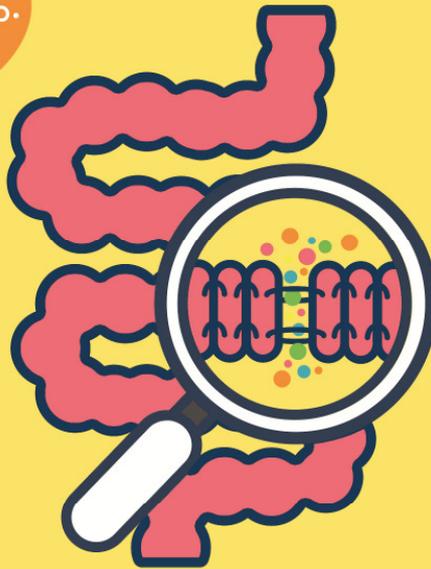


# DAS HILFT BEI LEAKY GUT

WIE EIN DURCHLÄSSIGER DARM UNS KRANK MACHT  
UND WAS WIR DAGEGEN TUN KÖNNEN

Alles über  
Reizdarm & Co.



südwest

Dr. med. Heike Bueß-Kovács | Prof. Dr. Dr. med. Claus Muss | Prof. Dr. med. Götz Nowak

Illustrated Practical Guides  
Autumn 2019

## Bringing your bowels back on track

With the so-called Leaky Gut syndrome the protective barrier function of the intestinal mucosa is no longer intact; the intestine becomes leaky. Thus, harmful substances can freely flow into the bloodstream and can have in parts fatal consequences for the organism. Many a disease like the irritable bowel syndrome, Crohn's disease, and digestive problems can be retraced to the Leaky Gut syndrome. Fortunately, the "permeable intestine" can be treated and healed.

This guide book clarifies the functioning of the intestine as well as presenting possible therapies. The included guide for an extensive intestinal repair shows how to bring the bowels back on track in a careful manner. The result: a healthy and intact intestinal mucosa.

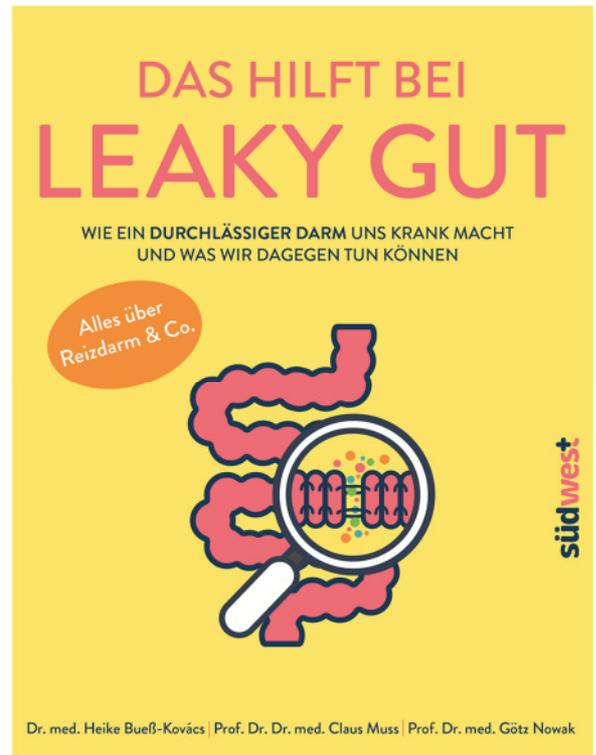
- The only popular guide book on the topic of leaky gut
- Comprised special knowledge of three expert authors
- A permeable intestine is often the reason for chronic drowsiness, migraine, inflammations, autoimmune diseases, and many other complaints

**Dr. med. Heike Bueß-Kovács** is a doctor and medical journalist. She is a well-received TV health expert. Moreover, she is the author of numerous journal articles and guide books on health topics. Her focus lies on preventive, nutritional, and holistic medicine.

**Prof. Dr. Dr. med. Claus Muss** works as a nutritionist, immunologist, doctor of preventive and of environmental medicine. He is the president of the International Association for Applied Prevention, and chairman of the European umbrella organization for stress medicine.

**Dr. med. Götz Nowak** is a doctor and pharmacologist. He developed his own plant-based therapy for the treatment of Leaky Gut syndrome.

