



English Supplement to the
Catalogue for Spring & Autumn 2010



Karin Gruber, Marcus Franz

Smell

The Sixth (Sex) Sense

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

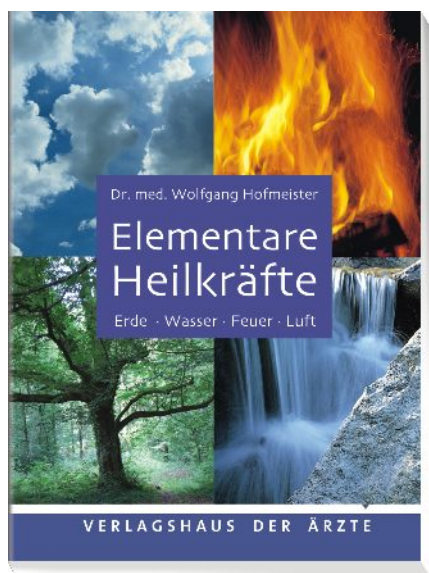
EUR 14,90

ISBN 978-3-902552-60-0

The Effects of Pheromones

Much that is unconscious, including smells and odors in our environment, governs our decisions, emotions and moods. Not the least of those being, with whom we fall in love and with whom we have children. This is a good thing. The reasons for this is explained in this book in light, easy to understand language, without losing sight of the fact that it is based on scientific research.

Above all, the reader will take a fascinating journey through the world of smell; how they manipulate us, how they heal us and how they jog our memories; all this explained in an enjoyable manner and entertaining style. Why is our sense of smell so important? Because it was the very first sense which helped us in the primordial age to perceive our environment.



Wolfgang Hofmeister

Elemental Healing Powers

Earth, Water, Fire, Air

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

EUR 14,90

ISBN 978-3-902552-74-7

Scientists of classical Europe were aware of the important curative powers of nature, composed of the four elements, Water, Air, Fire and Earth. Today these elements remain an essential source which strengthen our health. Use these simple and natural elements for your own self healing power, which you can feel and measure yourself.

Through simple, but important, observations of nature, you will notice the benefit. Even in the midst of an ever hectic world you will realize that you can strengthen and improve your health.



Andreas Wedrich, Christoph Faschinger, Otto Schmut

My Eyes

Diseases, Treatments and Information

Technical details:

256 pages, full colour, softcover

16,5 x 22 cm

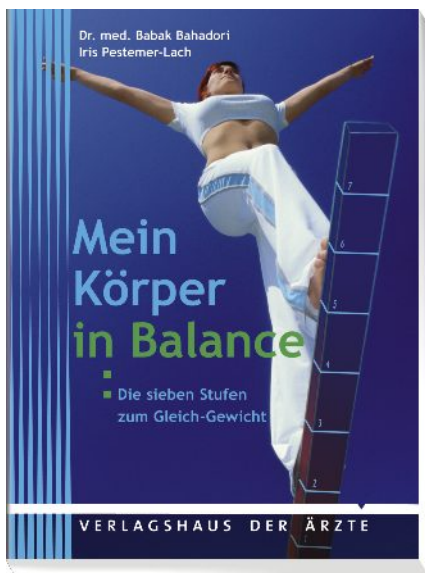
EUR 19,90

ISBN 978-3-902552-62-4

An overview of the most frequent eye treatments

A large part of our daily information is taken in by the use of our eyes and visual system.

This book achieves its goal by answering questions posed daily to Ophthalmologists, in regard to the most frequent and serious diseases of the eye; their possible causes and their treatments. These specialists from the University of Graz Eye Clinic, have collected the questions pertaining to their various areas of expertise and illustrate the answers through pictures and graphics.



Babak Bahadori, Iris Pestemer-Lach

My Body in Balance

The Seven Levels to reach a Balanced Weight

Technical details:

5th Edition

154 pages, full colour, softcover

16,5 x 22 cm

EUR 14,90

ISBN 978-3-902552-73-0

Weight Reduction - The Successful 7 Step Concept

This concept is already recognized internationally as a successful method without the use of wonder drugs, a miracle cure or by fasting. With only a small change of lifestyle through correct nourishment, an enormous amount of patients have been able to lose weight without the Yo Yo effect.

This approach uses biorhythms, movement, metabolism, diet, water, and daily relaxation including, self-discovery, as means to successfully hold a healthy body weight while at the same time, enhancing the pleasure and quality of life.

Each level is explained step-by-step and all the exercises can easily be comprehended with the help of several pictures.



Sepp Porta, Michael Hlatky

The Strength of Rest

How to Avoid Burnout

Technical details:

68 pages, hardcover

16,5 x 22 cm

EUR 17,90

ISBN 978-3-902552-77-8

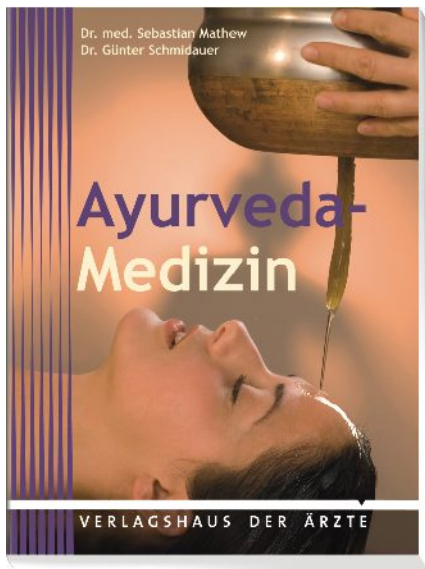
The Strength of Rest

It should be self-evident that one can't stay healthy long without resting daily.

