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- Ana Maria Lajusticia Bergasa. Defeating Osteoporosis.** Strong Bones for Life
- Dirk Schweigler. Irritable Bowel.** Healing from Food Intolerances and Digestive Problems
- Dr. med. Georg Weidinger. Healing Through The Body's Center.** The Power of Traditional Chinese Medicine
- Dr. med. Georg Weidinger. Daily healing.** Gaufen – Motion for every day
- Dr. Thomas Wolf. The End of Pain.** New Insights into Muscle Tension as a Cause of Pain and an Effective Alternative Therapy to Relieve It

Simone Brockes

**Trigenimal Neuralgia
When Life Falls out of Joint**

**Trigeminus-Neuralgie. Wenn das Leben aus den
Fugen gerät**

176 pp., hardcover

ISBN 978-3-85068-977-9

Publication date: September 2017



The book

Trigeminal neuralgia (TN) is a relatively unknown disease. After migraine, it has to be considered one of the most widespread chronic neurological diseases, and the numbers affected, while unknown, must be high. It is characterized by unbearable, acutely occurring nerve pain attacks around the face and jaw.

This book by Simone Brockes is one of the few on this subject. And it's a first-hand account, because the author herself suffers from this disease. She reports back on different therapies, interviews renowned specialists and also sufferers - and also wants to inspire us. TN is incurable and a neglected "problem child" when it comes to pain therapy, and it can take ages before it gets diagnosed. Depending on assessment, early detection and the program of medication, in many cases a relatively good quality of life can be achieved.

A compact and comprehensive guide for those affected, their relatives and doctors. Includes many current facts and figures, further literature, addresses and contacts.

Simone Brockes

This trained photographer works freelance as a journalist and photographer, as well as being involved in the PR sector. Simone Brockes operates a press agency in Viersen, on the Lower Rhine, in North Rhine-Westphalia. In 2011 she founded the online magazine www.lese-reise.net. In 2015, her illustrated book "The Lower Rhine – Snapshots of a Region" was published as well as a large-format Lower Rhine calendar. "Trigeminal Neuralgia - When Life Falls out of Joint" is her first non-fiction book.

Bert Ehgartner

Healthy without Aluminium
How to Recognize the Dangers of Aluminium
Preventing serious diseases

Gesund ohne Aluminium. Alu-Fallen erkennen.
Schwere Krankheiten vermeiden

288 pages
 paperback; size: 13.5 x 21 cm
 ISBN 978-3-85068-924-3
 2nd edition
 Published in May 2014



With his documentary and his revelatory book "The Aluminium Files - A Dirty Little Secret" (Ennsthaler 2012) Bert Ehgartner brought the outrageous aluminium scandal to public attention. In his second book he analyzes more closely the role of this dangerous alloy in the most sensitive aspects of our lives and shows where and how you can avoid the hazards it poses to our health.

Aluminium is used in our foods, cosmetics, medicines and vaccines, and in laser printers and the purification of drinking water. The chemical potential of this alloy is enormous: it converts aqueous compounds into gels and it ensures that sun creams or body lotions can comfortably be spread on the skin. In deodorants it clogs up the skin and stops us from sweating. More than 50 aluminium compounds are used in cosmetic products. Some are highly toxic.

In recent years scientific studies have associated aluminium with the increasingly frequent "diseases of civilization" such as asthma, allergies and autoimmune illnesses. Aluminium is also the prime suspect in the huge increase in Alzheimer's disease and breast cancer. Despite this, aluminium has taken hold of more and more aspects of daily life.

Now Bert Ehgartner presents a comprehensive guide to the subject providing useful information and assistance in all aspects of life. Find out which aluminium compounds are hazardous and how to recognize these everyday aluminum dangers.

