

Nutrition Health

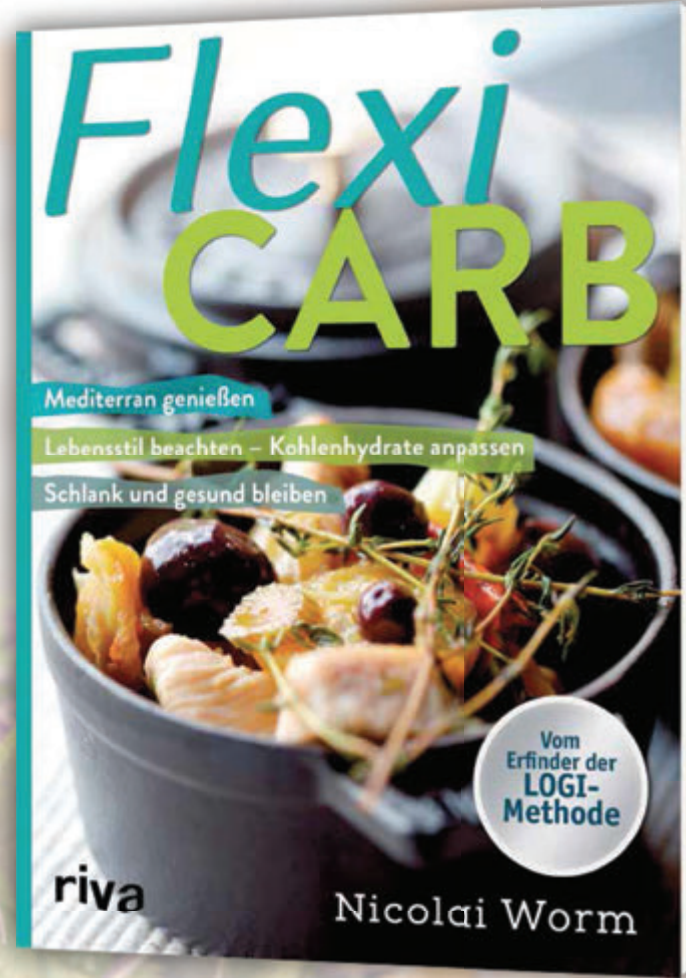
Official dietary guidelines say that only one diet is correct and healthy for everyone. But just as no single pair of pants fits all, diets must also be adapted to the individual. The decisive factor is your lifestyle! Anyone performing hard, physical labour every day can also eat a traditional, hearty diet. Most of us, however, now spend many hours a day bent over a desk, which means that we should eat a modern diet. Basically, the more time we spend seated, the fewer carbohydrates are needed by our bodies. Consuming too many will manifest itself in fatty livers, obesity and many diseases.

According to the latest studies, a modern Mediterranean diet, with a small amount of carbohydrates matched to our activity levels, is ideal to stay healthy and slim into old age or to become so once again.

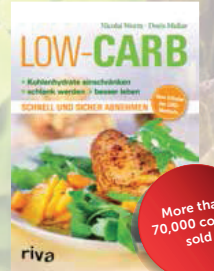
In his book, *Flexi Carb*, the renowned nutritional scientist and bestselling author Prof Dr Nicolai Worm incorporates the latest scientific findings into a programme that sets completely new standards in the field of nutrition. The *Flexi Carb* nutritional pyramid helps put these recommendations into action. The pleasure of eating is not forgotten and if you are active you may also help yourself to carbohydrates.

KEY SELLING POINTS

- According to the most recent studies, the Mediterranean diet, with a supply of carbohydrates adapted to the respective lifestyle, is the best possible preventative diet.
- Flexi Carb is the nutritional strategy for the future!
- Nicolai Worm is one of the best-known nutritionists in the German-speaking area and the author of many bestsellers
- Extremely easy to implement – without foregoing the pleasure of eating
- With a completely new food pyramid and matching illustrated recipes
- 4-colours throughout



the bestseller



More than 70,000 copies sold

ISBN 978-3-86883-101-6
19,99 €



PROF. OF NUTRITIONAL SCIENCES, NICOLAI WORM is one of Germany's leading nutritionists. Since 2008, he has been a professor at the German University for Prevention and Health Management (DHPG) in Saarbruecken. The author of numerous books, brochures and academic articles, he is known to the

wider public thanks to his radio and TV appearances for private and public broadcasting stations. His books on the *LOGI Method*, which he developed, as well as his title, *Low Carb* (riva, 2010), all became bestsellers. Nicolai Worm lives in Munich and in the South of France.

