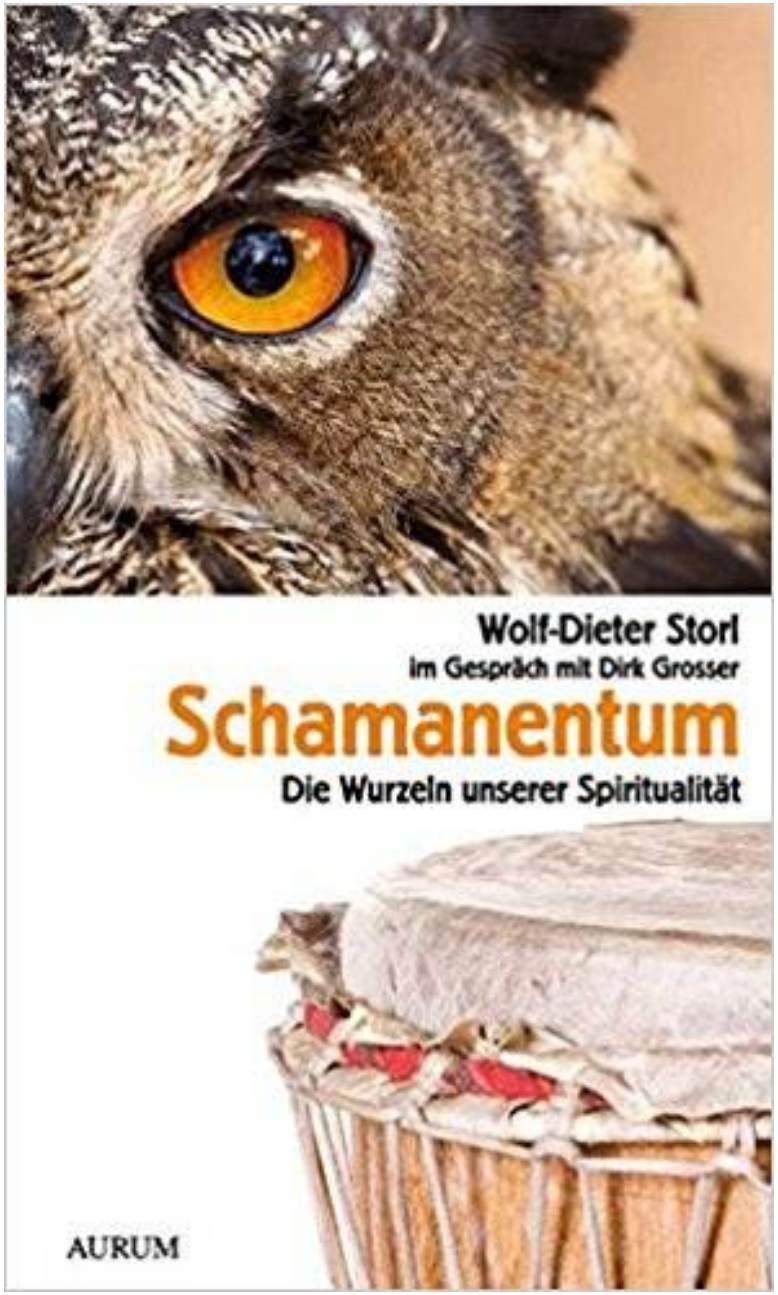
Herbalists open their hearts for the real essence of the plants. That is why they are often feared as well as respected. Their word can be a blessing or curse, their knowledge can heal or make sick.

Wolf-Dieter Storl understands the almost forgotten knowledge of herbs by opening our eyes and heart to the true essence of the plants.

The true herbalist is not just a botanist or pharmacologist, someone who knows the plants from outside and has read something about their application. He is an occultist in the sense that he can look under the surface of the world of phenomena. **www.storl.de**

Czech rights sold

Shamanism



Publication Date: December, 2011
Author: Wolf-Dieter Storl
Pages: 148
Imprint: Aurum

The Roots Of Our Spirituality

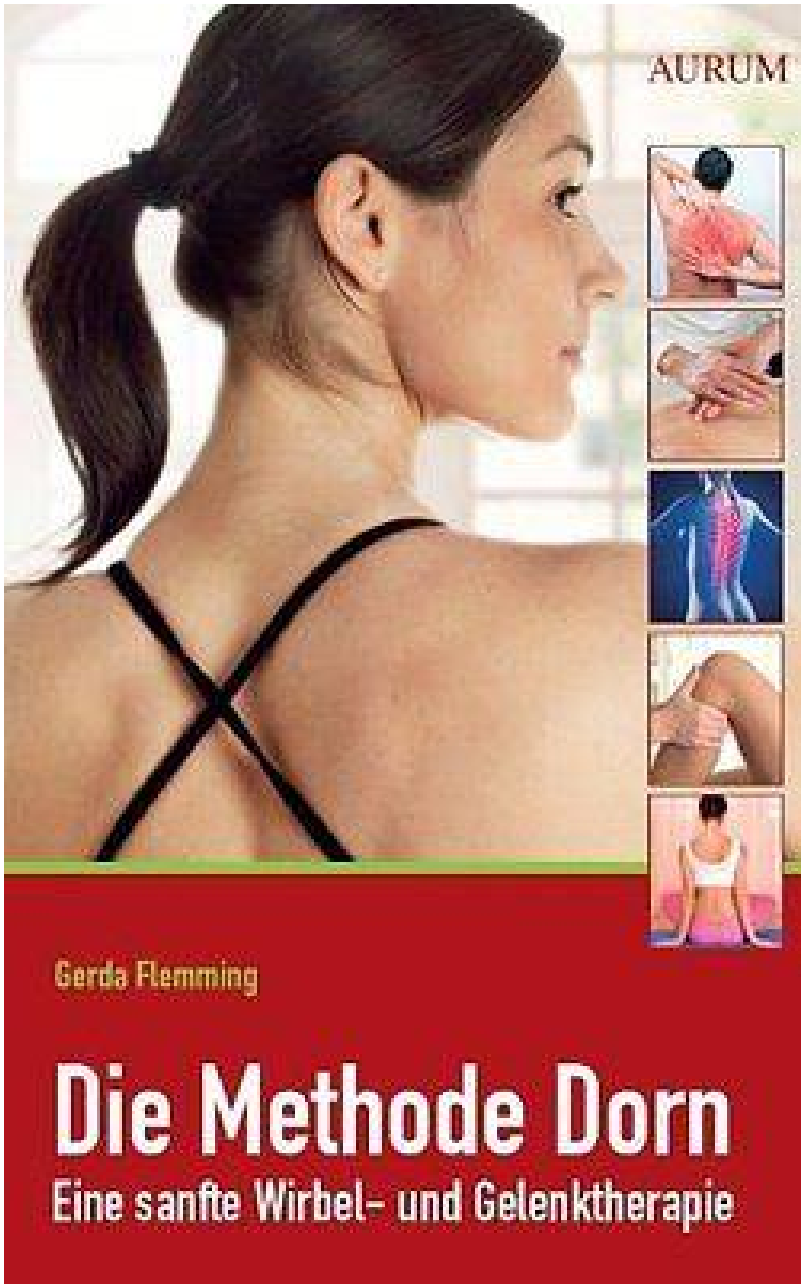
Filled with stories and myths, this book provides an overview of the Shamanic roots of our culture and brings the reader in touch with these ancient ways that can still be alive in us today.

A tree without roots can not live. Man neither. Guided by Wolf-Dieter Storl, the reader of this book follows the shamanic practices of the indigenous peoples of Europe. What methods of healing did the Celts, Germans, and Slavs know? How did shamans deal with the gods, natural spirits, disease demons, and other beings from the other world? What role did sacred healing plants or totemic animals play? How and why does this affect us today?

Wolf-Dieter Storl is a cultural anthropologist and ethnobotanist. He was a lecturer at various universities in the US, Austria, Switzerland and India. Traveling to many countries of the world and contacts with indigenous peoples as well as to native peasants and herbalists shaped his view of the world.

Czech rights sold

The Dorn Method Back Pain Solutions



Publication Date: October, 2007
Author: Gerda Flemming
Pages: 154
Imprint: Aurum

"I was impressed and, in the aftermath, more and more convinced by this method, as well as by the lovely and honest personality of Dieter Dorn and his comprehensive knowledge of the nature of human and his reciprocal relationships with nature, to which he so often contests. I welcome the publication of this book with great joy and thank Gerda Flemming, who introduces the method Dorn in a clear and compact language, but also inspired by inner enthusiasm. It is certainly necessary to learn a method of practical instruction and experience, but this book offers a valuable addition and deepening of the practice, and is highly recommended to all physicians, medical professionals, as well as affected patients as well as their relatives.“

From the preface of Dr. med. Thomas Hansen, Specialist in Surgery and Orthopedics

French rights sold

About Healing Plants And Plant Goddesses

Publication Date: March, 2014 (revised edition)
Author: Wolf-Dieter Storl
Pages: 400
Imprint: Aurum

The knowledge of the healing power of plants and herbs is as old as mankind itself. The content of this book is based to a large extent on the author's personal experiences with herbalists in different cultures.

Plants are not only healers, they also serve as foodstuffs, provide fragrances and dyes, but also contain dangerous poisons. Plants as healers, breadwinners, benefactors, gods and demons.

This book helps you to recognize more easily that plants have a soul, their own character, a personality that can affect us much more than we might have imagined. You will learn how to come into contact with the plant souls and how to grasp the healing and magical power of our plants. **www.storl.de**

Czech rights sold

Magic Forest & Dwarf Power

Publication Date: December, 2019
Authors: Dirk Grosser & Jennie Appel
Pages: 200
Imprint: Aurum

Meditations and fantasy trips for strong children

Walking on dream paths, meeting dragons and wise turtles, or getting to know Grandmother Moon, the guardian of feelings: Jennie Apple and Dirk Grosser wonderfully know how to take children with imaginary journeys to places where they experience security and strength, where they can pass on their fears to the earthlings and have the opportunity to be completely with themselves. Through these sensitive stories, parents and intimates can create common phases of rest and lead children gently into their inner being, so that they find their own way strengthened, self-confident and trustingly.

- Appreciates the imagination of children and takes them seriously
- Promotes a good relationship between parents and children
- Offers explicit rest periods in times of increasing media consumption

Jennie Apple and Dirk Grosser offer in their shamanic seminars and meditation courses on mythological, spiritual and transformative topis strong references to nature, which is very close to their hearts. They work and live together in Germany and Ireland.

Strong Like a Bear & Free Like a Falcon

Publication Date: June, 2020
Authors: Dirk Grosser & Jennie Appel
Pages: 192
Imprint: Aurum

New fantastic journeys and meditations for children

The forest and the soul of a child have a lot in common: They are both full of wonder, offer space for animals and mythical creatures, are alive
and sparkle in their unique beauty and wildness. They are spaces, where roots grow deep into the earth and branches grow far into the sky. The new stories, meditations and fantasy journeys form these intimate connections: They invite children to discover the world of the forest inhabitants discover, help them and be supported by them. The animals give the children confidence to experience their everyday life with self-confidence.

Jennie Appel and Dirk Grosser give shamanic seminars and training series, meditation courses and online courses on mythological, spiritual and transformative topics. The relationship to nature is especially important to them. As authors of more than a dozen books and as many music and meditation CDs, they are now familiar to a large audience.

Trust Your Inner Wisdom

Publication Date: March, 2020
Author: Ramraj Ulrich Löwe
Pages: 128
Imprint: Aurum

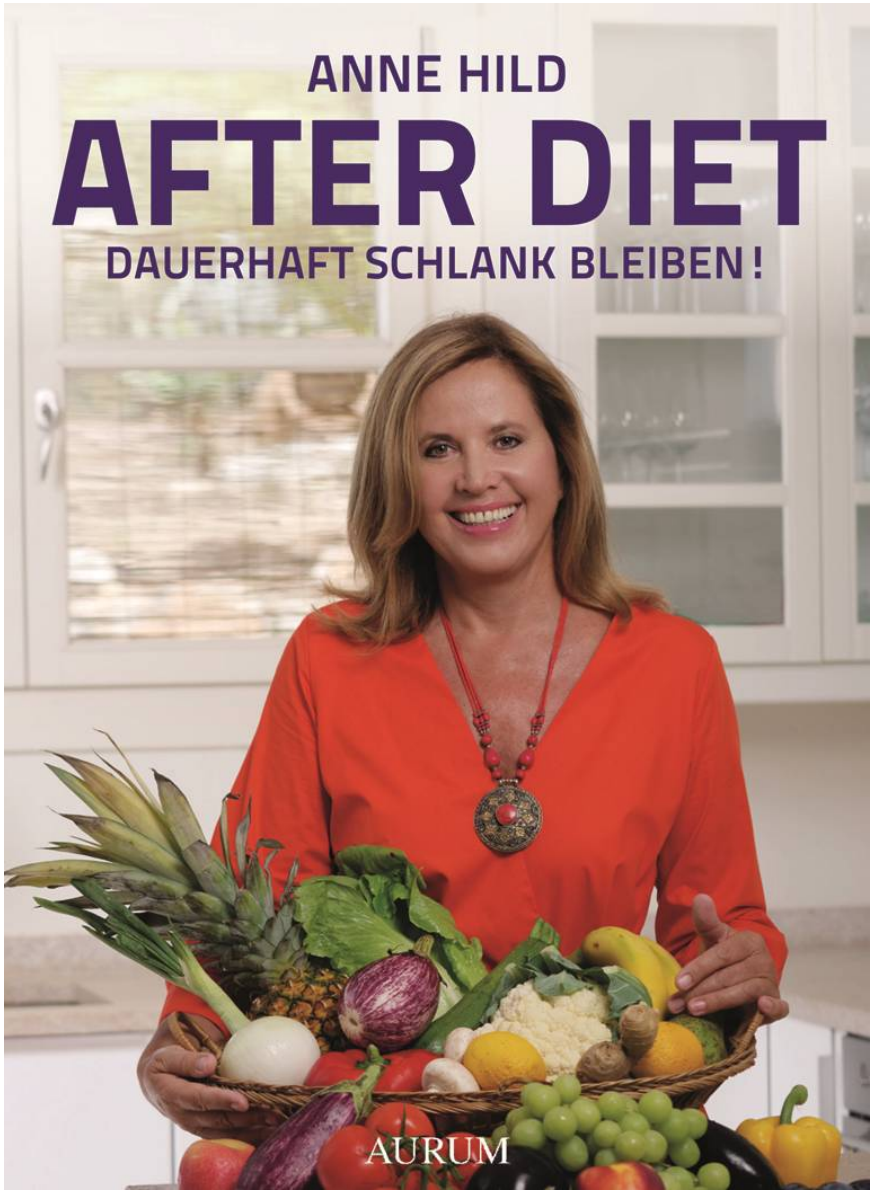
An introduction to the craniosacral method

The craniosacral therapy method touches and moves. Many people have already experienced deep healing through it. Nevertheless, craniosacral therapy is not as well-known and respected as it would correspond to the enormous scope and depth of this fascinating and deeply holistic therapy approach. This book aims to make a contribution to changing this. It is written for interested laymen to give them an insight into the fantastic possibilities of craniosacral therapy.

- Entertaining introduction to the craniosacral method
- A gentle touch enables deep healing

Ramraj Ulrich Löwe has been intensively involved with body therapy for over 30 years and has a broadly based therapeutic background. He is a non- medical practitioner and has studied craniosacral work with Dr. John Upledger, Franklyn Sills and others in Europe, the USA and India. He has been a certified craniosacral practitioner since 1991. In 1994 he founded the School of Craniosacral Healing.

After Diet



Publication Date: January, 2020
Author: Anne Hild
Pages: 250
Imprint: Aurum

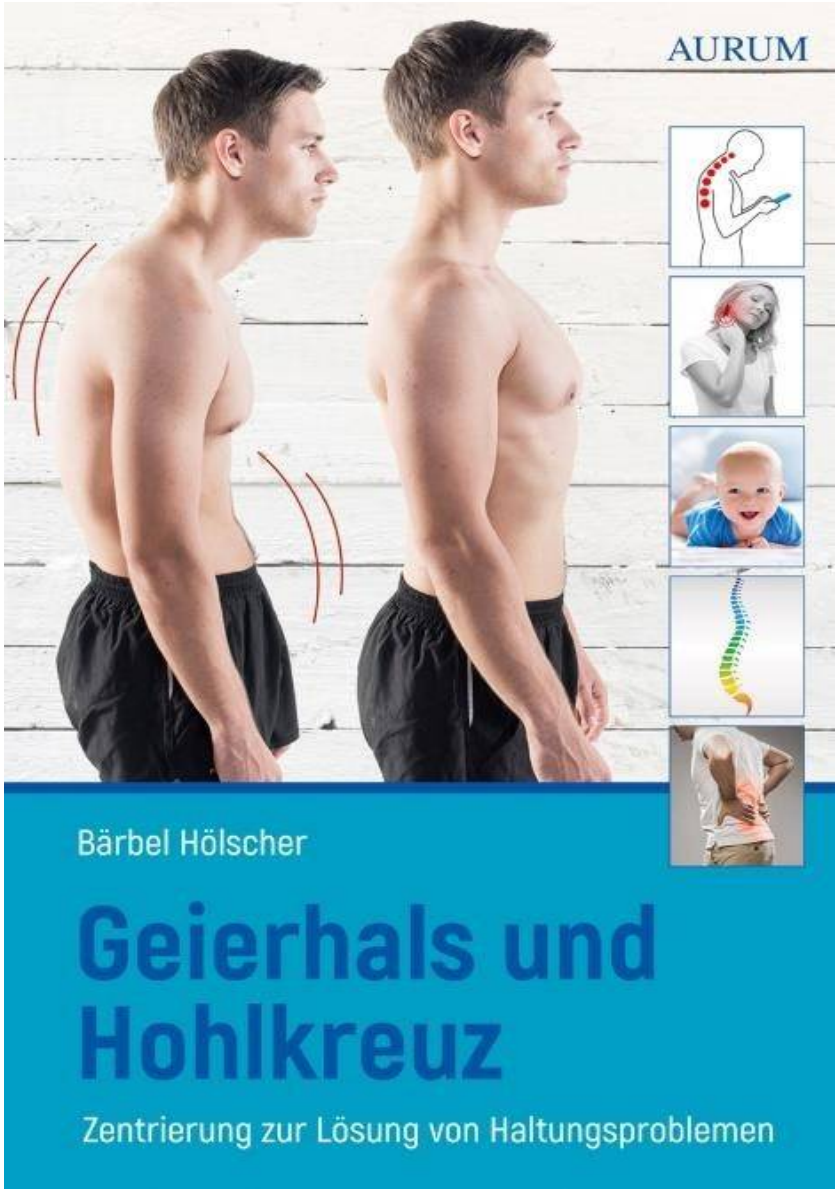
How to stay slim permanently

There are endless weight loss programmes and many people have successfully lost weight with their help. But where most diet guides stop, this book begins. The challenge is to know the "know how", how to stay slim, in an easy way, without constantly counting calories and chastening yourself. Anne Hild names important factors which few people know about and which are usually overlooked in the relevant literature. Human eating behaviour is largely controlled by the brain. Scientific studies prove that the body weight is strongly influenced by hormones, and a hormonal imbalance is in every respect a serious reason for overweight.