HEALTH &  
ALTERNATIVE HEALING



**Dr. med. Heike Bueß-Kovács /  
Prof. Dr. Dr. med. Claus Muss /  
Prof. Dr. med. Götz Nowak**  
**Leaky Gut**

How a leaky gut can make us sick and what we can do about it

224 pages | 16,2 x 21,5 cm | Quality  
Paperback |  
May 2019

**With ca. 70 colour illustrations**

# Wholesome exercises for the female well-being

HEALTH &  
ALTERNATIVE HEALING

Softly exercising Qigong is especially recommended with far-spread health issues that affect women. These range from menstruation-related problems to hormonal deficits, like the polycystic ovary syndrome, to an unfulfilled desire for children.

Author Bernadett Gera works as Qigong teacher and therapist. Drawing from her own personal experience, she can confirm how effective the short exercise sequences presented in this book are. They help women of different ages with a wide range of problems and illnesses by regulating the energy management and leading to a spiritual balance.

- With numerous simple Qigong exercises for every time slot
- Holistic aid for menstruation-related complaints, the desire to have children or menopausal problems

**Bernadett Gera**, a Qigong teacher, was introduced by her father to the art of acupressure, Eastern martial arts, and the foundations of traditional Chinese medicine (TCM). Later, she expanded her knowledge of other supportive self-healing methods through training in various Qigong techniques, breath healing, herbal medicine, and meditation. Since 2010 she has been holding seminars and giving lectures, and working with doctors, natural healers, and counselling centres.



## **Bernadett Gera** **Qigong for Women**

Soft exercises for the hormonal balance

128 pages | 12,5 x 18,7 cm | Quality  
Paperback |  
August 2019

**With ca. 30 illustrations**

## Breath as the soul's voice

HEALTH &  
ALTERNATIVE HEALING

The famous breath therapist Ilse Middendorf made breath conceivable – this book explains what that means: pressure points at the fingertips, in the face, and at the feet are activated thus invigorating the breathing motion in certain body parts and creating a deeper understanding of breathing.

In this book, author Veronika Langguth presents simple exercises for everyone that provide surprisingly fast and inconspicuous self-aid for everyday life, aside from creating awareness for breathing. Thus the breathing muscles relax, fears and panic attacks are alleviated, sleeping disorders healed, concentration is improved, and much more. And since the pressure points can unsuspectingly be activated whenever and wherever needed, whether in school, in the bus or during a conference, these improvements can easily be integrated into everyday life.

- Experiencing a new feeling for your body and deepening your breath with pressure points at your hands, feet, and face
- Illuminating illustrations for the pressure points combined with easy-to-understand descriptions of breathing techniques
- Fast and simple aid in everyday life against stress, inner unrest, tension, and much more

**Veronika Langguth** is a breathing therapist and naturopath. Her focus lies on communication, body language as well as self, stress, and conflict management. After having trained as a naturopath and breathing therapist, she founded and led the Ilse Middendorf Institute for breathing therapy, breathing courses, and holistic healing. She developed a therapy of body-aware communication and founded the centre for body-aware communication and personal development.



**Veronika Langguth**

**Healthy by Breathing**

Activating wholesome breath through  
finger pressure points

96 pages | 12,5 x 18,7 cm | Quality  
Paperback |  
November 2019

**With ca. 40 b/w illustrations**

## The new yoga trend for everyone

Actively relaxing, regenerating, and gathering strength – that is what Restorative Yoga is about. The Asana are exercised exclusively without muscle strength. Supported by several aids such as pillows, blankets, or boxes, it becomes easy to just let go of everything. A yoga style everyone can execute: passionate Yoga practitioners who look to balance their powerful yoga exercises, rehab patients, absolute yoga newbies, pregnant women, and people who simply feel stressed.

- The soft yoga style for really anybody
- Exercises without muscle strength, with diverse aids like cushions and blankets
- For actively relaxing, regenerating, and alleviating pain

**Lorna Neuber** worked as a journalist and finance manager for a long time initially using yoga as a balancing activity. After the birth of her daughter she participated in an 800-hour yoga training. Since 2005 she has been working as a yoga teacher in Berlin, trains teachers in Restorative Yoga herself frequently, and hosts workshops.