The author:

Born in 1962, he studied journalism, political science and computer science in Vienna. In 1987 he started working as a journalist and went on to write critical analyses of the medical establishment and all its excesses. In 1997, he began to release documentary films (most recently "Die Akte Aluminium" = "The aluminium files", shown on ZDF / ARTE, ORF, and SRF). He has written several non-fiction books ("Das Medizinkartell" = "The Medical Cartel," Piper 2002, "Die Lebensformel" = "The Formula of Life" Hoffmann & Campe, 2004, "Gesund bis der Arzt kommt" = "Healthy until the Doctor arrives" Bastei-Luebbe 2010). Bert Ehgartner is married with five children and lives with his family in the Vienna Woods. For more information, see www.ehgartners.info

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Bert Ehgartner

**The Hygiene Trap.
End the Fight against Viruses and Bacteria**

**Die Hygiene Falle. Schluss mit dem Krieg gegen
Viren und Bakterien**

250 pages
paperback; dimensions: 135 x 210 mm
ISBN 978-3-85068-946-5
Publication date: October 2015, 2nd print running 2016
Soon available in Russian



The concept of hygiene which means we no longer live in an age of epidemics has now been perverted into sterility. Drinking water is chlorinated, vegetables are shrink-wrapped and one third of births are by Caesarean section in germ-free labour wards. Hygiene has become a synonym for safety.

But absolute cleanliness does not create absolute health. On the contrary one third of the population, especially our children, suffers from chronic diseases which did not exist until a few decades ago: these include allergies, autoimmune diseases and developmental disorders.

Science only recently started to realize the enormous effects of our modern hygiene mania. The billions of bacteria colonizing our body are helpful friends to our immune system, and they protect us and take on important tasks.

The hygiene trap snaps shut: we fight the microbes as if they were our enemies, thus damaging our immune system and harming ourselves.

Bert Ehgartner demonstrates that viruses and bacteria should not just be seen as risk factors which have to be snuffed out, but rather that our symbiotic relationship with microbes can have positive effects on our health.

The author

Born in 1962, he studied journalism, political science and computer science in Vienna. In 1987 he began working as a journalist and wrote critical books and articles analyzing the medical establishment and all its excesses. In 1997, he started to release documentary films: most recently "Die Akte Aluminium" ("The Aluminum Files"), which was shown on ZDF / ARTE, ORF, and SRF. He has written several non-fiction books: "The Aluminium files – A Dirty little secret" Ennsthaler 2012, "Healthy without Aluminium", Ennsthaler 2014. Bert Ehgartner is married with five children and lives with his family in the Vienna Woods. For more information, see www.ehgartners.info.

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Dr. med. Ralf Kleef

Hot Truths

How Natural Fever Can Protect You From Cancer

Heiße Wahrheiten. Wie natürliches Fieber vor Krebs schützen kann

136 pp, paperback

ISBN: 978-3-85068-966-3

Release date: 13th of October 2016



The book

Cancer treatment is a billion dollar business. There are more and more people who are affected by the disease. Diagnosis is a shock for many and it creates insecurity. Modern treatments adopt old approaches: the strengthening of the immune system. This can also be made to work in a preventative sense – by simply allowing fever, when it comes to lesser illnesses, rather than suppressing it. There’s a long tradition of allowing fever in medical therapy and it can support modern cancer therapies. The oncoimmunologist Ralf Kleef calls for new approaches – to take sole self-responsibility for one’s health – and at the same time a medical model, which, in the face of all the scientific progress, is reoriented back towards the human being again.

The Author

Professor Dr. Ralf Kleef has studied medicine in Germany, Vienna, London and New York. He is a general practitioner, immunologist and doctor in complementary medicine, as well as a specialist in naturopathy, hyperthermia and cancer medicine. For almost 20 years he has run a medical center in Vienna. After his training in immunology, in 1996/7 he was the head of a commission of experts on fever therapy for cancer at the Office of Alternative Medicine for the National Institute of Health in Washington.

www.dr-kleef.at

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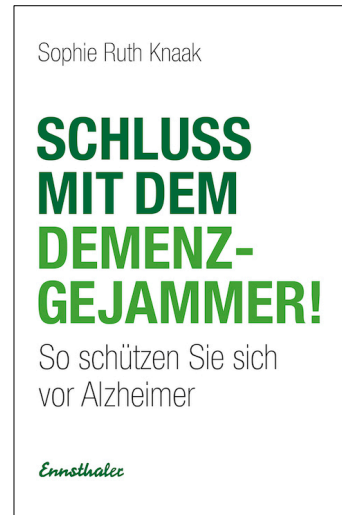
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Sophie Ruth Knaak

