

LOTTE – your star sister

Alsmann, Viktoria - Schneider, Anika

A children's book on the subject of stillbirth and miscarriage.

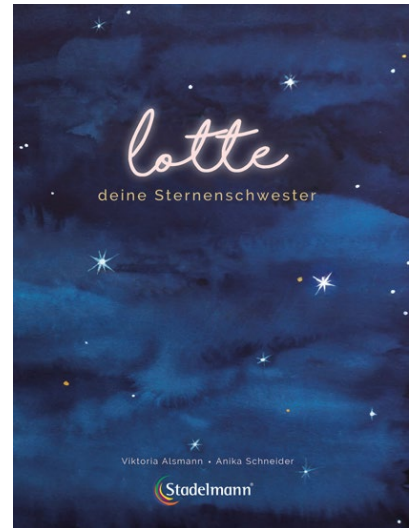
Lotte - your star sister addresses a very natural but sad process of our human development in a child-friendly way.

Stillbirths and miscarriages affect many families. Not infrequently, however, these fates are borne alone, parents are little accompanied in their grief. It is often difficult to deal with grief and at the same time to find explanatory words and pictures for a sibling.

At the same time, this children's book is intended to encourage families to remember their star children. Because every star child is also a sibling and part of the sibling sequence.

The star child Lotte says goodbye to her sister Frida herself, after she died in Mama's belly. She tells her sister Frida about the beautiful moments she noticed while she was still pregnant and explains why she couldn't stay after all.

Told by two star mamas.



Details

Original title:
Alsmann/Schneider
*Lotte - deine
Sternenschwester*

German Edition:
1st edition 2021
32p, 18.90 EUR

Rights availability
Worldwide rights
available.

Viktoria Alsmann

born 1989 in Münster, trained Waldorf teacher and integration educator, wrote the text for Anika's star child "Lotte" (†2020) and formed the basis for "Lotte - your star sister" with her idea. She is herself a mom of a star child (Benedict †2016) and has two more daughters on earth.

Anika Schneider

born 1986 in Bonn, trained fashion designer, painted the watercolors for Lotte's story and developed the illustrations & layout for the children's book. She has two daughters on earth and one in the stars - Lotte.



<https://www.stadelmann-verlag.de/lotte-deinesternenschwester.html>

Where to go little turtle

Doms, Stephanie

Listen to your heart and you will arrive.

The picture book tells the story of the little turtle who is unsure where to go. She is drawn in a certain direction, but is it really the right way?

She asks the animals she meets on the way for advice. The more animals give their tips, the more uncertain she becomes. How is a seagull with wings supposed to know which way a turtle with small, crooked legs should go? Finally, the wise owl's advice encourages the turtle: listen to your heart and you will get where you belong.

A book for children with a message for life!



Details

Original title:

Doms, Stephanie

Wohin des Weges kleine Schildkröte

German Edition:

1st edition 2021

28p, 11.90 EUR

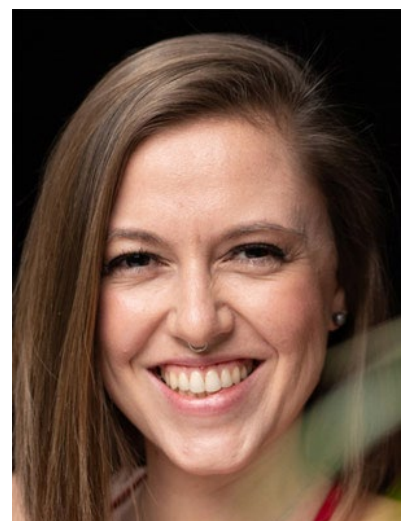
Rights availability

Worldwide rights available.

Doms, Stephanie

Stephanie Doms works as a freelance copywriter, yoga teacher and mental coach. The mother of two children also uses her experience for inner balance. "Wohin des Weges kleine Schildkröte" is her first children's book.

<https://www.stadelmann-verlag.de/kleine-schildkroete.html>



Aroma blends for mother and child

Stadelmann, Ingeborg

Natural body care during pregnancy, birth and the first year

This handbook is the ideal complement to Ingeborg Stadelmann's "Midwifery Consultation".

