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Rights Guide
London Book Fair 2019

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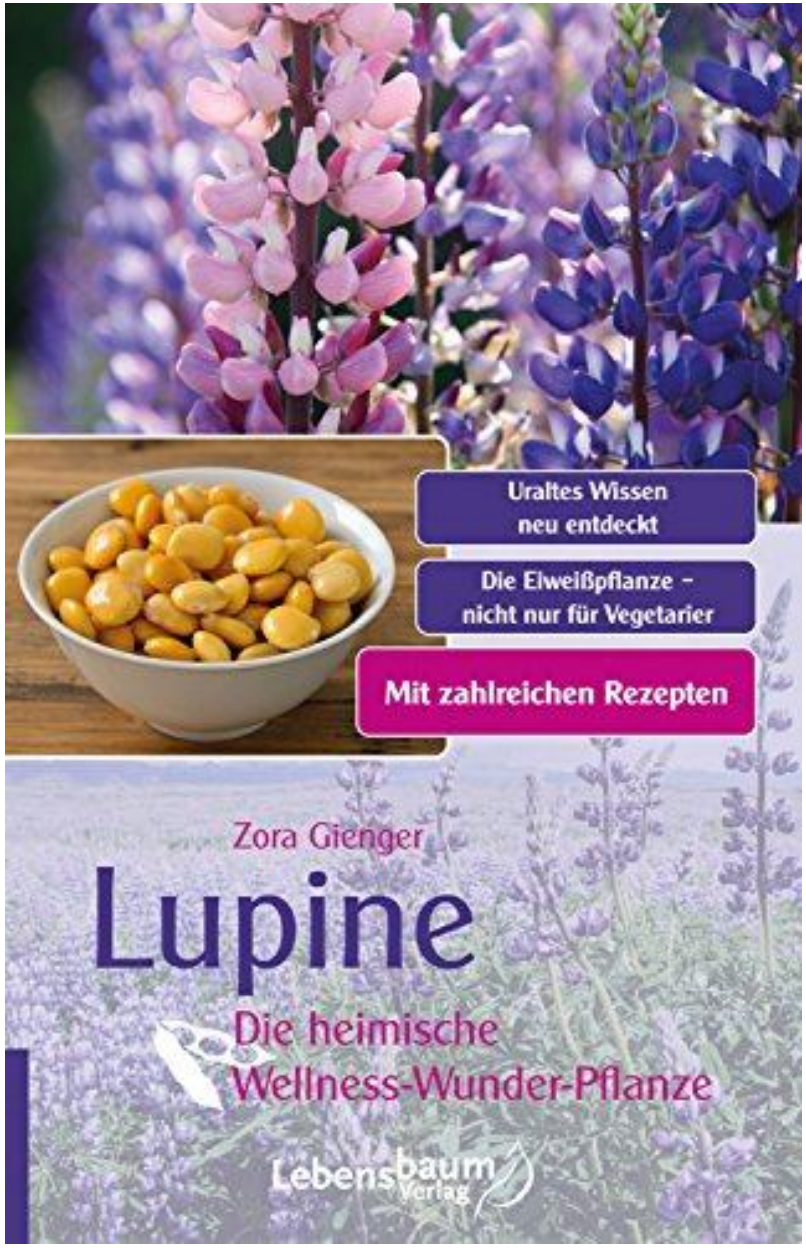
Lupines



Publication Date: March, 2017
Author: Zora Gienger
Pages: 96
Imprint: Lebensbaum

Power Food Lupine

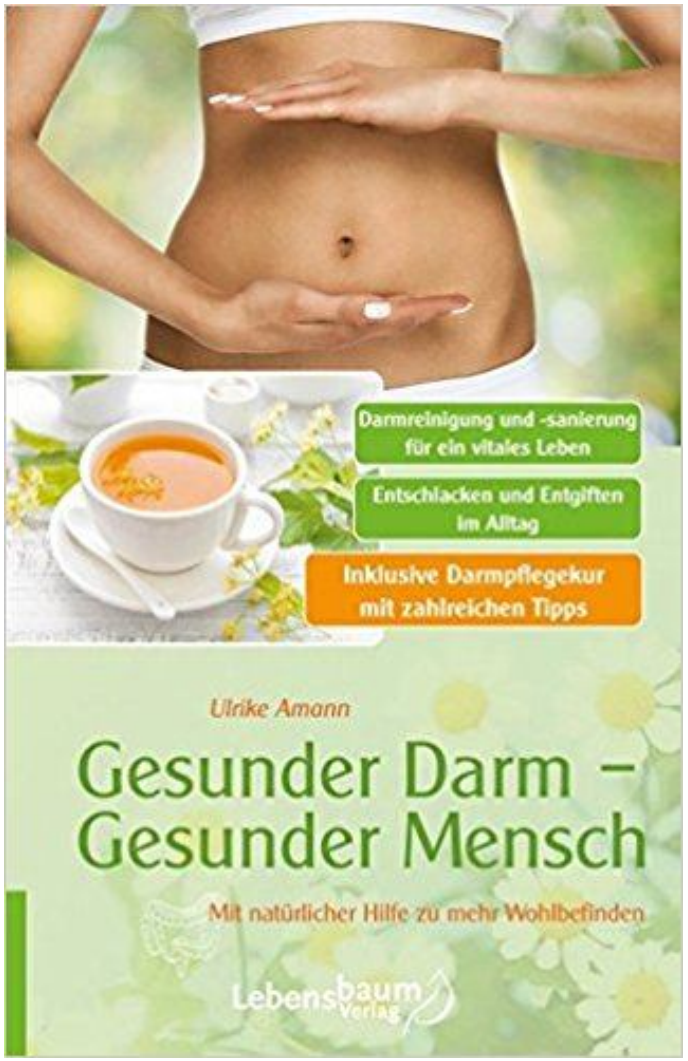
Lupines are not only protein supplier for vegetarians and vegan, but they have many positive effects for our health and can be used in every day life for our all around wellness.

Lupines bean products add nutritional value to our diet, because they are packed with fiber, protein, B-complex vitamins and essential minerals and they are a very high quality protein source.

The author of this practical guide gives tips and tricks for lupine cooking, as well as for creating natural cosmetics.

Rediscover in this book ancient knowledge about this wellness wonder plant!

Healthy Gut – Overall Health



Dutch rights sold!

Publication Date: September,2016
Author: Ulrike Amann
Pages: 64
Imprint: Lebensbaum

Improve Your Digestion To Boost Your Mood And Metabolism

Our intestine is often referred to as the switching center of our well-being. The gut has not only an effect on our digestion, but on our whole health and mood. Numerous diseases have their origin in an imbalanced intestinal flora.