➤ A completely new nutritional concept from the inventor of the "LOGI method", based on the latest scientific findings

05.12.2015

Worm, Nicolai | **Flexi-Carb** | Enjoying Mediterranean Food. Watching your lifestyle – Adapting your carbohydrate intake Staying slim and healthy | 200 pages | 17 x 24 cm | softcover, 4-colour | 19.99 € (D) | ISBN 978-3-86883-631-8 |



The *Flexi Carb Cookbook* shows you how the carbohydrate-adjusted Mediterranean cuisine works in your everyday life. Heike Lemberger and Franca Mangiameli provide an ABC of the most important and most nutritious ingredients in the Mediterranean diet – A as artichoke, B as in broccoli, C as in citrus fruits ... – incorporating them into delicious and easy recipes for breakfast, main meals and snacks. All the dishes are available in a variety of carbohydrate and calorie levels: whether you are an office worker, an amateur sportsperson or

an exercise fanatic, whether you wish to shed a few pounds, stay healthy or regain your fitness levels – *Flexi Carb* offers the right strategy for each individual target. A lifestyle check will tell you which *Flexi Carb* type you are. The weekly diet plan, the matching shopping list as well as many practical tips for eating at home will help you make a quick start into a new "Mediterranean" lifestyle, with lots of fun, great flavours and without a loss of enjoyment.

KEY SELLING POINTS

- > 60 recipes at different carbohydrate levels
- > To lose a few pounds, to stay healthy or to improve your performance
- > Includes shopping guide, weekly diet guide and many practical tips



Tomatenhähnchen mit Fenchel

Aus Ligurien

150 g Kartoffeln
250 g dicke Bohnen
250 g Fenchel
250 g Tomaten
2 Zwiebeln
1 kleine Knoblauchzehe
frischer Rosmarin
Pfeffer
Meersalz
6 Hähnchenkeulen
3 EL bestes Olivenöl

für 4 Personen

1 Backofen vorheizen (225 °C). Die Kartoffeln waschen und in Scheiben schneiden. Die dicken Bohnen aus den Schoten pulen. In kochendem Salzwasser ca. 5 Minuten blanchieren, kalt abschrecken und die einzelnen Bohnen zwischen Daumen und Zeigefinger zusammen drücken, bis die Außenhaut aufplatzt und entfernt werden kann.

2 Den Fenchel putzen und in Ringe schneiden, die Zwiebeln schälen und würfeln, den Rosmarin hacken. Die Tomaten waschen und kleine Würfel schneiden.

3 Die Gemüse mischen und in eine Auflaufform geben. Knoblauch schälen und dazugessen. Pfeffer und Salzen.

4 Die Hähnchenkeulen waschen, trockentupfen und mit Pfeffer und Salz einreiben; auf das Kartoffelgemüse legen. Die Hähnchen mit dem Olivenöl einspeisen. Die Auflaufform mit Alufolie abdecken, in den Ofen geben. 30 Minuten garen lassen. Am Schluss die Fische abnehmen und die Hähnchenkeulen 10 Minuten knusprig braten lassen.

Flexi

50 + 150 g dicke Bohnenschoten

150 + 250 g Kartoffeln

Rezepte

≈ 127 €



HEIKE LEMBERGER, a nutritional scientist and DSSV (German Sports Studio Association) fitness teacher, is an experienced consultant and trainer. For the last 17 years, she has worked at the University of Hamburg in the Department of Human Movement Science. In 2010, she founded, together with Franca Mangiameli, the esteam GbR company. With her practical and innovative lectures and workshops, the nutritional expert enthuses both the managers and employees of companies as well as disseminators in the health industry. She is also an enthusiastic marathon runner.

© Rieka Anschütz (Rieka at the Pication)



FRANCA MANGIAMELI is a graduate nutritional scientist and for more than 15 years has coached those who are overweight or have diet-related diseases. She is the owner of the Dr Ambrosius studios for nutritional advice in Giessen, and since 2010 has managed the esteam GbR in Hamburg together with Heike Lemberger. Franca Mangiameli is the author of numerous low-carb books, including many cookbooks in the LOGI series and *The Milk Diet*. In addition, she lectures professionals, consumers, as well as managers and their employees.