Enough griping about dementia! How to protect yourself against Alzheimer's disease

**Schluss mit dem Demenz-Gejammer!
So schützen Sie sich vor Alzheimer**

136 pages
Hardcover, size 135 x 210 mm
ISBN 978-3-85068-951-5
Published in October 2015



The book:

The Alzheimer's disease bogeyman is supposedly an incurable illness leading to mental oblivion, and it has become a touchy subject on a worldwide scale. Already more than 36 million people on the planet suffer from it, and in 20 years' time that is meant to go up to 60 million. The disease (named after the German psychiatrist Alois Alzheimer) has only been known about for around a hundred years and it doesn't only affect people over 65.

Alzheimer's disease is widely regarded as untreatable. Sophie Ruth Knaak disputes this vehemently, since her approach differs from the conventional ones.

It is not enough for her to repeat the widely-known and cheap advice. She proposes a fundamentally different approach, in which the disturbed metabolism of the brain is not solely responsible, but where she questions primarily the conditions of this metabolism. Or rather its controlling elements. In her eyes, Alzheimer's disease is an unrecognized enzymopathy, a disease of the metabolism based on disturbed enzyme activity. In this way, she comes to an amazing solution and to a promising approach to the treatment of what was, until today, a supposedly incurable disease.

The author:

Sophie Ruth Knaak, born in 1931 in Ravensburg, Germany, studied philosophy, history, political science and the exegesis of the New Testament in Tübingen. After a group of teenagers attacked her five-year-old son (leading to hair-loss and a loss of speech, growth deficiency and muscle weakness) and nine subsequent years of unsuccessful treatment via conventional medicine, she focused on alternative methods of healing. She cured her son within a few months ("Circular hair loss", Ennsthaler 2010). Consequently she unpicked neurodermatitis as a disease of vitamin deficiency and enlargement of the prostate – something all men dread – as a reaction to a lack of hormones.

Sophie Ruth Knaak

**Have Pity on the Men
Natural Prostate Reduction**

**Erbarmen mit den Männern.
Natürliche Prostata-Reduktion**

160 pp, paperback

ISBN: 978-3-85068-543-6

Already published



The book

Statistically speaking, every second man over fifty years old will be diagnosed with a benign enlarged prostate – in the terminology of the experts “benign prostatic hyperplasia”, or BPH for short. Classical medicine offers various therapeutic possibilities. In the strictest sense of the word it does not have a cure, especially since the cause of the disease has not yet been officially clarified. Sophie Ruth Knaak has found success in restoring an enormously enlarged prostate to normal size across two seven week spells. This two-part therapy is based upon two highly active natural hormones. In an account that’s as exciting a crime novel, she describes how she fights in a race against time to heal one man. She outlines her therapeutic approach in detail. A book that gives hope!

Sophie Ruth Knaak

Born in Ravensburg in 1931, she studied Philosophy, History, Political Science and New Testament Exegesis in Tübingen. After a health crisis for her five-year-old son (loss of speech and hair, arrested growth, muscle weakness) and nine years of futile official medical therapies, she turned to alternative remedies. In her medical textbooks, she describes her treatment suggestions and healing achievements in a way that’s as exciting as it is humorous.

Other Publications

Enough griping about dementia! How to protect yourself against Alzheimer’s Disease

136 pages, paperback

ISBN 978-3-85068-951-5

Neurodermatitis. Neither Allergy nor Atopy. Healed in 40 Days

204 pages, paperback

ISBN 978-3-85068-518-4

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Sophie Ruth Knaak

**Neurodermatitis
Neither Allergy nor Atopy
Healed in 40 Days**

**Neurodermitis
Weder Allergie noch Atopie
Geheilt in 40 Tagen**

204 pages, 30 colour photos,
format 145 x 210 mm
ISBN 978-3-85068-518-4
Publication date: June 2015



The book:

The causes of the widespread skin disease Neurodermatitis are a lack of vitamin B and disturbed intestinal flora, says the German author Sophie Ruth Knaak. In her bestselling book, she describes Neurodermatitis and the discovery of her treatment protocol in an account which reads like a cross between a diary and a novel: thrilling, humorous and perceptive.