HEALTH &  
ALTERNATIVE HEALING



**Lorna Neuber**  
**Restorative Yoga**  
Calmness and strength through relaxation

160 pages | 17,0 x 24,0 cm | Quality  
Paperback |  
August 2019

**With ca. 80 colour photographs**

# The only Ayurveda book on the topic of menopause

HEALTH &  
ALTERNATIVE HEALING

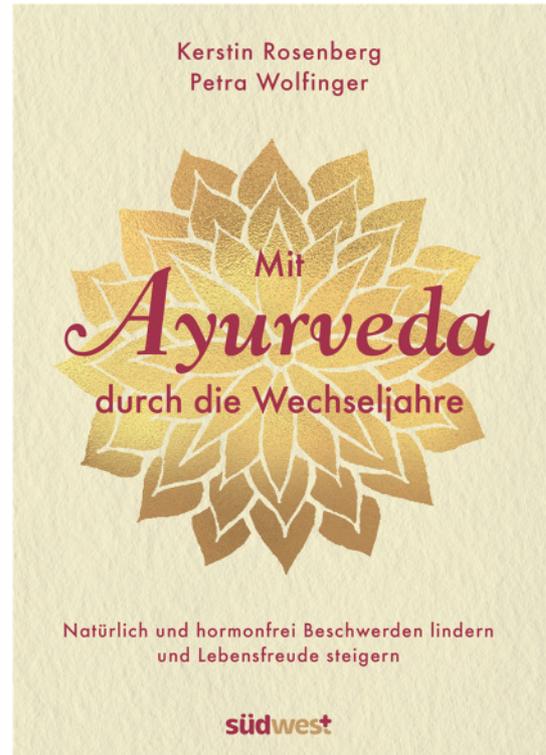
The menopause – an exciting time of change and new realisations, but also a time full of physical and psychological complaints. This new and in its form unique book by Ayurveda expert Kerstin Rosenberg is a compass that guides you through this difficult yet beautiful phase which can last up to ten years.

The two authors succeeded in compiling a practical, holistic guide on general topics, like nutrition, sexuality, lifestyle, and detox, and on more specific issues, like heat waves, aging spots, osteoporosis or depression. The work is topped off with yoga exercises, massages, and recipes with hormone-effective herbs and spices to alleviate the unpleasant side effects of menopause.

- By internationally recognised Ayurveda expert Kerstin Rosenberg
- With valuable tips on nutrition and well-being, the best yoga exercises for hormonal balance, and massages for a harmonic body sensation

Since 1996, **Kerstin Rosenberg** has been training interested people as Ayurveda nutrition coaches and health coaches in Germany, Austria, and Switzerland. As a renowned expert for Ayurvedic nutrition and herbal therapy, she participates in integrative research and teaching projects collaborating with leading Ayurveda universities from India.

**Petra Wolfinger** is a graduated nurse and has been active as saleswoman for medical technology all around the world for 15 years, before starting her training as Ayurveda therapist and yoga teacher. She is the head of the Rosenberg Academy in Austria where she offers training in Ayurveda massage, Ayurveda gynaecology and paediatrics as well as Ayurveda stress prevention.



## Kerstin Rosenberg / Petra Wolfinger Ayurveda for the Menopause

256 pages | 17,0 x 24,0 cm | Hardcover |  
November 2019

**With ca. 40 b/w illustrations**

## Out of the head – into the body!

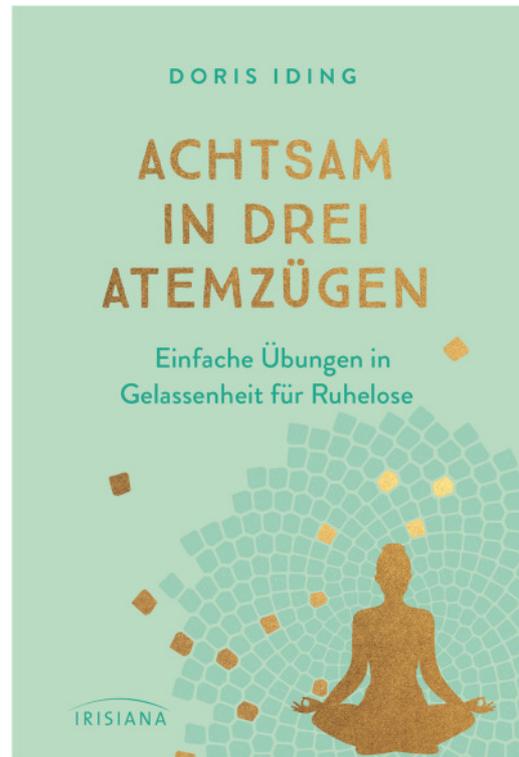
**SPIRITUALITY &  
MINDFULNESS**

This book is addressed to all those restless and rushed people that are stressed out during meditational and relaxing courses rather than blissfully smiling.