In this book, you will read about different methods of intestinal care, colon cleansing and rehabilitation: from various fasting cures, healthy juices and herbal teas to a balanced diet.

This guide includes numerous practical tips for detoxification, easy to integrate into everyday life and a comprehensive massage program for overall wellness.

Green Lipped Mussel

Polish rights sold!

Publication Date: April, 2010
Author: Birgit Kahle
Pages: 64
Imprint: Lebensbaum

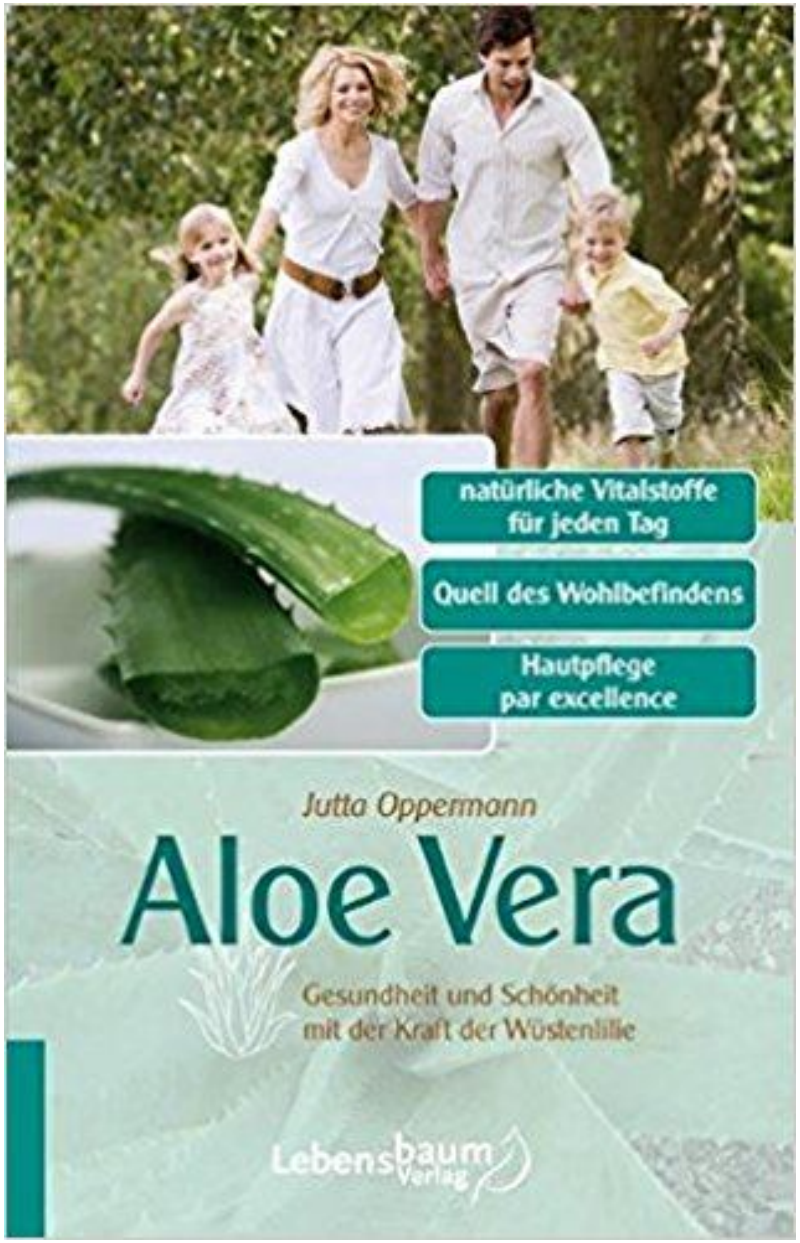
Natural Nutrition For Healthy Joints

Green lipped mussel extract is a treatment option for a variety of different health issues including osteoarthritis, rheumatoid arthritis, joint pain caused by cancer treatments, asthma and daytime wheezing. The oil extracted from these miracle muscles acts as an anti-inflammatory agent that is totally natural and very powerful.

These supplementary nutrients aid in the preservation of mobility and joint health, functional cartilage, a healthy heart, glowing skin and overall health concerns.

Read in this book the wide range of issues that can be treated with green lipped mussels from New Zealand.

Aloe Vera



Publication Date: November, 2010
Author: Jutta Oppermann
Pages: 64
Imprint: Lebensbaum

Health And Beauty From The Desert

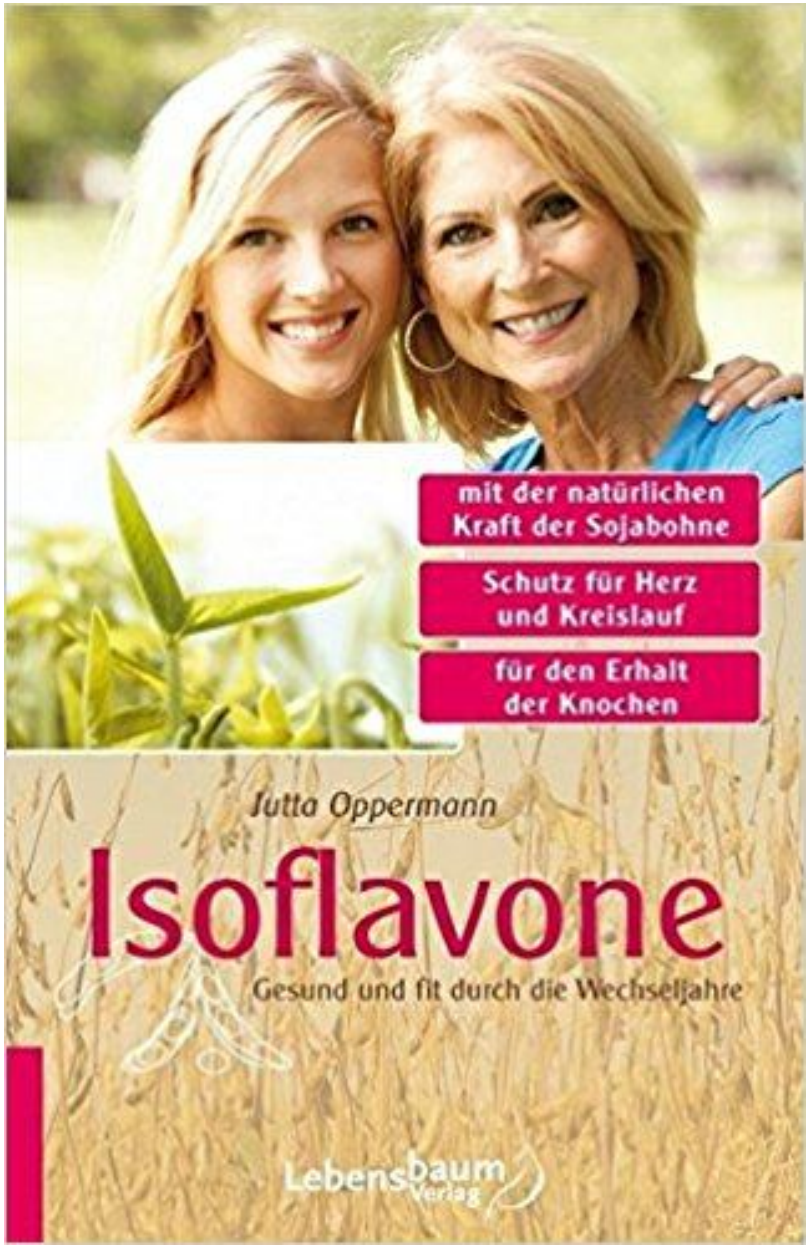
Since ancient times Aloe Vera has been revered for its beauty-enhancing and health-promoting properties. With its high proportion of vital substances in a unique composition, it is still used today to support the wellbeing and to give us beauty inside and out.

