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Herbal Medicine and Nature

- Jürgen Herler. Put Your Hand in the Soil!** Vertical Gardening – For the Green, Edible Cities of the Future
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- Alexander Ohms. Nature, the Weather Prophet.** How to use Animals and Plants to forecast the Weather
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- Karoline Postlmayr. My Herbal Treasure Chest.** A passionate herbal excursion through the seasons
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- Karoline Postlmayr. It’s Worth Living Naturally with Healing Herbs and Personal Responsibility**
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- Maria Treben. Maria Treben’s Cures**
- Maria Treben. My Herbal Remedies**
- Maria Treben. My Home Pharmacy**
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- 1. Men’s illnesses**
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 - 3. Children’s illnesses**
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 - 5. Diseases of the Respiratory Tract**
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 - 8. Diseases of Stomach and Intestine**
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 - 10. Diseases of Heart and Blood Circulation**
 - 11. Allergies**
 - 12. Healthy Nutrition with Herbs**

Jürgen Herler

Put Your Hands in the Soil!

*Vertical Gardening – For the Green,
Edible Cities of the Future*

240 pp, hardback, richly illustrated
Dimensions: 160 x 235 mm
ISBN 978-3-85068-993-9

Publication Date: June 2019



The book

A book which contains many tips for ecological vertical cultivation. The biologist Jürgen Herler illustrates the importance of urban greenery – including in the fight against global warming – and shows how vertical gardening can be used to create an abundant nutritional oasis even in the smallest of spaces, for example on house walls or on balconies and terraces. He helps the reader with many instructions for organic gardeners. He also gives practical tips for vertical low-energy vegetable cultivation in winter, and along with that he presents 30 frost-resistant, vitamin-rich varieties using both words and pictures.

This book is a guide for everyone who wants to eat healthily and with environmental awareness, by cultivating their own fruit and vegetables. At the same time, it's a compass for architects and garden designers who want to come up with new approaches. The author also covers conventional, industrialized agriculture, the boom in organic food, microbiome research and biodiversity in cultivation and nutrition. With his book he both stimulates thought and summons us all to action.

Dr. Jürgen Herler

Born in 1973, he studied biology and spent twelve years in marine research. He then returned to the roots of one of the great problems of our times – food production. In 2015 he made his hobby, vertical gardening, into his job. He developed vertical bed systems (“HerBios”), which facilitate maximum productivity and biodiversity. His vision for the future is green, “edible” cities and clean seas. He lives with his family in an ecological, green house in the Vienna Woods. www.herbios.at

Valerie Jarolim

Sustainably Beautiful

***Natural Cosmetic Recipes from
Head to Toe***

136 pp., paperback, numerous color photos
 Format: 170 x 230 mm
 ISBN 978-3-7095-0105-4
 Publication date: July 2020
 2nd edition: September 2020



The book

Excellent self-care products – simply self-made! More and more people want to know what ingredients a product contains, and this includes cosmetics. With tested recipes and step-by-step instructions, certified herbalist Valerie Jarolim shows how easy homemade natural cosmetics can be. Natural treatments from head to toe – from everyday products like toothpaste, shampoo, soap, deodorant, lip balm or face cream, to indulgent essences, e. g. rose body oil, bath pralines and body peelings.

The author reinterprets old herbal knowledge. Along with her favorite cosmetics recipes, she presents the most requested concoctions from her workshops. Their main focus is on sustainability – on what’s good for us and for the environment. Vast amounts of plastic and packing material can be saved through homemade natural cosmetics. At the same time this book is a plea for an environmentally conscious, sustainable life, not just in the bathroom.

Valerie Jarolim BSc

She was born in 1986 and lives in Weyer, Upper Austria. She studied agricultural science at the University of Natural Resources and Life Sciences in Vienna and she is a qualified herbalist and a blogger. Since childhood, plants have been her companions and sustainability and environmental consciousness her watchwords. She offers herb walks, natural cosmetics workshops and online courses. She partners with “Sonnentor” and “Bergwelten”. Her hobbies include mountain climbing, gardening, cooking, painting and photography.
www.blattunddorn.at

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Alexander Ohms

Nature, the Weather Prophet
How to use Animals and Plants to forecast the Weather

Wetterprophet Natur. So nützt man Tiere und Pflanzen zur Wettervorhersage

168 pp, size 120 x 195 mm

ISBN: 978-3-85068-958-8

Release date: May 2016



Ennsthaler

Simple weather forecasting through nature observation

The book

What value do swallows, carline thistles etc. have as weather indicators? How reliable are the “Frost Saints’ Days” and rain on the 27th of June for long-term forecasting? There are countless indicators originating in the animal and plant kingdoms, which have always been used for weather forecasting. In this guidebook a meteorologist, whose day-to-day job is based on computer calculations, dares to venture onto unfamiliar terrain. This experienced weather expert tries to strike a balance between modern meteorology, with its highly complex predictive models, and folklore. Alexander Ohms gives many examples, which demonstrate how the attributes of fauna and flora can indicate the weather. Meanwhile a great deal of humbug passed down over the centuries is also not spared from criticism. Make the most of careful weather observation and learn about the limitations of nature as a weather prophet.

