

Foreign Rights

Fall 2018

Ernst Merkinger, My Life is a Pilgrimage, 2018 *new*

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

Bert Ehgartner, The Methuselah Code (fall 2017)

Maria Treben Herbal Calender, 2018 *new*

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

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

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

Ana Maria Lajusticia Bergasa, Fit and Well with Collagen (fall 2017)

Ana Maria Lajusticia Bergasa, Magnesium and Sport (spring 2017)

Ana Maria Lajusticia Bergasa, Defeating Osteoporosis (bestseller)

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 millions 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.

New!

Ernst Merkinger

My Life is a Pilgrimage To Marrakesh on Foot

Mein Leben ist eine Pilgerreise Zu Fuß nach Marrakesch

260 pp, 55 color photographs

Hardcover, 135 x 210 mm

ISBN 978-3-85068-978-8

Publication: September 2018



- **The author financed his journey using crowd funding; he is a social media fanatic**
- **There was media coverage of his journey from both home and abroad (Spiegel Online, FAZ.net, ORF)**
- **Entertaining yet profound writing in diary form**

Something serious has emerged from out of the fun. In June 2017 Ernst Merkinger gathered up his belongings and took off on foot to walk the Camino de Santiago. Four and a half months and 3476 kilometers later he arrived at his destination – Marrakesh. “My entire life up to now has felt like a pilgrimage, sometimes more and sometimes less demanding”, he said. He sees his “trudge” from Vienna to Marrakesh as a soulful journey into the depths, one which is both physical and psychological, and he would describe himself as a “digital nomad”. While he was blogging during his walk he picked up countless followers. Multiple media outlets both at home and abroad also reported back on his journey.

Ernst Merkinger writes with such a lightness that it becomes a joy. “Whoever takes life too seriously just hasn’t understood the game” – this is his credo. He is uncompromisingly sincere, authentic and profound, as well as sparkingly witty, a master of word play. When you read it – his “sort-of autobiography” – you will keep laughing uncontrollably. It’s a pleasure to read from first to last page.

ERNST MERKINGER

Born on New Year’s Eve 1990 and grew up in the Mostviertel region of Lower Austria. He now lives in Vienna. His business card reads: “Lausbua (= *brat*). Pilgrim. Human Being.” Once he had graduated from high school, he trained to be a medical masseur, and studied and worked as an assistant director, photographer and editor, including at Servus TV. In 2017 he took up his pilgrim’s staff, following St Augustine’s motto: “Love and do what you want”.
www.ernstjetzt.com

Bert Ehgartner

Good Vaccination, Bad Vaccination

The Comprehensive Guidebook

Gute Impfung Schlechte Impfung Der umfassende Ratgeber

ISBN 978-3-85068-953-3

Ca. 256 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

Bert Ehgartner

The Methuselah Code

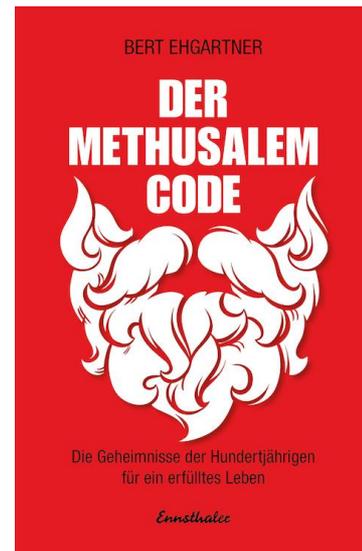
The Secrets of the Centenarians for Living a Fulfilled Life

Der Methusalem-Code. Die Geheimnisse der Hundertjährigen für ein erfülltes Leben

372 pp. , hardcover

ISBN 978-3-85068-978-6

Publication date: October 2017



The book

We ourselves can to a great extent influence the way in which we age by coming up with a beneficial life plan. Bert Ehgartner describes seven prerequisites, which are crucial for health and happiness in old age. What's special here is that there is a thoroughly researched scientific basis for all his advice. A questionnaire and several tests, including a heart fitness test, show the reader where he or she stands with regard to their health. However this would not be Bert Ehgartner, if he were not subjecting the health industry to close scrutiny as well. "Preventive care for a long and happy life should never be delegated to anyone else, and definitely not to medicine," he says.