- > The cookbook to go with *Flexi Carb* – enjoying Mediterranean food according to your individual type

05.12.2015

Lemberger, Heike; Mangiameli, Franca; Worm, Nicolai | *Flexi-Carb – The Cookbook* | 60 recipes with different carbohydrate levels | 200 pages | 17 x 24 cm | softcover, 4-colour | 19.99 € (D) | ISBN 978-3-86883-632-5 |



Recent studies confirm that inflammations in our bodies will influence our fat metabolisms and our body weight. They may be caused by certain foods and can be contained by others. Cereals containing gluten, sugar and alcohol are pilloried as "diet devils", because they cause overactivity in the immune system and the rapid formation of fat cells, which in turn stimulate inflammatory processes in the body. In order to lose weight (again), these inflammations need to be contained.

relieves inflammations, reduces weight, eases the burden on the intestines and restores the natural balance of the immune system. The body is detoxified, performance levels are restored and fat burning is improved so that the dangerous body fat stores in the abdominal region can be reduced.

The weight-loss expert and bestselling author Dr Michael Despeghele explains the connections between the metabolism, excess weight and various follow-on diseases. He presents a 28-day nutrition plan that manages entirely without cereals, sugar and alcohol, and thus

In the practical section of the book, the author shows which foods can counteract inflammations in the body. Some 50 delicious new recipes for all meals of the day, tips for hunger pangs and ideas for integrating more activity into your everyday life will help you return your metabolism to normal within only four weeks and convert to weight loss.

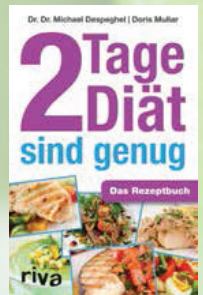
KEY SELLING POINTS

- > The new book by the bestselling author and diet expert on the trending topic of detoxing and losing weight
- > The practical application of the latest findings of nutritional medicine
- > With about 50 illustrated recipes

The successful riva diets



ISBN 978-3-86883-443-7
14,99 €



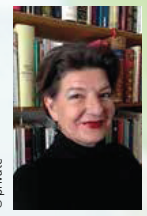
ISBN 978-3-86883-388-1
12,99 €

Translation rights sold to Russia

Über 20.000 verkaufte Exemplare



DR. MICHAEL DESPEGHELE is a sports scientist and specialist in sustainable life-style change and a healthy way of life. He is an experienced speaker on fitness, prevention and health topics and known through numerous TV appearances. Among others, he co-wrote the bestseller *Abnehmen mit dem inneren Schweinehund* [Losing weight by overcoming your weaker self] and published other successful titles, including *Was können wir noch essen?* [What else can we eat?] and *2 Tage Diät sind genug* [2 days of dieting is enough].



DORIS MULIAR, born in Austria, was a journalist for radio, television and publishing companies. Since the mid-90s, she has written a number of books with a focus on healthy eating and developed the recipes for these. As a busy author, she knows how often there is little time for cooking and this is why her recipes are always quick and easy to follow, even for those without experience.



> Diet, detox, intestinal repair and rejuvenation cure in a 4-week programme

05.12.2015

Despeghele, Dr. Michael; Muliar, Doris | **The 28-day detox diet** | How to detox your body and stop inflammatory processes in order to lose weight the quick and healthy way | 192 pages | 17 x 24 cm | softcover, 4-colour | 17,99 € (D) | ISBN 978-3-86883-696-7



Cakes, biscuits and crackers do not constitute part of a healthy diet? On the contrary! In their new book, Anja Leitz and Ulrike Gonder show how you can use the best ingredients to create delicious cakes, nutritious breads and effective power bars that will optimally supply your body and mind with nutrients and active substances.

The authors also reveal which ingredients are particularly suited for optimizing the metabolism with low-carb

baking and why, as well as at which time of day the body will benefit most from the various baked goodies.

The book contains 80 full-colour illustrated recipes ranging from rustic tomato bread via deliciously seductive mascarpone and cinnamon waffles to a spectacular coconut gateau for Sunday afternoon tea – all of them are low in carbohydrates and free from gluten. These delicious patisseries optimize your diet instead of stressing the body!

