

# RIGHTS GUIDE

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

**mankau**  
Books which broaden one's horizons

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## The top medicinal plants for women's health

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

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

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



Prof. Dr. Ingrid Gerhard / Sabine Bäumer  
**Monk's Pepper, Lady's  
Mantle & Co  
A Pocket Guide**

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

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

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### Prof. Dr. Ingrid Gerhard

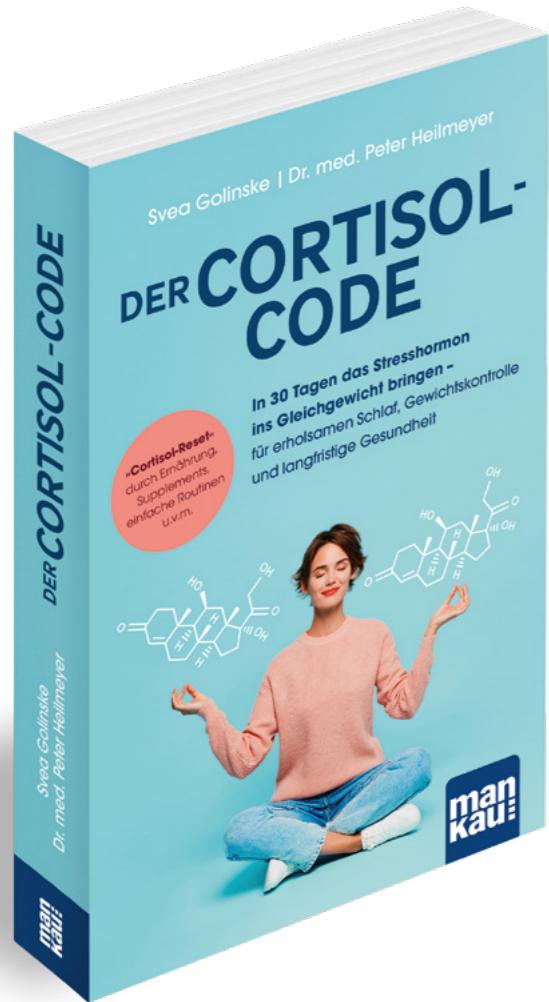
is a professor of gynecology, additionally specializing in naturopathy and environmental medicine. In 1993, she founded the outpatient clinic for naturopathy at the University Women's Hospital in Heidelberg, which she headed until 2002. She has received numerous awards for her services to holistic medicine.



### Sabine Bäumer

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

# Cortisol balance: health and wellbeing in the age of stress



Svea Golinske / Dr. Peter Heilmeyer

## The Cortisol Code Balance the Stress Hormone in 30 Days

For restful sleep, weight control and long-term health

1st ed. 2025, approx. 240 pp, softcover with gatefolds  
13,5 x 21,5 cm, 18.00 Euro (GER)  
ISBN 978-3-86374-781-7

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

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

Use natural strategies to restore the cortisol balance:

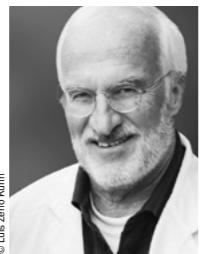
- targeted nutrition, adaptogenic plants and dietary supplements
- improving sleep hygiene and adapted exercise routines
- cold and heat therapy
- mindfulness practices and optimization of lifestyle habits

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



**Svea Golinske**

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



**Dr. Peter Heilmeyer, MD**

is an internist specializing in physical and rehabilitative medicine. He researched hormone metabolism in Freiburg, earning a doctorate on insulin and glucagon. As chief physician in Isny, he connected lifestyle, nutrition and chronic diseases, and was an early advocate of the low-carb (LOGI) method. His interest lies in stress, nutrition, exercise and prevention, including long COVID. In retirement, he lectures, coaches, researches, and writes books about nutrition, dementia prevention, and healthy aging.

# Because the female body works differently



Tabea Lorch

## Women Train Differently: Fitness and Sports for Hormonal Harmony

With tips for menstrual cycle-based training, pregnancy, menopause, 40+ and much more.

Comes with 3 video tutorials and 2 guided audio meditations for runners

1st ed. 2025, 191 pp, softcover with gatefolds, full-color print  
16 x 22 cm, 20.00 Euro (GER)  
ISBN 978-3-86374-751-0

**Rights:  
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- The hot topic: Menstrual cycle-based and women-specific training
- Information and practical exercises with a focus on running and weight training

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

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

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

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

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



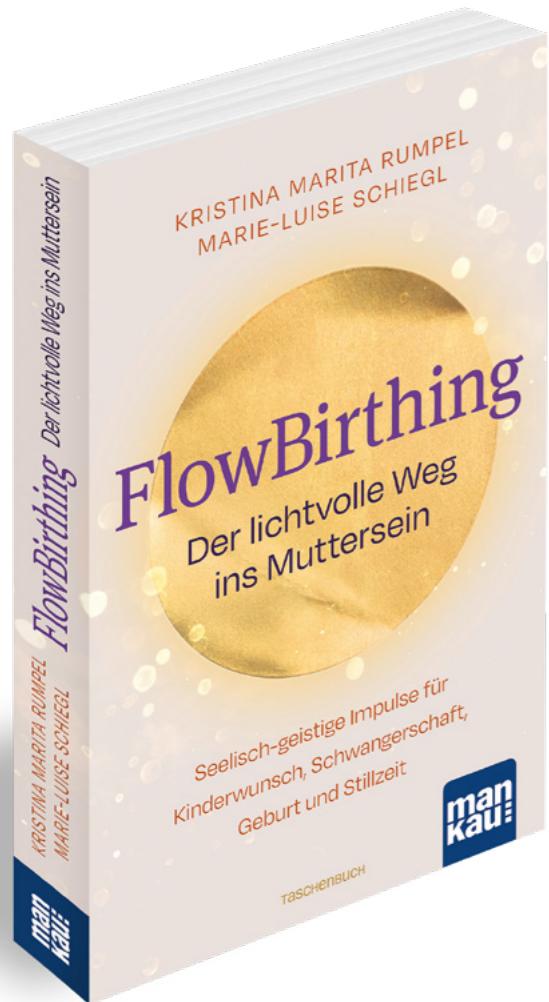
**Tabea Lorch**

Tabea Lorch is a female performance coach, running trainer and sports scientist. For several years now, she has provided her professional support to women in all walks of life in their daily challenges of structured training. Her work aims to encourage women to exercise differently and thus perform

better, manage cycle and hormonal imbalances, and alleviate menopausal symptoms. She is now training other female running coaches to raise awareness of the special needs of women in sports and to create more equality for them. Through her Instagram and YouTube channels "laufganzheitlich" (= 'runningholistically') and her podcast of the same name, Tabea Lorch has become known to a large audience.

# Empowering impulses

for every phase of motherhood



Kristina Marita Rumpel/  
Marie-Luise Schiegl

## FlowBirthing. The Enlightened Path to Motherhood

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

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

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

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

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

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



### Kristina Marita Rumpel

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



### Marie-Luise Schiegl

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

# The top 10 most popular and healthiest culinary herbs

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

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

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

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



Barbara Simonsohn

## Healing Culinary Herbs – 10 Herbs for Body and Soul. A Pocket Guide

With numerous applications for  
healthcare and cooking

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



### Barbara Simonsohn

(born in 1954) is a nutritionist and Reiki instructor. Since 1982 she has been teaching seminars at home and abroad, mainly on the original seven degree Reiki, but also in acidosis therapy and related massages according to Dr. Renate Collier, as well as in yoga. In addition, she is intensively involved in the topic of healthy nutrition and is considered a superfoods expert. Since 1995, Barbara Simonsohn has published numerous guidebooks in the field of holistic health; the total circulation of her books is about 600,000 copies. Mankau Verlag has published her bestselling guidebook "Artemisia annua – Healing Plant of the Gods" as well as "Stinging Nettle", "Sage – Mother of all Medicinal Plants" and "Elderberry – Jewel of the Medicine Cabinet".

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# Tree of life and ancient medicinal plant



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

Recipes and applications for healthcare,  
cosmetics and cooking

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

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

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

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

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

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

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



**Barbara Simonsohn**

(born in 1954) is a nutritionist and Reiki instructor. Since 1982 she has been teaching seminars at home and abroad, mainly on the original seven degree Reiki, but also in acidosis therapy and related massages according to Dr. Renate Collier, as well as in yoga. In addition, she is intensively involved in the topic of healthy nutrition and is considered a superfoods expert. Since 1995, Barbara Simonsohn has published numerous guidebooks in the field of holistic health; the total circulation of her books is about 600,000 copies. Mankau Verlag has published her bestselling guidebook "Artemisia annua – Healing Plant of the Gods" as well as "Stinging Nettle", "Sage – Mother of all Medicinal Plants" and "Elderberry – Jewel of the Medicine Cabinet".

# Recognized medicinal plant with a long tradition



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

Recipes and applications for health,  
cooking and beauty

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

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

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

All parts of the plant above ground - leaves, flowers and stems – can be used for health and well-being: in the form of teas, fresh juices, tinctures, oil extracts, homeopathic remedies, creams and ointments, or even freshly picked as first aid for wounds and insect bites. Find out everything you need to know about yarrow ...  
... in science: ingredients, healing effects and areas of application  
... in the medicine cabinet: healing applications internally and externally  
... in the kitchen and garden: healthy recipes and practical tips  
... for skin and hair care: do-it-yourself cosmetics

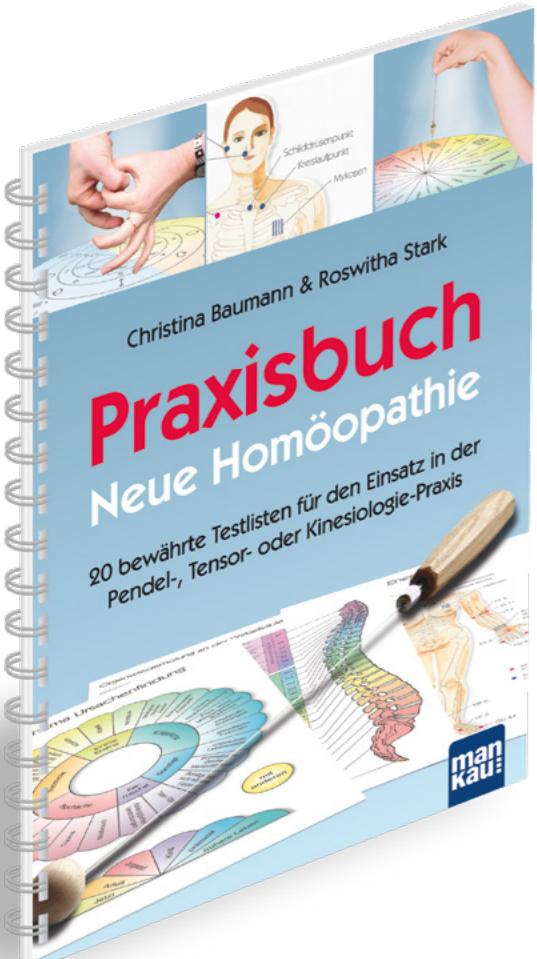
Discover the many possible uses of this all-rounder plant!



**Barbara Simonsohn**

(born in 1954) is a nutritionist and Reiki instructor. Since 1982 she has been teaching seminars at home and abroad, mainly on the original seven degree Reiki, but also in acidosis therapy and related massages according to Dr. Renate Collier, as well as in yoga. In addition, she is intensively involved in the topic of healthy nutrition and is considered a superfoods expert. Since 1995, Barbara Simonsohn has published numerous guidebooks in the field of holistic health; the total circulation of her books is about 600,000 copies. Mankau Verlag has published her bestselling guidebook "Artemisia annua – Healing Plant of the Gods" as well as "Stinging Nettle", "Sage – Mother of all Medicinal Plants" and "Elderberry – Jewel of the Medicine Cabinet".

# Testing out healing symbols fast and safely



Christina Baumann / Roswitha Stark

## A Practical Guide To New Homeopathy, Vol. 1

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

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

**23,000 COPIES  
SOLD!**

Rights sold to:  
France

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

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

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

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



**Christina Baumann**

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

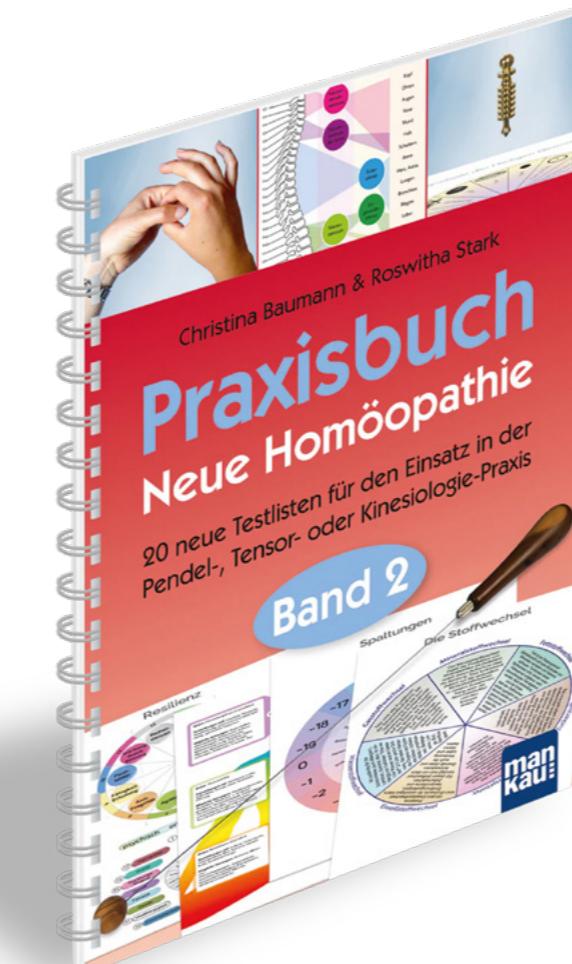


**Roswitha Stark**

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

Stark is – together with Petra Neumayer – author of the successful guide series "Painted Medicine" as well as the book and card set "Healing With Soul Codes".

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



Christina Baumann / Roswitha Stark

## A Practical Guide To New Homeopathy, Vol. 2

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

1st ed. 2024, 46 pp, spiral bound, sturdy, full-colour print  
21.0 x 29.7 cm, 39.95 Euro (GER)  
ISBN 978-3-86374-721-3

Rights sold to:  
France

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

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

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

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



**Christina Baumann**

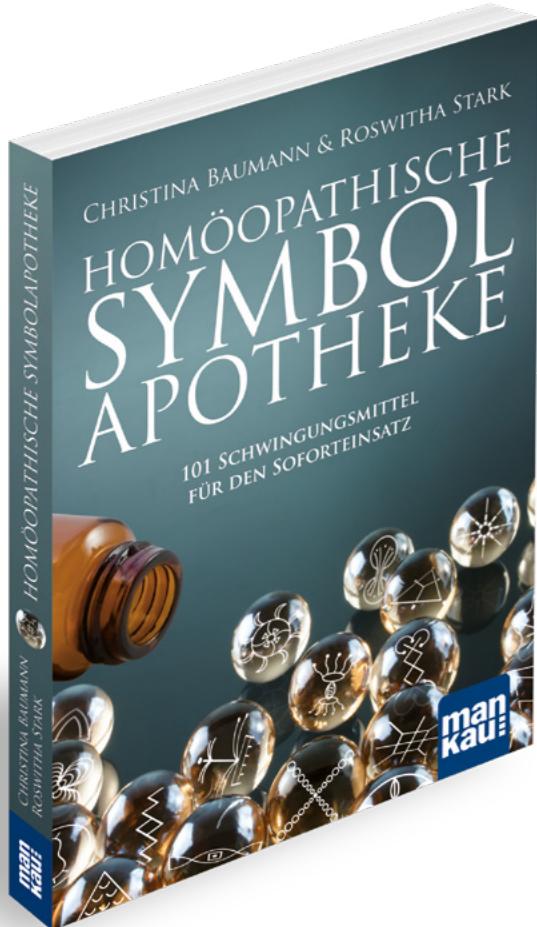
is a coach for personal development and holistic-energetic healing methods, developer of working and teaching materials for energetic work and an expert in symbols and number physics. She manages the ypsilon-portal.de network and follows her vocation of researching biophysical relationships and making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



**Roswitha Stark**

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

# Powerful symbol vibrations instead of sugary globuli



Christina Baumann / Roswitha Stark  
**Homeopathic Symbols Remedy Kit**

101 ready-to-use vibration-based remedies  
Extra: A2 poster for easy application!

