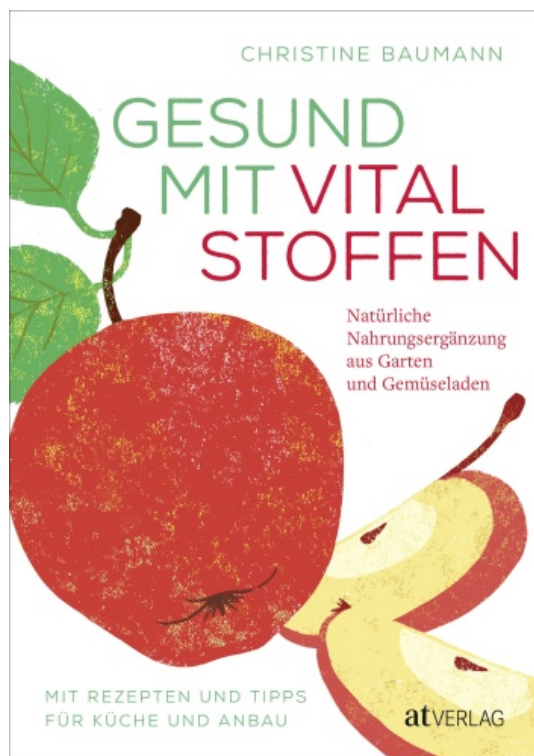


# Rights Catalogue

Health & Healing / Shamanism



Christine Baumann

## Healthy with Vital Substances

Natural dietary supplements from the garden and greengrocer's

978-3-03902-068-3

32.00 EUR

Cover: Hardcover

Extent: 288 pages

Format: 14.5 cm x 22 cm

20 colour illustrations, ribbon; word count: 69,715

Available: 31/01/2022

Rights sold: All rights available

- The basics of healthy nutrition
- Natural vitamins, micronutrients, fatty acids
- With recipes, kitchen tips, and cultivation guidelines

There is no need for dietary supplements in the shape of capsules nor for exotic superfoods if you want to stay healthy. We can find valuable nutrients on our windowsill, in the garden, or at the greengrocer's. Featuring profiles for each single food item, starting with A for apple all the way to Z for zucchini, Christine Baumann shows us what vitamins, micronutrients, and minerals the different fruit and vegetable types supply us with. On the basis of both her therapeutic experience and scientific research she not only presents micronutrients that are essential for the human body in general, but highlights those that give support in extraordinary situations such as stress, pregnancy, or illness. Thanks to a number of recipes, preparation tips, and cultivation guidelines for self-supply, eating healthy in our everyday life becomes super easy.

**Christine Baumann:** Alternative healthcare practitioner focusing on plant healing, treatments from traditional occidental medicine, anthroposophic and orthomolecular medicine, as well as nutritional therapy. Consultant and author.

Illustrations: Iris Weidmann



Gabriela Baumgartner

## **Meditate. Find Peace. Draw Energy.**

Meditation and Awareness Exercises for Everyday Life

978-3-03902-103-1

29.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 15.5 cm x 23.5 cm

35 colour photos, word count: 38,877

Available: 22/02/2021

Rights sold: All rights available

- **Meditation in daily life: transporting the spirit into the here and now**
- **Learn from the great Himalayan masters: meditation exercises explained step by step**
- **Including a training plan for day-to-day practice**

Never before has there been such a vivid interest in meditation and awareness. In our high speed and performance-oriented society many people start questioning the meaning of life. They long for inner peace and search for a path to find themselves. Meditation helps us calm down and get a better sense of our personality. The book by SRF editor Gabriela Baumgartner presents exercises that serve as a guide on the road to calmness. Almost all meditation and awareness methods originate in Buddhist teachings. They show the way out of the painful cycle of our existence – and the tool for this is meditation, i.e. training of the spirit. The book explains a variety of methods from simple breathing techniques to Tibetan meditations. All of these are explained in detail, step by step, and complemented with background information and tips on how to translate the effects of meditation into daily life.

**Gabriela Baumgartner:** Lawyer and editor for the programmes »Espresso« and »Kassensturz« by Swiss Radio and Television (SRF). She is trained in Buddhist psychology and spiritual coaching and used to work as a meditation instructor and teacher of Tibetan Lu Jong Yoga at Rikon Tibet Institute. She organises evening meditation sessions in Zurich.

Photos: Veronika Studer and others



Rudi Beiser

## **Forgotten Medicinal Plants**

Botany, Folk Medicine, Utilisation

978-3-03800-888-0

36.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 15.5 cm x 22 cm

139 colour photos

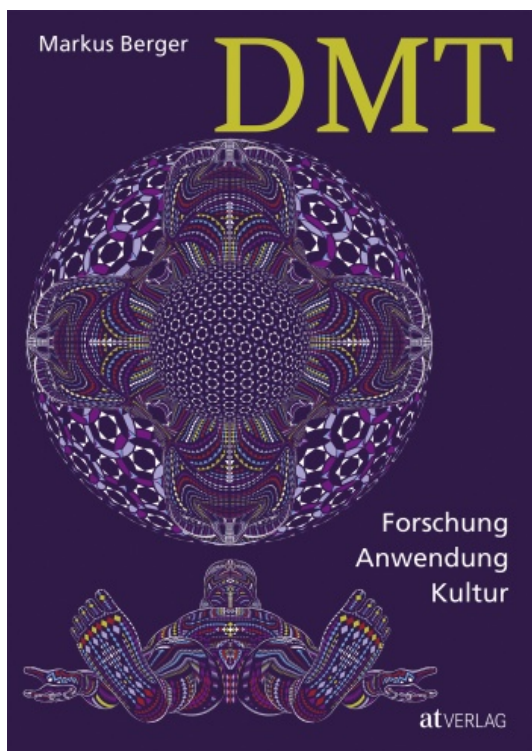
Available: 19/09/2016

Rights sold: All rights available

- **Rediscovering forgotten medicinal plants**
- **A treasure from the past: folk magic and folk medicine**
- **Scientific facts confirm experience-based medicine**

An adventurous expedition to discover domestic wild plants at our doorstep that have completely disappeared from modern phytomedicine, while they used to play a significant role a long way back, in medieval healing practices. The book portrays about 25 selected ancient medicinal plants, such as purple loosestrife, prunella, ajuga, or avens. Next to traditional healing practices, the book also focuses on modern scientific approaches. Bioactive plant substances along with a number of recent studies reconfirm the amazing effectiveness of our ancestors' experience-based medicine. The book emphasizes how healthy and valuable these plants are for human nutrition, and highlights their widespread use as food plants in ancient times. Practical tips and recipes complement every plant description, inviting the reader to start collecting them and prepare effective remedies.

**Rudi Beiser:** has worked with wild herbs and healing plants for 40 years, ran his own herb manufactory La Luna producing high quality herbal teas for 20 years. Today, lecturer at various institutions and successful author.



Markus Berger

## DMT

Research, Use, Culture

978-3-03800-933-7

44.00 EUR

Cover: Hardcover

Extent: 400 pages

Format: 17 cm x 24 cm

Numerous colour photos

Available: 18/09/2017

Rights sold: All rights available

- All there is to know about the most effective psychedelic substance
- Scientific research, culture, consumption, and use then and now
- Practical guidelines and numerous personal stories

DMT (N,N-Dimethyltryptamine) is a psychoactive substance occurring naturally in humans and animals. It is one of the strongest psychedelics known so far. DMT is considered a »consciousness molecule«. It can trigger visionary states of mind and inspire artistic creation, while at the same time it is categorized as illegal »narcotic«. To some it is an »entheogen« and door opener, others consider it a dangerous »nightmare drug«. The book offers a comprehensive portrait of the entire DMT system with a focus on psychedelic substances. Next to an overview on related scientific research, its use in subcultures, as well as indigenous traditional use of DMT, it shows the various manifestations and therapeutic, spiritual, and recreational potential of DMT and DMT analogues. Including tips for practical use, numerous personal stories, and a rich bibliography.

**Markus Berger:** Ethno-botanist, drug researcher, author, and lecturer. Author of numerous books and professional publications on drug research and ethno-botany. Editor-in-chief of a magazine on psychoactive culture (»Lucy's Rausch«), associate of Nachtschatten Verlag publishing house, organizer of congresses and events on psychoactive culture.





Markus Berger

## Hemp

Cure, Crop, Stimulating Herb

978-3-03902-085-0

26.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 16.5 cm x 24 cm

82 colour illustrations, word count 50,166

Available: 26/10/2020

Rights sold: All rights available

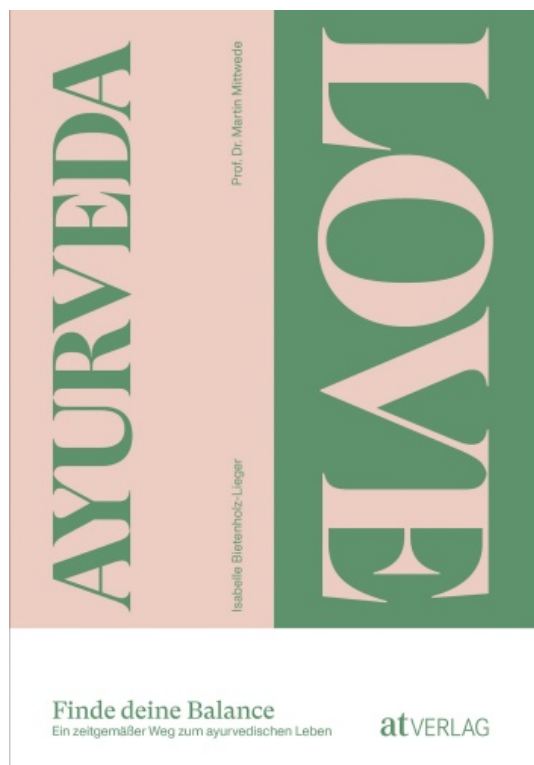
- **Hemp as a healing plant and crop, food and stimulant**
- **Scientific research, culture, and usage**
- **With humorous and perky illustrations**

### All About Hemp

For decades hemp had a disastrous reputation that this versatile plant in no way deserves. Slowly but surely it has become clear that the negative image of hemp is light years away from reality. The various ways the cannabis plant can be used are a true enrichment to our world and can even help to solve environmental issues. The author provides simple and straightforward explanations on everything we need to know about hemp, and he shows us various ways to use it. It has medical and therapeutic effects, can be used as building material and fibre plant for textiles, but hemp is also an agricultural product and serves as food and stimulant.

**Markus Berger:** Ethno-botanist, drug researcher and cannabis patient. Author and lecturer. Author of numerous books and professional publications on drug research and ethno-botany. Editor-in-chief of a magazine on psychoactive culture (»Lucy's Rausch«), associate of Nachtschatten Verlag publishing house, organizer of congresses and events on psychoactive culture.

Illustrations: Monika Klars



Isabelle Bietenholz-Lieger, Martin Mittwede

## **Ayurveda Love**

Find Your Balance

978-3-03902-114-7

26.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 13.5 cm x 19.5 cm

47 colour photos, word count: 27,258

Available: 25/01/2021

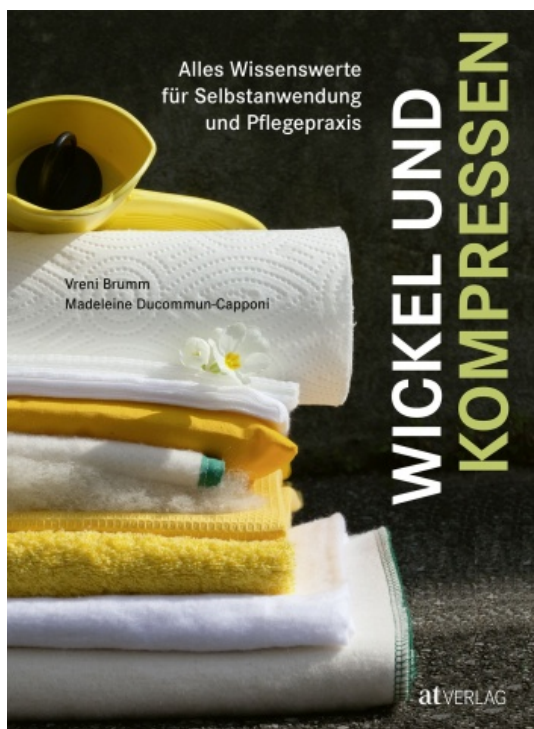
Rights sold: All rights available

- **How to simply integrate Ayurveda into everyday life**
- **Rediscover your inner balance**
- **Ancient wisdom to meet the needs of our time**

Ayurveda is more than just the use of exotic plants or wellness oil massages. It is not about following rigid rules, but about rediscovering our sensitivity for the needs of our body and psyche. There is scientific proof that our habits and lifestyle have an extraordinary impact on how healthy we feel. In this practical manual, the authors adjust the wisdom of traditional Indian medicine to the European lifestyle and explain simple measures that can positively affect your well-being. Tips for every day, simple exercises, and recipes help us find inner tranquillity, reach clarity about ourselves, and permanently strengthen our health. The book shows how easy it is to integrate Ayurveda into our daily routine and provides guidance to those who wish to sustainably change their way of life with only little effort.

**Isabelle Bietenholz-Lieger:** Marketing director and complementary Ayurveda therapist. She is founder of Jivita AG Komplementärmedizin Bethanien in Zurich.

**Prof. Dr. Martin Mittwede:** Holds degrees in Indology and religious studies. He is an internationally recognized expert for Ayurveda, Yoga, and Asian philosophy.



Vreni Brumm, Madeleine Ducommun-Capponi

## **Wet Packs and Compresses**

Useful knowledge for self-treatment and professional care

978-3-03902-040-9

35.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 16.5 cm x 22.5 cm

150 colour photos

Available: 24/06/2019

Rights sold: All rights available

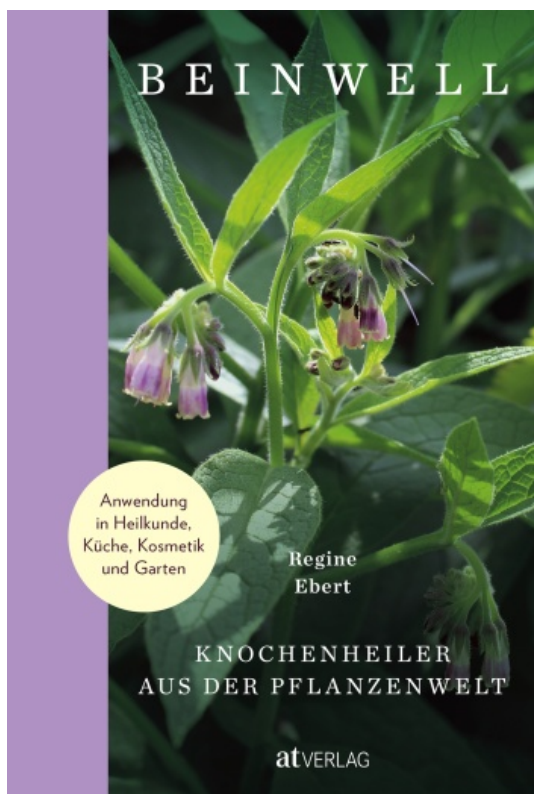
- **Expanded new edition of the practical guide**
- **Practical experience for practical use, for experts and enthusiastic amateurs**
- **40 wet packs and compresses – basics, effects and application, including detailed descriptions and many images**

Wet packs and compresses are a reliable method offering gentle relief and support with many common conditions and illnesses. They foster our physical well-being and have positive effects on our mental state. The book covers all relevant basics and provides detailed and clear descriptions of more than 50 wet packs and compresses, including their particular effects, areas of use and contraindications, preparation techniques, required materials, correct application methods, duration of use, and, where required, post-treatments. With additional chapters about regenerative self-care, ways of usage in everyday family life with children as well as in ambulant, long-term and palliative care. A thorough, richly illustrated instructional manual for professionals and for home remedies.

**Vreni Brumm:** Graduate adult educator, care expert and Kneipp therapist. Director of an advanced training for wet pack experts, specialized lecturer for both basic and advanced training levels of school and complementary medicine.

**Madeleine Ducommun-Capponi:** Graduate adult educator, care expert, and lecturer. Initiator and long-time co-director of the advanced training for wet pack experts. Co-founder of the International Committee on Wet Packs and Compresses.





Regine Ebert

## Comfrey

A bone healer from the world of plants. Practical use in healing and cosmetics, kitchen, and garden

978-3-03902-140-6

29.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 15.5 cm x 23 cm

117 colour photos, 1 b/w photo, 3 illustrations; word count: 51,803

Available: 07/02/2022

Rights sold: All rights available

## Awards for this book



- A comprehensive portrait of the powerful healing plant for bones and joints
- How to collect, cultivate, process, and use comfrey
- Recipes and tips for your medicine chest, kitchen, and garden

Widely used in ancient times and scientifically endorsed in this day and age: the leaves and root of comfrey alleviate pain, heal wounds, and have anti-inflammatory effects. They help with contusions, bone fractures, and rheumatism. But not only that: thanks to silica, allantoin, and mucilage the versatile medical plant nurtures and regenerates the skin. It is also a fertilizer rich in nutrients that helps rejuvenating the garden. So it is high time we make use of the various capabilities of this exceptional plant, also known as knitbone. Regine Ebert presents different types of comfrey through detailed plant portraits, from wild and cultivated comfrees all the way to gourmet knitbone. She also shares a number of recipes for our medical supplies, for cooking, and gardening. And she offers tips and instructions how to collect, cultivate, process, and use this extraordinary plant. Discover the hidden talents of comfrey with the help of this book.

