

## Foreign Rights

# Spring 2019

**Jürgen Herler, Hands in the Earth!** - How to become your own self-provider / Year-round health using Vertical Gardening *new*

**Dr. Caroline Böttiger, The Hunger Animal in Me!** Why we eat more than we need *new*

**Manfred Lepschy, Belly Free** - Losing weight - From one man to another *new*

**Anita Weinberger, Thank you, Diabetes** - Tips for diabetics and for all those who don't want to become one *new*

**Maria Treben, Herbal Calender** - Wall calender *new*

Bert Ehgartner, Good Vaccination, Bad Vaccination, **2018**

Brigitte Lang/Tina Bräutigam, Surviving in the diet jungle, **2018**

Georg Weidinger, Healing through the body's Center (bestseller)

Ana M. Lajusticia Bergasa, Nutrition for Diabetes, Allergies and Arthritis, **2018**

Ana Maria Lajusticia Bergasa, The Fight Against Osteoarthritis (bestseller)

Ana Maria Lajusticia Bergasa, The Astonishing Effect of Magnesium (bestseller)

*Further titles available – please contact us!*

**Ennsthaler Verlag** in Steyr, Upper Austria, has been a publishing house for around 60 years. Ennsthaler's greatest success to date has been with remedial herb primer *Gesundheit aus der Apotheke Gottes (Health through God's Pharmacy)* by *Maria Treben* (27 different languages, 9,5 million copies printed). The main focus is in the field of alternative medicine and help towards self-help. In these guides, authors with practical experience and proven track records present applicable methods and therapies.

**Jürgen Herler**

## **Hands in the Earth!**

How to become your own self-provider –  
Year-round health using vertical gardening

**Hände in die Erde –  
Selbstversorger werden - Mit Vertical Gardening  
gesund durchs Jahr**

Ca. 260 pp  
Hardcover 155 x 230 mm  
ISBN 978-3-85068-993-9  
Publishing date: May 2019



- + **Do It Yourself: for all kinds of urban gardening**
- + **Practical tips for ecological vertical gardening**
- + **All year round harvesting, richly illustrated**

This book is a manual for people who want to eat ecologically and healthily - through cultivation of their own fruit and vegetables. It discusses the problems of conventional agriculture, the boom in organic food and the means of cultivating it for yourself. The author explains gardening in the city as a logical consequence of these developments, and shows how you can create an abundant nutritional oasis even in the smallest of spaces — on walls, on your balcony or on your patio – using vertical gardening. He supports the reader with plenty of advice on organic gardening. He also offers practical tips for vertical low-energy vegetable cultivation in winter - with frost-resistant, vitamin-rich plant varieties.

### **Dr. Jürgen Herler**

Born in 1973, 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.vertikalbeet.at](http://www.vertikalbeet.at)**

**Dr. Caroline Böttiger**

## **The Hunger Animal in Me!**

Why we eat more than we need

### **Das Hungertier in mir**

Warum wir mehr essen, als wir brauchen

Ca. 260 pp

Hardcover 135 x 210 mm

ISBN 978-3-85068-990-8

Publishing date: April 2019



*New!*

- + **All the background information on eating without hunger**
- + **A neuroscientist explains all the connections**
- + **Practical exercises for healthy eating habits**

It seems as if an alien power has taken possession of us: we sneak to the fridge or plunder the sweet drawer, as if we were under remote control. In fact there is something that, without being invited, does constantly bring its cravings into play, and has its own say in those things we just have an uncontrollable appetite for: our own personalized "Hunger Animal." It is aroused by intestinal bacteria, fungi, molecules and certain foods.

The "Hunger Animal" is especially responsive to stress. Exceptional psychological situations not only influence the configuration of our intestinal bacteria, but also the physical strain on every single cell in the body. This leads to an increased energy requirement despite an abundant calorie supply. We eat more than we need to and we gain weight. The neuroscientist and nutritionist Caroline Böttiger shows the psychological and physical backgrounds to "emotional foodstuffs" and gives us tips on how we can optimize our eating habits.

