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Cooking and Nutrition

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Andreas Eenfeldt

Actually fat

Why we get addicted to Carbohydrates and Sugar

Echt fett. Iss dich schlank und nimm ab. Warum uns Kohlenhydrate und Zucker süchtig machen

312 pages, hardcover

ISBN: 978-3-85068-918-2

Publication date: April 2016



The book

Fat in food has been considered to be something fattening and for many years has been banished from the eating plans of overweight people. But is fat really to blame for 21st century weight problems? The Swedish physician Andreas Eenfeldt puts the guiding principles of existing guidebooks under radical scrutiny. His book throws all the familiar diet plans into disarray, and it has led to a veritable nutritional revolution in Sweden. Eenfeldt puts his faith in Low Carb High Fat (LCHF), a simultaneously low-carbohydrate and high fat diet. Meanwhile he places great value upon natural, and not industrially modified food.

This book advises you to switch over your diet permanently and to eat your way to better health using simple methods. The LCHF Diet also has a positive effect on diabetes

Dr Andreas Eenfeldt

This nutrition expert has given up his job as a general practitioner and now operates a professional health blog at www.dietdoctor.com. He offers up-to-date information in the form of lectures, interviews, discussions, tutorials, and films. Eenfeldt gives lectures for the general public and for medical personnel and reports daily on the latest health research, including from international companies.

Roswitha Fehrer

Das 5-Elemente Kochen im Einklang mit den Jahreszeiten

5 Element Cooking in Harmony with the Seasons

Healthy Nutrition in Harmony with the Seasons

250 recipes for the whole family

296 pages, format 16,5 x 24 cm
separate poster of food

ISBN: 978-3-85068-538-2
6th edition 2012



- Healthy nutrition following TCM (Traditional Chinese Medicine) principles
- Arranged by season
- Delicious and easy to cook recipes for the whole family

Roswitha Fehrer first studied dietetics according to the 5 elements of traditional Chinese medicine, in order to help her seriously ill husband. She succeeded, and then began to lead cooking workshops based on these 5 elements.

This easy, how-to approach to cooking based on the 5 elements shows the different qualities of food by clearly dividing them into wood, fire, earth, metal and water. The 250 dishes combine ingredients readily available in the corresponding season, so they are always fresh and easily digestible

Roswitha Fehrer is a nutrition consultant and gives lectures about nutrition in the German speaking countries.



	HEISS	WARM	NEUTRAL	ERDFEUCH	KALT
HOLZ SÄURE LEBER-GALLEN FRÜHLING					
FEUER SÜß KUNDELHOLZ-HEDE SCHNAPPE SOMMER					
ERDE SÜß MAGEN + MILCH ERDEDECKE HERBST					
METALL SCHARF SCHNAPPE LUNGEN HERBST					
WASSER SÄURE NIESSL - BALDE WINTER					

Günther W. Frank

**Kombucha The Tea Mushroom Drink.
Practical Guidance for its Preparation and
Application**

**Kombucha. Das Teepilz-Getränk. Praxisgerechte
Anleitung für Zubereitung und Anwendung**

234 pp, size 135 x 210 mm

ISBN: 978-3-85068-304-3

19th, revised edition 2016

Available in: German, English, Spanish, French , Dutch and
Polish, forthcoming in Czech

GÜNTHER W. FRANK

KOMBUCHA
DAS TEEPILZ-GETRÄNK

PRAXISGERECHTE ANLEITUNG FÜR
ZUBEREITUNG UND ANWENDUNG



Everything you need to know about this elixir of life and its health benefits

The book

Kombucha is much more than just a thirst quencher. According to folk medicine, the tea mushroom drink has been said to have positive effects on health since time immemorial. It is considered a home remedy for many ailments and diseases. In this book you will learn all you need to know about the tea mushroom: a symbiosis of various yeasts and other microorganisms. Ranges from a description of its various production techniques to its use, and how to conserve it. Günther Frank's advice is based on years of involvement with the popular fermented drink. A must read for all friends of Kombucha!

Günther W. Frank

Lives in Birkenfeld in the Black Forest, married, four children. Is professionally involved with macrobiology and naturopathy. The reputation of Kombucha as a miracle cure seemed “suspicious” to him. He looked deeply into the myth and was transformed from sceptic to convinced admirer of the tea mushroom drink. His book is considered in Europe as well as in other countries to be the “Kombucha Bible” par excellence. More information at www.kombu.de.

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Michaela Hansl

Simply Natural

Cooking with Oat Rice – 55 Healthy Recipes

172 pp., hardback,
Format: 200 x 270 mm,
illustrated throughout
ISBN 978-3-7095-0127-6

Publication date: April 2021



The book

With her unique cookbook, professional chef Michaela Hansl conveys a natural and simple way that spans modern Austrian cuisine, in a time when we are increasingly leaning towards old values, regional emphasis and sustainability once more. She has created 55 diverse, healthy and uncomplicated recipes using oat rice, a genuine superfood.