**Regine Ebert:** Wild herb and healing plant expert. Founder of the Kräuterschule Taunus in Hesse. Intensive seminar and training activity. Journalist and editor for nature and garden topics.



Susanne Fischer-Rizzi, Peter Ebenhoch

## **The Leaves of Trees**

Healing Powers and Myths of Indigenous Trees

978-3-03800-343-4

36.00 EUR

Cover: Hardcover

Extent: 176 pages

Format: 21 cm x 28 cm

Subject areas: Phythomedicine, trees, leaves

Available: 27/04/2007

Rights sold: All rights available

- **Healing powers and myths of indigenous trees**
- **Since ancient times roots, resin, sprouts and leaves have been used to prepare valuable cures and potions**
- **Susanne Fischer-Rizzi presents a collection of ancient tales, legends, myths, songs and rites that have accompanied us for thousands of years**

The tree is one of the most ancient symbols of mankind. The symbol of the tree of life can be found in all cultures. Just as ancient is the knowledge about the healing powers of trees. Through all ages, people have prepared valuable medicine from roots, resin, sprouts and leaves. Susanne Fischer-Rizzi has collected ancient tales, legends, myths, songs and rites that have accompanied us throughout the ages of time and live on even today: the Christmas tree, the blessing of palm leaves on Palm Sunday, maypoles and roofing ceremonies. Drawing from long years of experience with plant healing she added to each tree a chapter on its healing effects, along with tried recipes for home-made teas, ointments, tinctures, compresses etc. These are complemented by recipes for delicious dishes and drinks such as maple ice cream, fir honey, blackthorn liqueur, elder cake or quince bread. The perceptively captured illustrations by Peter Ebenhoch underline the individual characteristics and personality of each tree. A rich and impressive book full of precious information. A must-have for tree lovers.

**Susanne Fischer-Rizzi:** Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Seminars and lectures. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

**Peter Ebenhoch:** Born 1953, training as graphic designer at the University of Applied Sciences, followed by arts studies at the Academy of Fine Arts in Munich. Since 1982 freelance painter, book illustrator and graphic designer. Together with 3 colleagues he runs a graphic studio called vierpunkt-Grafik Design gbR since 1992. Numerous art exhibitions in Germany and abroad. Lives

with his wife, the artist Sabeth Lichtblau, and their two sons on a farm in Allgäu in the south of Germany.



Susanne Fischer-Rizzi, Peter Ebenhoch

## **The Book of Incense**

978-3-03800-429-5

39.00 EUR

Cover: Hardcover

Extent: 228 pages

Format: 21 cm x 28 cm

205 colour photos

Subject areas: Incense, smoking agents

Available: 28/11/2005

Rights sold: FR, IT

- **The first comprehensive book on the art of burning incense**
- **Including detailed descriptions of each substance's history**
- **Featuring previously unpublished recipes for preparation at home**

What was the secret of the precious incense mixtures the Egyptian priests used? What scents helped the seeress at the oracle of Delphi foretell the future? Which incenses are capable to intensify our dreams? The author presents the first comprehensive book on the art of burning incense using scents – from the Stone Age, the high cultures of Egypt, Mesopotamia and Greece to the roots of incense culture in the Far East and the rites of native Americans still in use today.

Burning incense is the act of slowly burning special resins and parts of plants on smoking coal. For thousands of years, the rising smoke was considered by many peoples to be a message to heaven. Including detailed descriptions of each smoking agent, its history and practical use today along with previously unpublished recipes for home use.

**Susanne Fischer-Rizzi:** Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

**Peter Ebenhoch:** Born 1953 in Oberstaufen in Allgäu, training as graphic designer at the University of Applied Sciences in Munich, followed by arts studies at the Academy of Fine Arts in Munich. Since 1982 freelance painter, book illustrator and graphic designer. Together with 3 colleagues he runs a graphic studio called vierpunkt-Grafik Design gbR since 1992. Numerous art exhibitions in Germany and abroad since 1982. Lives with his wife, the artist Sabeth Lichtblau, and their two sons on a farm in Allgäu in the south of Germany.



Susanne Fischer-Rizzi, Peter Ebenhoch

## Heavenly Scents

The Great Book on Aromatherapy

978-3-03800-579-7

39.00 EUR

Cover: Hardcover

Extent: 166 pages

Format: 21 cm x 28 cm

200 colour pictures

Subject areas: Aromatherapy, essences, therapy

Available: 15/04/2011

Rights sold: IT

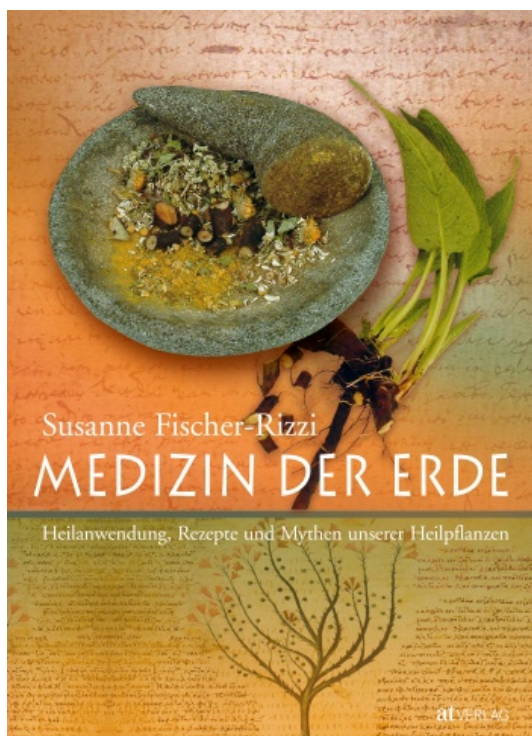
- **The book presents the various methods of application and gives in-depth descriptions of the most important essences**
- **Featuring details on botany, ingredients, their effects on body and soul**
- **A valuable therapeutic index helps with choosing the right essence**

This book is a classic in the field of aromatherapy and invites you on a journey to the realm of plant scents. The depicted essential oils have a holistic effect on body and soul alike and stimulate the powers of self-healing. The book shows the different modes of use and provides detailed descriptions of the most important essential oils including information on botany, ingredients and healing effects. It contains a number of tried recipes for wellness, body care and therapy. The author, who introduced aromatherapy in the German-speaking region, draws from her wealth of experience and shares her expertise in an easily understandable way for beginners as well as for professional use in the areas of body care and healing.

**Susanne Fischer-Rizzi:** Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

**Peter Ebenhoch:** Born 1953 in Oberstaufen in Allgäu, training as graphic designer at the University of Applied Sciences in Munich, followed by arts studies at the Academy of Fine Arts in Munich. Since 1982 freelance painter, book illustrator and graphic designer. Together with 3 colleagues he runs a graphic studio called vierpunkt-Grafik Design gbR since 1992. Numerous art exhibitions in Germany and abroad since 1982. Lives with his wife, the artist Sabeth Lichtblau, and their two sons on a farm in Allgäu in the south of Germany.





Susanne Fischer-Rizzi

## **Medicine of the Earth**

Healing Practices, Recipes and Myths of our  
Healing Plants

978-3-03800-523-0

36.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 21 cm x 28 cm

Subject areas: Phytomedicine, healing practices

Available: 31/08/2005

Rights sold: All rights available

- **Healing practices, recipes and myths of our healing plants**
- **Description, healing effects and myths of our most important indigenous healing plants**
- **Including instructions for preparing home-made herbal medicine**

With immense empathy and comprehensive knowledge the author guides us to the world of the most important indigenous healing plants. We learn all there is to know about occurrence, identifying features for collecting and cultivating, about the preparation of teas, ointments, tinctures and healing practices for man and animal. Susanne Fischer-Rizzi instructs us how to make our own herbal medicine. While most books on herbs remain purely descriptive, this book invites us to make our own experiences and hence create a vivid relationship with healing plants. Tales, mythology and drawings inspire us to become acquainted with the healing power and character of plants.

**Susanne Fischer-Rizzi:** Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

**Peter Ebenhoch:** Born 1953 in Oberstaufen in Allgäu, training as graphic designer at the University of Applied Sciences in Munich, followed by arts studies at the Academy of Fine Arts in Munich. Since 1982 freelance painter, book illustrator and graphic designer. Together with 3 colleagues he runs a graphic studio called vierpunkt-Grafik Design gbR since 1992. Numerous art exhibitions in Germany and abroad since 1982. Lives with his wife, the artist Sabeth Lichtblau, and their two sons on a farm in Allgäu in the south of Germany.



Susanne Fischer-Rizzi

## **The Great Book of Floral Waters**

Care, Heal, and Stay Healthy with Hydrolates

978-3-03800-699-2

42.00 EUR

Cover: Hardcover

Extent: 400 pages

Format: 21 cm x 28 cm

188 colour photos

Subject areas: naturopathy, healing plants, aroma therapy

Available: 08/04/2014

Rights sold: CHN, IT

- **Detailed portrays of 80 floral waters**
- **A number of practical suggestions from naturopathy; including do-it-yourself instructions**
- **The latest reference book by No. 1 plant expert and bestselling author Fischer-Rizzi**

Floral waters, also called hydrolates, are – similar to essential oils – produced through steam distillation of healing plants. They are gentle yet highly effective and can be used in a variety of ways. In this first comprehensive German reference book on floral waters the author shares her vast knowledge accumulated over many years of plant distilling. Moreover she outlines the history of floral waters, all the way from ancient times to current scientific findings.

The book portrays 80 floral waters. A subtle presentation is dedicated to each plant, describing its very own characteristics. Numerous examples and recipes document the practical use of hydrolates not only for individual use but also in nursing care, health care, and social work. In addition, we find out about their practical use in cosmetics through a number of do-it-yourself recipes. A book of basics, stories, and instructions for amateurs and professionals alike. Including a collection and distillation calendar as well as a comprehensive index of indications. Richly illustrated with beautiful floral photos conveying the nature and strength of the plants.

**Susanna Fischer-Rizzi:** Born 1952, naturopath, graduate of the renowned Josef Angerer School, and trained by various specialists of naturopathy in Europe and Asia, pioneer of aroma therapy and author of 13 books to date translated into various languages. Her teaching activities include seminars and lectures both within Germany and abroad. She also founded the ARVEN School of naturopathy, aroma therapy, and wilderness knowledge.

**Martina Weise:** Devoted landscape and creative plant photographer. She conducts workshops and writes for several publishing houses.



Susanne Fischer-Rizzi

## **Trees of Hope**

Trees and humans during climate change

978-3-03902-077-5

36.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 19.5 cm x 25.5 cm

115 colour photos, 9 illustrations

Available: 26/09/2022

Rights sold: All rights available

### **Awards for this book**



- **Comprehensive portraits of the 20 most important climate trees**
- **Botany, ecology, history, and healing power**
- **Including cooking recipes**

Establish a new relationship with nature!

In the age of climate change people and trees are under heavy stress. What is it that connects the two in this particular situation? Can they try and overcome it together? In her latest book, a tour guide about new climate trees in the city, Susanne Fischer-Rizzi provides answers to these questions. Trees such as ginkgo, paulownia, and liquidambar that were originally classified as invasive in Western Europe, can endure the altered climatic conditions. On top of that, they help our psyche to regenerate and strengthen our immune system. Susanne Fischer-Rizzi combines the latest scientific findings with fascinating and magical stories. Eccentric recipes such as hackberry milk, black walnut cake, and mulberry omelette round off this amazing book. The renowned naturopathy expert presents a holistic view on climate change and the bond between nature and humans. Learn to see the trees that surround you with new eyes!

**Susanne Fischer-Rizzi:** Alternative practitioner, pioneer of aromatherapy and naturopathy, expert on permaculture and agroforestry. Author of 15 reference books translated into numerous languages. International teaching activity, as well as at her school ARVEN.

Photos: Gabriela Lagrange, Jonas Frei

Illustrations: Rosy Jungbluth





Steffen Guido Fleischhauer, Astrid Süßmuth,  
Roland Spiegelberger, Claudia Gassner, Viola  
Nehrbaß

## **How to Easily Identify Wild Healing Plants**

The 50 Most Popular Plant Types

978-3-03902-122-2

23.00 EUR

Cover: Paperback with flaps

Extent: 288 pages

Format: 13.5 cm x 21 cm

400 colour photos, 50 illustrations, word count:  
44,926

Available: 22/02/2021

Rights sold: FR, PL

- **How to Identify, Collect and Use Healing Plants**
- **Including recipes and easy instructions to enrich your medicine chest**
- **More than 400 photos and plant sketches**

A number of plants that grow in our immediate environment contain valuable substances and are highly effective healing plants. The book offers a very detailed and thorough presentation of the 50 most popular wild plants that makes them easily identifiable even for beginners. With more than 400 colour photos, meticulous sketches and drawings for each plant type, as well as elaborate information about poisonous or ineffective look-alikes. Simple applications and recipes tested in naturopathic practice demonstrate how wild healing plants can become part of your medicine chest. Including explanations about active substances and their subgroups, a straightforward harvesting chart, as well as descriptions for basic preparations: decoctions, gels, lotions, macerates, medical wine, but also oil extracts, unguents, syrups, tinctures, and wet packs. A perfect guide to assemble a wild plant medicine chest, even for beginners with little plant knowledge.

**Steffen Guido Fleischhauer:** Graduate engineer in landscape architecture, College of Higher Education Weihenstephan. Lectures at universities and colleges in Germany, Austria, and Switzerland. Publisher of the »Wild Plant Magazine«.

In cooperation with Astrid Süßmuth, naturopath, and Roland Spiegelberger, graduate engineer for landscape architecture and environmental planning.



Chrischta Ganz, Louis Hutter

## **Gemmotherapie**

978-3-03800-844-6

34.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 17 cm x 24 cm

163 colour photos

Available: 15/09/2015

Rights sold: CZ

- **The vital energy of buds, shoot tips, and seedlings**
- **With step-by-step instructions on how to produce gemmomacerates**
- **a guide for experts and amateurs in naturopathy**

Gemmotherapy uses the great vital energy of the embryonic plant tissue in buds, shoot tips, and seedlings. The extracts of this tissue possess extraordinary healing and regenerative powers and are used successfully for many acute and chronic diseases. For the first time in the German-speaking region, this book offers a comprehensive overview of gemmotherapy, including aspects of humorism as well as the connections with planetary forces. More than 50 buds and their possible applications are described in detail, and there are step-by-step instructions on how to produce gemmomacerates. A comprehensive indication section as well as treatment suggestions for common afflictions serve as a guide for experts and amateurs in naturopathy alike.

**Chrischta Ganz:** A naturopath running her own practise. She is also a lecturer for phytomedicine, general naturopathy, and traditional European naturopathy.

**Louis Hutter:** A naturopath running his own practise. He is a lecturer for phytotherapy, gemmotherapy, traditional European naturopathy, and traditional Chinese medicine.

Photos: Adrian Gerber





Chrischta Ganz, Louis Hutter

## Gemmotherapy in Paediatrics

978-3-03800-966-5

36.00 EUR

Cover: Hardcover

Extent: 208 pages

Format: 17 cm x 24 cm

80 colour photos, 4 illustrations

Available: 25/09/2017

Rights sold: All rights available

- The extraordinary power of buds in paediatrics
- 50 reliable cures for acute and chronic diseases
- comprehensive guide not only for therapists - With a useful index of indications, suggested treatments, and instructions on how to prepare bud extracts

Gemmotherapy makes use of the powerful vital energy found in buds, shoot tips, and seedlings. The extracts made from these have amazingly strong healing powers. Bud extracts are particularly popular in paediatrics. They prove effective both with acute and chronic illnesses, foster development, offer protection, and serve as companions. Children happily take plant extracts as they taste slightly sweet – and probably also because children intuitively feel that this type of medication has exceptional beneficial healing and regenerating powers. The authors, both of them experienced naturopathic practitioners, present about 50 buds relevant for paediatrics. Including a practical index of indications, treatment suggestions for the most common types of complaints, as well as instructions on how to prepare extracts.

**Chrischta Ganz** Naturopath running her own practice. Lecturer on phytomedicine, general naturopathy, and traditional European naturopathy.

**Louis Hutter** Naturopath running his own practice. Lecturer on phytotherapy, gemmotherapy, traditional European naturopathy, and traditional Chinese medicine.