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

**18,000 COPIES SOLD!**

Rights sold to:  
Italy, France, Poland, Spain

- The best known homeopathic remedies in the form of symbols
- From two successful co-authors

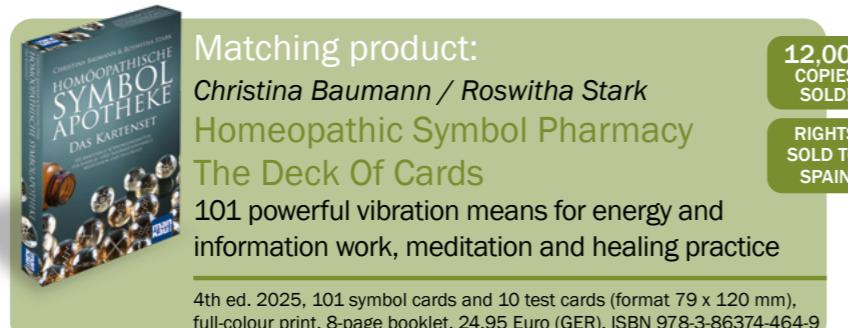
Classical homeopathy is based on the well-known principle of curing "the similar through the similar". Above all in higher potencies the starting substance cannot be chemically detected anymore, the remedies are basically only composed of pure "vibrational energy". However, their frequencies cannot only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

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

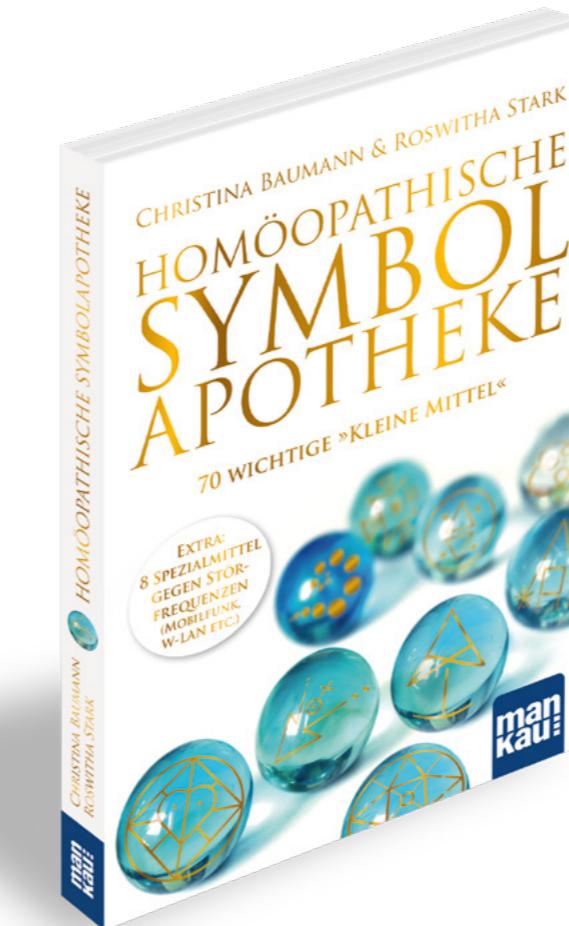
- Powerful symbols for 70 well-known homeopathic remedies (ar-nica, belladonna, lachesis etc.) as well as for 31 new remedies such as algae, enzymes, amino acids, negative ions or sunlight
- Several test lists for different potency levels e.g. D series, C series or LM series – for the suitable potency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

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

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



# Vibrational medicine of the new era



Christina Baumann / Roswitha Stark  
**Homeopathic Symbols Remedy Kit**

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

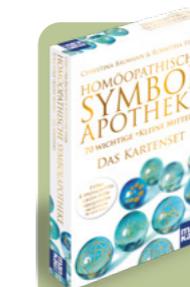
2nd ed. 2022, 192 pp, softcover with gatefolds, with A2 poster, full-colour print  
16 x 22 cm, 19.90 Euro (GER)  
ISBN 978-3-86374-525-7

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

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

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

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



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

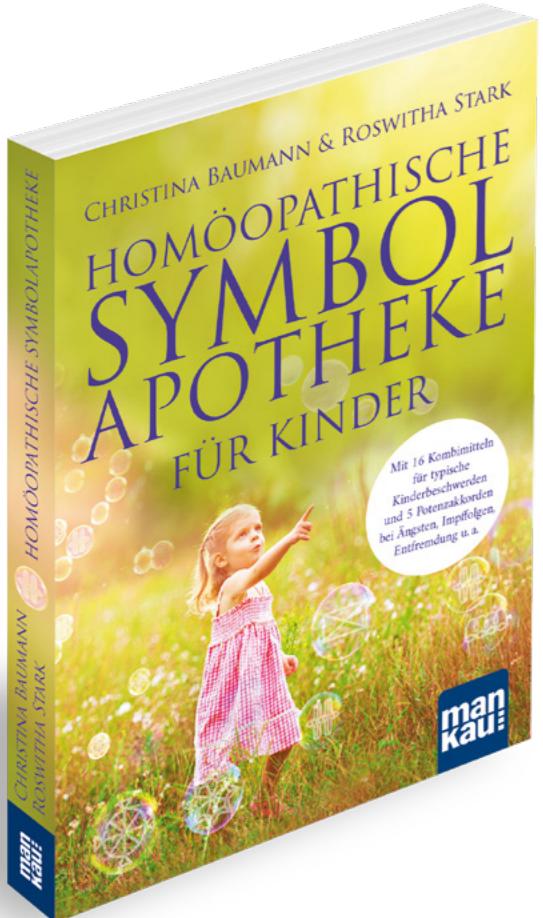
70 important "small remedies". Extra: 8 specific remedies against potentially harmful frequencies (Wi-Fi, mobile phone radiation etc.)

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

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# Gentle symbol remedies for young and older children



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

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

- Powerful symbols for the 78 most important homeopathic remedies for children (Calcium carbonicum, Chamomilla, Tuberculinum, Milk Remedies, Element Remedies, Teucrium, Cina etc.).
- 16 combination remedies (complex remedies) for typical complaints and issues of today's childhood, e.g. problems falling asleep and sleeping through the night, teething, puberty, school stress or hyperactivity.
- 5 Potency Chords as powerful agents for anxiety, vaccination reactions, dealing with feelings, mother issues, and alienation.
- 2 magic remedies: angels and fairies to appeal to the magical side of the child's being.
- Several test lists for different potentization levels, e.g. D, C and LM potency as well as the unique Cosmic Potency which allows an almost infinite increase in vibration.

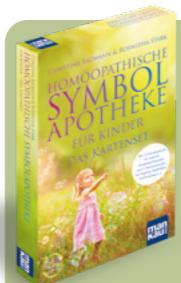
Christina Baumann / Roswitha Stark

## Homeopathic Symbols Remedy Kit For Children

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

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

16 x 22 cm, 22.90 Euro (GER)  
ISBN 978-3-86374-584-4



Matching product:

Christina Baumann / Roswitha Stark

## Homeopathic Symbol Remedy Kit For Children The Deck Of Cards

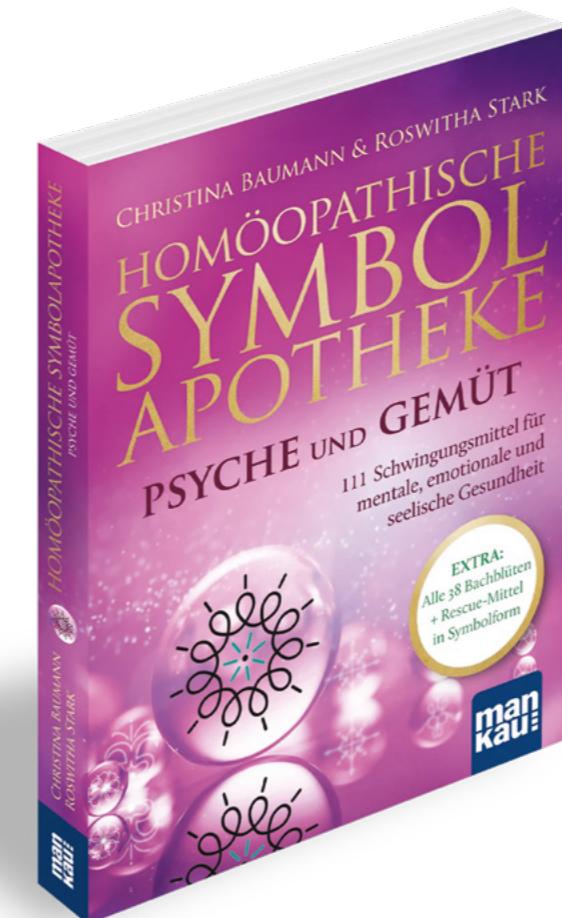
With 16 combination remedies for typical children's complaints and 5 potency chords for fears, vaccination reactions, alienation, etc.

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# Healing symbolic vibrations for mental balance



Christina Baumann / Roswitha Stark

## Homeopathic Symbol Pharmacy: Psyche and Mind

111 vibrational remedies for mental, emotional and spiritual health

Extras: All 38 Bach flowers + rescue remedies in symbol form

Including an enclosed A2 poster

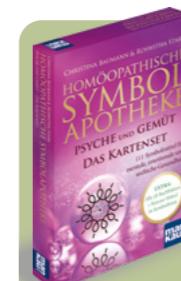
1st ed. 2024, 287 pp, softcover with flaps, full-color print  
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ISBN 978-3-86374-725-1

- Fourth volume of the successful series
- The most important homeopathic remedies for psyche and mind as well as the 38 Bach flowers in symbol form

Mental health problems are widespread in this day and age. Even the first signs should be taken seriously, because our mental and emotional states – the so-called "mind symptoms", to which experienced homeopaths pay particular attention – are often at the root of physical illnesses, organic disorders or behavioral problems that will manifest themselves later on.

The holistic effect of classical homeopathy on the body, mind and soul is primarily based on the frequency and vibration of the basic substance. This is why its healing information can be transported not only through the classic globules, but also through their energetic "translation" into the form of a symbol.

The Homeopathic Symbol Pharmacy: Psyche and Mind provides 68 homeopathic and spagyric "soul" remedies in the form of symbols, plus for the first time 4 "miasmatic" remedies for collective themes as well as the 38 Bach flower remedies and the Rescue mixture with its proven power for emotional balancing.



Matching product:

## Homeopathic Symbol Pharmacy The Deck Of Cards

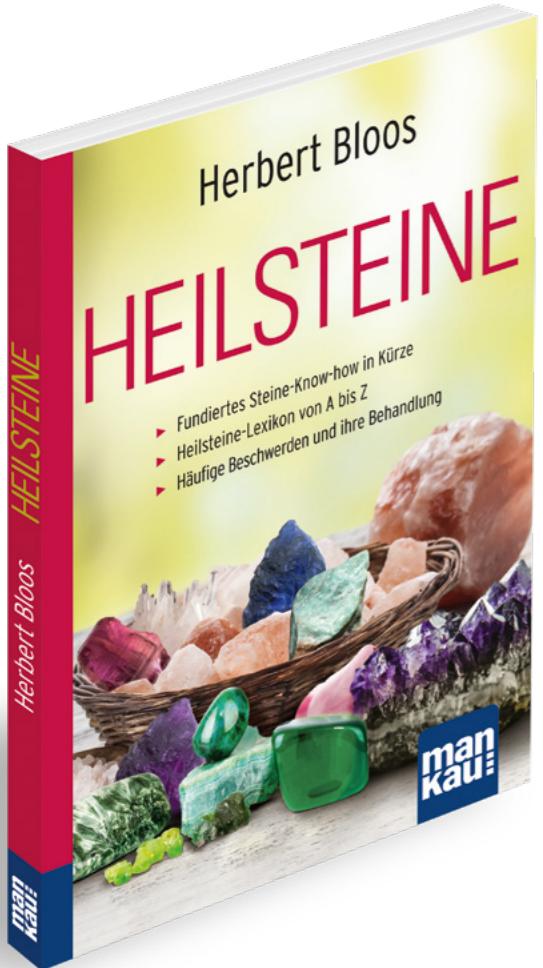
With 111 vibrational remedies for mental, emotional and spiritual health. Extras: All 38 Bach flowers + rescue remedies in symbol form.

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# Exploit the gentle power of minerals



## Herbert Bloos Healing Stones. A Pocket Guide

- In-depth knowledge of stones in a nutshell
- A - Z dictionary of healing stones
- Frequent complaints and how to treat them

4th ed. 2025, 159 pp, softcover with gatefolds, full-colour print  
11.5 x 16.5 cm, 12.00 Euro (GER)  
ISBN 978-3-86374-311-6

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- Author holds decades of experience
- Valuable knowledge about crystals and gemstones in a pocket format

Amber for teething babies, orange calcite for more joy and amethyst against stress and fears – gemstones and crystals are not only fascinating because of their remarkable variety and beauty. They can also influence an individual's soul and body in a healing way if we keep an open mind and positive attitude towards their powers. We can use minerals to boost our self-healing powers, to resolve blockages and to neutralize interfering vibrations.

No matter whether rock crystal, opal or lapis lazuli – healing stones have different effects and can be used in a wide range of applications. In this handy pocket guide, the author describes in an authentic manner the astonishing experiences he has made with healing stones and how you can use them yourself to cure various symptoms and ailments. A stone dictionary with numerous illustrations which describes the effects of each healing stone complements the book.



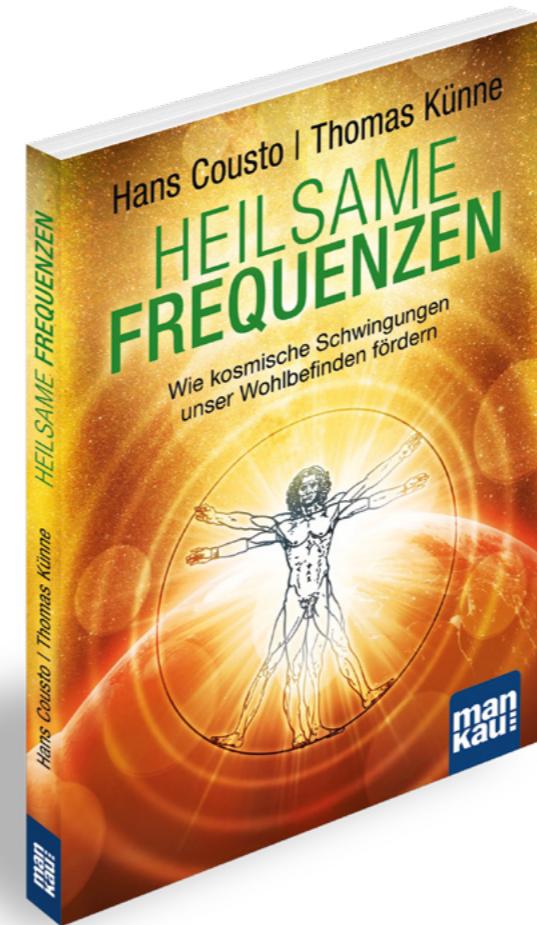
**Herbert Bloos**

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

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



# Healthy vibrations from the universe



## Hans Cousto / Thomas Künne Healing Frequencies

How cosmic vibrations promote our well-being

3rd ed. 2024, 256 pp, softcover with flaps, full-colour print  
16 x 22 cm, 22.00 Euro (GER)  
ISBN 978-3-86374-246-1

- Theory and practice – from a renowned team of authors
- Fundamental work on cosmic vibrations

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

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

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



**Hans Cousto**

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

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



**Thomas Künne**

is a consultant in psychosomatic medicine, consultant astrologer, astrosopher, vibrational therapist and sound lecturer. After completing his studies in German and fine arts, intensive training courses in archetypal medicine with Ruediger Dahlke and studying astrology and astrosophy, the author published numerous books and essays on complex processes in the inner and outer world. Thomas Künne runs his own consulting practice with seminar rooms in Limburg an der Lahn.

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



Béatrice Drach-Schauer

## Foot Essentials. A Pocket Guide

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

2nd ed. 2025, 159 pp, softcover with gatefolds, full-colour print  
11.5 x 16.5 cm, 12.00 Euro (GER)  
ISBN 978-3-86374-617-9

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

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

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

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

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



### Béatrice Drach-Schauer, MPH

is a running coach, sports science consultant, mental coach and certified trainer for stress and burnout prevention. For over 20 years, the Viennese has been helping her clients bring more exercise into their everyday lives and use the right kind of exercise to prevent health problems. Her special focus is on feet: she herself suffers from flat and splay feet, and as a result of her former love of high heels and her genetic predisposition, she also developed a hallux valgus. Thanks to consistent foot gymnastics and the use of insoles, however, Drach-Schauer is completely pain-free when working as a running coach. The personal trainer, who is well-known from TV, radio and printed media, teaches both live and online classes ([www.beatrice-drach.com](http://www.beatrice-drach.com)).

# The gentle alternative to medication and surgery



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

## How To Heal Fibroids Naturally

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

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

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

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

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

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

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



### Prof. Dr. Ingrid Gerhard

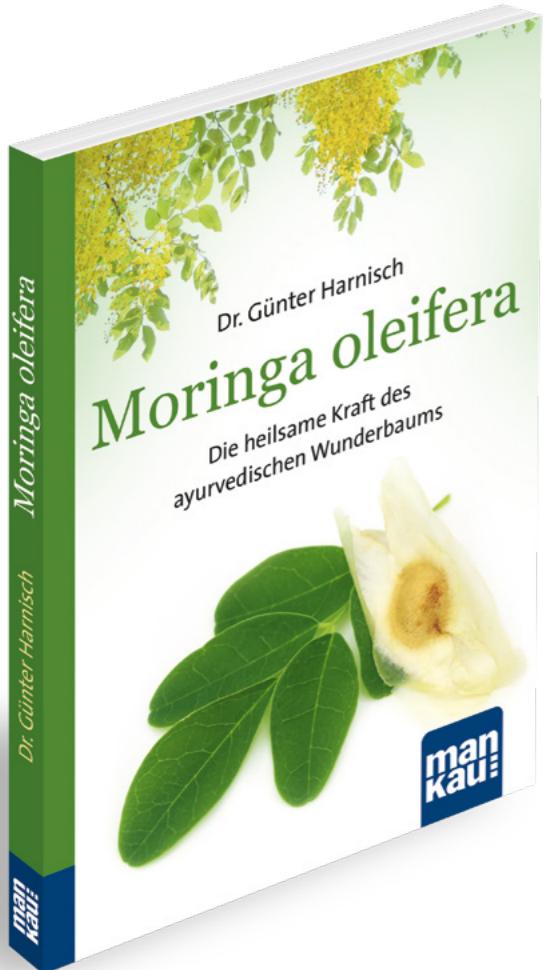
is a professor of gynecology, additionally specializing in naturopathy and environmental medicine. In 1993, she founded the outpatient clinic for naturopathy at the University Women's Hospital in Heidelberg, which she headed until 2002. She has received numerous awards for her services to holistic medicine,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



### Dr. Barbara Rias-Bucher

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

# Natural superfood is the best dietary supplement



Dr. Günter Harnisch  
**Moringa Oleifera.**  
**A Pocket Guide**

The healing power of the Ayurvedic miracle tree

5th ed. 2024, 95 pp, softcover with gatefolds, full-colour print  
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- Top seller about the superfood "Moringa"
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"Moringa oleifera" is the full name of the horseradish tree which comes from the Himalayas. He is considered as a real "miracle tree".