Mindfulness coach Doris Iding knows for herself: For some people it is a torture to sit still for five minutes. Drawing from this observation, she developed this training programme for more calmness and body awareness. The starting point is a short mindfulness exercise that let's you arrive in the here and now after taking only three breaths of air.

- The fastest and easiest kind of mindfulness training for stressed people
- The individually combinable training programme for more body awareness, self-empathy, and unity with nature
- With simple, effective meditations for more mindfulness and inner rest

**Doris Iding** is a renowned and much-asked-for expert for mindfulness trainings and meditation. She offers seminars and retreats in MBSR (Mindfulness-Based Stress Reduction after Jon Kabat-Zinn), meditations, and trauma yoga all around the world. Moreover, Doris Iding is an author and co-author of numerous books on the topics of mindfulness, meditation, and yoga. 18 of these were translated into several languages.



**Doris Iding**

**Mindful in Three Breaths**

Simple exercises to become calm for restless people

144 pages | 12,5 x 18,7 cm | Hardcover | June 2019

**With ca. 20 colour illustrations**

# Making your inner garden bloom

SPIRITUALITY &  
MINDFULNESS

Everyone of us carries unloved characteristics within him or herself, characteristics he or she would love to get rid of. Yet they can be transformed and can serve us well once they have found their place.

Lienhard Valentin discloses how we lovingly care for our inner garden and till it to make self-esteem, self-love, and calmness bloom. The most important tools to do so are mindfulness, self-compassion, and self-examination. Contemplations, quotes, meditations, and mindfulness exercises support us in this process and give us new strength and inspiration.

- For more self-care, love, and self-compassion in everyday life
- With effective and frequently proven exercises from mindfulness and meditation courses
- Lovingly designed and equipped

**Lienhard Valentin** is a mindfulness coach, design pedagogue, author, and publisher. His focus lies on the integration of mindfulness and empathy into everyday life. For many years, he has been working together with Jon Kabat-Zinn, Christopher Germer, Kristin Neff, Rick Hanson, and other leading representatives in the fields of mindfulness and meditation.

<http://www.lienhard-valentin.de/>



**Lienhard Valentin**

**The Power of Self-Compassion**

How we can care for our inner garden and make it bloom

176 pages | 13,5 x 17,5 cm | Hardcover |  
September 2019

**4c throughout**

## The small Kamasutra edition for the bedside table

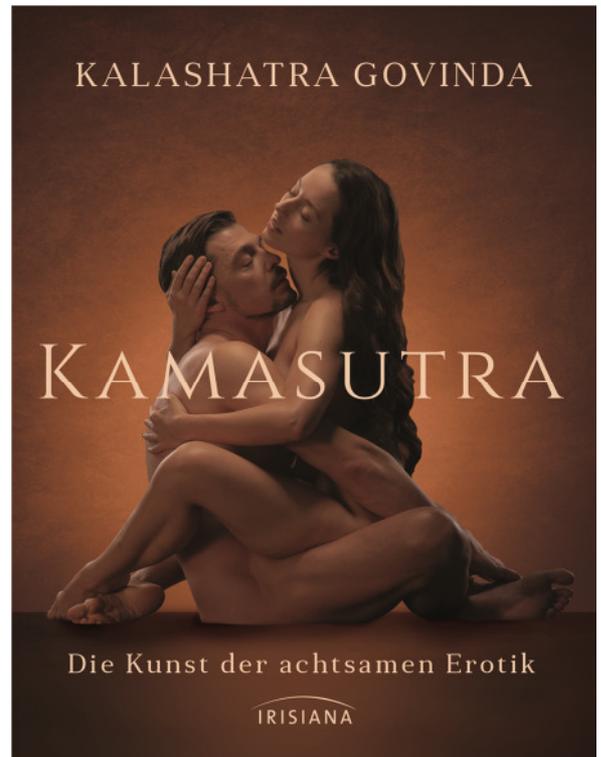
There is probably no other book of classic Indian literature that carries along such an enticing charm as the Kamasutra. This edition provides you with the essentials of the most famous guide on love and eroticism. The original text excerpts are practically and comprehensibly edited for the modern age. Mindfulness exercises and meditations inspire you to experience a new level of sensuousness and eroticism filled with empathy and fantasy.