- The book starts where many diet manuals stop
- New insights into how hormones affect our weight
- With recipes and tips for movement exercises

Anne Hild is a trained alternative practitioner and classic homeopath. For years she has been studying the meaning and effect of hormones on our health and well-being. Her books on the "hCG diet" have become bestsellers within a few months and have sold over 500,000 copies.

Forward Head and Hollow Back



Publication Date: September, 2019
Author: Bärbel Hölscher
Pages: 128
Imprint: Aurum

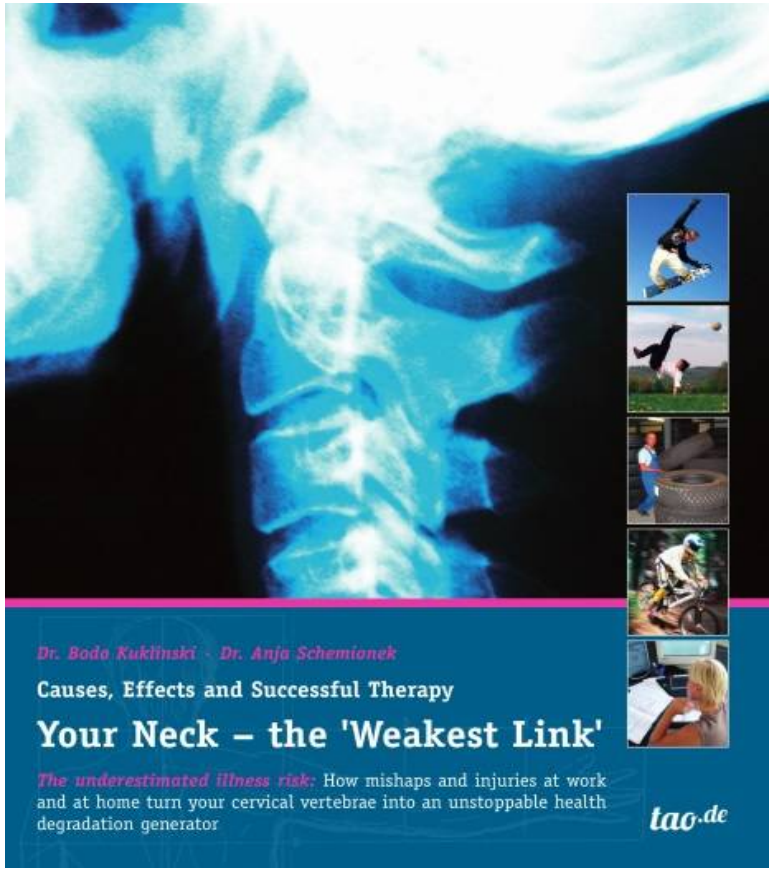
Centering for solving posture problems

Do you know the feeling of being out of balance? Often it starts with small physical ailments, which can develop over time into pronounced postural damage such as a vulture's neck, hump or hollow back. The body itself has never learned to be centered and thus optimally aligned. It is in a permanent compensation of its weak points, the bad posture is forced always further.
With the completely new therapeutic approach of the kinesiologist Bärbel Hölscher it is now finally possible to correct these bad postures and to come back to the inner center in the long run. But not only that: In addition, you benefit from inner balance, accelerated thinking and clarity in intellectual demands. These positive effects not only increase performance. They also contribute significantly to a better quality of life.

Bärbel Hölscher, born in 1957, is a professional kinesiologist specializing in the brain and has been studying the effects of non-integrated early childhood reflexes for years. She has developed two interdisciplinary courses and has already written two books on the subject.

www.kinesiologie-muenster.de

Your Neck- the “Weakest Link”



Dr. Bodo Kuklinski is an internist and the head of the diagnostic and therapy center for environmental medical illnesses in Rostock, Germany. Through intensive research, he discovered the effects of an instable cervical spine on the whole body and developed the *Three-Pillar-Therapy*.

Dr. Anja Schemionek is a biologist and science editor. She works as an author, lecturer, and editor mainly in the field of health. She is especially dedicated to integral and natural healing methods.

Publication Date: November, 2006
Autor: Dr. B. Kuklinski & Dr. A.Schemionek
Pages: 112
Imprint: Aurum

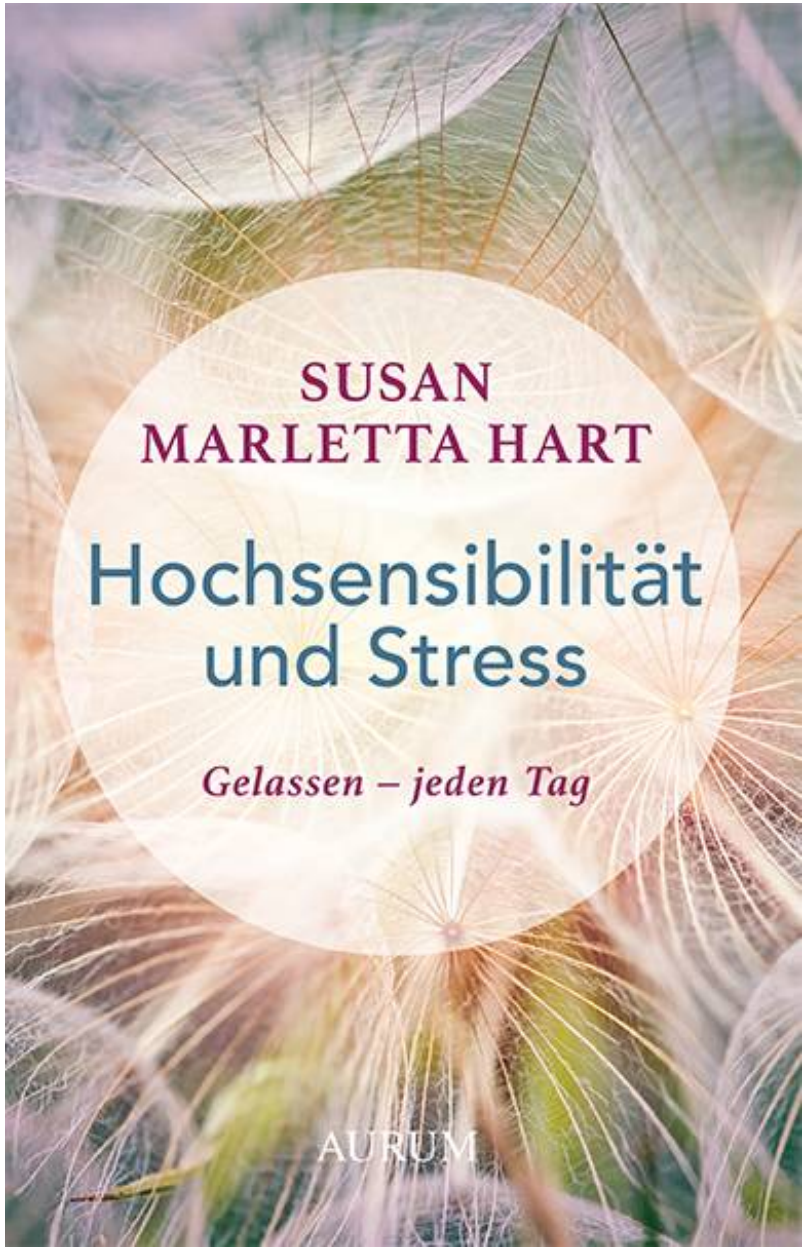
How mishaps and injuries at work and at home turn your cervical vertebrae into an unstoppable health degradation generator

Chronic diseases are a challenge for doctors and patients. Nowadays, approx. 40% of the German population suffers from continuous complaints. For the patients this often means long-lasting health issues because doctors cannot find the real cause of disease.
With their new book, Dr. Kuklinski and Dr. Schemionek show that unrecognized instabilities of the cervical spine could often be the trigger for allergies and diabetes, but also for heart issues, migraine, and even multiple sclerosis or epilepsy.
“Your Neck” explains symptoms and treatment methods and helps patients understand the necessary therapeutic measures.

More than 90,000 copies sold
16 Editions!

Norwegian rights sold in 2021

High Sensitivity And Stress



Publication Date: June, 2018
Author: Susan Marletta-Hart
Pages: 240
Imprint: Aurum

Impassive – Every Day

Stress has far-reaching physical consequences, especially for highly sensitive people. Scientific research has shown a connection between chronic stress and physical complaints such as fybromyalgia, chronic fatigue and endocrine disorders.

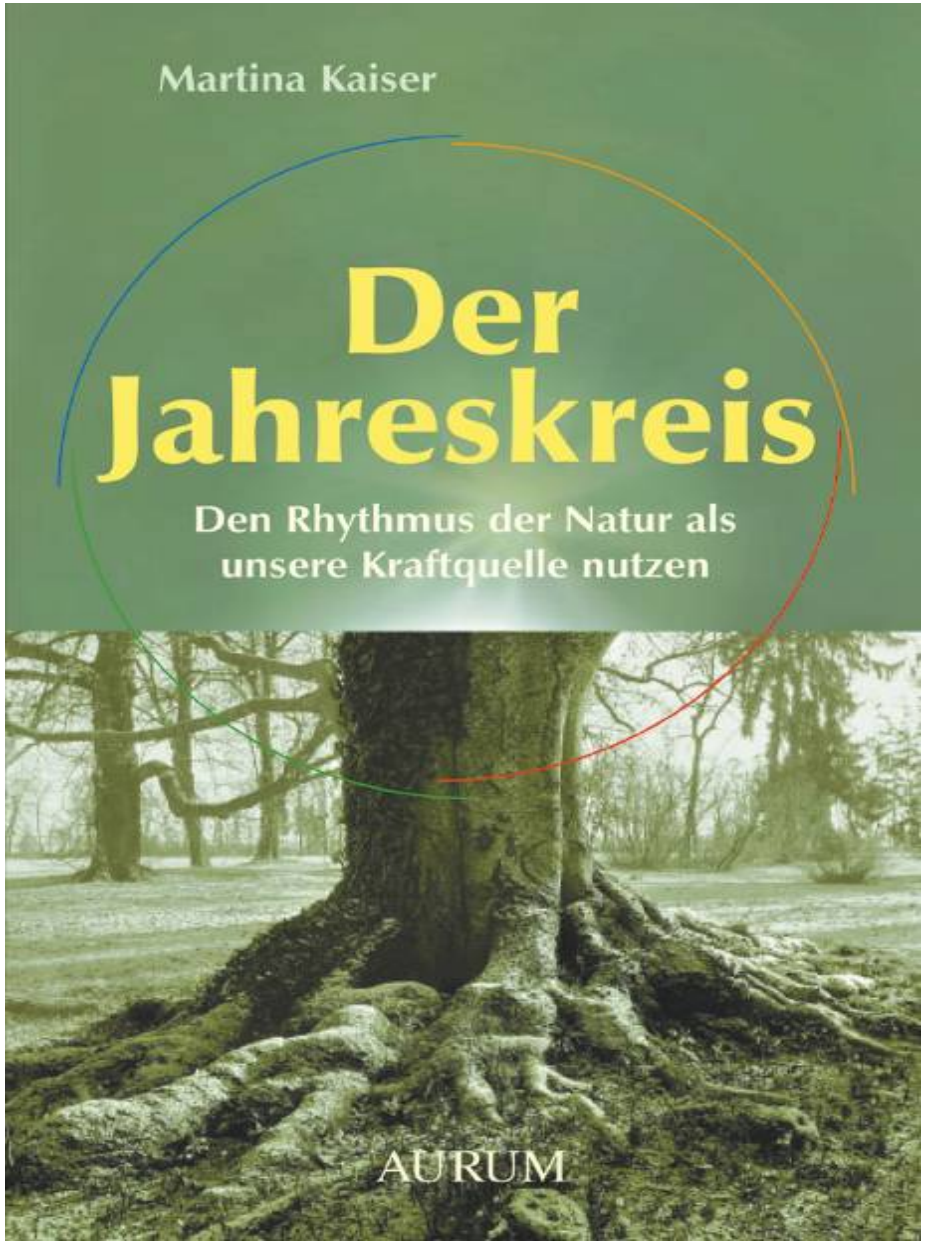
In this book, Susan Marletta Hart shows that our attitude of living helps us determine how much stress we experience. It shows which processes, thoughts and manners can bring us tension, relaxation and joy of life.

Simple yoga exercises and meditations invite you to become directly active in order to bring immediate relief.

Susan Marletta Hart (1971) introduced the term High Sensitivity in the Netherlands. She has written several international bestsellers and is an authority on HSP in Europe. Since 2003, she gives readings and counseling sessions, offers soul travels and workshop, she also works in continuing education for psychologists, doctors and teachers both at home and abroad. Susan is the mother of two daughters and lives and works in Switzerland and the Netherlands.

www.susanmarlettahart.com

The Wheel Of The Year



Publication Date: October, 2016
Author: Martina Kaiser
Pages: 225
Imprint: Aurum

How To Use The Rhythm Of Nature As Source For Your Life

Ascend and descend, accept and surrender, gain and lose, life and death - our existence takes place between these poles in ever-recurring cycles. But not only our individual existence is determined by these cycles, but life on earth at all.

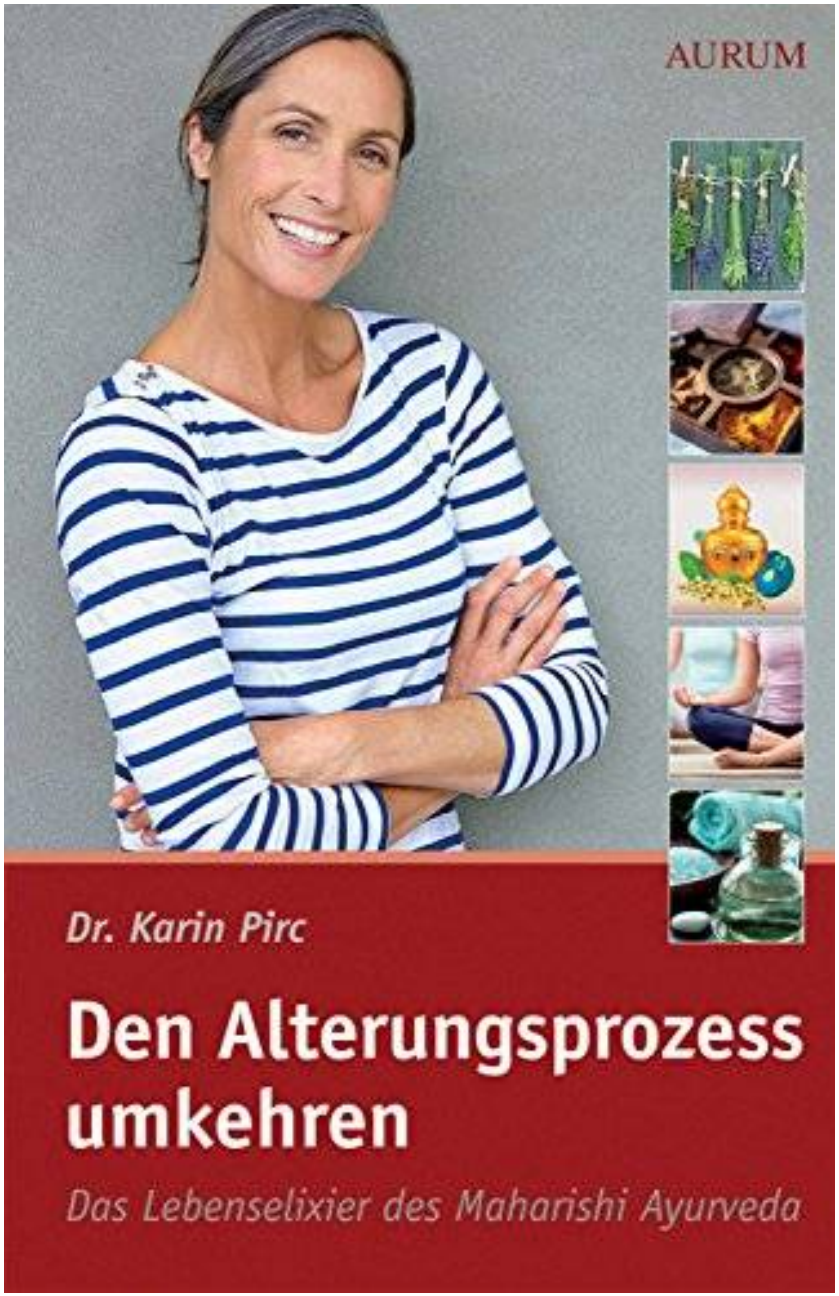
This warm-hearted book creates an understanding of the inner and outer processes in nature that we can directly transfer to the demands of our own life.

Meditations, ritual proposals and annual feasts are combined with stories, myths and customs. Tips and recipes with seasonally herbs and fruits offer further opportunities to actively shape the cycle of the year and to understand the messages of nature.

Accepting life as it is, with its good as well as the supposedly bad times - we can find force in Nature.

