

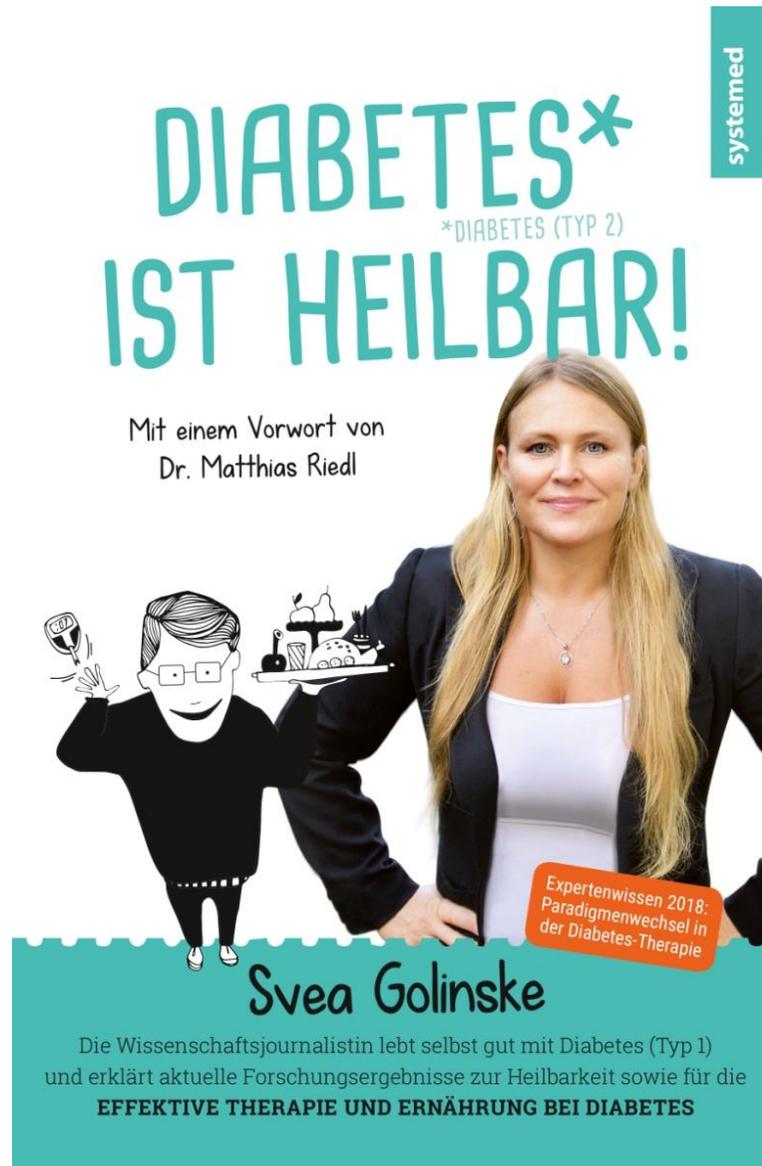


# London Book Fair 2018

## New Titles & Hot List

[www.systemed.de](http://www.systemed.de)

# Diabetes Can Be Cured



**Author:** Svea Golinske

**Publication Date:** April 2018

**Format:** 150 x 230 mm, 208 pp

## All about diet for diabetes

Diabetes is not a sword of Damocles over the heads of those affected! Diabetes Type 2 is rather preventable, storable and in many cases even curable!

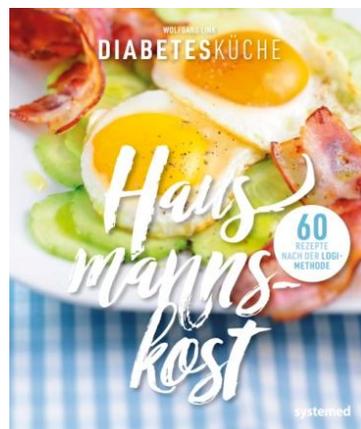
With her scientifically founded book, Svea Golinske provides an enormous wealth of knowledge about prevention and treatment of Diabetes.

