



# *FOREIGN RIGHTS CATALOG*



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# ANTIVIRAL PLANTS.

*Natural active ingredients to strengthen the immune system*

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*Author: Hirsch Siegrid*

*Language: German*

*Cover: Brochure with flaps*

*Format: 17 x 22 cm*

*Published: February 2021*

*Pages: 192*

*ISBN: 978-3-99025-416-5*

**The experience of the last few months has sufficiently proven how important it is to develop your own initiative.**

Helmet weed and common burnet are ancient remedies. Scientific studies confirm their effectiveness against viruses. This also applies to better-known plants such as rosemary or sage, ginger or horseradish, echinacea or lemon balm. Simple preparations and instructions for strengthening the immune system, because modern medicine knows hardly any treatment options against viruses.

A functioning immune system is supported by special plants. This guidebook shows which possibilities of antiviral plants there are to make simple food supplements. Plants and their preparations are a means of self-help in times of Corona and Co.

With multi-page descriptions of the plants as well as tips on collecting and processing them.





# SLEEP-INDUCING MILK.

*Simple home remedy to eliminate nervousness, problems falling asleep and sleeping through the night*

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*Author: Hirsch Siegrid*

*Language: German*

*Cover: Brochure with flaps*

*Format: 17 x 22 cm*

*Published: April 2021*

*Pages: 128*

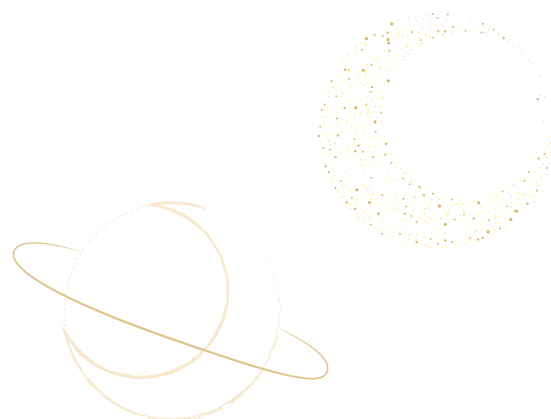
*ISBN: 978-3-99025-419-6*

**100 recipes from herbs and milk for a peaceful sleep.**

Good-night milk with honey has been THE home remedy for falling asleep better since time immemorial. Milk contains the sleep hormone melatonin and the protein tryptophan, from which melatonin is produced in our body.

Herbs, different types of milk, milk substitutes made from cereals, beans and nuts make the most wonderful sleep drinks in the world - guaranteed without side effects and with great health benefits!

Many of the classic sleeping tea recipes work better if medicinal plants are steeped in hot or boiling milk rather than in hot water. This "sleeping milk" used to be given to sick people, children and sensitive ladies.





# FORESTS AND PEOPLE IN A CHANGING ERA.

*A pandemic as an opportunity for our society*

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*Authors: Buchberger Andrea  
Buchberger Werner*

*Language: German*

*Binding: Thread stitching*

*Cover: Hardcover*

*Format: 14 x 21,6 cm*

*Published: February 2021*

*Pages: 176*

*ISBN: 978-3-99025-429-5*



Our forests are suffering and urgently need our help. World events show us that conventional ways of thinking and proceeding no longer work. In a short journey through time and on the basis of their own experiences and observations, the authors show how the present situation in nature and in our society could come about.

The many pieces of information of the trees, which are attributed to “plant spirits”, can be used by us humans. In constant contact with the forest, the authors share their experiences with the trees and show their healing effect on us humans.

Werner Buchberger has worked for 35 years as a forester in the forests. Through his knowledge in healing work he was allowed to dive deeper and deeper into the subtle world of Mother Nature.





# ROOTED IN NATURE.

*Using the restorative power of medicinal herbs in the cycle of the year*

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**Author:** Weirather Doris  
**Language:** German  
**Cover:** Brochure with flaps  
**Format:** 14,8 x 21 cm  
**Published:** February 2021  
**Pages:** 144  
**ISBN:** 978-3-99025-403-5

Taking time for the beautiful. The little things enrich us more than the big things. It is important to treat nature with respect, because we need this retreat as a filling station for body, mind and soul.

A journey of discovery in the cycle of the year. Perhaps you will see nature from a different perspective and discover your own rituals and herbs for yourself.

With recipes for the use of medicinal plants from the Alpine region.





# POURINGS, BATHS AND COMPRESSES.

*The healing power of water*

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**Authors:** Kanitz Thomas,  
Radmayr Christine

**Language:** German

**Cover:** Brochure with flaps

**Format:** 17 x 22 cm

**Published:** April 2021

**Pages:** approx. 208

**ISBN:** 978-3-99025-435-6

200th anniversary of Sebastian Kneipp and  
175th anniversary of the Kneipp Traditional  
House in Bad Kreuzen.

## Kneipp treatments at home

The book is a means of self-help, with practical tips for at home, against complaints and aches and pains. In words, pictures and an app, it guides you through each water application in an easy-to-understand way.

The wide range of effects of water treatments has been known in traditional European medicine for centuries and is being revived. Sebastian Kneipp wrote medical history with his “Kneipp’schen Guss”.





# HOME BOOK OF MEDICINAL PLANT PREPARATION.

*Making high-value remedies in the kitchen yourself*

---



**Authors:** Kircher-Storch Barbara,  
Hahner Michaela,  
Kircher Claudia

**Language:** German

**Cover:** Hardcover

**Format:** 20 x 27 cm

**Published:** December 2020

**Pages:** 304

**ISBN:** 978-3-99025-417-2



45 methods for producing and preparing medicinal plants as well as medicinal vegetables and fruit into effective remedies.

The focus lies on the preparation: collecting, crushing, distilling, sieving, pressing, filtering, drying, mixing, encapsulating and heating of healing roots, leaves, flowers and fruits.

Some methods are no longer common, but should not be forgotten. Olitaries are natural remedies that have an ancient tradition, not only because of their active ingredients, but also because of the way they are processed. Together with two herbalist friends, the author tested the preparations of 500 olitaries from the Thuringian region.

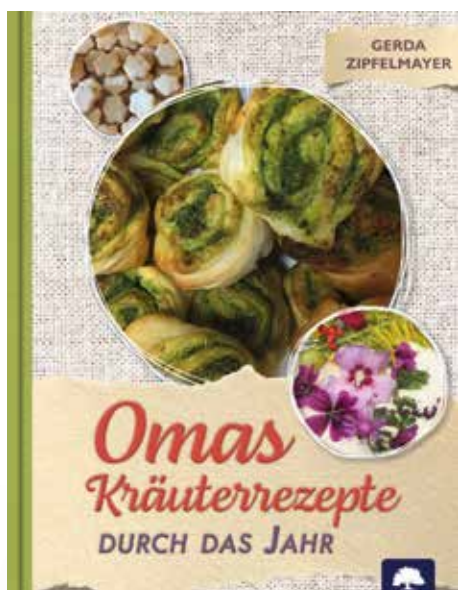
The remedies were collected through research by the author and her two herb friends over many years of detailed work and prepared, tried and tested in their own herb farm.





# WITH GRANDMA'S HERB RECIPES THROUGH THE YEAR.

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*Author: Zipfelmayer Gerda*  
*Language: German*  
*Cover: Brochure with flaps*  
*Format: 17 x 22 cm*  
*Published: April 2021*  
*Pages: approx. 208*  
*ISBN: 978-3-99025-434-9*

From spring pancakes with goutweed to yeast dough piglets in December, every month has its own recipes. And in every season, nature brings different gifts to be cooked into delicacies.

The cookbook is a companion throughout the year, with healthy dishes for the varied family table. With recipes arranged by month, seasonal cooking becomes easy. A contribution to tradition and climate friendliness.





# STARTING TODAY ALKALINE DIET.

*Guide to a healthier life full of energy and vitality*

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**Author:** Meyer Karin  
**Language:** German  
**Cover:** Brochure with flaps  
**Format:** 17 x 22 cm  
**Published:** March 2021  
**Pages:** 248  
**ISBN:** 978-3-99025-431-8



De-acidify, detoxify and reboot the body with whole-food, plant-based, sugar-, wheat- and additive-free organic nutrition. The complete guide provides a simple and easy-to-understand introduction to the healing alkaline-rich diet and lifestyle.

Health and nutrition create a process of change and improvement. And even with small steps, vitality and well-being can be brought into life.

Karin Meyer from Upper Austria, a qualified nutrition trainer and certified fasting guide, specialises in alkaline-rich nutrition and detoxification. She shows how fasting can interrupt a possibly unhealthy lifestyle and what positive effects fasting has on body, mind and soul.





# BREAD, BUNS AND MORE.

*Gluten-free baking- how else*

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**Author:** Schulenburg Elke

**Language:** German

**Cover:** Flexocover

**Format:** 17 x 22 cm

**Published:** 2017, 2018, 2020

**Pages:** 128

**ISBN:** 978-3-99025-310-6

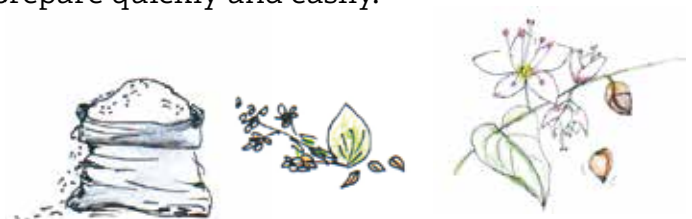


Wheat & Co. was yesterday - today you bake health-consciously without gluten. Baked goods such as wholemeal bread, mixed bread, baguettes, burger rolls and even pretzels are presented by Elke Schulenburg.

Many people are sensitive to gluten and have the amazing experience that they feel better when they do without it. But the appetite for bread and rolls remains. Should we be content with pre-packaged mass-produced breads and rolls made from ready-to-bake mixes?

There is also another way. Take delight in the variety of superb gluten-free flours. Skilfully mixed, the most delicious breads are created. Seeds, grains, seeds and nuts provide crunchy variety in everyday bread. They also contain a concentrated load of B-vitamins, minerals and bioactive substances. These little powerhouses are pure nerve food and also have an excellent taste.