The gel obtained from its leafmarks is mainly used as a moisturizing care product in cosmetics.

The plant, however, is much more than a beauty-charm. Its gel can be used as high-quality food that strengthens and regenerates the body.

This guide reveals everything you need to know about Aloe Vera and how the plant can be used daily for beauty and health.

Isoflavones



Publication Date: November, 2010
Author: Jutta Oppermann
Pages: 64
Imprint: Lebensbaum

Fit And Healthy Through The Menopause

The health-promoting effects of small beans and their products such as tofu, tempeh and miso can be very useful for your diet.

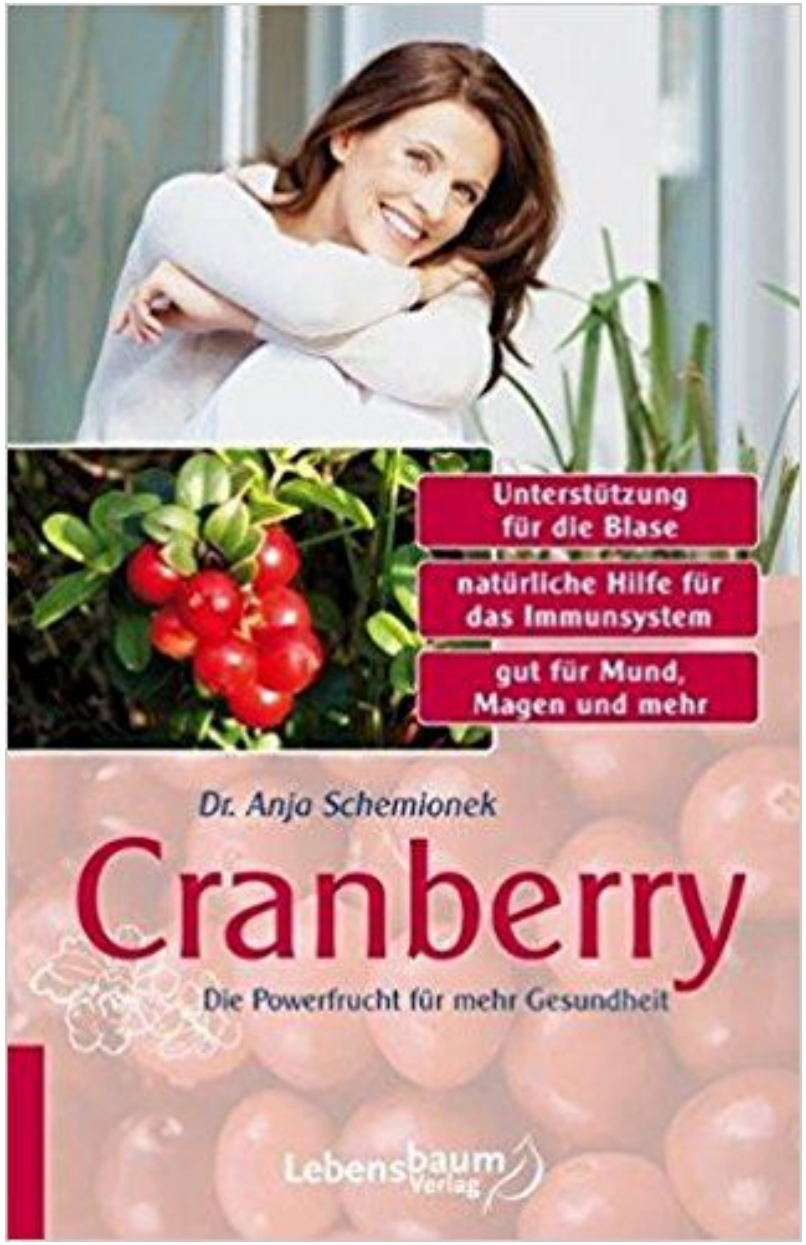
Soy beans contain isoflavones, which have a positive effect on the body in many ways. In women, these estrogens from a plant contribute gently to regulate the hormonal balance and thus increase the well-being before, during and after the menopause.

But Isoflavones can do more: They destroy harmful free radicals, support the bone metabolism and the brain, help the skin to stay young, and strengthen the cardiovascular system.

This guide explains in a well-founded, exciting and easy-to-understand manner how do isoflavones work.

Additionally, delicious recipes show how to improve health with a touch of Asia.

