

Claudia Ritter

## **Natural Treatment of Diabetes**

Effective healing plants and essential vital substances for type 2 diabetes

978-3-03902-207-6

28.00 EUR

Cover: Hardcover

Extent: 272 pages

Format: 14.5 cm x 22 cm

Colour photos

ISBN 978-3-03902-207-6

Available: 26/02/2024

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- **Naturopathic therapy for diabetes**
- **The most essential food and healing plants as well as vital substances**
- **With numerous recipes, both from kitchen and naturopathic practice**

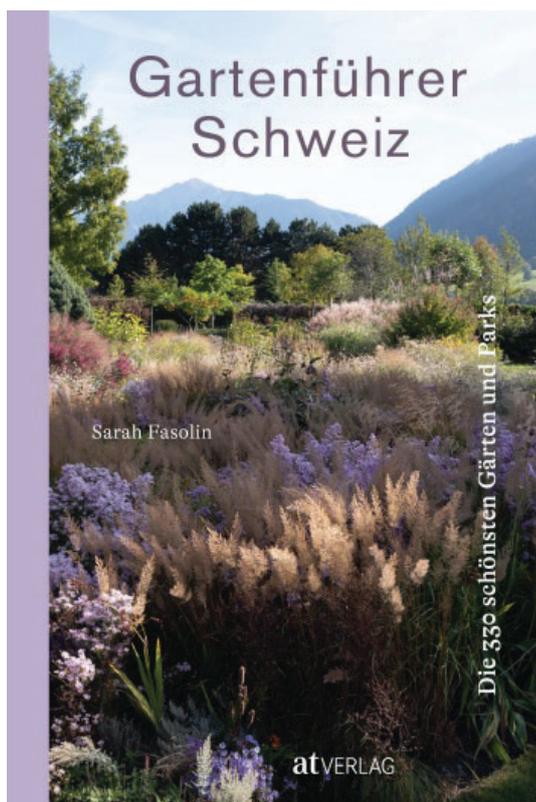
### **Quality of life and vitality – despite diabetes!**

Diabetes mellitus is a widespread disease all over the world. Sooner or later most patients are prescribed medication, as a lack of treatment may induce serious long-term effects. However, only few people are aware that especially those affected by type 2 diabetes can gain control of their blood sugar level by means of naturopathic therapy.

This book presents possibilities for self-treatment using the most important food plants (from avocado to walnut), healing plants (from artichoke to cinnamon), and vital substances (from vitamin B to zinc), complete with recipes and tips on preparation, usage, and dosage. Secondary diseases can thus be avoided with the help of natural means, while medication and adverse effects can be reduced to a minimum. Detailed explanations help to understand the illness, relevant technical terms, laboratory values, and effects.

A thorough and coherent guide for people affected by diabetes.

**Claudia Ritter:** is a naturopathic therapist and author. In 2020 she was asked to join the German »Kommission E«, a commission of experts on herbal medicine.



Sarah Fasolin

## **Garden Guide Switzerland**

The 330 most beautiful gardens and parks

978-3-03902-227-4

38.00 EUR

Cover: Paperback with flaps

Extent: 464 pages

Format: 14.5 cm x 22 cm

335 colour photos, 23 maps

Word count: 112,829

Available: 25/03/2024

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- **Discover the 330 most beautiful gardens and parks of Switzerland**
- **Multifaceted garden culture that delights, inspires, and invites us to dream**
- **With practical tips to plan your visits**

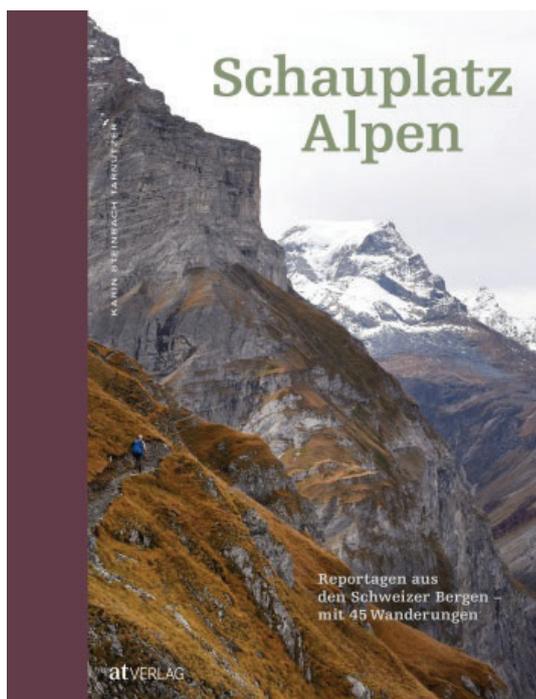
### **Paradise gardens of the Earth!**

Farm and monastery gardens that are several hundred years old, representative parks, extraordinary villas, and private gardens or gardens in the High Alps: Switzerland is a country of gardens. Its diverse garden culture should be experienced with all the senses.

This garden guide offers a comprehensive overview of the most attractive gardens and parks between Lake Constance and Lake Geneva, some famous, others practically unknown. It takes you to enchanting places and hidden gems of nature. Brief introductions explain regional garden cultures as well as botanical and design particularities of the gardens and parks and tell the story of their creation and ownership.

A section with practical tips provides useful information for visitors. Addresses, important dates, and festivals for garden lovers along with a comprehensive bibliography round off this competent and practical guide.

**Sarah Fasolin:** is a garden journalist, contemporary historian, and freelance biographer. She writes for various magazines, newspapers, online portals and holds lectures about gardens in Switzerland. She loves to spend her free time in her own garden near Bern.



Karin Steinbach Tarnutzer

## Paradise gardens of the Earth

Stories from the Swiss mountains – with 45 hiking trails

978-3-03902-185-7

39.00 EUR

Cover: Hardcover

Extent: 264 pages

Format: 19.5 cm x 25.5 cm

179 colour photos

Word count: 67,659

Available: 25/03/2024

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- **A hiking and story book by an expert of the Alps: Karin Steinbach Tarnutzer**
- **Discover and experience modern Swiss Alpine culture**
- **A must-have for history, culture, and mountain lovers**

### Hiking on the tracks of Alpine culture!

The Alps are a living and thrilling environment. Nature and tradition meet technology and modernity. With this hiking and story book the renowned expert of the Alps Karin Steinbach Tarnutzer offers fresh and authentic insights into the wonders of the Swiss mountains.

Inside a mountain we visit a subterranean chip factory, while in dizzy heights we behold the construction site of a hydropower plant or the highest place of pilgrimage in Europe. We get a glimpse of the everyday life of Wildheuer farmers, helicopter pilots, and Rheinholzer woodworkers, we visit permaculture projects in the Appenzell and the biodiversity paradise of Alp Flix. Every story features three different hikes in the given region, as it is best to explore the locations of each story on our own. Featuring practical information, and richly illustrated.

For anyone who longs to see the Swiss mountains from a different angle – and with their own eyes.

**Karin Steinbach Tarnutzer:** is a freelance journalist, author, lecturer. She writes for newspapers and magazines on the topic of mountains and nature and has co-authored numerous biographies of mountaineers. Being a passionate alpinist and climber herself she has been drawn to the mountains since her youth.

Photos: Karin Steinbach Tarnutzer, Robert Bösch et al.