



English Supplement to the
Catalogue for Spring 2011



VERLAGSHAUS DER ÄRZTE





Christoph Faschinger, Otto Schmut

Eyesight Deficits - All about Glasses and Lasers

Technical details:

176 pages, full colour, softcover

Format 16,5 x 22 cm

€ 14,90

ISBN 978-3-902552-90-7

Advice for eyeglass wearers

Experts from the University of Graz give advice on the sense of sight which is outside the norm. Not only is short and far-sightedness covered, but cross-eye, blinking disorders and night blindness.

Easy to understand facts and treatments for those who have eyesight deficits are explained. Worthwhile tips about your glasses and a wealth of information over the possibilities and risks of operations.



02



Ronald Dorotka

Healthy Joints

Help for cartilage damage & arthritis

Technical details:

124 pages, 2nd publication, full colour, softcover

Format 16,5 x 22 cm

€ 14,90

ISBN 978-3-902552-87-7

Successful guide in current publication

Pain in the knee joints often starts in childhood and becomes more intense and painful with age. Not only patients, but even doctors are sometimes unclear about the reasons why and what is responsible for these changes to the joints and what causes the pain.

This guide tells why changes in our joints occur, how to recognize them, and which treatment methods work the fastest for a pain-free life.



Karin Gruber, Michael Gschwantler, Werner Weiss

End Heartburn

Acid-reflux and Gastritis

Technical details:

128 pages, 3rd publication, full colour, softcover

Format 16,5 x 22 cm

€ 14,90

ISBN 978-3-902552-91-4

A successful guide on stomach problems in current publication

Acidic stomach diseases have been increasing in the industrial countries for decades. Medical therapy, along with small changes in lifestyles, suffice as a rule to get the complaints under control.

This book shows which treatment possibilities are available and what the chances of success are.



Sigrid Tschiedl, Ursula Bailer

About Vomit

Diary of a Bulimic

Technical details:

196 pages, 2nd publication, hardcover

Format 15 x 22 cm, Black and white

€ 14,90

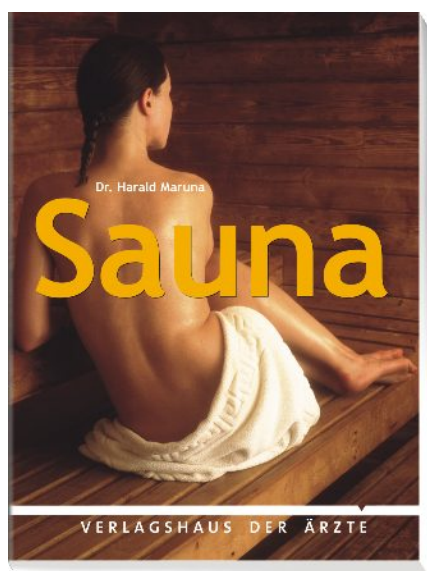
ISBN 978-3-902552-85-3

This is a fictitious account, but true depiction, of how eating disorders develop and become diseases. One learns how those ill with it, deal with it by hiding their secret suffering and how others can recognize it. By insertions within the text, the diagnosis and therapy possibilities are given from a medical point of view

This book is a field report which can help those who face it and to work against it. It is also an appeal to become more involved since there is a growing number of people with eating disorders.

This impressive authentic diary of Lilly is divided into four different phases. In each phase informative medical and psychological material is given, including reasons for it and the symptoms which are included in the foreword and afterword.

This is a competent and helpful guide for both those who are bulimic and their relatives who suffer with them.



Harald Maruna
The Sauna

Technical details:

160 pages, 2nd current publication, softcover
 Format 16,5 x 22 cm, full colour

€ 14,90

ISBN 978-3-902552-92-1

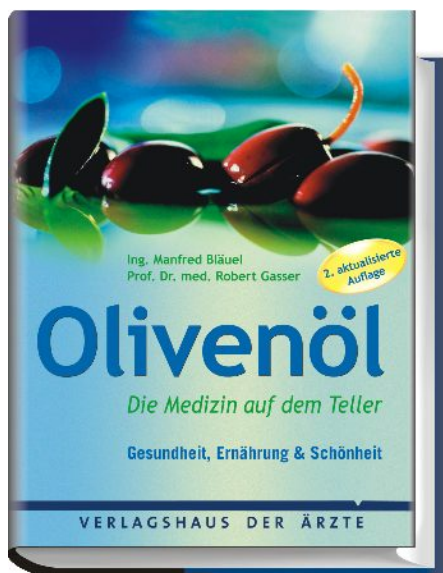
The Sauna as a Fountain of Health

That the sauna can prevent illness is a recognized fact. However, it can also be used for successfully treating specific ailments such as cardio-vascular, breathing disorders, and movement of the limbs.

This guidebook introduces the reader to several acknowledged possibilities, as well as a short cultural history of the sauna and presents the most important rules when using it.



04



Manfred Bläuel, Robert Gasser

Olive Oil - The medicine on your plate

Technical details:

168 pages, numerous colour photos, softcover
 Format 16,5 x 22 cm

EUR 14,90

ISBN 978-3-902552-78-5

A proclamation of love to the olive

No other fruit symbolizes the world of the Mediterranean lifestyle more than the olive.

But there is a lot more: Olive oil is not only a beauty elixir, it is also a medical remedy for the treatment of overweight, diabetes, high-blood pressure and cardio-vascular disease.

All the recent research which is conducted on a regular basis, can be found in this book.



Sebastian Mathew, Eva Kettler-Schmut, Otto Schmut

Ghee

The Gold of Ayurveda Medicine

Technical details:

160pages, 2nd publication, softcover

Format 16,5 x 22 cm, full colour

€ 14,90

ISBN 978-3-902552-96-9

The only extensive German book on ghee.

In parts of Asia, ghee is one of the cheapest yet extremely helpful natural medicines and is used in a million ways there daily. But also in Europe, this fatty, oily substance is acquiring more followers who use it to fight fevers, coughs, cuts and other ailments.

This book presents proven scientific treatments using ghee and tells you how easy it is to make it yourself.

A chapter of veterinary medicine is also included in this latest version.



05



Reihe Medicine Compact

Together with the Academy of Doctors

Robert Mader, Gerhard Prause

Emergency Management in the first few minutes

Technical details:

80 pages, softcover

Format 16,5 x 22 cm

€ 19,90

ISBN 978-3-902552-89-1

In Emergency swift and sure orientation

Although theoretically an emergency situation in a doctor's office can happen at any time, it actually seldom does.

Many doctor's with their own office have no experience in such cases. Because of that, they don't know how to handle such emergencies and have to rely on what they have learned long ago.

With its clear structure and short instructions, this book instils confidence in how to handle these situations.

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Note: Titles not mentioned in this supplement are either specially focussed on the German-speaking market.