Photos: Adrian Gerber



Karin Greiner

## **Trees – in Alternative Medicine and in the Kitchen**

80 Recipes for Our Well-Being and Medicine Chest

978-3-03800-910-8

33.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 21 cm x 28 cm

242 colour photos

Available: 27/02/2017

Rights sold: FR

### **Awards for this book**

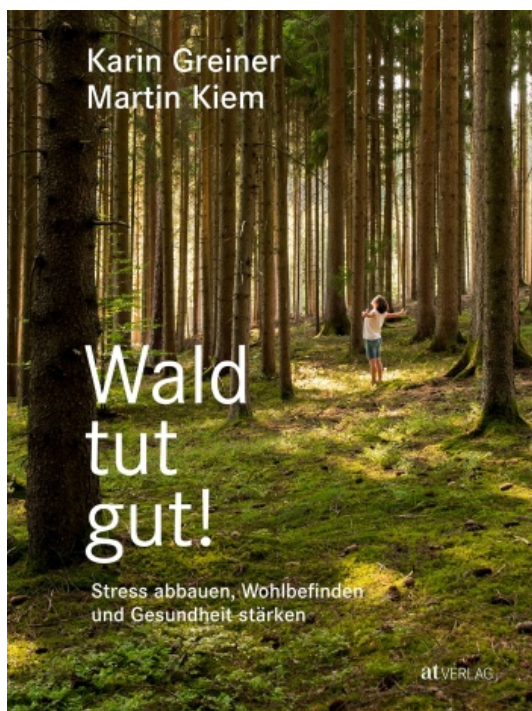


- **Native trees for medicine chest and kitchen**
- **80 healing recipes based on tree medicine, 180 cooking recipes from spicy to sweet**
- **Portraits of 28 tree types complete with high quality photos**

Trees have always been faithful companions of mankind. They serve not only as building material and fuel, but also as source of food and beneficial medicine. In the past it was quite common to use wild tree ingredients to prepare food and various types of medicines. And even today they can contribute in many ways to our health, our well-being, and also to our kitchen. Tree and alternative medicine specialist Karin Greiner unveils the treasures that domestic tree types have to offer, from apple to stone-pine. Recipes cover a wide range from traditional and simple to sophisticated and innovative, from acorn coffee and hawthorn bread, medlar liqueur, and rowan balsamic to clove cherry cakes and poplar frittelle. On top of that, the book offers a number of reliable ancient recipes for tree medicine, such as lime blossom tea, larch resin ointment, or whitethorn tincture, all of which make use of the healing powers found in trees.

**Karin Greiner:** Certified biologist, lecturer of herb pedagogy, folk medicine, and various nature topics. Longtime plant expert for Bayerischer Rundfunk (Bavarian Broadcasting) and author of numerous books on the topics of nature and gardening. Enthusiastic cook.

Photos: Martina Weise



Karin Greiner, Martin Kiem

## **Forest is good for you!**

Reduce Stress, Restore Health and Wellbeing

978-3-03800-073-0

28.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 19.5 cm x 26.5 cm

261 colour photos, word count: 70,058

Available: 25/02/2019

Rights sold: All rights available

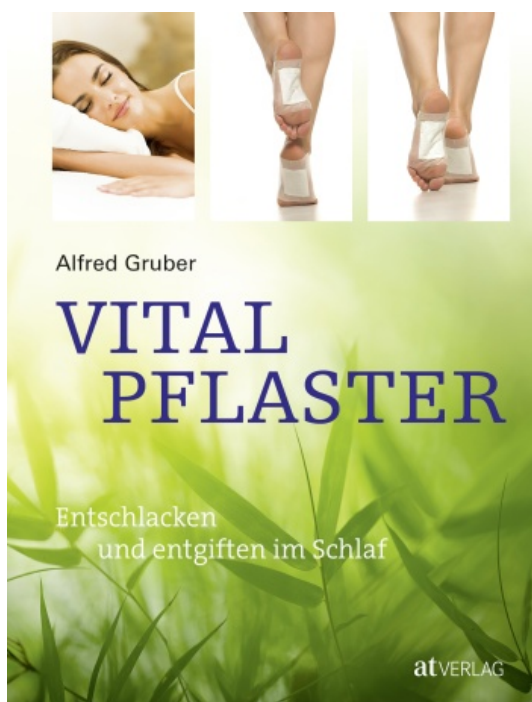
- **The forest: a source of energy. Relax, slow down, recharge, and sharpen the senses**
- **With numerous photos and practical exercises**
- **Karin Greiner is an expert for Bayerischer Rundfunk**

The forest is beneficial for us, we feel it intuitively. Why is that so? How come a walk in the forest is the best way to let go and recuperate? This book offers spectacular insights on forests and trees and explains the particularities of the forest atmosphere. Forest bathing – it means diving into the green ocean, swimming in blissful silence, immersing in the scent of resin, sinking into the depth of our inside, letting spirit and emotions drift, cleansing the psyche. The forest, our ancient home, is a wonderful place, stimulating to the senses and ideal for recreation. There is proof that even a short stroll through the forest will reduce stress, strengthen the immune system, and foster inner resilience. Accompanied by fascinating photos, numerous suggestions, and various exercises that teach us how to sharpen our senses in the forest, how to slow down and become attentive so the forest experience can unfold its holistic effects.

**Karin Greiner:** Certified biologist, lecturer of herb pedagogy, folk medicine, and various nature topics, longtime plant expert for Bayerischer Rundfunk (Bavarian Broadcasting). Author of numerous books, including »Trees – in Alternative Medicine and in the Kitchen«, published by AT Verlag.

**Martin Kiem:** Psychologist and coach in wellbeing. Training in nature and forest therapy, biofeedback, food coaching. Practitioner and lecturer in meditation and attentiveness.

Photos: Martina Weise



Alfred Gruber

## **Vitality Patches**

Purge and detoxicate in your sleep

978-3-03902-070-6

22.00 EUR

Cover: Paperback with flaps

Extent: 144 pages

Format: 16.2 cm x 21.5 cm

70 colour photos, take-out supplement on reflex zones

Available: 24/02/2020

Rights sold: All rights available

- **A new trend: vitality patches. Detoxicate and purge in your sleep**
- **Bamboo against pain, skin irritations, and women's conditions**
- **Vitality patches for reversal and relaxation**

Vitality patches cleanse and have a regulating effect on the whole organism. Their major component, bamboo, helps finding healthy and deep sleep, purges, detoxicates, and dissolves pain. The development of vitality patches is based on traditional Chinese medicine that activates the body's self-healing powers. The longer and more regularly vitality patches are applied, the more harmonious the qi flow in the body. In this book, the author explains how and why vitality patches can be effective and how to use them in practice. He offers an introductory course on detoxicating and purging, as well as methods of usage with reflex zones and acupuncture points.

**Alfred Gruber:** Preventive medicine specialist and author, CAS University SG, TCM specialist, co-founder of the »Five Tibetans Association«. Three decades of studies, professional trainings, and specializations, amongst others with the Dalai Lama.





Roger Kalbermatten, Hildegard Kalbermatten

## **Herbal Mother Tinctures**

Essence and Use

978-3-03800-601-5

19.00 EUR

Cover: Hardcover

Extent: 104 pages

Format: 22.5 cm x 23 cm

100 colour photos

Subject areas: naturopathy, healing plants

Available: 31/08/2011

Rights sold: All rights available

- **A practical and compact manual of phytotherapy**
- **Revised and expanded new edition**
- **50,000 sold copies**

Healing plants carry a large potential of powers that bestow convalescence and vitality on humans during periods of illness and health alike. Ancient tinctures – made from fresh plants and bearing extraordinary inner quality – are ideal to convey the nature and personality of a healing plant. This way they can take effect not only on the body but also the soul. The book offers colourful presentations of 47 well-known healing plants. By means of studying its nature the therapist or patient is enabled to establish an inner relationship with the plant, and so its healing powers can abundantly unfold.

**Roger Kalbermatten:** Chemist, 25 years of experience in medicinal plant research. Developed an effective procedure to manufacture plant-based and homeopathic medicine. Founder of CERES Heilmittel AG which produces high quality ancient tinctures.

**Hildegard Kalbermatten:** Trained pedagogue, systematic further training in medicinal and psychological anthropology. Therapeutic experience with plant remedies. Co-founder of CERES Heilmittel AG.





Roger Kalbermatten

## **Characteristics and Signatures of Healing Plants**

Outward appearance as the key to the healing power of plants

978-3-03902-046-1

39.00 EUR

Cover: Hardcover

Extent: 160 pages

Format: 19.5 cm x 26.5 cm

138 colour photos

Available: 20/05/2019

Rights sold: FR

- **The ultimate reference on the teachings of signatures**
- **Outward appearance as the key to the healing power of plants**
- **With high quality colour photos for each plant**

Our ancestors had an intuitive insight into the healing power of plants and were able to recognize their nature and beneficial effects by studying their signatures, i.e. their specific outward appearance. Each plant possesses physical and spiritual healing powers, and only if these two components are in accordance with the patient's physical and spiritual state can we talk about a holistic healing effect. This reference manual for practical use will offer therapists and patients a deeper understanding of 45 commonly used healing plants of our region and help them choose the right plant treatment. With high quality colour photos for each plant.

**Roger Kalbermatten:** Chemist, 25 years of experience in medicinal plant research. Developed an effective procedure to manufacture plant-based and homeopathic medicine. Founder of CERES Heilmittel AG which produces high quality ancient tinctures.



Roger Kalbermatten, Hildegard Kalbermatten

## Human Psyche and Healing Plant Signature

978-3-03902-063-8

39.00 EUR

Cover: Hardcover

Extent: 312 pages

Format: 13.5 cm x 22 cm

Photos and illustrations, word count: 70,664

Available: 04/05/2020

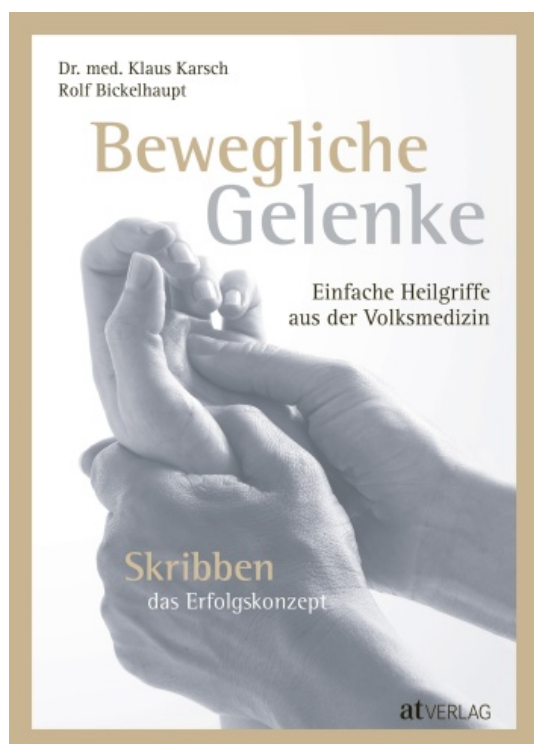
Rights sold: All rights available

- Explains the principles connecting information, psyche, and shape
- Portrays psychic processes and their corresponding healing plants

There is a network enveloping the entire planet and connecting all living creatures with the one big stream of life. Hence there is an analogy between the evolutions and transformations of the human psyche and the signatures of healing plants. Signatures are certain outward characteristics of plants that point to their essential nature and healing powers. Knowing these correlations can help dissolve blockades of psychical evolutionary processes and their translation into physical complaints with the help of the appropriate healing plants. The first part of the book explains the principles connecting information, psyche, and shape, while the second portrays psychic processes and their corresponding healing plants.

**Roger Kalbermatten:** Chemist, 25 years of experience in medicinal plant research. Developed an effective procedure to manufacture plant-based and homeopathic medicine. Founder of CERES Heilmittel AG which produces high quality ancient tinctures.

**Hildegard Kalbermatten:** Trained pedagogue, systematic further training in medicinal and psychological anthropology. Therapeutic experience with plant medicine. Co-founder of CERES Heilmittel AG.



Klaus Karsch, Rolf Bickelhaupt

## Agile Joints

Simple Healing Techniques from Folk Medicine. The SKRIBBEN Concept, an Ultimate Success

978-3-03902-081-2

24.00 EUR

Cover: Hardcover

Extent: 144 pages

Format: 15.5 cm x 22 cm

colour photos, word count: 19,283

Available: 31/08/2020

Rights sold: PL

- **Ancient healing practices of bone doctors from the Alps**
- **Successfully self-treat pain in the joints and spine**
- **A practical guide with numerous step-by-step instructions**

Simple Yet Magical Techniques from Folk Medicine

Pain in the joints or the spine is often the reason why people need to seek help from a doctor or therapist. The causes for these types of pain are cramped, contracted sinews, and fascia. That is exactly where »Skribben« comes in. With the help of treatment methods that manually mobilize the sinews, Klaus Karsch alleviates and heals these complaints. From bone doctors, herbal healers and alpine dairymaids he learned various techniques that our ancestors were using for centuries to heal pain in the joints and bones. He compiled and adapted all this knowledge so it can be used in this day and age. The authors describe the basics of this unique treatment method and, with the help of a richly illustrated practical guide, provide step-by-step explanations on how to correctly apply it.

**Dr. med. Klaus Karsch:** Specialised general practitioner and doctorate in Kneipp medicine, further specialisation in naturopathy as well as spa and Mayr medicine. During his two-year hiking tour in the Alps he researched traditional treatment techniques of bone doctors and herbal healers.

**Rolf Bickelhaupt:** Graduated in public administration (technical college), health journalist, chief editor of »gesund & glücklich – Magazin für Körper, Geist & Seele«. Organiser of the fair »healthy & happy«.

Richard Kellenberger Christine Hug Friedrich Kopsche

## Mineralstoffe nach Dr. Schüssler

Ein Tor zu körperlicher  
und seelischer Gesundheit



Richard Kellenberger, Christine Hug, Friedrich Kopsche

## Mineral Materials According to Dr. Schüssler

The Gate to Healthy Body and Soul

978-3-03800-511-7

33.00 EUR

Cover: Hardcover

Extent: 294 pages

Format: 16.5 cm x 22.5 cm

Subject areas: alternative medicine, Schüssler salts

Available: 10/08/2010

Rights sold: FR

- **AT's top seller: 500,000 sold copies**
- **Adopting latest research results**
- **Updated and expanded edition**

Mineral material therapy is a simple and risk-free healing method anyone can apply. It is named after Dr. med. W. H. Schüssler who discovered that many diseases of body and soul can be traced back to a lack of inorganic materials in the body. The therapy centers around 12 mineral salts produced naturally in the body that can be purchased without prescription. In this book the authors pass on their experience gathered in long years of healing practice and seminars, taking into account their latest findings. Next to treating physical illnesses, the therapy also considers psychic conditions and behaviour patterns and provides dietary suggestions. Particular attention is dedicated to external use in the form of ointments, therapeutic baths, wet packs and compresses. Complementary materials are thoroughly discussed. With its clear structure including a detailed index of symptoms and easily comprehensible presentation this book is a valuable up-to-date practice guide.

**Richard Kellenberger:** Born 1949. After technical professional training studies in psychophysiology and training as face diagnostician and alternative practitioner. Seminars, lectures and counseling on mineral materials after Dr. Schüssler, face diagnostic, alimentation and holistic form of life. Runs his own naturopathy practice in Walzenhausen focusing on face diagnostic and mineral salts according to Dr. Schüssler, flower essence therapy, drainage, bowel remediation, isopathy and Jin Shin Jyutsu.

**Christine Kellenberger:** Lives and works in Walzenhausen. Since 1990 seminars, lectures and counseling on flower essences, mineral materials according to Dr. Schüssler (mostly external use), Jin Shin Jyutsu, spiritualism in everyday life and holistic form of life. Together with her husband Richard Kellenberger she built up the meeting center Löwen in Walzenhausen which allows more in-depth training.

**Friedrich Kopsche:** Born 1954. Training as alternative practitioner. Founded his own company in 1993, offering mineral material according to Dr. Schüssler and further health products.





Bernd Kröplin, Regine C. Henschel

## **The Secrets of Water**

Latest Astonishing Results From Water Research

978-3-03800-903-0

29.00 EUR

Cover: Hardcover

Extent: 136 pages

Format: 21.4 cm x 26.2 cm

250 colour photos

Available: 17/10/2016

Rights sold: All rights available

- **The latest findings in water research**
- **Profound insights into the nature of water**
- **Fascinating water drop images under the microscope**

Water reacts to outside influences in a sensitive way and it stores information in nature as well as in us. Water communicates over long distances. Evidence stems from fascinating water drop images which capture these memory phenomena. It goes to show that water is much more significant than anyone assumed so far. For the first time ever researchers from Stuttgart have managed to systematically unveil this secret. Easily reproduced experiments with fascinating images offer deep insights on the effects of e.g. mobile radio, ultrasound, music, vibration therapy, and thought power. The results are the outcome of 15 years of research on the basis of which the authors completely reassess the role of water in nature as well as in the human body. It marks the beginning of a new understanding of the world and of ourselves.

**Bernd Kröplin:** Professor and graduate engineer, until 2010 professor and director of the Institute for Statics and Dynamics of Aeronautics Constructions at the University of Stuttgart. 2001 he founded the TAO Group, a research company for forward-thinking technologies. Recipient of renowned science awards. Lectures, exhibition »The World in a Water Drop«.

**Regine C. Henschel:** Studies in philosophy and literature. TV editor among others for Arte, ZDF, and 3Sat. Since 2001 joint projects with Bernd Kröplin. Lectures and seminars.