Polished oat grain (“oat rice”) was already being used as an all-round foodstuff during the First World War in soups, side-dishes, starters, main courses and desserts. It must have been used as a rice substitute and it was later forgotten about. But this was not the case for Michaela Hansl. She found an old, hand-written recipe book containing oat rice dishes in a flea market, and her enthusiasm was ignited.

Along with many practical tips, the recipes can be built upon and are sustainable and suitable for packed meals. And thus they can be incorporated wonderfully into everyday use. This is a cookbook that focuses on a natural approach in the kitchen, and it will cast a spell over you with its fantastic photographs.

Michaela Hansl

She was born in Steyr in 1977 and she now lives in Riederberg near Vienna. This qualified nutrition coach and academic body and vitality trainer is a full-time cook and runs her own event catering company, via which she also cooks for celebrities in showbusiness and in the music business. She conducts nutrition training programs and holds cookery workshops. In addition to her passion for cooking, this mother of four loves culinary seaside trips.

www.natuerlicheinfach.com

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Michaela Hauptmann

Bubbling with the Spirits of Vitality
*Fermenting for More Energy
 and a Happy Gut*

216 pages, numerous colour photos
 Hardcover, Format: 20 x 24,5 cm
 ISBN 978-3-7095-0138-2

- + The fermented food trend:
 healthy, sustainable, inexpensive
- + Natural food preservation
 With tips from a Traditional European
 Medicine author
- + 50 recipes, classic and modern interpretations



The book

The author’s new book is all about preserves: In 2016, she discovered the natural fermentation (lactic acid fermentation) of vegetables by chance. Her initial doubts quickly gave way to enthusiasm. Her book is a basic course in fermentation. It also offers a lot of interesting information on the different techniques used to preserve food over the centuries, as well as accessories and troubleshooting.

The focus of the book is on the health benefits of fermented foods, presented against the background of Traditional European Medicine (TEM). How does digestion work from the perspective of TEM? What is meant by vital spirits? What is a microbiome and why should you eat sauerkraut, especially if you are histamine intolerant? Fermented foods have a positive effect on gut health and our overall vital energy – thanks to lactic acid bacteria (probiotics).

With fifty recipes for savoury delicacies, the author illustrates why we should let it bubble with pleasure in the canning jar. Eating fermented foods is beneficial for our health and a treat to our taste buds!

Michaela Hauptmann

was born in 1972 and lives near Vienna, Austria. She is a certified vitality and nutrition coach, TEM and integrative nutrition expert, recipe developer and board member of the Vienna Kneipp Active Club. Cooking is her passion. She leads cooking courses and workshops and likes to try out new things. Life, travel, and enjoyment are her guides.

www.michaelahauptmann.com

Michaela Hauptmann

Spirited Eating

Nutrition Using Traditional European Medicine

376 pp, hardback

Color illustrations throughout

Dimensions: 200 x 245 mm

ISBN 978-3-7095-0106-1

Publication Date: July 2020



The book

We all eat every day to boost our strength and energy and to experience joy and pleasure. And this is where nutrition according to Traditional European Medicine (TEM) can help: the 4-humor diet with its fire, water, earth and air elements reawakens our life spirits using individually tailored nutrition. The author outlines the concept of TEM and provides not just plentiful suggestions for everyday living using scientific knowledge, but also 100 locally grounded recipes, which both nourish us and taste good.

The aim of this introductory text is to strengthen your own individual constitution, whether it's sanguine, choleric, melancholic or phlegmatic. A diet that fits is an essential pillar in your life. Eat according to your type and live a well-balanced life through nutrition that's based on the four elements. Michaela Hauptmann invites us to "think of this book as a journey. A journey to question, to test out and possibly to change your lifestyle and your eating habits."

What is TEM?

Traditional European Medicine (TEM) builds on the teachings of famous doctors and scholars like Hippocrates, Galen, Hildegard of Bingen, Paracelsus and Sebastian Kneipp. It's based on proven healing knowledge that goes back thousands of years. Like TCM, its Chinese counterpart, it places at its center the human being as a whole, with their European roots and in their actual living environment.