7 Editions!

Reverse Your Aging Process



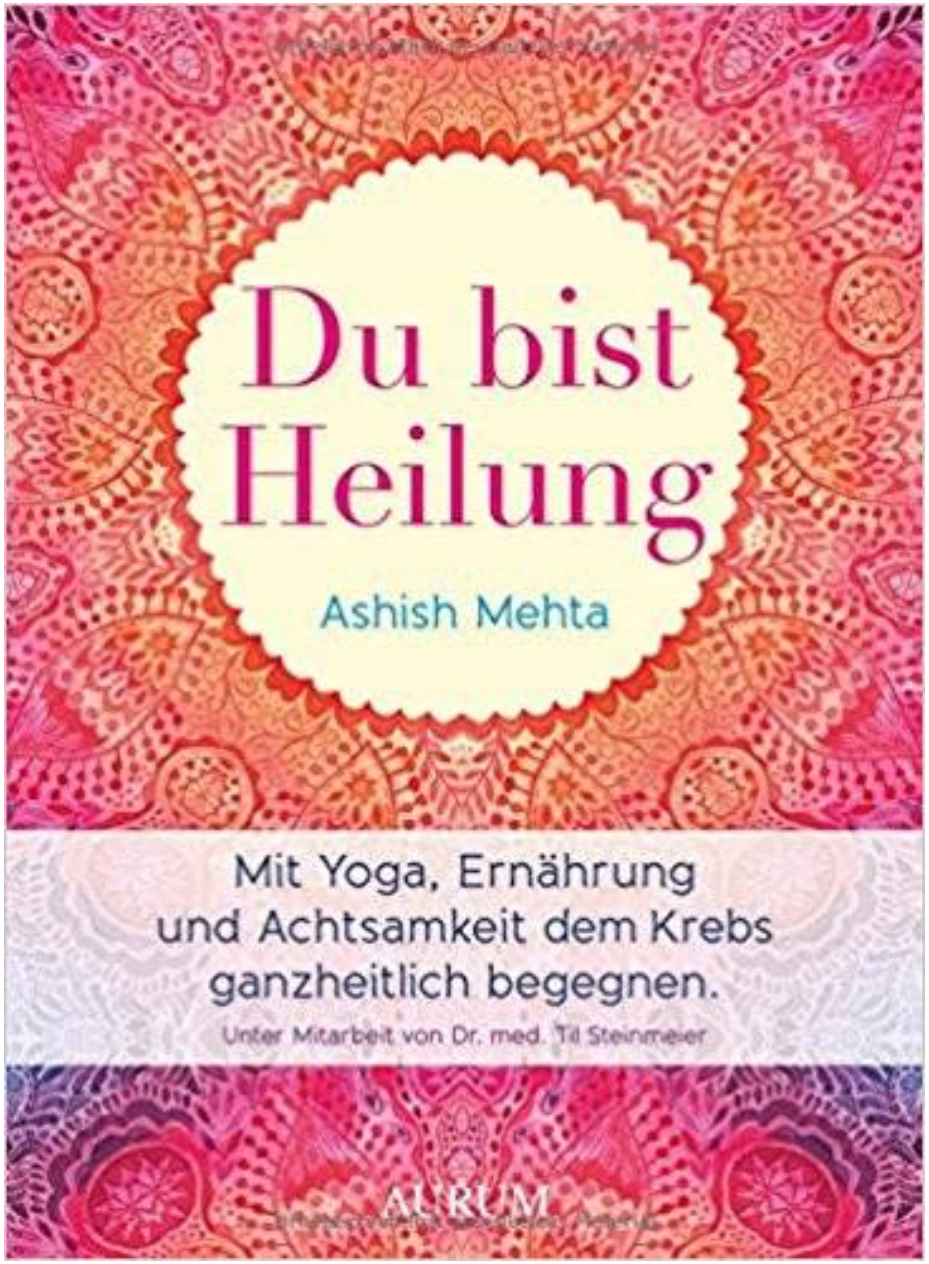
Publication Date: November, 2016
Author: Dr. Karin Pirc
Pages: 128
Imprint: Aurum

The Life Elexir of Maharishi Ayurveda

Rarely so much old wisdom, modern science and useful stimulus to health were so compressed and convincingly packed between two book covers! Like the fairy-tale box in which our life is contained, this book can make your dream of long life come true. The potent formula: Use ayurveda, the oldest wisdom and health doctrine of mankind, purify it from twenty-five years of all encrustations, until it shines, and marry it with the latest scientific knowledge of holistic and Western medicine and biochemistry recipes, suggestions for prevention and healing, and amazing case studies - all of which are, of course, cleanly researched and explained in the finest detail, and you will obtain THIS BOOK. Look into the book and look forward to many vital years!

6 Editions!

You Are Healing



Publication Date: March, 2017
Author: Ashish Mehta
Pages: 176
Imprint: Aurum

Holistically Encountering Cancer Through Yoga, Nutrition, and Mindfulness

Nutrition, exercise, thoughts – there are many aspects, along to the medical ones, which have a meaning in fighting cancer. This book will help to strengthen and activate your self-healing powers. The various pratical tips, exercises, and recipes included in this book will guide your way back to taking over the responsibility for your own life.
The highlight of this title is the combination of different areas, such as yoga, acupressure, meditation, self-dialogue, and nutrition.
The book is mainly written for those affected by cancer and their relatives, bt also for thos practicing alternative medicine, doctors, and therapists.

Ashish Mehta was born in India in 1974 and raised within a spiritual family. At the age of 11, he started practicing yoga. In India, he worked as an actor and “energy worker” and accompanied people on their spiritual journey.
Today, he lives and works in Germany and focuses on the research in alternative cancer treatment since more than 10 years.

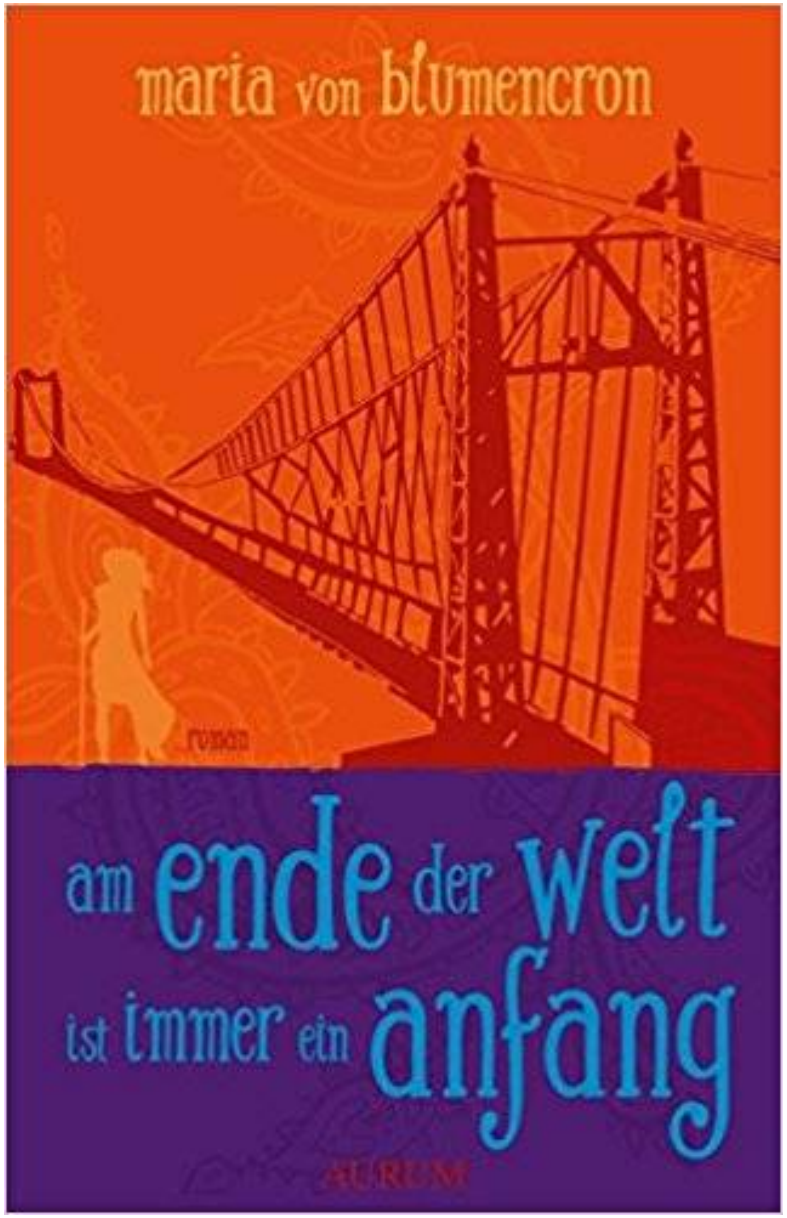
Our Island Life

Publication Date: September, 2017
Author: Angela Krumpen
Pages: 180
Imprint: Aurum

When God Created Happiness, He Created Much Of It

Imagine a small island close to the Irish west coast, far and wide nothing but wind, water, sea and nature - just a lonely house and a monastery ruin. There is where Angela Krumpen and her family spend their holidays every year, far from civilization and world events. Actually her plan was to travel to New York, but the longing for peace and distance from everyday life led her to a small travel agency and then to the Island of Illauntannig - the beginning of her great island happiness. Because of her very personal narration and the detailed descriptions the reader is formally taken on a trip to Ireland. Angela Krumpen conveys the feeling of becoming one with the island.

The End Of The World Is Always A Beginning



Publication Date: March, 2017
Author: Maria von Blumencron
Pages: 360
Imprint: Aurum

This is the story of a successful woman who, at the age of fifty, has the great opportunity to fail professionally, economically and in a family way in order to be able to start all over again.

This is the story of a battered adventurer who sells her life insurance, her books and high-heels and, despite age arthritis in the toe, indefinitely leaves for India. Because there are allegedly a few more enlightened walking around.

This is the touching life story of a crossover between two worlds: the old one that collapses in front of our eyes and the new one that is already waiting for us.

Menopause Without Complaints

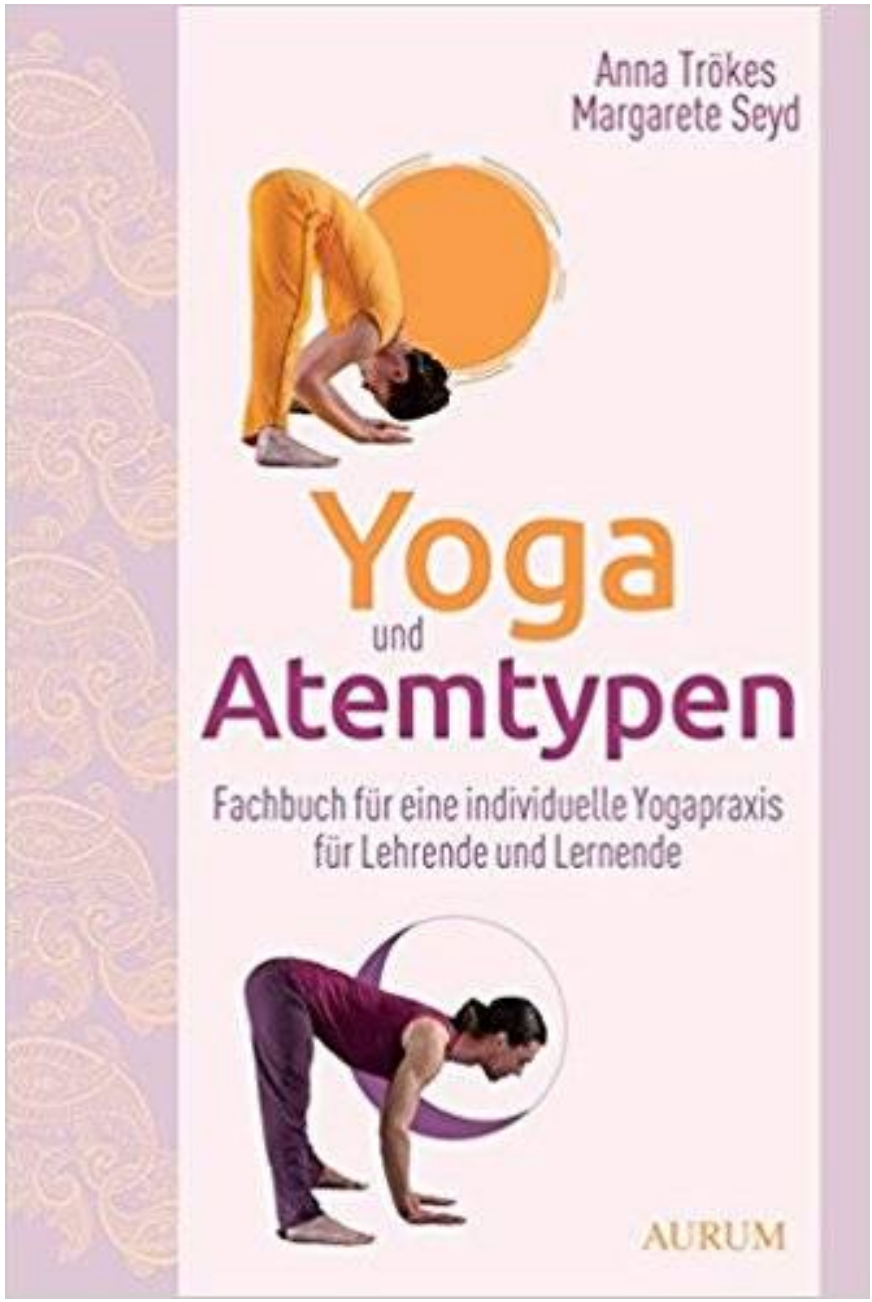
Publication Date: January, 2017
Author: Anne Hild
Pages: 184
Imprint: Aurum

The Natural Way To Balance Your Hormones

The ANNE-HILD program for menopause provides an informative and practical companion through a period of change. This book explains: What are menopausal symptoms and which symptoms can be associated with the hormone change at all. Among the most common complaints Anne Hild shows natural remedies for a complaint-free life. Apart from diet, exercise and relaxation, mainly bio identical and homoeopathic hormones play an important role. These natural remedies do not strain your body and lead a vital life.

Anne Hild is a trained non-medical practitioner and classic homeopath. Since years she deals with the meaning and effect of hormones on our well-being. She is the co-writer of the book “Natürliche Hormontherapie”, the core literature on the use of bio-identical hormones published in 2010. Under www.hormony.de Anne Hild runs an internet platform on harmony with natural hormones.

Yoga And Breathing Types



Publication Date: June, 2017
Author: A.Trökes & M.Seyd
Pages: 432
Imprint: Aurum

Sourcebook For Teachers And Students

Breath plays a central role in yoga. It seems as if we all breathe in the same way. In practice, however, both lecturers and students report that what for some ones is completely coherent, does not work for others.

This book explains how to find a type polar respiration for yoga and gives suggestions for coherent ways of practicing.

A comprehensive and indispensable yoga book with a well-founded theory, which provides the implementation of a contemporary concept for an individual yoga practice.

Over 120 photos and detailed explanations illustrate more than 60 asanas, pranayamas, kriyas, bandhas, meditations and mantras.

Don’t Live With Joint and Back Pain

Publication Date: September, 2016
Author: Schachinger & Schrott
Pages: 140
Imprint: Aurum

Tips from Maharishi Ayurvedic Medicine For Chronic Rheumatic Diseases

How to treat joint and back pain effectively. The holistic health model of the Maharishi Ayurveda - a bridge between old and modern medicine - offers a concept for the assessment, diagnosis and successful therapy of chronic rheumatic diseases.

This practical book introduces to the basic principles of Maharishi Ayurveda and provides individual treatments adapted to the patient, which contribute to the relief and healing of the complaints:

-beneficial oil massages and baths
-nutritional recommendations
-medicinal plants
-yoga and other exercises

Re-experince The Advent

Publication Date: September, 2016
Author: Martina Kaiser
Pages: 100
Imprint: Aurum

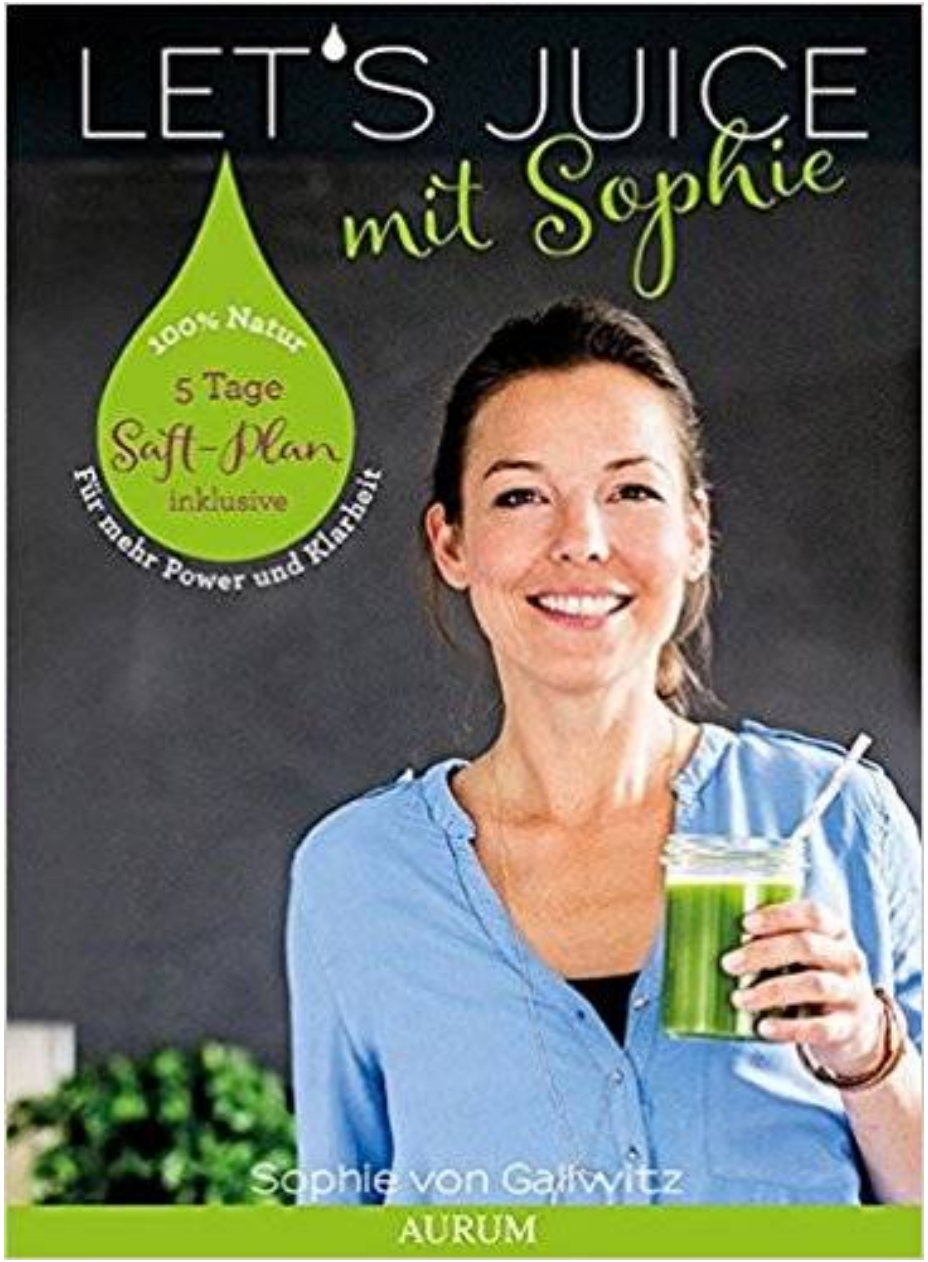
A Spiritual Journey For Advent

Every year, the stressful pre-Christmas season keeps us in a state of mind with gift-stuff, overcrowded Christmas markets and little time for ourselves. But Martina Kaiser's Advent Calendar book reminds us of each of the 24 days before Christmas to enjoy life and the Advent season, to breathe deeply and to appreciate every single day.

Accompanied by exercises and meditations, the author offers an intense spiritual journey through Advent. Every week, readers are gradually approaching their own personal freedom. The first week begins with the perception, then follows in the second week the allow, then to make in the third week decisions. In the fourth and last week the darkness is honored, and then the radiant new light.

With this special book Advent comes back to its original meaning: Contemplation!