It offers you many tips and recommendations on how to safely use the original Stadelmann® aroma blends from the Bahnhof-Apotheke Kempten during pregnancy, birth and breastfeeding, as well as on the baby.

Natural blends are valuable companions for body care and everyday ailments.

They have proven themselves for massages and baths, wraps and rubs, for room scenting and as natural perfumes.

Four application areas help to quickly find all topics from anxiety to teething problems.

Stadelmann, Ingeborg

Ingeborg Stadelmann (*1956), Germany's most famous midwife, mother and grandmother, is a pioneer in the field of aromatherapy in obstetrics. Today, the aromatherapist and naturopath is mainly active in further education and training.

<https://www.stadelmann-verlag.de/aromamischungen-mutter-kind.html>



Details

Original title:

Stadelmann, Ingeborg
Aromamischungen für Mutter und Kind

German Edition:

5th edition 2021

325p, 16.90 EUR

Over 35.000 copies sold

Rights availability

Worldwide rights
available.

Except

Czech

Hungary



Lin and the mystery of the cycle

Hanefeld, Nina

A story full of knowledge about the first bleeding

Lin is just a normal girl - or so she thinks. But then suddenly a fairy appears in her room. Equipped with a magic bag and a beamer, the fairy begins to gently initiate Lin into the secrets of puberty.

- How is my body built and how does it change during puberty?
- What happens during menstruation?
- What menstrual products are there and how do I use them?
- What to do when it hurts?

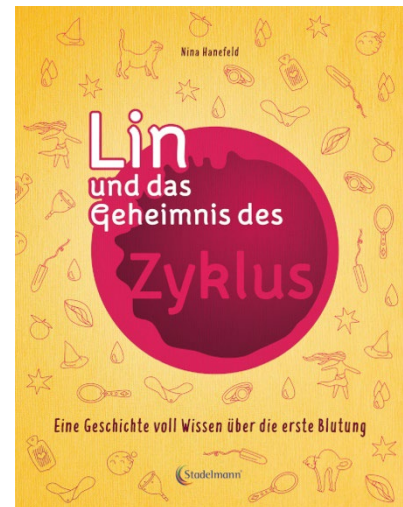
Sound knowledge about the menstrual cycle and menstruation embedded in an enchanting story.

- For girls from 10 years
- Simple, easy and gentle enlightenment
- Sustainable living: All about alternative menstrual products

Hanefeld, Nina

Author, NFP (Natural Family Planning) counselor and teacher. She also works as a freelancer for Kulmine - a company that works to break down the menstrual taboo and makes and sells alternative menstrual products. She has been happily and empathetically counseling girls and women about menstruation, contraception, and health for about ten years. Imparting supportive knowledge is a matter close to her heart.

<https://www.stadelmann-verlag.de/buch-lin-zyklus.html>



Details

Original title:

Hanefeld, Nina

Lin und das Geheimnis des Zyklus

German Edition:

1st edition 2020

78p, 16.90 EUR

Rights availability

Worldwide rights available.

Except

Greek

english Translation

available from native speaking author



I am a wanted child

Schulze, Ruthild

The unique educational book for families with a child wish background!

Jann is 8 years old and goes to the 2nd grade. One day a midwife comes to his school and tells the children about her work. She explains to them what happens in the mother's body during pregnancy and how a baby is born. Jann has already learned how a baby is born from his parents when he wanted to know where his little sister came from. But now, when he tells his mother about the midwife's visit, he learns that everything was completely different for him. For the first time, he hears words like "fertility center," "Petri dish" and "incubator."

And he is happy that his parents went down this difficult path because they wanted him, Jann, so much.

At some point, every child wants to know where he or she comes from. Jann's story helps parents who want children and all other parents to find the right words.

Schulze, Ruthild

Naturopath and lecturer in Chinese Medicine.

She loves to accompany people before and during pregnancy as well as after birth. For 35 years she has been dealing with rhythms in life: the female cycle, regularities of pregnancy, relationships between pregnancy and birth, early pediatrics as well as life phases and crises. In her Berlin-based naturopathic practice, she provides support primarily with Chinese medicine. Especially the children inspired her to the story of Jann and this encouraging narrative and explanatory book.