Werner Kühni, Walter von Holst, Bernhard Richter

## **Healthy with the Help of Essential Oils, Healing Stones, and Colloidal Silver**

978-3-03902-205-2  
25.00 EUR

Cover: Hardcover  
Extent: 224 pages  
Format: 16 cm x 22.8 cm  
252 colour photos, word count: 69.211  
Available: 20/12/2022  
Rights sold: All rights available

- **A natural medicine chest of oils and healing crystals**
- **22 oils, 70 healing stones, and 180 types of therapy**
- **For amateurs and therapists**

Aromatherapy and crystal healing – a perfect match: essential oils lead to safe and quick recovery with acute illnesses, healing stones support and elaborate successful healing processes and have long-lasting effects. This book consistently and comprehensively translates the connection between the two healing methods into medical practices. Sorted alphabetically, it provides a quick overview of the different uses of aroma oils and complementary agents of physiological stone healing for the most common complaints. Even medical amateurs can rapidly learn this effective and harmless treatment method suitable for everyday use. This guide is intended for patients but also doctors and therapists in healing professions.

**Werner Kühni:** Alternative practitioner and psychotherapist, trained in homeopathy, mind control and hypnosis, intense studies in aromatherapy. Retail of and consulting on essential oils and healing stones, book author, and organizer of exhibitions. Lectures and seminars.

**Walter von Holst:** Co-founder of Steinheilkunde e. V., Stuttgart. Initiator of the research project Crystal Healing, lecturer at naturopathy schools. Runs »Steinkreis«, a seminar centre and shop specializing in healing stones, crystals and health products.

**Bernhard Richter:** Graduate in business administration, alternative practitioner, and author. For the past two decades focus on mineralogy and crystal healing.



Werner Kühni, Walter von Holst

## Encyclopaedia of Stone Healing

978-3-03800-469-1

59.00 EUR

Cover: Hardcover

Extent: 552 pages

Format: 16.5 cm x 22.5 cm

More than 900 colour photos and illustrations

Subject areas: stone healing

Available: 20/10/2003

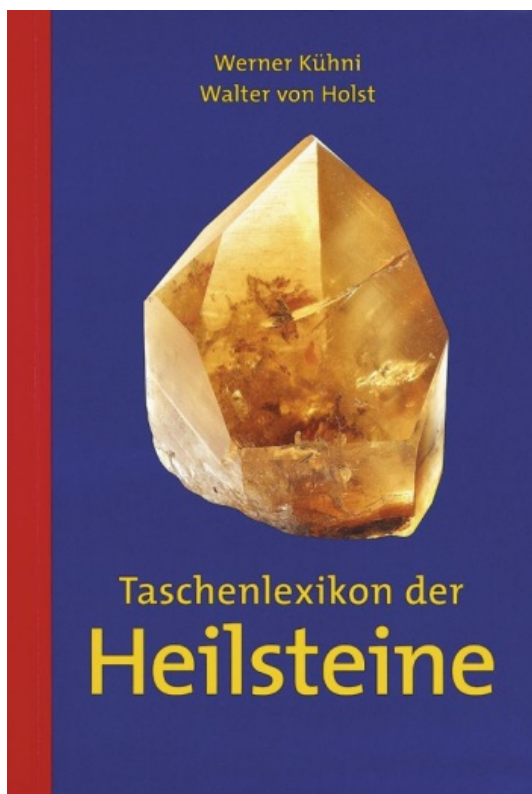
Rights sold: All rights available

- **The comprehensive book on stone healing methods and healing stones**
- **Completely revised and expanded new edition**
- **More than 900 colour illustrations**

Currently the most comprehensive book on stone healing – completely revised and updated, with 30 new healing stones. Based on the latest findings and most accurate knowledge, the book provides an illustration – accompanied by more than 900 colour photos – of all therapeutically relevant healing stones known today, including data on mineralogy, identifying characteristics, occurrence, commercial size and packaging and denominations. The effect of the stones on body, soul and spirit are described along with the various possibilities of use for health problems and personality development. Including a useful therapeutic index.

**Werner Kühni:** Born in Heidelberg/Germany in 1949, alternative practitioner and psychotherapist. Trained in homeopathy, mind control and hypnosis, intense studies in aroma therapy. Lecturer at the School for Alternative Practitioners as well as at adult education centers. Sale of high quality ethereal oils and selected minerals and healing stones with healing stone counseling and mineralogical determination. Chairman of Steinheilkunde e.V., Stuttgart. Author of books, various exhibitions, lectures and seminars.

**Walter von Holst:** Born in Stuttgart/Germany in 1969, private studies in analytic psychology, studies in anthroposophy in Stuttgart. Further education in tarot and kabbalah, trained in the use of healing stones by Michael Gienger. Co-founder of Steinheilkunde e.V., Stuttgart. Runs »Steinkreis«, a seminar centre and shop specializing in healing stones, crystals and health products. Numerous articles in professional magazines.



Werner Kühni, Walter von Holst

## Pocket Encyclopaedia of Healing Stones

978-3-03800-968-9

15.00 EUR

Cover: Paperback

Extent: 208 pages

Format: 13 cm x 19 cm

595 colour photos

Available: 15/03/2017

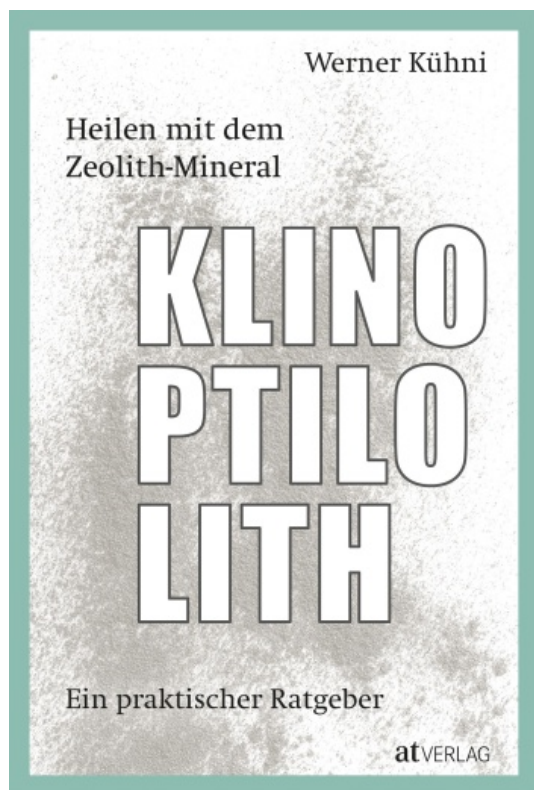
Rights sold: CZ, PL

- **New, expanded edition of the long-selling title**
- **compact pocket encyclopaedia**
- **covering over 500 minerals**

These two first-grade experts and authors of »Enzyklopädie der Steinheilkunde« (Encyclopedia of Healing Stones, AT Verlag) are now delivering a concise work for everyone. This pocket lexicon offers an easy introduction into the fascinating world of healing stones. More than 500 minerals and their colour varieties are described concisely and comprehensibly, and are illustrated with colour photos. The texts provide information on the main physical and mental indications and on the availability of the individual stones. Symbols point to appropriate methods of application, optimum healing methods and the crystalline system of the respective stone. A practical and colourful health guide for everyone. Concise, easily comprehensible and comprehensive.

**Werner Kühni:** Born 1949. Alternative practitioner and psychotherapist. Trained in alternative medicine, mind control, and hypnosis, intense studies in aroma therapy. Sale of ethereal oils and healing stones with healing stone counselling. Chairman of Steinheilkunde e.V., Stuttgart. Book author, various exhibitions, lectures and seminars.

**Walter von Holst:** Born 1969. Co-founder of Steinheilkunde e.V., Stuttgart. Initiator of the research project Crystal Healing, lecturer at alternative medicine schools. Runs »Steinkreis«, a seminar centre and shop specializing in healing stones, crystals and health products.



Werner Kühni

## Healing with the Zeolite Mineral Clinoptilolite

978-3-03902-069-0

22.00 EUR

Cover: Hardcover

Extent: 216 pages

Format: 15.5 cm x 23 cm

word count: 53.333

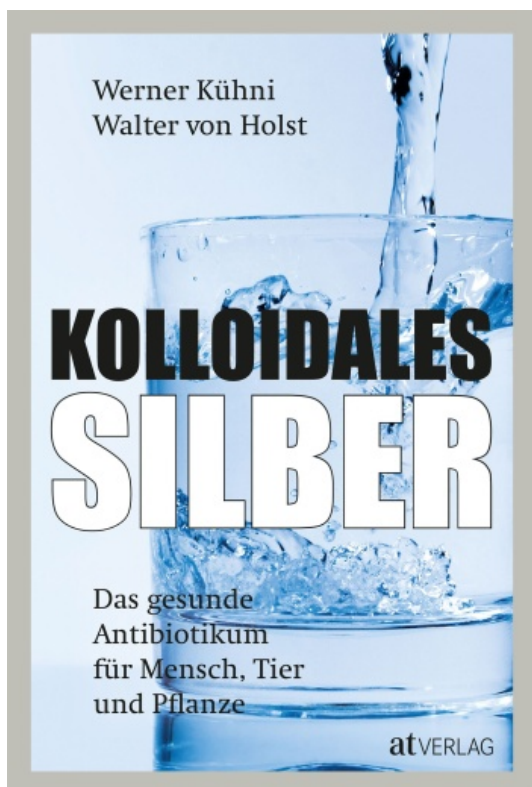
Available: 24/02/2020

Rights sold: All rights available

- **A detoxifying, healing, protecting, and strengthening mineral**
- **A guide for amateurs and experts**
- **Revised, extended, and redesigned edition of the bestselling book**

Clinoptilolite is used with great success in both naturopathy and agriculture. A multi-talent among minerals, it not only boosts the effects of other medicines, but also offers relief with illnesses that had limited therapy options to date, such as borreliosis, autoimmune diseases, chronic pain, and difficult-to-treat skin diseases, especially neurodermatitis and psoriasis. Clinoptilolite detoxicates and has effects on the immune system as well as on enzymatic processes in the body. It makes other medication more tolerable, reduces side effects of chemotherapy, and is a genuine fountain of youth. A guide for beginners and practitioners, hands-on and based on many years of research and a variety of practical experiences.

**Werner Kühni:** Born 1949. Alternative practitioner and psychotherapist, trained in homeopathy, mind control and hypnosis, intense studies in aroma therapy. Chairman of Steinheilkunde e.V., Stuttgart. Book author, various exhibitions, lectures and seminars.



Werner Kühni, Walter von Holst

## **Colloidal Silver**

The Healthy Antibiotic for Humans and Animals

978-3-03902-001-0

22.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 15.5 cm x 23 cm

Richly illustrated

Available: 25/03/2019

Rights sold: CZ, PL, RO, USA

- **Colloidal silver as a healthy antibiotic for humans and animals**
- **Scientific principles and recent research results**
- **An easy to read practical guidebook for therapists and amateurs**

Colloidal silver functions like a broad-spectrum antibiotic and reliably fights viruses, bacteria and fungi, moreover it has anti-inflammatory effects, accelerates the healing of wounds and stabilizes the immune system. The world of science has recognized these effects which are put to use every day in specialized practices. This book gives the most comprehensive account ever of a widely discussed topic. In addition to scientific principles and the latest research developments it also contains hints on how to prepare, store, preserve and acquire colloidal silver. The main focus is devoted to 80 disease patterns and their treatment with colloidal silver, complemented by explanations for the treatment of sick animals with colloidal silver.

**Werner Kühni:** Born 1949, alternative practitioner and psychotherapist, trained in homeopathy, mind control and hypnosis, intense studies in aroma therapy. Chairman of Steinheilkunde e. V., Stuttgart. Book author, also various exhibitions, lectures and seminars.

**Walter von Holst:** Born 1969, co-founder of Steinheilkunde e. V., Stuttgart. Initiator of the research project Crystal Healing, lecturer at naturopathy schools. Runs »Steinkreis«, a seminar centre and shop specializing in healing stones, crystals and health products.





Margret Madejsky

## **Detoxifying with Healing Herbs**

Healing herb recipes and detoxifying concepts

978-3-03902-246-5

36.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 17.5 cm x 25 cm

Colour photos

Available: 30/09/2024

Rights sold: All rights available

- **A comprehensive introduction to the basic rules of detoxification**
- **Portraits of the 35 most important detoxifying plants – with tips on matching plants to types of persons**
- **Healing herb recipes and practical guidelines for your individual path to detoxification**

### **From angelica to horsetail – plants as a pathway to detoxification!**

Toxins in food, living spaces, and the environment are the source of many diseases. An individualized and targeted detoxification fights the causes at their roots. This guide provides the first comprehensive set of rules for detoxification, compares different methods, and describes the most important detoxifying plants in a way that allows us to find the most suitable individual detoxification path.

The author gives an outline of healing plants and herbs with blood-cleansing, organ-strengthening, or specifically detoxifying effects. A collection of healing herb recipes and practical tips for home use are also included, as well as a list of environmental toxins and concepts for diverting and detoxifying heavy metals, antibiotics, cortisone products, psychopharmaceuticals, and vaccination toxins. Interviews with experts offer further professional insights, and dedicated QR codes point to videos of the original full-length interviews.

**Margret Madejsky:** Naturopathic therapist and co-founder of Natura Naturans, a working group for traditional occidental medicine. Naturopathic treatments for women, phytotherapy, complex homeopathy, and Paracelsus medicine are the focal points of her practice and teaching activity. Author of several standard works on healing herb medicine for women.



Margret Madejsky

## Encyclopaedia of Herbs for Women

Botany, Substances Contained, Effects, Signatures and Uses

978-3-03800-417-2

39.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 19.5 cm x 26.5 cm

300 colour photos

Subject areas: healing herbs

Available: 30/09/2008

Rights sold: All rights available

- **Featuring more than 150 recipes with healing herbs**
- **An indispensable, encyclopaedic reference book for everyone interested in natural women's health**
- **Recipes and therapy suggestions for each featured plant**

Plants have always formed the basis of naturopathy and over the past few years they have increasingly started to re-conquer the practices of gynaecologists and midwives. Antibiotic herbs such as bearberry, nasturtium and garlic or plants with hormone-like effects such as lady's mantle, chaste tree and bugbane have attained a firm status in women's naturopathy. The kingdom of plants however offers an even greater number of women's and mothers' herbs, with healing powers that can be helpful companions throughout a woman's whole life. Focus lies mainly on the healing plants used and available in German-speaking regions. Based on many years of research and practical experience, the author shows us how traditional plant knowledge can be integrated into a holistic concept of modern healing practices for women. Whether it is cystitis, endometriosis, the wish to have children, myoma, osteoporosis, menstrual cramps, mycosis, pregnancy or menopause symptoms – this book offers answers for therapists as well as women of all age groups. The encyclopaedia contains around 120 portraits of herbs featuring their name, botanical characteristics, signature and astrology, active agents, healing qualities and usage in healing practices for women. Additionally, each plant is accompanied by one or more recipes, valuable practical hints and therapy suggestions. References to trade products help finding the corresponding ingredients. With a comprehensive medicinal glossary.

**Margret Madejsky:** Naturopathic therapist and co-founder of Natura Naturans, a working group for traditional occidental medicine. Naturopathic treatments for women are focal points of her practice and teaching activity. Author of several reference books on healing herb medicine for women.



Margret Madejsky, Olaf Rippe

## Sun Medicine

Myths, Plant Knowledge, Recipes, and Usage

978-3-03800-059-4

22.00 EUR

Cover: Paperback with flaps

Extent: 336 pages

Format: 15.5 cm x 22 cm

195 colour photos

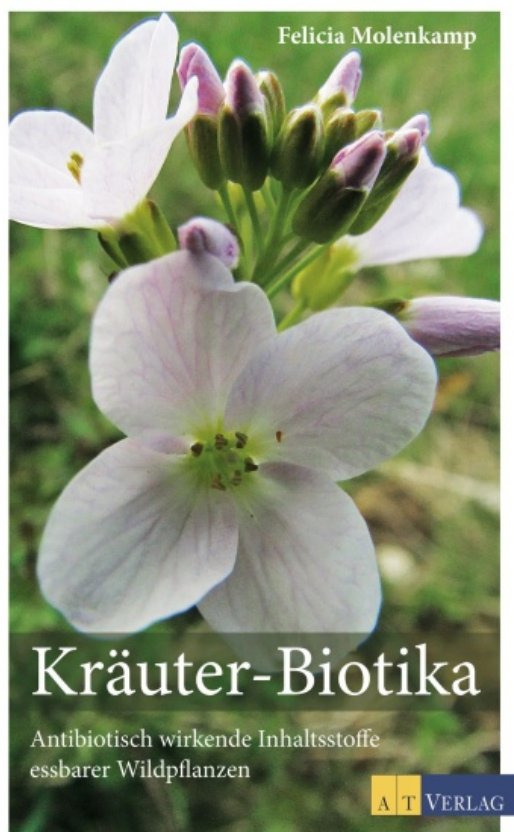
Available: 18/05/2018

Rights sold: All rights available

- **The sun: nature's energy source**
- **Sun effects in the annual cycle**
- **Remedies of the sun for preparation and use at home, including many recipes and usages**

The sun is the bright centre of our planetary system. Divine myths and seasons celebrations remind us of ancient sun worship rituals. They help us understand sun rhythms and show us how to live in harmony with them. Numerous healing plants such as St John's wort, arnica, goldenrod, or sunhat are bound to the sun and possess vast healing powers, and the same goes for some exotic spices, gold, a number of gemstones, and even some animals, for instance bees or snakes. Essentially all of these »sun medicines« warm up the soul, lighten up the spirit, or ignite the immune system. A variety of recipes and applications show us how to put to use the sun's energy.