Cranberry



Publication Date: November, 2010
Author: Dr. Anja Schemionek
Pages: 64
Imprint: Lebensbaum

Power Fruits For Better Health

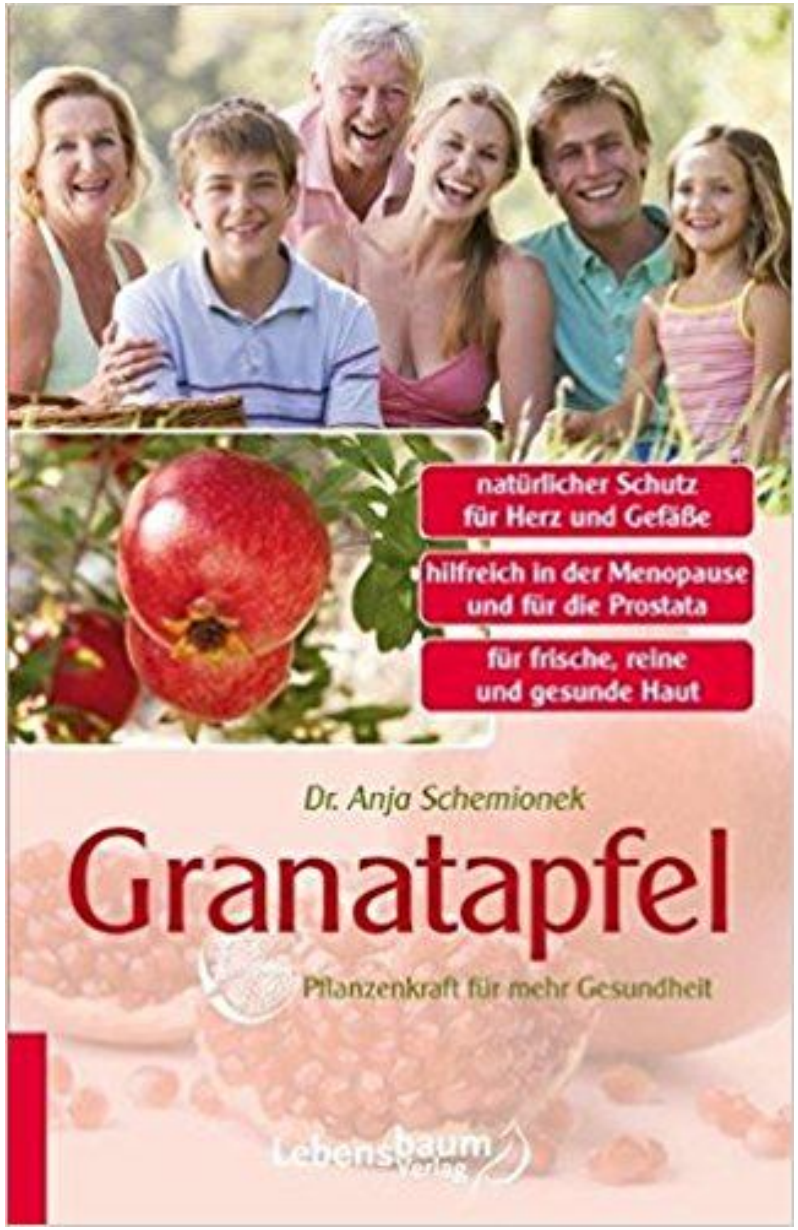
Cranberrys have quite extraordinary advantages compared to European berries: In addition to many valuable minerals, vitamins and trace elements, which serve a healthy diet, they have proanthocyanidins (PAC).

The remarkable fact is that the proanthocyanidins from cranberrys can prevent pathogenic bacteria from binding to the mucous membranes of humans. Especially related to the mucous membrane of the bladder and thus strengthen the bladder health.

Annoying infections and inflammations can be prompted naturally with cranberries and the products derived from them. Also heart and vessels, immune system, stomach and more can benefit from the ingredients of cranberries.

Read in this book why the cranberries are so over-out helpful for your body and what the small "power fruits" can do for your health.

Pomegranate



Publication Date: November, 2010
Author: Dr. Anja Schemionek
Pages: 64
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Whole Health For The Whole Family

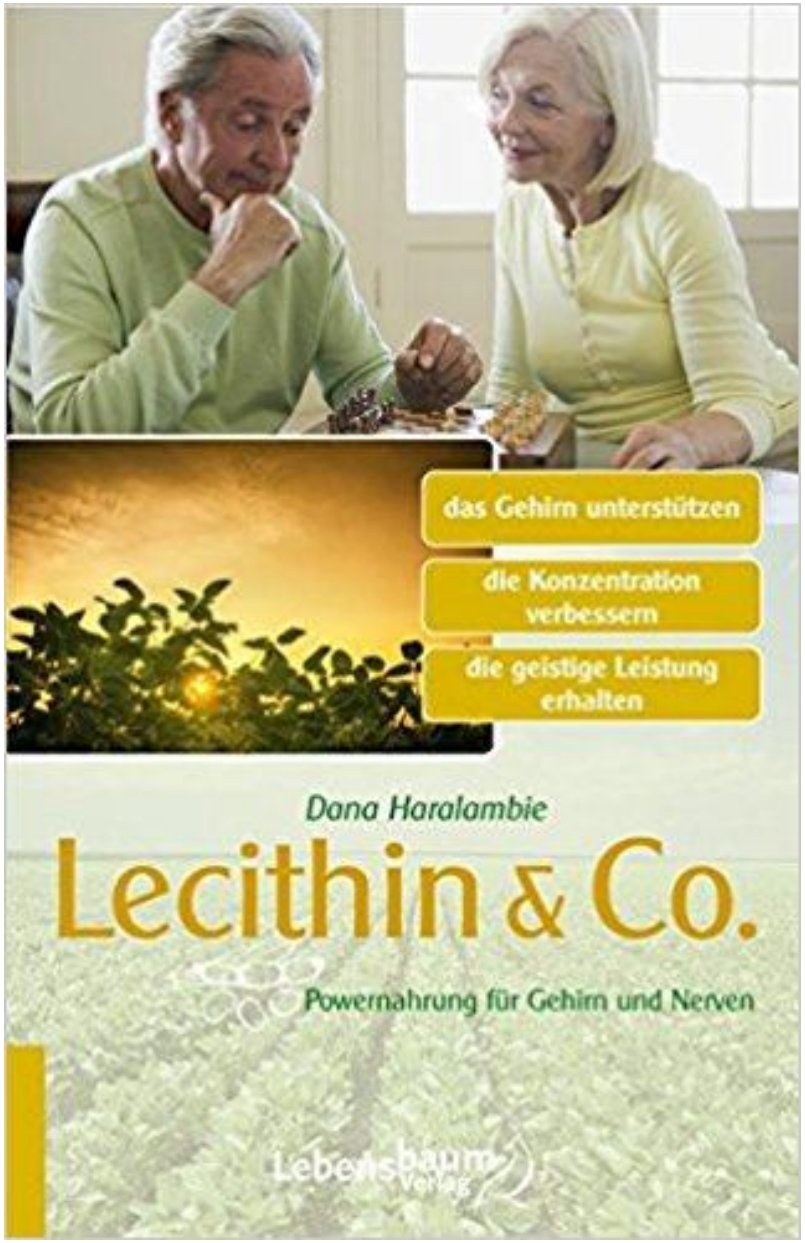
Pomegranate are among the healthiest fruits on earth, as they contain a range of beneficial plant compounds and they have incredible benefits for your body and may lower the risk of all sorts of diseases.