The book is enhanced by practical tips and an extensive photographic section which also documents the healing process undergone by her patient – who happened to be her own son. Healing from Neurodermatitis is a matter of skin metabolism, which is ruled by the B-vitamins. It follows from this, according to Knaak's own experiences, that someone who wants to heal their neurodermatitis on a long-term basis should follow a combined restoration of intestinal and skin metabolisms using lactic acid and the eight B-vitamins. Real healing comes from within!

This book encourages the reader to take charge of their own recovery. It's required reading for those who live with Neurodermatitis and for all who want to learn how not to accept disease as their fate. A non-fiction medical book which is a pleasure to read!

The author:

Sophie Ruth Knaak, born in 1931 in Ravensburg, Germany, studied philosophy, history, political science and the exegesis of the New Testament in Tübingen. After a group of teenagers attacked her five-year-old son (leading to hair-loss and a loss of speech, growth deficiency and muscle weakness) and nine subsequent years of unsuccessful treatment via conventional medicine, she focused on alternative methods of healing. She cured her son within a few months ("Circular hair loss", Ennsthaler 2010). Consequently she unpicked neurodermatitis as a disease of vitamin deficiency and enlargement of the prostate – something all men dread – as a reaction to a lack of hormones.

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Dr. Martin Pinsger
Dr. Thomas Hartl

Illness Pain

Help at last for Patients!

248 pp., hardback
 Format: 135 x 210 mm
 ISBN 978-3-7095-0126-9
 Publication date: February 2021



The book

Chronic pain is still inadequately treated and the situation for pain sufferers is calamitous. This book reveals an absence of therapies, bureaucratic hurdles and a lack of understanding extending as far as ostracization for pain patients. With the help of some affecting patients' stories, this book will increase awareness that pain can become a disease in its own right. The World Health Organization (WHO) has now taken this fact into account. In their newly formulated ICD-11 (International Classification of Diseases), which is due to come into effect in 2022, pain will for the first time be admitted as a diagnosis and thus declared a disease.

The authors show the failings but also show the solutions: How patients can deal successfully with their situation, which therapies make sense and where caution is advised. They highlight the various possibilities for pain therapy and the effects of exercise, nutrition, fasting and overall lifestyle, as well as the pros and cons of operating on the musculoskeletal system. A book that will shake things up and which gives the subject of pain a whole new status in our society.

About the authors

Since 2012 **Dr. Martin Pinsger** has been running a coping with pain center in Bad Vöslau. After completing his specialist orthopedic training, he focused on the treatment of pain patients. He successfully provides interdisciplinary and holistic therapy.
www.schmerzkompetenzzentrum.at

Dr. Thomas Hartl is a medical journalist, book coach, writer and author of many successful books. Along with with Martin Pinsger he wrote the book "Escape from Pain. How cannabis therapy can help you". www.thomas-hartl.at

Ana Maria Lajusticia Bergasa

**The Fight Against Osteoarthritis.
Its biochemical treatment.**

**Kampf der Arthrose. Ihre biochemische
Behandlung**

96 pp, paperback

ISBN: 978-3-85068-139-1

28th edition 2015, 86,000 copies sold

Available also in French, Dutch, Polish, Czech



How osteoarthritis can be treated effectively

The book

Osteoarthritis, a wearing down of the cartilage, causes pain in the joints, sciatica, lumbago and back pain. It is generally accompanied by an overall decalcification of the skeleton, but this is a secondary consequence and it can't be traced back to a calcium deficiency. To date the prevailing opinion has been that osteoarthritis is a progressive and non-reversible deterioration of the skeleton. This is not true. This negative symptom can be combatted and reversed. Ana Maria Lajusticia Bergasa, renowned in Spain for her books about diet and nutrition, explains in a scientific manner, but still easily understood by the lay reader, the causes of this suffering. She offers a cure, which is based upon dietary guidelines and not medication. This cure has proved to be effective for thousands of people.