Alexander Ohms

Born in Innsbruck in 1973. After his high school graduation and meteorology and geophysics study at Innsbruck University, he fulfilled his long-cherished ambition when in 1999 he took a job at the customer service center for Salzburg and Upper Austria for the Central Institute of Meteorology and Geodynamics (ZAMG). Since then he has been principally involved in weather forecasting there and can also be heard regularly on ORF via Radio Upper Austria and Radio Salzburg.

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Karoline Postlmayr

Ich steh' auf unsere Heilkräuter

I'm all for herbs

152 pages, size 13,5 x 21 cm
 colour illustrations
 ISBN: 978-3-85068-914-4
 2nd revised edition 2014



- Herbal knowledge for everyone
- Clearly arranged according to the seasons
- 37 years of experience shared at a practical level

The best-selling author Karline Postlmayr has an intimate knowledge of indigenous herbs and their effects. In this book she leads the reader through the seasons and shows when and how they can make best use of the rich array of native plants, and of fruit and vegetables as well. She describes how and where you can find the herbs, which plant parts can be used - whether as tea or dried, as paste, poultice, infusion, in a bath or as a brew – their constituent elements, and how we can take advantage of their positive effects.

Her extensive healing knowledge in the fields of women's health, fasting cures or the natural treatment of coughs and heartburn are also included in this collection. Recipes for herbal syrups, cold drinks, tomato ketchup and bath supplements are in the book as well as valuable vegetable and fruit recipes. This varied and richly illustrated book helps anyone with an interest to take a fresh look at the richness of our native plant species.

Another book published by the author: “Mein Kräuterschatz” (My Herbal Treasure Chest)

The author:

She was born in Upper Austria and has been married since 1985. She lives in Nußbach at an altitude of more than 700 metres above sea level, surrounded by 3000 square metres of unfertilized meadow. There are no weeds: almost all the plants are medicinal herbs.

Her years as “full-time housewife” and mother were the finest preparation for her work combining the effects of health, illness, medicine and medicinal herbs together in harmony.

Her love for the simple life and for the herbs on her doorstep has abundantly expressed itself in the way she has raised her four children. She is now passing on her invaluable 37 years of experience in this book.

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Karoline Postlmayr

Mein Kräuterschatz

Eine leidenschaftliche Kräuterwanderung durch die Jahreszeiten

My herbal Treasure Chest

A passionate herbal excursion through the seasons

140 pages, size 14,5 x 21 cm

colour illustrations

ISBN: 978-3-85068-840-6

5th edition 2016



Come with me on a herbal excursion in spring, summer or autumn, and share my passion for the herbs on our doorstep!

Find out about:

- The healing power and applications of 20 wild herbs such as lemon thyme, sage, ground ivy, chickweed etc.
- First aid from the herbal treasure chest covering high blood pressure, colds, osteoporosis, sleep disorders etc.
- The harvesting time and effect of medicinal herbs
- Wild herb salt
- An abundance of wild herb recipes

Through her love of the simple life and her enthusiasm for healing herbs, Karoline Postlmayr picked up invaluable experience, which as the mother of four children she was often able to use at home, and now she can pass it on to her readers.

With her regular outdoor herbal walks and her lectures she has been able to inspire thousands of interested people to learn more about healing herbs.

She is the author of one other book, published in 2012: "Ich steh auf unsere Heilkräuter" (I'm all for Herbs)

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Karoline Postlmayr

**Natural Living without Chemicals using
Wild Herbs and Common Sense**

**Natürlich leben ohne Chemie mit Wildkräutern
und Hausverstand**

148 pp., paperback

ISBN 978-3-85068-975-5

Publication date: June 2017

2nd edition 2018



The book

After two titles on healing herbs, which were both very successful, Karoline Postlmayr in her third book places a healthy, natural way of life at the heart of things. In around twenty chapters, she deals with all kinds of illnesses and ailments, and how you can approach and prevent them in a gentle and natural way. To do so, she relies on nature and the healing power of native plants much more than on the pharmaceutical industry. Healing herbs, the good old hot water bottle and exercise often help better and more quickly than bludgeoning an illness with chemicals, whether we are talking about menopause issues, high blood pressure or sleep problems.

The author also has at hand many good tips and healing treatments in the fields of exhaustion, heartburn, joint pain, sun protection, allergies, sugar consumption, and mental fitness as well as infant and men's health. An entertaining and practical guidebook for people who want to live in a healthy way that's close to nature.