The special thing about this baking book is that no ready-mixed flours are used. These are no-frills recipes that even a baking novice can prepare quickly and easily.





# THE FIG.

*Cultural history, cultivation & care of a special fruit*

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*Author: Liedmeier Norbert*

*Language: German*

*Cover: Brochure with flaps*

*Format: 17 x 22 cm*

*Published: March 2021*

*Pages: appr. 200*

*ISBN: 978-3-99025-432-5*



FEIGEN-  
EMBRYOS



A fig tree in your own garden or on the balcony? That is also possible in this country. The author explains the special features of the fig in a practical way and gives tips for cultivation.

The plant stands for the Mediterranean region and a tendency towards the Mediterranean way of life is in the blood of us Central Europeans. The cultivation of figs in Middle Europe can also be seen as a response to climate change with hot and dry summers. It is time to take a closer look at this special plant.

The author lives in Germany in the Lower Rhine region, where he has been successfully cultivating figs for many years.



# MEDICINE WITHOUT MORALS.

## *Diagnosis and therapy of a crisis*

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*Author: Freisleben Erich, Dr. med.*

*Language: German*

*Cover: Hardcover*

*Format: 15 x 22,5 cm*

*Published: July 2020*

*Pages: 432*

*ISBN: 978-3-99025-422-6*

Nursing crisis, shortage of general practitioners, overcrowded ambulances, supply bottlenecks in pharmacies, hectic in medical practices and hospitals ...

Such shortcomings are a daily reality. They are stages of a fatal economisation process and ways out of it are necessary. There must be a creative, people-oriented medicine again, in which the focus is not only on the symptom, but on the sick person. In the arc from the past to the present to the future, it becomes clear how much medicine is always also a part of social change.



# THE HERBS IN MY GARDEN.



*Authors: Hirsch Siegrid;  
Grünberger Felix*

*Binding: Semi-linen*

*Cover: Hardcover*

*Format: 26 x 20 cm*

*Published: 13.07.2016*

*Edition: 24*

*Pages: 800*

*ISBN: 978-3-902134-79-0*

*24th edition 2021*

500 medicinal plants. 2000 applications. 1000 recipes. Botany. Cultivation. Magical things. Homeopathy. Hildegard of Bingen Medicine. TCM. Folk medicine. Bach flowers. Recognise. Collect. Preserve

A detailed work that combines modern scientific knowledge with traditional practices and holistic forms of energy in the best possible way. In a comprehensive plant encyclopedia over 500 effective medicinal plants of our native habitat are described, from elecampane and cyclamen to dwarf elder and onion.

Clearly presented information with over 700 colour photos, cultivation instructions, flowering and collection time, drying, use as a remedy, recipes for tea preparation, tinctures, wines, liqueurs, schnapps, vinegar, juices, ointments and baths. Associated energies for gemstones, TCM, herbal magic, planetary classification, homeopathy, Bach flowers, Schuessler salts, and many tables for finding remedies, symptoms directory, herb gardens, subject index.

The large herbal book for the constant use in garden and kitchen.



# HERBAL RECIPE BOOK.

*Home remedies, ointments, juices, jams,  
herbal wine, liqueurs, vinegar, oil*

---



**Author:** Hirsch Siegrid

**Language:** German

**Cover:** Broschure with flaps

**Format:** 17 x 22 cm

**Published:** 01.03.2016

**Pages:** 192

**ISBN:** 978-3-902540-00-3

**18th edition 2020**

Is working with herbs in step with the modern day? Is it important to collect, grow medicinal plants, or make herbal products for yourself? Yes, more so than ever!

Timeless classics of natural medicine such as St John's wort oil, violet syrup, rubbing alcohol, or cough syrup from the tops of fir trees are at their most reliable when you make them yourself, using items you have gathered. Throughout history, people have come up with numerous methods of getting the most out of medicinal plants.

Here you will find the concentrated power of herbs in over 350 authentic recipes and tips from folk medicine. A guide to making valuable home remedies. The palette ranges from the tincture to the herb vinegar, the herb oil, jams, syrup and juices to the ointments. The recipes are ready to use and easy to follow step by step.





# SPRING DETOX.

*With local wild herbs*

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**Author:** Hirsch Siegrid

**Language:** German

**Binding:** Thread stitching

**Cover:** Flexibinding

**Format:** 17 x 22 cm

**Published:** 15.1.2018

**Pages:** 88

**ISBN:** 978-3-99025-043-3

Our metabolism runs on low, the desire for movement is limited. A remedy for this can be created by detoxing with native wild plants. With the first rays of spring sunshine, 10 green powerhouses sprout up everywhere in nature like weeds. They provide vitality and have plenty of detoxification potential. The traditional spring detox takes only a few minutes daily and makes you feel awake and alert. In this book you will find detailed instructions on how to carry out the traditional spring detox with the 10 wild plants that have already been used by our ancestors. In addition to the normal diet, you can enjoy soup, juice or tea from the herbs.





# MEDICINAL WINES AND HERBAL DRINKS.

*according to Hildegard of Bingen*

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*Author: Elisabeth Engler*

*Language: German*

*Cover: Brochure with flaps*

*Format: 17 x 22 cm*

*Published: October 2020*

*Pages: 128*

*ISBN: 978-3-99025-420-2*

## More than 70 recipes

Hildegard of Bingen was THE healer of the Middle Ages. Many of their recipes can still heal and favour health today: delicious healing wines and potions, mostly quickly cooked and wonderfully effective, put together, tested and partly adapted to the present day.

In addition, the book describes healing spice mixtures, which form the basis of Hildegard medicine. An ABC of medicinal plants explains the most important herbs and spices used; the detailed index of diseases rounds off the book.

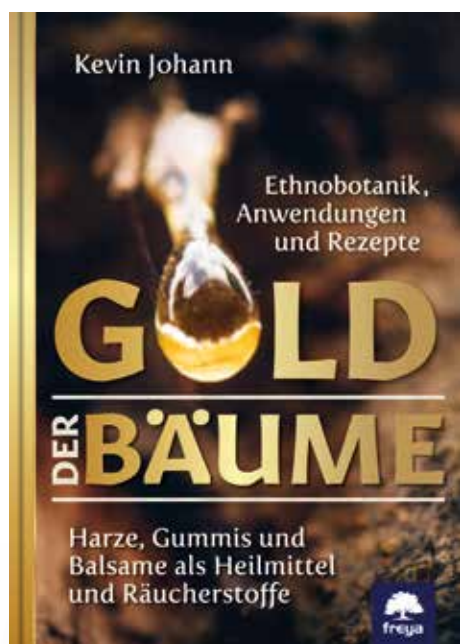




# GOLD FROM THE TREES.

*Resins, elastics and balsams  
as remedies and incense*

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Incense and resins are among the oldest natural remedies of mankind and have a history going back thousands of years. These are true natural treasures which, given their preciousness, have shaped entire eras and cultures. However, the resins described in this book are still enjoying growing popularity today.

The author presents more than 70 different plant exudates, both native and exotic, in this richly illustrated ethnobotanical book and explains their traditional applications as medicinal and incense products.

*Author: Johann Kevin  
Language: German  
Binding: Thread stitching  
Cover: Hardcover  
Format: 17 x 22 cm  
Published: October 2020  
Pages: 272  
ISBN: 978-3-99025-412-7*





# ROOTS AND WINGS.

*Exploring wild nature with children*

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This book is about herbal and home remedies for the whole family, health, well-being and the unleashing of self-healing powers, fairy tales, stories and crafts, about participating and making yourself, sweet and sour, cooked, dried and baked goods, about games, rhymes, experiments. Knowledge that was forgotten, handed down and is new. It is about self-help, self-confidence and self-responsibility, about a head full of mischief as well as deep thought processes, of deep roots and untamable wings.

**Author:** Weissbacher Daniela

**Language:** German

**Binding:** Thread stitching

**Cover:** Flexibinding

**Format:** 20 x 27 cm

**Published:** 2017, 2019, 2021

**Pages:** 248

**ISBN:** 978-3-99025-299-4





# WILDERNESS PHARMACY.

*Home remedies from the past 400 years*

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**Author:** Grähofer Eunike

**Language:** German

**Binding:** Thread stitching

**Cover:** Hardcover

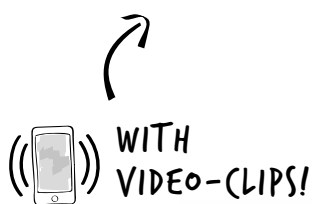
**Format:** 20 x 27 cm

**Published:** 2018, 2019

**Pages:** 264

**ISBN:** 978-3-99025-332-8

**4th edition 2021**



The ingredients of the old wilderness pharmacy, the medicine chest of our ancestors, are accessible to everyone – they are provided by forests and meadows!

With this book you will dive into the world of many centuries-old recipes: Spruce needle baths for colds, broadleaf plantain for the joints, chickweed ointment for the skin, cherry stalks for the eyes, mullein flowers for pain, rosehip cores for the veins. The structure of the book follows the rhythm of nature, meaning the 12 months of the year are chronologically organised. Every month you will find home remedy recipes of those plants that are best processed at this time of the year.

Whether for wound care, colds, dental problems, tension, joint problems, pain, mucus, cough, fever, liver stimulation or concentration problems – the wilderness pharmacy is full of solutions!





# WILDERNESS WISDOM FROM OUR ANCESTRIES.

*Bioindicator plants and weather plants,  
with 300 old recipes*

---



Special qualities of wild plants, brought to light from the fund of folk knowledge

Our ancestors had to support themselves in the family. In harmony with nature, they developed the right time for sowing or harvesting through observation. If the seeds were planted at the wrong time, a crop failure would have meant hunger in the family.

An abundance of new “old” recipes for those who want to learn more about wild plants. Special emphasis on determining the location and resettling the plants in their own environment.