The Author

Born in 1924 in Bilbao, worked as a chemist and nutritionist. For several years she devoted herself to the study of dietetics and the use of healing herbs in medicine. Because of her own severe case of osteoarthritis, she began to study the effects of magnesium and she succeeded in largely overcoming her illness, which her doctors had diagnosed as incurable, through magnesium intake. After that she specialized in research into nutritional deficiencies.

Also published by the author: „Die erstaunliche Wirkung von Magnesium“ („The Astonishing Effect of Magnesium - On the importance of magnesium and problems with magnesium deficiency“; 11th edition 2016, 25.000 copies sold). Her book on osteoporosis, „Osteoporose besiegen“ („Defeating Osteoporosis“) was published fall 2016, „Magnesium and Sport“ in Spring 2017 by Ennsthaler Publications.

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Ana Maria Lajusticia Bergasa

Fit and Well with Collagen
How Protein Strengthens our Bones, Skin and
Connective Tissue

Fit & gesund mit Kollagen. Wie das Protein unsere
Knochen, Haut und Bindegewebe stärkt

80 pp., paperback

ISBN 978-3-85068-979-3

Published in: October 2017



The book

Our body owes its strength largely to the protein collagen. At 38 percent, it is the most abundant protein in the body and is the main component of the connective tissue. Collagen regenerates and improves the condition of the skin, and of bones, ligaments, joints and muscles. Any deficiency leads not only to premature skin aging and loss of elasticity, but also to tendon and joint injuries.

The author makes it clear how important it is to give sufficient attention to this protein. She explains which foods fit the bill, how to get on top of collagen deficiency and how to avoid osteoarthritis, osteoporosis, skin problems and brittle fingernails. Magnesium and vitamin C also play an important role in this, as they boost the production of the right kind of collagen for the human body.

This is a book, which fills a real gap in the market, as there is not much out there when it comes to the subject of collagen.

Ana Maria Lajusticia Bergasa

Born in Bilbao, Spain, in 1924. She studied chemistry at Complutense University in Madrid. For more than 40 years she has been preoccupied with nutritional science based on biochemistry and molecular biology. In Spain she is considered an expert on nutrition, maintains a practice in Barcelona and often appears in the media. She is the author of countless health titles. Further information at www.anamarialajusticia.com

Ana Maria Lajusticia Bergasa

**Magnesium and Sport
On the Dangers of Magnesium Deficiency**

**Magnesium und Sport.
Über die Gefahren von Magnesiummangel**

112 pp, paperback

ISBN: 978-3-85068-972-4

Publication date: May 2017



The book

Muscle cramps, migraines, tiredness, nervousness - Magnesium is indispensable for our bodies. Athletes in particular benefit from an adequate supply of this often-misunderstood mineral. The author underlines this by describing Kenyan and Ethiopian runners, who are considered to be the best in the world. Unlike in our latitudes, they harvest their food from magnesium-rich soils. In the worst case, a deficiency of magnesium can even lead to sudden death from cardiac arrest, and a number of examples of this are given in the book. Ana Maria Lajusticia Bergasa lists the most magnesium-rich foods and gives valuable tips on the uses of magnesium. She also outlines its health benefits as well as the symptoms and dangers of magnesium deficiency. If you like doing a lot of sport, you should read this book!