### **Dr. CAROLINE BÖTTIGER**

She was born in Wiesbaden in 1982 and since 2007 she has lived in Berlin. Studied international Biotechnology in Perugia (Italy), Vienna and Paris. Doctorate in Neuroscience at the Charité - Universitätsmedizin clinic in Berlin. Expert in the field of emotional stress treatment, hypnotherapy, trauma therapy and nutritional counseling. She has led a therapeutic private practice since 2010, runs an institute for emotional further education for companies, and lectures in educational institutions and on television

[www.emotional-mind.com](http://www.emotional-mind.com)

[www.mitte-institute.de](http://www.mitte-institute.de)

**Manfred Lepschy**

## **Belly Free**

Losing weight – From man-to-man

### **Bauch ohne**

Abnehmen von Mann zu Mann

Ca. 120 pp

Paperback, 135 x 210 mm

ISBN 978-3-85068-992-2

Publishing date: February 2019



*New!*

- + **How to lose weight on a long-term basis without diets and prohibitions**
- + **The author reveals his own personal recipe for success**
- + **Achieve fitness for body, mind and spirit**

To lose weight on a permanent basis, you are not required to diet. On the contrary. In this book the reader will learn how to lose unnecessary kilos without nutritional plans containing specific foods, and without any prohibitions and elaborate workouts. Instead it uses a lot of common sense, awareness and exercise. Manfred Lepschy has developed his method through intensive self-experiment. It works and it's neither complicated nor expensive: weight loss in a simple, natural and inexpensive way.

Weight loss however is just one aspect of his method, which follows a completely holistic approach. At the same time it is also a technique for physical, mental and spiritual health.

The author writes in a very personal way about his experiences and achievements, and he knows how to motivate people. He addresses the reader directly and even provocatively, but it's always refreshing and he uses joking and humor. By the way, the method also works wonderfully well for women.

### **Manfred Lepschy**

Born in 1967 in Wels, Upper Austria, he lives with his wife and two sons in Ansfelden near Linz. After a commercial apprenticeship, sales then remained the main focus of his professional career, working for example in the insurance industry. Even in his youth he was interested in literature, and he wrote material himself, published locally and took part in competitions. He spends most of his free time in nature, and he enjoys reading and runs an internet blog.

[www.diegesundehalbbildung.wordpress.com](http://www.diegesundehalbbildung.wordpress.com)

**Anita Weinberger**

## **Thank you, Diabetes**

**Tips for diabetics and for all those who don't want to become one**

**Danke Diabetes**

**Tipps für Diabetiker und alle, die es nicht werden wollen**

Ca. 156 pp

Paperback, 135 x 210 mm

ISBN 978-3-85068-994-6

Publishing date: March 2019



**New!**

- + **The personal experiences of a type-1 diabetic**
- + **Many tips and tricks for everyday living with diabetes**
- + **A book that's full of optimism and a positive outlook on life**

"It's not diabetes that has me under its control; rather I intend to have it under my control!" – This is Anita Weinberger's credo. Her first thought when she was diagnosed with type-1 diabetes eight years ago, was: "This can't be happening: not to me!" It was as if she was paralyzed, and her fear was spreading. In this very personal guide she describes her experiences and her dealings with diabetes in a humorous and positive way. She is "grateful" for the illness that has led her to a conscious lifestyle with plenty of exercise.

Anita Weinberger would like to pass on her encouragement, for when fate gives you the finger. The mother of two faces up to the challenges of the "sugar disease" and shows how it can still allow you to live in an enjoyable and happy way.

### **Anita Weinberger**

She was born in 1975, and took her final exam at a vocational school. She lives with her husband, two children and their eccentric cat Elli in a small village in the Mostviertel district of Lower Austria. In her spare time she enjoys family life and does sports like walking, running, hiking, swimming, tennis and skiing. She reads a lot, loves gardening and nature, and likes to travel and get to know other countries and cultures.

**Maria Treben**

## Herbal Calendar 2020

Kräuterkalender 2019

14 Calendar Spreads  
Dimensions: 300 x 300 mm  
ISBN 978-3-85068-995-3  
Publishing date: July 2019

**Treben wall calendar**



**New!**

**A valuable companion for all herbal medicine fans  
With original recipes and tips from Maria Treben**

After the success of the premiere the second herbal calendar appears. Alongside many attractive color images you will find useful facts about the healing properties of herbs, as well as practical tips from Maria Treben's deep treasure chest of experiences. There's a herb growing somewhere that will counter every disease, and the calendar reveals the best home remedies for both major and minor ailments. The monthly spreads are organized according to the flowering times and availability of the domestic medicinal plants, and the recipes are easy to use.

This calendar is perfect as an attractive and useful gift for friends of natural and herbal medicine - and of course for every Maria Treben fan. It's a calendar with added value!

### MARIA TREBEN

Maria Treben (1907-1991) is celebrated around the world as a pioneer in research into healing plants. From an early age she took an interest in nature and healing plants, which ultimately dominated her life. She wanted to make her discoveries available to as many people as possible.