Leaves, flowers, fruits, bark, roots, and seeds of the plant, that is now known also in our regions, contain almost everything that we really need in our modern life: plenty of nutrients, mineral salts, vitamins, amino acids, antioxidants – without chemical additives, in natural composition and in highly dosed form.

In Ayurveda the healing power of Moringa has been known for centuries. Scientific studies from around the world confirm the effect of the ingredients on health. People who consume Moringa report of effects on various diseases, especially by significantly improved body's defences. Positive impacts are also noticeable in weight loss and detoxification. People simply feel healthier, stronger and happier with Moringa.

The practical pocket guide provides complete information on:

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



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

# A proverbial fountain of youth for your eyes



Wolfgang Hätscher-Rosenbauer  
**Vision Training.**  
**A Pocket Guide**

Exercises and tips for healthy and lively vision

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

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

This handy guidebook teaches you how to

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

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



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

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

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

# Free yourself from unconscious guilt!



Ulrich Kohler

## This Guilt Is Not Mine

How unconscious guilt affects your life and how you can free yourself from it. Includes numerous case studies as well as instructions for the LösUS® technique

1st ed. 2023, 318 pp, softcover with gatefolds  
13.5 x 21.5 cm, 22.00 Euro (GER)  
ISBN 978-3-86374-700-8

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- High number of people affected
- The LösUS® technique: a proven approach for self-help and in therapy

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

Our natural compassion causes us to want to eliminate or at least alleviate any suffering. However, when we experience any unhealed suffering in others or in ourselves, this may trigger a feeling of guilt deep down inside us: so-called unconscious guilt.

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

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



**Ulrich Kohler**

In 2006, many years after suffering a painful experience early in life, nonmedical practitioner Ulrich Kohler (born in 1970), who has been working therapeutically and as a consultant in his own naturopathic practice since 1995, discovered the so-called unconscious guilt and the way to resolve it. Through several years of research into the emotions underlying unconscious guilt, he developed both the LösUS® technique and the LösUS® therapy. Kohler hosts workshop days teaching participants how to use the LösUS® technique and also offers in-depth training for those interested in becoming a LösUS® Practitioner.

# A practical book for beginners



Thomas Künne / Dr. med. Patricia Nischwitz

## Tuning Fork Therapy

Healing knowledge and practical applications

With a preface from Dr. Ruediger Dahlke

5th ed. 2025, 239 pp, paperback with gatefolds, 12 x 19 cm, 12.90 Euro (GER)  
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- Increasing popularity of phonophoresis
- Self-treatments easy to implement

Our health and personal well-being have a lot to do with how well we resonate with the flow of life. If an instrument is out of tune, it produces inharmonious discordant notes. Consider the human body as big orchestra, so we call these things being out of tune blocks or diseases. But as there are vibrations that make us sick, there are those as well that can activate our "inner healer", our self-healing powers and bring us into tune again.

The tuning fork therapy is a gentle as well as effective form of therapy that can achieve a harmonization of the physical or mental imbalance with little effort. The practice book of phonophoresis includes the essence of the previously published works of both authors and provides a valuable introduction to the fascinating world of healing tunes.

These assist in typical everyday discomforts and diseases and help you to lead a self-confident and active life in harmony, happiness, and well-being.

- guide to the practical application of the tuning fork therapy
- usage concerning the main blocks and complaints
- proven balancing for health prevention and maintenance

*The coherent tune takes you back to your own centre: at home, at work, or on a journey.*



**Thomas Künne**

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



**Dr. med. Patricia Nischwitz**

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

# Holistic healing knowledge for your four-legged friend



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

## TCM organ clock for healthy pets

Gentle TCM-based treatment for  
dogs and cats

1st ed. 2022, 175 pp, softcover with  
gatefolds  
13.5 x 21.5 cm, 16.95 Euro (GER)  
ISBN 978-3-86374-620-9

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France, Italy, Spain

- Authentic TCM therapist, experienced team of authors
- Including a A to Z section of discomforts

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

The TCM experts explain the basics of Traditional Chinese Medicine (TCM) and explain how you can improve the health and well-being of your furry friends through knowledge of the body organ clock as well as through gentle measures and healing remedies. While the focus of the book is on dogs and cats, other pets such as rabbits or guinea pigs are also dealt with.

An extra section of the book teaches horse owners how they can use TCM to keep their beloved horse in good health.



**Li Wu**

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



**Dr. Natalie Lauer**

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



**Dorina Lux, DVM**

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

# Healing based on a holistic approach



Prof. TCM Univ. Yunnan Li Wu

## The Book Of The Chinese Art Of Healing

Tried and tested healing knowledge from the "Middle Kingdom"

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gatefolds  
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- Paperback edition of the successful guide
- Tried and tested TCM applications for common ailments

Tap into the thousands of years old healing knowledge from the "Middle Kingdom"!

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

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



**Prof. TCM Univ. Yunnan Li Wu**

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

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

# Traditional Chinese Medicine for everyday life



Prof. TCM (Univ. Yunnan) Li Wu

## TCM For Each Day

Relaxed and healthy through the week

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ISBN 978-3-86374-100-6

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- Healing remedies, herbal teas, massages and exercises
- Practical Daily TCM programmes

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

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

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

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

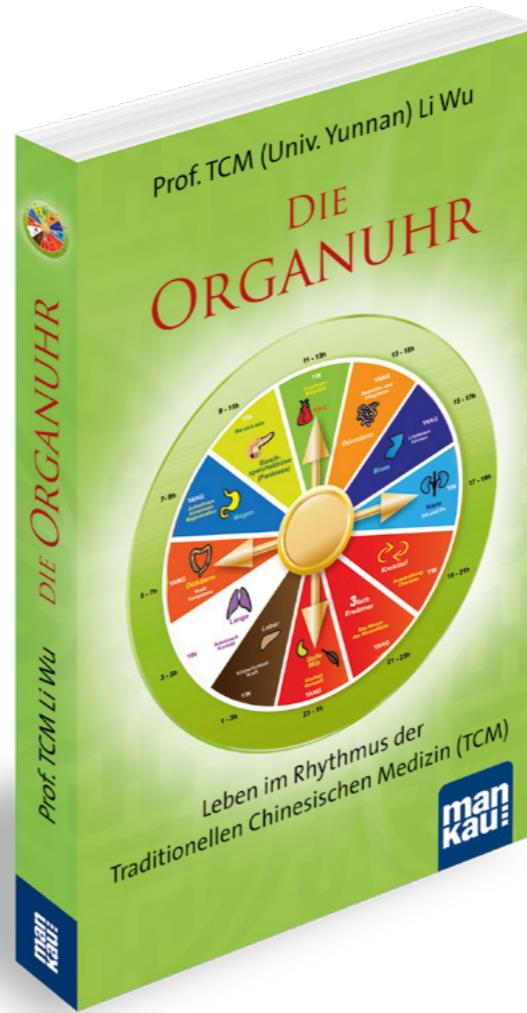


## Prof. TCM (Univ. Yunnan) Li Wu

is a doctor of Traditional Chinese Medicine (TCM). In Germany he is approved as an alternative practitioner and is head of a successful natural healing practice in Munich. His exceptional talent was recognized already at an early age and gave him the possibility to study at the famous Shaolin monastery in the Chinese province of Henan, later he studied medicine at the Beijing University. In Germany, Li Wu studied psychology and German literature and language at the University of Passau. Dr. Li Wu is also a master of Qi Gong, professor for TCM at the University of Yunnan and professor for East-West Medicine at the University of San Francisco, he is also head of the Naturopathic Research Institute in Munich and is a board member of the Science Research Association of China and the Chinese Huang Han Medical Association.

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

# Living in the rhythm of the body clock



Prof. TCM (Univ. Yunnan) Li Wu

## The Clock Of The Organism

Living in the rhythm of Traditional Chinese Medicine (TCM)

9th ed. 2024, 188 pp, paperback  
12 x 19 cm, 9.95 Euro (GER)  
ISBN 978-3-86374-144-0

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

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

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

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

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



Matching product:

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

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

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



Prof. TCM (Univ. Yunnan) Li Wu  
Dr. Natalie Lauer

## TCM For Pregnancy, Childbirth And Breastfeeding

- 40 weeks baby bump: tips for every stage of your pregnancy
- Getting into balance: medicinal herbs, acupressure, qigong and much more
- Holistic self-help suggestions from Traditional Chinese Medicine

1st ed. 2021, 302 pp, softcover with gatefolds  
13.5 x 21.5 cm, 18.95 Euro (GER)  
ISBN 978-3-86374-595-0

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- Covers the entire range of pregnancy, childbirth and breastfeeding
- With comprehensive A – Z list of discomforts

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

- Introduction to the healing methods of TCM – acupuncture and acupressure, massages, meditation, qigong, medicinal herbs, medicinal teas, Chinese dietetics, among others.
- 40 weeks baby bump: What happens to mother and child during pregnancy? With numerous tips from Chinese as well as Western teachings for each week of a pregnancy.
- Holistic support during breastfeeding
- Dietary recommendations from the Five Elements (Wu Xing)
- Comprehensive A to Z self-help section with therapy suggestions and proven measures from TCM



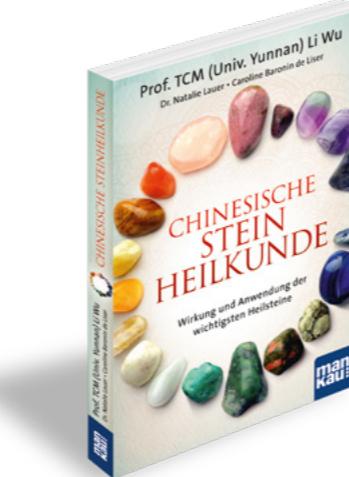
**Li Wu**

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



**Dr. Natalie Lauer**

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



## Healing crystals as used in Chinese Medicine For internal and external applications

This book provides you with all you need to know about the TCM use of healing crystals and gemstones for treating various complaints and illnesses.

Prof. TCM (Univ. Yunnan) Li Wu / Dr. Natalie Lauer / Caroline Baronin de Liser  
**Chinese Crystal And Gemstone Healing**  
Effects and applications of the most important healing crystals

1st ed. 2016, 224 pp, softcover with gatefolds, full-colour print  
16 x 22 cm, 17.95 Euro (GER), ISBN 978-3-86374-320-8

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## Healing remedies to accompany you into "the second spring" (Self) treatment of menopausal symptoms

This guide introduces readers to the basics of Chinese medicine and presents holistic therapeutic measures for the targeted (self) treatment of typical symptoms.

Prof. TCM (Univ. Yunnan) Li Wu  
**Sail Through Menopause Thanks to TCM**

1st ed. 2018, 239 pp, softcover with gatefolds  
13.5 x 21.5 cm, 15.95 Euro (GER), ISBN 978-3-86374-465-6

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## Relaxation and healthy sleep with Chinese Medicine

Proven practices for relaxation and healthy sleep

Do you often have difficulties in falling asleep? Or do you wake up suddenly and can only fall asleep with difficulty? Proven TCM practices for relaxation and healthy sleep.

Prof. TCM (Univ. Yunnan) Li Wu  
**Healthy Sleep with TCM**

Nutrition tips and herbal recipes – Acupressure and therapeutic massages for relaxation

1st ed. 2015, 160 pp, paperback  
12 x 19 cm, 9.95 Euro (GER), ISBN 978-3-86374-214-0

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## Healing infusions from East and West

Combined healing knowledge of China and Europe

Two traditional, proven healing methods are brought together in this book – they do not compete, but rather form a new unprecedented unity of healing. With effective recipes.

Prof. TCM (Univ. Yunnan) Li Wu / Pharmacist Jürgen Klitzner  
**Healing Infusions For Body, Mind And Soul**

304 effective recipes from the traditional healing cultures of China and Europe

4th ed. 2024, 239 pp, softcover with gatefolds, full-colour print  
16 x 22 cm, 22.00 Euro (GER), ISBN 978-3-86374-746-6

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# Get ready for your baby!



Jeanette Luft

## Yoga During Pregnancy

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

1st ed. 2023,  
190 pp, softcover  
with gatefolds,  
full-colour  
16 x 22 cm,  
22.00 Euro (GER)  
ISBN 978-3-86374-685-8



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

Want to learn something that is good for both yourself and your baby? And how to reliably prevent back pain? And prepare yourself optimally for the birth? This book will provide all the answers!

Yoga During Pregnancy takes you on an exciting journey to your new self as an expectant mother. Its easy-to-follow yoga sequences with that certain something include elements derived from mindfulness and meditation as well as breathing and relaxation techniques. Day by day you will learn to perceive your body better, to listen to it and to feel what is good for you and your baby. This will put your restless mind at ease, and slow down the emotional roller coaster inside you ...

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

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

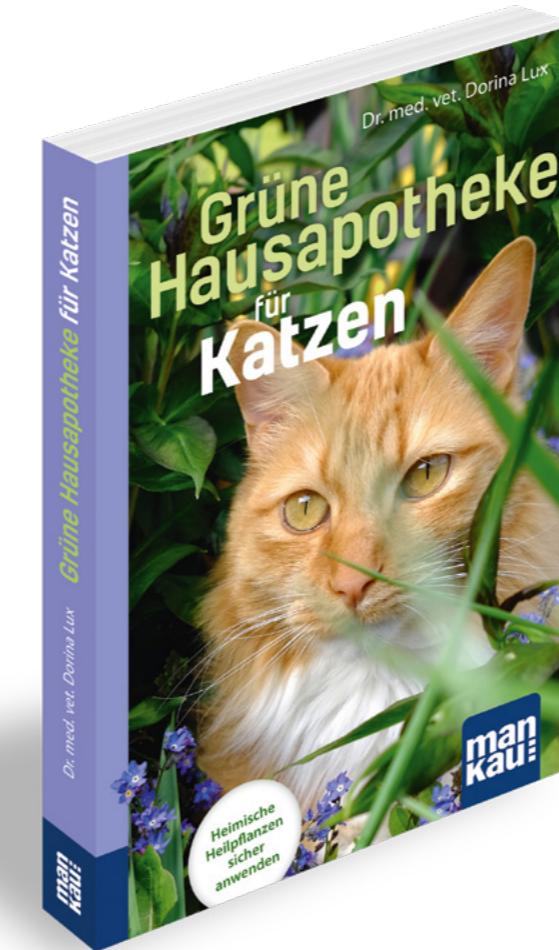


**Jeanette Luft**

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

© Daniela Foreni

# Natural herbal care and healing for your furry friend



**Dorina Lux, DVM**  
**Herbal Remedies for  
Cats. A Pocket Guide**  
How to use native medicinal plants safely

1st ed. 2022, 158 pp, softcover with  
gatefolds, full-colour print  
11.5 x 16.5 cm, 12.00 Euro (GER)  
ISBN 978-3-86374-655-1

- Experienced veterinarian with focus on naturopathy and holistic medicine
- Growing interest in naturopathy for pets

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

- Common symptoms and diseases from A to Z and their treatment using medicinal plants
- 20 illustrated plant portraits: Ingredients, effect, application and dosage in the cat
- Extras: Cat psychology – understanding the behaviour



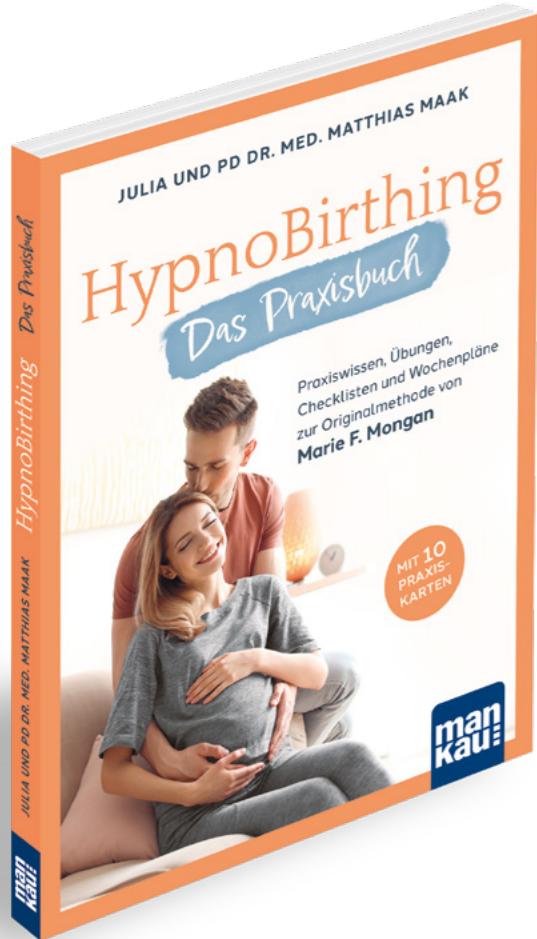
**Matching product:**  
**Dorina Lux, DVM**  
**Herbal Remedies for Dogs.  
A Pocket Guide**  
How to use native medicinal plants safely

1st ed. 2022, 158 pp, softcover with gatefolds, 11.5 x 16.5 cm  
12.00 Euro (GER), ISBN 978-3-86374-641-4



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

# A helpful companion to the original HypnoBirthing method!



Julia and Matthias Maak, MD

## HypnoBirthing. The Practice Manual

Practical knowledge, exercises, checklists and weekly plans based on the original method by Marie F. Mongan

1st ed. 2022, 157 pp, softcover with gatefolds, with 10 enclosed practice cards (11.5 x 16.5 cm), full-colour print 16 x 22 cm, 22.00 Euro (GER)  
ISBN 978-3-86374-658-2

Rights:  
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- Tried and tested help for expectant parents with exercises, self-tests, checklists
- Experienced team of HypnoBirthing experts

The practice manual for expectant parents: Discover the full potential of the HypnoBirthing treasure! Its tried and tested exercises are easy to implement and will help you anchor deep relaxation within yourselves, awaken your intuition, strengthen your confidence in your own abilities, activate your conscious self-determination, and take ownership of your child's well-being with great anticipation. So you, dear mamas, will learn how to consciously let go at the right time, to promote the release of beneficial birth hormones and in this way support the process of a natural, safe and gentle birth.

