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VERLAGSHAUS
DER ÄRZTE

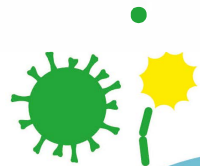
Old, but good! How to keep the immune system fit for a long time.

Age has a major influence on the quality of the human immune system. In short, the immune system weakens with increasing age. Infectious diseases can then take a more severe course, which was recently demonstrated in Covid-19, for example.

But one does not have to accept this natural process fatalistically. Although we cannot turn back the number of years of life, we can certainly have a favorable influence on the quality of aging. And this also applies to the immune system. This book shows how this can be done with the help of a few examples. Of course, exercise and nutrition are important, but there are other exciting success factors ...

These include restful sleep, relaxation, water treatments according to Kneipp or even music. In addition, our experts show what can be achieved for the immune system even in the case of chronic illnesses.

Taking responsibility for one's own health does not mean iron discipline and a high willingness to perform, but rather to be able to enjoy as healthy and long a life as possible with relatively little effort.



Peter Weiler, Wolfgang Bauer

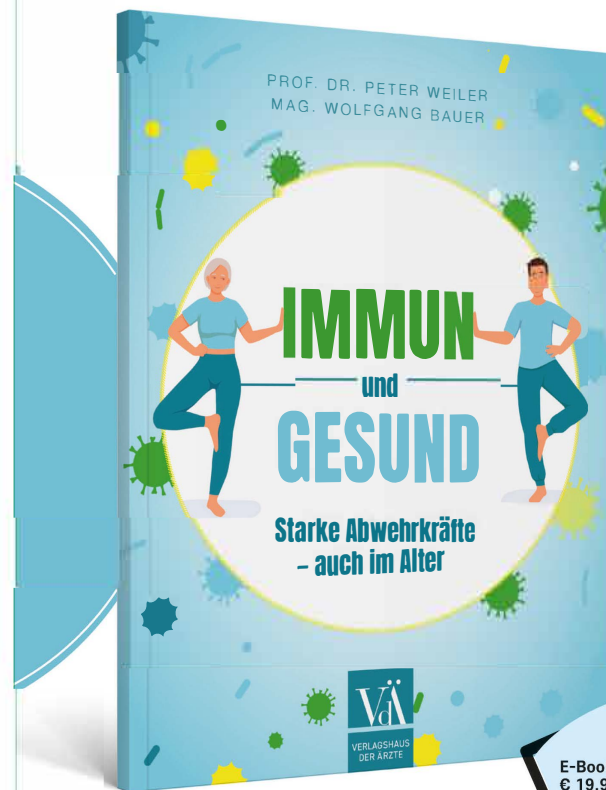
Immun und gesund Starke Abwehrkräfte – auch im Alter

- ca. 160 pages, paperback
- format 16,5 x 22 cm
- ISBN 978-3-99052-305-6

€ 21,90

Publication date: September 2023

E-Book € 19,99
ISBN 978-3-99052-299-8



ARGUMENTS

- The COVID-19 years have dramatically demonstrated the special importance of the immune system in old age.
- The insightful text combined with valuable expert knowledge offers a particularly high reader benefit.
- The book has a motivating message: even in old age, you can do a lot for your own health.



Gruber
Wie wir alt werden und jung bleiben. Spermidin als Chance
184 pages, paperback
format 16,5 x 22 cm
€ 19,90
ISBN 978-3-99052-233-2



Weiler, Bauer
Weniger Pillen, mehr vom Leben. Sinnvoller Medikamenteneinsatz im Alter
144 pages, paperback
format 16,5 x 22 cm
€ 19,90
ISBN 978-3-99052-161-8



AUTHORS

Prof. Dr. med. Peter Weiler, MSc is a specialist in internal medicine and geriatrics, a general practitioner and deputy head of the Department of Internal Medicine at the Landesklinik St. Veit, a teaching hospital of Paracelsus Medical Private University.

Wolfgang Bauer is a health and science journalist and co-author of several guidebooks.

How do I recognise quality?

Food supplements have now conquered, if not flooded, the health market. And consumers are becoming increasingly sceptical and ask themselves whether the quality of the products can be recognised by the price alone.

What does quality actually mean? The answer is basically simple: quality is when the product works and is safe and comfortable to use.

And for a good product, quality starts with the raw materials and controlled production. In addition, the dosage recommendations must fit and be scientifically justifiable.

But can you tell all this from the product?

This guide helps to separate the wheat from the chaff and should enable consumers to assess the quality of products by simply checking them. To do this, you often only need to know what is really hidden behind the technical terms printed on the packaging ...