Researchers have repeatedly shown that pomegranate substances have a positive effect on fats and sugars in the blood, as well as they may lower your risk of heart disease.

Also the immune system can benefit in many ways: Inflammation and allergies can be inhibited, bacteria, viruses, and fungal infections can be stopped. And especially the harmful free radicals are braked and even cancer cells favorably influenced. Last but not least, women's hormone system can gain with the substances of the pomegranate.

In this book, you will learn about which ingredients make pomegranate so interesting and valuable for your body and how you can enjoy the health benefits of this "jewel of the winter".

Lecithin & Co



Publication Date: October, 2010
Author: Dana Haralambie
Pages: 64
Imprint: Lebensbaum

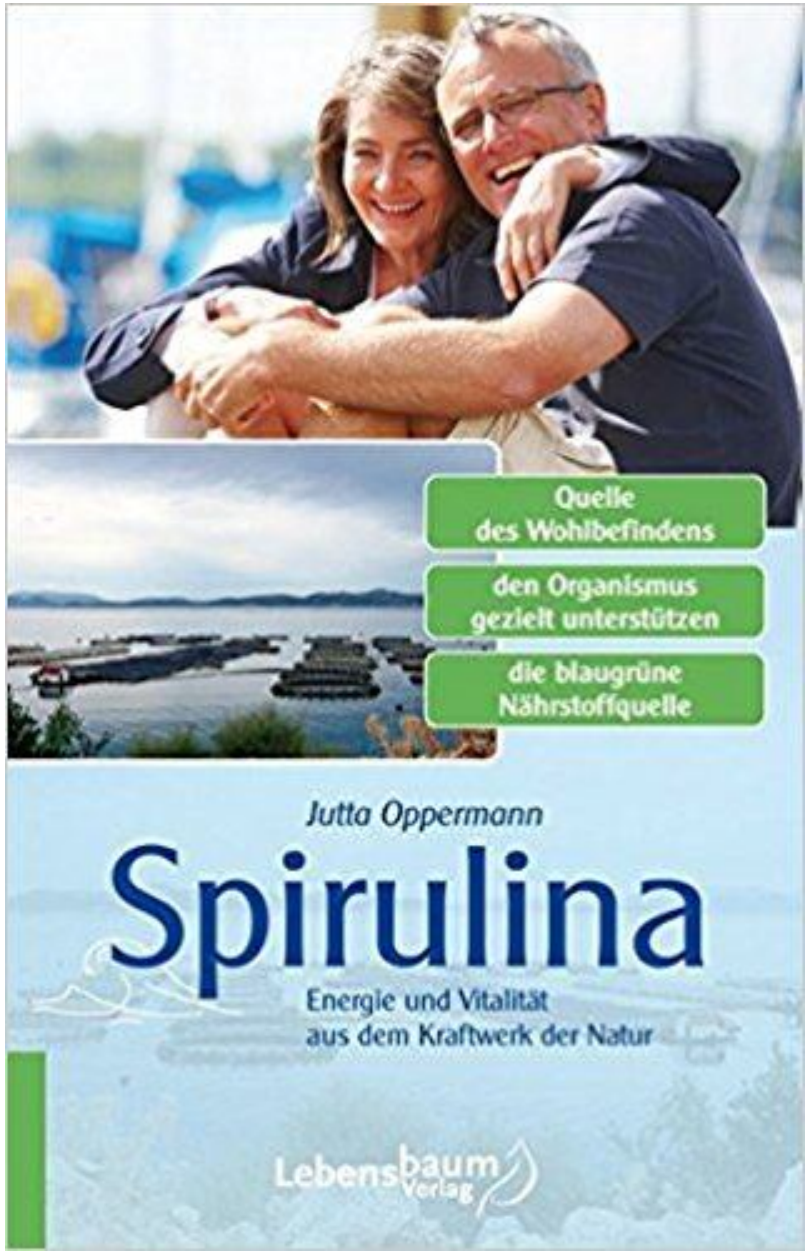
Power For Brain And Nerves

Does your memory seem fuzzy at times? Do you have difficulty remembering faces, facts, dates, or numbers? Do you experience memory lapses when your mind seems to be blank? The cause could be traced to a nutritional deficiency.

Lecithin is a fat-like substance known as phospholipids and is an excellent source of the B vitamins choline and inositol. Cell membranes, which allow nutrients to leave or enter a cell, are largely composed of lecithin.

This book shows that the use of lecithin is important in helping regenerate and revive sluggish brain cells and that they can make a significant contribution to mental fitness for healthy aging.

Spirulina



Publication Date: April, 2010
Author: Jutta Oppermann
Pages: 128
Imprint: Lebensbaum