The numerous love positions are tastefully illuminated through artistically aesthetic colour photographs. No bedside table should miss this handy Kamasutra edition.

- The concise edition of the successful large Kamasutra book by Govinda
- With more than 60 breathtakingly sensuous nude photographs
- By the guru of spiritual eroticism with more than 200,000 sold books on Tantra and Kamasutra

**Kalashatra Govinda** is a master of ancient Indian yoga philosophy and a successful author. He has made a name for himself as an author through his well-received books *Tantra: Secrets of Eastern Erotic Arts* and *Chakras: Spiritual Exercises for Health, Harmony, and Inner Energy*.

LOVE & SEX



### **Kalashatra Govinda Kamasutra**

The art of mindful eroticism

112 pages | 13,5 x 17,5 cm | Hardcover |  
August 2019

**With 61 colour photographs**

## Modern psychology meets Eastern wisdom

Being alone is not tantamount to loneliness. Conscious and mindful care for oneself can be learned and serve as a source of strength during times of being alone. The authors carefully accompany you on this path.

For several years now, the combination of modern psychological therapy methods and ancient Eastern spirituality has been successfully exercised in the USA. This success is based on the longing of people for special aid in times of hectic, stress, and everyday worries. Issues like mindfulness, silence, contemplation, Buddha, meditation, yoga, asceticism are en vogue...

The new series "Buddha to go" takes up life's topics of crises and charmingly combines psychological advice with the wisdom of Buddhism. This book focusses on the difficult issue of being alone. The text contains a small basic knowledge section on Buddhism, which provides insights into a fascinating view on life. This and simple exercises motivate to rethink and thus lead to a happier and freer life.

- With simple exercises
- Inspiring and substantial: Counselling to go
- For people who want to recognize and use time with themselves as a source of strength

**Carolin Müller**, born in 1986, is a psychologist graduate and freelancing online life coach. She works as naturopath, Buddhistic therapist and mindfulness coach, and gives lectures.

**Nadim Mekki**, born in 1980 in Tunis, is a graduated philosopher. Since 2007 he has been working as a strategy and management counsellor. He published two books on philosophy and knows Tunisian, French, English, Arabic, Spanish, and German. He lives in Quebec City, Canada.

PERSONAL  
DEVELOPMENT



**Carolin Müller / Nadim Mekki**  
**Being Alone Makes Strong**  
Series: Buddha to go

160 pages | 10,6 x 17,0 cm | Hardcover |  
September 2019

### 4c throughout



**Finally Finding Purpose**  
Series: Buddha to go



**Back to Feeling Happy**  
Series: Buddha to go

# The answer for all parents: how to make children love reading

FAMILY & PARENTING

Reading is the key to the world, as every child knows. Yet so many of our youngsters find it difficult to get involved in this activity and discover the fun of books and stories. Parents are often at a loss as to how to lure their offspring away from television, and other screens, and often simply give up.

Christoph Biemann is familiar to all parents, grandparents, and children from *Mouse TV* and has the awesome talent of making difficult things sound easy. With his green sweater he is part of the family for young and old. Getting children to love reading is his heartfelt wish, and so in this book he and Thomas Montasser explain to parents how they can at last manage to persuade their child to plunge into the wonderful world of reading.



## Christoph Biemann, Thomas Montasser The Magic of Letters How to make children love reading

192 pages | 12,5 x 18,7 cm | Hardcover |  
September 2019

**Christoph Biemann**, born in 1952, is a freelance producer and since 1990 has been the face behind Mouse TV. Mouse fans of all ages in more than 80 countries know him as "Christoph with the green sweater".

**Thomas Montasser**, born in 1966, has been active as a literary agent and writer for more than 20 years. Opening the world of reading and fantasy to children is very close to his and Christoph's hearts, and this book is an important contribution to this end.