<https://www.stadelmann-verlag.de/buch-kinderwunsch-wunschkind.html>



Details

Original title:

Schulze, Ruthild

Ich bin ein Kinderwunsch-Wunschkind

German Edition:

1st edition 2020

80p, 16.90 EUR

Rights availability

Worldwide rights available.



The mom balance

Doms, Stephanie

Strong and calm with yoga, the philosophy of Tantra & mental training.

Everyday life with toddler(s) is often turbulent, stressful and chaotic. Being a mom calmly, full of energy and with joy? In reality, young mothers often feel miles away from this!

Stephanie Doms has developed a concept that helps to find back into "mommy balance" again and again. Yoga, the philosophy of Tantra and mental training form the three pillars of her unique concept. They make it possible to come into balance holistically - physically, mentally and on the level of the heart.

A big yes to life - no matter how chaotic it can sometimes be for moms.

The practical part of the book offers a wide range of exercises: for more self-care, clarity, energy, self-confidence and connection in all everyday situations.



Details

Original title:

Doms, Stephanie

Wohin des Weges kleine Schildkröte

German Edition:

1st edition 2020

200p, 18.90 EUR

Rights availability

Worldwide rights available.

Doms, Stephanie

Stephanie Doms wrote while studying German and history in Vienna as an editor for Kurier and Falter, then as an editor and product developer at a Viennese trade publisher, and finally in Linz as an advertising copywriter at various agencies. She has won several awards for her literary texts. Today, Doms works as a freelance copywriter, yoga teacher and mental coach. The mother of two children also uses her experience for inner balance.

<https://www.stadelmann-verlag.de/buch-mama-gleichgewicht.html>



Homeopathic home and travel pharmacy

Stadelmann, Ingeborg

Homeopathic support for the sick and those in need of care

How practical: This handy book by Ingeborg Stadelmann makes it easier to find the right remedy quickly and safely for everyday illnesses and complaints, whether at home or while traveling. It is a helpful companion to every homeopathic pocket pharmacy.

Ingeborg Stadelmann informs about homeopathic accompaniment for the whole family.
Facilitates the fast and safe grip on the right medicine and is always there in the travel pharmacy.

The homeopathic first-aid kit is the ideal first-aid measure for everyday illnesses of children and adults, for banal complaints and especially when traveling.

Stadelmann, Ingeborg

Ingeborg Stadelmann (*1956), Germany's most famous midwife, mother and grandmother, is a pioneer in the field of aromatherapy in obstetrics. Today, the aromatherapist and naturopath is mainly active in further education and training.

<https://www.stadelmann-verlag.de/buch-homoeopathische-reiseapotheke.html>



Details

Original title:

Stadelmann, Ingeborg
*Homöopathische Haus-
und Reiseapotheke*

German Edition:

11th edition 2019
144, 12.00 EUR

Over 70.000 copies sold

Rights availability

Worldwide rights
available.

Except

Hungary
Russia



The scent of the rose

Našel, Barbara

Awarded the German Garden Book Prize 2020 as "Best Garden Book for Children

The rose elves go on a journey ...

... to find out what makes the scent of the rose so special. Other fragrant plants seem to be much more important today. They have active ingredients that make them useful as medicinal herbs or spices for people and animals.

And the rose? Can it maintain its rank as the "queen of flowers"? A fairy tale from the realm of fragrances, for reading aloud and reading by oneself, which brings children and adults alike closer to the world of essential plant oils in an enchanting way.

A herbal tale to read aloud and for children and all who love fairy tales..

Našel, Barbara

Barbara Našel has loved stories about animals and plants since childhood, especially the children's books by Ida Bohatta. Together with her family, she discovered her love for medicinal plants during walks in the forest. She turned her passion into a profession and today, as a pharmacist, she passes on her knowledge of aromatherapy and naturopathy to customers and in advanced training courses and workshops. Children's stories and publications for colleagues were created in her pen and with her own illustrations. Barbara Našel has two children and lives with her family in the Vienna Woods.

<https://www.stadelmann-verlag.de/duftderose.html>



Details

Original title:

Našel, Barbara

Der Duft der Rose

German Edition:

1st edition 2018

120p, 16.90 EUR

Rights availability

Worldwide rights
available.