*Author: Grahofer Eunike*

*Language: German*

*Cover: Hardcover*

*Format: 20 x 27 cm*

*Published: March 2020*

*Pages: 256*

*ISBN: 978-3-99025-407-3*





# GRANDMA'S GENIUS WEATHER PLANTS.

*What will the weather be like today?*

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*Author:* Grahofer Eunike

*Language:* German

*Cover:* Hardcover

*Format:* 14,8 x 21 cm

*Published:* January 2020

*Pages:* 128

*ISBN:* 978-3-99025-394-6

The author has thoroughly investigated the amazing ability of some plants to predict the weather for the day. Knowledge of weather plants, which has always been important for agricultural and farming work, can provide interesting information in our daily lives.

The author has recorded all the flowers, trees and herbs that can predict rain or sun for the day.





# PLANT TREASURES OF OUR ANCESTORS.

*Ancient healing arts and current research*

---



**Author:** Huber Ellen

**Language:** German

**Binding:** Thread stitching

**Cover:** Hardcover

**Format:** 17 x 22 cm

**Published:** 16.2.2017

**Pages:** 248

**ISBN:** 978-3-99025-286-4

In this book long lost knowledge on about 66 plants is given a voice again. Numerous historical sources from the Antiquity to the modern era provide impressive testimonies of the art of healing. Hundreds of scientific research results from all over the world reveal surprising new findings on the use of plants for health problems of our time. The book condenses old and new knowledge in 50 practice-proven recipes. As ready-made preparations of these herbal remedies are difficult to source from stores, descriptive instructions on how to process ingredients are included. The book also contains helpful cultivation and collection tips to enable everyone to use these natural resources. With a foreword by Margret Madejsky





# NATURAL HEALING

*with Herbs and Traditional Home Remedies.  
Find and maintain fundamental balance with  
simple & effective recipes!*

---



**Author:** Koch Judith  
**Language:** German  
**Cover:** Brochure with flaps  
**Format:** 17 x 22 cm  
**Published:** March 2020  
**Pages:** 304  
**ISBN:** 978-3-99025-401-1

## Natural pharmacy in spring and summer

This book is written for all those who are trying to find their way back on the green road to health. The concept is simple: do away with the things that make you sick and use the things that make you healthier. This book accompanies you through spring and summer and offers a variety of recipes and natural ways to get much closer to good health. Be it grandma's teas, herbal remedies for tennis elbow, cold remedies and much more - nature provides us with a solution for almost every problem!





# OLD HEALERS.

*A new approach to wild herbs*

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*Author: Koch Judith*

*Language: German*

*Binding: Thread stitching*

*Cover: Hardcover*

*Format: 17 x 22 cm*

*Published: 30.9.2016*

*Pages: 240*

*ISBN: 978-3-99025-281-9*

Many people today feel rushed and uprooted. They long for more naturalness and nature in their lives.

One path into this direction leads to the “old healers”. To ten medicinal herbs, which our ancestors already used as medicine and food: chamomile, nettle, yarrow, shepherd’s purse ...

This practical book enables anyone interested to find medicinal herbs in nature and to put together a suitable home remedy kit for themselves and their family with just a few herbs. With many surprisingly new phytotherapeutic and folk medicine applications. Judith Koch regularly passes on the ancient knowledge about the stories of plants and their beneficial effects on people in lectures.





# MOON & HERBS.

*Lunar travel to the land of the soul*

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*Author: Janascheck Ulla*

*Language: German*

*Binding: Thread stitching*

*Cover: Hardcover*

*Format: 17 x 22 cm*

*Published: 16.1.2018*

*Pages: 224*

*ISBN: 978-3-99025-326-7*

What do we know about the ancient lunar calendars of megalithic cultures and how can we revive them? The book describes the 13 full moons with their different energies and contents in the annual cycle. 13 dream journeys bring the soul in touch with the respective lunar force.

26 medicinal plants supporting the soul accompany the path through the moon-herb-wheel. Birch stands for the new beginning, teasel for reconnection, St. John's wort for the light, elder for the ancestors ...

What effect have fumigations, teas and tinctures on psyche and soul?





# NATUROPATHY FOR THE WHOLE FAMILY.

---



We do know how our television works, but not much about our own body's cycles. The consequence of this ignorance means that symptoms which are harmless in itself, such as muscle tension, become chronic. These tensions can over time cause deformity of bones. Wear and tear of joint cartilage, which could have been avoided by timely treatment, arises.

Dr. Zizenbacher uses personal accounts and case studies to explain how organs work and which natural remedies keep the organs, and thus the body's cycles, fit.

*Author: Dr. med. Zizenbacher Petra Maria*

*Language: German*

*Binding: Thread stitching*

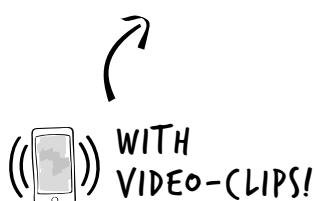
*Cover: Hardcover*

*Format: 17 x 24 cm*

*Published: 1.5.2018*

*Pages: 472*

*ISBN: 978-3-99025-334-2*





# STRONG BABIES.

*Relaxed start in life with Shiatsu*

---



*Authors: Kalbantner-Wernicke Karin;  
Haase Tina*

*Language: German*

*Binding: Thread stitching*

*Cover: Flexibinding*

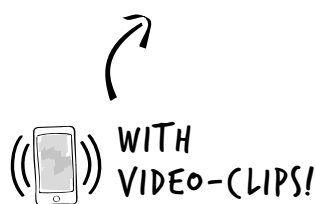
*Format: 17 x 22 cm*

*Published: 1.10.2018*

*Pages: 160*

*ISBN: 978-3-99025-346-5*

Babies with their sensitive and subtle sensations are particularly responsive to touch. Baby shiatsu is therefore an ideal method of treatment. Literally translated the Japanese term “Shiatsu” means finger pressure. “Shi” stands for finger, “Atsu” for pressure. With baby shiatsu parents gently stimulate the child’s energy pathways, which are not yet mature. In doing so, they address their particularities, needs and wishes, supporting their baby in its development. In addition to numerous practical suggestions, the book also includes basic knowledge about baby shiatsu, the development of children from the point of view of the east and the west and tips for everyday life. With the help of the instructions parents can easily follow and learn the ideas presented.





# NATURAL STABLE PHARMACY.

*For all pets and livestock*

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**Author:** Erkens Christine

**Language:** German

**Cover:** Hardcover

**Format:** 17 x 24 cm

**Published:** June 2019

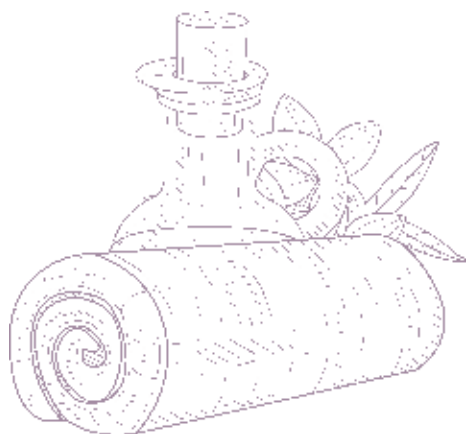
**Pages:** 256

**ISBN:** 978-3-99025-371-7

## Natural remedies for large and small animals

A naturopathic stable pharmacy should not be missing in any household with animals, regardless of whether they are pets or livestock or large or small animals. The variety of natural healing methods is large and offers numerous possibilities to help our animals in case of illness or to keep them healthy.

Whether we have cattle, sheep or goats, horses, ponies or donkeys, pigs, dogs or cats, rabbits or guinea pigs, poultry of any kind, all of them can benefit from these natural pharmacy treasures. We know many household remedies from their application for humans, but they can also be used for animals and are helpful in everyday life. The natural healing methods are listed alphabetically and explained practically in the first part of the book. An overview of the frequently occurring diseases and health problems in the various animal species and the possibilities suitable for treatment follows in the second part.





# MEN'S TIMES.

## *Naturopathy for men in their prime*

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*Authors: Germann Peter,  
Zeuge-Germann Gudrun*

*Language: German*

*Cover: Hardcover*

*Format: 17 x 22 cm*

*Published: March 2019*

*Pages: 352*

*ISBN: 978-3-99025-369-4*

The author couple recommends an abundance of natural remedies from homeopathic and plant remedies to aromatic oils and vitamins to cure typical male complaints.

The book deals with men's complaints and the physical and psychological changes that occur in a man's life. The two authors have enjoyed previous success with their book "Women's Times"; now the male equivalent has been added. It is not a philosophical work, but it deals with the hardships of being a man in his prime in an entertaining way. The book is full of recipes from naturopathy that are adapted to the topic in this phase of life.





# HEALING TEAS FROM MUSHROOMS, HERBS AND ROOTS.

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*Author: Reichör Sandra*

*Language: German*

*Cover: Flexibinding*

*Format: 17 x 22 cm*

*Published: December 2018*

*Pages: 192*

*ISBN: 978-3-99025-359-5*

Those who walk through nature with open eyes will find an incredible variety of tea herbs in the forest and meadows. But which herb is useful for which complaints? You can find a treasure trove of medicinal plants and medicinal mushrooms described concisely in this reference book. Information and special features regarding tea preparation, duration of treatment, restrictions on use and side effects are explained.

The book is structured according to diseases and ailments and you can go directly to the area of ailments you are interested in and then to the healing tea herbs, roots and mushrooms with the help of a colour-coded system. Tried and tested examples of tea blends awaken the desire to drink tea.

Teas made from medicinal mushrooms and medicinal plants from our immediate surroundings are a real treasure for our health: digestible, easy to produce and often of incredible healing power.