# Communicating with babies before they can talk

FAMILY & PARENTING

The bestseller in a revised new edition with about 20 new gestures!

Wiebke Gericke shows parents how they can communicate with their child early on through sign language and how this enriches the early development of linguistic capacities. Numerous examples illuminate how baby gestures become a natural part of the life of parents and child in a playful way.

The new gestures concerning the topics animals, feelings, colours, and activities are, just like the already included ones, minutely instructed and underlined by explaining illustrations. Moreover, the practical book contains numerous photographs and a helpful word register enclosing the most usual everyday terms.



**Wiebke Gericke**

**babySignal – Talking with Your Hands**

Playfully communicating with the smallest  
– The classic as revised new edition

144 pages | 17,0 x 24,0 cm | Quality  
Paperback | illustrated by May, Monica  
April 2019

**2c throughout with ca 10 photographs**

**Wiebke Gericke**, born in 1971, is a graduated pedagogue and has years of practical experience in language promotion of the German sign language. Based on her experiences, she founded babySignal – for the early communication between parents and child. In her seminars, she playfully conveys the basic signs and trains coaches all across Germany. She lives in Hamburg.

<http://www.babysignal.de>

# The secret of learning difficulties

FAMILY & PARENTING

More and more children have behaviour and development deficits that become especially aware in school. A reason for this, so far unseen, are remainders of early-childhood reflexes that serve brain maturity in the baby years. If these reflexes stay active due to stress or other external influences, it can lead to reading and writing weaknesses, holding pens crampedly, fidgeting, headaches, and even asthma and other chronic diseases. With a simple training this leftover of activity can be stilled however bringing forth an immense improvement of the children's behaviour, productivity, and health.

- Sustainable and healthy solution for ADD, dyslexia, and other disorders
- A completely new view on our children's health and behaviour
- The internationally successful concept comprehensible and easy-to-understand

**Christine Sieber**, born in 1954, is a naturopath for psychotherapy trained in trauma paedagogics and bonding therapy as well as an EMDR and Brainspotting therapist and Wingwave coach. In 2012 she founded the RIT method for the integration of early childhood reflexes. She offers one-to-one sessions for children, and is RIT teaching coach.

**Dr. Carsten Queißer**, born in 1967, is a paediatrician with his own practice. He studied at the University in Munich and passed his specialist medical training in Hildesheim. For several years he has been working on early childhood reflexes and their effects on children. He is married, father of three children, and lives in Bad Harzburg.

**Daniel Paasch** is EMDR, EFT and hypnosis therapist, Marte Meo practitioner, and founder of the children's and youth's coach training in Germany. Together with Christine Sieber he founded the Sieber & Paasch Institute in Munich.



**Christine Sieber / Dr. Carsten Queißer / Daniel Paasch**

## **Back in Balance**

The new approach for learning and behavior problems, developmental disorders, chronic diseases

192 pages | 17,0 x 24,0 cm | Quality Paperback | October 2019

**4c throughout with numerous photographs and illustrations**

## Partying like the French

COOKING

When the French invite friends, they don't make much of a fuss about it. They call it "À la bonne franquette." You serve uncomplicated food and drinks and don't stand in the kitchen all the time. Everything is prepared in a way so that you can take part in the party yourself without stressing out. The occasion can be small or big, the most important thing is casual conviviality with good simple food.

As an experienced hostess, cook, and baker, Aurélie Bastian, the kitchen fairy, brings this beautiful hospitable tradition to you. The recipes range from a simple spring terrine without baking with avocado and salmon, to crispy bread with chestnuts and figs (Pain à la châtaigne et aux figues) to savoury macarons with tapenade and olive oil (Macarons à la tapenade pour l'apéritif).

- The new book by the charming successful author with more than 100,000 books sold
- Casual partying with tasty party food
- Quick and simple recipes, baked goods, and desserts

**Aurélie Bastian** is a French who was brought by love to Germany but did not want to do without the good French cuisine in her new homeland. And because her creations were so well received, she started to post French recipes online. In addition to her popular blog, this university-trained educator gives cooking and pastry courses for children and adults.