Read about how each person can benefit from the authors insights in order to avoid insulin, to improve your attitudes, and to prevent long-term fluctuations in blood sugar.

For a life as a diabetic without medication.

*New*

# Diabetes Cooking



**Autor:** Wolfgang Link

**Publication Date:** June 2018

**Format:** 166 x 220 mm, 140 pp, 4 –colour

Four cooking books for diabetics and their families against the boredom and the bland taste in a diabetics kitchen

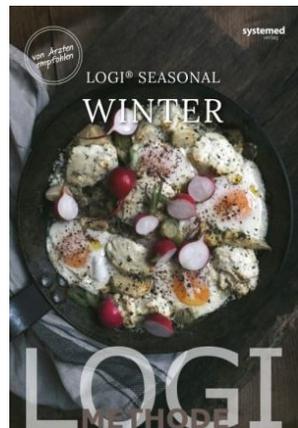
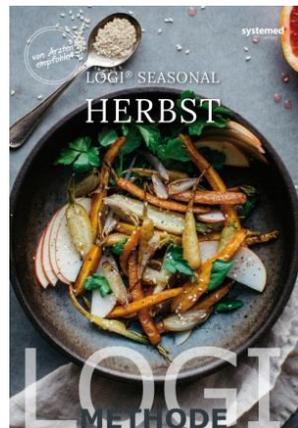
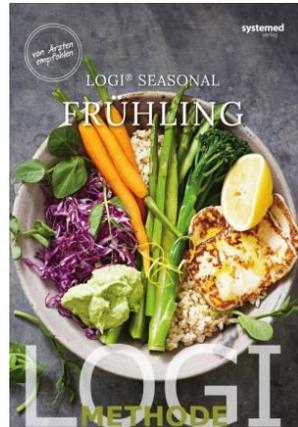
Every guide includes 60 creative and healthy, scientifically proven recipes for a positive influence on blood sugar levels and long-term adjustment of diabetics.

Titles:

**Sweet & Delicious**  
**Quick & Easy**  
**Hot & Spicy**  
**Every Day Cooking**

**New**

# Logi Seasonal



**Publication Date:** June 2018  
**Format:** 165 x 235 mm, 150 pp, 4 –colour

## Recommended by doctors

Based on the most successful nutrition strategy in Germany, Logi is easily put into practice.

Every guide includes 50 delicious and healthy recipes without fattening, against spring fatigue or boredom in your kitchen.