Let’s Juice With Sophie



Publication Date: April, 2016
Author: Sophie von Gallwitz
Pages: 216
Imprint: Aurum

Power For The Intestine, Clarity Of Mind

You need a change and more strength ?! Then drink juice. Freshly pressed, raw fruit and vegetable juices allow recovery and strengthening of the intestine as well as clarity and freshness for the mind. Tired, food intolerances or bad mood? Let s juice!

You flood your body and your bloodstream in just a few minutes with self-squeezed juices which contain numerous enzymes, vitamins and micronutrients. Your cells and senses are rinsed with vital, plant-based power: from paradise directly into the mouth. Sophie's Juicing method gives you versatile juice recipes, inspiration, taste experiences, and a creative and easy access to a juicy life every day.

Bud Your Life

Publication Date: March, 2016
Author: Robert Schön
Pages: 200
Imprint: Aurum

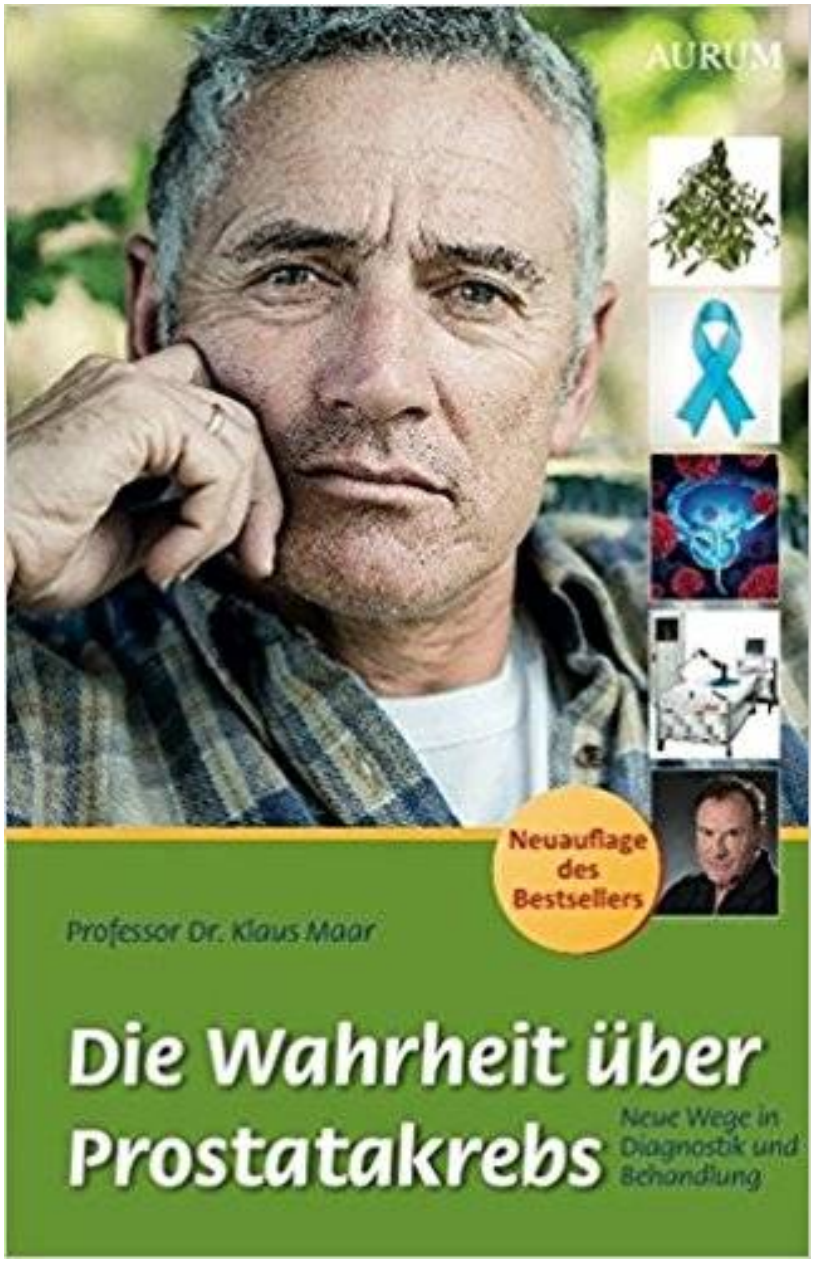
The Training Camp To Real Happiness

Buddha to go. Do not worry, you do not have to light incense sticks, or humming some strange mantras.

But you can become a decelerated person.

Bit by bit, you change your worries and your egoism against serenity and compassion. So if you feel like you are looking beyond your own eyes, and you can see the really important things in your life, then this is an invitation to an exciting and amusing journey. As a modern, freedom-loving and cosmopolitan man, the author himself has sought out to find a world view that accepts everyone as he is and assumes responsibility for his own life, which he shares with us in this book.

The Truth About Prostate Cancer



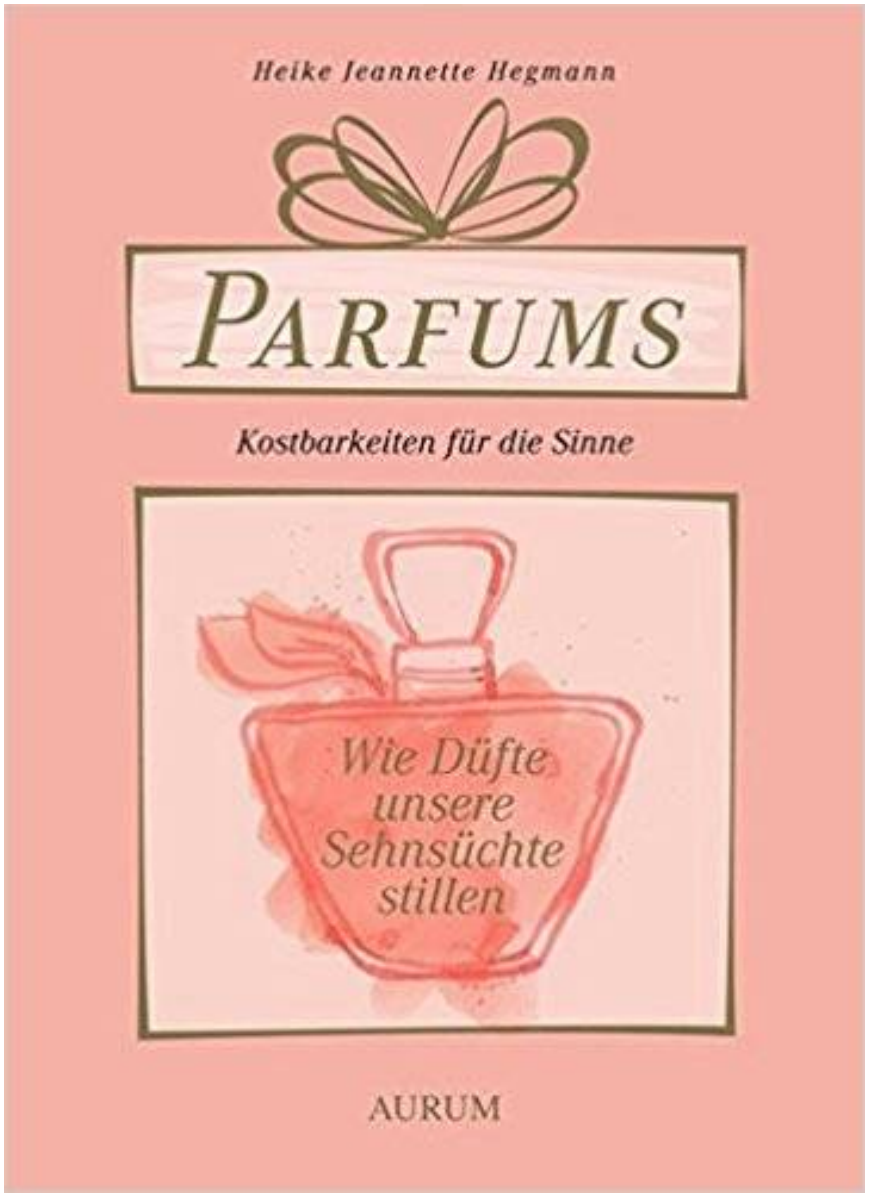
Publication Date: November, 2015
Author: Prof. Dr. Klaus Maar
Pages: 96
Imprint: Aurum

New Ways Of Diagnosis And Treatment

Prostate cancer is, in many respects, a form of cancer which must be given special attention. According to Prof. Dr. Maar, the author of the popular book 'Rebellion against Cancer', no malignant tissue formation in men is so widespread and none is so often mistreated as prostate cancer.

As a specialist in this field, the author does not shy away from naming things by name. Many of the facts that would otherwise be hushed are revealed in his work: the conventional treatment methods of total surgery, radiation and chemotherapy are not a cure-all and therefore unsuitable as a standard therapy. Over 15 years Dr. Klaus Maar developed the Biological Intensive Therapy which bundles biological healing powers, that kill cancer cells and solidify the body defense.

Perfumes, Treasures for Your Senses

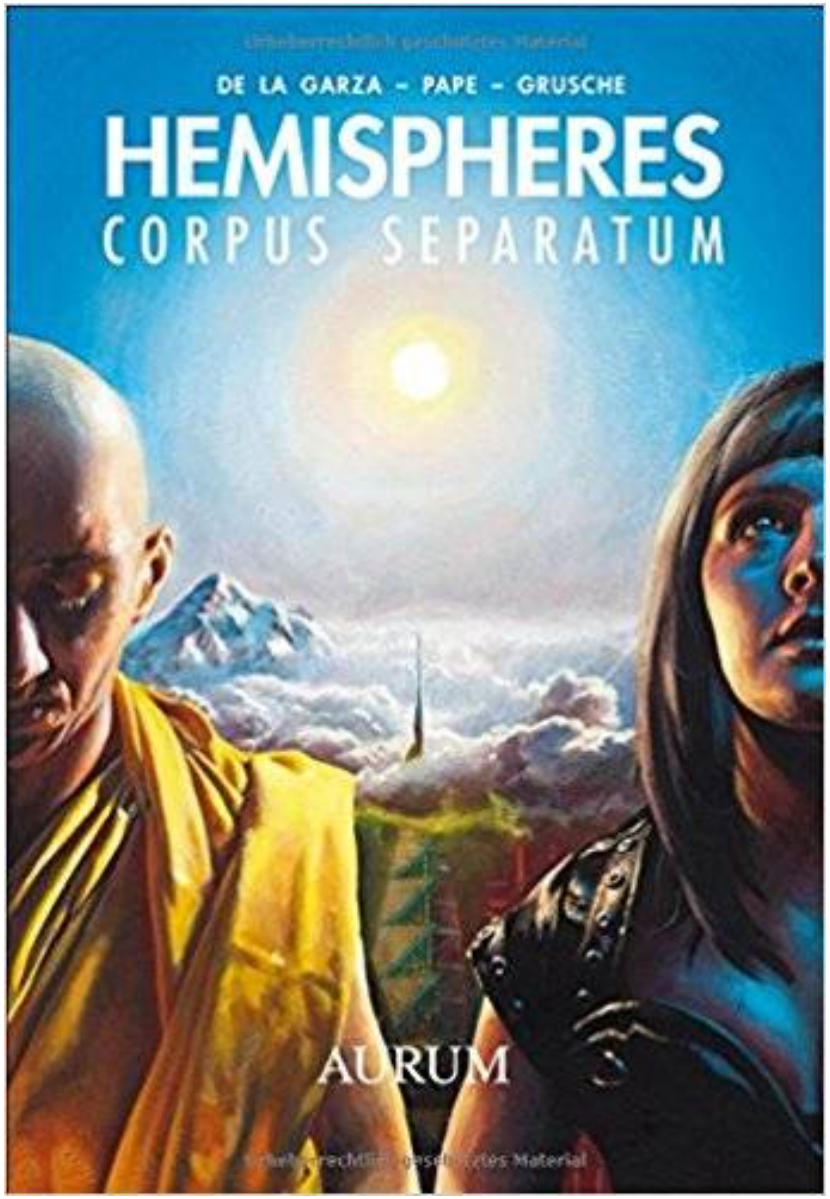


Publication Date: October, 2015
Author: Heike J. Hegmann
Pages: 192
Imprint: Aurum

A charming and magically illustrated book about the sensual world of fragrances

What does perfume have to do with art? What creative noses are behind niche perfumes and the big brands? Which is the fragrant of orange blossom, tonka bean and oud? Why provokes the perfume Acqua di Parma “good mood”? How do memories unfold unconsciously our fragrance smell and what has the perfume choice to do with our longings? 'Perfumes for the senses' and its classification of fragrances according to longing, offers a completely new orientation in the search for the personal favorite fragrance. This book includes special pages about the most important fragrance aromas and fragrances and converts this comprehensive book to a valuable guide, reference book and a sensual reading at the same time.

Hemispheres



Publication Date: October, 2015
Author: De la Garza, Pape, Grusche
Pages: 52 / 4-color
Imprint: Aurum

Corpus Separatum

We write the year 2027. David Shakara, a Buddhist monk, leaves his monastery to get a life-saving medicine for a sick monk brother from the Metropoli Hierosolyma. The story takes place in the near future and is about a monk who is sent from the seclusion of a monastery back to his home Hierosolyma. There he meets a society, which stands on the edge of the collapse.

This comic raises the question of how much responsibility the individual has to bear for the development of his environment.

AWARDED WITH KREATIVRADAR BRANDENBURG 2013

"THE COMIC OF TOMORROW!"
Maz Märkische Allgemeine Zeitung

Galsan Tschinag

Das ergab einen guten Sommer, ja, den herrlichsten, den feuchtesten Sommer, den das mongolische Land in den letzten vier, fünf Jahrzehnten gehabt hat.

Und diese alarmierende Rückbesinnung ereilte mich ausgerechnet in dem Augenblick, da ich kurz davor stand, zu erfahren, ob die Regenmaschine wirklich das bringen würde, was ich von ihr erwartete: Bringt sie Regen, wird mein langjähriger Traum in Erfüllung gehen. Bringt sie keinen Regen, werde ich eine schmähvolle Niederlage erleiden.

Was wollte ich? Den verloren gegangenen Regen in die Steppe zurückholen und so meinem Land einen guten Dienst leisten. Ja, der Regen, der war für mich das Lebenswasser. So gesehen war ich seit Jahr und Tag und in diesem Augenblick der Märchenjunge, der Epos-Recke, der Held, der sich einer edlen Sache aufopfert. Der edle Sohn der Heimat und des Volkes. Der gütige Wohltäter der Steppe und ihrer Bewohner. Der mutige Retter des schwer bedrohten Kleinplaneten, der Mongolei hieß. Dann ging endlich, endlich die Sonne auf.

Das war der Augenblick, auf den ich gewartet hatte. Ich streckte mich gerade und fing an zu singen, zu schamanen, zu toben. Als ich es tat, bohrte ich meinen Blick unverwandt in die aufgehende Sonne. Dabei dachte ich, dass die Sonne das Auge des Himmels ist. Also wollte ich dem Himmel direkt ins Auge schauen, ja, mit ihm in Augenhöhe bleiben. Und mit ihm reden, ihn fragen. Ihm gegenüber aussprechen, was ich in diesem Augenblick dachte. Denn schließlich hatte ich schwerwiegende Gründe dazu. Also schrie ich nun, begleitet von Schwingungen des Wedels: „Nicht wir sind es, die Flugzeuge und Raketen gebaut haben und mit ihnen in dich hineinschießen und dich verletzen! Nicht wir sind es, die Autos und Panzer erfunden haben und damit das Antlitz der Mutter Erde verunstalten! Wir sind die Letzten, die zu Euch stehen und bis zuletzt danach trachten, Euch in Ruhe zu lassen und Euch weiterhin zu verehren! Warum, warum, warum aber trifft Eure bestrafende Peitsche uns immer zuerst? Ja, immer sind wir es, die leiden müssen, während die wahren Schuldigen unbestraft bleiben und immer, immer, immer frecher werden? Warum, warum, warum gebt Ihr uns keinen Regen mehr?"

Da brach ich in Tränen aus und schrie, brüllte, röchelte, gegen Tränen ankämpfend: „Oh, gebt mir doch für jeden Tropfen Träne einen Tropfen Wasser!" Und so zog sich dieses Geschrei, dieses Gezänk wohl in die Länge. Wobei ich längst nicht mehr wusste, wie lange das noch dauerte und was dazwischen, darüber hinaus noch geschah.

Ich war längst weg und tobte wohl, wie ein Wolf in der Falle. Irgendwann nahm ich wahr, dass jemand versuchte, mich von der Erde hochzuzerren. Dann kam ich langsam zu mir und erkannte, es war eine meiner Schwiegertöchter. Und da wurde mir bewusst, dass mein Gesicht voll Tränen und Rotz war, und die ganze Tracht voll Staub. Ich muss auf der Erde gelegen und heftig mit Händen und Füßen gezappelt und gestrampelt haben. Der Himmel konnte darauf unmöglich geantwortet haben, dachte ich nun. Doch hörte ich dann, als ich auf den Beinen stand und langsam, müde, müde, müde, wieder zu mir kam, die Kinder sagen:

„Schaut mal, Papa, auf den Himmel!" Ich tat es und sah, die formlosen Wolken über der Stadt, ach, eigentlich gar keine Wolken, sondern hässliche Massen aus Qualm und Dunst von vorhin, diese waren alle in heftige Bewegung geraten und waren nun dabei, sich zu richtigen Wolken zu formen. Und da dachte ich schnell, der Himmel hat doch geantwortet! Tatsächlich merkte man daraufhin, es kam ein Wind auf, der immer kühler wirkte. Und später erfuhren wir, die Temperaturen waren vom Morgen bis zum Mittag um vier Grad gefallen – obwohl das Gegenteil sonst normal gewesen wäre. Schnell kam ein Wind auf und nahm an Stärke heftig zu, so dass die Menschen, die dünn angezogen waren, in die Autos flüchten mussten. Vier Tage später gab es reichlichen Schnee, was schon ungewöhnlich für diese Jahreszeit war. Zwei Tage später fiel weiterer Schnee. Und dann kam endlich der ach so ersehnte Regen. Dem dann in kurzen Abständen weitere Regenschauer folgten.

Das ergab einen guten Sommer, ja, den herrlichsten, den feuchtesten Sommer, den das mongolische Land in den letzten vier, fünf Jahrzehnten gehabt hat.