**Margret Madejsky and Olaf Rippe:** Naturopathic therapists running their own practice, and co-founders of Natura Naturans, a working group for traditional occidental medicine. Their practice and teaching activity focuses on herbal healing, homeopathy, astral medicine, humoral medicine, and Paracelsus medicine. Authors of various books, regular publications in specialized magazines. Lectures and seminars in Germany and abroad.



Felicia Molenkamp

## **Herbal Antibiotics**

Antibiotic Substances of Edible Wild Plants

978-3-03800-822-4

27.00 EUR

Cover: Hardcover

Extent: 174 pages

Format: 13.5 cm x 22 cm

44 Colour photos, illustrations

Subject areas: wild plants, herbs, healing

Available: 16/04/2015

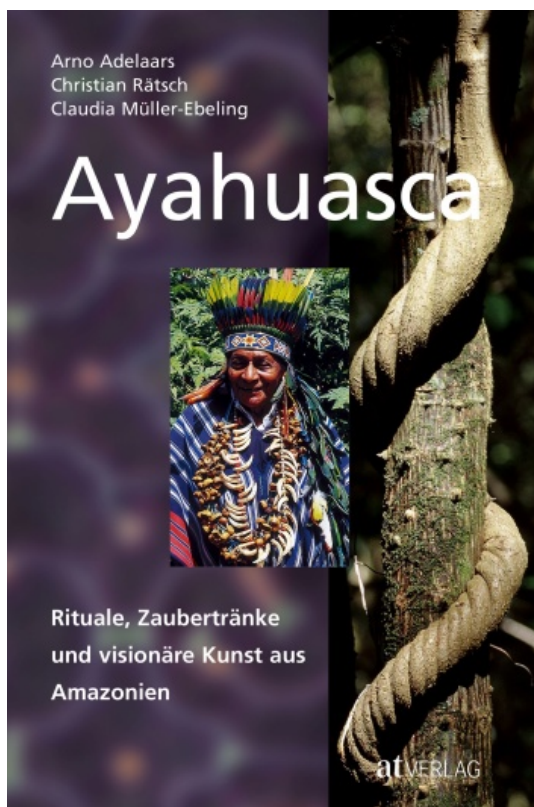
Rights sold: All rights available

- **Edible wild plants and their antibiotic effects**
- **Using antibiotic plant substances instead of pharmaceutical antibiotics**
- **Medical knowledge and culinary delight**

Antibiotic substances are not only provided by the pharmaceutical industry. They are provided by nature itself. Essential oils, bitter substances, tannins, resins, and glycosides can indeed compete with synthetic substances and even surpass them: They fight harmful bacteria without damaging their beneficial counterparts, and they are often also effective against viruses, fungal infections, and other pathogens. In an entertaining and informative way the author compares natural with chemical substances, she describes their characteristics and modes of action, and she combines medical knowledge with practical use. Featuring a range of tips on how to use the natural ingredients as a tasty complement in everyday cooking.

**Felicia Molenkamp:** Graduate biologist. In her »KräuterSchule« (School of Herbs) she offers herb and tree walks, wilderness cooking classes, lectures on the pharmacology of domestic plants, and seminars for naturopaths.





Claudia Müller-Ebeling, Arno Adelaars, Christian Rätsch

## Ayahuasca

Rituals, Potions and Visionary Art from the Amazonas

978-3-03800-270-3

32.00 EUR

Cover: Hardcover

Extent: 312 pages

Format: 14 cm x 21 cm

Numerous colour photos

Subject areas: rituals

Available: 29/08/2006

Rights sold: USA

### • Rituals, potions and visionary art from the Amazonas

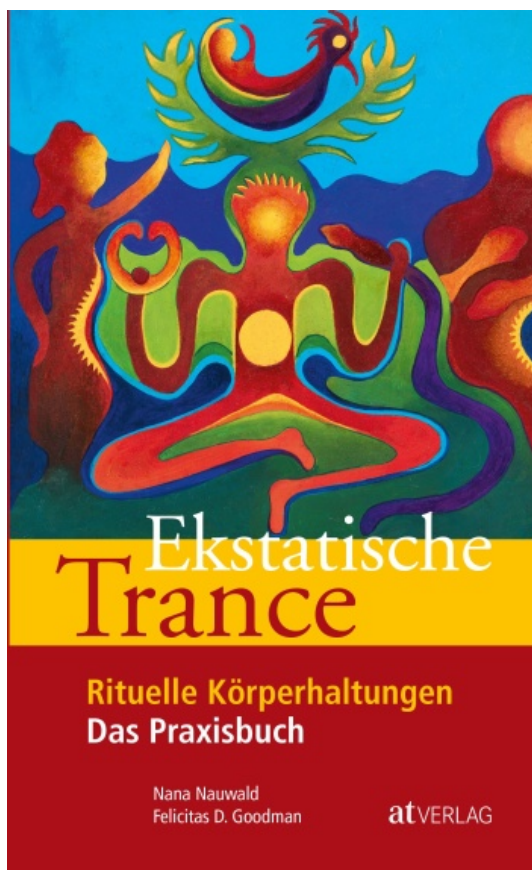
Ayahuasca is one of the strongest shamanic cures. The drink brewed from several ethno-botanically significant plants of the Amazonas region has resounding physical and astounding psychical effects. Ayahuasca is the basis of culture for many peoples, an institution that creates and preserves culture. Ayahuasca is a means of cognition, showing humans their place in the universe and revealing true reality. Ayahuasca – when properly used – offers cure and health, grants personally relevant visions and stimulates active creativity. In this book the authors, designated experts in the fields of ethnology, anthropology and pharmacology, show the ritualistic usage of Ayahuasca in shamanic rituals. They plunge into a shamanic-visionary world, study plants and their souls and encounter the realities of Amazonian cultures and their artistic works.

**Arno Adelaars:** Born 1955, freelance journalist, author, worked as reporter for a Dutch news channel and ZDF's Auslandsjournal. As employee of the University of Amsterdam he conducted research on drug usage and addictive behaviour of drug addicts.

**Dr. Christian Rätsch:** Ancient American studies, ethno-pharmacologist and ethno-botanist. Worldwide field studies, especially in the rainforest and the Himalayan regions. Editor, speaker and author of various books, including the standard works »Enzyklopädie der psychoaktiven Pflanzen« (Encyclopedia of Psychoactive Plants) published by AT Verlag.

**Dr. Claudia Müller-Ebeling:** Art historian and ethnologist. Field studies in the Caribbean, on the Seychelles and Nepal. Various publications on art history. Lives and works in Hamburg as freelance art historian, author, editor and translator.





Nana Nauwald, Felicitas Goodman

## **Ecstatic Trance**

A Guide to Ritual Body Postures

978-3-03800-610-7

24.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 13.5 cm x 22 cm

Numerous photos and illustrations, including audio CD

Subject areas: trance

Available: 28/09/2011

Rights sold: All rights available

- **The basic guide to ritual and therapeutic trance experience, latest scientific research results**
- **Detailed descriptions of 70 body postures illustrated with impressive photos**

When accompanied by sound and rhythm, ritual postures open the door to various layers of consciousness, they can lead the way to healing cognition which stimulates creativity as well as powers of self-healing. The anthropologist Felicitas Goodman (1914–2005) came to this conclusion after more than thirty years of research which Nana Nauwald has further pursued for another two decades. A work book and manual with detailed descriptions of about 70 ritual body postures, numerous illustrations and scientific background information. The complementing CD facilitates making first experiences with this technique.

**Nana Nauwald:** Artist, author, lecturer for rituals of perception. Co-founder of the Felicitas Goodman Institute, Germany. Conducts international seminars. [www.ekstatische-trance.de](http://www.ekstatische-trance.de) [www.visionary-art.de](http://www.visionary-art.de) Nana Nauwald is available for lectures.

**Dr. Felicitas D. Goodman:** (1914–2005) anthropologist, linguist and professor at the University of Columbus, Ohio. Founder of the Cuyamungue Institute near Santa Fe, New Mexico, for teachings and research on ritual body postures and ecstatic trance. In Europe this work is carried on by the Felicitas Goodman Institute.



Nana Nauwald

## **Of Humans and Other Spirits**

My journeys to shamanic worlds

978-3-03902-146-8

24.00 EUR

Cover: Hardcover

Extent: 232 pages

Format: 13.5 cm x 22 cm

72 colour photos, 5 illustrations

Available: 31/10/2022

Rights sold: All rights available

- **Unique encounters with shamanic cultures**
- **Many years of experience with awareness work**
- **Self- and nature-awareness on shamanic soul journeys**

A journey for all our senses!

For more than three decades, Nana Nauwald has dedicated herself to awareness work and the exploration of spiritual reality. In her latest book the Grande Dame of shamanism tells us about her adventures and experiences in shamanic cultures. Encounters with the last shaman of the Ocaina or the spirits of jaguar and anaconda during a visit to the Shipibo peoples in the Peruvian Amazonas region have had a profound influence on her – just as meeting a Siberian blacksmith connected with the fire spirit or the strengthening healing rituals of a Buryat shaman. The spirit of nature is not only present in rituals, but also in everyday life. The inward and outward journeys of Nana Nauwald will lead people who wish to step on the shamanic path to the following questions: what am I looking for in shamanism? What do I hope to find? The book is an invitation to question our world view and open our minds to the adventure of a new cognition of ourselves and the world around us.

**Nanan Nauwald:** Freelance artist, lecturer for rituals of perception, and author of eight books. Explorer of shamanic awareness realms of indigenous peoples as well as the roots of shamanic culture in Europe for more than 30 years. International seminars and lectures.



Jasmin Peschke

## **Straight from the Field onto the Plate**

What Really Makes Food Healthy

978-3-03902-111-6

32.00 EUR

Cover: Hardcover

Extent: 256 pages

Format: 15.5 cm x 23 cm

70 colour photos, word count: 63,125

Available: 22/02/2021

Rights sold: IT

### **Awards for this book**



- **A manifesto for future-oriented food production**
- **For consumers as well as professionals from manufacturing, trade, and agriculture**
- **Find out how health and resilience come about**

Can food items be considered healthy if they contain all required nutrients, while at the same time producers have to use an ever growing amount of fertilizers, pesticides, and additives during the production process? Eating is more than just absorbing nutrients. Growth and ripening energy is vital for the health of both humans and the planet. Authentic food items that grow in the field are a prerequisite to ensure decent quality of life as well as a sustainable future. For only a healthy soil can produce food that contributes to people's health and resilience. The author, holder of a doctorate in ecotrophology, writes about seeds, soils, farm animals, methods of quality control, alimentation for the future, but also about a cooking school for children and an integrated health concept with a view to intestinal microbiota. She offers well researched and easily comprehensible information about nutrition and explains why a state of health cannot be achieved without taking a thorough look at the system of nutrition.

**Jasmin Peschke:** Doctorate in ecotrophology, responsible for the field of nutrition in the agricultural section of the Goetheanum in Dornach (Switzerland).



Erich Renner

## Healing and Helping with the Power of Magic

978-3-03902-171-0

27.00 EUR

Cover: Hardcover

Extent: 184 pages

Format: 13.5 cm x 21 cm

2 colour photos, 10 b/w photos, 1 illustration; word count: 44,358

Available: 28/03/2022

Rights sold: All rights available

- **Magic - a treasure chest of cultural experience**
- **The magic power of seers, healers, and weather makers**
- **Testimonies, dialogues, reports from eyewitnesses and observers**

The magical heritage of humanity

There is not only one type of magic. Magic grows from various sources and is used for different purposes. At times it stems from plants or chants, from ritualistic communities, dreams, or a trance. The author of this book presents the various forms of magic as well as the contexts and cultural circles using these. He contemplates the »other reality« from the perspective of parapsychology, anthropology, and ethnology. Renner studies supernatural phenomena both via the available literature on indigenous cultures and his own research conducted in various locations, with Sinti, Norwegian Sami, and Navajo communities. He witnessed a number of ceremonies and interviewed a medicine singer, an herb healer, and traditionalists. In the Western European cultural context, he took a close look at the biography of ghost healer Theo Bullinger as well as one spectacular incident that occurred in Germany. A collection of fascinating accounts about the magical heritage of humankind.

**Erich Renner:** Prof. em. Dr. phil., ethno-pedagogue and biography researcher. Numerous regional and international projects and publications.





Olaf Rippe

## **Healing Metals**

Recipes and Therapy in the Spirit of Paracelsus

978-3-03902-035-5

34.00 EUR

Cover: Hardcover

Extent: 320 pages

Format: 17.5 cm x 25 cm

144 photos, 72 illustrations, word count: 92,280

Available: 12/10/2020

Rights sold: All rights available

- **Ancient healing practices applied in modern therapy**
- **Therapeutic concepts and recipes from Paracelsus medicine**
- **Philosophy, astrology, and the art of healing**

### Healing Metals in Naturopathy

Metals are omnipresent in almost all aspects of our daily life. Their healing powers have been used for thousands of years. A prominent area of use is constitutional therapy and hence primarily the treatment of chronic diseases, but also the closely related spiritual imprinting of a person. In Paracelsus medicine metals are the basis for every type of therapy. This book relies on the four pillars of Paracelsus medicine. It is a comprehensive therapeutic compendium, allowing insights into cultural and medical history, alchemy, and astral medicine. The experiences of the author, from both his roles as therapist and lecturer, shape his therapeutic concepts and recipes and render this book an indispensable guide for everyday practical use.

**Olaf Rippe:** Naturopathic therapist running his own practice. For more than 30 years he has been offering seminars, especially on Paracelsus medicine and herbal healing, astral medicine, humoral medicine, and homeopathy. He writes regularly for naturopathy magazines.





Olaf Rippe, Margret Madejsky

## **Traditional Healing Plant Medicine and Phytotherapy**

Herbal Medicine in the Spirit of Paracelsus

978-3-03902-006-5

48.00 EUR

Cover: Hardcover

Extent: 464 pages

Format: 19.5 cm x 26.5 cm

264 photos, 173 illustrations

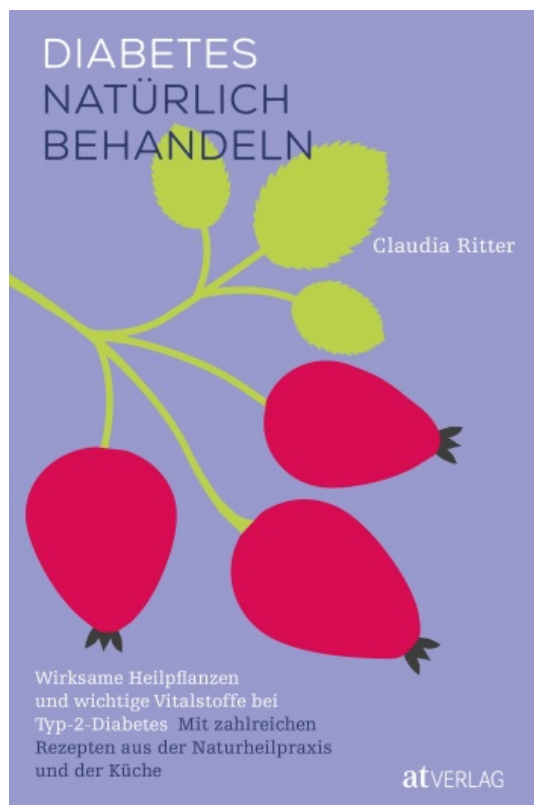
Available: 30/11/2018

Rights sold: All rights available

- **Traditional healing plant medicine for this day and age**
- **A comprehensive compendium for anyone**
- **Including charts, recipes, and background information**

One of the forefathers of modern phytomedicine and pioneer of ground-breaking new approaches in medicine and pharmacy was medical doctor and natural scientist Paracelsus. Thanks to his experience with healing practices as well as his philosophical depth, he remains an inexhaustible source of inspiration for naturopathy even 500 years later. His expertise in phytomedicine is based on the doctrine of signatures, on metaphysics, alchemy, and astrology, as well as on ancient folk medicine and witchcraft healing. This book shows us how to make use of the healing herb treasures compiled by Paracelsus in our modern age. A comprehensive compendium for anyone interested in phytomedicine and a valuable tool for everyday practice. With numerous illustrations, charts, recipes, and background information.

**Margret Madejsky** and **Olaf Rippe**: Naturopathic therapists running their own practice, and co-founders of Natura Naturans, a working group for traditional occidental medicine. Their practice and teaching activity focuses on herbal healing, homeopathy, astral medicine, humoral medicine, and Paracelsus medicine. Authors of various books, regular publications in specialized magazines. Lectures and seminars in Germany and abroad.