Energy And Vitality From The Blue Green Algae

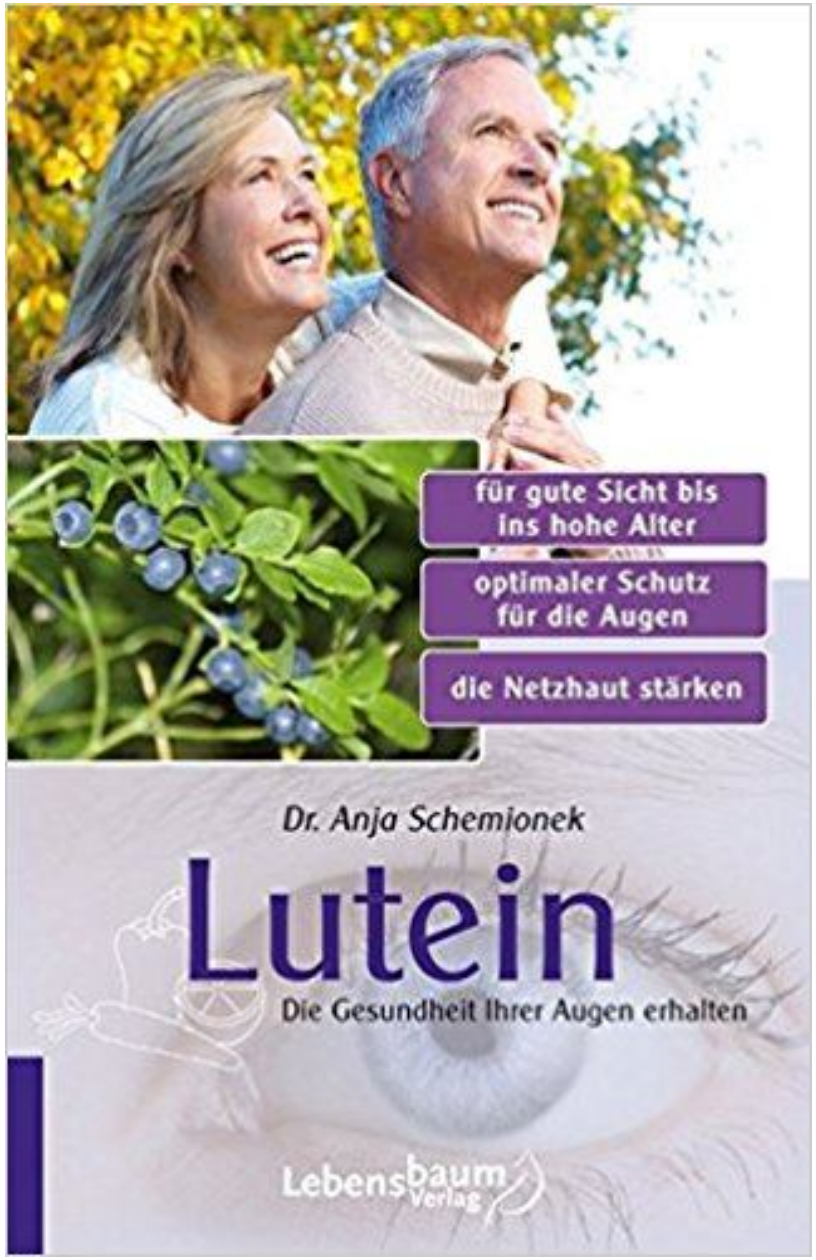
Spirulina is one of the most widely recognized superfood supplements in the world.

This blue green algae is a great immunce system booster and regulates the hormone system. It lowers blood cholesterol level and is a natural antioxidant and anti-inflammatory agent.

Also, Spirulina balances the body's ph level, improves digestive system and gastrointestinal tract and regulates blood pressure.

The author reveals in this guide everything about spirulina, its special effect and its child-like application. Because almost anyone can benefit from taking it.

Lutein



Publication Date: April, 2010
Author: Dr. Anja Schemionek
Pages: 64
Imprint: Lebensbaum

Vitamins For Your Eyes

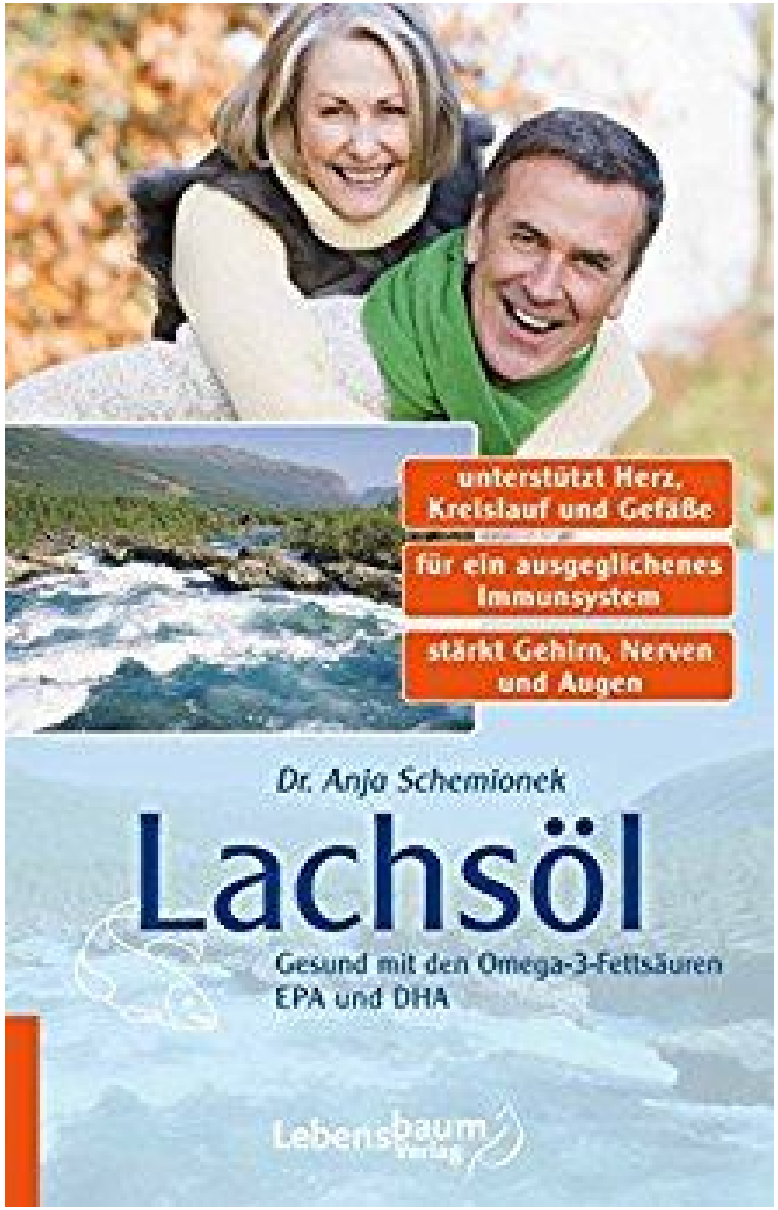
Lutein, nicknamed “the eye vitamin” is a type of carotenoid antioxidant that is most well-known for protecting eye health. Just like many other types of antioxidants, lutein is found in brightly colored foods like fruits and vegetables, especially leafy greens and types that are deep orange or yellow.

Along with another vision-boosting antioxidant called zeaxanthin, lutein is abundant in anti-inflammatory, cancer-fighting foods including kale, broccoli and many other green vegetables, eggs yolks and citrus fruits — all of which help protect the eyes from oxidative stress.

Even in people who have existing eye damage, including plenty of lutein in their diet can help stop the condition from progressing and further damaging vision.

Reading this book you will learn how to use Lutein.