**Aurélie Bastian**  
**Bienvenue – Welcome to My Place**  
French food for friends

160 pages | 21,0 x 26,0 cm | Hardcover |  
September 2019

**With ca. 100 colour photographs**

## Recipes for the brain's health

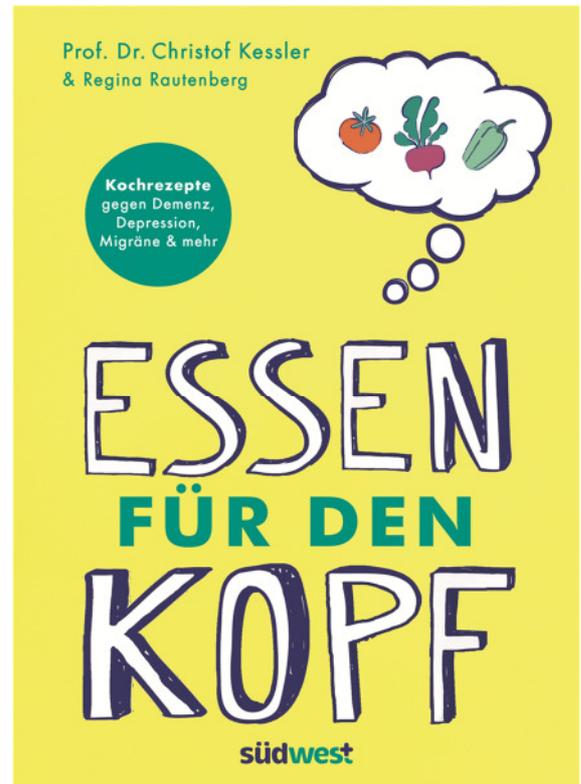
COOKING

The number of headache patients has further increased during the last decades, depression is by now a people's disease, and alongside the increasing life expectancy age-related illnesses like dementia and Parkinson occur ever more often.

When the brain is not healthy this can show in numerous ways, but there is one way to protect it. Whether you want to improve your brain's health, prevent certain diseases or alleviate symptoms and support a treatment – with the right nutrition you will achieve it.

- A healthy brain needs a healthy nutrition
- Prevent diseases and fight symptoms
- A healthy brain for more happiness, performance, and well-being
- Knowledge from an experienced neurologist, and recipes by an ecotrophologist

**Prof. Dr. Christof Kessler**, born in 1950, is a neurologist in his own practice. He used to be professor of neurology and the director of the Neurological Clinic at the University Clinic in Greifswald. Part of his research concerns neuroplasticity. He is the author of *Delirium* and *Men Sitting in Cupboards*.



**Prof. Dr. Christof Kessler**

### Brain Food

How the right nutrition can positively influence our brain — Recipes against dementia, depression, migraine, and more

192 pages | 17,0 x 24,0 cm | Quality Paperback | October 2019

With ca. 25 4c photographs

## A cooking book for all digestive complaints

COOKING

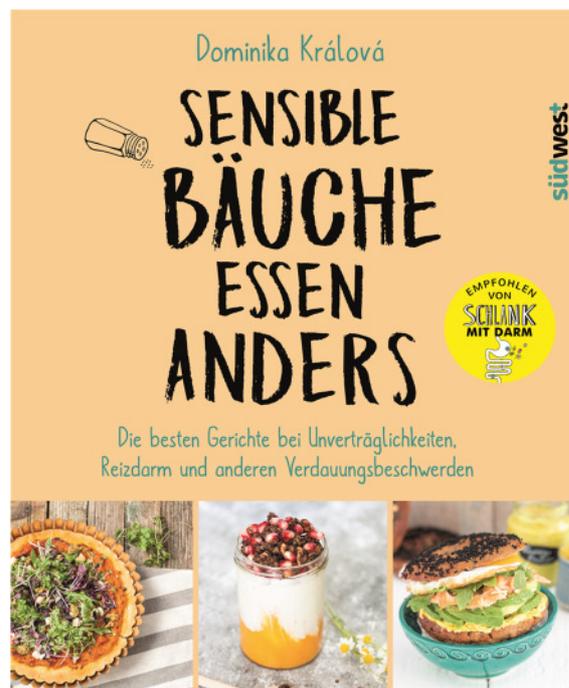
Are you one of those whose belly is constantly making noises? Even so digestive complaints, intolerances or chronic intestinal diseases can be genetically caused, in most cases they are the consequence of an unbalanced nutrition. This ends here!

