

## Hard shell – healthy kernel

**Not only do they taste good**, they also provide us with important vitamins, minerals, and healthy unsaturated fatty acids. Cashew nuts, peanuts, hazelnuts, coconuts, macadamia nuts, walnuts, pistachios, and almonds are true miracle weapons. As a regular part of your diet, they can prevent or alleviate illnesses like arteriosclerosis, rheumatism, indigestion, or cardiovascular problems as well as improve the ability to concentrate in case of stress. Furthermore, the oil and leaves of some nuts possess specific healing powers that are particularly utilized and appreciated in the creation of cosmetics. With delicious recipes – **indispensable in every medicine chest**.

**Gabriela Schwarz**, born in 1958, studied chemistry, and today works as a successful freelance author and medical journalist. Her books mainly focus on health topics, and *The Healing Power of Herbs*, and *Healthy with Sauerkraut and Cabbage* have both been published within the series »Herbig Hausapotheke«.



Gabriela Schwarz

### Stay Healthy with Nuts

Strengthen the immune system – Regulate bowel activity – Pre-empt dementia

176 pages, coloured throughout

14.3 x 17.5 cm

hardcover

ISBN 978-3-7766-2701-5

## The unknown all-rounder

**Celtic druids regarded sage as a medicinal plant** able to bring the dead back to life. Up to this day, folk medicine throughout Europe attributes great power to it. Apart from its widely known anti-inflammatory effect in throat diseases as well as its unbeatable ability to regulate perspiration, sage can also help with such diverse illnesses and symptoms as anxiety disorders, skin diseases, gastric disorders, memory lapses, gum bleeding, deteriorating eyesight, and menopausal complaints. With delicious recipes that combine **its universal healing power with enjoyable food**.

Ellen Heidböhmer, born in 1963, works as an author and editor, and has been engaged in alternative healing methods for many years. Previously, her successful guide books *Healthy with Ginger*, *Elderberries: The Medical Plant*, *Medicine from the Deep*, and *Stay Healthy with Nettles, Dandelion and Rocket* have also been published within the series »Herbig Hausapotheke«.



Ellen Heidböhmer

### The Healing Power of Sage

Antibacterial – Antiperspirant – Digestive

176 pages

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ISBN 978-3-7766-2696-4