Claudia Ritter

## **Natural Treatment of Diabetes**

Effective healing plants and essential vital substances for type 2 diabetes

978-3-03902-207-6

28.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 14.5 cm x 22 cm

25 colour photos Word count: 54,604

Available: 26/02/2024

Rights sold: All rights available

- **Naturopathic therapy for diabetes**
- **The most essential food and healing plants as well as vital substances**
- **With numerous recipes, both from kitchen and naturopathic practice**

### **Quality of life and vitality – despite diabetes!**

Diabetes mellitus is a widespread disease all over the world. Sooner or later most patients are prescribed medication, as a lack of treatment may induce serious long-term effects. However, only few people are aware that especially those affected by type 2 diabetes can gain control of their blood sugar level by means of naturopathic therapy.

This book presents possibilities for self-treatment using the most important food plants (from avocado to walnut), healing plants (from artichoke to cinnamon), and vital substances (from vitamin B to zinc), complete with recipes and tips on preparation, usage, and dosage. Secondary diseases can thus be avoided with the help of natural means, while medication and adverse effects can be reduced to a minimum. Detailed explanations help to understand the illness, relevant technical terms, laboratory values, and effects.

A thorough and coherent guide for people affected by diabetes.

**Claudia Ritter:** is a naturopathic therapist and author. In 2020 she was asked to join the German »Kommission E«, a commission of experts on herbal medicine.



Claudia Ritter

## **Natural Treatment of Chronic Bowel Conditions**

Healing plants for irritable bowel syndrome, morbus Crohn, colitis ulcerosa, and diverticula

978-3-03902-166-6

28.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 14.5 cm x 22 cm

19 colour photos, word count: 61.009

Available: 30/01/2023

Rights sold: All rights available

- **Individualized, holistic therapies for chronic bowel conditions**
- **22 healing plants that help with irritable bowel syndrome, morbus Crohn, colitis ulcerosa, and diverticula**
- **Numerous recipes and therapy suggestions**

There is a plant-based cure for everything – even with bowel diseases!

Chronic bowel conditions are very common: many people suffer from food allergies, bowel mis-colonisations, leaky gut syndrome, chronic, phlogistic bowel diseases, or diverticula of the intestinal wall which are prone to inflammation. Healing plants such as tormentil, blueberry, turmeric, myrrh, centaury, or olibanum can serve as a valuable alternative or may complement a traditional medical treatment. Claudia Ritter explains how to use these most effectively. She presents disease patterns in a concise and informative way and renders portraits of numerous healing plants together with therapy suggestions and recipes. As chronic bowel conditions often cause a nutrient deficiency, she also dedicates a chapter to the manufacturing of probiotics, provides tips for dieting, and recipes that help with strongly damaged bowels. A comprehensive manual for people with chronic bowel conditions, easy to read and neatly structured.

**Claudia Ritter:** Alternative practitioner and author. In 2020 she was appointed a member of »Kommission E«, a commission of plant medicine experts.



Marianne Ruoff

## **Dandelion and Lion Power**

The Portrait of a Forceful Healing Plant With Many Practical Applications and Recipes

978-3-03800-960-3

22.00 EUR

Cover: Hardcover

Extent: 160 pages

Format: 15.5 cm x 23 cm

124 photos

Available: 13/02/2017

Rights sold: All rights available

### **Awards for this book**



- **Dandelion, the ultimate all-rounder among healing plants**
- **Flexible, strong, versatile, and a powerful healer: dandelion**
- **50 health, beauty, and gourmet recipes**

Dandelion is a true superhero and all-rounder compared to other plants. In ancient folk medicine this great healer has been widely used with complaints related to teeth, eyes, brain, liver, digestion, and skin. Its healing force is much more powerful and holistic than most of us know. It reaches deep down into hidden unconscious areas, releases blockades, and radiates its sun power all the way through body and soul. Dandelion seems to sense where it is needed the most: in places where there is a special demand for its blessing by man and animal, body and soul, soil and environment. It offers relief with infectious diseases and with the consequences of stress and environmental pollution, and is therefore one of the most sought-after plants of our time. 50 health, beauty, and gourmet recipes along with a number of practical applications demonstrate the versatility of this healing, food, and survival plant.

**Marianne Ruoff MD:** Specialist for general medicine, acupuncture, traditional Chinese herb medicine, and phytotherapy, runs her own practice in Berne since 1996. Wilderness educationalist. Lectures and seminars on healing herbs, frequently on the road with her camera roaming her home turf, the Swabian Alps, as well as the Swiss Alps, or the tundra of Greenland.





Marianne Ruoff

## Horsetail

Dragon Medicine of Ancient Times With Lots of Recipes and Applications

978-3-03800-999-3

26.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 15.5 cm x 23 cm

148 colour photos, word count: 39,493

Available: 25/03/2019

Rights sold: All rights available

### Awards for this book



- **The first book ever about the healing plant horsetail and its multiple usages**
- **Horsetail in folk medicine and science, an ancient healing plant**
- **Healing and survival power from ancient times, with lots of recipes and applications**

The archaic family of horsetail dates back to prehistoric times, it was among the first inhabitants of Earth. A peculiar, soothing healing power emanates from this plant, probably due to the fact that it has survived all natural disasters that ever occurred on Earth. It seems that by the force of its wise serenity, its simplicity and structure, it has the power to remedy even health issues. Horsetail contains a lot of silica and it supports the treatment of diseases of the skin, mucosa, hair, kidney and bladder, the gastrointestinal tract, as well as the musculoskeletal system. It is used in midwifery and can help alleviate mental stress. Based on both folk medicine and scientific research, this book provides a comprehensive description of the healing powers of each subtype, such as field, winter, forest, or giant horsetail and many others. A variety of naturopathic recipes and beneficial cosmetics preparations can be made not only from field horsetail, but also from the other types. Additionally, there are many interesting ways to use them in the kitchen as a superfood rich in minerals, or as practical helpers in the household.

**Marianne Ruoff MD:** Specialist for general medicine, acupuncture, traditional Chinese herb medicine, and phytotherapy, runs her own practice in Berne since 1996. Lectures and seminars on healing herbs. Wilderness educationalist.



Christian Rätsch, Claudia Müller-Ebeling

## Encyclopedia of Love Potions

Plant, mineral, animal-based, and synthetic aphrodisiacs

978-3-03902-209-0

119.00 EUR

Cover: Hardcover

Extent: 784 pages

Format: 19.5 cm x 26.5 cm

Appr. 800 images, word count: 457.682

Available: 26/06/2023

Rights sold: All rights available

- **Finally available again**
- **The ultimate encyclopedia on aphrodisiacs**
- **400 detailed and comprehensive portraits of love potions**

Aphrodisiacs contribute to sex and eroticism the same way spices do to food!

This encyclopedia offers a comprehensive description of aphrodisiacs, love potions, and virility enhancers derived from the realm of plants, animals, and crystals but also based on chemistry and medicine – the result of 25 years of research.

Around 400 practical, well-illustrated monographs offer relevant information about history, cultural use, ritual practices, and personal experience. The book focuses mainly on love potions available in Central Europe but also explores exotic regions, examining both Western medical standpoints on aphrodisiacs and alternative world views and traditions. A comprehensive overview of the fascinating world of aphrodisiacs, virility enhancers, fertility medication, stimulants, love magic, love philtres, tonics, anaphrodisiacs, and lust-quenchers.

**Dr. Christian Rätsch:** (died in 2022) Ethnologist and ethno-pharmacologist, lecturer, and author. For several decades he conducted worldwide research on shamanic cultures and their use of psychoactive plants.

**Dr. Claudia Müller-Ebeling:** Art historian and ethnologist, works as freelance researcher, lecturer, and author.



Christian Rätsch

## **The Sacred Grove**

Germanic Magic Plants, Sacred Trees and Shamanic Rituals

978-3-03800-204-8

26.00 EUR

Cover: Hardcover

Extent: 120 pages

Format: 17.5 cm x 25 cm

80 colour and b/w photos

Subject areas: magic plants, shamanism, rituals

Available: 07/04/2005

Rights sold: CZ

### • **The shamanic roots of the Germanic people**

The Germanic culture was carried by shamanic mythology, its spirituality was inspired by entheogenes, holy plants, smoking of psycho-active agents and intoxicating drinks. The Germanic Temple was not an artificial building but a forest, the sacred grove. The trees were gods and the plants had magic powers. Germanic shamanism was characterized by alrunas, the wise seers, berserks, the cultic warriors, brewing women experienced with herbs and enthusiastic skalds. In Germanic mythology we have direct access to shamanism. The god Wotan is the primal shaman, the most shamanic of all Indo-Germanic gods. Wotan is the marshal of the universe, the ecstatic striving for knowledge and cognition, the soul companion, master of entheogenes, the big magician and protecting warrior. This book tells us about Germanic world trees, fool punks, magic plants, oracle flowers, smoking agents, intoxicating drinks and rune magic. It opens up the almost forgotten gates to the sacred grove and its wonder plants. It depicts rituals, shamanic practices, the use of indigenous magic plants. It offers access to our pagan heritage and shamanic roots.

**Dr. Christian Rätsch:** Ancient American studies, ethno-pharmacologist and ethno-botanist. Worldwide field studies, especially in the rainforest and the Himalayan regions. Editor, speaker and author of various books, including the standard works »Enzyklopädie der psychoaktiven Pflanzen« (Encyclopedia of Psychoactive Plants) published by AT Verlag.



Christian Rätsch

## **Smoking Agents – The Dragon's Breath**

The Standard Work on Smoking Agents – Extended Reissue with More than 200 Colour Photos

978-3-03800-302-1

38.00 EUR

Cover: Hardcover

Extent: 238 pages

Format: 19.5 cm x 26.5 cm

250 colour photos

Subject areas: smoking agent

Available: 15/11/1996

Rights sold: CZ

- **The standard work on smoking agents**
- **Extended reissue with more than 200 colour photos**

Igniting smoking agents is one of mankind's oldest ritual practices. Shamans reach a state of trance with the help of smoke from certain woods, resins and leaves. Seeresses used to inhale the smoke of consciousness-altering materials in order to fall into ecstasy. Priestesses and priests burned resins to establish contact with gods and goddesses. Aromatic smoke has always been presumed to have magical or medicinal qualities. Following an introduction to the cultural history of incense, a comprehensive lexical chapter displays all smoking agents from aloe to cypress in detail with text and pictures: botanical descriptions of the main plant, history, ritual and custom, effects and ways of usage, chemistry and pharmacology, tips on harvesting and preparation. By means of the well-founded, ethno-botanical and ethno-pharmacological description of the smoking agents the book opens the door to nature's mysteries, allows insights and encourages individual creative interaction.

**Dr. Christian Rätsch:** Ancient American studies, ethno-pharmacologist and ethno-botanist. Worldwide field studies, especially in the rainforest and the Himalayan regions. Editor, speaker and author of various books, including the standard works »Enzyklopädie der psychoaktiven Pflanzen« (Encyclopedia of Psychoactive Plants) published by AT Verlag.





Christian Rätsch

## Encyclopedia of Psychoactive Plants

Botany, Ethno-Pharmacology, and Use

978-3-03800-995-5

139.00 EUR

Cover: Hardback with jacket

Extent: 944 pages

Format: 19.5 cm x 26.5 cm

More than 800 colour photos

Available: 02/01/2018

Rights sold: CZ, USA

- The brand-new revised edition of the world's most comprehensive book on natural psychoactive substances
- 17 editions – more than 50,000 copies sold to date

The updated and revised new edition of the renowned classic. This book is the first ever to provide a comprehensive and systematic overview of psychoactive plants around the globe, based on the latest scientific findings. Monographs for every single plant provide relevant information on botany, shape, cultivation, preparation and dosage, history, ritual and medical use, substances contained, effects, retail information, and applicable regulations. All plants are illustrated with pictures. An indispensable book for those with a particular interest in psychoactive plants, and also for those who conduct more advanced plant research.

**Christian Rätsch:** Ethnologist and ethno-pharmacologist, lecturer, and author. Researcher of shamanic cultures and their use of psychoactive plants all around the globe. Author of numerous books at AT Publishing House.

*»Rätsch's comprehensive encyclopedia is based on meticulous research, supported by various sources, user friendly, authoritative, and beautifully illustrated. It is a must for the bookshelf of anyone interested in psychoactive plants.«* – Rick Strassman, M. D., University of New Mexico

*»This encyclopedia is destined to become the number one reference on all natural psychoactive substances.«* – Mark Blumenthal, American Botanical Council

*»Christian Rätsch is the most knowledgeable person in the world when it comes to psychoactive plants. This is his opus magnum, a true treasure chest of information about the most fascinating members of the global plant family. (...) Anyone interested in the natural ways of expanding consciousness must get hold of this magnificent book.«* – Ralph Metzner, Ph.D., psychologist and author



Christian Rätsch, Markus Berger

## Encyclopaedia of Psychoactive Plants - Volume 2

New plants, fungi, bacteria, Usage, Cultural history

978-3-03902-084-3

129.00 EUR

Cover: Hardback with jacket

Extent: 800 pages

Format: 19.5 cm x 26.5 cm

Numerous colour photos, ribbon

Available: 29/08/2022

Rights sold: All rights available

### Awards for this book

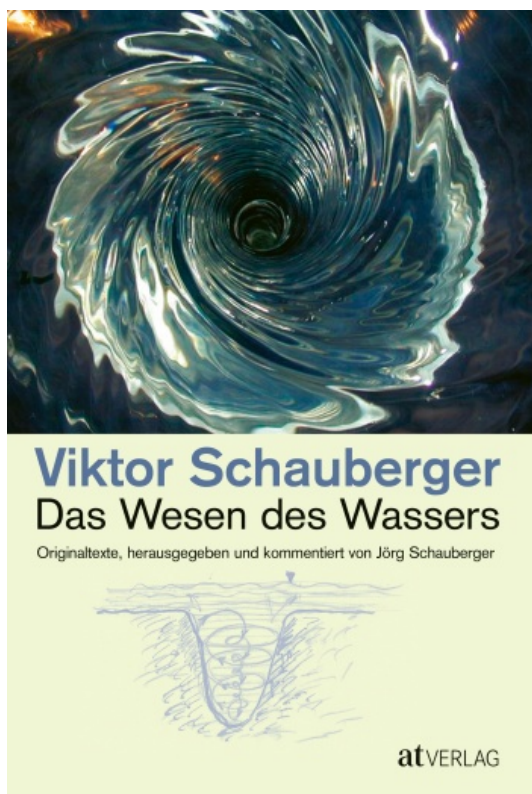


- **Volume 2 of the masterpiece by Christian Rätsch**
- **New plants, new research**
- **All you need to know about botany, cultivation, dosage, substance, usage, and effects**

The world-class reference manual on psychotropic ethnobotany further expanded: volume 2 of the »Encyclopaedia of Psychoactive Plants« comprises more than 500 new plants, fungi, lichen, and bacteria in more than 140 monographs – from acacia to zornia, from agrocybe to xanthoparmelia – as well as the latest research results on plants presented in volume 1. It includes a listing of more than 350 additional psychoactive plants the potential of which still needs to be explored. In addition, the author explains the cultural history of psychoactive plants as well as their influence on the visual arts, music, and literature. The masterpiece is rounded off with recently indexed plant and fungus products along with explanations about their most important secondary metabolites, plus a comprehensive bibliography. A must have for anyone interested in psychoactive agents.

**Christian Rätsch:** PhD, ethnologist and ethno-pharmacologist, lecturer and author. Studies in ancient American studies, ethnology, and folklore. Many years of research on Shamanic cultures worldwide and their use of psychoactive plants.

**Markus Berger:** Creative artist, ethno-pharmacologist, and drug researcher.



Viktor Schaubberger, Jörg Schaubberger

## **The Nature of Water**

The Original Texts of Viktor Schaubberger, the Pioneer of Water Research

978-3-03800-272-7

30.00 EUR

Cover: Hardcover

Extent: 376 pages

Format: 15.7 cm x 23.3 cm

Numerous illustrations and sketches

Subject areas: Viktor Schaubberger, water research

Available: 27/04/2006

Rights sold: CZ

### • **The original texts of Viktor Schaubberger, the pioneer of water research**

Hardly a water book that does not quote him: Viktor Schaubberger, the legendary water researcher. Though there are many books on Viktor Schaubberger, there is not one – except the republished note of caution »Our futile work« – that focuses on his writings. This book fills a gap. Jörg Schaubberger, grandson of the water researcher, selected the most important among the vast number of essays, articles, and letters by Viktor Schaubberger dating from the first half of the 20th century. Experiences and realisations of the visionary nature observer are thematically arranged. Over many decades he manages to gradually unveil the nature of water. Eloquently he develops a completely new concept of the primal matter and thereby lays the foundation stone of modern water research. Among the highly up-to-date topics features the proposal for an entirely new type of river regulation based on the extensive abolishment of solid embankments, as according to Viktor Schaubberger flowing water can be regulated from within, i.e. by influencing the medium itself. Basically it is all about perceiving water as what it really means for man, nature and the entire planet Earth: the source of all life and the basis of existence.

**Viktor Schaubberger:** 1885-1958, forest ranger, ingenious inventor, researcher and observer of nature. The pioneer of water research, immensely influencing the following generations of researchers. Groundbreaking research on soil composition and water quality, studies on the influence of temperature on the flowing behaviour of water, inventor of the first appliances to revive water and transform sea water into freshwater. Numerous contributions to scientific journals. His son Walter Schaubberger continued his research.