His book is addressed to everyone, but especially middle-aged people, who would like to enjoy their lives under their own control up to a ripe old age. And who, in doing so, are open to changes to their lifestyle. An exciting and entertainingly written book that will improve your quality of life!!

Bert Ehgartner

Born in 1962, studied journalism in Vienna and for over 20 years has – as a science journalist, author and documentary film-maker –observed developments in the area of medicine and the pharmaceutical industry with a critical eye. In addition to his print articles, he has written numerous books on health topics. His documentary “The Acts of Aluminum” was awarded the “Hoimar von Ditfurth Prize”. Bert Ehgartner is the father of five children and lives with his family in the Vienna Woods.

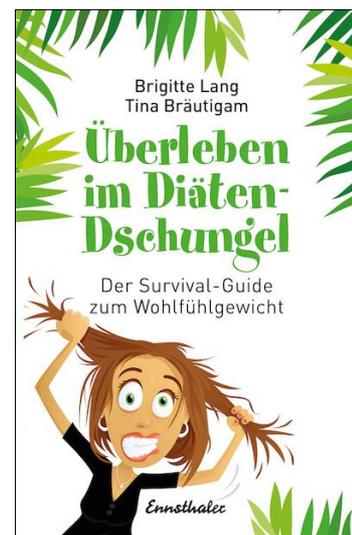
For more information about the author, see www.bertehgartner.com

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

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

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www.ennsthaler.at

Georg Weidinger

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

Die Heilung der Mitte

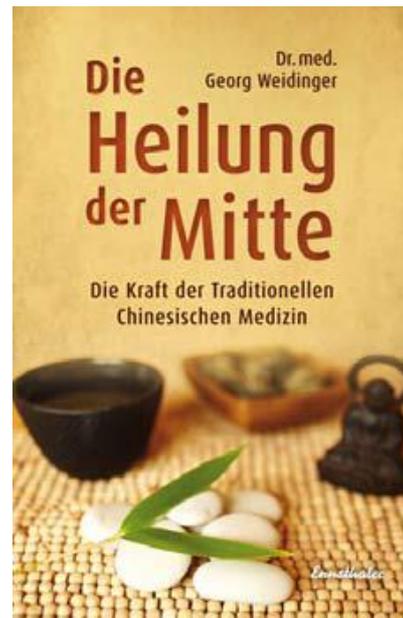
428 pp, size 135 x 210 mm
hardcover

ISBN: 978-3-85068-864-2

First publication date: March 2011, 8th ed.2018

55.000 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 Kubierna

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

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

Ana Maria Lajusticia Bergasa

**Magnesium and Sport
On the Dangers of Magnesium
Deficiency**

Magnesium und Sport
Über die Gefahren von Magnesiummangel

112 pp, size 210 x135 mm
paperback
ISBN: 978-3-85068-972-4
Publication date: May 2017



The book

Muscle cramps, migraines, tiredness, nervousness - Magnesium is indispensable for our bodies. Athletes in particular benefit from an adequate supply of this often-misunderstood mineral. The author underlines this by describing Kenyan and Ethiopian runners, who are considered to be the best in the world. Unlike in our latitudes, they harvest their food from magnesium-rich soils. In the worst case, a deficiency of magnesium can even lead to sudden death from cardiac arrest, and a number of examples of this are given in the book. Ana Maria Lajusticia Bergasa lists the most magnesium-rich foods and gives valuable tips on the uses of magnesium. She also outlines its health benefits as well as the symptoms and dangers of magnesium deficiency. If you like doing a lot of sport, you should read this book!