In spite of this, often a break is supplanted by the constant battle to continually work.

Even at meals we take less time. This easily allows chronic stress to afflict us and results in burn out. Fundamental and essential therapy and prevention of burnout should be consistently and sensibly followed so that a rest or a break becomes a characteristic of our daily life.

This book shows the value of frequent breaks, gives help on how and where they can and should be taken, as well as the medical aspects. Numerous, meaningful examples of how breaks can easily be incorporated into your life are shown.



Dr. med. Sebastian Mathew
Dr. Günter Schmidauer

Ayurveda- Medizin

Sebastian Mathew, Günter Schmidauer

Ayurveda Medicine

Technical details:

168 pages, numerous colour photos, softcover

Format 16,5 x 22 cm

EUR 14,90

ISBN 978-3-902552-78-5

Although the roots of Ayurvedic medicine reaches back to pre-Christian times, this Indian treatment method is still topical. This book sheds light on Ayurvedic medical philosophy and the practical uses of it within modern medicine. Numerous examples of successful and sensible application of these methods for gynecological and geriatric complaints are documented, as well as assistance for those with cancer or orthopedic difficulties.

Ayurveda is also a philosophy of life which can lead to a healthy body and soul.



Günter Steurer, Karin Gruber

The Heart

Intact instead of Attack

Technical details:

144 pages, numerous colour photos, softcover

Format 16,5 x 22 cm

EUR 14,90

ISBN 978-3-902552-81-5

Now is the right time to speak about the heart. The largest trends of the time which contribute to the risk factors of high blood pressure and high cholesterol, are diabetes, overweight and obesity, all at the cost to the heart. Why this is so is clearly explained in this book. The medical advances made in the last decades can be undone by our present lifestyle. Therefore the time has come to steer against these tendencies.

If it has to do with the heart, it doesn't just mean survival. It also depends on the how. With a healthy, intact cardio-vascular system, one can overcome the burden of pain, medicines and other handicaps. Great outlook, is it not?



F. A. Weiser, M. Herold, K. Klaghofer, G. Slavka, St. Riss

Beautiful & Healthy Legs

Success against Varicose Veins, Spider Veins and Cellulite

Technical details:

144 pages, numerous colour photos, softcover

16,5 x 22 cm

EUR 14,90

ISBN 978-3-902552-80-8

In our populace, every second woman and every fourth man suffers from vein ailments in the legs. Two-thirds of these patients do so before the age of thirty, and every eighth adult will experience this. The most common ailment is varicose veins. There are many possible treatments, but unfortunately not without surgical intervention.

This books shows you what you can do to prevent ailments such as varicose veins, spider veins, thromboss and cellulite. It lists the best treatments ranging from plant extracts to surgery.



Klaus Engelke, Michael Hlatky

Coordination begins in the Head - Movement makes it Perfect

Exercises, Movement Flows, 2nd edition

Technical details:

144 pages, numerous colour photos, softcover

16,5 x 22 cm

EUR 14,90

ISBN 978-3-902552-79-2

Movement is Life

Movement is a complex interplay of muscles, tendons, bones and nerves which depends upon both external and internal signals which are directed by the coordination process in the brain.

Movement is an important part of life which deserves our attention. Strength, endurance and mobility were more highly regarded in the past, than for instance, the direction of motion and the processes of the brain.

This book puts coordination at the forefront of a life-long process, which starts in infancy and continues until old-age. The process is characterized by training and above all, continual repetition.

Coordinated movement reduces the risk of injury, while contributing to a healthy way of life, and thus to a mobile lifestyle well into the later years.



Elisabeth Uitz, Andreas Mayer, Babak Bahadori

Rheumatism

Prevention Diagnosis Treatment

Technical details:

112 pages, softcover

16,5 x 22 cm

EUR 12,90

ISBN 978-3-902552-51-8

Rheumatism has many faces. Comparatively harmless diseases like lumbago and tennis-elbow, (which are not inflammations), contribute as much to rheumatism as do those that do involve inflammation of the joints, namely, arthrosis or rheumatoid arthritis.

It is not easy to get an exact diagnosis and properly assign a specific pathological condition to one of the more than 400 diseases associated with rheumatism. The result of this illness can be anything from pain to helpless invalid in the end. Therefore, it is important to begin one of the many therapies available as soon as it is known to be rheumatism with inflammation.

This book helps as a clear and competent advisor. The better the patient is informed, the deeper the understanding between doctor and patient, will mean a greater chance for successful treatment. This will lead in most cases to a possibly pain-free life.

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