### Titles:

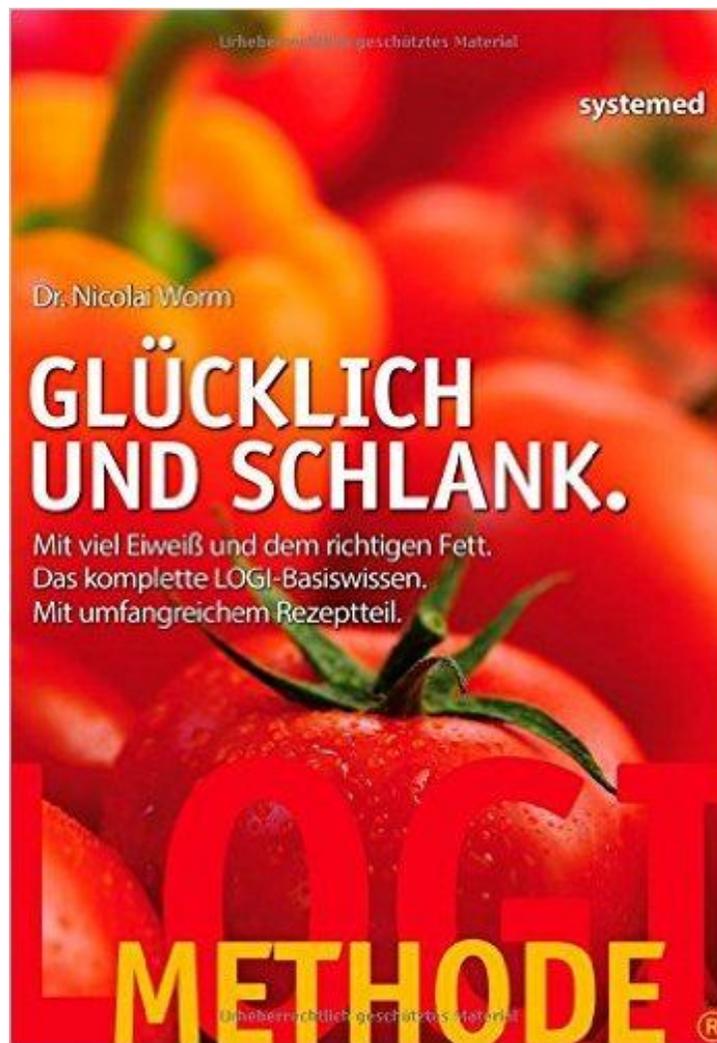
- Logi Seasonal Spring
- Logi Seasonal Summer
- Logi Seasonal Autumn
- Logi Seasonal Winter

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

*New*



# Happy and Slim



**Publication Date:** April 2015  
(12th Edition)

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

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

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

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

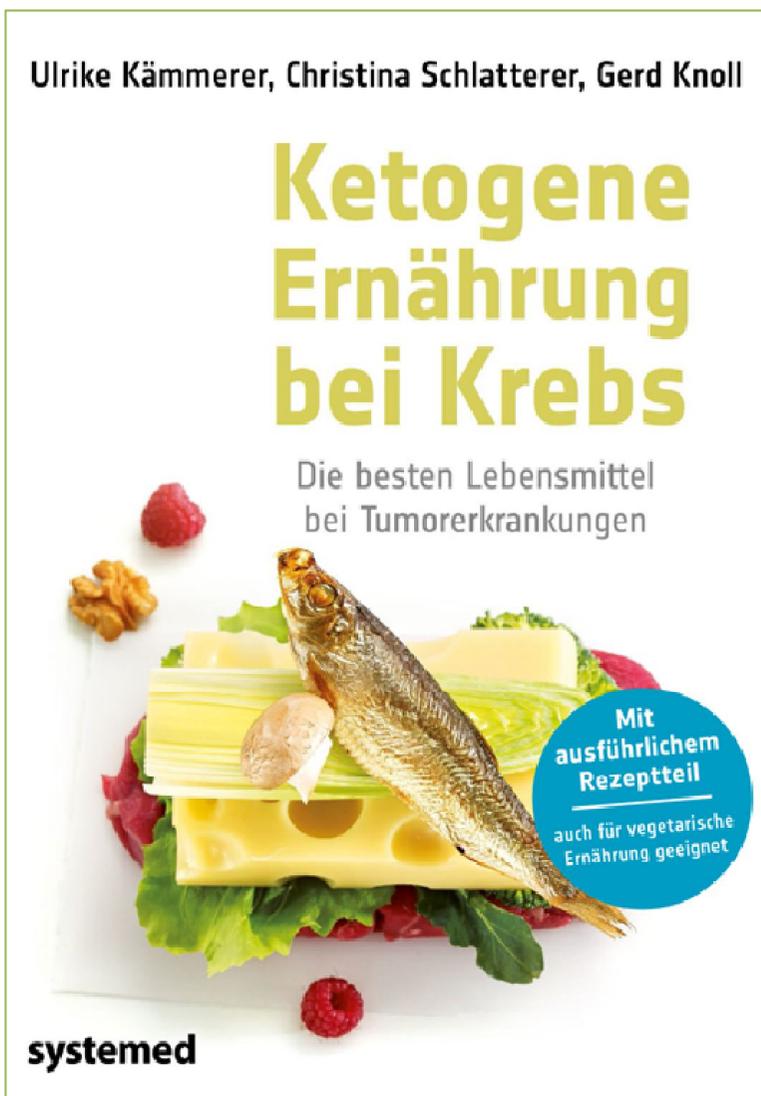
**LOGI Method has sold over 1,000,000 books sold in Germany only.**