Ana Maria Lajusticia Bergasa

Born in 1924 in Bilbao (Spain). Studied chemistry at Complutense University in Madrid. For more than forty years, she has been studying nutritional science based on biochemistry and molecular biology. She is considered an expert on nutrition in Spain, runs a practice in Barcelona and is a popular guest in the media. She is author of numerous renowned health books. For more information, visit www.anamarialajusticia.com
www.facebook.com/anamarialajusticia

Also published by the author:

„Kampf der Arthrose“ (The Fight Against Osteoarthritis), 28th edition in German

„Die erstaunliche Wirkung von Magnesium“ (The Astonishing Effect of Magnesium); 11th edition
25.000 copies sold).

„Osteoporose besiegen“ (Defeating Osteoporosis) 2016

„Magnesium und Sport“ 2017

„Fit und Gesund mit Kollagen“ (Fit and Well with Collagen) 2017

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
2nd 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

www.elblogdeanamarialajusticia.com

www.anamarialajusticia.com

Ana Maria Lajusticia Bergasa

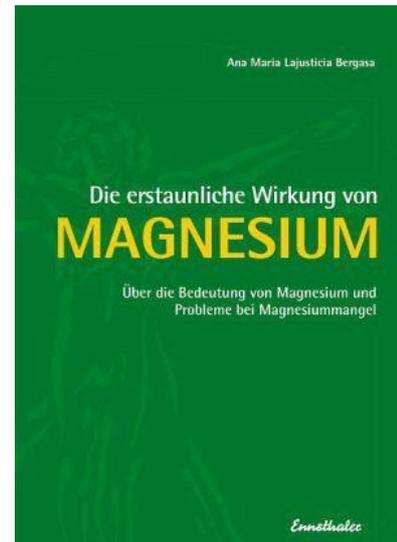
The Astonishing Effect of Magnesium **On the importance of magnesium and problems** **with magnesium deficiency**

Die erstaunliche Wirkung von Magnesium

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

11th extended edition 2016 **28,000 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

Ana Maria Lajusticia Bergasa

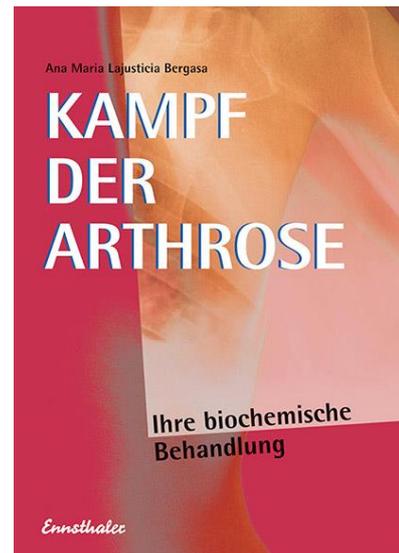
The Fight Against Osteoarthritis. Its biochemical treatment.

Kampf der Arthrose. Ihre biochemische Behandlung

96 pp, 210 x 148 mm, paperback
ISBN: 978-3-85068-139-1

28th edition 2015, 86,000 copies sold

Available also in French, Dutch, Polish, Czech



How osteoarthritis can be treated effectively

The book

Osteoarthritis, a wearing down of the cartilage, causes pain in the joints, sciatica, lumbago and back pain. It is generally accompanied by an overall decalcification of the skeleton, but this is a secondary consequence and it can't be traced back to a calcium deficiency. To date the prevailing opinion has been that osteoarthritis is a progressive and non-reversible deterioration of the skeleton. This is not true. This negative symptom can be combatted and reversed. Ana Maria Lajusticia Bergasa, renowned in Spain for her books about diet and nutrition, explains in a scientific manner, but still easily understood by the lay reader, the causes of this suffering. She offers a cure, which is based upon dietary guidelines and not medication. This cure has proved to be effective for thousands of people.

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: „Die erstaunliche Wirkung von Magnesium“ (*The Astonishing Effect of Magnesium*); 11th edition 2016, 25.000 copies sold). Her book on osteoporosis, „Osteoporose besiegen“ (*Defeating Osteoporosis*) was published fall 2016 , *Magnesium and Sport* in Spring 2017 by Ennsthaler Publications.