Bert Ehgartner

## **Good Vaccination, Bad Vaccination**

**The Comprehensive Guidebook**

### **Gute Impfung Schlechte Impfung Der umfassende Ratgeber**

ISBN 978-3-85068-953-3

416 pp

Hardcover

Dimensions: 135 x 210 mm

Publication date: October 2018



*New!*

+ **All you need to know on the subject of vaccination: the benefits and the risks**

+ **Critical and balanced without any one-sided scaremongering**

#### **The book**

There's no one who doesn't have an opinion about vaccination, and there are many who are skeptical about it. Bert Ehgartner, on the other hand, tries to paint a more nuanced picture. His book covers every conceivable question about vaccination, and provides comprehensible answers based on the latest science, plus constructive help with making your decisions. Ehgartner analyzes around 25 different vaccinations according to benefit and risk, and goes on to explain how these vaccinations work, their side effects and their connection with chronic diseases. He argues for an open debate, especially as many vaccines contain aluminum as an active enhancer, which poses a risk to the immune system. His book offers a new view of the nature of vaccination and makes it clear where the problems lie and what the basis is for the approaches of the authorities and vaccinators.

#### **The author**

Bert Ehgartner is a regular participant at conferences worldwide and is very close to the current developments and issues around the international vaccination community. There is probably no other science journalist in the German-speaking world who has tackled this topic so intensively. He is currently working on a new film about vaccinations and health.

His documentary "The Acts of Aluminum" has been awarded the **Hoimar von Ditfurth Prize**. For more information about the author, see [www.bertehgartner.com](http://www.bertehgartner.com)

**Brigitte Lang | Tina Bräutigam**

**SURVIVING IN THE DIET-JUNGLE**  
**A Guide to Finding your Ideal Weight**

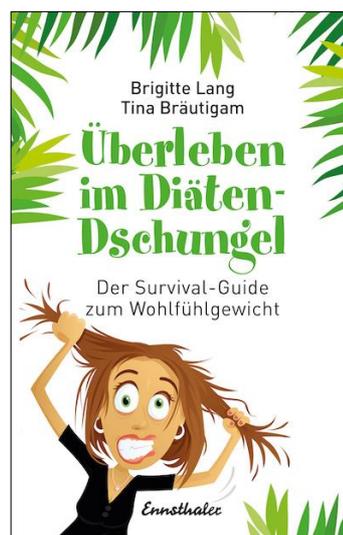
**ÜBERLEBEN IM DIÄTEN-DSCHUNDEL**  
**Der Survival-Guide zum Wohlfühlgewicht**

164 pp, size 215x 140 mm

Hardcover

ISBN 978-3-85068-983-0

Publication Date: March 2018



*New!*

**The book**

From XXL to XXS and back again: Many women have already tried everything in today's diet jungle, but nothing has helped. The authors highlight several options that will enable us to lose weight on a lasting basis and maintain that desired weight, first and foremost by assuming self-responsibility. The book offers a holistic view of weight loss, without actual weight reduction being its be-all and end-all. The aim is a healthy and realistic attitude to your own body (weight). Some people should come to realize that their current weight is actually perfect.

The unique thing about this diet coaching book is that it presents the path to an ideal weight in a structured way using checklists and helpful tools and is skeptical as to whether losing weight is at all productive. The authors explain why there is no diet that fits everyone, and point out in a charming and humorous way an entirely personal path out of the diet jungle and towards a comfortable weight. To that end they provide a list of the most common diets, all compared on a medical basis, as well as many nutritional, exercise and mental tips. The guide concludes with accounts of the experiences and successes of people with weight problems, as well as easy to cook and tasty recipes.

The motto of the book is: I WANT, I CAN and I WILL reach my goal!