Consultation with a midwife

Stadelmann, Ingeborg

Over 750.000 copies sold in Germany.

The bestseller for pregnant women: completely revised and expanded.

This guidebook accompanies you competently and reliably from the beginning of pregnancy until the first year of your child's life.

Ingeborg Stadelmann, midwife and naturopathy expert, accompanies you sensitively, expertly and with a realistic view through the time of pregnancy, birth, postpartum and breastfeeding. She encourages you in your self-determination and personal responsibility and takes you gently by the hand in difficult moments.

In most cases, it is "rescue forces" from nature that help and calm the situation, whether aroma mixtures, homeopathic globules, Bach flowers or teas. To which kind of support or therapy you feel attracted, you will recognize yourself.

"Since 'Die Hebammen-Sprechstunde' came into existence, there has been a noticeable change in the self-confident way in which expectant parents deal with pregnancy, birth, the postpartum period and breastfeeding. Ingeborg Stadelmann encourages mothers and fathers-to-be to take their own responsibility and trust in their own strength."

Dr. Christiane Schwarz, Professor of Midwifery at the University of Lübeck

Stadelmann, Ingeborg

Ingeborg Stadelmann (*1956), Germany's most famous midwife, mother and grandmother, is a pioneer in the field of aromatherapy in obstetrics. Today, the aromatherapist and naturopath is mainly active in further education and training.

<https://www.stadelmann-verlag.de/buch-hebammen-sprechstunde.html>



Details

Original title:

Stadelmann, Ingeborg

Die Hebammen-Sprechstunde

German Edition:

4th edition 2021

640p, 29.80 EUR

Over 750.000 copies sold

Rights availability

Worldwide rights available.

Except

Czech

Hungary

Russia

Saudi Arabia



Nutrition during pregnancy and breastfeeding

Stadelmann, Natalie

Eating right during pregnancy and breastfeeding
Pregnant! A special phase of your life begins!

For 40 weeks, your body is now caring for the growing baby. Accordingly, it is important that you eat a balanced and healthy diet. Because the right diet promotes the healthy development of the baby.

In this book you will learn what is important, what it is better to do without and why you can sometimes give in to your spontaneous cravings. You will learn how important the nutrients folic acid, zinc, iodine and iron are, especially during this time, and how you can easily cover the additional requirements.

With a conscious diet during pregnancy, you can already prevent allergies of the unborn baby and shape its taste. By omitting individual foods such as raw dairy products and raw meat and fish, you reduce the risk of bacterial infections during pregnancy. After all, at hardly any other time is a healthy diet as crucial as during pregnancy and breastfeeding.

Natalie Stadelmann explains in her new book what is important. Valuable tips help to alleviate complaints such as nausea, ravenous appetite and baby blues. Because also with movement and a balanced nutrition one can pregnancy discomforts to body.

The book is supplemented by helpful tips from the wealth of experience of the well-known midwife Ingeborg Stadelmann.

Stadelmann, Natalie

Natalie Stadelmann is a mother of four and confronted daily with the ups and downs of everyday life with children. As a pharmaceutical technical assistant (PTA) with further training as a specialist PTA for nutrition as well as a nutrition and diet advisor, she has a great deal of experience with the topic of food and drink. Since 2007 she has been working as a consultant for nutrition and aromatherapy.

<https://www.stadelmann-verlag.de/ernaehrungssnst.html>



Details

Original title:

Stadelmann, Natalie

Ernährung in

Schwangerschaft & Stillzeit

German Edition:

2nd edition 2020

144p, 16.90 EUR

Over 3.000 copies sold

Rights availability

Worldwide rights
available.



Understanding fascia

Gradwohl, Gerd

More well-being and health through fascia treatment and movement.

Prevention, regeneration & healing through fascia treatment.

Back problems, neck pain or "tennis elbow" - who does not know them. In most cases, these and many other complaints are based on a disturbed structure of our fasciae. Fasciae enclose muscles, vessels, bones and organs and play an important role in our body.

Gerd Gradwohl, physiotherapist in his own practice, presents a novel physiotherapeutic treatment method - Myofascial Integration. Here, special manual techniques are combined with movement. As a result, acute or chronic orthopedic complaints caused by disturbed, scarred or stuck fasciae can be successfully treated within a short time.