“When it twinges and hurts, don’t be discouraged, nature will have plants that will chase the pain away.”

Karoline Postlmayr

This herbal expert lives at an altitude of 700 meters above the Krems and Steyr valleys. This is where all year round she finds the most effective medicinal plants for every possible ailment. Throughout a forty-year period, this mother of four has accumulated a wealth of experience, which she is happy to share. In her herbal wanderings and lectures in Austria and the South Tyrol, she has so far been able to inspire more than 70,000 people on the subject of herbal treatments. www.karolines-kraeuterschatz.at

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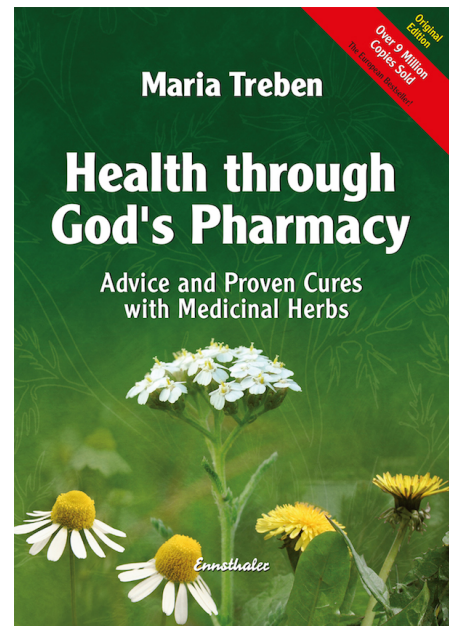
Maria Treben

Health through God's Pharmacy
Advice and experiences with medicinal Herbs

Gesundheit aus der Apotheke Gottes

188 pp, 4 full colour plates,
 33 illustrations,
 size 235 x 160 mm
 ISBN: 978-3-85068-773-7

9 million copies sold!



Available in: Bulgarian, Czech, Croatian, Danish, Dutch, English, Estonian, Finnish, French, Greek, Italian, Latvian, Lithuanian, Norwegian, Polish, Romanian, Russia, Serbian, Slovakian, Slovenian, Spanish, Turkish

The book The book about herbs, which was first published in 1980, has become a phenomenal success. So far, The Publisher Ennsthaler Verlag has sold over eight million copies of the book which has become a classic among health guides and has been translated into 25 languages. It gives a detailed description of 31 herbs, ranging from agrimony to yarrow. The author explains how to prepare teas, tinctures, body pastes, baths and juices.

These herbs are native plants, such as yarrow or ribwort that grow in meadows and woodlands, and are very robust.

The enormous success of Maria Treben is most likely based on the fact that she has restored an ancient knowledge that had already largely been forgotten. Comprehensive instructions and sought-after personal advice from Europe's most popular herbalist on the use of medicinal herbs.

The author Maria Treben (1907 – 1991) is known as the pioneer in Austrian naturopathy. Living in tune with nature was her philosophy. Maria Treben was a highly acclaimed and much sought-after lecturer in Europe. Wherever she spoke, the auditoriums were filled to overflowing with enthusiastic crowds.

Maria Treben

Health Through God's Garden Good Advice from my bible of healing herbs for Health and Well-being

Heilkräuter aus dem Garten Gottes

Guter Rat aus meiner Kräuterbibel für
Gesundheit und Wohlbefinden

ISBN: 978-3-85068-750-8

size 210 x 280 mm, 240 pp, with full colour
illustrations

Available in: Bulgarian, Czech, English (US), French,
Italian, Latvian, Polish, Slovakian, Latvian, Russian,
Slovakian



The book **New edition of the book “Health Through God’s Garden” written by Maria Treben**

You can find a healing herb for every illness! The remedies of Maria Treben are tried and tested a thousand times. This new edition is the follow up book of the successful title “Health Through God’s Pharmacy”. The reference book is clearly well-ordered according to illnesses. Maria Treben used all her new knowledge and her new experiences she made after the publication of “Health Through God’s Pharmacy” for this further extensive book. A herbs book which is easy to handle and indispensable.

The popularity of the pioneer in naturopathy is unbroken. The books of Maria Treben experience a new actuality because of the progressive use of alternative healing methods.

The author **Maria Treben (1907-1991) is known as the pioneer in Austrian naturopathy. Living in tune with nature was her philosophy.**

As a young girl, her mother introduced her to the world of plants. When she met biologist Richard Willfort, she developed an eye for healing herbs. He inspired her to investigate this subject in more detail, to study books on herbs, to collect plants and to test their healing properties.

In 1971 Maria Treben wanted to make her knowledge public. As her group of followers had grown enormously within a very short time, someone came up with the idea that she should gather together her advice and her experience in a book. More than eight million copies of “Health through God’s Pharmacy” have been sold in the meantime and the book has become a bestseller.