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

- Large practical part with breathing, self-hypnosis and relaxation exercises
- 10 handy practice cards with self-test, flexible training plans and useful exercises
- Numerous further recommendations: Tips for nutrition and exercise, pelvic floor health, perineal massage, first-time baby gear, packing lists, postpartum preparation, baby massage, etc.

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



### Julia Maak

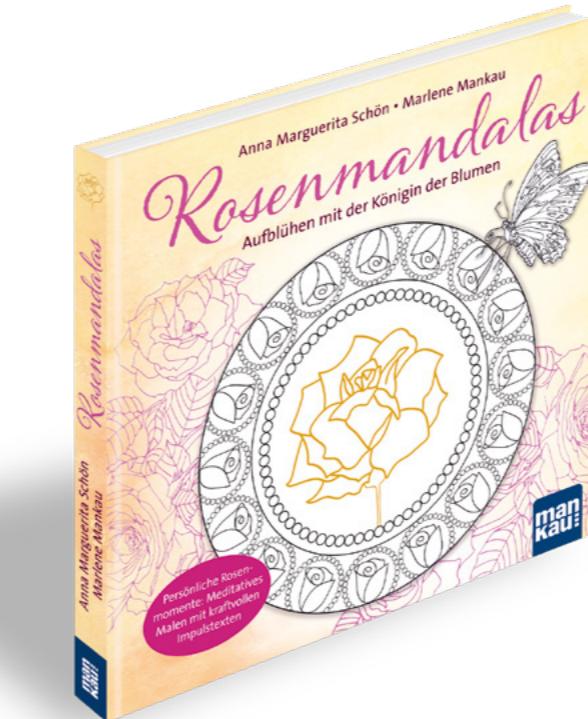
is a mother of four, managing partner of the HypnoBirthing Gesellschaft Europa GmbH (Limited liability company HypnoBirthing Europa) (HBGE), lecturer for HypnoBirthing certification trainings of the HBGE, and HypnoBirthing course instructor for expectant parents.



### Matthias Maak, MD

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

# Meditative painting with the Queen of Flowers



Marlene Mankau  
Anna Marguerita Schön

### Rose Mandalas

Bloom with the Queen of Flowers  
Create your Personal Rose Moments:  
Meditative Painting  
with powerful inspirational texts

1st ed. 2021, 96 pp, Coloring book, hardcover stitched, with bookmark  
21 x 21 cm, 20.00 Euro (GER)  
ISBN 978-3-86374-583-7



Rights:  
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- Beautifully designed gift book with hand drawn mandalas, zendalas and much more
- Powerful texts provide inspiration for your day

Take the rose mandalas, zendalas and many other beautiful rose-themed illustrations of this book as an inspiration for you to bloom inside and out. Marlene Mankau lovingly created her drawings by hand. Readers are guided through the individual chapters by energizing and enjoyable inspirational texts written by Anna Marguerita Schön.

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

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



### Anna Marguerita Schön

lives near Murnau am Staffelsee. Already in her childhood, writing and her close connection with nature were her personal elixir of life. Her love of the written word therefore not only shapes her private life, but also her professional career, which began at the Akademie des Deutschen Buchhandels (Academy of the German Book Trade) in the Munich Literaturhaus.

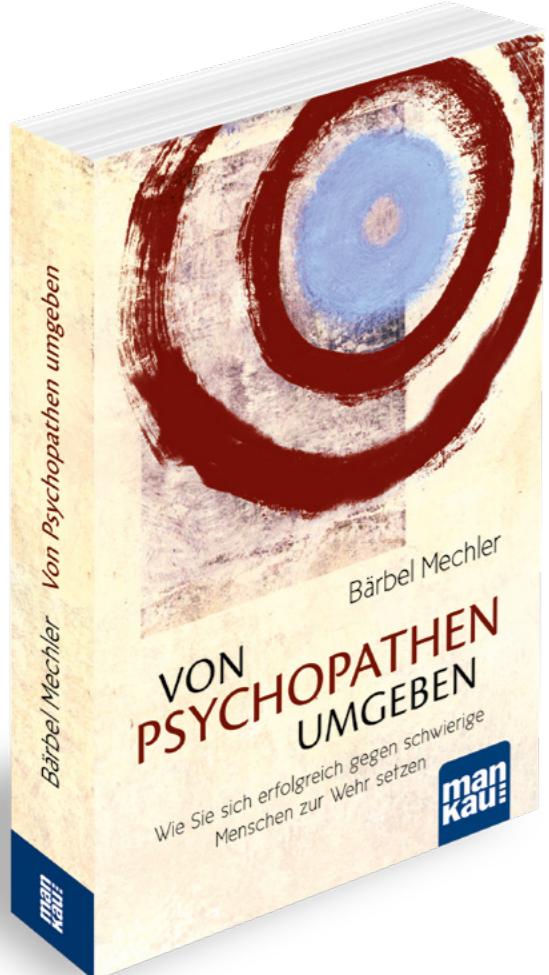
Most recently, she spent four years as editor-in-chief of a successful regional and lifestyle magazine. Since the spring of 2020, she has felt at home working in the editorial department of a holistically oriented book publisher.



### Marlene Mankau

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

# More certainty and calmness in professional and everyday life



Bärbel Mechler  
**Surrounded By  
Psychopaths**

How you successfully defend yourself  
against difficult people

5th ed. 2018, 277 pp, paperback  
12 x 19 cm, 9.95 Euro (GER)  
ISBN 978-3-86374-123-5

**21,000 COPIES  
SOLD!**

- Proven strategies easy to translate into practice
- General interest

Do you know those people whose ego is bigger than the space in which they stay, who tolerate no other but themselves and who bask without restraint in their supposed glory? People who belittle and bully others and yet embody only the caricature of their own wishful thinking? If you have to endure such a person in your life, be it at work as a boss or colleague or at home as a partner or family member, then this book will be the answer to your problems. With proven examples for action, designed for the typical problem situations and made for immediate practical application, "Surrounded by psychopaths" offers indispensable means at your disposal. All the classic features and the typical behavioural patterns with which these "pests" expose themselves will be familiar to you from now on, so you can look behind the deceptive facade and understand what their motivation is.

You will learn how to apply a wide range of methods – from gallant flattery to substantial confrontation – to free yourself from the victim trap. And if you ask yourself the question what these painful encounters have to do with the current life situation, you will receive many valuable suggestions.

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

Thüringer Allgemeine Zeitung

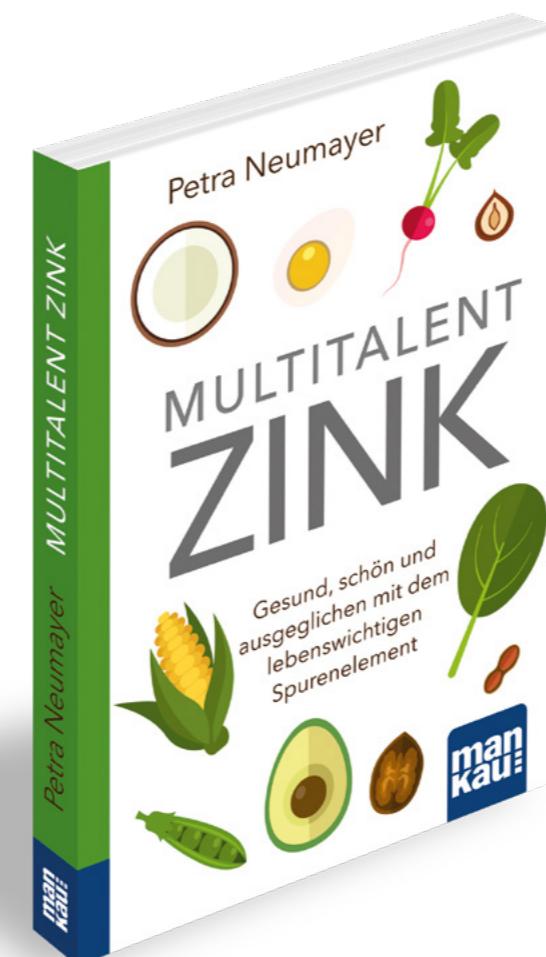


**Bärbel Mechler**

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

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# The essential component for beauty and well-being



Petra Neumayer  
**Multitalent Zinc.  
A Pocket Guide**

Healthy, beautiful and balanced  
with this vital trace element

2nd ed. 2018, 127 pp, softcover with  
gatefolds, full-colour print  
11.5 x 16.5 cm, 7.99 Euro (GER)  
ISBN 978-3-86374-317-8

- Deficiency frequently encountered in modern everyday life
- Tips for a diet to combat zinc deficiency

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

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

In a clear and concise manner, this pocket guide explains

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



**Petra Neumayer**

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

# A healing accompaniment through a time of change



## First Aid For Hot Flashes Etc. A Pocket Guide

Medicinal plants, superfoods and bioidentical hormones against menopausal symptoms

3rd ed. 2021, 127 pp, softcover with gatefolds, full-colour print  
11.5 x 16.5 cm, 8.99 Euro (GER)  
ISBN 978-3-86374-435-9

**10,000 COPIES SOLD!**

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

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

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

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

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



## Petra Neumayer

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

## Holistic healing for animals

- The third volume of the successful series "Painted Medicine"
- Without risks or side effects

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



## Petra Neumayer / Roswitha Stark Painted Medicine For Animals

Holistic healing of beloved animals – Gentle resettling of unloved animals

3rd ed. 2025, 207 pp, paperback, 12 x 19 cm  
10.90 Euro (GER), ISBN 978-3-86374-409-0

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## Healing children with signs and symbols

- The fourth volume of the successful series "Painted Medicine"
- Gentle help from birth to adolescence

Signs and symbols instead of drugs – for children, New Homeopathy is a wonderful alternative for the treatment of diseases, everyday ailments, minor injuries and blockades. The book provides gentle, simple and quick help from birth to puberty including practical hints and advice for the effective and creative use of Körbler's signs. *With numerous helpful test lists for sensitive testing procedures!*



## Petra Neumayer / Roswitha Stark Painted Medicine For Children

Gentle healing and promoting development from infants to school children

1st ed. 2017, 222 pp, paperback, 12 x 19 cm  
10.90 Euro (GER), ISBN 978-3-86374-412-0

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# The healing power of number vibrations



## Healing With Numbers

From mysticism of numbers to the spiritual code system  
With an extensive practical section

4th ed. 2023, 155 pp, softcover  
with gatefolds, 2c  
14 x 21 cm, 16.95 Euro (GER)  
ISBN 978-3-86374-013-9

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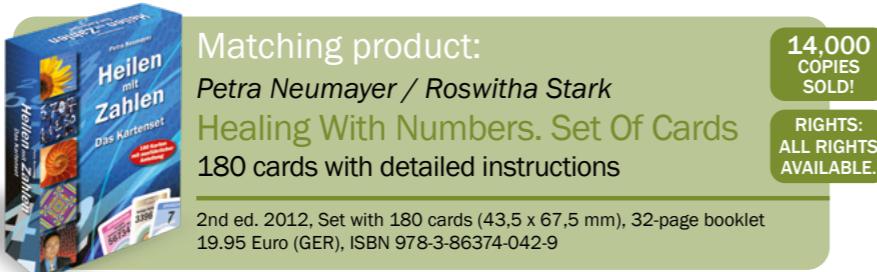
- In-topic: number medicine
- Many practical instructions and test lists

Almost everyone has a lucky number, does particular numbers in the lottery or connects "Friday the 13th" with superstition. Why has always been an effect attributed to certain numbers that goes far beyond their numerical significance?

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

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

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



**Petra Neumayer**  
lives as a freelance medical journalist, lecturer and author in Munich. She has published numerous books on food supplements, alternative medicine and naturopathy, among them the bestseller "Healing With Numbers" and the successful series "Painted Medicine" (together with Roswitha Stark). She has been devoted to healing with vibrations and sensitive resonance therapy for many years.

# Understanding and using healing symbols



Petra Neumayer / Roswitha Stark

## Healing With Symbols. The 64 Most Important Healing Signs

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

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

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

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

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

The following 64 healing symbols are described in the book:

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



**Matching product:**  
Petra Neumayer / Roswitha Stark  
Painted Medicine: 64 Symbol Cards  
New Homeopathy, Holy Geometry and more

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

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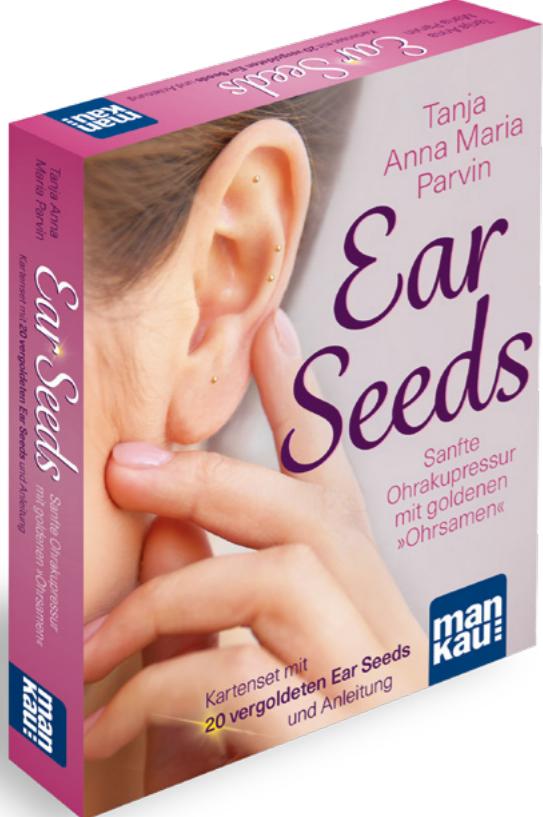


**Petra Neumayer**  
works as a medical journalist, writer and author. Numerous books about food supplements, alternative medicine and naturopathy have been published by her.



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

# Ear Seeds – an aesthetic health trend



Tanja Anna Maria Parvin

## Ear Seeds

Gentle ear acupressure  
with gold-plated Ear Seeds

1st ed. 2021, set of 36 colored cards  
in A6 format (10.5 x 14.8 cm), 20 gold-  
plated Ear Seeds and 24-page booklet  
16 x 22 cm, 29.95 Euro (GER)  
ISBN 978-3-86374-627-8



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

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

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

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

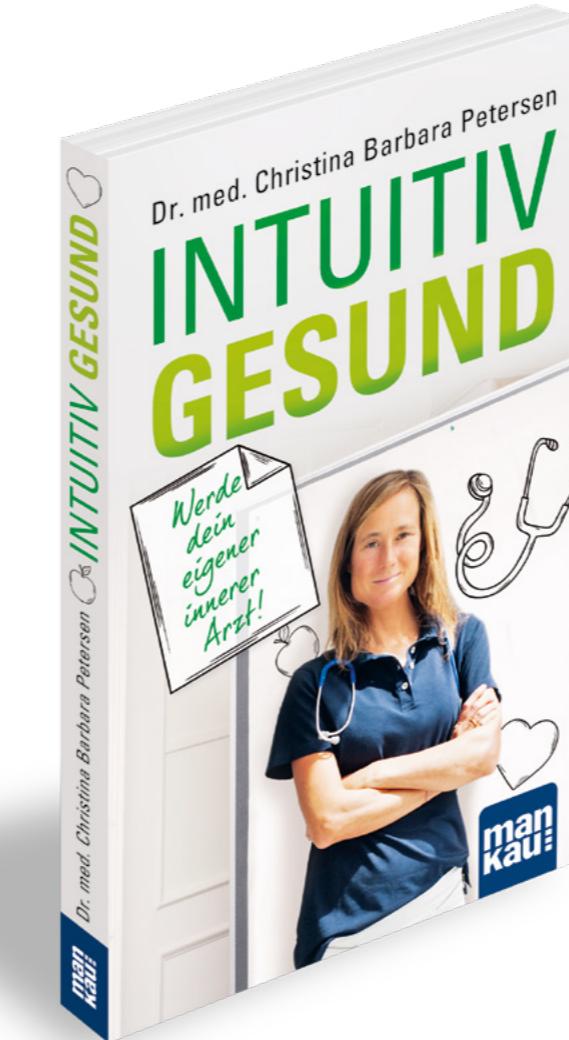
- 36 cards in A6 format with color illustrations by Tanja Anna Maria Parvin, describing each acupressure point, its effect, its areas of application, theme and message.
- 16-page booklet with detailed instructions and symptoms chart
- 20 high-quality, gold-plated Ear Seeds (Ø 1.2 mm) on a round transparent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



## Tanja Anna Maria Parvin

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

# Take a look behind the scenes of your health



Christina Barbara Petersen, MD

## Intuitive Health

Tap into your inner doctor!

1st ed. 2021, 190 pp, softcover with  
gatefolds  
13.5 x 21.5 cm, 14.95 Euro (GER)  
ISBN 978-3-86374-590-5

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

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

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

From her book, you will learn

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



## Christina Barbara Petersen, MD

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

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

# Strengthen your fascia and free your back of pain



Nora Reim

**Fascia.****A Pocket Guide**

- Why your connective tissue is so important for your knees, shoulders and back
- What you need for your fascia training and how it works

2nd ed. 2016, 127 pp, softcover with gatefolds, full-colour print

11.5 x 16.5 cm, 7.99 Euro (GER)  
ISBN 78-3-86374-287-4

**Rights sold to:**  
France

- Easy exercise routines
- Easy to understand and suitable for everyday practice

Suffering from back pain? Latest research has shown that the root of the trouble is to be found in the so-called fascia whose functions and importance were underestimated for a long time. The term "fascia" (which is derived from the Latin word for "bundle") relates to the multi-layered connective tissue which surrounds every muscle, individual muscle fibres as well as the human body as a whole, providing support for the inner organs and ensuring physical structure.