With a large exercise section on functional training by Dr. Frank Frebel and a guest contribution by pelvic floor expert Susanne Schwärzler. Foreword by co-founder of fascia therapy Benno Geissler.

Gradwohl, Gerd

Physiotherapist. Additional training as a manual therapist in 2009 and therapist for myofascial integration, which is still his specialty today.

His athletic resume is impressive: He is a two-time winner of the silver laurel leaf. In 2006, he won his first Paralympic gold medal in Turin in downhill and a bronze medal in slalom. In 2009 he became world champion in downhill in Korea and in 2010 he won another bronze medal in downhill at the Paralympics in Canada. In 2006 and 2010, he was named the City of Kempten's Sportsman of the Year.

<https://www.stadelmann-verlag.de/faszien.html>



Details

Original title:
Gradwohl, Gerd

Faszien verstehen

German Edition:
1st edition 2017
232p, 24.90 EUR

Rights availability
Worldwide rights
available.



The oil book

Pohl, Sabine

Vegetable oils explained compactly

High-quality vegetable oils are indispensable for a healthy diet. This compact guide explains why this is so:

- How are fats broken down and utilized by the body?
- How are vegetable oils produced and what are the differences in quality?
- What do you have to watch out for when handling the various oils?

You will also learn how to best use the various oils, whether in the kitchen, for skin care or as a dietary supplement. Well-founded, with a lot of background knowledge and yet in all brevity, the author explains the most important relationships and takes us into the world of vegetable oils.

Pohl, Sabine

worked for one of the first organic whole-grain bakeries in Germany before her path led her to one of the most important natural food manufacturers. There she discovered her preference for vegetable oils and introduced high-quality oils to the market, e.g. also particularly precious oils from an extremely gentle pressing process developed by herself. In numerous seminars over this exciting and for the health so important topic Sabine Pohl passes their founded knowledge on for many years. With this guidebook, the oil expert offers her know-how as a book in an exciting and compact form.

<https://www.stadelmann-verlag.de/oelbuch.html>



Details

Original title:
Pohl, Sabine

Das Ölbuch

German Edition:
5th edition 2018
84p, 9.90 EUR

Rights availability
Worldwide rights
available.



Contraception without hormones

Struck, Dorothee

Alternatives to the Pill & Co.

There are many hormone-free contraceptive methods, but which one is right for me?

Dorothee Struck, MD, explains in clear language how the female body is structured and what happens during the menstrual cycle.

Based on this, she describes the mode of action of all hormone-free contraceptive methods, from the IUD to the various barriers such as the diaphragm or the cervical cap, to the time-choice methods with or without a contraceptive computer. All methods are put to the test: How easy is it to use and how safe is it?

- Natural: Choose a hormone-free alternative that does not interfere with the organism.
- Safe: Learn about the individual contraceptive methods. Because knowledge creates confidence.
- Individual: Not everything is good for everyone. Find the method that suits you best.

The only guide to all hormone-free contraceptive methods. Written by a practicing gynecologist.

Struck, Dorothee

MD, is a specialist in gynecology and obstetrics and a doctor of naturopathic medicine with her own practice in Kiel.

Her perspective was also broadened by her stays abroad, where she learned how people in other cultures and under different social circumstances deal with contraception. Her book *Verhüten ohne Hormone* (Contraception without Hormones) was written in response to questions from her patients and her desire to make her knowledge available to as many women as possible.

<https://www.stadelmann-verlag.de/verhueten.html>



Details

Original title:

Struck, Dorothee

Verhüten ohne Hormone

German Edition:

2nd edition 2019

280p, 9.90 EUR

Rights availability

Worldwide rights available.

Except:

Netherlands



Pediatrician consultation

Dr. med Peter Büttner

What is wrong with my child? Is it developing normally?
What can I do to make him happy and have a good time?
Parents worry about their child. Most of the time, there are amazingly simple answers that take away these worries.

- Illnesses and injuries: everything important for quick reference
- Development and growth: what is normal, when do I need to intervene?
- Everyday life and relationships: understanding and supporting children and adolescents

The interdisciplinary guide to childhood and adolescent illnesses and conditions. Including: How do I create a trusting relationship with my child?