**Rights sold to:**  
**Martínez Roca (Spain)**  
**Illuminatio (Poland)**

***Hot List***

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# Ketogenic diet for cancer



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

### The best food for tumor diseases

Improve your therapy forecasts with a proper nutrition.

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

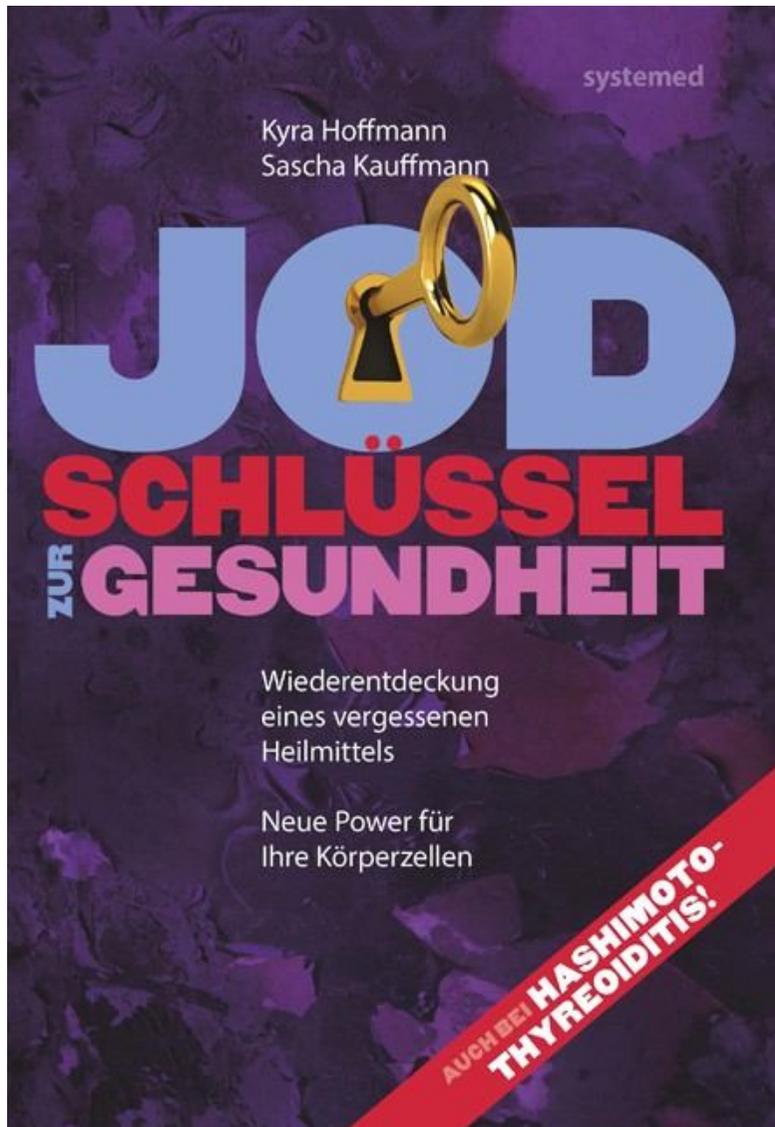
This diet helps to counteract the frequent weight and strength loss in cancer patients and strengthens the healthy body functions. Recent studies show: The ketogenic diet can support cancer therapy, because with lower sugar and carbohydrate intake, many cancer processes are slowed down.