**Jörg Schaubberger:** Born 1954, grandson of Viktor Schaubberger. Mathematics studies in Graz. Until 1999 radio reporter and presenter with ORF. Today leader of the Pythagoras Kepler School (PKS) founded by his father in Bad Ischl in the Salzkammergut region of Upper Austria. He is dedicated to the propagation of Viktor and Walter Schaubberger's research results by means of seminars, lectures and publications.



Karola Bettina Schneider

## **Energy Cycles in Line with Chinese Medicine**

140 Simple and Creative Recipes that Strengthen, Cleanse and Restore Inner Balance

978-3-03800-946-7

32.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 18.5 cm x 24.5 cm

77 photos and illustrations

Available: 18/04/2017

Rights sold: All rights available

- **Recipes for health, balance and inner harmony**
- **A meal plan in tune with the five Chinese seasons**
- **Cleanse, relieve, and prevent – Recipes and health tips**

Following the immense success of her book »Energy Soups«, Karola Bettina Schneider now presents a comprehensive cookbook for the five Chinese seasons. To eat in line with the seasons is crucial for health, vitality, well-being, and a strong immune system according to Chinese traditional medicine. The transition periods between seasons are particularly important in this context, the doji time of four times eighteen days is considered the fifth season. Special cures composed of healing teas and simple dishes have a cleansing, relieving, and preventive effect, plus they energize, strengthen the immune system, and facilitate the transition from one period to the next. The recipes for the four main seasons are just as carefully selected and well adjusted to the requirements of each. 140 simple, light, yet strengthening recipes for an energetic, healthy year. With abundant practical tips and recommendations to enhance your health, balance, and inner harmony.

**Karola Bettina Schneider:** Lecturer, author, and naturopath running her own practice on Chinese medicine with focus on nutrition, acupuncture, and herbal therapy. She offers seminars on the topics of nutrition, conscious living, and meditation.

Photos: Alexandra Schubert





Christian Sollmann

## The Do-It-Yourself of Ancient Tinctures and Homeopathic Medicaments

978-3-03800-698-5

36.00 EUR

Cover: Hardcover

Extent: 296 pages

Format: 19.5 cm x 26.5 cm

285 colour photos

Subject areas: healing plants, homeopathy

Available: 29/04/2014

Rights sold: All rights available

- 80 plant portraits with details on active agents, preparation, usage, and lead symptoms
- Systematic instructions for the preparation of cures; an easy way to make your own plant medicine
- From plant to primordial tincture to homeopathic medicament

If you are fed up with the industrially produced phytotherapeutic and homeopathic standard products, why not prepare your own homeopathic cures made of healing plants from your garden. The first book ever in German to explain in detail technical basics, list the required tools, disclose the exact formula, and describe the procedure: from the selection and harvesting of the plants to manufacturing the primordial tinctures and homeopathic medicaments – gently processed high quality cures made from untreated, unfertilised premium plants free from any unsolicited additives. Portrays of 80 healing plants suitable for home use, including information on occurrence, relevant plant parts, harvesting time, active agents contained, tips on their preparation, as well as usage and lead symptoms. Complemented by numerous floral pictures, a harvesting calendar, and a potentisation chart.

A precious and useful guide and a thorough handbook for professionals and amateurs alike who want to take charge of their own health. »The do-it-yourself process outlined by Christian Sollmann is useful, instructive, and a lot of fun. This book is an inspiration for everyone working with plants and homeopathy.« – Olaf Rippe

**Christian Sollmann:** Born 1961, naturopath. Has been involved in astrology, homeopathy, spagyric, alchemy, and plant healing for 30 years. Runs a private practice in Munich, delivers courses and lectures on various topics in these fields.



Cornelia Stern, Helga Eil-Beiser

## Theory and Practice of Phytotherapy

Understanding active substances - Meaningful use of medical plants. Featuring 120 plant monographs

978-3-03800-870-5

98.00 EUR

Cover: Hardcover

Extent: 680 pages

Format: 17 cm x 24 cm

222 colour photos, 21 mind maps/illustrations, ribbon; word count: 198,808

Available: 27/06/2022

Rights sold: All rights available

- **From healing plant to cure**
- **Instructional and reference manual for medical experts and amateurs**
- **120 detailed plant monographs, recipes, and recommended medication**

What is it that renders a simple plant suitable for medical use? And how can its healing potential fully unfold? This comprehensive manual offers a well-structured and scientifically grounded presentation on the basics of phytotherapy. The authors show us the meaningful use of plants and their active substances. Thoroughly tried and tested recipes and medication suggestions complement each and every indication. Mind maps allow for a quick overview and make it easy to confidently identify a suitable medical plant. Excellent photographs help us recognize the plants in their natural surroundings. »Theory and Practice of Phytotherapy« is an indispensable reference for medical experts and interested amateurs who wish to acquire or deepen their knowledge about phytotherapy.

**Cornelia Stern:** Pharmacist specialized in naturopathy. Director of the »Freiburger Heilpflanzenschule« and lecturer on phytotherapy, paracelsianism, gemmotherapy, and classical homeopathy.

**Helga Eil-Beiser:** Alternative practitioner running her own practice since 1997 with focus on phytotherapy, healing of women and children, psychosomatic medicine. Lecturer at the »Freiburger Heilpflanzenschule«.



Wolf-Dieter Storl

## **Plants of The Celts**

Healing, Plant Magic, Tree Calendar

978-3-85502-705-7

32.00 EUR

Cover: Hardback with jacket

Extent: 368 pages

Format: 13.5 cm x 22 cm

Richly illustrated

Subject areas: Healing, celts, rituals

Available: 18/10/2000

Rights sold: CZ, J

- **With practical recipes of ancient cures and healing methods**
- **Including the most important healing and magical plants and trees of the Celts**

The Celts used to be the prevalent culture in large parts of Europe for almost a thousand years. Even though druidism was destroyed, ordinary people clung to the wisdom of yore and passed it on in words and practice through proverbs, fairy tales, legends, seasonal rituals, and particularly through herb knowledge and folk medicine. The author introduces us to healing practices that do not focus on healing agents, but on the magical powers of plants. He presents the most important healing and magical plants and trees of the Celts in their seasonal and cultural context, in folk medicine, and in witchcraft, while also explaining the meaning of the Celtic annual circle and tree calendar. Along the eight Celtic annual celebrations and related rituals, he leads us through the annual cycle and shows us how to tune into the big rhythms of nature even in this day and age. With many practical recipes for ancient medicines and healing practices.

**Wolf-Dieter Storl:** Cultural anthropologist and ethno-botanist. Lectured at various universities and published numerous books that became long selling successes. He lives on a solitary farm in the Allgäu.



Wolf-Dieter Storl

## **Nature Rituals**

Find your own roots with the help of shamanic rituals

978-3-03902-206-9

29.00 EUR

Cover: Hardcover

Extent: 280 pages

Format: 15.5 cm x 23.5 cm

37 colour photos, word count: 89.942

Available: 29/05/2023

Rights sold: All rights available

- **Nature rituals: companions of our personal development**
- **Essential knowledge about nature spirituality**
- **Shamanic wisdom for people who feel part of nature**

The urge to open your soul in rituals and create an inner bond with nature is as ancient as humankind itself. Even in this day and age rituals are a path to stable footing and self-awareness. Wolf-Dieter Storl focuses on the traditions of European forest peoples – Celtic, Germanic, and Slavic groups – and on various rituals from America, Asia, Australia, and Africa. What is the right time and place for a ritual? Why to perform one at all, and what aspect of life does it relate to? Practical questions that will be answered in this book. It showcases ritualistic objects, smoking and auxiliary agents but also plants and animals that are relevant for shamanic nature experiences. Wolf-Dieter Storl shares essential background knowledge on shamanic nature and self-perception.

**Wolf-Dieter Storl:** Cultural anthropologist and ethno-botanist. Lectured at various universities and published numerous books that became long-selling successes. He lives on a solitary farm in the Allgäu.

Photos: Lisa Storl





Wolf-Dieter Storl

## Natural Healing of Borreliosis

978-3-03800-360-1

22.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 13.5 cm x 22 cm

Numerous illustrations

Subject areas: Lyme disease

Available: 06/07/2007

Rights sold: CZ, FR, NL, PL, USA

### • A naturopathic approach to healing lyme disease

Not too long ago a tick bite merely caused a trifle irritation. Today however one fears that each tick contains borrelia eager to infect humans and animals with the nasty disease borreliosis, a multi-system illness which can affect any organ and sham any symptom. Borrelia are utmost cunning and versatile. They elude the immune system or manipulate it according to their needs, they constantly change shape, hence are often hard to recognize for the immunocytes. Antibiotics can hardly attack them, or they hide in nerves, cartilages or other less blood-supplied body tissues. Hence they unmistakably prove that we have reached the end of the antibiotics age. The author, himself an ethno-botanist, studies traditional Chinese medicine, the treasures of Indian healing knowledge, homeopathy and traditional Western healing herb medicine in order to find effective therapies. In China he finds the teasel, in the Carribeans the overheating therapy, diets and plants the locals used to heal syphilis, a disease closely related to borreliosis. Additionally he describes a number of other therapeutic approaches. The author experienced the healing effects of the presented treatments on his own body. Borreliosis can be healed, there is no need to be afraid.

**Wolf-Dieter Storl:** Born 1942, cultural anthropologist and ethno-botanist. Former Fulbrigh scholar of the University of Bern, lectured at different universities. Study trips, ethnographical and ethno-botanical field research – in a traditional spiritualist settlement in Ohio, with old and experienced farmers in the Emmental, with medicine men of the Northern Cheyenne, with Shiva Sadhus in India and Nepal – are depicted in numerous articles and books. Since 1988 he lives with his family on a solitary farm in the Allgäu where he is occupied with gardening and investigating the secrets of healing herbs and wild plants.

*»In the German-speaking area Wolf-Dieter Storl is, along with Christian Rätsch, the unquestioned connoisseur in the fields of plants and plant mythology.« – Esotera*



Wolf-Dieter Storl

## **The Bear**

Animal of Strength of the Shamans and Healers

978-3-03800-245-1

29.00 EUR

Cover: Hardcover

Extent: 288 pages

Format: 13.5 cm x 22 cm

Illustrations

Subject areas: bear, shamanism

Available: 09/08/2005

Rights sold: CZ, USA

### • **The fascinating relationship between man and bear**

Anywhere the bear lives, i.e. in the entire Northern hemisphere, he was considered an animal of strength. He was not an ordinary animal but a kind of »forest man« whose shaggy fur was hiding a human or even godly soul. He could understand men's thoughts and had healing powers. Whoever dreams of a bear or has a strong encounter with a bear becomes a herbal healer and is summoned to heal with plants. Besides the bear dreamer is the mightiest among medicine men according to North America's natives. The Germanic people called their most efficient and reliable healing plants »bear herbs« and sent their youngsters into the forest to experience their true nature as »bear skimmers«. Wolf-Dieter Storl, cultural anthropologist and ethno-botanist, lived himself in bear habitats in the Rocky Mountains for many years and had frequent – sometimes dramatic – encounters with bears. In this book he depicts the relationship between man and bear. The journey leads into the bear caves of the Neanderthals, the bear cults of Siberian tribes of today, to cave bears and teddy bears and last but not least to the bear city Bern where the author himself used to live for several years. We find out about the bear goddess Artemis and the medicine bear of Indian shamans and find numerous bear tales and stories from all over the world.

**Wolf-Dieter Storl:** Born 1942, cultural anthropologist and ethno-botanist. Former Fulbright scholar of the University of Bern, lectured at different universities. Study trips, ethnographical and ethno-botanical field research – in a traditional spiritualist settlement in Ohio, with old and experienced farmers in the Emmental, with medicine men of the Northern Cheyenne, with Shiva Sadhus in India and Nepal – are depicted in numerous articles and books. Since 1988 he lives with his family on a solitary farm in the Allgäu where he is occupied with gardening and investigating the secrets of healing herbs and wild plants.



Wolf-Dieter Storl

## **Plant Devas**

The Spiritual-Mental Dimensions of Plants

978-3-03800-846-0

26.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 13.5 cm x 22 cm

44 illustrations

Subject areas: plants, meditation

Available: 25/08/2014

Rights sold: All rights available

- **Featuring practical instructions for plant meditation**
- **New, special-priced edition**

Plants are more powerful than we commonly think. Being macroscopic creatures they communicate the light forces of the cosmos and enliven the earth matter. All cultures, except the one we are living in today, are aware of the psycho-spiritual dimensions of plants. In dreams or ecstatic visions of shamans, plants appear as deities, Devas, or light angels who actively and consciously interfere in earthly events and human history. Wolf-Dieter Storl, the distinguished plant expert, demonstrates how the disrupted communication between human beings and plants can be restored. An appendix featuring practical instructions for plant meditation helps to re-establish contact with the plant Devas.

**Wolf-Dieter Storl:** Cultural anthropologist and ethno-botanist. He has lectured at various universities and is the author of several long-selling books. He lives on an isolated farm in the southern German Allgäu with his family.



Wolf-Dieter Storl

## **Primal Medicine**

The True Origins of our Folk Medicine

978-3-03800-872-9

29.00 EUR

Cover: Hardcover

Extent: 304 pages

Format: 13.5 cm x 22 cm

Richly illustrated

Available: 15/09/2015

Rights sold: CZ

- **The true origins of our folk medicine**
- **Healing plants, shamanic healing, and spirits**
- **The new book from the famous Allgäu-based plant expert**

Besides academic medicine as practised by doctors and pharmacists, every people and every ethnic group has its very own functioning art of healing that is adjusted to the given ecological circumstances – such as certain healing plants that grow right outside the cabin or local climate conditions. This ancient knowledge of healing was usually treasured and passed on by women, since traditionally they were the ones taking care of children, the sick, and the elderly. Shamanic healing, excursions to the spirits of plants, confronting »worms« and other disease spirits, as well as overheating therapy (sweat lodge) are all part of this traditional knowledge about healing plants and their powers. Even the first farmers contributed to the ancient European art of healing by using weeds such as camomile or dwarf mallow as remedies or by producing herbal healing beer and herb bread. Cultural anthropologist and ethno-botanist Wolf-Dieter Storl describes all this in his well-known knowledgeable, profound, comprehensive, and at the same time entertaining manner.

**Wolf-Dieter Storl:** Cultural anthropologist and ethno-botanist. He has lectured at various universities and is the author of several long-selling books. He lives on an isolated farm in the southern German Allgäu with his family.





Wolf-Dieter Storl

## **Insights and Visions**

The Wolf-Dieter Storl reader

978-3-03902-066-9

29.00 EUR

Cover: Hardcover

Extent: 304 pages

Format: 13.5 cm x 22 cm

8 colour photos, word count: 96,231

Available: 30/03/2020

Rights sold: All rights available

- **The big Wolf-Dieter Storl reader**
- **Bestselling author Wolf-Dieter Storl: the quintessence of his wisdom**
- **Indian mythology, plant power, the Earth's ecosystem, and Greta Thunberg**

We think we understand the world. Science has measured, dissected, and analysed it to the most minute detail. But what do we really know? Is existence not much vaster and more magical than we believe? If we stop and take a minute to put ourselves in the position of a flower, an animal, a cloud, or an event, we will dive into worlds of endless depth.

Wolf-Dieter Storl's latest book, a digest of his incredible vast knowledge, focuses primarily on plants, Shamanic plants, invasive neophytes, pyrrolizidine alkaloids, and on Hildegard of Bingen's dandelion. Storl also shares his views on contemporary issues such as climate change, ecology, and health. Further topics include the nature of animals, the meaning of fairy tales, as well as gardening, but also his magical trips to India, China, Mexico, South Africa, and other countries. A book full of clever thoughts and wisdom, and a source of orientation and guidance in restless times.

**Wolf-Dieter Storl:** Cultural anthropologist and ethno-botanist. Lectured at various universities and published numerous books that became long-selling successes. He lives on a solitary farm in the Allgäu.





Wolf-Dieter Storl

## **Wolf Medicine**

A Journey to Plant Healers in Mongolia and Siberia

978-3-03800-058-7

29.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 15.5 cm x 23 cm

58 colour photos, 2 b/w photos, 2 illustrations

Available: 27/08/2018

Rights sold: CZ

- **Traditional plant knowledge from Siberia and Mongolia**
- **Animals, plants, and Shamanic practices**
- **What we have learned from indigenous peoples**

Mongolia and Buryatia (Siberia) are sparsely populated, nature is wild and untouched – at night wolves are howling, vultures and eagles are circling in the sky. To this day nomadic shepherds roam the grass steppe, they live in yurts and practice ancient Shamanic rituals. To the north, the endless forests of the Taiga spread out, home to the Buryatia and Evenki people. Together with a small group of naturopaths, the author set out to explore this secluded region and to learn about healing plants and Shamanic practices at close range. In this richly illustrated book he casts a thorough glance on fauna and flora, researches healing practices of indigenous peoples, and demonstrates the cultural continuity with both North American natives and our own ancestors, the European forest peoples. He tells the fascinating tale of rhubarb, roseroot, and willow herb, but also gives an account of the devastating effects caused by the search for raw materials and rare-earth metals.