Salmon Oil



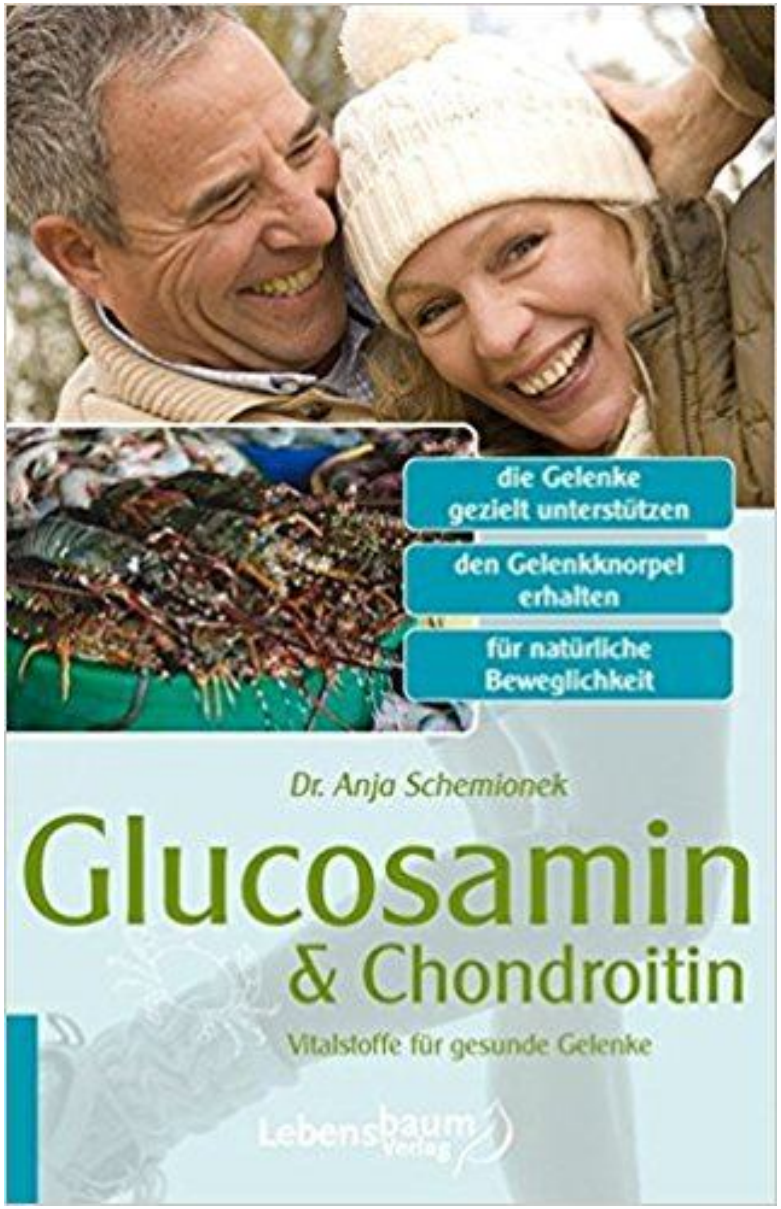
Publication Date: April, 2010
Author: Dr. Anja Schemionek
Pages: 64
Imprint: Lebensbaum

Health From Omega-3 Fatty Acids EPA and DHA

Fish makes up an important part of a heart-healthy diet, thanks in part to its beneficial oil content. If you're having a difficult time fitting enough fish into your diet, taking a fish oil supplement such as salmon oil, can help you reap some of the benefits of fish. Salmon oil serves as an excellent source of omega-3 fatty acids and these fats are responsible for many of its health benefits. They help to combat inflammation and lower risk of heart attack and coronary heart disease.

Written in an accessible tone, his book is a fact-based guide to the appropriate use of salmon oil and helps you to incorporate it into your diet.

Glucosamine & Chondroitin



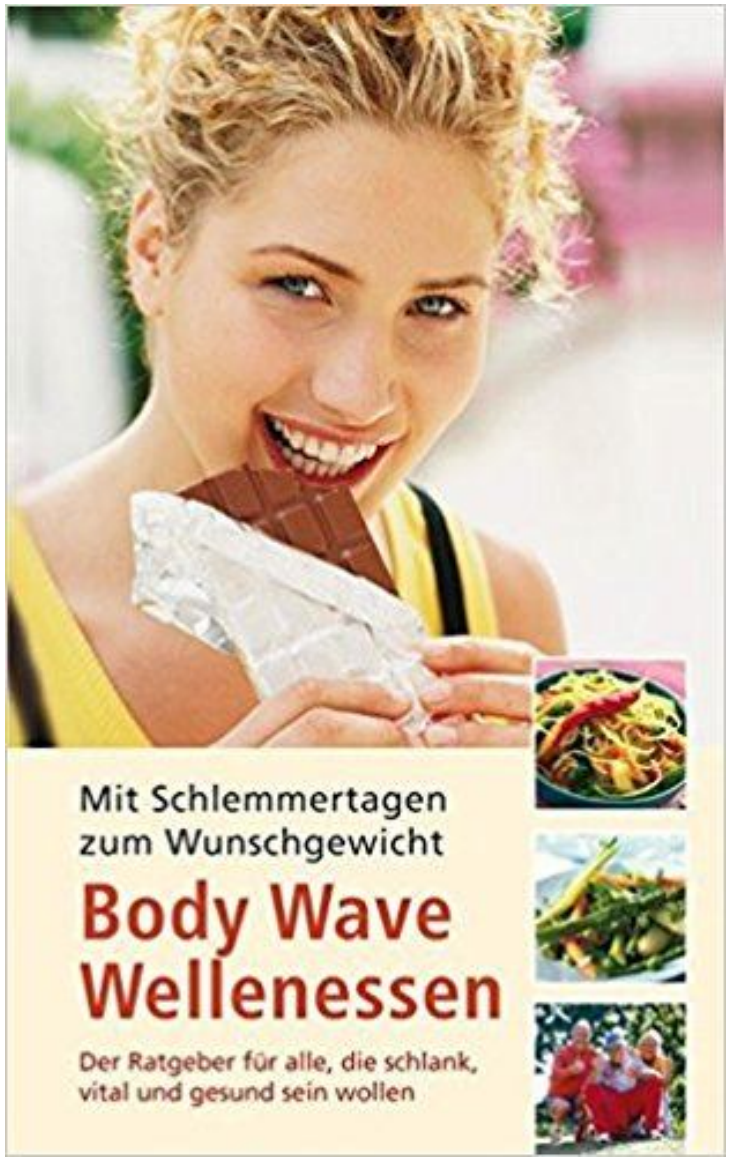
Publication Date: April, 2010
Author: Dr. Anja Schemionek
Pages: 64
Imprint: Lebensbaum

Vitatility For Healthier Joints

If your knees, hips and other joints don't feel as good as they used to, then consider glucosamine and chondroitin: A combination of these two natural joint nutrients are uniquely effective for promoting healthy joints.