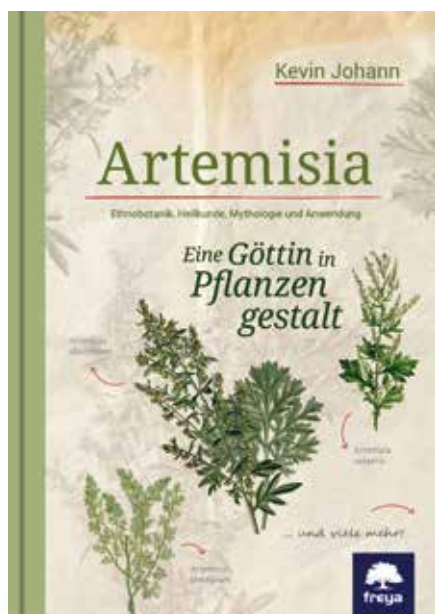




# ARTEMISIA.

## *Goddess in plant form*

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**Author:** Johann Kevin  
**Language:** German  
**Binding:** Thread stitching  
**Cover:** Hardcover  
**Format:** 17 x 22 cm  
**Published:** August 2018  
**Pages:** 224  
**ISBN:** 978-3-99025-360-1

Mugwort, wormwood, southernwood and others in the focus of ethnobotany!

With numerous recipes for Artemisia elixirs, soothing spas, magic incense bundles, fine spice blends ...

Species from the botanical genus Artemisia have fascinated and accompanied humans for millennia. Almost worldwide, they are known as appetite stimulants, digestive aids and as remedies for worms. At the same time, mugwort and its close relatives are associated with female primal principles, with magical protective aspects, as well as with the attainment of extended states of consciousness. Artemisia is a group of plants that are used in many different ways and for a variety of purposes: as a healing aid and food, as a spiritual and psychoactive magic plant or as a decorative garden ornament. 28 plant monographs: The most important information about botany, medicine, mythology, ritual, culinary and care in your garden of selected species of Artemisia; including Artemisia abrotanum, Artemisia absinthium, Artemisia annua, Artemisia dracunculus, Artemisia glacialis, Artemisia ludoviciana, Artemisia umbelliformis, Artemisia vulgaris and many more!



# HEALING POWERS OF LEMONS.

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**Authors:** Hirsch Siegrid; Benz Doris

**Language:** German

**Binding:** Thread stitching

**Cover:** Flexibinding

**Format:** 17 x 22 cm

**Published:** 01.08.2014

**Pages:** 80

**ISBN:** 978-3-99025-104-1

Recipes and numerous background information. Tips on the origin, use and storage of the yellow super fruit. Information about the health-promoting active ingredients. For people who want to be healthy and stay healthy. The guide shows what you can do with lemons and how to use lemons in the kitchen, in body care and as a remedy. Many recipes inspire your own creations. Since the Middle Ages in Europe.

In ancient Egypt, the citron (or cédrat lemon) was known since the 2nd century BC. The botanists of Alexander the Great brought them into the Mediterranean region, but also the Crusaders of the 12th Century carried the miracle tree with the gold apple home. Anyway, it is certain that the lemon became native to the Riviera around 1200. And wherever we encounter this little tree today, the magic and flair of the South are captured in them; their sight makes us think of light and warmth and of healing relaxation. Then there is another aspect: the aesthetics of a lemon, whether half, slice or quarter piece. A dish garnished with lemon is an appetising sight that literally whets your appetite.



# EUROPE'S ORCHID PARADISES.

*The most beautiful orchid destinations  
from Sweden to Cyprus*

---



Europe is home to around 450 orchid species, one more beautiful than the other. Whether the Calypso Orchids in the tundra of the far north or the Mirror Orchids in the meadows of the Mediterranean, all want to be discovered and admired. The book presents 85 outstanding orchid areas from Sweden to Cyprus and encourages readers to discover the most beautiful flowers of the continent.

*Author: Griehl Norbert  
Language: German  
Binding: Thread stitching  
Cover: Hardcover  
Format: 17 x 24 cm  
Published: 16.2.2017  
Pages: 384  
ISBN: 978-3-99025-243-7*





# LAVENDER IN ITS DIVERSITY.

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*Author: Zotter Marie*  
*Language: German*  
*Binding: Thread stitching*  
*Cover: Flexibinding*  
*Format: 17 x 22 cm*  
*Published: 19.4.2017*  
*Pages: 120*  
*ISBN: 978-3-99025-302-1*

The fragrant plant with the purple flowers is developing into a collector's plant right now. From the right planting tips to harvest, this book contains interesting information, recipes for gourmets as well as instructions for cosmetic uses to have a beautiful skin. Many examples of various applications for health complaints are described. A must-have for anyone who wants to use lavender as a sensory plant or simply for enjoyment, and to prepare extraordinary gifts or to enchant their guests with unprecedented ideas.

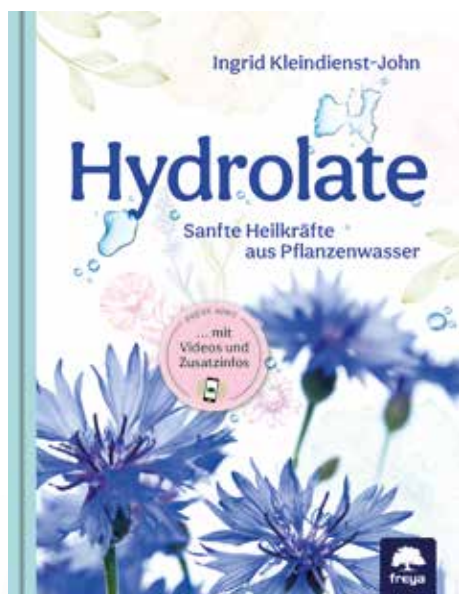




# HYDROLATES.

## *Gentle Healing Powers from Plant Water*

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**Author:** Kleindienst-John Ingrid

**Language:** German

**Binding:** Thread stitching

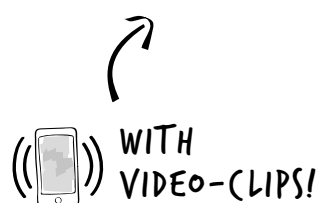
**Cover:** Hardcover

**Format:** 17 x 22 cm

**Published:** 2018, 2020

**Pages:** 216

**ISBN:** 978-3-99025-053-2



The new edition includes videos with additional information that can be accessed with the Freya Books app on the smartphone or tablet. Hydrolates are highly effective plant waters that are created during the steam distillation of flowers, leaves, seeds or roots. They are generally known today as by-products in the production of essential oil and are rarely used. Flower or plant water has been common knowledge since ancient times and its effectiveness has been handed down in medicine. Hydrolates contain the water-soluble substances of a plant and only traces of essential oil, but are much more concentrated than herbal tea, for example.

You can read about them in the book and find tips and tricks for copying them in the additional videos.





# SOS FOR KIDS.

*Essential oils and herbs for children from 0–12*

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**Author:** Kleindienst-John Ingrid

**Language:** German

**Binding:** Thread stitching

**Cover:** Hardcover

**Format:** 17 x 22 cm

**Published:** 13.07.2015

**Pages:** 240

**ISBN:** 978-3-99025-159-1

**6th edition 2018**

Herbs can also serve children well – all you have to know is, which plant is the right one from which age. This is the first book with a comprehensive listing of those herbs that can be used by babies, toddlers, schoolchildren or teenagers. Numerous tables and detailed lists make it easy to find the right remedies for all common symptoms. Themes such as skin, lungs or stomach are discussed in detail. There are many, easy recipes to try out, each accompanied by a fairytale. Grannies, mums and daddies learn with the children how to use the treasures of nature, with essential oils, hydro-sols, teas and many other herbal preparations that are tailored to the needs of young families.





# SOS LUMBAGO.

## *The best recipes for small complaints*

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**Author:** Kleindienst-John Ingrid

**Binding:** Thread stitching

**Cover:** Hardcover

**Format:** 17 x 22 cm

**Published:** 13.07.2015

**Pages:** 268

**ISBN:** 978-3-99025-189-8

**3rd edition 2019**



Foehn winds and a throbbing headache? Lifted something the wrong way and suddenly suffered a lumbago? Forgot your jacket and now have a sore throat? Natural remedies are inexpensive and ideally suited to effectively treat a variety of ailments.

Many of the recipes described are from the author's grandmothers and have proven over generations to be particularly beneficial. They provide assistance with the most important minor as well as more severe diseases and complaints. Accompanying measures for stress and burn-out and home nursing are listed as well as tips for memory support or for a good night's sleep.

This book helps through the daily family life of young and old with gentle and wholesome recipes made with pure natural products, and is peppered with original, useful suggestions.



# THE PLANT CODE.

## *The key to the plant kingdom*

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**Author:** Kleindienst-John Ingrid

**Language:** German

**Binding:** Thread stitching

**Cover:** Hardcover

**Published:** 9.5.2018

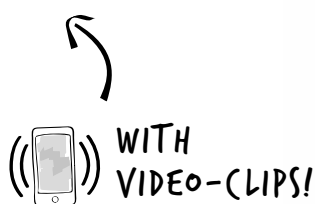
**Format:** 17 x 22 cm

**Pages:** 328

**ISBN:** 978-3-99025-331-1

The various medicinal plants have been assigned to one of the four elements since time immemorial. Traditional European medicine has always looked for similarities between medicinal herbs and a disease or a particular human being. And so there are herbs that nourish our air properties and let our ideas fly. There are plants that support our earth-boundness and bring us back to the bottom of reality. There are green, watery friends with whom our feelings blossom, and a series of plants that kindle a warming fire in us.

From these points of view, approximately 100 medicinal plants are closely examined and their properties are explained according to the 4-element theory.





# I AM THE QUEEN OF MY HORMONES.

*Balance hormone levels with herbs and oils*

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**Author:** Kleindienst-John Ingrid

**Language:** German

**Cover:** Hardcover

**Format:** 17 x 22 cm

**Published:** August 2019

**Pages:** 272

**ISBN:** 978-3-99025-390-8

Alternating emotions: at times your personal attitude to life is dependent on a tiny amount of a hormone. And sometimes hormone fluctuations are the reason for irritability or fatigue. Every woman's life is influenced by oestrogens and progesterone. The book explains how these hormones influence us, but also what we can do ourselves to at least partially control their influence. Every woman has her own menstrual cycle and yet very few women know exactly what is going on in their bodies.

