

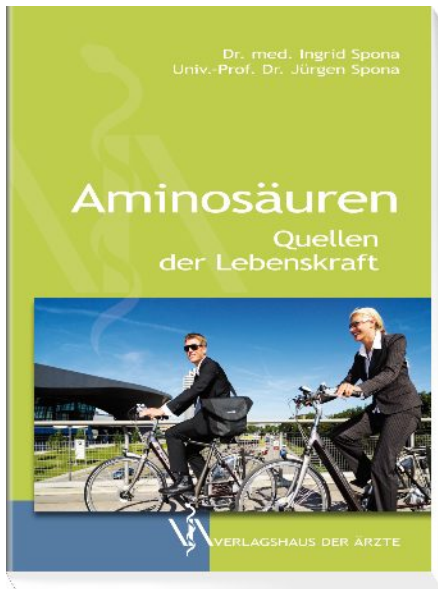


English Supplement to the  
**Catalogue for Spring 2012**



VERLAGSHAUS DER ÄRZTE





Ingrid Spona, Jürgen Spona

## Vital Sources of Amino Acids

Technical details:

160 pages, softcover

Format 16,5 x 22 cm

€ 14,90

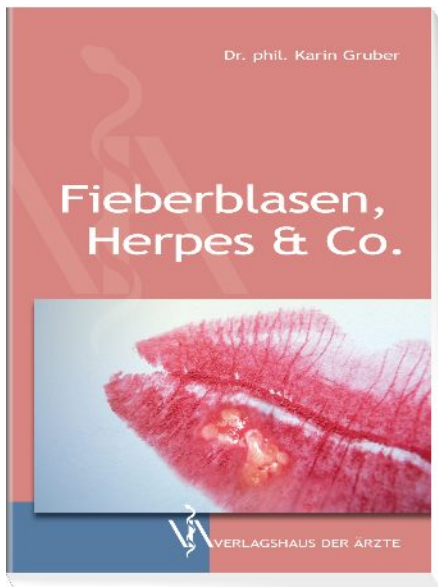
ISBN 978-3-99052-017-8

### Balance Body Deficits

Many disturbances of the mental state or loss of motivation are upsets from bodily deficits. Amino acids play a central role in this.

This book shows what amino acids are, which vital functions they take in the body and how the body can assimilate them.

Originally amino acid preparations were developed for top sports, however in the meantime, awareness has broadened so that many disturbances and diseases such as stress, diabetes, depression, burn-out and sleep disturbances can be effectively treated by this alternative treatment.



Karin Gruber

## Fever Blisters, Herpes & Co.

Technical details:

144 pages, hardcover

Format 16,5 x 22 cm

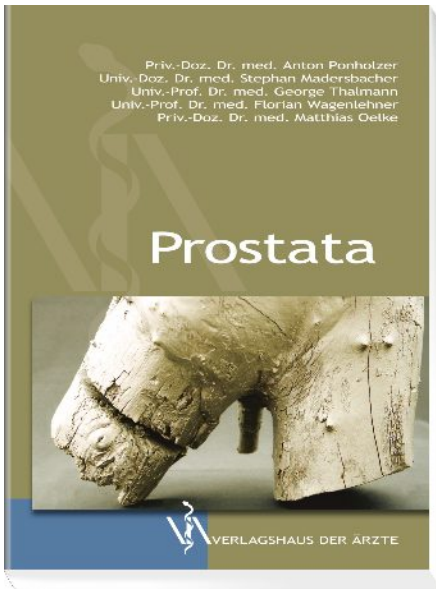
€ 14,90

ISBN 978-3-99052-015-4

### Problem Child: Herpes

Approximately 90% of all people carry the two forms of the Herpes virus which do not even precipitate the outbreak of the disease. Those afflicted complain on the one hand, of fever blisters on the lips, tongue and mucus membrane in the mouth and on the other, fever blisters in the genital area. Also the severe disease pattern such as shingles or mononucleosis can be caused by the herpes virus.

The disease is unfortunately not curable. However, the frequency and difficulty due to the repetitive return, can be reduced. This book explains all the effective measures, from nutrition to the use of prescription medication, which can alleviate the herpes outbreak.



Anton Ponholzer, Stephan Madersbacher, George Thalmann,  
Florian Wagenlehner, Matthias Oelke

## Prostrate

Technical details:  
144 pages, full colour, softcover  
Format 16,5 x 22 cm

**€ 14,90**

ISBN 978-3-99052-016-1

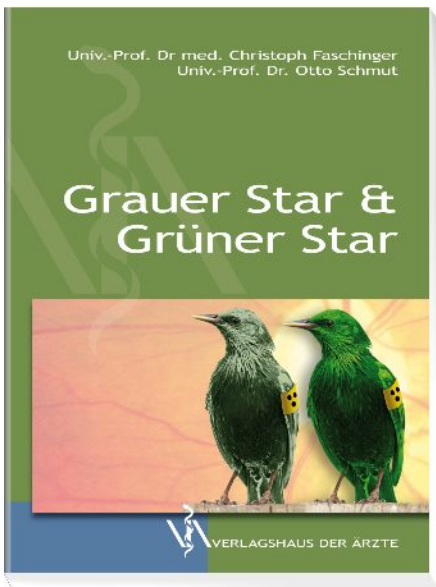
### Not just a male subject

Prostrate diseases account for the highest number of clinical pictures seen in men, especially in the second half of life. Astoundingly, at this time, there are few current or comprehensible formats in the literature on this subject.