Publication Date: August, 2015
Author: G. Tschinag & A. Burhorn
Pages: 160
Imprint: Aurum

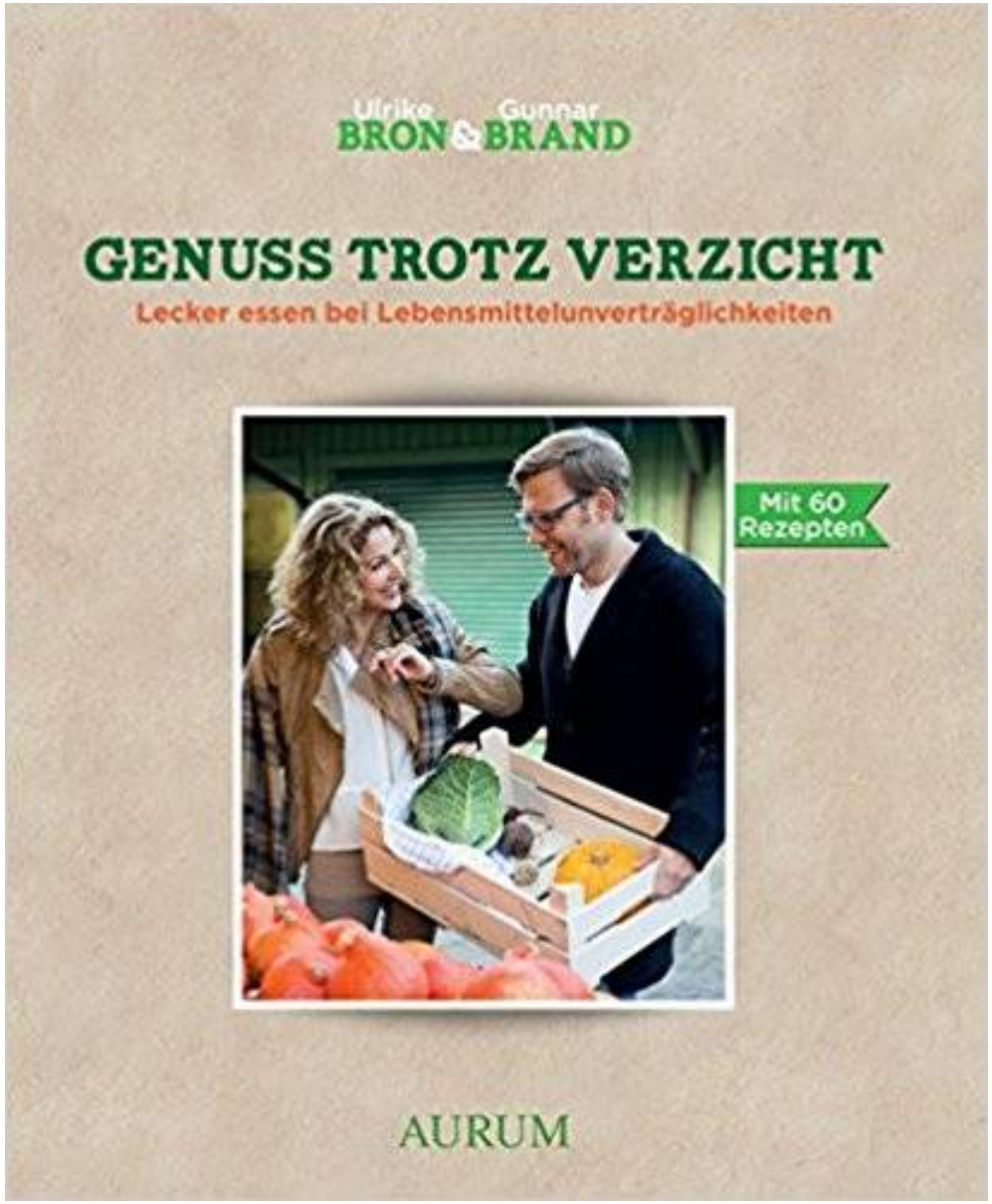
Chief, Shaman, Poet, And Wanderer Between The Worlds

After many works written by his own, here comes a book about him, the Mongol chief and visionary, highly esteemed shaman and healer, rooted in the tradition and nature-connectedness of the Tuwa nomads, poet and narrator in German language.

“The normad is the child, the friend and the guardian of nature”.
Galsan Tschhinag

Galsan Tschinag was awarded for his intensive efforts to reach an understanding between cultures with the Federal Cross of Germany in December 2002.

Pleasure Despite Renunciation



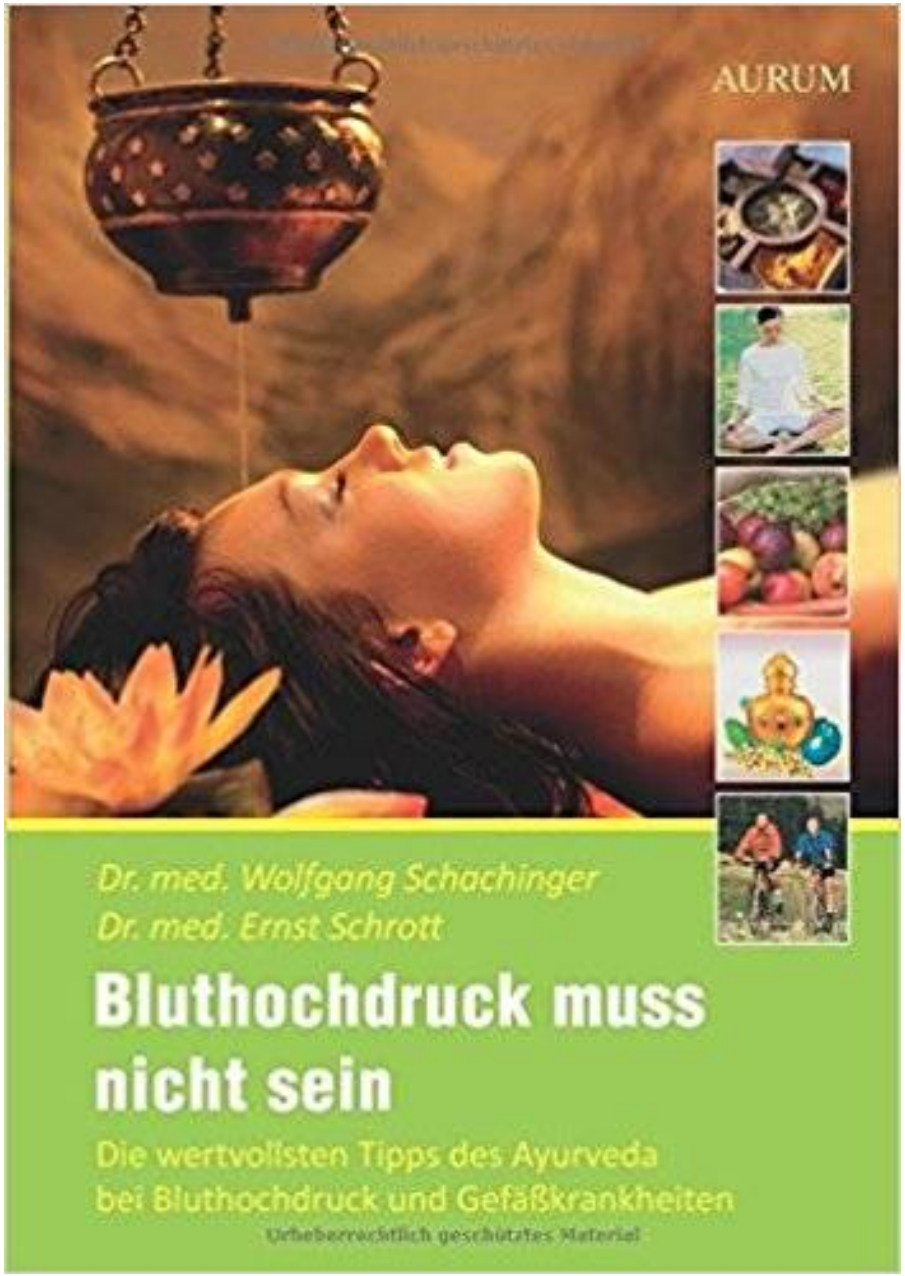
Publication Date: June, 2015
Author: G.Brand & U.M.Bron
Pages: 200
Imprint: Aurum

60 Delicious Food Intolerance Recipes

Are you suffering gluten, lactose or any other food intolerances? Then you might know that a necessary dietary change used to include a restricting of life quality by reducing a good taste of your meal.

Therefore, the authors of this practical guide developed delicious recipes, based on the strategy of clean eating, which make it possible for affected people to continue to eat well. Short ingredients lists also make it easier to get started and integrate the dietary change into everyday life. This is an everyday guide for those who have to renounce certain foods and still want to remain fit, powerful and happy. So, go ahead with this practical book and enjoy your food with a healthy life.

Don’t Live With High Blood Pressure



Publication Date: March, 2003/Reed. 2014
Author: Schachinger & Schrott
Pages: 140
Imprint: Aurum

Tips from Maharishi Ayurvedic Medicine

How to treat high blood pressure effectively. The holistic health model of the Maharishi Ayurveda - a bridge between old and modern medicine - offers a concept for the assessment, diagnosis and successful therapy of chronic rheumatic diseases.

This practical book introduces to the basic principles of Maharishi Ayurveda and provides individual treatments adapted to the patient, which contribute to the relief and healing of the complaints:

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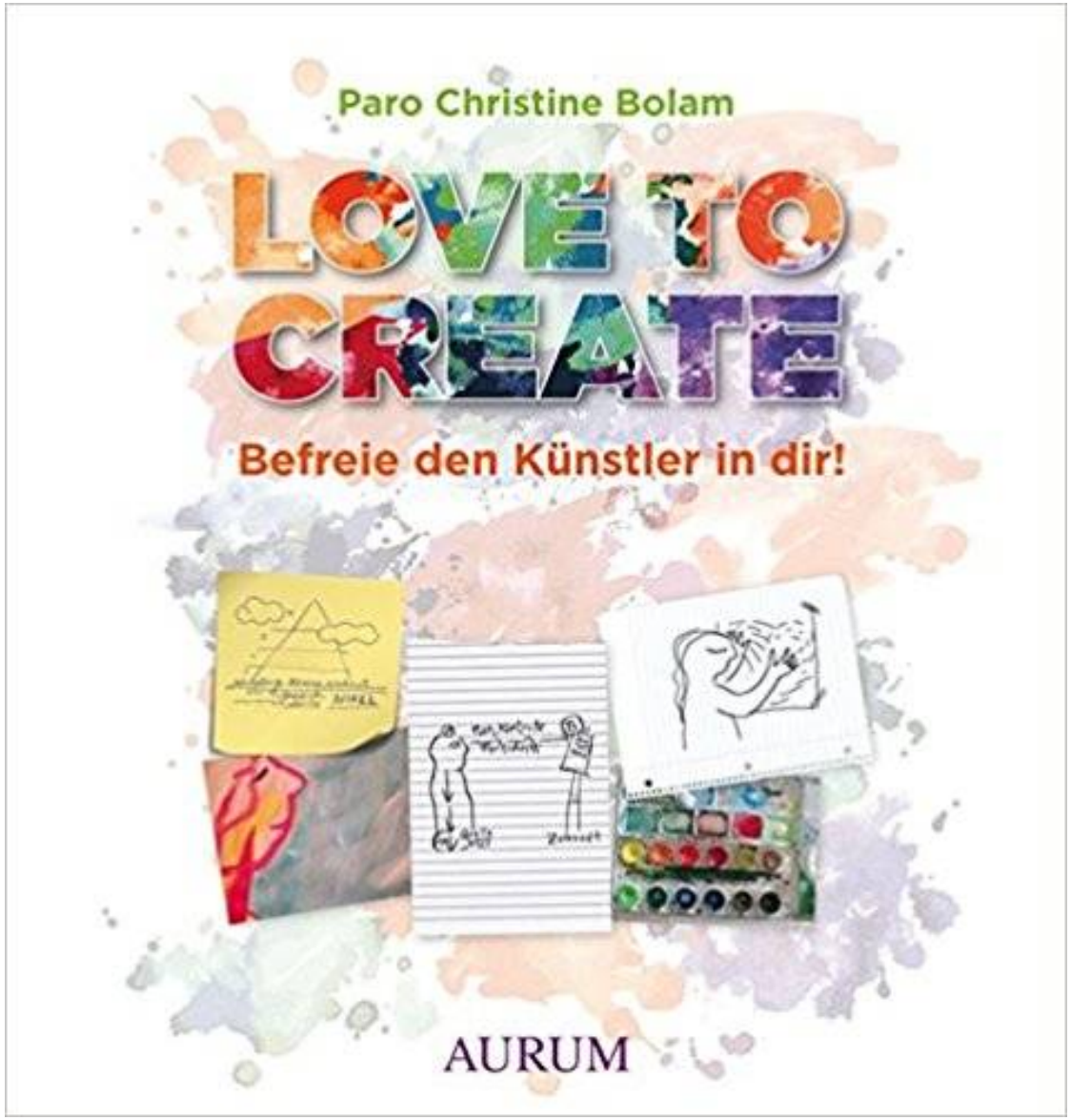
-nutritional recommendations
-medicinal plants
-yoga and other exercises

Love To Create



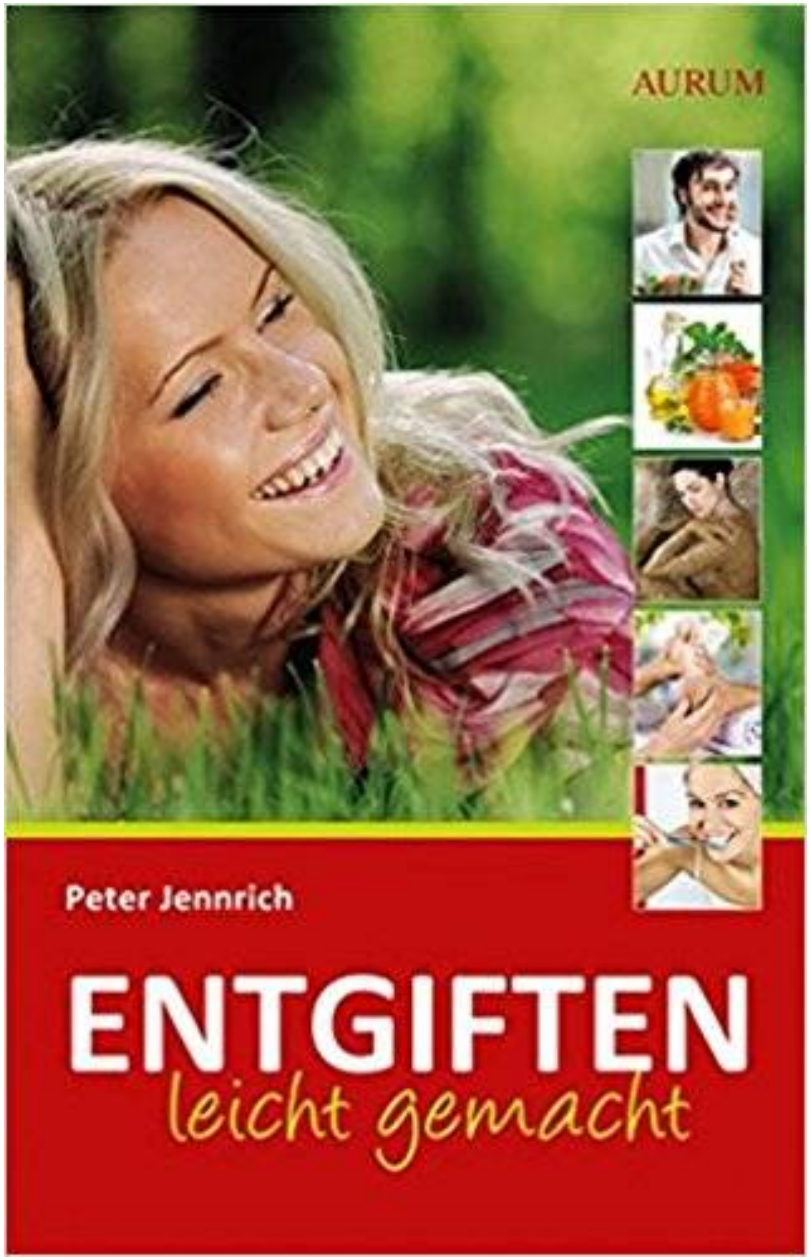
Publication Date: May, 2014
Author: Paro Christine Bolam
Pages: 196
Imprint: Aurum

Set Your Inner Artist Free!

Creativity is a gift that is given to each of us in the cradle. Unfortunately, it seems that somehow it get lost in many of us. Creative are apparently the others, the artists, the gifted, the geniuses. But in this book, we learn that we all can still carry the genius that we once possessed in ourselves and release it again.

Everything that the author tells and teaches in this book is based on her own experiences as well as on the experience of many of her students which have contributed to the book with short and lively texts on their experiences in painting. The principles of creative processes are always the same, but how we experience them is deeply individual. The greatness of this book is based in assessing the individuality of every human being while at the same time offers universally valid knowledge, exercises and practical solutions.

Easy Detox



Publication Date: October, 2013
Author: Peter Jennrich
Pages: 195
Imprint: Aurum

Anyone who is interested in a healthy way of life or in natural health care is used to be concerned with the topic of "detoxification" .

How many pollutants a human receives, how many of them can be eliminated by your body and which sort of damage heavy metals and chemicals can cause in the body depends on many factors.

This guide can help you to detox your body, as an aid to self-help and stimulation through a deliberate diet, by using medicinal plants or with help of essential oils and Schüssler salts or by the self-treatment of reflex zones.