Health - Recognizing and treating diseases

Dr. med. Büttner, explains how to recognize diseases, which natural course they usually take and what you can do yourself to make your child feel well again quickly. As a conventional physician and homeopath, he describes conventional therapy and gives alternatives from naturopathy.

Relationship - understanding and supporting children

The second part of the guidebook deals with topics related to parenting. Family, school and society place many demands on you as parents - in addition, you have your own ideas and ideals. Putting all this into practice can be quite exhausting.

[Dr. med Peter Büttner](#)

is a pediatrician and adolescent physician with additional qualification in homeopathy. He is the father of three children and a grandfather several times over. During his time at the Munich Children's Hospital on Lachnerstraße (now the Third Order), he worked as a pediatric emergency physician, in the pediatric intensive care unit, in the cardiology outpatient clinic, the ultrasound outpatient clinic and the pediatric surgery department.

<https://www.stadelmann-verlag.de/sprechstunde-kinderarz.html>



Details

Original title:

Dr. med Peter Büttner

[Sprechstunde Kinderarzt](#)

German Edition:

2nd edition 2020

384p, 29.80 EUR

Over 7.000 copies sold

[Rights availability](#)

Worldwide rights available.

[Except:](#)



Aroma blends

Stadelmann, Ingeborg

Live - give birth - die with essential oils

In this guidebook, midwife and aromatherapist Ingeborg Stadelmann presents her successful "Proven Aroma Blends" - from the pregnancy oil "Other Circumstances" to the wound-healing "Rose Tea Tree Essence" and the grief-accompanying "Speechless" to the "Tooth Oil" for babies. Learn everything about the world of aromatherapy and its versatile applications, whether for physical ailments or for the soul.

Whether you use it to make your everyday life more pleasant or to rediscover love with a beautiful massage oil, but also to experience the birth of your child not only as affordable, but moreover unharmed.

This book is aimed at lay people and caregivers alike. The wealth of information, tips and suggestions make it an indispensable guide and compendium for all fragrance enthusiasts.

Stadelmann, Ingeborg

Ingeborg Stadelmann (*1956), Germany's most famous midwife, mother and grandmother, is a pioneer in the field of aromatherapy in obstetrics. Today, the aromatherapist and naturopath is mainly active in further education and training.

<https://www.stadelmann-verlag.de/buch-bewaehrte-aromamischungen.html>



Details

Original title:

Stadelmann, Ingeborg

Bewährte

Aromamischungen

German Edition:

6th edition 2009,

Revised Edition 2023

448p, 29.80 EUR

Over 32.000 copies sold

Rights availability

Worldwide rights
available.

Except

Hungary

English/French/Italian

Excerpts available!



Homeopathy for the everyday life of a midwife

Stadelmann, Ingeborg

The compendium for every homeopathic midwife!

Young parents are often grateful when they are made aware of the body's self-healing powers with a holistic approach and naturopathic support during pregnancy and birth.

This guidebook in a practical "lab coat pocket" format helps midwives to quickly and safely find the appropriate homeopathic remedy in their daily practice.

The focus is on common and proven indications related to obstetrics. The clear arrangement of the chapters, overview tables and a short repertory make the compendium quickly indispensable for every homeopathic midwife.

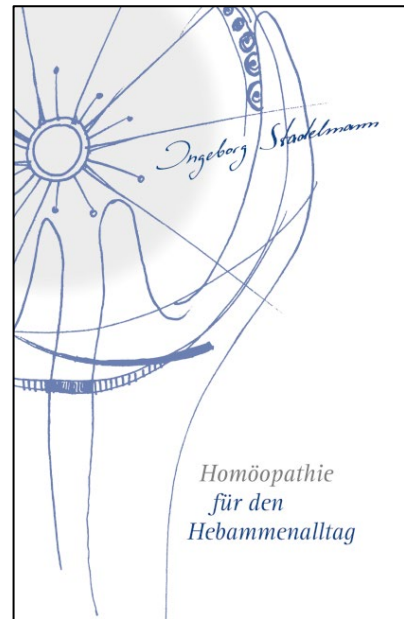
Reference book for practical use

The chapters in this book are arranged thematically according to how women experience motherhood from pregnancy to the end of breastfeeding. So you can read the book page by page in the coming weeks of pregnancy, use it to prepare for the birth of your baby, and check back week by week during the postpartum period and breastfeeding to see what may come. Separate sections for the expectant father also help him to experience pregnancy, birth and the postpartum period in a conscious and informed way.