So to keep your heart and kidneys in their places, to have your knee and shoulder joints working smoothly and to ensure that your back supports you in all activities without any trouble, you need to strengthen your fascia. As little as ten minutes of exercise twice a week will ensure that your connective tissue will not get sticky as you age and thus cause you pain.

This pocket guidebook gives an easy-to-understand overview on

- functions and significance of fascia in the human body
- fields of application such as pain and injury prevention, retaining body tension and overall well-being
- simple training routines and practical every-day exercises

Discover the fascination of your fascia and get rid of your back pain!

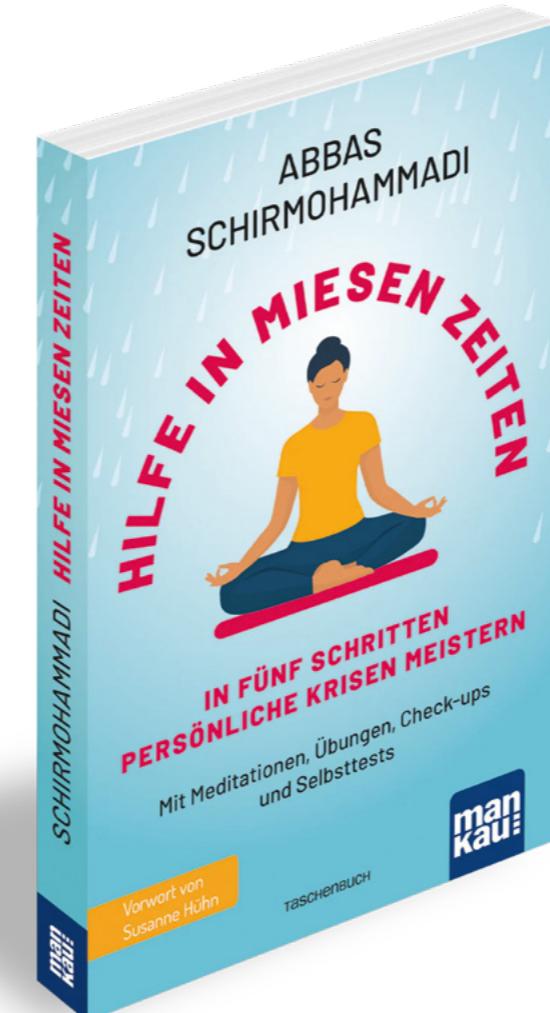
*"Your fascia – same as your muscles, tendons and ligaments – needs to be trained! So give your connective tissue a regular workout: A ten-minute routine twice a week will be more than enough. This guidebook will teach you how."*

Dr. biol. hum. Robert Schleip, expert on fascia  
(excerpt from the preface)

**Nora Reim**

studied legal sciences and sports journalism in Marburg and Norwich. After internships with the German paper Frankfurter Allgemeine Zeitung, the German radio station Hessischer Rundfunk and the Deutsche Presse-Agentur she initially worked as an editor for a triathlon magazine in Munich. In 2013, Nora Reim started working as a free-lance sports writer. In her work, she focusses on endurance sports, fitness and soccer. The Swabian-born writer is based in Nürtingen.

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



Abbas Schirmohammadi

**Help in Difficult Times**

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

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

**Rights:**  
All rights available.

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

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

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

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

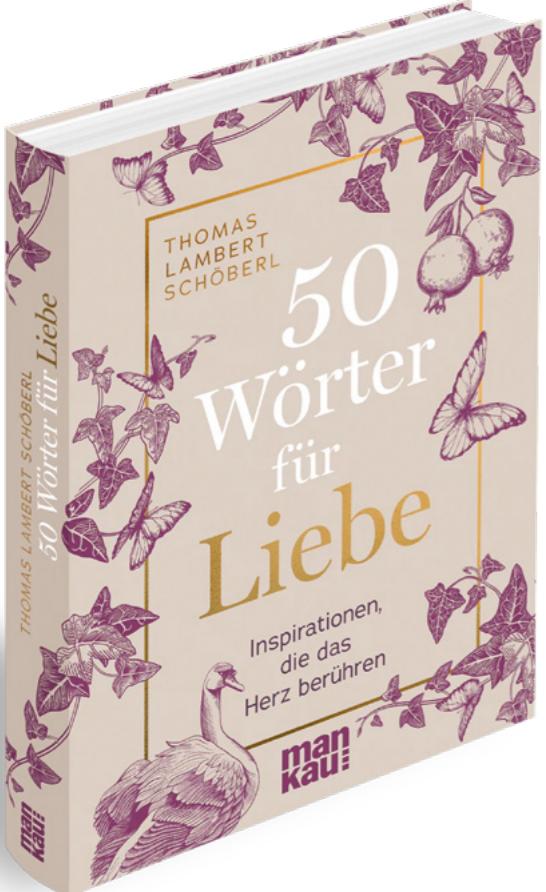
1. Come to rest and find a safe inner place to reflect on what has happened.
2. Recognize which part of you is experiencing the crisis and which parts are stable. This will clarify what you need to address and what resources you have.
3. Discover spiritual sources of strength.
4. Use your newfound strengths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

**Abbas Schirmohammadi**

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

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

# Poetic and inspiring - a timeless gift



Thomas Lambert Schöberl

## 50 Words for Love

Inspirations that touch the heart

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

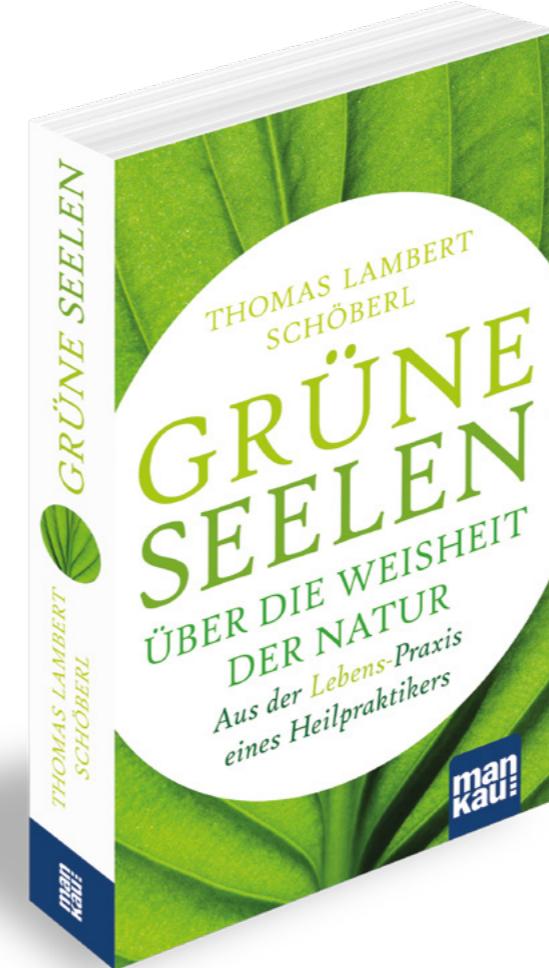


### Thomas Lambert Schöberl,

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

Rights:  
All rights available.

# Discover nature within you - it is where all things originate and end



Thomas Lambert Schöberl

## Green Souls

About the wisdom of nature  
From the (life) practice of a naturopath

1st ed. 2021, 318 pp, softcover with  
gatefolds  
13.5 x 21.5 cm, 18.95 Euro (GER)  
ISBN 978-3-86374-598-1

Rights:  
All rights available.

- Rediscovering the healing power of nature
- Inspiring nonfiction in narrative form by a young author

In our meritocracy, modern man has lost touched with his roots. Chronic illnesses and psychosomatic complaints have become common ailments. Is this really our destiny?

Thomas Lambert Schöberl knows a way out: He recommends that we should tackle today's challenges in a sustainable way using a new creative approach, giving space again to the wonders of nature and the holistic view of the world and the human being, and becoming aware of their significance for body, mind and soul. Many people increasingly feel a longing for nature, for more originality in their lives and for a new definition of the meaning of life.

In a poetic and yet very direct way, this author tells the story of his own road to recovery and of his personal development. As a healer, musician, and art historian, he uses a long-forgotten metaphorical language as a sensitive way to convey to us the immaterial richness and myriad perspectives of a holistic world view. Drawing on experiences from his naturopathic practice, he makes it clear that the profession of naturopath and the ancient knowledge of naturopathy are precious cultural assets that need to be protected.

"We are much like trees with strong roots, we are the tunes to a cosmic dance and the prayers of an ongoing creation. We should follow these roots, these inner chants, these powerful sparks of hope - even into the unknown, going down deeper and deeper ... until we reach the innermost of our souls."



### Thomas Lambert Schöberl

is a non-medical practitioner, an expert in naturopathy, and a music and art teacher. He lives with his family in Munich where he also runs a practice for alternative healing methods. His seminars and workshops focus on nature, creativity and holism. A university-trained musicologist, music educator, art historian and student of Protestant religious education, he effortlessly interweaves the fields of art and culture, religion, educational science, nature and medicine. Everything is connected with everything - this is exactly what Thomas Lambert Schöberl keeps making clear time and again in his interdisciplinary approaches. In his healing practice, he focuses on the examination of living blood under the dark field microscope, herbal medicine and spiritual life counseling.

# BodyResilience - the healing connection of body and mind



Isabel Scholz

## BodyResilience

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

1st ed. 2022, 239 pp, softcover with gatefolds  
13.5 x 21.5 cm, 18.00 Euro (GER)  
ISBN 978-3-86374-667-4

Rights:  
All rights available.

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

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

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

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

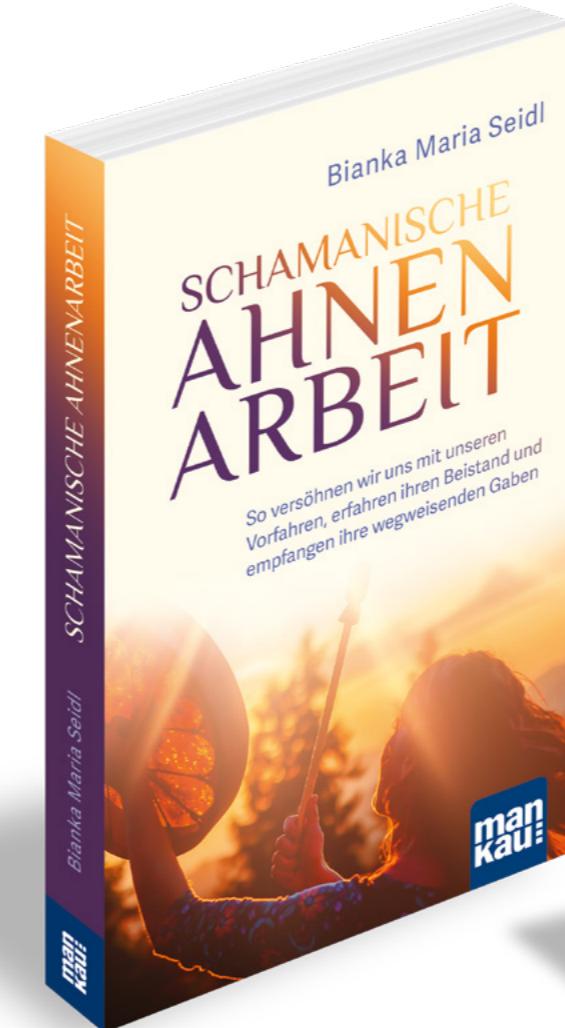
BodyResilience helps us deal with difficult situations, stress and crises!



Isabel Scholz

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

# Strong roots enable you to reach for the stars



Bianka Maria Seidl

## Shamanic Ancestor Work

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

1st ed. 2021, 206 pp, softcover with gatefolds  
13.5 x 21.5 cm, 18.95 Euro (GER)  
ISBN 978-3-86374-644-5

Rights:  
All rights available.

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

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

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



Matching product:  
Bianka Maria Seidl  
Shamanic Ancestor Work  
Guided journeys with drum accompaniment

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

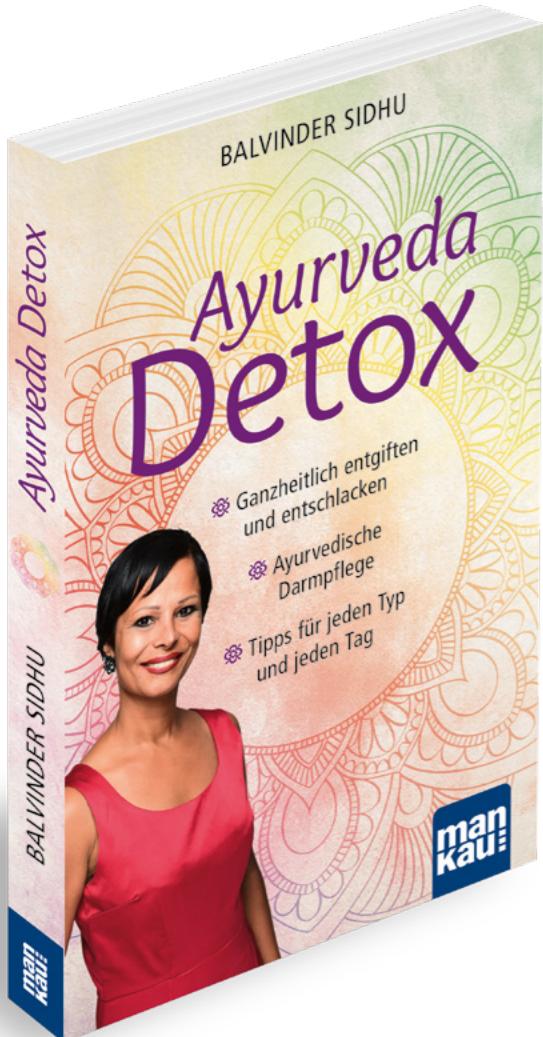


Bianka Maria Seidl

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

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

# Ayurvedic cleansing – soothing for body and soul



Balvinder Sidhu

## Ayurveda Detox

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

1st ed. 2019, 168 pp, softcover with gatefolds

13.5 x 21.5 cm, 12.95 Euro (GER)  
ISBN 978-3-86374-499-1

Rights sold to:  
Romania

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

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

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

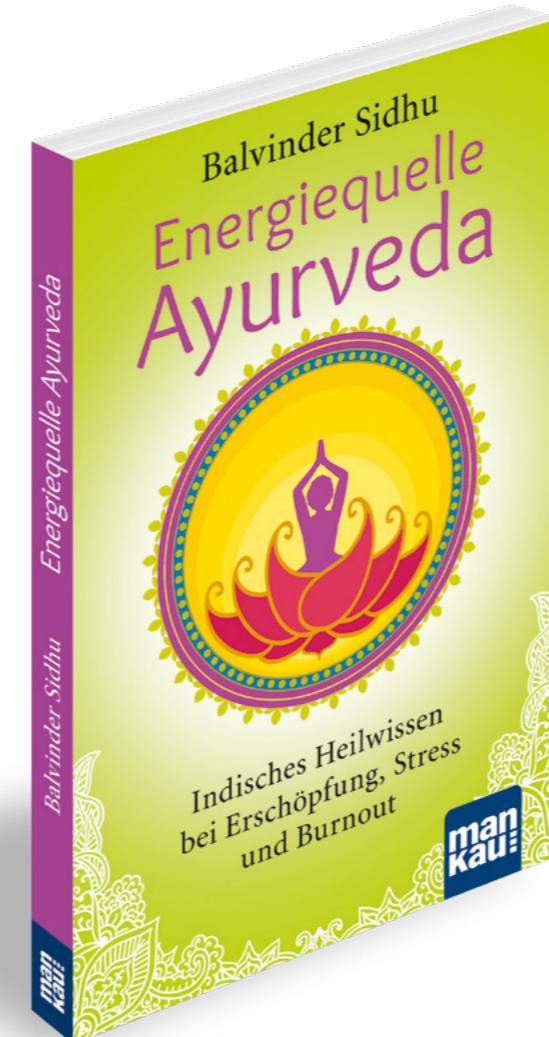
- Ayurvedic bowel care: Lay a stable foundation – good digestion and a healthy bowel play a key role in Ayurvedic medicine.
- Ayurvedic cleansing: Free your body, mind and soul from the burden of the past – with a 5 or 10 day purification cure, yoga exercises suitable for everyday use, short meditation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



## Balvinder Sidhu

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

# Use ancient knowledge for new energy!



Balvinder Sidhu

## Ayurveda – Source Of Energy

Indian healing knowledge  
for exhaustion, stress and burnout

3rd ed. 2018, 158 pp, paperback  
12 x 19 cm, 9.95 Euro (GER)  
ISBN 978-3-86374-205-8

Rights:  
All rights available.

- Energy programmes suiting individual needs
- Competent and authentic author

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

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

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



Matching product:  
Balvinder Sidhu  
Get Your Hair Back!