Michaela Hauptmann was born in May 1972 and she lives near Vienna. In the past she worked as a technician in window construction. She is a qualified vitality and nutritional trainer, nutrition expert in TEM, recipe developer and board member of the Vienna Kneipp activity groups. Cooking is her passion, and she leads cookery courses and workshops and loves to try new things. Her key words are life, travel and enjoyment.

www.michaelahauptmann.com

Daniel Hobelsberger

From Outside

Seasonal Vegan Recipes throughout the Year – Combined with Wild Herbs

208 Pages

Hardcover, Format: 20 x 27 cm

ISBN 978-3-7095-0151-1

+ Creative Vegetable Dishes with Wild Herbs

+ 60 vegan recipes for every season

+ Autor is a cooking aficionado and inspired food photographer



Contents

This delightful vegan cookbook brings together over 60 recipes in which vegetables and wild herbs, in all variations, play the leading role on your plate. The author shows how you can create a delicious dish with a manageable list of ingredients, and without any animal products at all. This is honest cuisine, prepared simply, and refined to enhance to the essential flavour of the individual ingredients. The focus is on regionality and seasonality. Depending on the fresh produce that is available at the time, each dish can be transformed according to the season.

Always on the lookout for a new taste sensation, the author likes to experiment, combining influences from all over the world. This book also illustrates how to integrate fresh, wild herbs into your everyday cooking and give your meals an added nutritional bonus.

Daniel Hobelsberger

was born in 1982 in the Bavarian Forest region of Germany. This passionate chef now lives and works in the town of Weyer, in the Upper Austrian Enns Valley, with his wife and two cats. When he isn't spending his free time in the kitchen, or pursuing his other passion, photography, he likes hiking and climbing in the Austrian Alps – otherwise, you will find him in his vegetable and herb garden.

@ *plant_to_dish* (Daniel Hobelsberger)

Lydia Maderthaner
My Austrian Village Inn
*Sophisticated Dishes with
 Simple Ingredients*

200 pages
 Hardcover, Format: 20 x 27 cm
 Illustrated throughout
 ISBN 978-3-7095-0147-4

- + Cook at home just like in the Austrian Alps
- + 75+ classic recipes, seasonal and sustainable
- + From the chef of an Austrian village inn,
 and regular guest on
 TV cooking shows



Contents

The best of Austrian “pub grub” – comfort food full of fun and flavour! In her first cookbook, chef and innkeeper Lydia Maderthaner presents over 75 tried and true recipes from her famous kitchen. She combines traditional Austrian cuisine with her “capsule cooking” philosophy. Starting from a handful of basic recipes, she adds a variety of simple ingredients to create sensational culinary combinations. Her recipes bring out the best of her Austrian heritage and seasonal, sustainable ingredients. Central to the book are her “tips for cooking without recipes”. Give it a go – soon you will be cooking intuitively, and it will become second nature.

An authentic, personal cookbook with mouth-watering photos and recipes that will whet your appetite and your desire to get cooking!

Lydia Maderthaner

Born in 1982, Lydia lives in Weistrach, in the heart of the Lower Austrian “Cider Quarter” region. A mother of two, she and her husband have been running a traditional village inn for over 20 years. In 2019 she won an Austrian, state televised cooking competition open to all of the restaurants in the Cider Quarter. Lydia offers evening cooking classes and is a regular guest on TV cooking shows. She draws inspiration for her daily life through horseback riding and her culinary holidays.

www.wirtshauskuechl.com

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Helene Skoric

**Salt. The Big Book of Salt.
History, use, healing power, nutrition**

**Salz. Das große Buch vom Salz
Geschichte-Verwendung-Heilmittel-Ernährung**

216 pages

Hardcover with photographic insert, size 165 x 240 mm

ISBN 978-3-85068-952-6

Published in September 2015



The book:

Salt is life! For millennia people have known that it's a necessity. The book describes salt's formation and the different methods for extracting it. There follows a journey through world history, illustrating where and how salt has given life to different regions. Space is also given to the use of salt in medicine – from ancient times until today. Methods of healing using salt have been on the way back for several years.

The author lists rare types of salt, such as stone salt, ocean salt, natural salt, Himalayan salt, Persian Blue salt, Glauber's salt and desert salt, and describes extensively the ingredients of salt and its uses, including a critical look at table salt as an "altered" mineral. One focus of the book is on the history of salt in Austria and around the world, from prehistorical times until the present. The oldest salt mine in the world is located in Hallstatt (in Salzkammergut, Austria). Salt in local customs, mythology and Christianity are also mentioned, plus blessed salt and salt shotgun cartridges.

This richly illustrated volume is enlivened by salt-based recommendations for personal well-being. Last but not least, the author recommends sending salt to friends in order to bolster a person's worth.

The author:

Helene Skoric was born in 1957 in Oberwart, Austria. After graduating from college, she worked in administration at the Higher Federal College for economic professions for women in the areas of health and hospitality. She married in 1986 and had a son. From September 1989 she worked for the environmental organization "Brother Tree" – amongst other things on the management of health and environmental projects. In 1996 she founded the "Symbiose" community (www.symbiose.at), a health network with many members and events, where she is still on the executive. Since 1985, she has lived in Mödling, Austria. Her hobbies are creative activities and sports.

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