**Wolf-Dieter Storl:** Cultural anthropologist and ethno-botanist. Lectured at various universities and published numerous books that have become successful long sellers. He lives on a solitary farm in the Allgäu.



Wolf-Dieter Storl

**Healing Herbs and Magic Plants  
Between Front Door and Garden Gate**

978-3-03800-060-0

24.00 EUR

Cover: Hardcover

Extent: 192 pages

Format: 15.5 cm x 23 cm

29 colour photos, 9 illustrations

Available: 27/08/2018

Rights sold: CZ, PL

- **Nine common wild herbs: A journey of discovery into the secret nature of plants**
- **Richly illustrated with wonderful photos**
- **Expanded and revised edition of the bestseller**

Ever since ancient times true herbalists have known that even the simplest, most common herbs are valuable, and that just a handful of these is sufficient to heal any type of sickness. It is important, however, not to consider the plants mere containers of chemical substances, but to respect their personality, character, and history. The author highlights nine common wild herbs that grow everywhere in our closest surroundings, yet they remain widely disregarded: stinging nettle, mugwort, ale-hoof, ground elder, plantain, horsetail, daisy, chickweed, and dandelion. He describes their characteristics and healing powers, their relevance in folk medicine, their role in legends, fairy tales, and superstitions as well as their planetary references. The new edition is larger in size and richly illustrated with wonderful photos.

**Wolf-Dieter Storl:** Cultural anthropologist and ethno-botanist. Lectured at various universities and published numerous books that have become successful long sellers. He lives on a solitary farm in the Allgäu.



Wolf-Dieter Storl

## The Heart and its Healing Plants

978-3-03902-101-7

29.00 EUR

Cover: Hardcover

Extent: 232 pages

Format: 15.5 cm x 23.5 cm

58 colour photos and illustrations

Available: 26/08/2020

Rights sold: IT

- Plant cures for the heart in ancient and modern medicine
- A holistic view on cardiac diseases
- Drawing from the profound wisdom and experience of the renowned plant expert

### Plants for the Heart

Cardiovascular diseases are among the most common causes of death in the Western world. Are these conditions caused by stress, wrong nutrition, faulty programming of the psyche, or maybe harmful microorganisms? Prior to industrialisation, cardiac diseases in the modern sense were practically unknown. In those days, plants with beneficial effects on the spirit and soul cheered up the heart and hence served as »heart medicine«. Apart from these ancient heart plants the book also presents medical plants used in modern cardiology, such as foxglove, lily of the valley, or strophanthus. A holistic insight into the hot topic of cardiac diseases, presented from an ethnographical, ethnomedical, ethnobotanical, and folkloristic perspective.

**Wolf-Dieter Storl:** Cultural anthropologist and ethnobotanist. Lectured at various universities and published numerous books, many of them long-selling classics. He lives on an isolated farm in the southern German Allgäu.

Photos: Frank Brunke



Wolf-Dieter Storl

## **Essence and Secrets of Invasive Plants**

Healing plants, food plants, economic plants

978-3-03902-170-3

29.00 EUR

Cover: Hardcover

Extent: 344 pages

Format: 15.5 cm x 23.5 cm

120 colour photos, 24 b/w photos; word count: 95,369

Available: 28/02/2022

Rights sold: All rights available

- **Insights about invasive plants from the great plant connoisseur**
- **Hidden benefits of alleged adversaries**
- **Psychological and philosophical aspects**

Invasive plants: threat or bee pasture?

Invasive plants are often considered evil intruders in our natural environment. They are said to eliminate domestic plants and to be worthless for wildlife. But is this really true? In this book Wolf-Dieter Storl shows us how to become friends with invasive plants. Based on sound facts and evidence he proves that plants such as giant hogweed, Canada goldenrod, or Himalayan balsam are not in the least a problem. In the countries they originate from, many of them are considered precious food, economic or healing plants, and some are even valued as sacred plants used for Shamanic or other rituals. This book offers a totally new perspective on »wandering« plants and helps us to understand and make good use of them.

**Wolf-Dieter Storl:** Cultural anthropologist and ethno-botanist. He has lectured at various universities and published numerous successful long-selling books. He lives on an isolated farm in the Allgäu.

Photos: Frank Brunke





Anton Stucki

## Hear Better – Live Lighter

How to Strengthen Our Faith in the Self-Healing Powers of Body, Spirit, and Soul.

978-3-03902-054-6

34.00 EUR

Cover: Hardcover

Extent: 360 pages

Format: 15.5 cm x 23.5 cm

colour photos and illustrations, word count 109,273

Available: 31/08/2020

Rights sold: All rights available

- The latest book about a reliable hearing treatment
- The natural laws of self-healing and the path to better hearing
- Improving your hearing ability with the help of simple exercises

The Advanced Version of the Bestseller

Self-healing is not coincidental but based on laws of nature. This applies also to our hearing ability. The ear is our gate both to the world and to our soul. In this day and age it has to endure quite a lot. Hearing impairment, tinnitus, or otitis are rather often the source of conflicts. Once we grasp the fundamental order of human perception and undergo a training based on this understanding, we are able to improve the auditory capacity of each and every living person. Detailed guidelines show us how to strengthen our hearing step by step. If we manage to consciously reinstate and organize the order in our auditory space we will learn how to detect sources of noise and hear very low sounds. This works even better if we, in parallel, process traumatic aspects of certain past experiences that have led to an actual hearing impairment.

**Anton Stucki:** Born in Zurich, lives in Brandenburg since 1995. Develops health technologies together with researchers from the fields of physics, biology, mathematics, and medicine. Since 2005 development of the natural sound converter and a therapeutic method to regenerate hearing. Seminars, lectures, trainings for therapists and physicians.



Anton Stucki

## Hear better – live lighter

How to Regain Your Innate Hearing Capacity

978-3-03800-934-4

29.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 15.5 cm x 23.5 cm

numerous illustrations

Available: 05/03/2018

Rights sold: USA

- **Restore natural hearing capacity with 20 simple exercises**
- **A unique treatment, successfully applied to patients with hearing loss for more than ten years**
- **Based on clear physical principles and developed with the help of the latest research results from natural science and medicine**

Many, particularly older people have to experience that their hearing is worsening, especially in noisy surroundings, at a bar, or sitting in a bigger company of friends with continuous vivid conversation. Yet it is not normal for our hearing to worsen, not even with growing age. This book explains how hearing works and outlines a program of 20 interrelated exercises to improve and train our hearing step by step. Body geometry, spatial location, and perception processing play an essential role in this method. Adhering to the principle of self-regulation combined with targeted training will help to rebuild our innate hearing capacity step by step. The method presented in this book relies on well-known physical principles and the author's more than ten-year-long practical experience with people suffering from hearing problems. Simple exercises without hearing aid will lead to improvement, as demonstrated by impressive case studies.

**Anton Stucki:** Born in Zurich, lives in Brandenburg since 1995. Develops health technologies together with researchers from the fields of physics, biology, mathematics, and medicine. Since 2005 development of the natural sound converter and a therapeutic method to regenerate hearing. Seminars, lectures, trainings for therapists and physicians.



Bruno Vonarburg

## **Healing with Plant Essences**

Human types and plant characteristics  
Individual treatment of 100 illnesses

978-3-03800-977-1

44.00 EUR

Cover: Hardcover

Extent: 448 pages

Format: 19.5 cm x 26.5 cm

204 colour photos

Available: 16/10/2017

Rights sold: All rights available

- **A brand new compendium on healing plants**
- **Individual treatment of 100 diseases and pains with plant essences**
- **A comprehensive reference book not only for therapists - Summarizing 30 years of experience in naturopathy**

Renowned healing plant expert and alternative practitioner Bruno Vonarburg presents the synthesis of his practical experience gathered over more than 30 years. Thorough and reliable as usual, he shows us how to effectively treat more than 100 illnesses and pains with the help of plant essences – be it acne or arthrosis, bladder infection or diverticulitis, hay fever or migraine, prostate pain or irritable bowel syndrome, sleeping disorder, tennis elbow, or constipation. Special chapters are dedicated to paediatrics and female disorders, pregnancy and birth, as well as old age complaints and dementia prophylaxis. Checking the physique of the patient against the signature of a particular healing plant, new remedies are constantly being identified next to the main plant cure, depending on individual conditions. Choosing the right plant medicine based on individual needs can significantly contribute to a better healing process. A comprehensive guide and reference book for amateurs as well as therapists, naturopathic practitioners, and medical doctors focusing on naturopathy.

**Bruno Vonarburg:** One of the most renowned naturopaths in Switzerland running a practice in Teufen (Appenzell Außerrhoden). He is the author of several books that count as benchmarks in plant healing, and is a sought-after lecturer at naturopathy congresses inside and outside the country. He has made numerous appearances on radio and television.



Bruno Vonarburg

## **A Practical Guide on Healing Plants**

Signatures and Healing with Blossom Essences

978-3-03902-115-4

36.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 17 cm x 24 cm

271 colour photos, word count: 78,597

Available: 29/03/2021

Rights sold: All rights available

- **Blossom essences for the healing of body and soul**
- **A practical manual for therapists and amateurs**
- **Featuring more than 300 colour photos**

Healing a disease is not only about alleviating physical symptoms, but also about replenishing the human psyche. Many years of experience in naturopathic practice led the author to the conclusion that a combined treatment based on fine matter vibration potential of blossom essences triggers a powerful effect that boosts health. Self-healing powers are lastingly activated, and the recovery process is built up from within – starting from the emotional level which is the source of many illnesses. Vonarburg portrays more than 90 healing plants that help with common health issues, among others menopause complaints, prostate adenoma, osteoporosis, but also heartburn and general performance decrease. This guide is suitable for alternative practitioners and interested amateurs alike.

**Bruno Vonarburg:** One of the most renowned naturopaths in Switzerland running a practice in Teufen (Appenzell Ausserrhoden). He is the author of several books that count as benchmarks in plant healing as well as a sought-after lecturer at naturopathy congresses inside and outside the country. He has made numerous appearances on radio and television.





Johannes Wilkens, Gert Böhm

## **Mistletoe – A Powerful Natural Cancer Cure**

Prevent, Relieve, Heal

978-3-03800-891-0

28.00 EUR

Cover: Hardcover

Extent: 240 pages

Format: 13.5 cm x 22 cm

48 colour photos

Available: 25/02/2016

Rights sold: CZ, JPN

- **Prevention, relief, and healing with mistletoe**
- **Presents 13 types of mistletoe**
- **By Johannes Wilkens, an outstanding expert on the subject**

For many years, mistletoe extract from different trees has proven to be an excellent cure for cancer, as confirmed by dedicated research and case studies. In Germany, mistletoe is the most popular medical plant in cancer therapy. Mistletoe is most powerful when the tree on which it grows and draws its nutrients from is similar in character to the sick person. Johannes Wilkens, an outstanding expert on the subject, has significantly enhanced mistletoe therapy. In this book, he presents 13 types of mistletoe, each with its specific connection between tree and human, illustrating how a differentiated use of mistletoe supplements significantly increases the chances for healing. Mistletoe supplements are also successfully applied in cancer prevention and with various age-related diseases.

**Johannes Wilkens:** Born 1962. Medical Director of the geriatric rehabilitation clinic Alexander von Humboldt in Bad Steben. Also runs a private practice. Research activity in the fields of homeopathy and anthroposophic medicine, author of books and journal articles.

**Gert Böhm:** Formerly managing director for a newspaper publishing house, today freelance journalist and book author.



Johannes Wilkens, Frank Meyer, Ruth Mander

## Arnica – Queen of the Healing Plants

978-3-03800-081-5

29.00 EUR

Cover: Hardcover

Extent: 224 pages

Format: 13.5 cm x 22 cm

30 colour photos

Available: 26/03/2018

Rights sold: All rights available

- All about arnica – the queen of healing plants
- The most popular healing plant in folk medicine, phytotherapy, and homeopathy
- The latest astonishing research results

For all ages, arnica is the most popular healing plant. Though it has become rare in our natural environment, many of us are familiar with it in the shape of ointments and compresses, globules or drops. This book presents the healing plant arnica in its natural surroundings in the mountains and on forest clearings and describes its botanical characteristics as well as its use in folk medicine, phytotherapy, and homeopathy, complemented by astounding new approaches in the area of anthroposophic medicine. It demonstrates that arnica is not only helpful with injuries and joint pains, but can also be used as a viable alternative in the modern treatment of multiple sclerosis, that it contributes to the overall healing process after strokes, and that it has proven effective in emergency medical aid as well as in the treatment of cardiac conditions. Arnica offers relief with strains and also in the case of grave muscle disorders.

**Dr. med. Johannes Wilkens:** Medical director of the geriatric rehabilitation clinic Alexander von Humboldt in Bad Steben. Also runs a private practice.

**Dr. med. Frank Meyer:** Specialist for general medicine/naturopathic treatment, engaged in holistic trainings for medical doctors.

**Ruth Mander:** Botanist, since 1998 freelance lecturer on botany and goethean observation of healing plants.



Johannes Wilkens, Frank Meyer

## Natural treatment of corona

Holistic understanding, prevention, and treatment of COVID-19

978-3-03902-116-1

23.00 EUR

Cover: Hardcover

Extent: 216 pages

Format: 13.5 cm x 21 cm

27 colour photos, 7 b/w photos, 9 illustrations; word count: 42,384

Available: 25/01/2021

Rights sold: All rights available

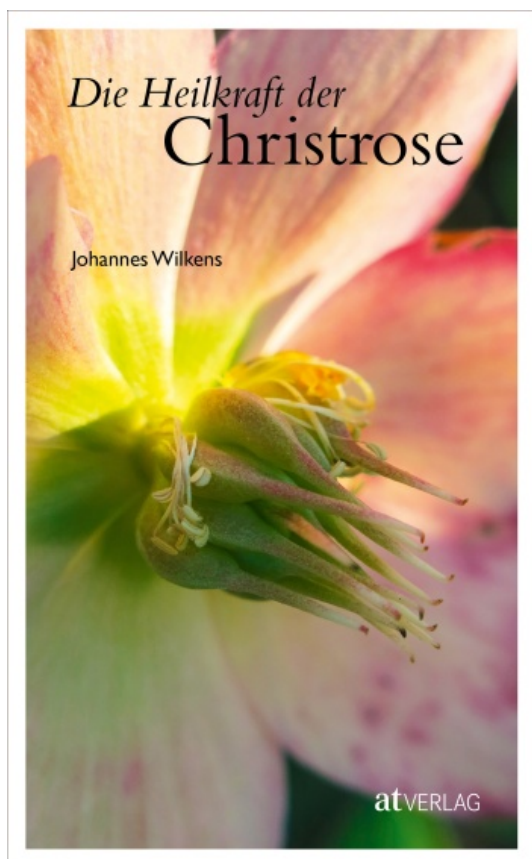
- A holistic approach to understanding COVID-19
- Alternative healing concepts
- Approaches towards a solution based on anthroposophical and homeopathic medicine

The coronavirus pandemic scares people all over the world and imposes grave restrictions in our social life. We repeatedly hear that only a vaccine will solve the problem of COVID-19. Politicians, media outlets, as well as health professionals, especially virologists, see no other way out. But what if there were methods of treatment other than classical medicine? The authors have been following the coronavirus pandemic and its consequences from a medical perspective, observing infected patients and the various stages of their disease at close range. They realized and experienced that there are a number of remedies for this illness which are currently not being perceived sufficiently. In this book they present the most important cures from anthroposophic and homeopathic medicine, enabling us to find our own way out of the coronavirus crisis.

**Dr. med. Johannes Wilkens:** Medical director of the geriatric rehabilitation hospital Alexander von Humboldt in Bad Steben. Also runs his own private practice.

**Dr. med. Frank Meyer:** Since 1994 general practitioner in Nuremberg. Focuses, among others, on naturopathic healing methods and anthroposophical medicine.

*»Many experts agree that a vaccine will not make the virus go away for good. The need for treatment concepts from naturopathy will be immense. Whether we like it or not, we will have to learn to live with the virus.« – Dr. med. Johannes Wilkens, Dr. med. Frank Meyer*



Johannes Wilkens

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**Johannes Wilkens:** Born 1962. Medical Director of the geriatric rehabilitation clinic Alexander von Humboldt in Bad Steben. Also runs his own private practice. Extensive research in the area of homeopathy and anthroposophic medicine, numerous books and magazine articles.





Anne Katharina Zschocke

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**Anne Katharina Zschocke MD:** Studied human medicine and naturopathic treatments, worked as physician and in applied horticulture, also internationally as consultant and freelance lecturer. She is considered one of the pioneers of holistic microbiology. Author of four bestsellers.



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**Anne Katharina Zschocke MD:** Studied human medicine and naturopathic treatment, worked as physician and in applied horticulture, also internationally as consultant and freelance lecturer. In 2011, she developed the first seminars on Effective Microorganisms (EM) in Europe. She is considered one of the pioneers of holistic microbiology. Author of four bestsellers.



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**Svenja Zuther:** Graduate biologist, alternative practitioner, author. Has been researching communication with plants for 20 years, and developed spiritual plant healing and nature therapy. She offers individual training courses and delivers lectures both at home and abroad. In 2006 she founded the conference centre KUDRA NaturBewusstSein.