Your Ayurveda coaching to get full and healthy hair

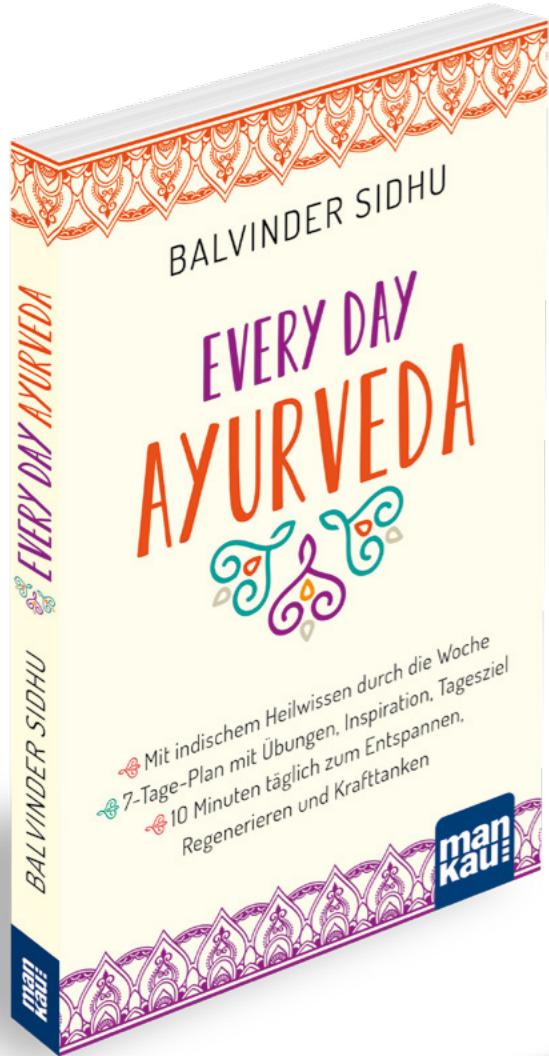
1st ed. 2020, 1 audio-CD in jewelcase, running time approx. 47 min.,  
8-page booklet, 12.95 Euro (GER), ISBN 978-3-86374-554-7



## Balvinder Sidhu

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

# Use Ayurveda and your week will be smooth sailing



Balvinder Sidhu

## Everyday Ayurveda

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

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

Rights:  
All rights available.

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

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

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

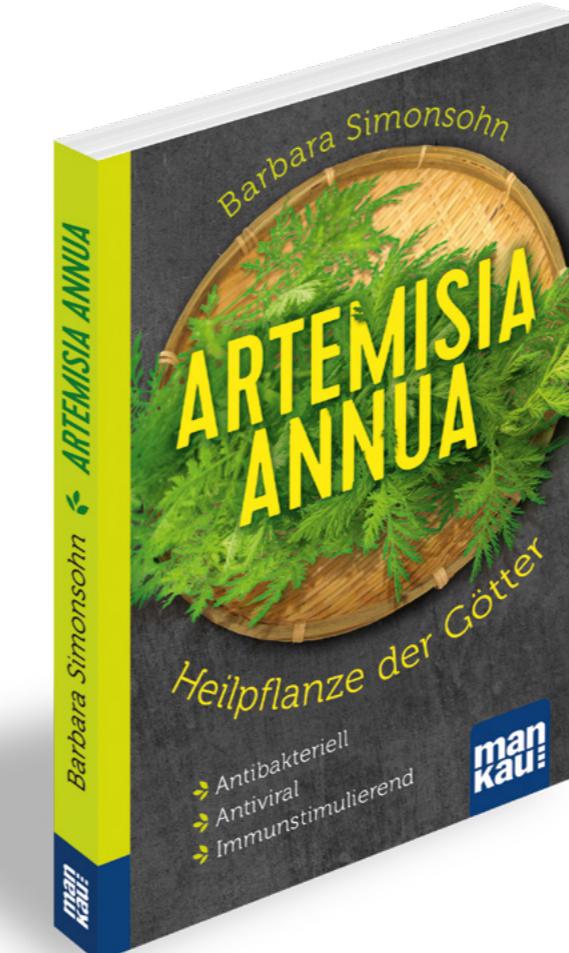
Even small changes in your lifestyle will have a great effect on your health and well-being – just a few minutes a day are enough to manage symptoms such as exhaustion, lack of strength or fatigue! Ayurveda expert Balvinder Sidhu takes you by the hand and guides you perfectly through your week with inspiring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



### Balvinder Sidhu

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

# The rising star among natural remedies



Barbara Simonsohn  
**Artemisia annua.**  
A Pocket Guide  
A divine medicinal plant

12th ed. 2025, 127 pp, softcover with gatefolds  
11.5 x 16.5 cm, 8.99 Euro (GER)  
ISBN 978-3-86374-474-8

80,000 COPIES SOLD!

Rights sold to:  
France, Italy, Poland,  
Spain

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

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

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

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

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

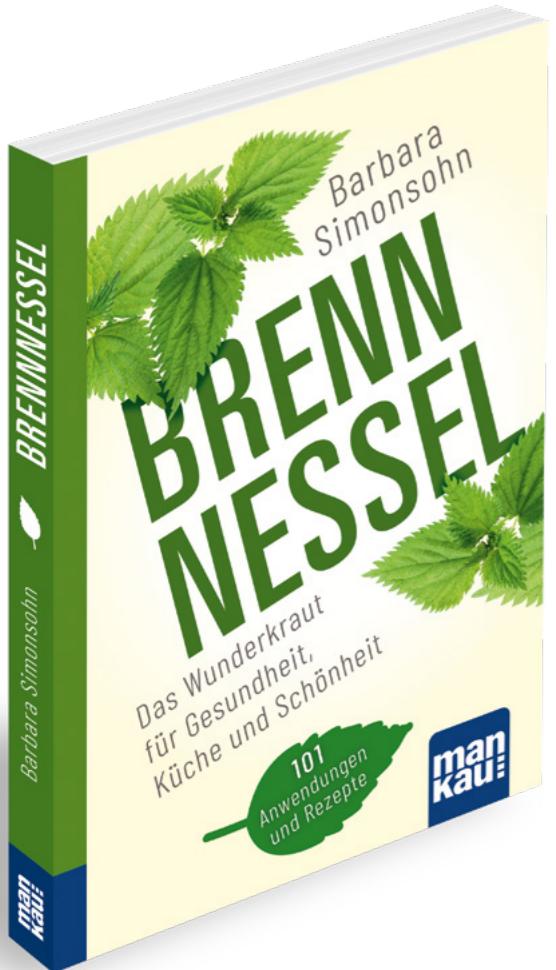
- Interesting facts about its growth, occurrence and history
- Comprehensive information on its ingredients, fields of application and current research results
- Practical advice on how to grow Artemisia yourself and recipes with Artemisia products



### Barbara Simonsohn

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

# The misjudged treasure from your own garden



Barbara Simonsohn  
**Stinging Nettle.  
A Pocket Guide**  
The Miracle Herb for Health,  
Cuisine and Beauty  
101 applications and recipes

3rd ed. 2024, 158 pp, softcover with  
gatefolds, full-colour print  
11.5 x 16.5 cm, 12.00 Euro (GER)  
ISBN 978-3-86374-652-0

**14,000 COPIES  
SOLD!**

**Rights:  
All rights available.**

- Proven applications for health and beauty
- Experienced bestselling author and superfood expert

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

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

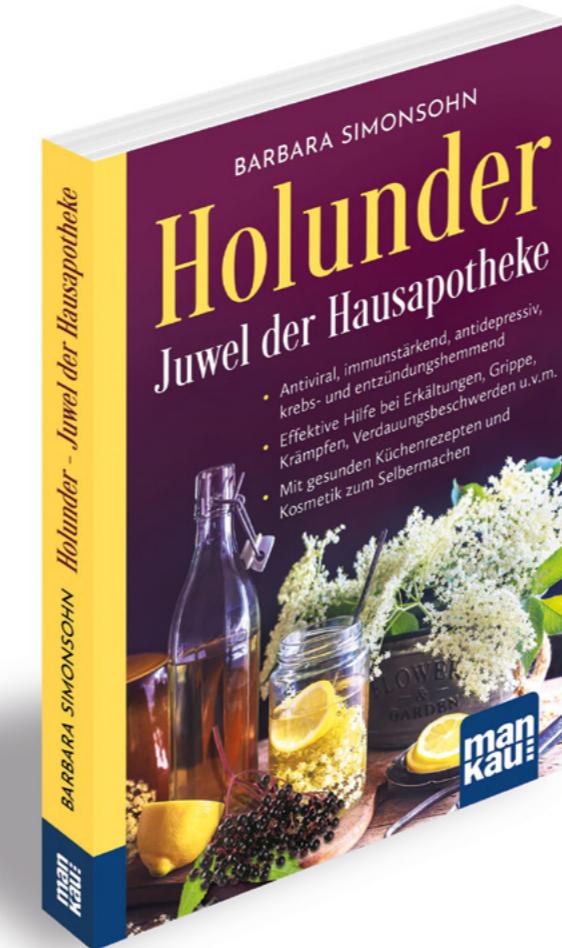
In terms of minerals, the nettle also scores highly with its content of calcium, potassium, phosphorus, chlorine, magnesium, silicon, easily absorbable iron and the rare trace elements manganese, boron and copper. Even small traces of gold can be found in it! These minerals are extremely important for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

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



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

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



Barbara Simonsohn  
**Elderberry – Jewel of the Medicine Cabinet.  
A Pocket Guide**

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

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

**Rights:  
All rights available.**

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

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

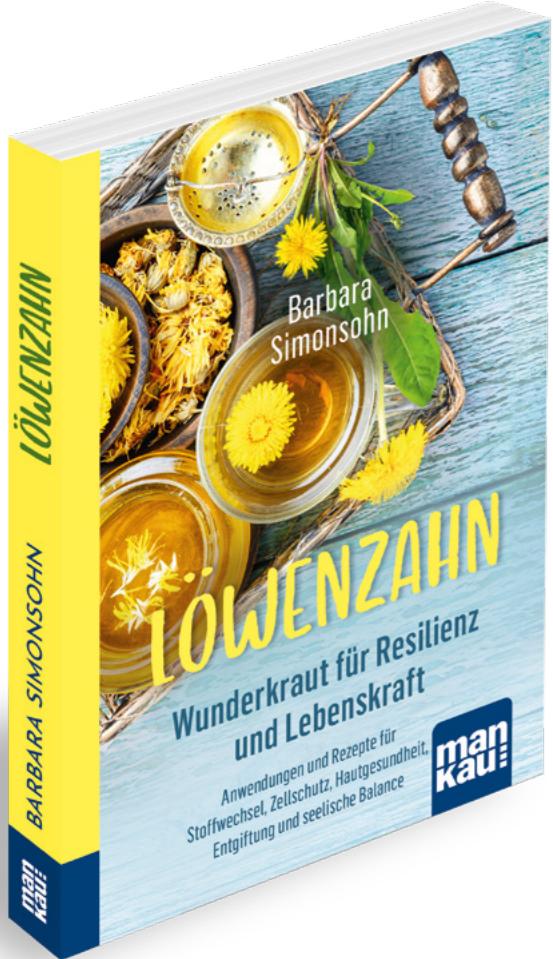
Elderberry has been proven to fight flu and cold viruses, it detoxifies, aids digestion, alleviates gastrointestinal complaints, strengthens the nerves and rejuvenates the skin; its numerous healing properties – including antipyretic, antioxidant, pain-relieving, antispasmodic, anti-inflammatory, immune-boosting,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

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



**Barbara Simonsohn**  
(born in 1954) is a nutritionist and Reiki instructor. Since 1982 she has been giving seminars at home and abroad, mainly on the original seven degree Reiki, but also in acidosis therapy and related massages according to Dr. Renate Collier, as well as in yoga. In addition, she is intensively involved in the topic of healthy nutrition and is considered a superfoods expert. The Hamburg native regularly travels to India, where she meditates and volunteers as an English teacher for orphans; she also promotes moringa projects and has planted fruit trees and established organic gardens as part of her development work in Haiti. Since 1995, Barbara Simonsohn has published numerous guidebooks in the field of holistic health; the total circulation of her books is about 600,000 copies.

# (Dande)lion power for your body and soul



Barbara Simonsohn

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

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

2nd ed. 2023, 158 pp, softcover with gatefolds, full-colour print  
11.5 x 16.5 cm, 12.00 Euro (GER)  
ISBN 978-3-86374-694-0

**10,000 COPIES SOLD!**

**Rights:  
All rights available.**

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

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

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

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



**Barbara Simonsohn**

is a nutritionist and Reiki instructor. Since 1982 she has been giving seminars at home and abroad, mainly on the original seven degree Reiki, but also in acidosis therapy and related massages according to Dr. Renate Collier, as well as in yoga. In addition, she is intensively involved in the topic of healthy nutrition and is considered a superfoods expert. The Hamburg native regularly travels to India, where she meditates and volunteers as an English teacher for orphans; she also promotes moringa projects and has planted fruit trees and established organic gardens as part of her development work in Haiti.

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

# Sage – medicinal plant of the year 2023



Barbara Simonsohn

## Sage – Mother Of All Medicinal Plants. A Pocket Guide

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

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

**Rights:  
All rights available.**

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

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

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

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

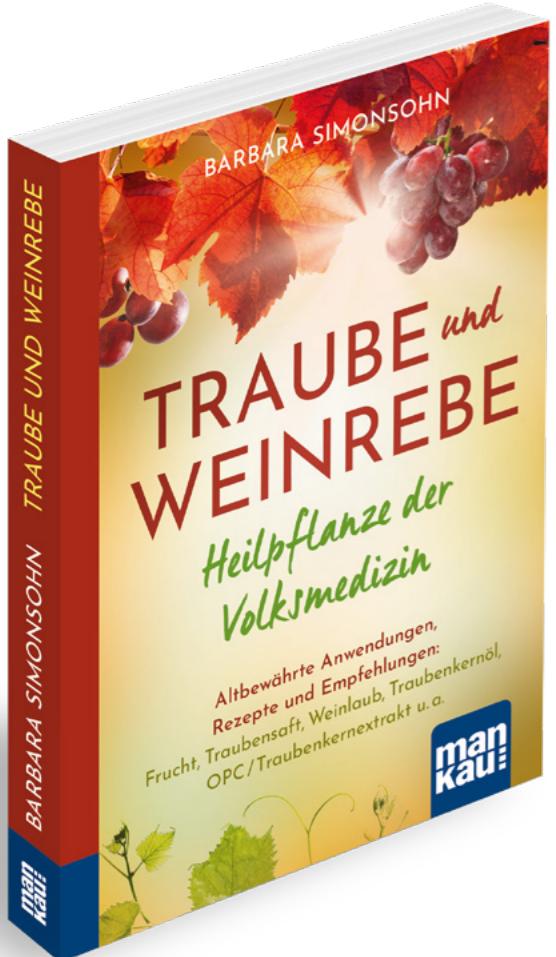


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Since 1995, Barbara Simonsohn has published numerous guidebooks in the field of holistic health; the total circulation of her books is about 600,000 copies.

# Queen of fruits and gift of the gods



Barbara Simonsohn

## Grape And Vine – Plant Remedies From Traditional Medicine. A Pocket Guide

Well-tried applications, recipes and recommendations:  
Fruit, grape juice, vine leaves, grape seed oil, OPC/grape seed extract, etc.

1st ed. 2023, 158 pp, softcover with gatefolds, full-colour print  
11.5 x 16.5 cm, 12.00 Euro (GER)  
ISBN 978-3-86374-688-9

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- Effect, areas of application, preparations and recommendations for use
- Instructions for cooking, cosmetics and cure

Like many other medicinal plants, grapes are rich in vitamins, valuable minerals and healthy fiber – but what makes them so special is above all their content of OPC (oligomeric proanthocyanidins) in their seeds and skin. OPC not only have immune-boosting, antioxidant, antibacterial and antiviral effects, but also prevent diabetes and arteriosclerosis, reduce the risk of cancer and rejuvenate the skin.

But the vine or its fruits, flowers, leaves and seeds can do so much more: Its healthy ingredients protect the heart and blood vessels, lower high blood pressure, cholesterol and blood sugar levels, slow down fungal infections and inflammations, promote wound healing and collagen formation in the skin and stimulate hair growth. They also prevent cancer, strengthen nerves, improve mood, memory and concentration, and support healthy sleep. Vine leaves and flowers are especially known for their healing properties for venous disorders, diarrhea, hemorrhoids and menstrual cramps.

- Everything important about vine and grape: valuable ingredients and applications
- Healthy indulgence: practical recommendations for preparation, use and ingestion
- Grow your own grapes: Tips for variety selection and cultivation
- Grape recipes: Instructions for cosmetics, cuisine and cure

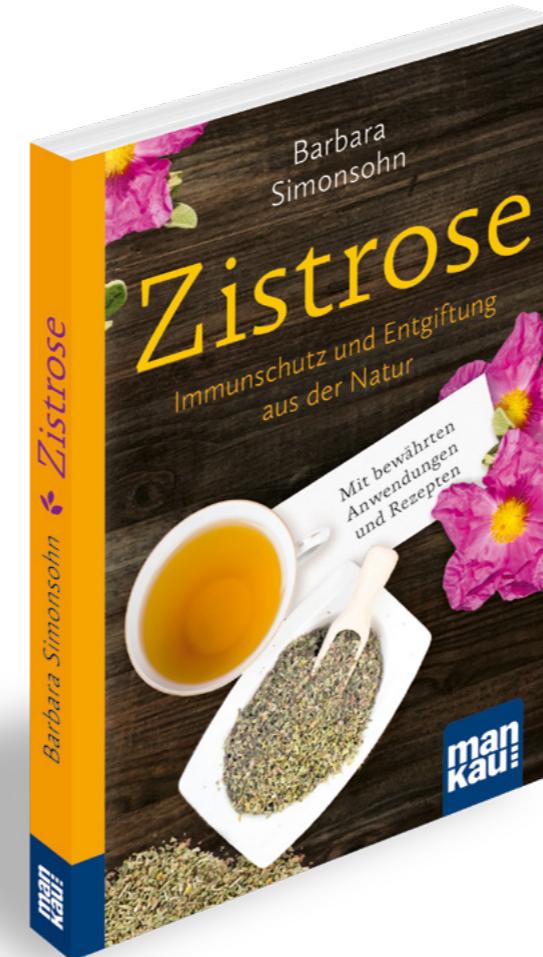


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# Flower power for health and beauty



Barbara Simonsohn

## Cistus. A Pocket Guide

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

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

10,000 COPIES SOLD!