The recipes in this book will repair your digestive apparatus in no time. It doesn't matter if it's coeliac disease, gluten intolerance, irritable bowel syndrome or other "belly stuff": Thanks to a guiding system everyone will find here nutrition tips and recipes suited for his or her individual needs. The recipes are easy and quick to cook, healthy, and tasty!

- The best recipes for intolerances, sensitive intestines or after a bowel surgery
- Finding the suitable recipes for every complaint easily and quickly
- By a nutritionist with her own history of suffering and healing
- Nutrition tips for Crohn's disease, coeliac disease or after a bowel surgery

**Dominika Králová** is a nutritionist specialised in intestinal health. She is particularly interested in food intolerances, allergies, and chronically irritated intestinal diseases. She had suffered the latter herself in the form of Crohn's disease but was able to heal her digestive system step by step thanks to self-study and specially developed recipes.

Read more on [www.bauchgeschichten.com](http://www.bauchgeschichten.com)



**Dominika Králová**

**Sensitive Bellies Eat Differently**

The best recipes for intolerances, irritable bowel syndrome, and other digestive complaints

256 pages | 19,5 x 24,0 cm | Hardcover |  
September 2019

**With ca. 100 colour illustrations**

## The only Athens cooking book – extraordinarily well photographed and designed

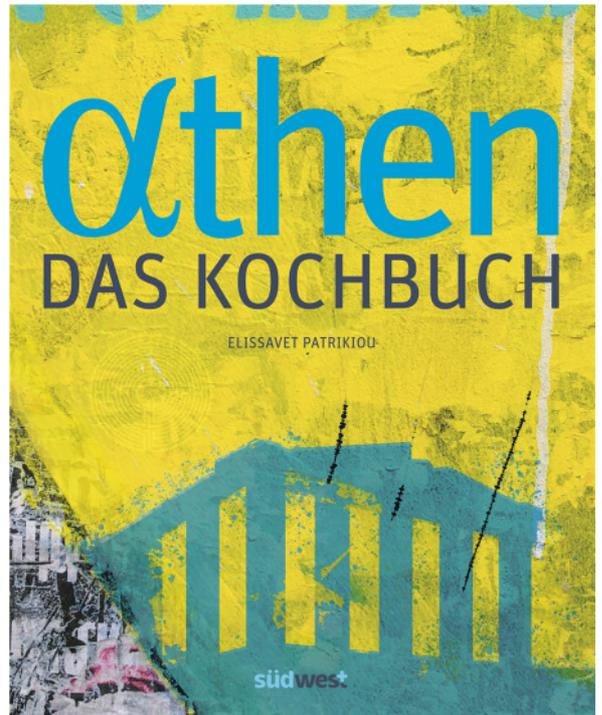
This book is a declaration of love to the ancient metropolis and modern capital of Greece. In recent years Athens has become a melting pot of art, literature, subculture, and extraordinary gastronomy attracting millions of tourists.

In this culinary foray, the author Elissavet Patrikiou, who has Greek roots herself, lets Greeks show her the places and restaurants still undiscovered by common tourists – from neighbourhood cuisine to top gastronomy. She eats "Melitzanes Imam" with the street artist Cocoa Rocks in his favourite restaurant; writer Petros Markaris guides her through the Monestiraki district; Giorgianna and Nick present her the kitchen secrets of the Michelin-starred "Funky Kitchen"; together with actress Georgina she eats at Fava and Saganaki in the Kerameikos district.

- Special characters present their districts, restaurants, and favourite recipes
- Recipes ranging from neighbourhood cuisine to top gastronomy
- The new generation of cooking books – extraordinarily well photographed and designed

**Elissavet "Eli" Patrikiou** lives in Hamburg by choice, has Greek roots, and has been a photographer and writer for over 25 years. Her focus lies on the fields of cooking books and reports. Clients of hers are among others Lufthansa, Volkswagen, *Beef*, *Stern*, Effilee, GU, Hölker, Matthaes, and Südwest. As a writer she already published six cooking books that captivate particularly with their unique imagery.

COOKING



**Elissavet Patrikiou**

**Athens – The Cooking Book**

Special places, special people, and a  
passion for good food

240 pages | 21,0 x 26,0 cm | Hardcover |  
October 2019

**With ca. 200 colour photographs**

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