Ana Maria Lajusticia Bergasa

Born in 1924 in Bilbao (Spain). Studied chemistry at Complutense University in Madrid. For more than forty years, she has been studying nutritional science based on biochemistry and molecular biology. She is considered an expert on nutrition in Spain, runs a practice in Barcelona and is a popular guest in the media. She is author of numerous renowned health books. For more information, visit www.anamarialajusticia.com

Other Publications

Defeating Osteoporosis. Strong Bones for Life

104 pages, paperback, ISBN 978-3-85068-961-8

The Fight Against Osteoarthritis. Its biochemical treatment

96 pages, paperback, ISBN 978-3-85068-139-1

The Astonishing Effect of Magnesium. On the importance of magnesium and problems with magnesium deficiency

112 pages, paperback, ISBN 978-3-85068-324-1

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Ana Maria Lajusticia Bergasa

**The Astonishing Effect of Magnesium.
On the importance of magnesium and problems
with magnesium deficiency**

**Die erstaunliche Wirkung von Magnesium
Über die Bedeutung von Magnesium und
Probleme bei Magnesiummangel**

112 pp, size 146 x 211 mm

ISBN: 978-3-85068-324-1

11th extended edition 2016, 28,000 copies sold

Available also in French, Dutch, Polish



Magnesium as a significant element in health

The book

What is the role played by this element in the metabolism of living beings? There is a direct link between magnesium deficiency, the increase in osteoarthritis, heart disease and cancer, and many other modern health problems. Magnesium is integral to all biological syntheses, because it forms complexes along with the so-called high-energy phosphate molecules. It also plays a role in the so-called active transportation through cell membranes and in the transmission of nerve currents, in muscle contraction and in the entry of certain substances into the interior of the cell. Even this brief itemization reveals the vital importance that an adequate supply of magnesium has for the entire organism.

What the current Nobel Prize winner in chemistry has been investigating, namely how cells repair damaged DNA, was being covered in this book in as early as 1990.

The Author

Born in 1924 in Bilbao, worked as a chemist and nutritionist. For several years she devoted herself to the study of dietetics and the use of healing herbs in medicine. Because of her own severe case of osteoarthritis, she began to study the effects of magnesium and she succeeded in largely overcoming her illness, which her doctors had diagnosed as incurable, through magnesium intake. After that she specialized in research into nutritional deficiencies. Also published by the author: „Kampf der Arthrose“ („The Fight Against Osteoarthritis. It's biochemical treatment“, 28th edition 2015, 81.000 copies sold).

Her book on osteoporosis, „Osteoporose besiegen“ („Defeating Osteoporosis“) was published fall 2016, „Magnesium and Sport“ in Spring 2017 by Ennsthaler Publications.

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Ana Maria Lajusticia Bergasa

**NUTRITION FOR DIABETES,
ALLERGIES AND ARTHRITIS**
Diet Plans for the Most Common Health Problems

**ERNÄHRUNG BEI ARTHROSE, ALLERGIEN
UND DIABETES**
Diätpläne für die häufigsten Gesundheitsprobleme
Ca. 120pp, ca. 12.90 Euros
Paperback
ISBN 978-3-85068-982-3
Publication Date: March 2018



The book

Many illnesses and complaints can be alleviated or avoided right from the outset using the right diet. This book contains customized nutritional plans for people suffering from arthritis, rheumatism, diabetes, osteoporosis, high blood pressure, iron deficiency, intolerances, allergies or constipation. The author also devotes individual chapters to nutrition for pregnant women, nursing women, vegetarians and athletes as well as for people who want to lose weight. The best-selling author, a biochemist, who at 93 years of age is still working single-mindedly as a health consultant, gives specific recommendations for every meal of the day and lists what is best avoided when it comes to various illness. The book's appendix contains tables showing the nutritional value of foods as well as their calcium, magnesium, iron and phosphorus content. This handy guidebook is a basic text on targeted nutrition for many everyday life situations, as well as for the common illnesses that afflict us today

The author

Anna Maria Lajusticia Bergasa, born in Bilbao, Spain, in 1924. She studied chemistry at Complutense University in Madrid. For more than 40 years she has been preoccupied with nutritional science based on biochemistry and molecular biology. In Spain she is considered an expert on nutrition, maintains a practice in Barcelona and often appears in the media. She is the author of countless health titles. Further information at www.anamarialajusticia.com