Stadelmann, Ingeborg

Ingeborg Stadelmann (*1956), Germany's most famous midwife, mother and grandmother, is a pioneer in the field of aromatherapy in obstetrics. Today, the aromatherapist and naturopath is mainly active in further education and training.

<https://www.stadelmann-verlag.de/buch-homoeopathiehebamme.html>



Details

Original title:

Stadelmann, Ingeborg

*Homöopathie für den
Hebammenalltag*

German Edition:

3rd edition 2018

262, 14.90 EUR

Over 10.000 copies sold

Rights availability

Worldwide rights
available.



Feel good

Joggerst, Bianca

Meditations for pregnancy and birth

Nine months for a miracle - The meditations of Bianca Joggerst accompany you lovingly through the exciting time until the birth of your baby and even afterwards.

They help you to enjoy your pregnancy and to prepare for a natural birth. For this you need trust in yourself and your intuition. You need strength and energy, calmness and patience as well as the ability to relax and let go. The meditations support you in this and create a bond between you and your baby.

Trust in us

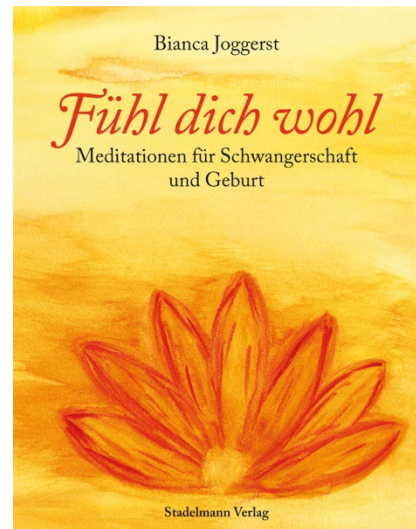
Pregnancy, birth and motherhood are unique experiences. But often we can no longer get involved in them because we have lost our trust in ourselves and in nature. Yet it is precisely this trust in nature that allows us to enjoy pregnancy and motherhood.

The meditations in this book are intended to help us reconnect with our inner femininity and to gain confidence. They are meant to guide us to become aware of the body and to influence processes in the body consciously. And last but not least, they should train the ability to relax, to let go and at the same time to let go, because it is the best support for a natural birth.

Joggerst, Bianca

naturopath and physiotherapist. In her naturopathic practice she accompanies people of all ages on their way to find themselves and to consciously perceive their own body and its needs again. She focuses in particular on energy and meditation work, but also on strengthening the spine as the "axis of life". She passes on her wealth of knowledge and experience in health courses for lay people and advanced training seminars for therapists.

<https://www.stadelmann-verlag.de/buch-fuehl-dich-wohl.html>



Details

Original title:
Joggerst, Bianca

Fühl dich wohl

German Edition:
2nd edition 2016
96p, 24.80 EUR

Rights availability
Worldwide rights
available.



Hope for unfulfilled desire to have children

Dr. med. Annemarie Schweizer-Arau

Promoting fertility holistically with Chinese medicine

Where Western reproductive medicine reaches its limits because it concentrates on purely physical processes and ignores the mind and soul, Chinese medicine (TCM) can open new doors on the path to a desired child. This is because the millennia-old health teachings look at fertility problems from a completely different, holistic and, for us "Westerners", often unknown perspective. But the treatment successes speak for themselves. Annemarie Schweizer-Arau's answer to the question **"Why can't I get pregnant?"**

Schweizer-Arau, MD, shows how integrating both systems of medicine can contribute to significantly higher birth rates, fewer complications in pregnancy, and the well-being of all involved. In addition to an overview of modern fertility medicine and an introduction to Chinese medicine, this guidebook offers an extensive self-help section. Testimonials from affected women and couples provide encouragement and confidence. On the flaps you will find meridian courses and important acupressure points.

"..this book could help you to perceive yourself and your partner again as a whole person and loving couple, and not just as prevented parents who cannot do what everyone else seems to find easy."