KEY SELLING POINTS

- Optimizing your metabolism: This is how health and pleasure will find each other!
- Successful and experienced authors who have already published several titles on the topic of nutrition



© Anja Leitz

Strawberry and cream cheese tart
medium low carb/high fat



© Anja Leitz

Mascarpone and cinnamon waffles very low carb/high fat



© private

ANJA LEITZ directs the Steinfels therapy centre with neuro-feedback surgery, cooking courses and seminars for an individually adapted diet. She is also a cookery writer and blogger and, together with Ulrike Gonder, published the book *KetoKüche kennenlernen* [All about the Keto Cuisine].



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ULRIKE GONDER is a nutritionist, independent science journalist, book author and speaker. One of her favourite topics is the rehabilitation of fats. There is no room for cakes, biscuits and crackers in a healthy diet? Nothing of the sort! In their new book, Anja Leitz and Ulrike Gonder prove that using the best ingredients, you can make delicious cakes, nutritious breads and effective power bars which will optimally supply your body and mind with nutrients and active ingredients.



- 80 delicious recipes: in the best-possible combination, free from gluten and low in carbohydrates

Leitz, Anja; Gonder, Ulrike | **Low Carb Baking** | 80 sweet and savoury recipes to optimize your metabolism, your performance and your wellbeing | 200 pages | 19 x 24 cm | hardcover | 19.99 € (D) | ISBN 978-3-86883-703-2

07.09.2015



DiETING WITH hCG IS CURRENTLY ON EVERYONE'S LIPS. The human chorionic gonadotropin hormone is said to suppress the feeling of hunger and the well-heelled have therefore used it for years to supplement their low-calorie diets. Now that the hormone is also available in homeopathic and bioenergetic forms, everyone can benefit from its positive action at a reasonable cost.

The dieting expert Carola Ralumi summarizes our current findings on hCG in a succinct and easy-to-

understand way, explains in what different forms the product is available and presents a highly effective 5-week programme that is optimally complemented by the intake of hCG.

Clear instructions, two complete 14-day plans and lots of illustrated recipes featuring fish and meat as well as vegetarian and vegan foods ensure quick and easy weight loss without starvation or foregoing the pleasure of eating.

KEY SELLING POINTS

- Compact, easy-to-follow guide with all the important facts
- With detailed daily and weekly diet plans and more than 100 illustrated recipes
- More than 150,000 copies of hCG books sold on the German market
- Softcover with a quality design

GO GREEN!

TAGESPLÄNE

1-7

TAGESPLAN 1	Kalb		
Morgens	Mittags	Abends	
S. 24 Kefir-Avocado-Mix (siehe Foto)	S. 24 Chinakohl-Platte mit Hüttenkäse	S. 25 Kalbsröllchen mit Feldsalat	
TAGESPLAN 2	Pute		
Morgens	Mittags	Abends	
S. 26 Grupefruchtjoghurt mit Minze	S. 26 Putencurry mit Ananas	S. 27 Cremige Suppe mit Pfefferlingen (siehe Foto)	
TAGESPLAN 3	Schwein		
Morgens	Mittags	Abends	
S. 28 Gurken-Kiwi-Shake	S. 28 Grüne Spargel-suppe mit Frischkäse (siehe Foto)	S. 29 Schweinesteak mit Champignons und Zucchini	