Ana Maria Lajusticia Bergasa

**Defeating Osteoporosis
Strong Bones for Life**

Osteoporose besiegen. Starke Knochen ein Leben lang

104 pp, paperback

ISBN: 978-3-85068-961-8

Publication date: September 2016

2nd edition 2017

Available also in Polish, Czech



The book

Osteoporosis is a disease, which causes your bones to become steadily more brittle. More than anyone else, it is women who are affected by this common disease, which greatly reduces quality of life. However you don't have to suffer from stiff bones, ruptured ligaments, sprains and joint pain. Ana Maria Lajusticia Bergasa explains the origins and onset of osteoporosis and how to defend yourself against it. Collagen plays a key role – a protein and a significant constituent in bone, cartilage and tendon. This Spanish author, who has a great deal of experience in health issues, once again presents a well-informed guide, which is also thoroughly comprehensible to lay readers. She shows how easy it is to alleviate collagen deficiency, which nutrients are essential for bone formation and how our bones can remain strong and stable well into old age, instead of crumbling..

The Author

Ana Maria Lajusticia Bergasa was born in 1924 in Bilbao, Spain. Studied chemistry at Complutense University in Madrid. For more than forty years she has been involved in nutritional science based upon biochemistry and molecular biology. In Spain she is considered a nutrition expert, conducts seminars and is a popular guest in the media. Ana Maria Lajusticia Bergasa is the author of numerous bestselling health titles.

www.elblogdeanamarialajusticia.com

www.anamarialajusticia.com

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Dirk Schweigler

**Irritable Bowel
Healing from Food Intolerances and Digestive
Problems**

**Reizdarm. Heilung von Nahrungsmittel-
Unverträglichkeiten und Verdauungsproblemen**

164 pp., hardcover

ISBN 978-3-85068-980-9

Publication date: September 2017



The book

Bloating, diarrhea, constipation, abdominal pain: The subject of irritable bowel syndrome and food intolerance has crept more and more into the public eye in recent years. The illness is widespread, and the number of sufferers is increasing. The pain people undergo is often enormous. Dirk Schweigler, himself a long time sufferer, describes the most frequent food intolerances, and various diagnostic and therapeutic possibilities, plus his own history of pain and healing. Today he is free of symptoms and lives his life without medication. He presents a guide that is scientifically based and at the same time contains healing solutions, which can be implemented at any time.

Healing is possible! The therapeutic concepts recommended in the book originate mainly in natural healing. Emphasis is given to the search for the illness's cause based on exhaustive laboratory data. The book is also comprehensible and easy to read for medical lay-people.

Dirk Schweigler

Born in 1984 in Freiberg (Saxony). Studied transport economics at Dresden University of Technology. Works professionally as a medical information specialist at Dresden University Hospital, Department of Tumor Epidemiology, before that as a data manager in an oncological community practice. From 2007 to 2014 numerous stays abroad in Mexico, Japan and India, plus one year studying Indian yoga philosophy at the Chinmaya Mission Institute in New Delhi.

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Georg Weidinger

**Healing Through The Body's Center
The Power of Traditional Chinese Medicine**

Die Heilung der Mitte

428 pp size 135 x 210 mm

hardcover

ISBN: 978-3-85068-864-2

First publication date: March 2011

11.000 copies sold

Also available in: Polish



Chinese Medicine consists of 80 per cent way of life, 10 per cent acupuncture and 10 per cent herbal medicine.

A Way Of Life means the way we live *every day*: how we get up in the morning, what we eat, how we move, how we deal with our work, how we treat our fellow human beings, how we deal with our partners, our children, our pets, what we believe, what we are afraid of, our attitudes to illness and death and how we go to sleep at night.

Georg Weidinger looks into these important elements of our well-being, in a direct and very readable way. None the less, or perhaps for this very reason, in this book you will go on to Learn a great deal about Chinese Medicine. He tells the story of his experiences and lessons and of how he, as a Western general practitioner, found his way into the heart of Chinese Medicine.