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

#### Rights sold to:

- Thierry Souccar (France)
- Editorial Sirio (Spain)
- as if Publishing (Complex Chinese)
- Suu Puu (Estonia)

# Iodine - Key to your Health



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

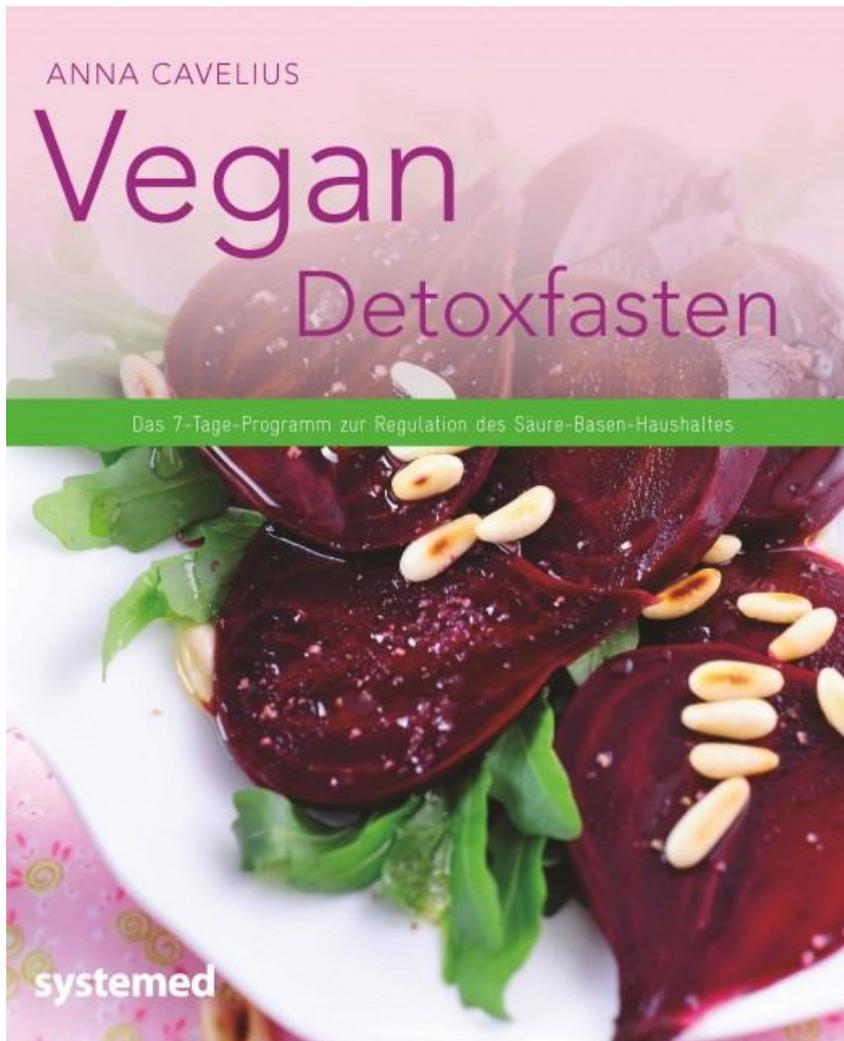
## New power for your body cells

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

- Discover what iodine deficiency really means for your body
- Information about treating thyroid problems
- Algae - the new Superfood
- Iodine in modern naturopathy medicine

**Rights sold to:**  
**Astro Psychologii (Poland)**

# Vegan Detox Fasting



**Publication Date:** February 2016

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

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

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

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

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

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

**Rights sold to:**  
**Editions Dervy-Medicis (France)**

***Hot List***

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# Fruit Belly



**Publication Date:** March 2015

**Format:** 210 x 148 mm, 200 pp, 4-colour

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

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

**Rights sold to:**  
**Primal Nutrition Inc. (USA)**

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