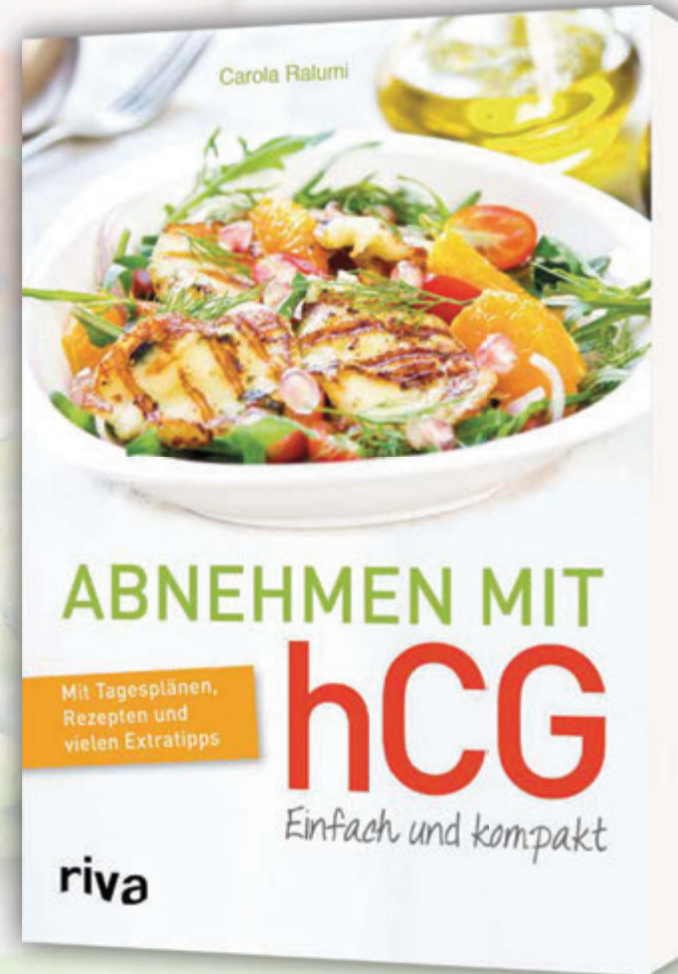
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Trending topic hCG



ISBN 978-3-86883-597-7
16,99 €

ISBN 978-3-86883-562-5
19,99 €



- hCG is the new dieting trend promising bestselling sales figures



CAROLA RALUMI is an expert in nutrition and diet. She discovered hCG – at the time still a programme of injections only available at a clinic – during her research and study visit to California in the mid-1980s.

During her practical work with the obese, Ralumi then developed special recipes and nutrition plans for losing weight with hCG.

13.04.2015

Ralumi, Carola | **Losing weight with hCG – Easy and compact** | With daily diet plans, recipes and many extra tips | 128 pages | 14.8 x 21 cm | softcover, 4-colour | 12.99 € (D) | ISBN 978-3-86883-684-4



If your GP diagnoses you as suffering from "Hashimoto's thyroiditis", you'll probably be given three further pieces of information:

1. "This form of inflammation of the thyroid gland is incurable."
2. "Over the years, this inflammation will bring about the complete dissolution of the thyroid gland and therefore inevitably lead to an underactive thyroid."
3. "The only meaningful form of medical treatment consists of the administration of L-thyroxine, a thyroid hormone replacement."

Tens of thousands of people in Germany receive this diagnosis every year. Many of them are relieved because they now have an explanation for why they have been feeling unwell for so long. And they are full of hope that from now on everything will improve very quickly and that they will soon feel well once more. Unfortunately, this is only very rarely the case. For most sufferers, a long-term ordeal begins. Why is that so? Because the said three pieces of information rarely apply, and often a medical procedure is undertaken that is actually harmful to many patients.

This book is meant to help all those who suffer from Hashimoto's thyroiditis to find the right medicine, the one they really need, and to show them how to use the medication correctly.

KEY SELLING POINTS

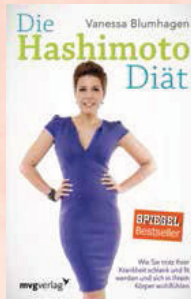
- > The first comprehensive and holistic guide to Hashimoto
- > Provides legitimate hope of an opportunity for a cure
- > More than one million Hashimoto's sufferers in Germany
- > By an expert and bestselling author