Dr. med. Annemarie Schweizer-Arau

Specialist in psychotherapeutic medicine with her own practice. In the 1990s, in search of a holistic approach to therapy that integrates Western and Eastern medicine, she developed Systemic Autoregulation Therapy (SART®), which combines Chinese medicine and hypnotherapy, as well as taking into account results of modern brain research. In her practice Annemarie Schweizer-Arau specializes in fertility treatments and pain management for patients with endometriosis. In addition to her therapeutic work, she also works scientifically on the topics of infertility and endometriosis.

<https://www.stadelmann-verlag.de/buch-kinderwunsch.html>



Details

Original title:

Dr. med. Annemarie
Schweizer-Arau

*Hoffnung bei unerfülltem
Kinderwunsch*

German Edition:

3rd edition 2016

528p, 49.80 EUR

Over 6.000 copies sold

Rights availability

Worldwide rights
available.



Save your skin

The great book about natural care for body and soul with plant oils

Ruth von Braunschweig

In this book, the latest findings from research, but also practical experiences from care are compiled and explained in an understandable way. Numerous recipes and applications show the simple but effective means we can use to care for our skin and keep it healthy, strengthen our immune system, mitigate negative environmental influences and the effects of stress, and ensure our well-being.

The book is a basic work in which

1. the network "skin, immune system and psyche" is described;
2. the positive effects of plant oils/fats and essential oils in this network are explained in detail;
3. rounded off with recipes and practical applications.

Ruth von Braunschweig

In the course of aromatherapy, her attention is also focused on plant oils as base oils for aromatherapy. In many years of work as a lecturer at a cosmetic and alternative practitioner school with a focus on dermatology, product knowledge, aromatherapy, phytotherapy, iris diagnosis, she was head of the department "Holistic Skin Care" there. Today she conducts seminars on aromatherapy and plant oils. She has already published several books on these topics.



Details

Original title:
Ruth von Braunschweig
[Rette deine Haut](#)

German Edition:
2022
480p, 29.90 EUR

Rights availability
Worldwide rights
available.



Plant oils

Over 50 powerful helpers for pleasure and skin care!

Ruth von Braunschweig

The importance of vegetable oils for our diet is now well known. Also that they must be natural and carefully manufactured and should come if possible from biological cultivation, if they are to unfold their health-promoting effects, is today most humans well-known. But the fact that olive oil, coconut oil & Co. are also valuable helpers for skin care and can even be used in skin care is still doubted by some experts. Today an abundance of research work speaks for itself.

Plant oils protect and care for the skin, can prevent diseases and alleviate discomfort. They work from the inside as well as from the outside, in the kitchen as well as in body care.

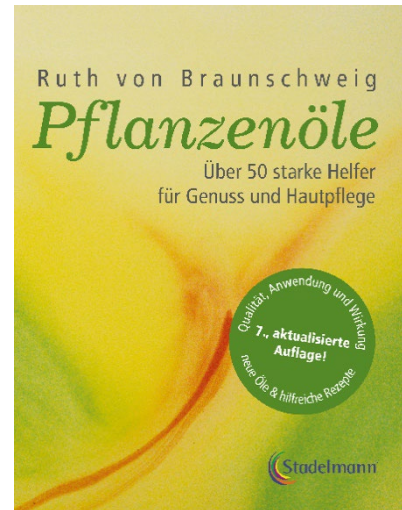
Vegetable oil is good for our skin

According to the latest scientific findings, it has been proven that the ingredients of vegetable oils are also helpful for our largest organ: the skin. Not only that the fat molecules have been "known" to the skin evolutionarily for millions of years and it can therefore metabolize them excellently. The skin can therefore utilize plant oils in its metabolism and absorb and use the ingredients.

Ruth von Braunschweig

In the course of aromatherapy, her attention is also focused on plant oils as base oils for aromatherapy. In many years of work as a lecturer at a cosmetic and alternative practitioner school with a focus on dermatology, product knowledge, aromatherapy, phytotherapy, iris diagnosis, she was head of the department "Holistic Skin Care" there.

Today she conducts seminars on aromatherapy and plant oils. She has already published several books on these topics.



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