“In his book you will find countless wise pieces of advice pointing towards a healthy lifestyle following the way of TCM and tips on how the technique can help you. And the thing I like best is that he highlights over and over again what you can actually do for yourself.”
Professor Getrude Kubiens

Georg Weidinger

Born in 1968 in Vienna, has studied medicine and qualified as a doctor in 1995. He also then went on to study Traditional Chinese Medicine, acupuncture and music. Since 2002, he has run a TCM and acupuncture practice, and regularly gives lectures and seminars and leads training courses.

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Dr. med. Georg Weidinger

Daily healing. Gaufen – Motion for every day

Die tägliche Heilung. Gaufen – Bewegung für jeden Tag

140 pages, foldout, many illustrations,
ISBN 978-3-85068-928-1
Published in April 2014



Daily exercise as a way to health

Not only in western but also in traditional Chinese medicine daily exercise is seen as an important prerequisite for the maintenance of health. Dr. Georg Weidinger explains in this book, what we can easily, but consistently do for our health.

How can we live our daily lives, with the double burden of work and children, with the stress level of today's world of business and with the longing for relaxation every day, so that we stay and remain in good health?

Georg Weidinger does sum this up in his book: daily exercise, better nutrition, stress relief and the love of life are a prerequisite for a healthy existence.

The doctor shows, from the perspective of Chinese and also Western medicine how important everyday routine, and here mainly daily performed exercise is. Only if we consequently promote our health every day, does it become a natural part of us. But how can we implement that in our daily life? For example, by making our daily commute to work into an exercise regime! And if we do all this with the right technology and the right attitude, stress will be reduced and love of life comes by itself.

GAUFEN describes a relaxed form of movement *somewhere between walking and running*. The author shows that we can integrate this fast form of walking into our daily routine.

More books published by the author

Die Heilung der Mitte – = Healing through the Middle Way, the Power of Traditional Chinese Medicine 4th edition 2014 by Ennsthaler

Audio-CD “ Music to the book “Healing through the middle way“, published 2014

The author

Dr. Georg Weidinger is physician, author and musician, known to a large audience for his book “Healing through the middle way” in which he explains the functioning of Chinese medicine and how easy it is to personally contribute to our own healing by changing old habits of our daily life and nutrition. Since 2002 he has run a TCM practice in Vienna Favoriten and lives with his wife and two children in Vienna and Forchtenstein, Burgenland. For more information see www.georgweidinger.com

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Thomas Wolf

The End of Pain

New Insights into Muscle Tension as a Cause of Pain and an Effective Alternative Therapy to Relieve It

Illustrated

Hardcover, size: 13.5 x 21 cm

ISBN 978-3-85068-999-1

First published: October 2019



- An alternative healing approach developed by the Author himself, tried and tested for 20 years
- How muscles and fascia determine the healing process
- Relieve pain with “Needle Triggers”

Dr Thomas Wolf has been successfully treating pain and so-called degenerative diseases for almost twenty years. This includes back, knee, and hip pain, as well as supposed neurological symptoms such as headaches, restless legs, and dizziness. The method of “Needle Triggering” that he developed is considered a breakthrough in pain treatment. It is a new understanding of how muscles and fascia are the real cause of pain – as opposed to the prevailing fixation on the solid structures. His method includes a procedure that can cure pain permanently and, in most cases, without side effects. “Needle Triggering” is based on the realization that up to 85 percent of all pain symptoms stem from indurations (hardened trigger points) around muscles and fascia, and on the fact that muscles have the ability to “trigger” symptoms in completely different areas.

This practical guide describes the method in detail, and includes basic knowledge on muscles, intervertebral discs, and joints as well as information on prevention and psychosomatics.

Ample pictures help you find these pain-causing trigger points. By eliminating the real cause, Dr. Wolf’s therapies have led to lasting relief and his method is poised to start a revolution in pain therapy. The author is also a therapist trainer.

Dr. Thomas Wolf MD

Wolf studied medicine at the University of Göttingen and has been working as an alternative physician since 1998. Since 2008, he has been based in Millstatt, Austria. After several complimentary qualifications, including two full acupuncture certifications, he developed his unique “Needle Triggering” procedure in the 2000s to resolve trigger points in his patient’s muscles.

www.gesundheit-jetzt.info

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