More than 200,000 copies sold

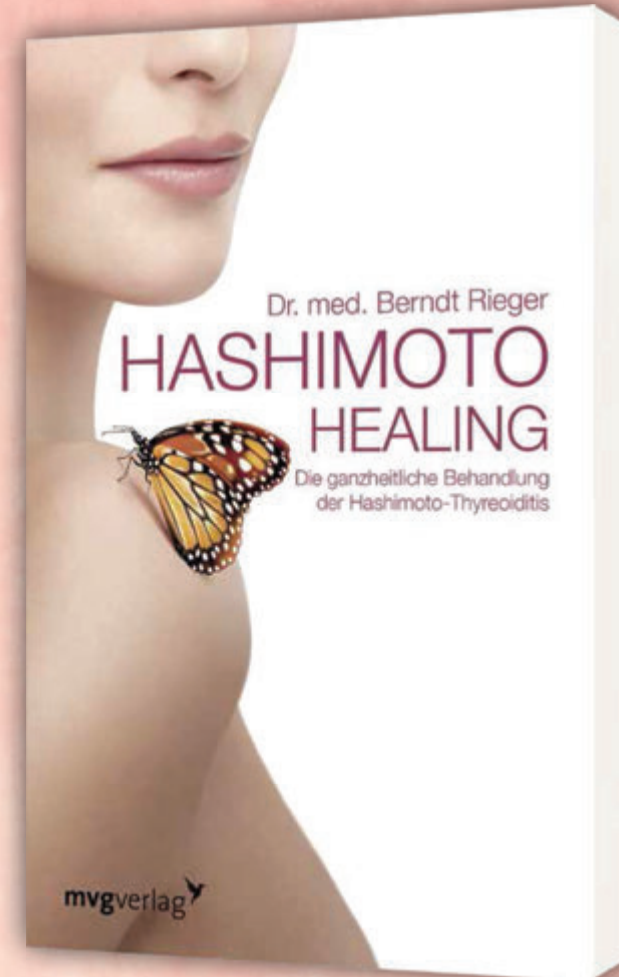
of the successful topic Hashimoto at mvg



ISBN 978-3-86882-426-1
16,99 €



ISBN 978-3-86882-501-5
16,99 €



> The top self-published title, now from mvg



DR BERNDT RIEGER worked for eleven years at various hospitals and qualified in 2001 as a specialist for internal medicine. In 2002, he set himself up as an internist and naturopath in Bamberg. In 2005, he founded the Centre for Traditional European Medicine, a training

centre for medical practitioners and doctors, which also offers further specialization in holistic thyroid treatment. Dr Rieger is the author of various successful health guidebooks, including the bestsellers, *Die Schilddrüse* [The thyroid gland] and *Hashimoto and Basedow*.

11.05.2015

Rieger, Dr. med. Berndt | Hashimoto healing | The holistic treatment of Hashimoto's thyroiditis | 160 pages | 13.5 x 21 cm | softcover | 16.99 € (D) | ISBN 978-3-86882-587-9



The optimum nutrition is an indispensable prerequisite for performance optimization and the best possible training success, both in popular and in competitive sports. From weight training via combined sports to endurance sports, a specially adapted diet effectively supports your training as well as your weight management. This volume offers guidelines for the practical implementation of a sports-oriented diet plan of your everyday meals and answers important questions on the suitability and quality of foods, the sensible use of nutritional supplements and much more. In addition, there are numerous recipes with detailed nutritional analysis, a guide for menu planning as well as a comprehensive, training-oriented food analysis.

IMPORTANT FOR YOUR SALES SUCCESS

- > The practical guide for the reference work on sports nutrition
- > Essential for all athletes and would-be athletes
- > 40 recipes and training-oriented food science

Re-order now!



ISBN 978-3-86883-011-8
17,90 €



PROF. DR. MICHAEL HAMM is a nutritionist, the author of numerous books on nutrition and consultant for a number of magazines, including *Fit for fun*. The diet guides he has published so far have all been top sellers and were also highly regarded by experts. He lives in Hamburg.

JAKOB OGIELDA studied nutritional sciences and has more than 15 years experience as a professional chef. He is active in the martial arts and lives in Hamburg.



- > More than 30,000 copies sold
The right diet for sports people

10. 04. 2015

Michael Hamm, Jakob Ogieldda | The practical guide to sports nutrition | 220 pages
17 x 24 cm | Softcover, 4-colour | Original edition | 17,99 € (D), 18,50 € (A), sFr. 25,40
ISBN 978-3-86883-442-0 | Commodity group 1441



Many women know all about it: You try your best by exercising and dieting in order to lose a few pounds but your legs simply will not get any slimmer – no matter how thin your face and upper body have become. What remains is the unpleasant feeling that you are not disciplined enough, that you haven't trained hard enough, and often this is also the discouraging refrain from your surroundings. "Well, then you just have to lose a bit more weight!", "Well, you'll have to exercise, otherwise nothing will happen!" – these are the phrases that Madlen Kaniuth heard again and again, and that are familiar to many other women.

However, it is quite likely that a person's legs are not getting any slimmer because they suffer from a clinical condition known as "lipoedema". This hormone-related disruption in the fat redistribution causes a disproportionate amount of fatty tissue to be deposited in the legs and also in the arms, which in turn slows down the transportation of lymphatic fluids. The results are excessively fat legs (or arms), which are sensitive to pain, bruise easily and which neither diet nor sports, only an operation, can get rid of. One in ten women are affected.