**The authors**

**Dr. Brigitte Lang:** Born in Vienna in 1969, economist, diet junkie, married with two children. She has worked in the medical and food industries as well as the doctors' panel for Upper Austria. Freelance entrepreneur in the marketing, PR and project management fields. [www.lang-pr.at](http://www.lang-pr.at)

**Dr. Tina Bräutigam:** Born in Linz in 1974, general and nutritional doctor with her own practice, married with three children. During her studies she was already working as a research assistant in the Nutritional Medicine Department at the University Clinic in Vienna. She underwent additional training in the treatment of eating disorders. Since 2016 she has been lecturer in the medical faculty at the Kepler University, Linz. [www.ernaehrungsmedizin-linz.at](http://www.ernaehrungsmedizin-linz.at)

**Georg Weidinger**

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

**Die Heilung der Mitte**

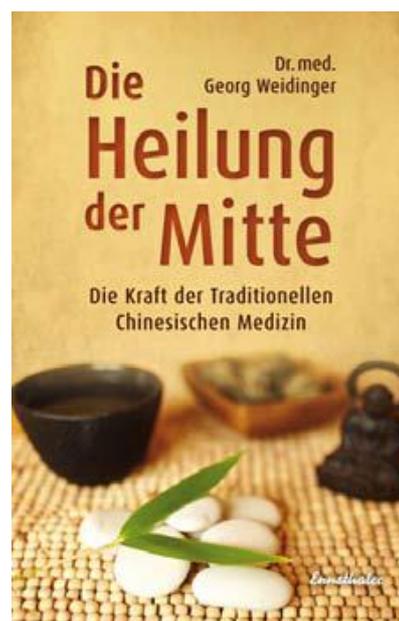
428 pp, size 135 x 210 mm  
hardcover

ISBN: 978-3-85068-864-2

First publication date: March 2011, 8<sup>th</sup> ed.2018

*63.000 copies sold*

*Also available in: Polish, Czech*



**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 Kubiena*

**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.

**Ana Maria Lajusticia Bergasa**

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

**Ernährung bei Arthrose, Allergien  
und Diabetes**

172 pp, 210 x 135 mm

Paperback

ISBN 978-3-85068-982-3

Publication Date: March 2018



*New!*

**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.

For more information, visit [www.anamarialajusticia.com](http://www.anamarialajusticia.com)

[www.facebook.com/anamarialajusticia](https://www.facebook.com/anamarialajusticia)

**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](http://www.anamarialajusticia.com)

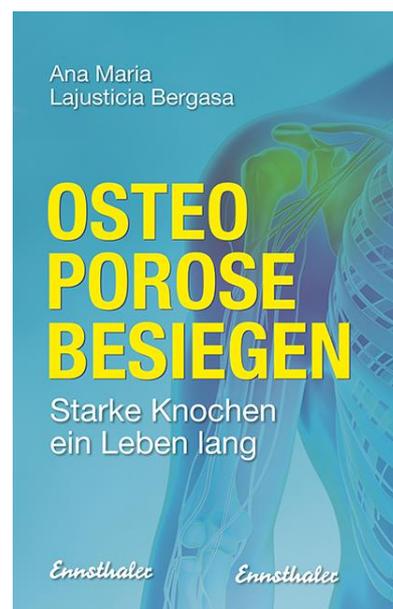
**Ana Maria Lajusticia Bergasa**

**Defeating Osteoporosis  
Strong Bones for Life**

**Osteoporose besiegen. Starke Knochen ein  
Leben lang**

104 pp, paperback  
Size 210 x 135 mm  
ISBN: 978-3-85068-961-8  
Publication date: September 2016  
**2<sup>nd</sup> 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.facebook.com/anamarialajusticia](http://www.facebook.com/anamarialajusticia)

[www.elblogdeanamarialajusticia.com](http://www.elblogdeanamarialajusticia.com)

[www.anamarialajusticia.com](http://www.anamarialajusticia.com)

Ana Maria Lajusticia Bergasa

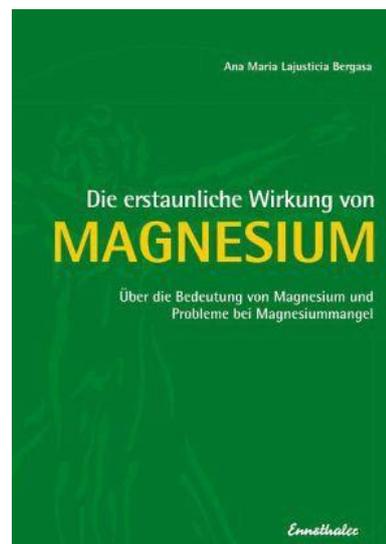
## The Astonishing Effect of Magnesium On the importance of magnesium and problems with magnesium deficiency

### Die erstaunliche Wirkung von Magnesium

112 pp, size 210 x 135 mm, paperback  
ISBN: 978-3-85068-324-1

11th extended edition 2016                      **35,000 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 in 2016, *Magnesium and Sport* in spring 2017, *Nutrition for Diabetes, Allergies and Arthritis* in spring 2018 by Ennsthaler Publications