Essential oils and herbs balance hormone levels naturally and alleviate complaints. Today we know that plants contain the oldest and most original bioregulators. This is how the most beautiful hours become really beautiful.

A large space is devoted to every age of women.





# MY FRAGRANT YEAR.

*With 12 essential oils throughout the seasons*

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The use of natural fragrances is one of the most sensual of the numerous ways to care for one's own well-being. If you want to promote your well-being, care for your health and deepen your understanding of yourself and your needs, pure essential oils and their gentle counterparts, plant waters, provide the perfect link between inner and outer nature. They are a great way to find out about your own rhythms and needs. Every fragrance is introduced with a fragrance story, followed by basic information, practical recipes, simple exercises and interesting information from the world of fragrances.

*Author: Leinberger Gisela*

*Language: German*

*Cover: Brochure with flaps*

*Format: 17 x 22 cm*

*Published: July 2020*

*Pages: 224*

*ISBN: 978-3-99025-409-7*

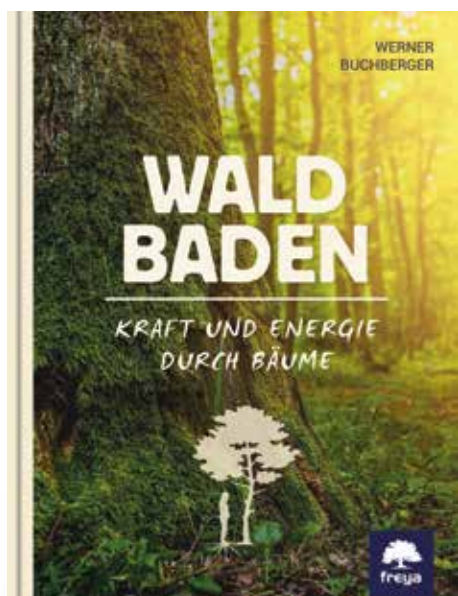




# FOREST BATHING.

## *Power and energy through trees*

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*Author: Buchberger Werner*

*Language: German*

*Binding: Thread stitching*

*Cover: Flexibinding*

*Format: 17 x 22 cm*

*Published: 17.1.2017*

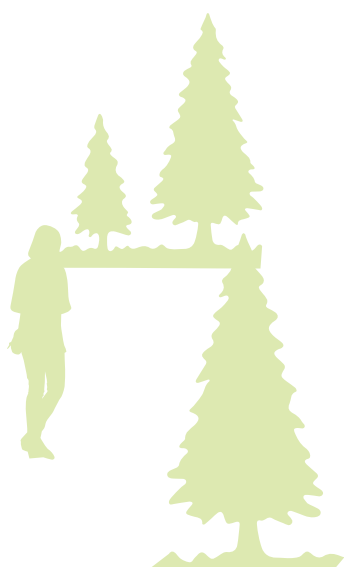
*Pages: 160*

*ISBN: 978-3-99025-290-1*

Books about trees and the forest ecosystem are in vogue. It is the longing for the origins, for our roots.

Therapeutic approaches and simple exercises allow us to become one with the trees and the forest ecosystem and open the mind and body for healing and helping information.

The author, who as a forester is in constant contact with the forest and trees, tries to demonstrate his experience with trees and their healing effects on us humans beyond the social and intellectual limits. Through his knowledge of healing work he was allowed to immerse deeper and deeper into the subtle world of Mother Nature. The many information of the trees, which he attributes to “plant spirits”, can be used by us humans in a helpful way.

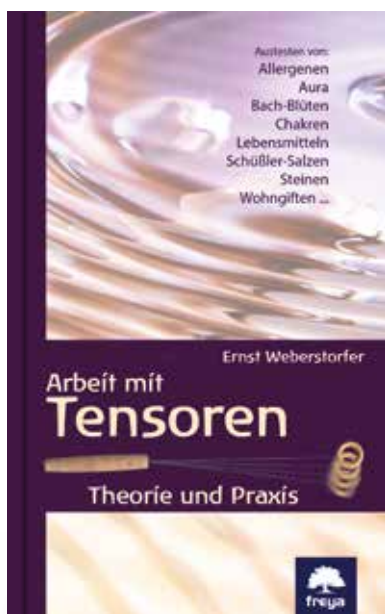




# WORK WITH TENSORS.

## *Theory and practice*

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**Author:** Weberstorfer Ernst

**Language:** German

**Binding:** Thread stitching

**Cover:** Flexibinding

**Format:** 12 x 19 cm

**Published:** 13.07.2015

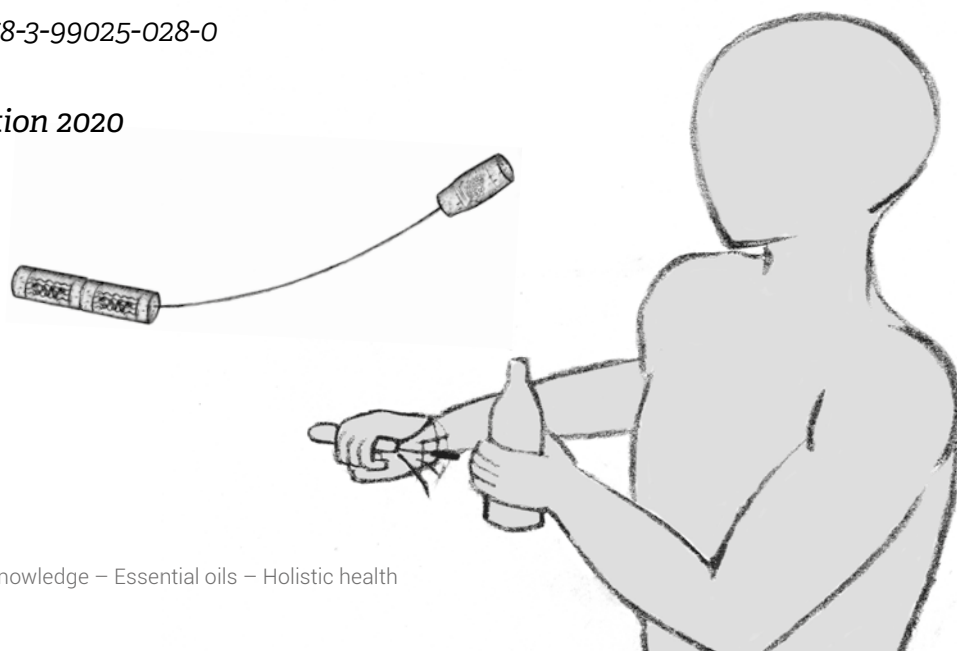
**Pages:** 128

**ISBN:** 978-3-99025-028-0

**18th edition 2020**

For many people the use of a tensor is self-evident. It is an ideal tool to test the digestibility of foods, the effectiveness of Bach flower remedies, homeopathic applications or healing stones. With many illustrations and examples, the book shows how the tensor correctly assesses food and allergens, while recognising and evaluating fine energy flows.

Ernst Weberstorfer has carried out years of research in the field of the one-handed rod (tensor) and gives practical instructions for their use in the book. With the help of the experience from countless lectures and seminars, he describes the versatile application possibilities of tensors in the medical as well as in the private sector.





# THE HEALER AND THE BEES.

## *A True Story*

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*Author:* Zimmermann Edgar

*Language:* German

*Cover:* Hardcover

*Format:* 14 x 21,6 cm

*Published:* May 2019

*Pages:* 328

*ISBN:* 978-3-99025-800-2

What is Energy? What is spirit? And why does this spirit hold the key to our inner and outer well-being?

Edgar Zimmermann is a spiritual healer and beekeeper in Hohenlohe. He was five years old when he first noticed a peculiar tingling, streaming, noiseless hissing and rippling in his palms.

The bees have accompanied him for over thirty years. He gives insights into his way of beekeeping and shows how important bees are for us humans in spiritual terms.

The Healer and the Bees does not provide simple instructions for a happier life. There are already more than enough of these. His message is: Think! Feel! Perceive!





# NATURALLY SUCCESSFUL.

*Live and work according to the GAIA principle*

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**Author:** Lamprecht Veronika Victoria

**Language:** German

**Cover:** Hardcover

**Format:** 14 x 21,6 cm

**Published:** May 2018

**Pages:** 224

**ISBN:** 978-3-99025-337-3

## Nature as a Guide to Economic Success!

The author uses the eight time phases around the year, the so-called GAIA principle, as a model for modern management methods that guarantee economic success.

The natural cycle of essence & retreat in autumn, the beginning of growth in spring and the harvest at the end of summer, which Mother Earth gives us, is the model for the healthy development of people, companies, projects, organisations and a good corporate and leadership culture. Success in Mother Earth's footsteps!





# PLANTS ASTROLOGY.

*Healing through plants and planets*

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*Authors:* Stumpf Ursula;  
Koch Yvonne H.

*Language:* German

*Binding:* Thread stitching

*Cover:* Hardcover

*Format:* 17 x 24 cm

*New edition:* 29.03.2019

*Pages:* 344

*ISBN:* 978-3-99025-088-4

The heart-shaped leaves and the scent of the rose refer to the planet Venus. The sharp, fortified drawing of a nettle is the earthly embodiment of Mars. Mars plants make you active and intensify your assertiveness, Venus plants, however, increase desire and joy of life. From time immemorial, people have been watching the planets in the sky and relating them to what happened in nature. Plants are the oldest creatures of the earth, in them the influence of the stars is most sustainable. From the external form and drawing of a plant one can conclude its relationship with the celestial bodies and the zodiac signs and derive its application and effect from it.

Yvonne Koch and Dr. Ursula Stumpf assign basic themes, energies and plants to every zodiac sign and every planet and show suitable applications during the course of the year.





# ZERO WASTE.

*Less waste is the new green*

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*Author: Su Shia*

*Language: German*

*Cover: Broschure with flaps*

*Format: 17 x 22 cm*

*Published: 22.8.2017*

*Pages: 160*

*ISBN: 978-3-99025-273-4*

*6th edition 2020*



WITH  
VIDEO-CLIPS!