Read this book to find out how to feed your cartilage, to maintain flexibility or repair the cartilage with help of these essential and natural ingredients.

Body Wave Wellness Eating



Publication Date: April, 2007
Author: Birgit Kamp & Thomas Volkert
Pages: 280
Imprint: Lebensbaum

The Guide For Those Who Want To Be Slim And Healthy

Overweight people often fight for superfluous pounds for years and end up in a hopeless upward spiral. But this can be stopped reducing weight in accordance with your metabolism.

Diets usually fail because the body lowers its energy requirements when eating less food and reduces muscle mass instead of body fat. After the diet, the energy requirement remains so low that even a low calorie intake makes you overweight again.

The weight loss concept “Bodywave Welleness Eating” explained in this practical guide gives you instructions and day-to-day tips that allow you to eat together with your family while you are loosing weight.

Health In Balance

Publication Date: April, 2005
Author: Petra Neumayer
Pages: 120
Imprint: Lebensbaum

How To Balance Your Acid-Base Balance

Tired? Gastrointestinal problems? Joint pain? Completely out of balance? An accumulation of diffuse disease symptoms and complaints can be related to a wrong diet.

The author of this book explains why a balanced acid-base diet is good for the body and why many ailments can disappear if you take care about what you are eating.

The book provides lots of information on the acid-base diet, an acid-based overview of the most common foods, drinks that help to neutralize the acids and a 7-day program.

Delicious recipes and some exercises will bring your body back into the right acid-base balance!

Through Menopause Without Trouble

Publication Date: March, 2003
Author: Jutta Oppermann
Pages: 128
Imprint: Lebensbaum

With Natural Hormones From Plants

Women going through menopause often look for ways to relieve their symptoms themselves or manage them better, and they are often faced with this question: Is a hormone replacement therapy with synthetic sex hormones suitable for dealing with heat distress, sleep disturbances or mood fluctuations?

More and more women are critically opposed to taking these artificially manufactured substances or may not take them for medical reasons.

This book presents as natural alternative the treatment with plant hormones such as isoflavones. Because these estrogens of plant origin regulate the hormonal balance gently and without any side effects.

Natural Aid For Joint Complaints

Publication Date: January, 2002
Author: Birgit Kahle
Pages: 128
Imprint: Lebensbaum

Green Lipped Mussel – Vitamines And Exercise

The depths of the sea provide a huge reservoir of animal and plant species, which can offer a still largely undiscovered potential of nutrients and healing substances. Above all, the green-lipped mussel, which grows in front of the clean coasts of New Zealand, has made a sensation as a healthy fountain for the joints. Their ingredients offers everything our joints need to stay healthy and long-lasting.

In this book you will read about

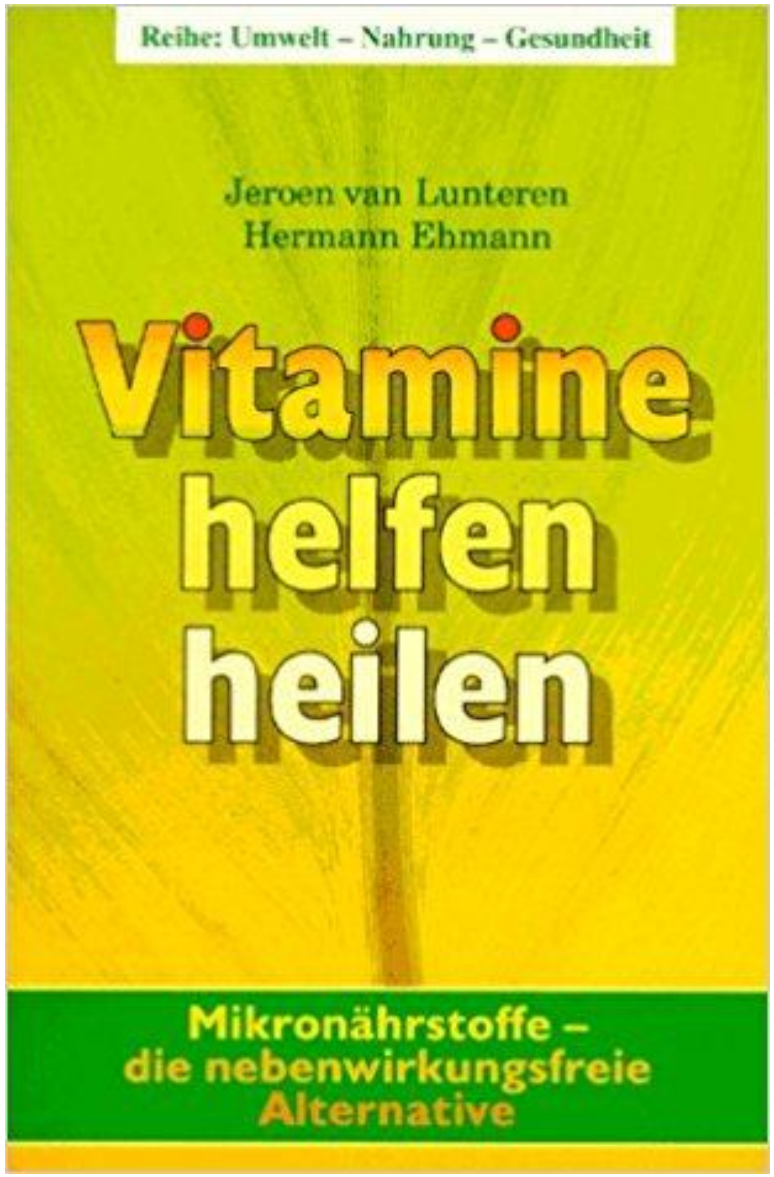
-structure and function of the joints

-treatment and prevention of joint diseases such as arthritis, gout and osteoarthritis

-all about the mode of action of the green-lipped mussel as a healthy fountain for the joints.

-How to keep your body in shape with exercise

Vitamins Help Healing



Publication Date: January, 1998
Author: J.v.Lunteren & J. Ehmann
Pages: 220
Imprint: Lebensbaum

Micronutrients – The Non-Side-Effect Alternative

This book gives answers to the following questions: Which micro-nutrients does the human organism need and in which quantities? Which micronutrients have a proven positive effect on certain diseases? In which specific diseases is the intake of micronutrients particularly important?

The reader receives clearly structured and scarcely prepared information about the latest empirically secured investigations and therapeutic possibilities with micronutrients.

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