I Walk Offline

Publication Date: September, 2013
Author: Thomas Ludwig & Günther Lehmann
Pages: 120
Imprint: Aurum

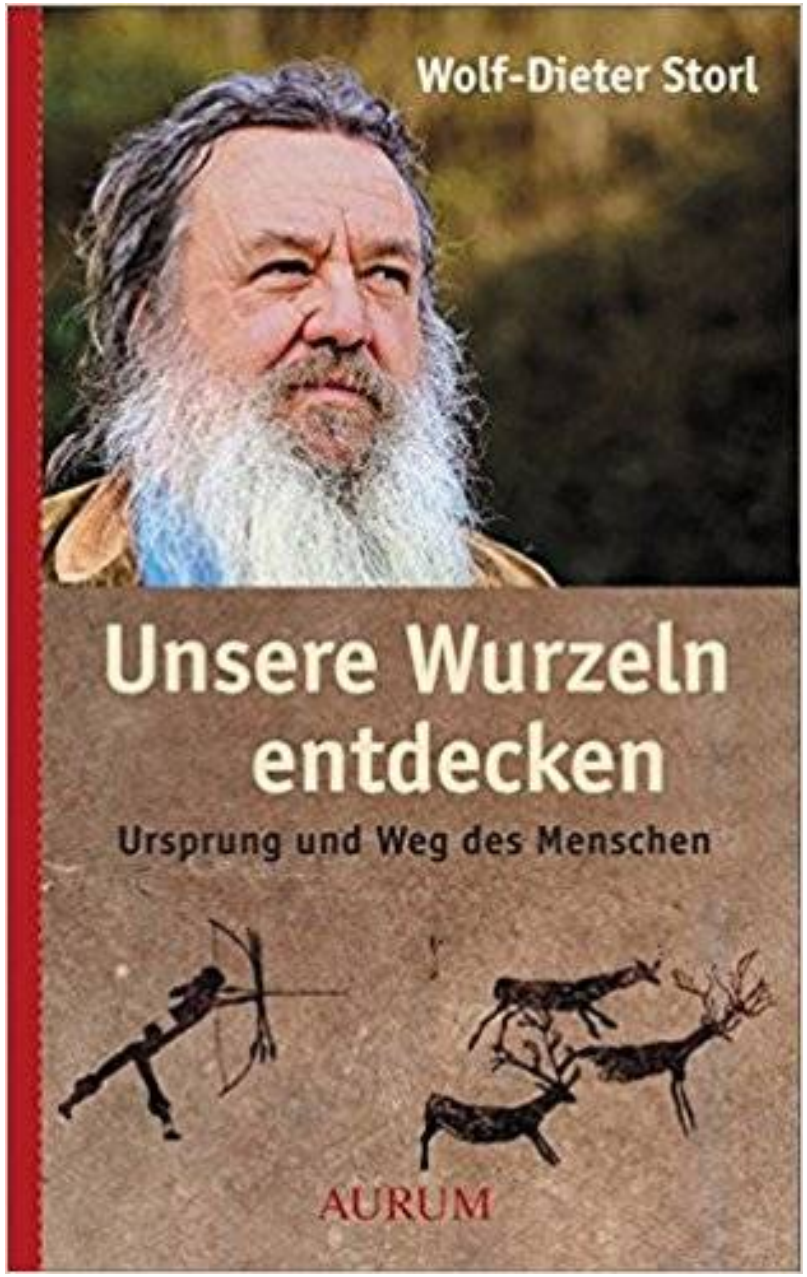
Meditative Walking-Practice

Are you always in motion? Are you professionally engaged, an executive or entrepreneur? Do you keep things running? Do you sometimes feel like you have more power than others? Then you are a mover! Being a mover is a great thing because you are generally respected and admired because you are so powerful.

But there are some shadows: It is very difficult to create space for a necessary rest when one is active and energized by its nature. If stress can not be relieved, it becomes overloaded and leads to diseases such as a burnout.

In this book you will find a practice-oriented and precise guide that allows you to combine your vital personality with the peace of an effective meditation and prevent stress and overload.

Discover Your Roots



Publication Date: August, 2013
Author: Wolf-Dieter Storl
Pages: 181
Imprint: Aurum

Our Origins And Paths

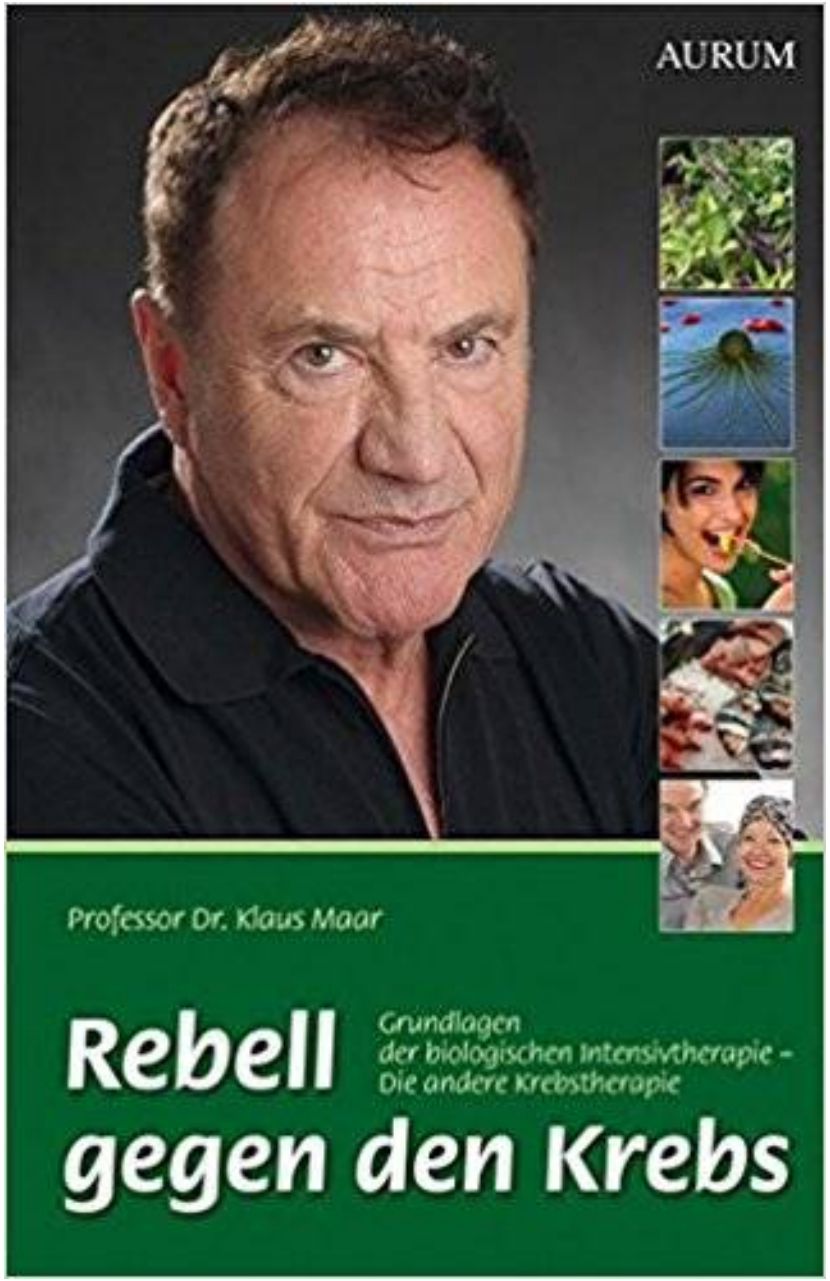
Where do we come from? Where are we going? What can we learn from old ways? How can our spirituality look like when we hear messages from the early days of the people and include them in our habitat?

Wolf-Dieter Storl answers the great questions of our lives, links them with his experiences with indigenous peoples - especially the American Indians - and places them in the context of our modern world.

A very personal interview, which leads us back to our roots.

www.storl.de

Rebel Against Cancer



Publication Date: March, 2013
Author: Prof. Dr. Klaus Maar
Pages: 220
Imprint: Aurum

Biological Intensive Care: A Different Cancer Therapy

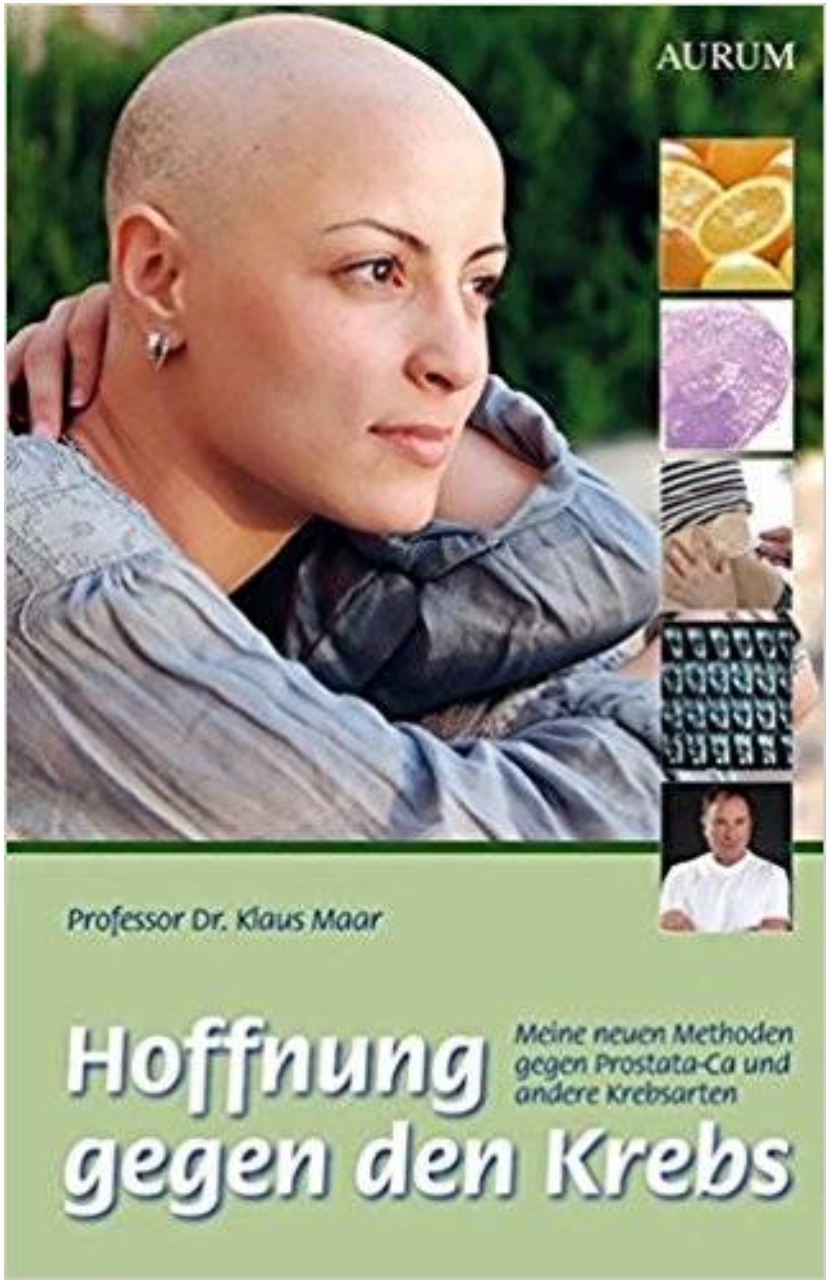
Hotly discussed in medical circles, often branded as a rebel, revered by his patients as an exceptional medicine, who has saved a great number of lives for years, Prof. Klaus Maar is an extraordinary doctor.

He does not shy away from expressing truths that are unpleasant to other specialists.

The biological intensive care therapy developed by him for more than 15 years is so far unique.

It bundles biological healing powers, which at the same time can kill cancer cells and solidify the body's defense. Read more in this book!

Hope Against Cancer



Publication Date: March, 2013
Author: Prof. Dr. Klaus Maar
Pages: 148
Imprint: Aurum

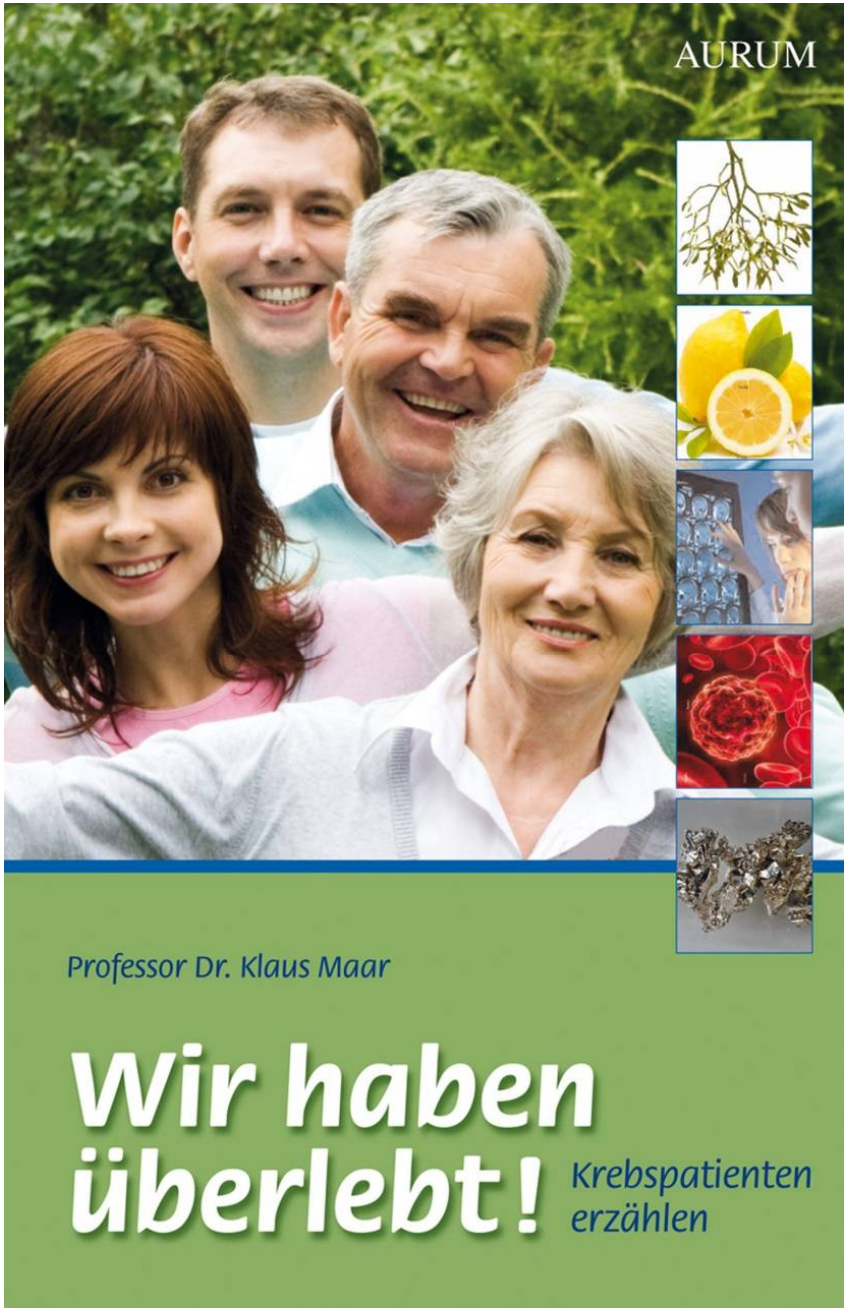
New Methods Against Prostate-Ca And Other Types Of Cancer

The new book of the well-known author of the popular 'Rebel against Cancer' and 'The Truth About Prostate Cancer' is addressed to all cancer patients.

His latest methods and insights provide insightful insights and outlooks on both prostate cancer and promising treatment of cancer in general and the work of the doctor.

Views and insights on the media and health policy supplement the medical aspects of the book.

We Have Survived

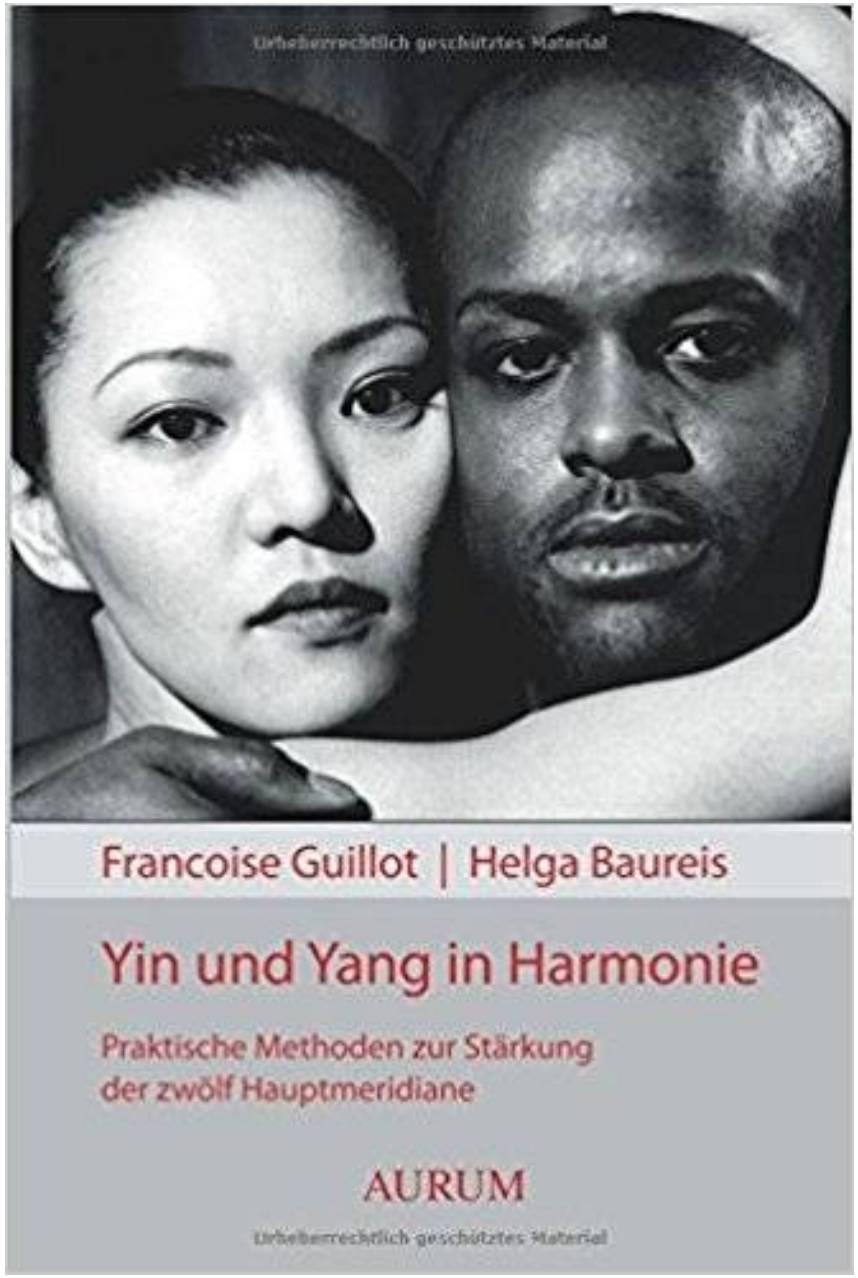


Publication Date: March, 2013
Author: Prof. Dr. Klaus Maar
Pages: 150
Imprint: Aurum

Diagnosis: cancer. A shock. For those which are affected, a time of hope and anxiety starts: What does the disease mean for my life? In which form of therapy do I place my trust? How do my environment react?

The variety of possible treatment methods sometimes gives the affected person the feeling of being the object of an anonymous health care system. Time for a change of perspective! Prof. Dr. Klaus Maar, the developer of a complementary medical procedure, the tried and tested biological intensive care regimen, asked his patients to relate their experiences. The result is a gripping kaleidoscope that shows how people can grow on a life-threatening illness and what really helps to maintain the quality of life in this situation.

Ying and Yang in Harmony



Publication Date: December, 2012
Author: Guillot & Baureis
Pages: 165
Imprint: Aurum

Practical Methods For Strengthening Your Twelve Main Meridians

This book enlighten the mysterious darkness of the action of Qi in us and in the nature around us, explaining in an easily comprehensible way what we can do to track down and harmonize disturbances of the flow of energy in the meridians.

The methods which are explained in this book for strengthening and harmonizing the meridians include meridian stretching exercises, exercises from the inner Qi Gong, working with positive patterns of thought as well as with different exercises from kinesiology.

Also, detailed nutrition tips for the strengthening of the individual meridians are included in this work.