Every consumer has at some point been annoyed by the umpteen-fold packaging of a product. Rubbish is a serious problem of our time. This problem is growing rapidly as the mountains of waste increase in size. Time to finally do something effective against it! And since the average consumer usually does not sit in the local council, we can only begin with ourselves. Shia Su has done it. Consequently. And written a statistic report about it. Eventually all her collected waste from a year fitted into a mason jar – that's all it was. How such an incredible thing is possible, she explains in this book. Strongly recommended for imitation!

As a first grader, Shia Su made the bakery saleswoman aware that, in her opinion, she packed the pastries in far too many bags. And she no longer understood the world when it saw adults throwing garbage on the street. Today, she and her husband have been living “zero waste” for more than two years, i.e. almost completely free of waste, and is convinced that this lifestyle has nothing to do with doing without; on the contrary, it makes life much more pleasant! On her blog Wasteland Rebel, she gives practical tips on avoiding waste and reducing your own ecological footprint.



# CHESTNUT.

*Body care – detergents – household cleaners*

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*Author: Hermann Inés*

*Language: German*

*Cover: Brochure with flaps*

*Format: 17 x 22 cm*

*Published: October 2020*

*Pages: 96*

*ISBN: 978-3-99025-415-8*

## Environmentally friendly cleaning and care with chestnuts

Most families take chestnuts through October; the fruits of the horse chestnut are a tactile and visual pleasure. In her book, Inés Hermann describes that the chestnut contains active washing substances and can also be used in many ways as a remedy and care product for the body.

In many richly illustrated recipes, the author explains how the plant can unfold its cleansing and beneficial effects. She gives tips on drying and processing, as well as shelf life and storage of the chestnut. Domestic horse chestnuts in their manifold uses are an ecologically sensible alternative at home and for your own health.

The horse chestnut is an ideal alternative for cleaning body skin and laundry. Products can be easily manufactured without energy-intensive processing.





# WASH WITH ALL YOUR SENSES.

*Vegan natural soaps*

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*Author: Höfer Ruth*  
*Language: German*  
*Binding: Thread stitching*  
*Cover: Flexibinding*  
*Format: 17 x 22 cm*  
*Published: 01.02.2015*  
*Pages: 160*  
*ISBN: 978-3-99025-187-4*

Instead of bee honey, date honey, instead of organic milk, coconut milk or oat milk. All soaps of the soap queen are 100% vegan. The photo reportages on soap making mean it's a pleasure to try the book's many inspiring soap recipes and produce great gifts or fragrant bath decorations. The focus of the book lies in the creative sensuality, which shows in choosing highly energising ingredients and how to process them on each page. Only by homemade products will your skin and hair get as spoiled as they deserve. Facial soaps, hair soaps, shower soaps, children's soaps and soaps to give away – all areas are generously covered and vegan. The required ingredients can be found in every kitchen or can be purchased easily.





# VEGAN COSMETICS.

*Easy. Handmade. Natural.*

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*Authors: Hirsch Siegrid;  
Nedoma Gabriela*

*Language: German*

*Binding: Thread stitching*

*Cover: Hardcover*

*Format: 17 x 22 cm*

*Published: May 2016*

*Pages: 160*

*ISBN: 978-3-99025-113-3*

Herbal expert Siegrid Hirsch and herbal pedagogic Gabriela Nedoma have compiled their vegan natural cosmetics recipes and combined them in a unique recipe book.

Each author has a slightly different approach to pure herbal creams, anti-aging skin care, ointments, skin smoothies, masks, decorative cosmetics, deodorants or shampoos, resulting in a colorful wealth of tips and tricks, where every woman will find the right product for herself. The recipes are quick and easy to prepare and suitable for all skin types.

Many additional information about the correct treatment of our largest organ supplement the extensive recipe section.

Also included: Overview of reference addresses for vegan cosmetics





# GREEN COSMETICS.

*Organic care from the kitchen and garden*

---



**Author:** Nedoma Gabriela

**Language:** German

**Cover:** Flexibinding

**Format:** 17 x 22 cm

**Published:** July 2015

**Pages:** 256

**ISBN:** 978-3-99025-094-5

**12th edition 2019**

My skin loves green! Green cosmetics shows biological alternatives to deodorants with aluminum, skin creams with PEGs and products tested on animals. All of the recipes in this book are truly natural. The shampoos grow on the trees, the toothpaste blooms in the meadow and the sun cream sprouts in the garden. Everything is 100% natural, quickly conjured up and so pure that it can be tasted. A healthy fresh cell treatment from nature – like biting into a fresh apple! Cosmetics that work naturally. 130 recipes from head to toe. Deodorants, shampoos, dental care, skin smoothies, lotions, sun protection, ointments, baby care and much v. Suitable for all skin types and the whole family. Easily available food grade ingredients. Quick and easy recipes. Manufacture with kitchen accessories. Step by step instructions. Gentle on skin and nature.





# NATURAL COSMETIC MATERIALS.

*Effect, Processing, Cosmetic Use*

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*Author: Käser Heike*

*Language: German*

*Cover: Hardcover*

*Format: 17 x 23 cm*

*Published: 2011*

*Pages: 408*

*ISBN: 978-3-99025-012-9*

*7th Edition 2019*

In this book, natural cosmetic materials are examined. It offers those interested on a private basis, as well as aromatherapists, PTAs and beauticians, a sound basis for the practice of producing natural cosmetics. Comprehensive information on sensible natural cosmetic substances, their characteristics and mode of action are combined with concise overview tables that outline the essential key data on their processing, combination and cosmetic suitability. Proven and modern materials are described in detailed individual portraits: vegetable oils and butters, waxes, sterols and phytosterols, lecithins, consistency enhancers, plants, emulsifiers, surfactants, hydrators, vitamins, gelling agents, preservatives, clays and light protection pigments.

A list of supply sources completes the offering.





# MAKE YOUR OWN NATURAL COSMETICS.

*The manual*

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*Author: Heike Käser*

*Language: German*

*Cover: Hardcover*

*Format: 17 x 23 cm*

*Pages: 512*

*ISBN: 978-3-99025-049-5*

*8th revised edition 2019*

*with new recipes*

Very useful book, whether you make your individual natural cosmetics privately or in the context of your professional aromatherapy or natural cosmetic practice. This manual offers you valuable practical tips from an experienced and a passionate “self-stirrer”, with supporting graphics and visualizations. Discover contemporary methods for your own production of fresh plant extracts and tinctures. Sensible oil blends and modern manufacturing processes for care products, which are really good for your skin are explained.

Heike Käser has been fascinated by the interaction of all components since years and really has a deep understanding how to develop formulas that are sensible for the skin.





# FROM THE MAGIC OF FRAGRANCE.

*Make your own perfume*

---



Making perfume yourself is a sensual, creative and wonderfully fragrant process. The book provides a glimpse into the history of perfume making and describes how to create your own perfume from natural resources. A set of proven recipes - easy to follow - helps you to enter the art of perfumery. An overview of the essential oils completes this book. The recipes in the book also make it easy for beginners to design fragrances from purely natural ingredients according to their own taste.

*Author: Kleindienst-John Ingrid*

*Language: German*

*Binding: Thread stitching*

*Cover: Flexibinding*

*Format: 17 x 22 cm*

*Published: 30.9.2016*

*Pages: 160*

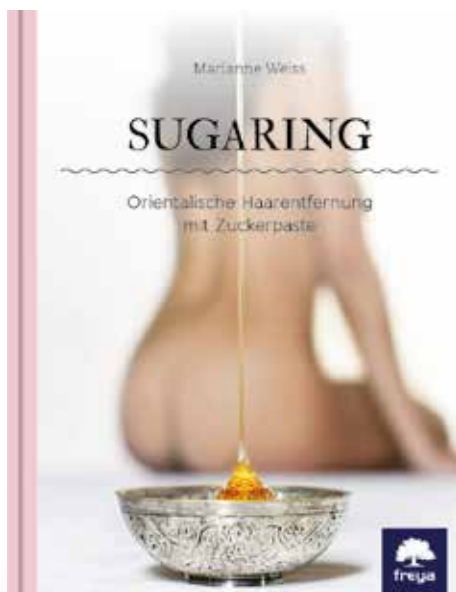
*ISBN: 978-3-99025-269-7*





# SUGARING.

## *Oriental hair removal with sugar paste*



**Author:** Weiss Marianne  
**Language:** German  
**Binding:** Thread stitching  
**Cover:** Hardcover  
**Format:** 17 x 22 cm  
**Published:** 29.2.2016  
**Pages:** 160  
**ISBN:** 978-3-99025-244-4

Sugaring is more than an oriental hair removal technique. It is a sensual way of life. Whether you're reading about sugaring for the first time, or you're already have had sugaring yourself or want to try it out on yourself, this book contains everything you need to know. From the recipe for producing the sugar paste in your own kitchen to the instructions on the hand technique or how to use the strip of fabric to sugar yourself to the care of your skin for the best sugaring experience. A particular highlight are the "Sugaring voices", statements by lovers of this sweet oriental art. Immerse yourself in the world of oriental beauty care and simplify your beauty routine.





# NATURAL BEAUTY FROM THE ALPS.

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*Author:* Tisch Walheide  
*Language:* German  
*Binding:* Thread stitching  
*Cover:* Flexibinding  
*Format:* 17 x 22 cm  
*Published:* 28.05.2015  
*Pages:* 224  
*ISBN:* 978-3-99025-210-9

Today's society demands a beautiful, perfect and well maintained look. You are supposed to shine from head to toe. That's pure stress for many. Caused not only by the beauty cult, but also often by complicated information on chemicals on the back of industrially produced beauty products. What do these mean? Are these substances harmful to my body? There are many clarifying reports in scientific publications and also on the internet.

Carinthian Wahlheide Tisch offers a natural alternative. In her early childhood she learned about the advantages and peculiarities of traditional herbal medicine from her mother. Today she trains herbal experts. In her book, she describes recipes based on natural and organic ingredients. The author explains in simple ways how to make simple natural cosmetics with pleasure at home.