Maria Treben

Maria Treben's Cures

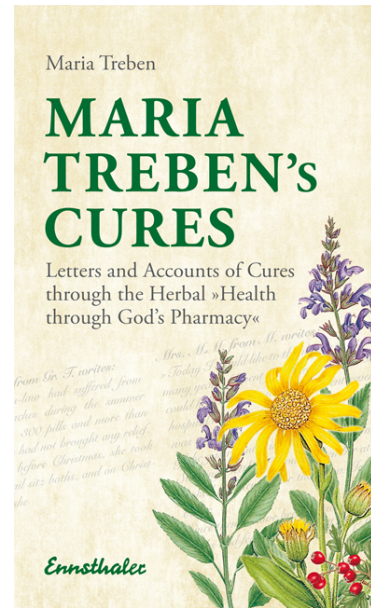
Letters and Accounts of Cures through
the Herbal "Health through God's
Pharmacy"

Maria Treben's Heilerfolge

368 pp, 32 full colour plates,
size 120 x 195 mm
ISBN: 978-3-85068-082-0

30th edition in the German language!

Available in: Czech, English, French, Italian, Polish,
Slovenian



The book Many letters of thanks and accounts of cures reached Maria Treben from people having recovered their health through the use of medicinal herbs through the herbal „health through God’s Pharmacy“. It is encouraging to read which more or less spectacular cures have been achieved through the use of medicinal herbs and the will to recover one’s health. People having recovered from even serious illness write to Maria Treben from all social classes and all religions.

The author Maria Treben (1907-1991) is known as the pioneer in Austrian naturopathy.

As a young girl, her mother introduced her to the world of plants. When she met biologist Richard Willfort, she developed an eye for healing herbs. He inspired her to investigate this subject in more detail, to study books on herbs, to collect plants and to test their healing properties. In 1971 Maria Treben wanted to make her knowledge public. As her group of followers had grown enormously within a very short time, someone came up with the idea that she should gather together her advice and her experience in the book “Gesundheit aus der Apotheke Gottes”.

Maria Treben

My Herbal Remedies With a foreword by Dr. Wolf-Dieter Storl

Meine Heilpflanzen

286 pp., colour illustrations
size 170 x 225 mm, bound
2 CD's with lecture of Maria Treben
ISBN: 978-3-85068-780-5



The book Maria Treben has claimed a place in history as one of the most important pioneers of herbal medicine. She spent her entire life working with herbal medicine. She wanted to make her knowledge accessible to as many people as possible. In all these years her popularity and that of her works never diminished. Through the advancement of alternative medicine methods, her books experience a new and lasting relevance today.

In this new Treben book the reader is provided with a survey of all herbs described by Maria Treben. A historic tape with her lecture in Hamburg is included (original voice).

Maria Treben

My Home Pharmacy

Aus meiner Hausapotheke

372 pages, bound
 quality equipment with jacket, book ribbon
 20 pages with colour illustrations,
 size 16,5 x 24 cm

ISBN 978-3-85068-830-7

Available in: Czech, Slovakian



The book - Insights into the life of Maria Treben
 - Recipes for many herbal applications

Maria Treben is worldwide known as the pioneer in naturopathy. She recognized the healing power of herbs and succeeded in bringing this knowledge close to the people.

In this new book you find her herbal insights, her concept for keeping well, fighting diseases as well as her basic philosophy of life.

The author Maria Treben was born 1907 in Saaz in Sudetenland and was soon interested in nature and herbs, supported by her mother. When she met the biologist Richard Wilfort, he inspired her to study books on herbs and investigate on this subject. In 1971 she made her first lecture about herbs in Bad Mühlacken. Pfarrer Rauscher came up with the idea that she should gather her advice in a book, so in 1976 she published “Gesundheit aus der Apotheke Gottes” in a map. This was the foundation for her fame.

Maria Treben died on 26th July 1991

S e r i e s

Get well with Maria Treben

Prevention – Diagnose – Healing

Gesund mit Maria Treben



Men's illnesses (5.000 copies sold)

Women's illnesses (10.000)

Children's illnesses (10.000)

Stress in the Daily Routine (5.500)

Diseases of the Respiratory Tract (6.700)

Headache and Migraine (9.500)

Wounds and Injuries (3.000)

Diseases of Stomach and Intestine (12.000)

Problems with the Skin (13.000)

**Diseases of Heart and Blood Circulation
(7.000)**

Allergies (10.000)

Healthy Nutrition with Herbs (16.500)

- with index of the 40 most important medicinal herbs
- tips for prevention
- Interesting facts about medicinal herbs
- treatments with herbs for these 12 themes
- successful healings

Expanded editions

with 40 colour illustrations, 176 – 208 pages

*translations into Lithuanian, Czech, Hungarian,
Bulgarian, Romanian, Croatian,*

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