Photographs of Aki Kato and Luchis Huddleston, both dancers of the National Ballet of Germany complete this book.

Heavy Metal Detox

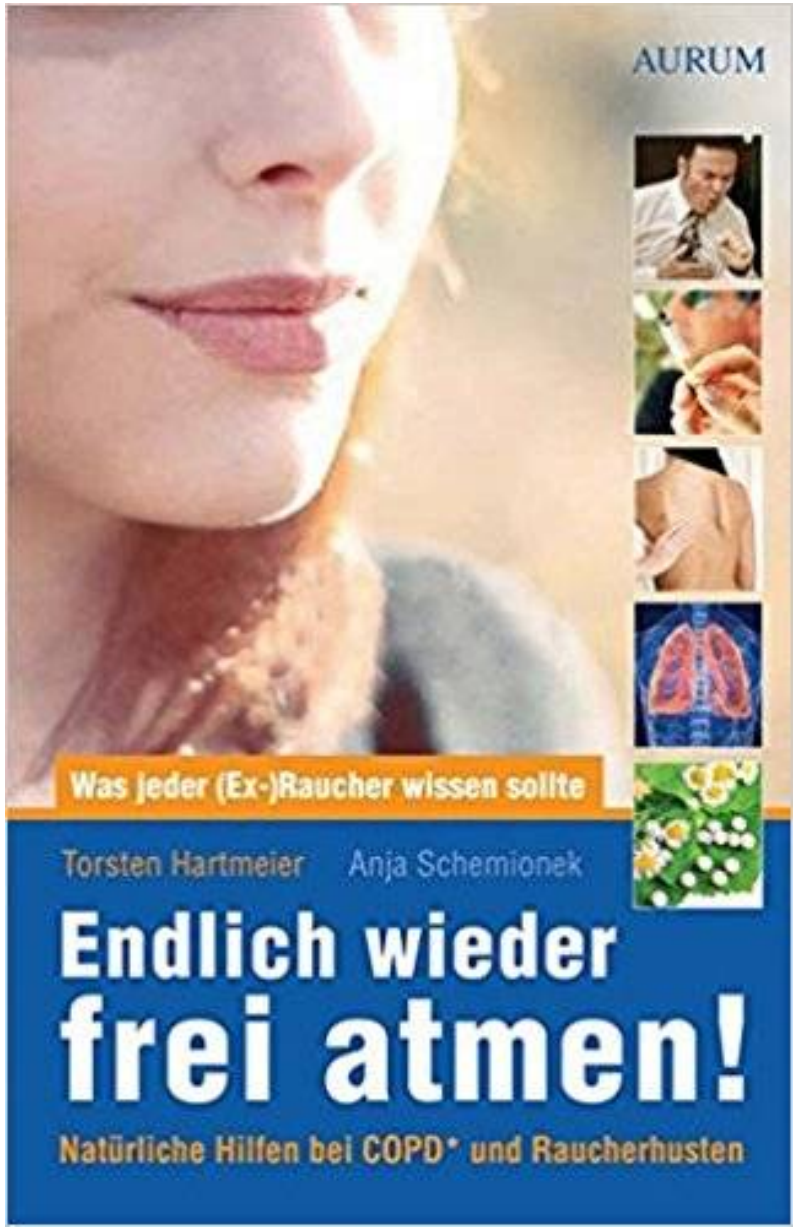
Publication Date: October, 2012
Author: Peter Jennrich
Pages: 253
Imprint: Aurum

Heart attack, depression, insomnia, problems with concentration, migraine, multiple sclerosis, cirrhosis of the liver: heavy metals contribute significantly to the development of these and many other diseases, including those in which no one thinks of a creeping poisoning.

In this book the author Peter Jennrich explains what school medicine, health systems and politics deny: the metallic poisons are collected in the body for decades. When further stresses occur, the tolerance threshold of the body is exceeded and gives the rash between health and disease. An infection, an accident or simply stress can then radically change your life.

Affected patients tell you in this guide about their experiences and therapy paths and show what can happen when the body is released from environmental toxins.

Breathe Freely Again!



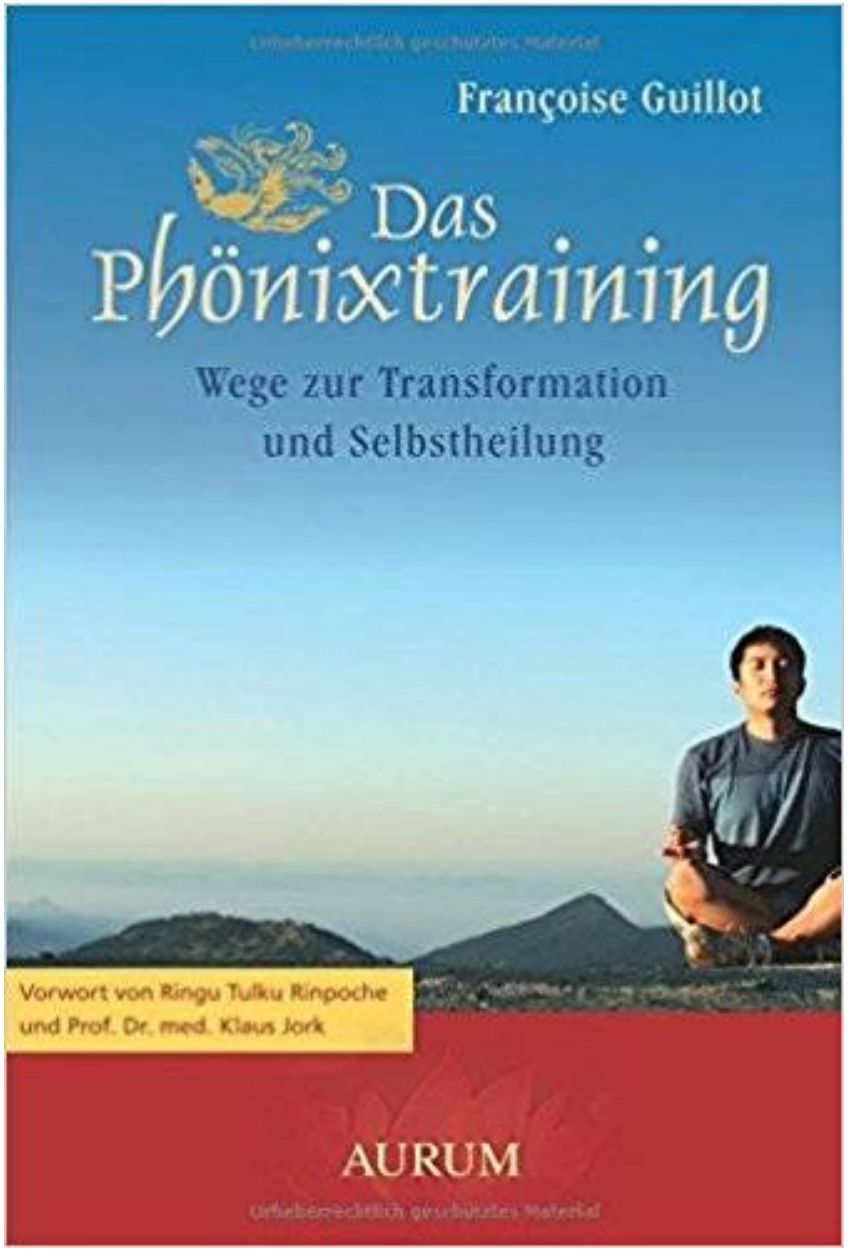
Publication Date: September, 2012
Author: Hartmeier & Schemionek
Pages: 148
Imprint: Aurum

Natural Remedies Against Smoker's Cough

This guide is more than the usual advice on smoking and breathing difficulties. In this book, a naturopath summarizes his extensive experience and presents his promising quintessence.

Where conventional medicine only spreads hopelessness, this book presents gentle and everyday remedies and breaks the dogma that everything can only get worse! You can find tips that makes smoker's cough more bearable and improve smoker's health.

The Phoenix Workout



Publication Date: July, 2012
Author: Françoise Guillot
Pages: 165
Imprint: Aurum

Pathways To Transformation And Self Healing

An extraordinary plea for a holistic view of health and healing. A book that takes courage and leads to one's own inner strength.

Based on her own experiences of illness and suffering, the author shares with the reader her fascinating conviction that illness can also contain a yearning: the longing for our true home, the origin of our existence. The strongest imbalance, the crisis, can show us how much we long for security and peace.

With in-depth medical knowledge, the author introduces us to our intuitive knowledge of our own resources, which will show us the path to healing. Deep relaxation, friendly, unconditional acceptance of our condition, mindfulness and deepened perception unfold the self-healing powers which are applied in all of us.

Natural Antiaging

Publication Date: December, 2011
Author: Anne Hild
Pages: 148
Imprint: Aurum

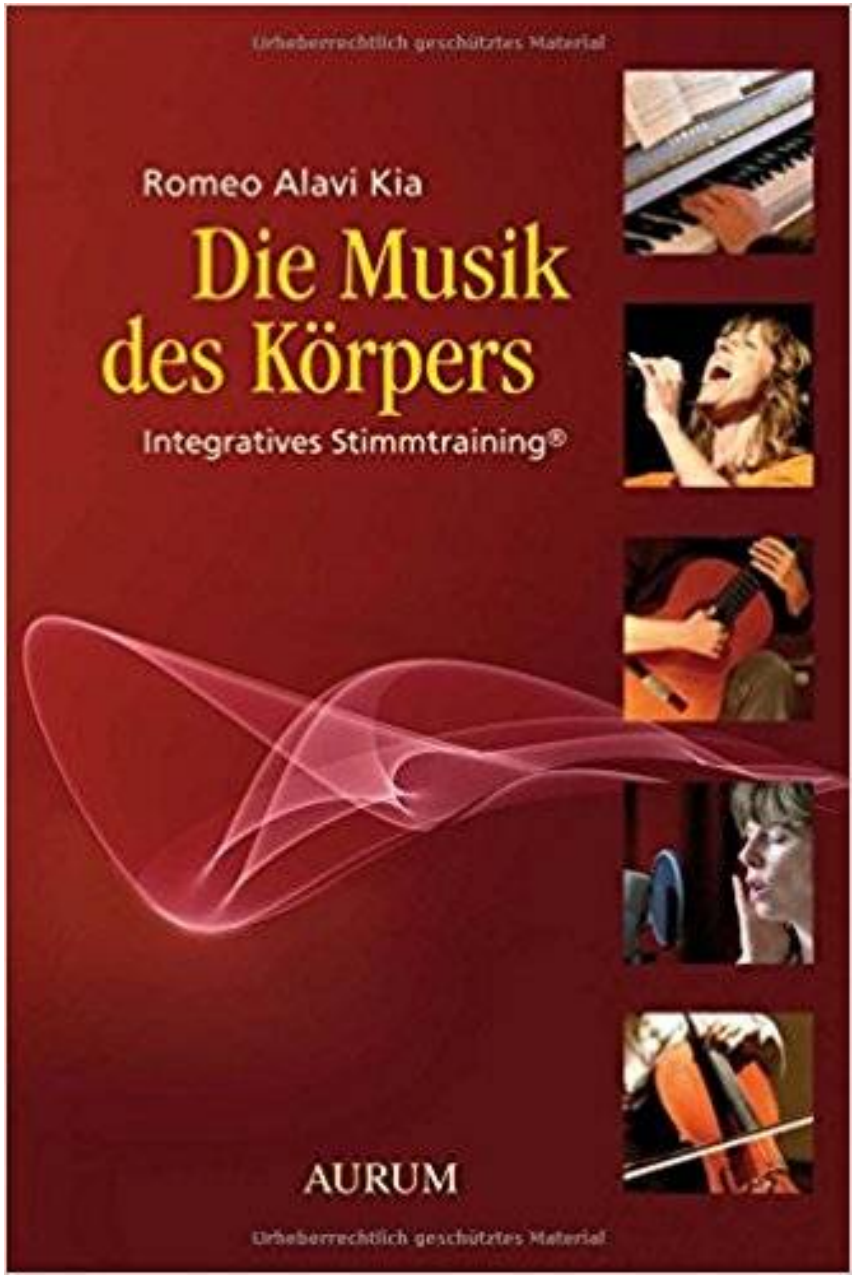
Keep Young With The Power Of Your Hormones

How can I stay young for more time? This book shows the immense importance that hormones have on our aging process and what you can do to stay young with the power of the hormones.

What can every woman and every man do to ensure that the hormones are sufficiently present and balanced even in old age?

The goal is a healthy, fulfilled and thus also longer life.

The Music In Your Body



Publication Date: March, 2009
Author: Romeo A. Kia
Pages: 160
Imprint: Aurum

Integrative Voice Training

Singing and making music can be so easy and difficult at the same time. Romeo Alavi Kia, who has been accompanying people for many years to find their voice, explains in this book how to combine strength, inspiration, creativity and passion through a voice or instrument, expressing one's own potential.

Using many examples, the reader learns the importance of harmony, openness and friends when you want to discover yourself.

A wonderful book with many exercises that help us to achieve greater well-being.

Dolo-Taping

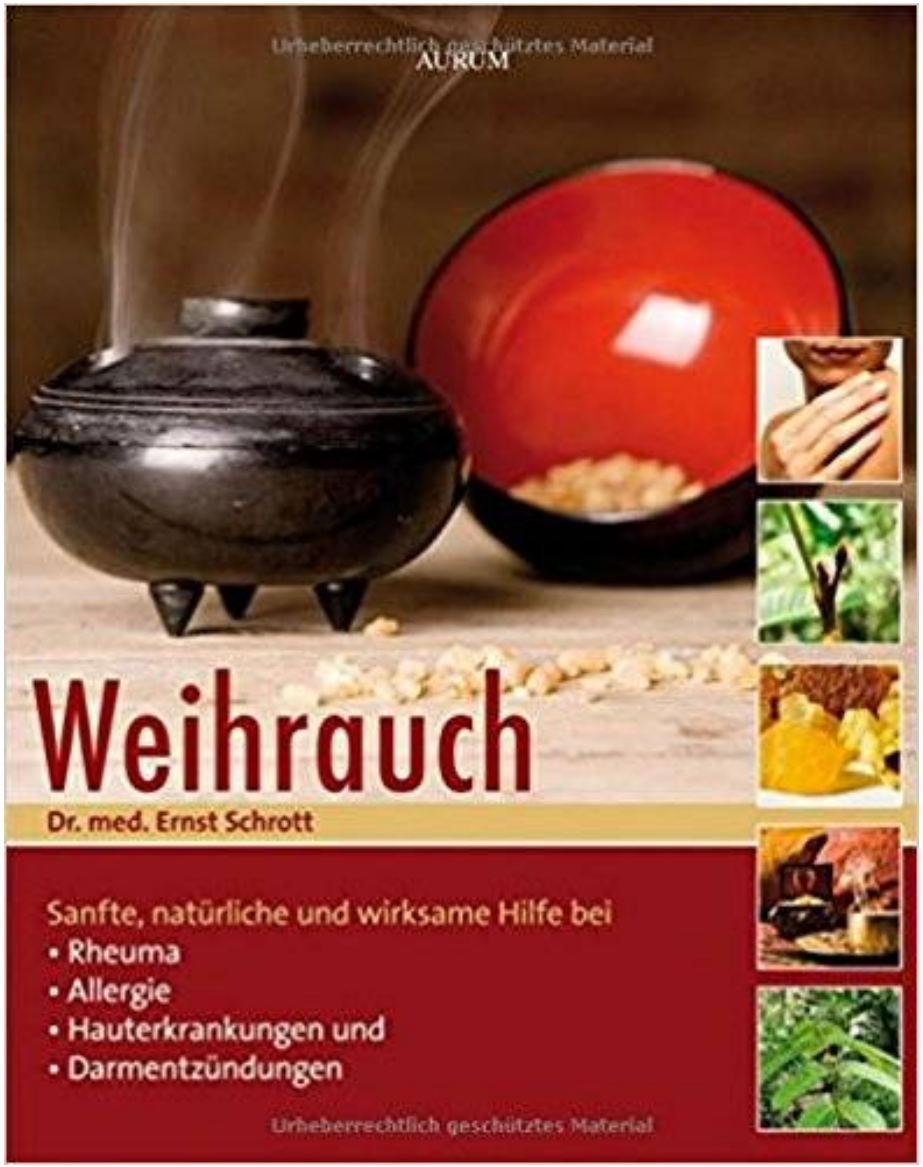
Publication Date: March, 2008
Author: E. Reichardt & N.Lutter
Pages: 268
Imprint: Aurum

The Gentle Way Of Pain Therapy

Dolo-Taping is a further development of the well-known Kinesio taping from Japanese doctor Dr. Kenso Kase. Thanks to many years of experience, the two authors have been able to supplement this recognized pain therapy with elements from acupuncture, color therapy and the Dorn method. The result was a therapy with a holistic view of the patients and their complaints. Dolo-Taping is a treatment concept, which directly reduces the symptoms of pain. Muscles and / or muscle groups are covered with a flexible, cotton-tanned skin to remove irritation from the muscles and often brings immediate relief in pain.

The book can be used for the training of physiotherapists, masseurs, doctors, midwives or naturopaths. With numerous illustrations the different tapes are explained step by step and picture by picture.