This book contains natural remedies to combat for example cellulite or excess kilos with organic ingredients. It is the Eldorado for natural beauty. Many recipes from the plant world can be used for hair, skin and body. In case of bad skin Walheide Tisch suggests an anti-inflammatory herbal mixture consisting of: Arnica flowers, sage, thyme, witch hazel and lemon balm.

If you want to be beautiful in a natural way, you are well advised here and will not only shine from the inside out.





# MY SUN CARE.

*Protected naturally*

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Herbal expert Myriam Veit shows us the alternatives: selected recipes for natural sun oils and sun creams as well as fragrant After Sun products: lavender and sea buckthorn oil, white coconut sun cream, rose petal cream and many others. Grab bowl and spatula and make your own sunscreen!

*Author: Veit Myriam*

*Language: German*

*Binding: Thread stitching*

*Cover: Flexibinding*

*Format: 14.5 x 18 cm*

*Published: 16.2.2017*

*Pages: 80*

*ISBN: 978-3-99025-284-0*





# MY DEODORANT.

*Naturally fresh*

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**Author:** Veit Myriam

**Language:** German

**Binding:** Thread stitching

**Cover:** Flexibinding

**Format:** 14.5 x 18 cm

**Published:** 17.11.2016

**Pages:** 96

**ISBN:** 978-3-99025-283-3

The desire for a fragrant body has always been part of human history. The Egyptians already covered the odour of the body with all kinds of fragrant essences. Since recent years, however, the health risks of industrially produced deodorants is the subject of public discussion. As a healthy alternative, home-made deodorants with exclusively natural ingredients are increasingly coming into the limelight. Myriam Veit, an expert in natural cosmetics, has created a series of fragrant deodorant sprays, roll-ons and deodorant creams that contain only natural components and bring a healthy freshness to everyday life.





# GREEN CLEANING.

## *Natural and homemade cleaning products*

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Each recipe is described with the exact effects it has. The use of mineral scouring agents, natural acids, vegetable surfactants, essential oils and herbs results in a large number of ecological cleaning agents which are easy to prepare. So you can gradually replace conventional cleaners with home-made ones that are not only environmentally friendly, inexpensive and health-friendly, but vegan as well. Gradually replace the many colourful plastic bottles in your cleaning cabinet with your own products.

*Author:* Hermann Inés

*Language:* German

*Binding:* Thread stitching

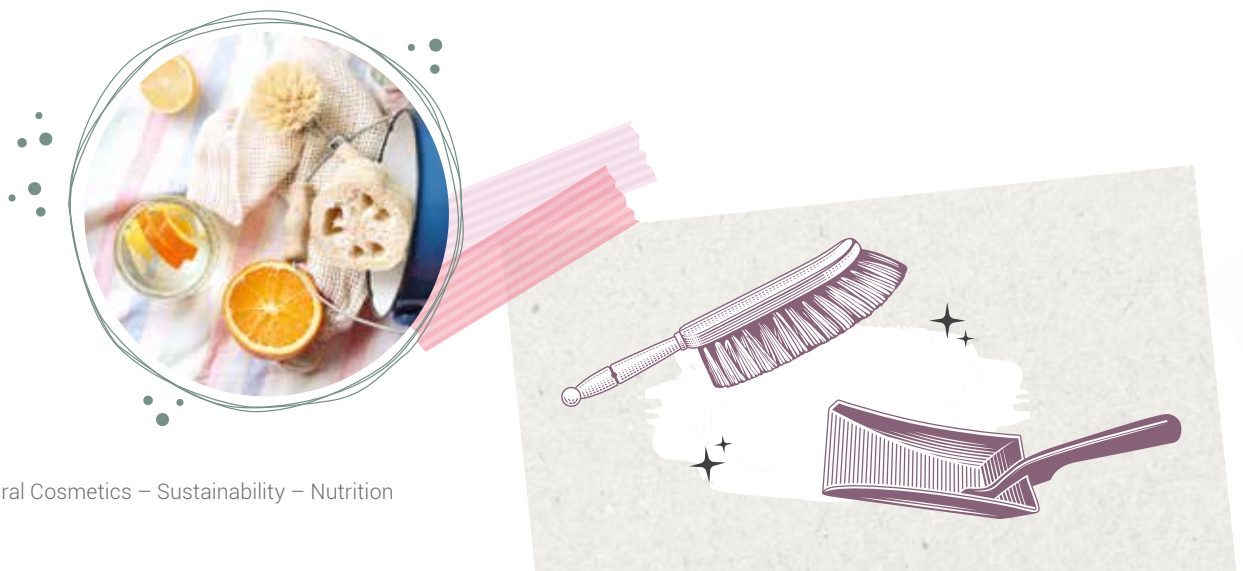
*Cover:* Flexibinding

*Format:* 17 x 22 cm

*Published:* 13.4.2017

*Pages:* 128

*ISBN:* 978-3-99025-288-8





# MAGIC FLOWER INK.

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Discover numerous recipes and useful hints on how you can extract enchanting inks from different flowers.

The author invites you to experiment for yourself in order to experience the wonderful colour variety of nature in a new, sensual way. In addition to well-known plants for natural dyes, such as mallow and rose the author also includes newer breeds and neophytes. In this book you will find, among others, recipes with the flowers of colourful pansies, Indian balsam and colourful gladioli.

*Author: Rosenbüchler Silke*

*Language: German*

*Binding: Thread stitching*

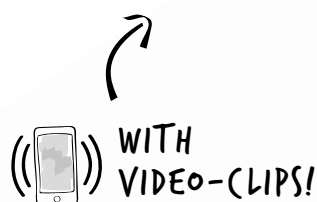
*Cover: Hardcover*

*Format: 20 x 27 cm*

*Published: August 2018*

*Pages: 256*

*ISBN: 978-3-99025-330-4*





# HILDEGARD OF BINGEN'S KITCHEN.

*Sustainable and healthy cooking*

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*Author: Dr. med. Petra Zizenbacher*

*Language: German*

*Cover: Broschure with flaps*

*Format: 17 x 22 cm*

*Published: October 2020*

*Pages: 144*

*ISBN: 978-3-99025-413-4*

**Enhance pleasure and health in the simple dishes**

Dietary guidelines of St. Hildegard of Bingen are more relevant today than ever. The nun and pioneer of naturopathy lived around 1,000 years ago. The Viennese doctor Dr. med. Petra Zizenbacher implemented it and developed tasty recipes from it. Good taste was already important for Abbess Hildegard, because good food puts you in a good mood, and she said: "Only a happy heart can really serve God."

Hildegard's herbs, spices, cereals, vegetables and fruits are successful means of staying fit or healing in the case of illness. They are precisely described, sorted by category, and allow a balanced diet that strengthens the body. Starters, soups, main meals, desserts.





# CLIMATE-FRIENDLY CUISINE.

*Cooking for Future – A hands-on book*

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**Author:** Monika Röttgen

**Language:** German

**Cover:** Brochure with flaps

**Format:** 17 x 22 cm

**Published:** January 2020

**Pages:** 288

**ISBN:** 978-3-99025-400-4

Dinner is served! The climate is overheating. Last but not least, our daily diet creates atmospheric turbulence with its abundant CO2 emissions.

The hands-on book “The Climate-Friendly Kitchen” invites you to make exciting discoveries in the realm of hidden kitchen treasures. It is about the tropical exotics and plants that were thought to be lost, about climate winners and losers

The book serves factual snacks garnished with instructions in “appetiser” style.

“The Climate-Friendly Kitchen” is an attempt at a “do-it-yourself solution” with lots of building blocks on how to make your own stockpile and food to go. From ingredients that are already around you. Forgotten foodstuffs, such as millet, or foods that are just emerging, such as lupine, are given a new stage. This saves energy, packaging and money. And health and fun are included for free.

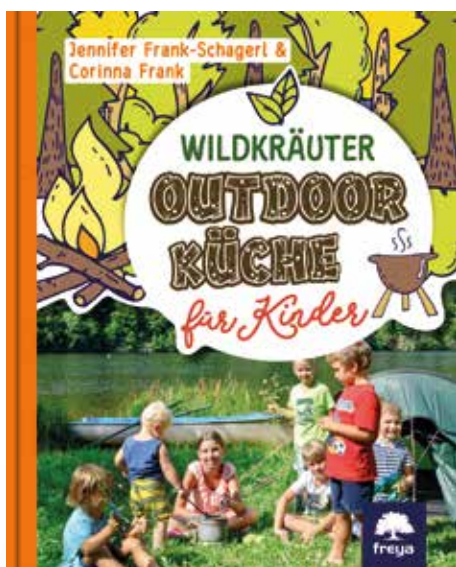




# WILD HERBS OUTDOOR KITCHEN.

*for Children*

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*Authors: Frank-Schagerl Jennifer & Corinna Frank*

*Language: German*

*Cover: Broschure with flaps*

*Format: 14,5 x 18 cm*

*Published: March 2020*

*Pages: 112*

*ISBN: 978-3-99025-405-9*

This book invites you to spend time outdoors with your children again, to experience adventures and to learn more about the nature in front of your very own door. Discover our native wild herbs, which grow seasonally, regionally, are free of waste and free of charge. Cook simple, fast and healthy recipes with your children in the great outdoors, around the campfire or on the camping stove.

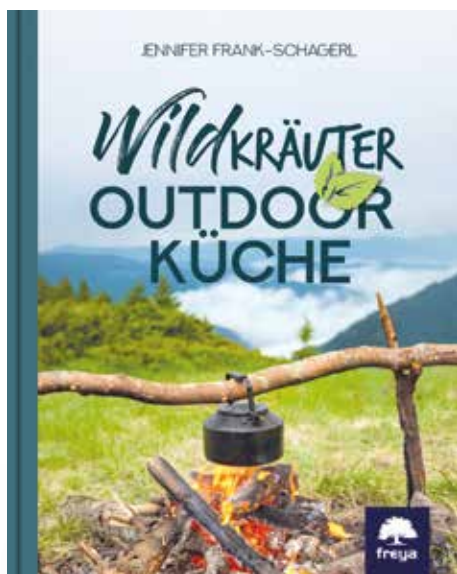
There are 10 wild herbs in the book, which are rich in nutrients and do not pose any potential danger of being confused with other herbs. They can easily be taught to children and form the basis for more than 30 tasty outdoor recipes, which children will enjoy.