This advisory introduces the prostrate and explains the function and dependency of it on male sexuality. One focal point is the various prostrate diseases (cancer, inflammation), the course of the disease itself, as well as all therapeutic approaches are discussed.

In addition the prostrate examination is described so as to reduce the anxiety and dread associated with it.

Lastly, questions are looked into regarding nutrition and how the risk of prostrate disease can be lowered.



Christoph Faschinger, Otto Schmut

## Cataracts & Glaucoma

Technical details:  
160 pages, softcover  
Format 16,5 x 22 cm

**€ 14,90**

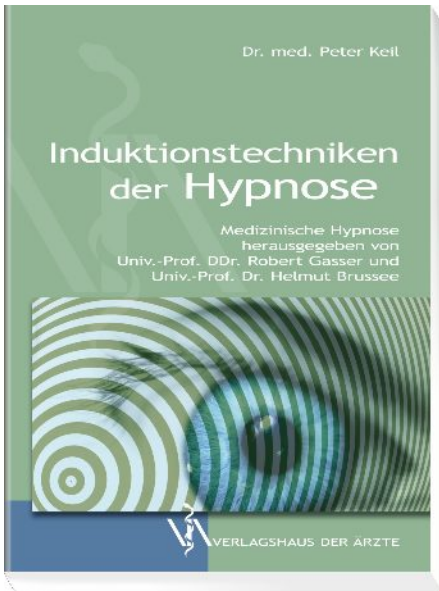
ISBN 978-3-99052-018-5

### Frequent Eye Afflictions

Cataracts and glaucoma account worldwide for the highest eye diseases. It is guessed that in Germany alone, around 1,000,000 people suffer from some form of glaucoma.

While cataract operations are routine interventions today and have a high chance of being healed, glaucoma is counted among these as the most critical.

This advisory shows the origin and the course of glaucoma and cataracts and gives a description of all the forms of treatment.



Series Medical Hypnosis  
 Edited by Robert Gasser and Helmut Brussee  
 Peter Keil

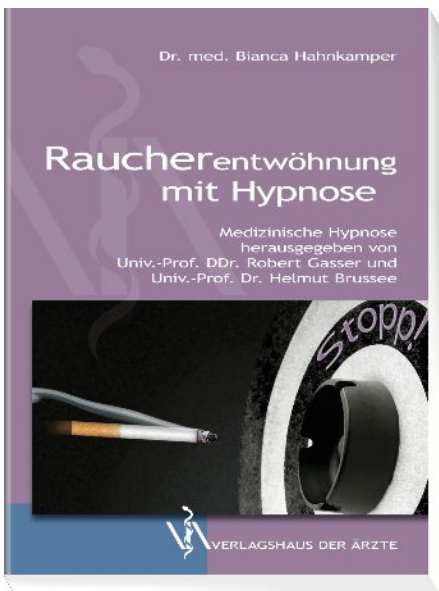
## Induction Techniques of Hypnosis

Technical details:  
 112 pages, softcover  
 Format 16,5 x 22 cm  
**€ 12,90**  
 ISBN 978-3-99052-020-8

### What Hypnosis Really Is

In the last few decades, hypnosis has enjoyed a renaissance above all, in both a psychotherapeutic and medical context. This book offers an overview of a broader understanding based on the theories of hypnosis such as: Pacing and Leading, Suggestion, and Reframing.

Detailed explanations of induction techniques that are used in the medical field are shown, which broaden the application and effect with special focus on easy and time-saving methods. Practical examples, such as use for pain management, shows that the correct application of hypnosis produces very good medical results, and can be counted as an effective and a proven precise procedure, which is based on evidence.



Series Medical Hypnosis  
 Edited by Robert Gasser and Helmut Brussee  
 Bianca Hahnkamper

## Quit Smoking with Hypnosis

Technical details:  
 112 pages, softcover  
 Format 16,5 x 22 cm  
**€ 12,90**  
 ISBN 978-3-99052-019-2

Hypnosis, above all other methods, has had the longest verifiable success rate with stopping smoking.

In this advisory, all the possible techniques and concepts are clearly explained with many examples of best practice.

With the increase of the burden of stress and stimulus overload in today's world, the use of trance-like states for releasing and letting go, strengthening self-worth or concentration on a variety of things, holds evermore importance.

Hypnosis offers an effective method (with few side-effects), above all, in the area of proven therapeutic procedures for cardiology and should be well-received in this clinical field.

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