Incense



Publication Date: December, 2007
Author: Dr. Med. Ernst Schrott
Pages: 112
Imprint: Aurum

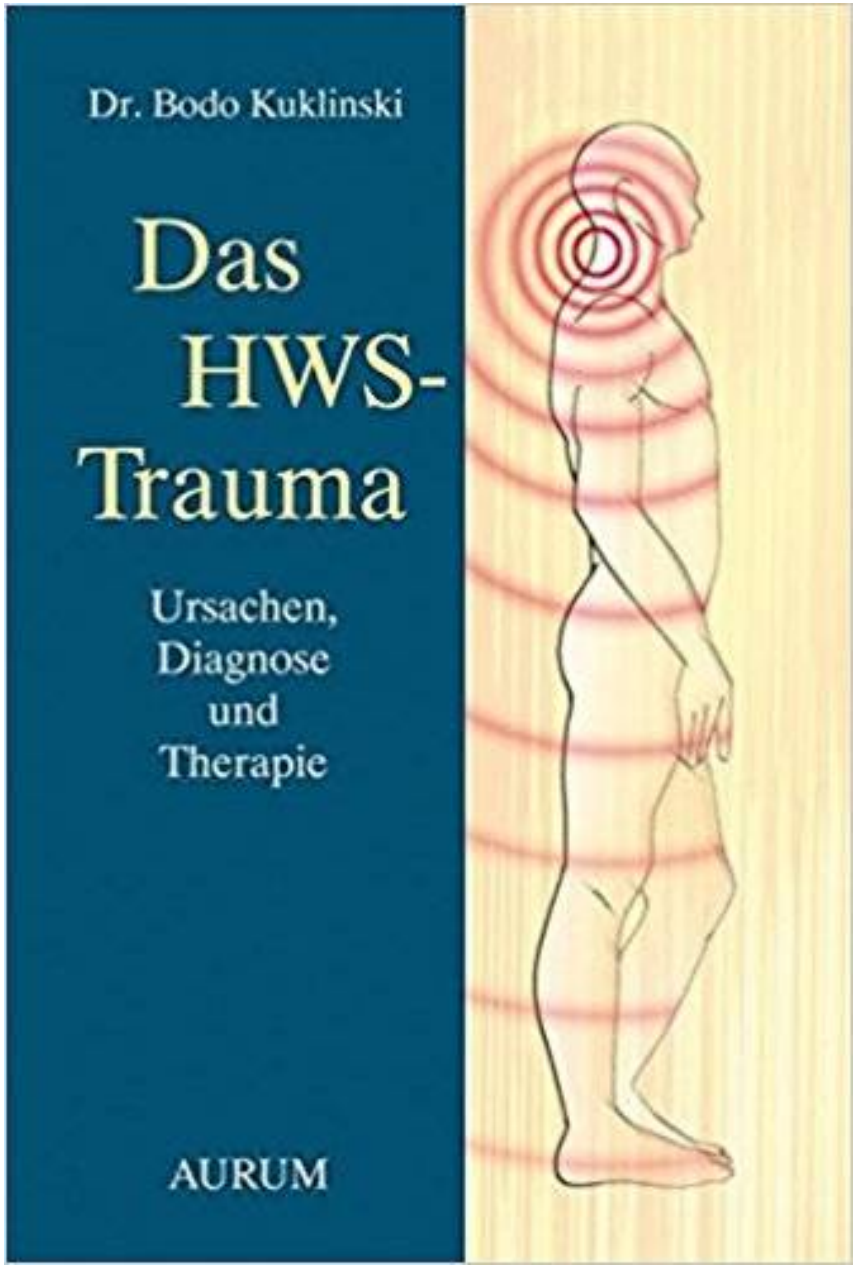
Rediscover the extraordinary healing power of incense

Which are the benefits of incense for certain diseases? Which preparations work and where can they be purchased?

These and many other questions are answered in a competent and comprehensible manner in this book. With lots of suggestions and tips for self-help with oil, ointment and smoke with everyday problems such as colds, skin diseases or inflammations, this book is a valuable aid for anyone who consciously and responsibly handles with his body and health.

A gentle, natural and effective help with rheumatism, allergies, skin diseases or intestinal inflammation.

The Cervical-Spine-Trauma



Publication Date: September, 2006
Author: Dr. Bodo Kuklinski
Pages: 286
Imprint: Aurum

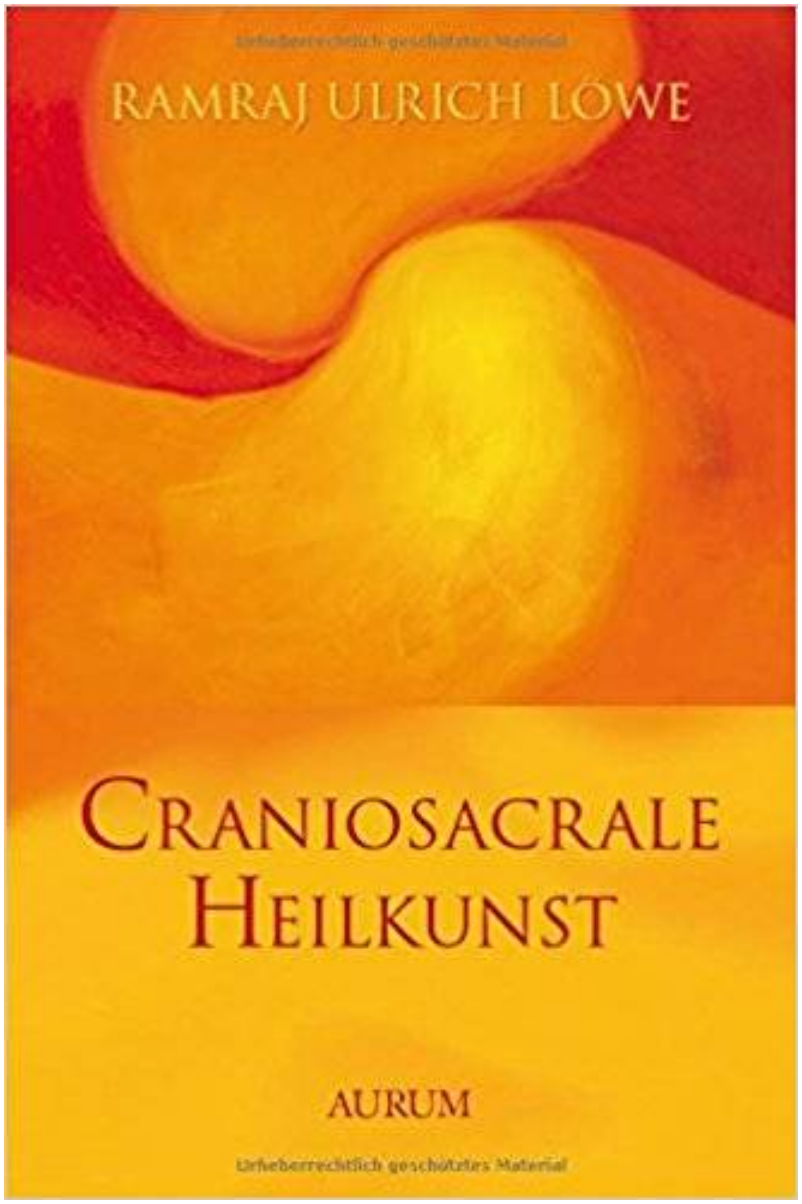
Causes, Diagnosis and Therapy

Every doctor knows these patients: They come again and again and report with worried voice about pain here and heart stumbles there. They have unexplained headaches, sleep disorders, back pain, they are tired and have pale face skin. Also their intestine is not in order and sometimes they have difficulties to breath.

"The cervical trauma is the cause of many chronic diseases!" This thesis is confirmed by Dr. Kuklinski in his current book: he presents the basic principles, diagnostics and the far-reaching effects of the damaged cervical spine.

The book presents a new and successful therapy concept and addresses to all therapists who really want to treat their patients. Despite the material and biochemical references, the work remains understandable and easy to read.

Craniosacral Therapy



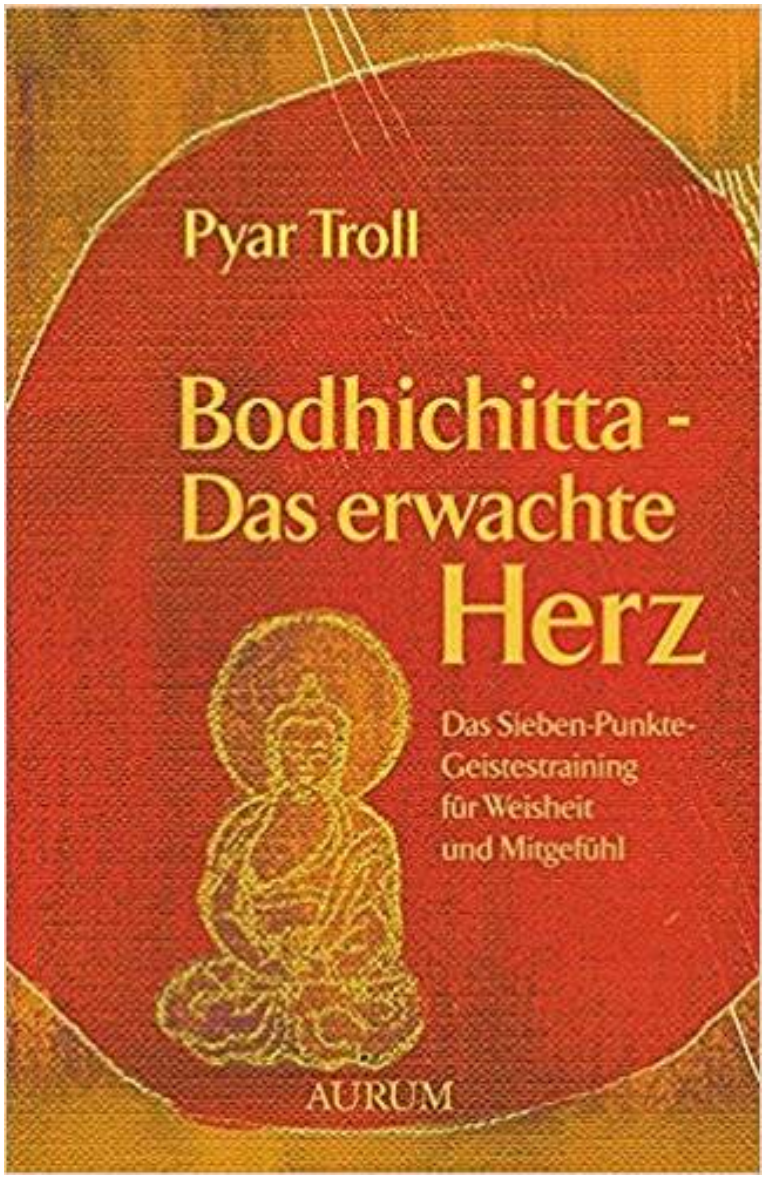
Publication Date: September, 2005
Author: Ramraj U. Löwe
Pages: 424
Imprint: Aurum

This book provides a comprehensive and basic work which is designed to stimulate and deepen craniosacral students and practitioners as well as therapists of other therapies and healing methods.

Case studies and session reports illustrate how the approaches detailed above are interrelated and interrelate. A wonderful book that finally manages to combine different approaches and dimensions of craniosacral therapy.

Ramraj Ulrich Löwe has been working with craniosacral therapy for many years and has been a therapist for more than 10 years. He has studied in America with John Upledger and has deepened and expanded his knowledge among others with Franklyn Sills and Rollin Becker.

Bodhichitta- The Awakened Heart



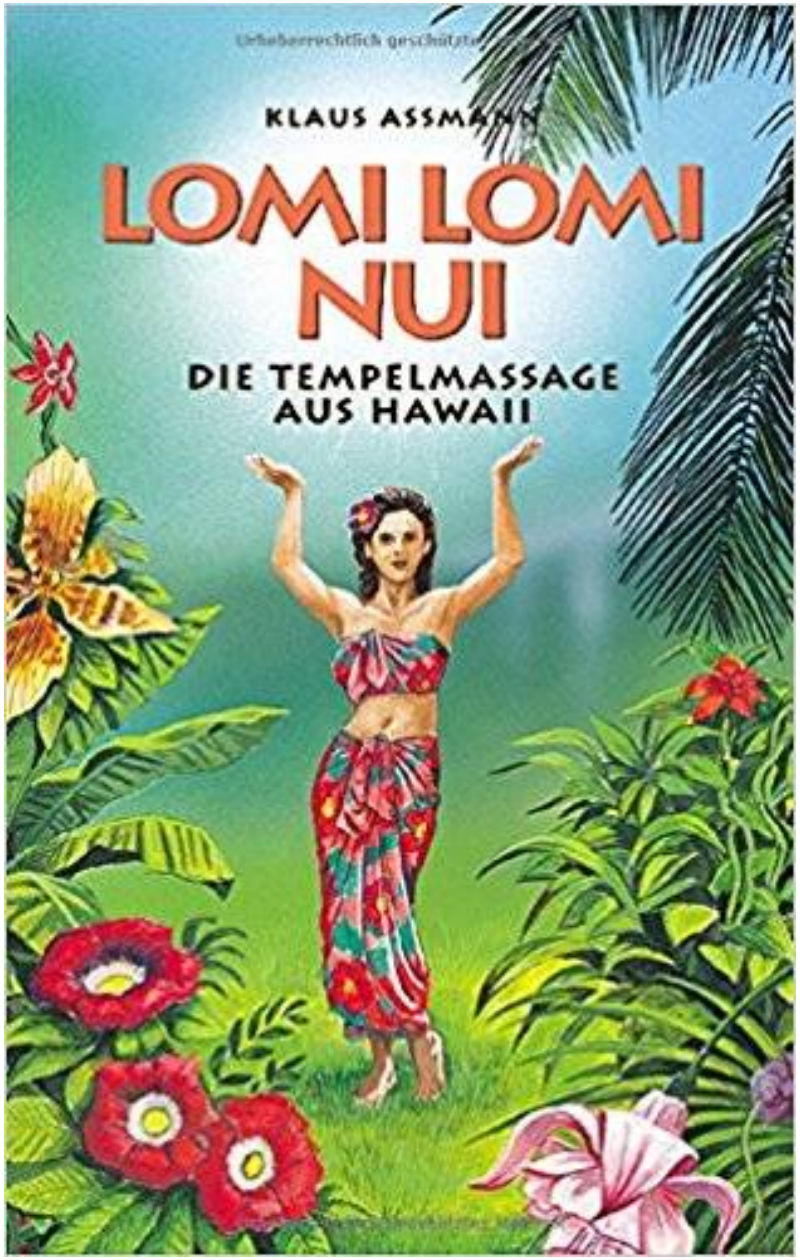
Publication Date: March, 2005
Author: Pyar Troll
Pages: 342
Imprint: Aurum

The Seven-Point-Mind-Training For Wisdom And Compassion

Atisha's seven points of mind training are a treasure of Tibetan wisdom literature from the 11th century AD. These practical instructions, however, are not obsolete, but provided in this book with the author's commentaries, being a wonderful practical help for modern Western people.

The essential aspect of the book, the awakening of Bodhichitta and the enlightenment spirit, in which wisdom and compassion come together, also offers profound tools for the benefit of all beings. Wisdom and compassion are at all times like two wings that carry us on our way, and they allow our deepest longing for experiencing unshakeable happiness, peace and silence.

Lomi Lomi Nui



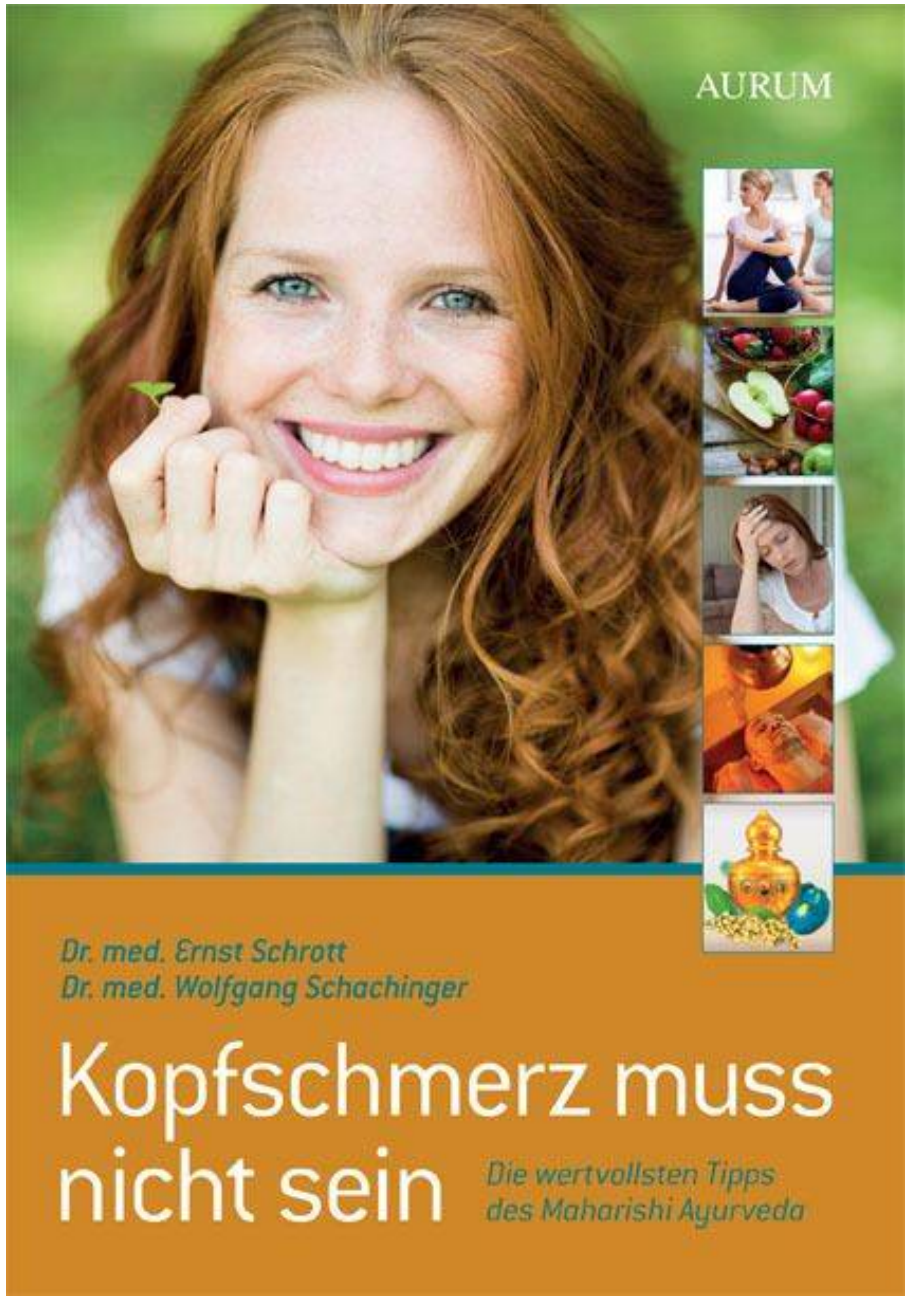
Publication Date: September, 2003
Author: Klaus Assmann
Pages: 148
Imprint: Aurum

The Temple Massage From Hawaii

LOMI LOMI NUI means “a massage that conveys unique well-being “ where the connection with the natural environment plays an important role.

A LOMI LOMI NUI massage therapist is expected to be able to connect himself with the elements of water, earth, air and fire and with all living things around him. During the massage performed with hands and forearms, the energies of the massage therapist combine with the energies of the person he massages, and value-free love flows from body to body, from cell to cell, from breath to breath. The goal is the harmonization of the whole system, the flow of all energies and the liberation of stress. LOMI LOMI NUI is a mixture of ritual, dance and bodywork practiced by the wise Kahunas in the temples of Hawaii.

Don’t Live With Headache



Publication Date: 2002
Author: Schachinger & Schrott
Pages: 140
Imprint: Aurum

Tips from Maharishi Ayurvedic Medicine

How to treat headache effectively. The holistic health model of the Maharishi Ayurveda - a bridge between old and modern medicine - offers a concept for the assessment, diagnosis and successful therapy of chronic rheumatic diseases.

This practical book introduces to the basic principles of Maharishi Ayurveda and provides individual treatments adapted to the patient, which contribute to the relief and healing of the complaints:

-beneficial oil massages and baths
-nutritional recommendations
-medicinal plants
-yoga and other exercises

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