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

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

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

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

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



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# Vitamin D as a protective shield against cancer



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

## Cancer Cells Do Not Like The Sun

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

5th ed. 2025, 158 pp, softcover with gatefolds, full-colour print  
16 x 22 cm, 18.00 Euro (GER)  
ISBN 978-3-86374-764-0

**17,000 COPIES SOLD!**

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

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

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

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



### Prof. Dr. med. Jörg Spitz

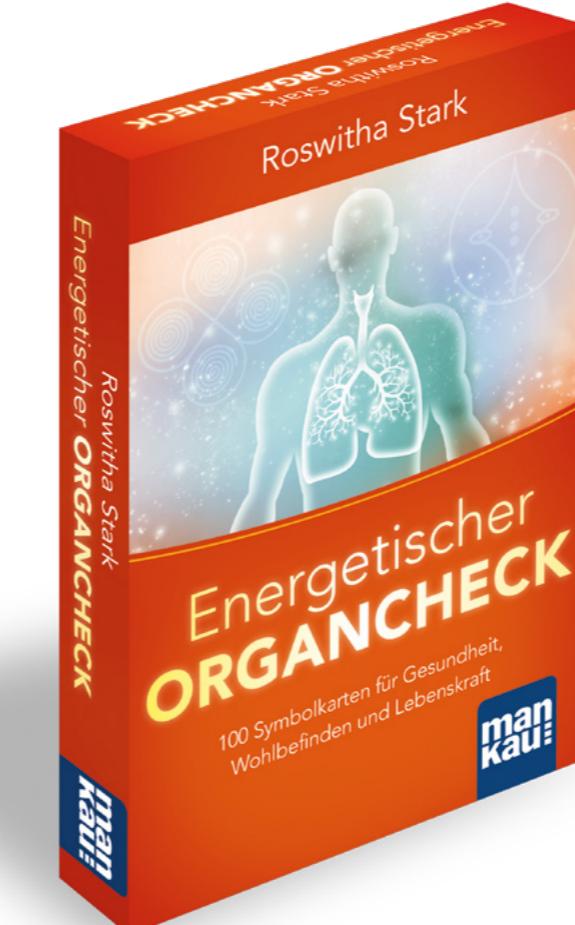
is a specialist in nuclear, nutritional and preventive medicine, board member of the "European Health Network" as well as founder of the nonprofit "German Foundation For Health Information And Prevention".



### William B. Grant, Ph.D.

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

# Balance and strength for your entire organism!



### Roswitha Stark Energetic Organ Assessment

111 symbol cards for health, well-being and vitality

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

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

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

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

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



### Roswitha Stark

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

symbols and found out that symbols speak an energy language of their own and, when used for healing, often have a more powerful effect than traditional remedies. She shares her knowledge teaching classes on vibrational medicine and has published numerous books on the subject.



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# Make systemic miracles happen!



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

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

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

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

## Roswitha Stark Family Constellations With Symbols

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

5th ed. 2023, 143 pp,  
softcover with gatefolds  
13.5 x 21.5 cm, 16.95 Euro (GER)  
ISBN 978-3-86374-471-7

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### Roswitha Stark Family Constellations With Symbols. Set Of Cards.

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

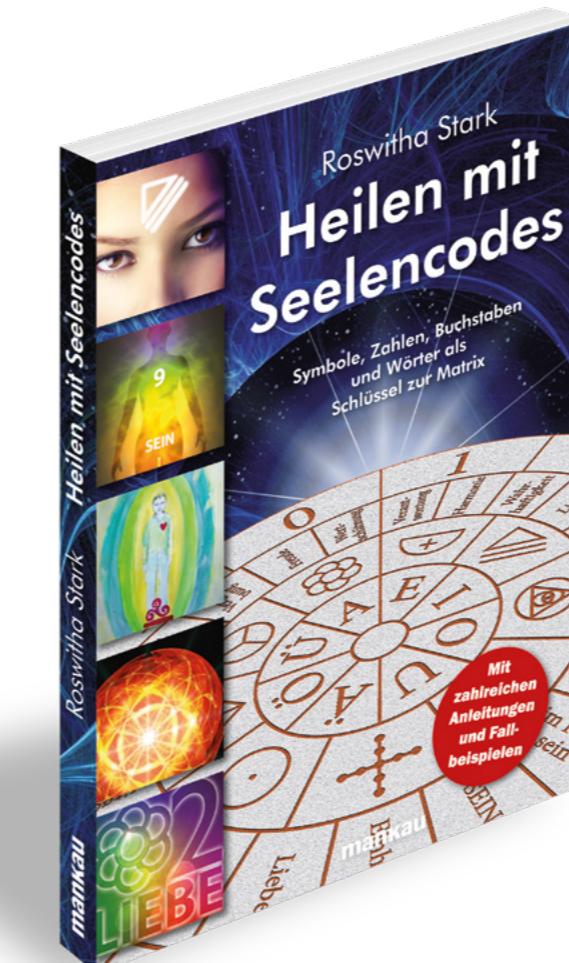
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### Roswitha Stark

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

# Finding a way to the soul with healing pictures



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

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

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

"The rebirth of the magical"

Impulse

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

newsgage



### Matching product: Roswitha Stark Healing With Soul Codes Set Of Cards

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

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### Roswitha Stark

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

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# The new fundamental guide from the bestselling series



Roswitha Stark

## Painted Medicine: Healing With Signs And Symbols

New Homeopathy 101

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

2nd ed. 2025, 254 pp, softcover with  
gatefolds, full-colour print  
16 x 22 cm, 25.00 Euro (GER)  
ISBN 978-3-86374-691-9

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- Everything worth knowing from 20 years of Painted Medicine
- With numerous new tips and case studies

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

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

What New Homeopathy 101 offers you:

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

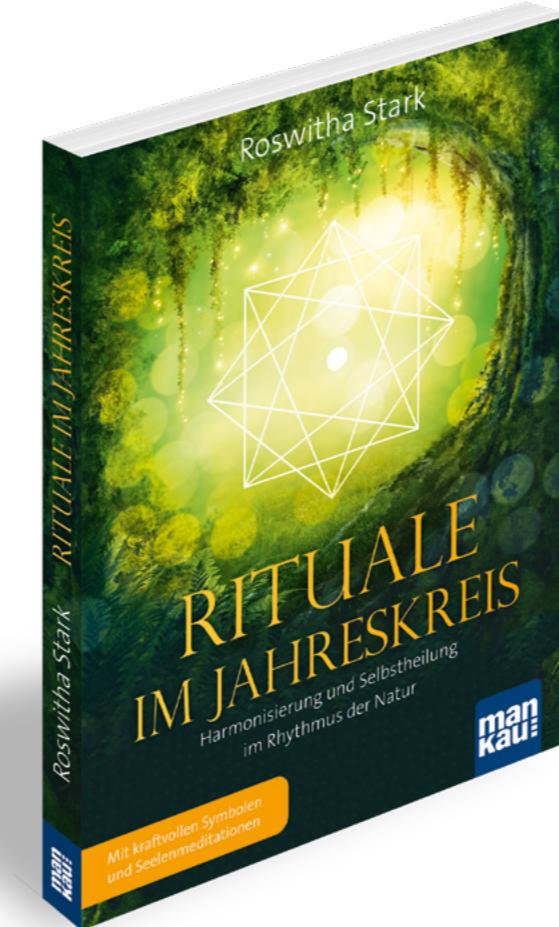
*Everything worth knowing from 20 years of Painted Medicine!*



### Roswitha Stark

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

# Become one with nature – heal your body and soul



Roswitha Stark

## Rituals In The Annual Cycle

Harmonization and self-healing following  
the rhythm of nature

2nd ed. 2020, completely revised,  
207 pp, softcover with gatefolds,  
full-colour print  
16 x 22 cm, 15.95 Euro (GER)  
ISBN 978-3-86374-573-8

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

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

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

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

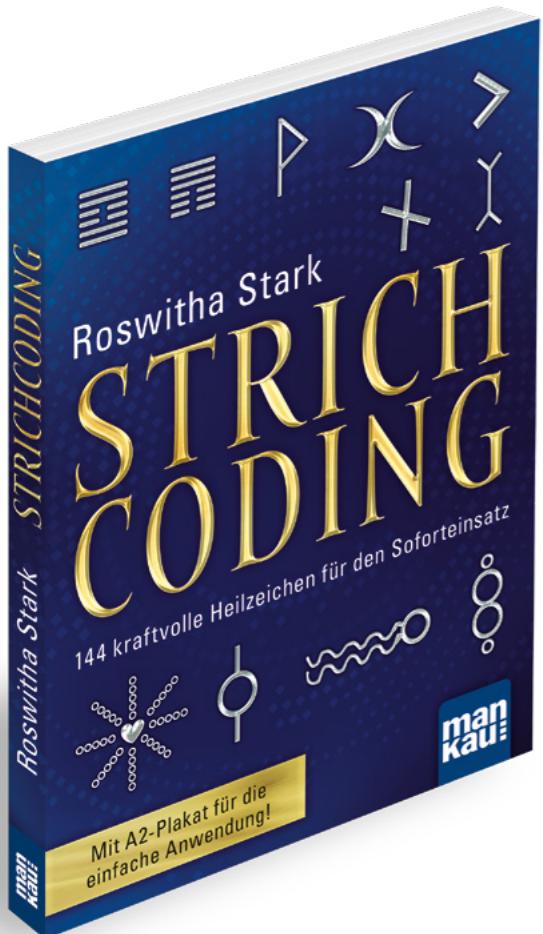


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and found out that symbols speak an energy language of their own and, when used for healing, often have a more powerful effect than traditional remedies. She shares her knowledge teaching classes on vibrational medicine and has published numerous books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

# Healing signs and symbols for body, mind and soul



Roswitha Stark  
**Sign Code Healing**  
 144 powerful healing signs and symbols  
 for immediate use  
 Extra: A2 poster for easy application!

3rd ed. 2023, 223 pp, softcover with  
 gatefolds, full-colour print  
 16 x 22 cm, 17.95 Euro (GER)  
 ISBN 978-3-86374-284-3

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Rights:  
 All rights available

- Comes with poster depicting all 144 healing signs and symbols
- Lasting boom in information medicine

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

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

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

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



Matching product:  
 Roswitha Stark  
**Sign Code Healing**  
 Set Of Cards

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

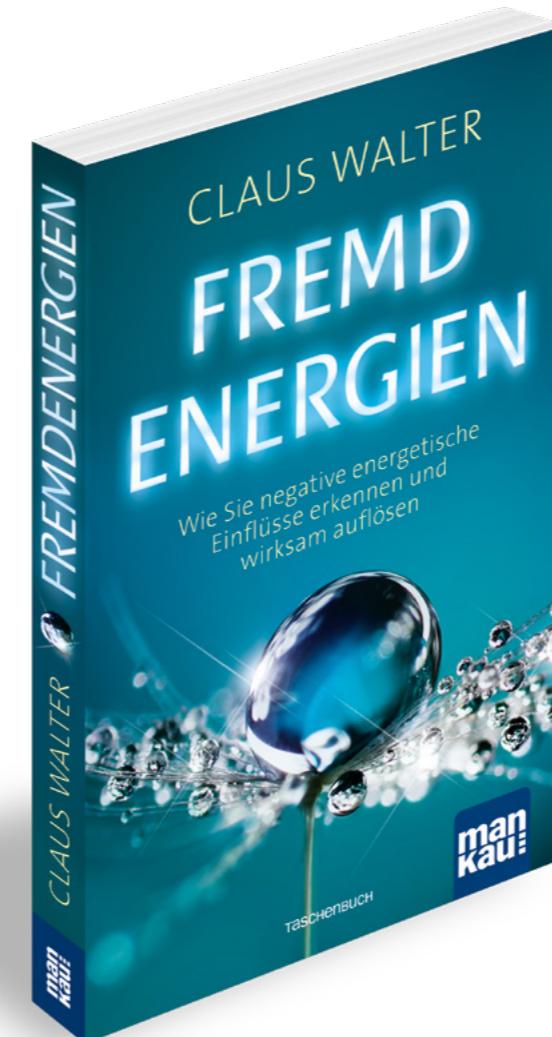


**Roswitha Stark**

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

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# Free your life from external entanglements!



Claus Walter  
**External Energies**  
 How to recognise detrimental energetic influences and release them effectively

4th ed. 2023, 174 pp, paperback with  
 gatefolds  
 12 x 19 cm, 12.90 Euro (GER)  
 ISBN 978-3-86374-505-9

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- From the developer of Herz-Resonanz-Coaching® ("heart resonance coaching")
- Neutralization of negative influences

It's enough to make you despair! Although you have already changed so much about the way you feel, think and act, the same thing keeps happening to you again and again – whether in your partnership or your family, at work or also in relation to your health and personal destiny: quite inexplicably, things happen that are actually really not your thing and that seem to block or even sabotage your life without you having control over it.

Quantum physics shows that energetic information is never lost, but is often preserved as unconscious patterns, programmes, thoughts and feelings and passed on from generation to generation: A promise once given to last "forever and ever", a judgement rendered or even a curse laid on a person are still powerful today and thus affect your personality and your path in life. Such external energies, which have a negative influence on the essence of your being and are not part of your true nature, can affect your system much like a computer virus; they may also be the reason why medical or therapeutic measures fail to produce the desired results in you.

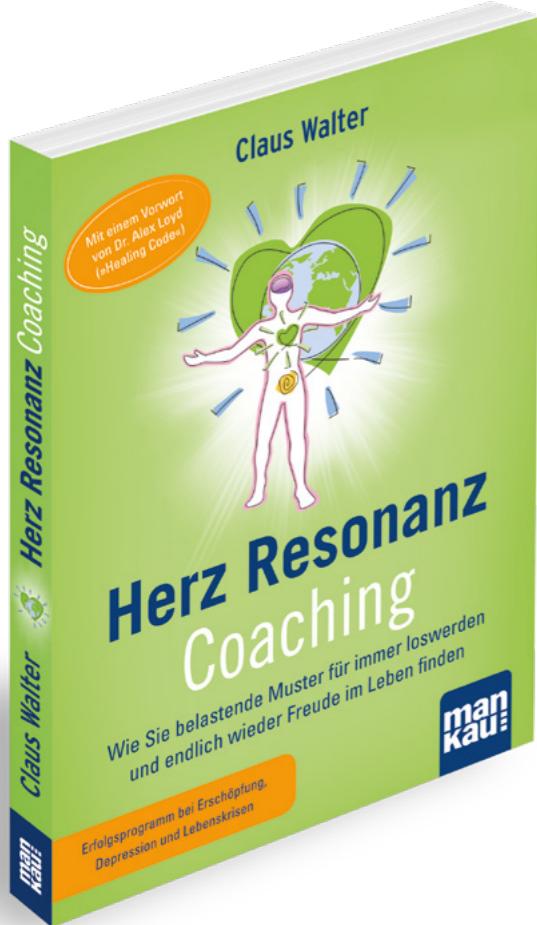
Citing from the experience gained in over 500 coaching sessions, Claus Walter analyses and explains such partly ancient patterns and programmes that dominate us, although we perceive them as "inexplicable" and they make us feel as if we are "under a spell". We will only truly be able to develop our own personality and our potential once we have freed ourselves from the burdens of previous generations. This book serves as a tool for systematic neutralization work and will help us free ourselves step by step from negative energetic influences.



**Claus Walter**

worked as a business economist and innovation expert until 2004. Faced with his own burnout, he developed the innovative method of heart resonance coaching® (HRC), based on the effects of the heart resonance field, the coherence fields and quantum physics. HRC®, with long lasting success for treating both individuals as well as companies, won an innovation award of the Swiss SME association.

# Let your heart lead the way to healing



## Claus Walter Heart Resonance Coaching

How to free yourself of distressing patterns and finally regain your joy in life  
Success programme for cases of fatigue, depression and life crises

Preface by Dr. Alex Loyd ("Healing Code")

1st ed. 2016, 223 pp, softcover with gatefolds and poster, full-colour print  
16 x 22 cm, 18.90 Euro (GER)  
ISBN 978-3-86374-305-5

Rights:  
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- Recognized success programme for treating burnout and depression
- Easy exercises and applications

*Heart Resonance Coaching – the sustainable path to a happier life*

The heart is our most important organ and the centre of all our emotions. With every beat, it creates pulses which generate an electromagnetic field around a human being: the heart resonance field, which has been displayed and verified by leading natural scientists.

Our heart resonance field attracts positive as well as negative things and also radiates both. In the positive case – where there is an intact essential inner core – this is a wonderful process which reinforces itself. However, if your inner core is distressed by fears, negative feelings, shocking experiences or matters you have yet to come to terms with, the negative things will multiply and result in fatigue, depression and burnout. What is often found here are repetitive patterns that have their origin in earlier generations and were passed on unresolved to various people of subsequent generations. This makes you feel as if trapped in a downward spiral.

In the course of several years, Claus Walter has developed his own highly efficient method for freeing the heart systematically of everything which depresses people and prevents them from leading a happy life: heart resonance coaching.