Madlen Kaniuth has suffered from lipoedema since her youth – but the correct diagnosis was not made until the beginning of 2014. She underwent the same ordeal as many women but was able to counteract it with the appropriate operations. In this volume, she describes her experiences, she gives advice and assistance to all those who are affected and encourages you to fight against the disorder rather than doubting yourself.

IMPORTANT FOR YOUR SALES SUCCESS

- Widespread endemic disease like Hashimoto
- Well-known and dedicated writer who herself suffers from lipoedema
- Major press trip planned
- Numerous appearances on talk shows planned



© Melanie Nador

The author is a well-known celebrity from TV series like *Pastewka*, *Tatort* and *Alles was zählt*



- One in 10 women are affected, a total of about 4 million women

08.05.2015

MADLEN KANIUTH, born in 1974, is an actor and singer. She is known mainly for the RTL soap *Alles was zählt*, but also for TV productions of *Pastewka*, *Notruf Hafenkante*, *Tatort*, *Wilsberg* and many more. She volunteers for Kinderlachen e. V. and die Deutsche Knochenmarkspenderdatei (The German Database of Bone Marrow Donors). In addition, she is the ambassador for Lipödem Hilfe Deutschland e. V. (Lipoedema Assistance Germany). Madlen Kaniuth lives in Cologne.

Madlen Kaniuth | **Fat legs despite dieting** | My life with lipoedema | 200 pages
13.5 x 21 cm | Softcover | Original edition | 17.99 € (D), 18.50 € (A), sFr. 25.40
ISBN 978-3-86882-567-1 | Commodity group 1465



It's possible to lose weight in the long term and to sustain your new weight without hunger pangs, self-torment or excessive exercising. Matthias Jünemann set an example by losing a huge amount of weight by following the adipositas diet, which he developed. The cause of obesity is a malfunction of the hypothalamus, and taking hCG (human chorionic gonadotropin) in homeopathic doses will help you avoid putting the weight you lost back on again. But after a while, Matthias Jünemann nevertheless regained some of his former weight, and so he began to search for the reasons.

With the "green" adipositas diet, he has developed a diet that promises long-lasting success. He found that it is our conventional cooking methods and our consumption of animal proteins that keep us from attaining and maintaining our ideal weight. The author embarked on a new nutritional regime comprising the consumption of raw vegetables and vegan food. Obesity and physical complaints are now a thing of the past.

IMPORTANT FOR YOUR SALES SUCCESS

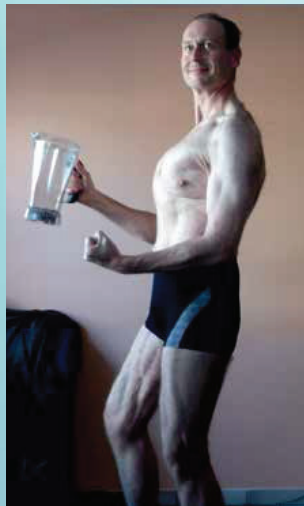
- Successful and recognized method of losing weight
- The author himself is the best example of the diet's success
- Hot topic hCG

Before



© private

After



© private



© private

MATTHIAS JÜNEMANN, born in 1971, moved back to his hometown in former East Germany after several years in Nuremberg. He is an economist and until a few years ago he weighed more than 190 kg (418 lbs); then, in 2011, he lost just under 100 kg (220 lbs) within a little more than 300 days.



Matthias Jünemann | The green adipositas diet with hCG | Vegan nutrition for a stable and healthy body weight in the long term
224 pages | 17 × 24 cm | Softcover
Original edition | 19.99 € (D), 20.60 € (A), sFr. 27.90
ISBN 978-3-86883-562-5
Commodity group 1461



Matthias Jünemann | The adipositas diet with hCG
Starting with the reasons for obesity and being overweight and removing them forever | 176 pages
17 × 24 cm | Softcover | Original edition | 16.99 € (D), 17.50 € (A), sFr. 23.90 | ISBN 978-3-86883-597-7
Commodity group 1461



- More than 10,000 copies of the Adipositas Diet sold

05. 01. 2015