# WILD HERBS OUTDOOR KITCHEN.

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*Author: Frank-Schagerl Jennifer*

*Language: German*

*Binding: Thread stitching*

*Cover: Flexibinding*

*Format: 14,5 x 18 cm*

*Published: February 2019*

*Pages: 108*

*ISBN: 978-3-99025-370-0*

## Tasty Natural Cooking for Fans of the Outdoors

Being out and about outside and feeding yourself outside as well? With ingredients from nature, best collected by yourself, prepared over a campfire or on a camping stove? Not a problem with this book. A person who is even a little bit familiar with wild herbs can enormously enrich their outdoor dining experience and add delicious taste experiences to it. You can create delicious dishes with 10 of the most important wild herbs for outdoor cooking, which are readily available almost all year round. You will find 30 wild herb outdoor recipes that are fast, satisfying, delicious and rich in vitamins and nutritious thanks to the fresh wild herbs.

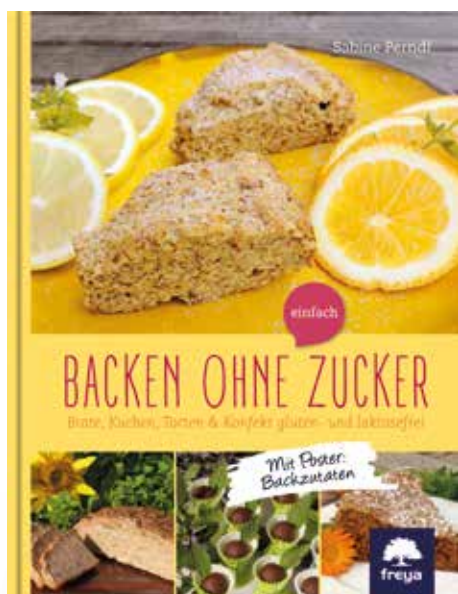




# BAKING WITHOUT SUGAR.

*Gluten and lactose free. Cakes, breads and sweets*

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**Author:** Perndl Sabine  
**Language:** German  
**Binding:** Thread stitching  
**Cover:** Flexibinding  
**Format:** 17 x 22 cm  
**Published:** 2015, 2017  
**Pages:** 136  
**ISBN:** 978-3-99025-117-1



Sweet baked goods and healthy nutrition can now be combined! Many people are affected by food intolerances, often associated with chronic conditions such as bloating and flatulence, fatigue, listlessness, obesity, pain and inflammation. Sugar, lactose and white, gluten-containing flours, play a role that should not be underestimated.

“Baking without sugar” uses proven recipes to show healthy alternatives to sugar (glucose) and gluten-containing flour, especially wheat flour. The recipes for cakes, pies, pasties and breads are easy to replicate with a few, but wholesome ingredients and taste delicious.

Important information about the various ingredients and tips as well as practical experience from shopping to preparation to preserving the baked goods, round off this valuable baking book.

*// Gluten-, lactose- and sugar-free recipes for cakes, breads and confectionery*

*// lots of information and practical tips*

*// Practical experience– for you to put into practice*





# BAKE GLUTEN-FREE SWEET STUFFS.

*Bake gluten-free!*

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*Author: Schulenburg Elke*

*Language: German*

*Binding: Thread stitching*

*Cover: Flexibinding*

*Format: 17 x 22 cm*

*Published: May 2019*

*Pages: 144*

*ISBN: 978-3-99025-376-2*

Did you know that gluten-free flours go great with sweet pastries? No? Then let yourself be inspired and delighted by Elke Schulenburg's recipe ideas

Wheat- and gluten-free sweet pastry recipes of all kinds! A must for all those with a sweet tooth who want to eat a health-conscious diet. Elke Schulenburg has reinterpreted traditional as well as modern, universally popular gluten-free pastries. From muffins, bee sting cake, cheesecake, muesli bars, cookies or poppy seed cake - with or without sugar, vegan and vegetarian, there is something for every lifestyle. The recipes are packed with tips and tricks so that even baking novices can easily implement them and modify them creatively. These recipes are suitable for everyday use and have been tried and tested to guarantee success and are ideal for baking.





# A SEARCH FOR TRACES.

## *Gluten! What you need to know*

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*Author: Schulenburg Elke*

*Language: German*

*Binding: Thread stitching*

*Cover: Flexibinding*

*Format: 14.5 x 18 cm*

*Published: 8.11.2017*

*Pages: 72*

*ISBN: 978-3-99025-311-3*

In this little guide everything worth knowing about the mysterious cereal component gluten is covered.

Do you often feel uncomfortable, tired and stressed? You do not know exactly why, because after all, you live healthily. With whole-meal bread, cereal and porridge you can not go wrong, right?

Why should grain suddenly be unhealthy? Gluten intolerance and celiac disease are not new diseases; they only have rarely been recognised in the past and not taken seriously. Only the hype about a gluten-free diet has put it in the limelight. It is a health problem that is as old as our crops.

Anti-nutrients and gluten - what exactly is that, where do they hide and why should cereals suddenly be unhealthy? What is wheat about?





# INTERMITTENT FASTING.

*Better than any diet*

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**Author:** Schulenburg Elke

**Language:** German

**Binding:** Thread stitching

**Cover:** Flexibinding

**Format:** 17 x 22 cm

**Published:** 28.06.2016

**Pages:** 120

**ISBN:** 978-3-99025-274-1

**3rd edition 2018**



The simplest and most uncomplicated, cheapest and at the same time most effective way to lose weight, according to the author, who spent years with this method of weight loss, are taking eating breaks. This kind of short-term fasting has increasingly turned out to be a fountain of youth for the body and mind.

Whether 3-hour breaks a day or fasting for 3 days a week – Elke Schulenburg explains risks and side effects, provides tips on how to start as well as for applying it to everyday living. The absence of food allows the body to “switch off” and that’s how the kilos will drop! Perhaps this movement could also be the beginning to wind down the often practised excess in all things in the Western world.





# BETTER THAN ANY DIET!

## *Short-term fasting & Co*

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This expert guide teaches, in an entertaining and straightforward way, modern, holistic nutritional knowledge with many practical tips on how to join in. And even to question deep-rooted behaviours, because despite all individuality there are insights that are recommended for everyone – without extremes and prohibitions. It is as much about what you eat as it is about when you eat and how to change your annoying habits.

Although the focus is on weight loss, the book is interesting for everyone – not only for those wishing to lose weight.

*Author:* Schulenburg Elke

*Language:* German

*Binding:* Thread stitching

*Cover:* Hardcover

*Format:* 15 x 21 cm

*Published:* 31.7.2017

*Pages:* 304

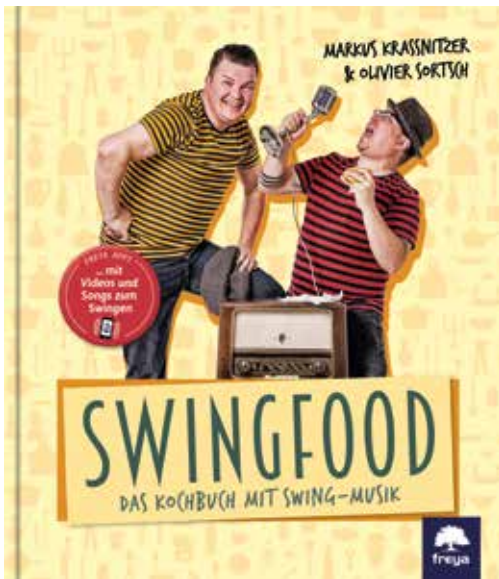
*ISBN:* 978-3-99025-296-3



# SWING FOOD.

*The extraordinary cookbook  
inspired by swing music*

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*Authors: Krassnitzer Markus;  
Sortsch Olivier*

*Language: German*

*Binding: Thread stitching*

*Cover: Hardcover*

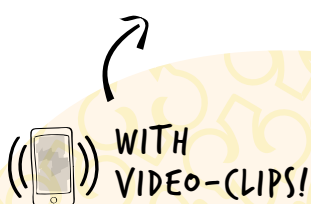
*Format: 21 x 24 cm*

*Published: 23.10.2018*

*Pages: 208*

*ISBN: 978-3-99025-361-8*

The two chefs, insiders of the scene and swing dancers Markus Krassnitzer & Oliver Sortsch were inspired by selected Swing songs, which are all about eating and drinking, to write this unique cookbook. The world economic crisis of the last century had caused many difficulties, the kitchen that emerged supported the resilience of the people. At that time, people were forced to find cheap and creative ways to use food efficiently, resulting in unusual dishes. This theme is also reflected in the songs of the time. Good food, music and dance are undoubtedly closely linked and have been pleasing people for many years.





# VEGANISTA.

*Pioneers of the new “ice (cream) age”*

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**Authors:** Havmöller Cecilia;

Paller Susanna

**Language:** German

**Binding:** Thread stitching

**Cover:** Flexibinding

**Format:** 17 x 22 cm

**Published:** 2015, 2020

**Pages:** 160

**ISBN:** 978-3-99025-188-1

Veganista ice cream for the home. Cecilia and Susanna reveal their favorite vegan ice cream recipes - from sweet to wild!

Good craftsmanship and passionate devotion: The sisters Cecilia and Susanna describe, with their enthusiastic expertise, how their recipe for success “Vegan ice cream” developed from the idea to their first shop. Today, people will come from far and wide to get Veganista ice cream.

The ice cream of superlatives can now be made at home and the story of the Ice cream Sisters read about in this book. Ice cream that melts on the tongue and awakens heavenly dreams.

Honest ice cream – imaginative creations without artificial flavours and flavour enhancers.

With recipes for toppings, cookies and brownies.