Through simple exercises, you will learn how to

- finally let go of past and/or distressing things
- recognize and neutralize the causes of blockages
- overcome or effectively prevent states of fatigue
- sustainably boost your vitality and your quality and joy of life

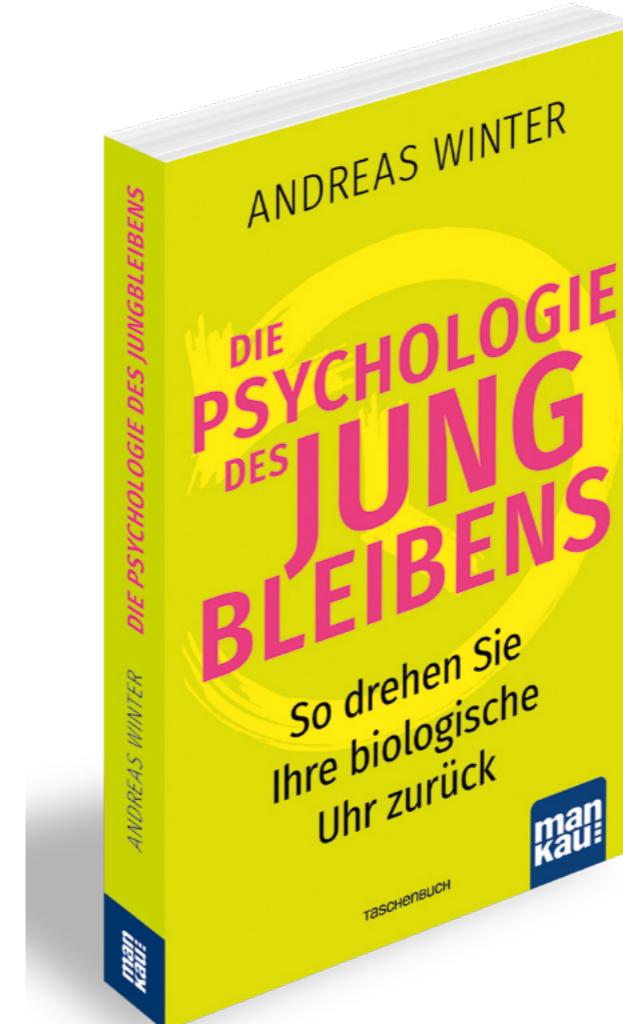
*Take this opportunity to become the person you really are and want to be, in all spheres of life!*



## Claus Walter

worked as a business economist and innovation expert until 2004. Faced with his own burnout, he developed the innovative method of heart resonance coaching® (HRC), based on the effects of the heart resonance field, the coherence fields and quantum physics. HRC®, with long lasting success for treating both individuals as well as companies, won an innovation award of the Swiss SME association.

# Discover the fountain of youth within you!



## Andreas Winter The Psychological Approach to Staying Youthful

*How to turn back your biological clock*

1st ed. 2022, 190 pp, paperback  
12 x 19 cm, 12.00 Euro (GER)  
ISBN 978-3-86374-649-0

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

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

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

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

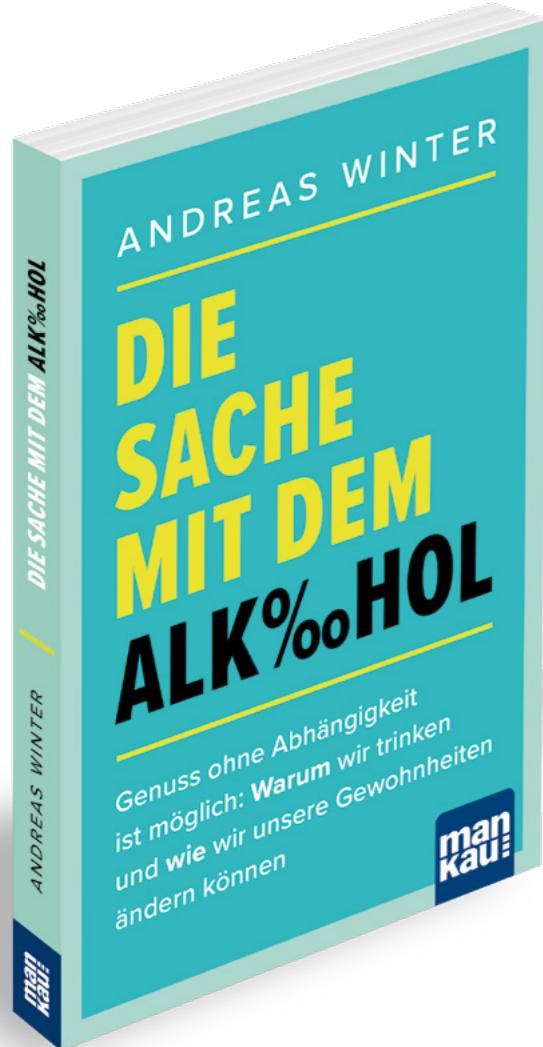
The anti-aging guidebook by Andreas Winter!



## Andreas Winter

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

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



Andreas Winter

## The Thing about Alcohol

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

1st ed. 2022, 190 pp, softcover with gatefolds  
13.5 x 21.5 cm, 18.00 Euro (GER)  
ISBN 978-3-86374-676-6

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

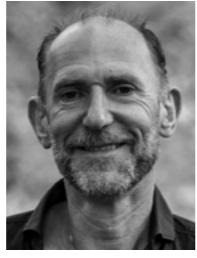
The thing with alcohol is, it can be tricky. On the one hand, society teaches us that anyone who doesn't join in the drinking is a bore and a killjoy; on the other hand, we are warned of the health hazards of alcohol and urged to drink in moderation. What now?

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

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

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

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



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

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# How to achieve your wishes and targets effortlessly



Andreas Winter

## Take Aim – Let Go – Hit Target!

How to train your brain for success

1st ed. 2019, 158 pp, paperback  
12 x 19 cm, 10.90 Euro (GER)  
ISBN 978-3-86374-518-9

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\*INCL. HARDCOVER

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- Why success is not a result of effort, discipline and hard work
- Paperback edition of the successful guide

Question: How come small children learn highly complex skills such as walking and speaking very easily, while adults, for example, often find it difficult to learn a foreign language?

Answer: Because success is not a result of effort, discipline and hard work, but of what it means to a person on an emotional level.

"No one will ever achieve success through effort!" Successful coach, graduate teacher and author Andreas Winter uses this provocative thesis to turn our traditional notion of studying and working hard upside down. In an amusing and easy-to-understand way, he explains how some people without much schooling have managed to become richer and more successful than their peers with a good university education.

Feelings of guilt, false beliefs and fears are what keep you from succeeding at what you study and do, while enthusiasm, passion and confidence are the "autopilots" for success and prosperity. Read this guidebook to learn how to set your autopilot on destination and clear blockages on your way to success.



Matching product:

Andreas Winter

## Take Aim – Let Go – Hit Target!

How to train your brain for success

1st ed. 2019, jewelbox with 2 audio-CDs and 8-page booklet, running time approx. 153 min., 19.95 Euro (GER), ISBN 978-3-86374-521-9

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**Andreas Winter**

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

# Eating without fear <sup>to</sup> losing weight without even trying



Andreas Winter  
**Losing Weight Is Easier Than Gaining Weight**

2nd ed. 2021, 142 pp, paperback  
12 x 19 cm, 9.95 Euro (GER)  
ISBN 978-3-86374-370-3

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\*incl. hardcover

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- Paperback edition of the best-selling book
- Successful deep-psychological approach

Want to know why some people put on weight although they eat relatively little? And why other people in turn are skinny although they seem to be eating constantly?

As Andreas Winter shows in his book, everybody can shed pounds in a relatively short time and maintain their desired weight if they know why exactly they are actually overweight.

He uses this provocative thesis to point to the interface between subconscious feelings and physical metabolism – a blind spot so far for the conventional medical and diet food industries! Winter makes it quite clear: Eating excessively may indeed result in weight gain, but not necessarily so – and weight can be lost effortlessly at any time. Because there are three hidden reasons why the stubborn fat just won't go away ... Figures prove the success: Hundreds of women and men, after finding out the deeper reasons for their excess weight, were able to control their weight within a short time already. And it neither took them discipline nor abstention – they were able to eat whatever and how much they wanted.

Engage in an exciting deep-psychological analysis which turns traditional approaches upside down. In a provocative and vivid manner and with scientific thoroughness, the updated and extended paperback edition of the best-selling book shows how each and every overweight person can slim down effortlessly and permanently.



**Matching product:**  
Andreas Winter  
**Losing Weight Is Easier Than Gaining Weight**  
Including 2 coachings

1st ed. 2017, jewelbox with 2 audio-CDs and 8-page booklet, running time approx. 133 min., 15.00 Euro (GER), ISBN 978-3-86374-373-4

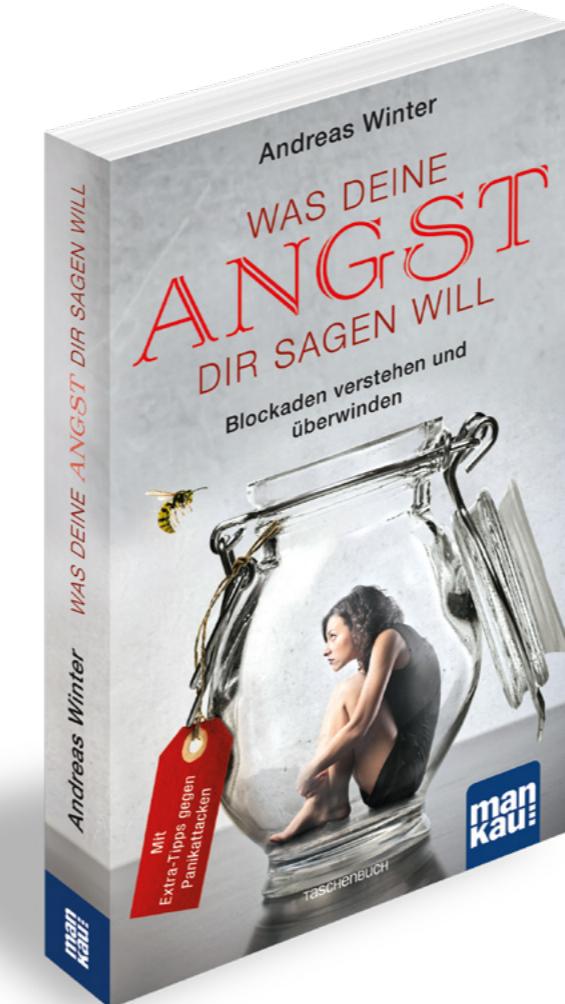
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**Andreas Winter**

Andreas Winter is a qualified educationalist and psychological counsellor. As head of one of the largest coaching institutes in Germany, he is helping people from around the world in achieving a better quality of life through quick and unconventional conflict-resolution.

# Whoever sees through their fears will conquer them



Andreas Winter  
**What Your Fear Wants To Tell You**

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

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

**15,000 COPIES SOLD!**

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

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

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

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

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

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



**Matching product:**  
Andreas Winter  
**What Your Fear Wants To Tell You**  
Audio coaching and guidance to self-hypnosis

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



**Andreas Winter**

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

# How you can simply get rid of chronic complaints



Andreas Winter  
**Healing Without Drugs**

Chronic diseases: reveal mental backgrounds and get well

4th ed. 2019, 197 pp, paperback  
12 x 19 cm, 9.95 Euro (GER)  
ISBN 978-3-86374-190-7

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

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

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

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

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

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

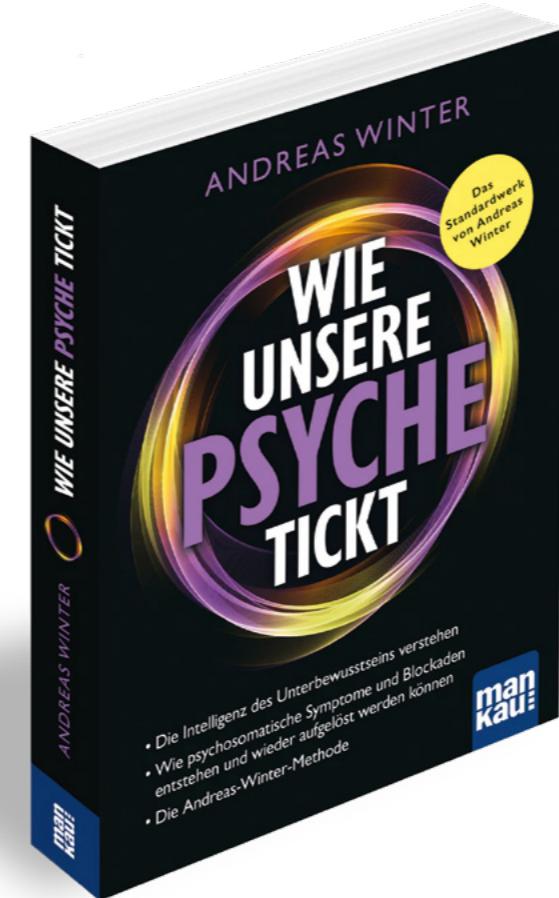


**Andreas Winter**

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

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

# Understanding the algorithm of the mind, curing psychosomatic illnesses



Andreas Winter  
**How Our Minds Work**

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

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

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

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

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

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

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



**Andreas Winter**

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

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

# The gentle healing power of the Queen of Flowers



Angelika Countess Wolfskeel von Reichenberg, Susanne Schütte und Kurt Ludwig Nübling

## Rose Medicine

The gentle healing power of the Queen of Flowers

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

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

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

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

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

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



## Angelika Countess Wolfskeel von Reichenberg

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



## Susanne Schütte

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



## Kurt Ludwig Nübling

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

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# Healthy and fit with Schuessler Cell Salts



Angelika Countess Wolfskeel von Reichenberg

## The 12 Salts Of Life

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

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

100,000 COPIES SOLD!

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

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

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

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



Matching product:  
A. Countess Wolfskeel von Reichenberg  
**The 12 Salts Of Life. A Pocket Guide**  
Biochemistry according to Dr. Schuessler

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



## Angelika Countess Wolfskeel von Reichenberg

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

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



Angelika Countess Wolfskeel von Reichenberg

## Schulessler Salts – Facial And Hand Diagnostics

How to find the right remedy

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

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

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

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

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

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



## Angelika Countess Wolfskeel von Reichenberg

is a non-medical practitioner, psychological consultant and vice-president of the Biochemischer Bund Deutschland (BBD) e. V. (Biochemical Association of Germany). She has gained a Germany-wide reputation as a charismatic speaker and book author with a vast naturopathic knowledge. Moreover, Countess Wolfskeel is a lecturer for the Freie Verband Deutscher Heilpraktiker e. V. (FVDH) (Free Association of German Alternative Practitioners) for Dr. Schuessler' Biochemistry and head of the SURYA-Heilpraktiker-Schule (School of Naturopathy) in Reichenberg near Wuerzburg. She is the author of various health guides; her book "Die 12 Salze des Lebens" is one of the best-selling Schuessler salt guides in the German-speaking countries.



## Gentle guide from the wish for child to the lactation period

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

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

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

Angelika Countess Wolfskeel von Reichenberg  
**Schulessler Cell Salts For Conception, Pregnancy And Birth**  
Support for fertility and conception – Strength and cure during the pregnancy  
Gentle help regarding the birth – Useful support during the lactation period

2nd ed. 2022, 167 pp, softcover  
14 x 21 cm, 12.95 Euro (GER), ISBN 978-3-86374-011-5

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## Healing children in a gentle and natural way

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

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

Angelika Countess Wolfskeel von Reichenberg  
**Schulessler Cell Salts For Your Child**

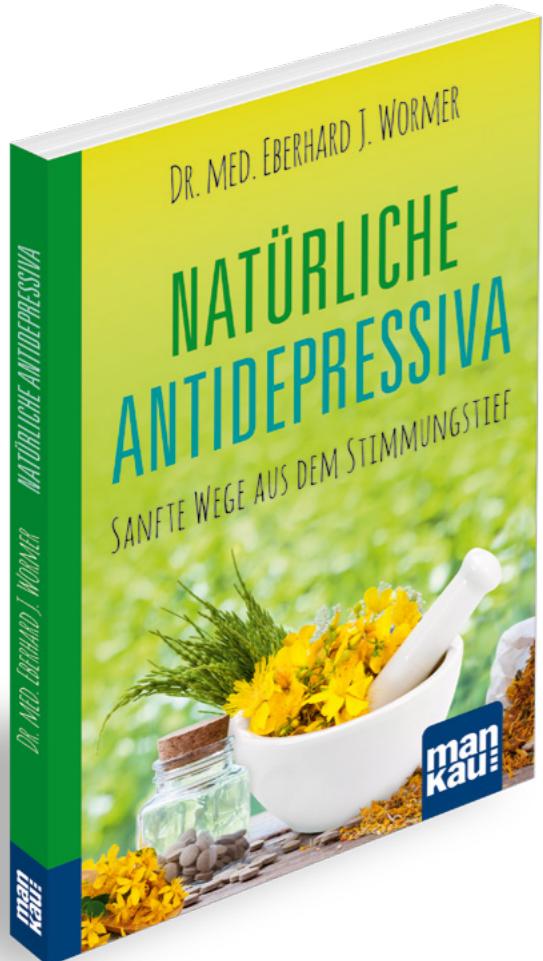
A gentle cure for children being 0 to 14 years old  
Index of symptoms from A to Z

4th ed. 2022, 268 pp, softcover  
14 x 21 cm, 12.95 Euro (GER), ISBN 978-3-938396-24-7

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# Natural approach to alleviating melancholia and depression



Dr. med. Eberhard J. Wormer

## Natural Antidepressants. A Pocket Guide

Gentle remedies to help you beat the blues

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

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

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

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

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

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



**Dr. med. Eberhard J. Wormer**

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

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# The 21st century balm for the soul



## Annemarie Zobernig Incense Burning For The Soul. A Pocket Guide

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

4th ed. 2024, 159 pp, softcover with gatefolds, full-colour print  
11.5 x 16.5 cm, 9.99 Euro (GER)  
ISBN 978-3-86374-535-6

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Poland

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

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

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

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

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



**Annemarie Zobernig's**

interest in incense burning was sparked in Vienna at "Indigo Enterprises" more than 20 years ago, and 5 years later she started her own business "Duftklang" in Tyrol (www.duftklang.at), specializing in the sale of incense and drums. Today she presents incense burning and its various benefits in a very up-to-date form. In her incense burning seminars in Austria, South Tyrol and Bavaria, Zobernig presents proven methods and invites participants to feel the effects of the incense and use them themselves. In addition, she offers individual incense burning sessions at people's houses as well as fragrance coaching for more stability and strength in challenging life situations.



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Mankau Verlag GmbH  
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