Dr. Albert Kompek

Nahrungsergänzungsmittel auf dem Prüfstand

Echte Qualität – einfach erkennen

- approx. 80 pages, paperback
- format 12 x 19 cm
- ISBN 978-3-99052-298-1

€ 14,90

Publication date: September 2023

E-Book € 12,99

ISBN 978-3-99052-300-1



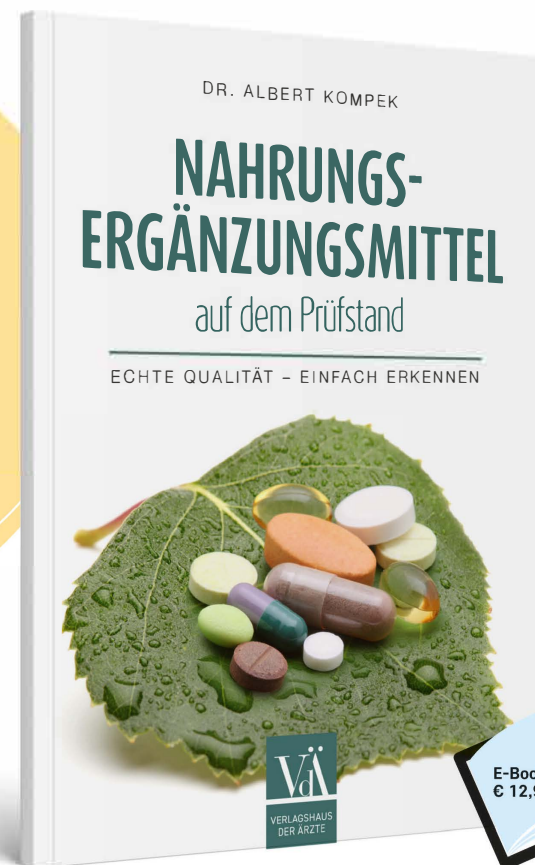
Schauer

Mikronährstoffe im Sport

136 pages, paperback
format 16,5 x 22 cm

€ 19,90

ISBN 978-3-99052-211-0



DR. ALBERT KOMPEK

NAHRUNG- ERGÄNZUNGSMITTEL auf dem Prüfstand

ECHTE QUALITÄT – EINFACH ERKENNEN

VdA
VERLAGSHAUS
DER ÄRZTE

E-Book
€ 12,99

ARGUMENTS

- Competent information from a proven expert
- Plain structure and simple comprehensibility
- An important guide through the jungle of increasingly popular food supplements

AUTHOR

Mag. pharm. Dr. rer. nat. Albert Kompek conducted research at the Institute of Pharmaceutical Sciences (Pharmacology Department) at the Karl-Franzens-University in Graz and has been Head of Research & Development at the pharmaceutical company Apomedica in Graz for more than 20 years.

Live better with the personal plan

Many people want to change something about their body: Lose weight, get fitter, be happier. And we are now constantly surrounded by unrealistic body clichés and fashionable diets that promise everything and more. New diets and weight loss concepts keep coming and studies are cited that prove their success. But is it really true? And which of the many ways is the right one? Does it even exist?

Ultimately, diets do what they are supposed to do: Reduce weight. Most of the time it works quite well. Whether it is permanent or healthy was not the question. And the fact that you use up your willpower during a diet and have no strength left after finishing the diet to get through the really demanding part, namely the holding phase, was not asked about either. However, the yo-yo effect is ultimately not a weakness of the diet, but the result of poor planning.

Anyone who wants to break out of this cycle should read this book. The authors cannot say exactly what will happen then, but they promise that it will be exciting and have a very positive impact on the lives of those reading it!



Bernhard Baumgartner,
Katharina Muhr

Willst du schlank sein oder ... glücklich? gesund? gut gelaunt?

- 2nd, extended edition
- approx. 176 pages, paperback
- format 16,5 x 22 cm
- ISBN 978-3-99052-279-0

€ 21,90

Publication date: September 2023

E-Book € 19,99
ISBN 978-3-99052-301-8



Bahadori, Ditsios, Pestemer-Lach
Medizinisches Intervallfasten.
Die sieben Stufen zum Gleichgewicht
8th edition, 152 pages, paperback
format 16,5 x 22 cm
€ 19,90
ISBN 978-3-99052-251-6



ARGUMENTS

- The ultimate relaxed tone book about dieting and losing weight permanently.
- Now with additional chapter: When losing weight doesn't work out
- The new edition in a new, appealing layout

AUTHORS

Dr. rer. nat. Bernhard Baumgartner is a molecular biologist in Salzburg and has done research on genes that regulate metabolism. As a former competitive athlete who later gained weight and lost it again, he knows the topic of "losing weight" in all its facets. He is known for his humorous yet very informative lectures.

Katharina Muhr is a certified relaxation and mental coach (invenias.at) in Salzburg. She gives lectures and seminars.



Discover the strenght of mushrooms

The healing effect of certain mushrooms was already known and familiar to ancient cultures. For some years now, modern medicine has been unraveling more and more of the secrets of Reishi, Cordyceps, Shiitake & Co. and numerous preparations are now freely available on the market. But what works how and against what? And which preparations can be trusted at all?

This guidebook presents the most important medicinal mushrooms that are readily available, explains their modes of action, their application possibilities and areas, but also their limitations. It also shows how to recognize good preparations, which dosages are useful and where possible dangers lurk.



Eva Fauma, Manuela Angerer

Heilpilze

Bedeutung – Anwendung – Verfügbarkeit

- 2., aktualisierte Auflage
- 144 Seiten, brosch.
- Format 16,5 x 22 cm
- ISBN 978-3-99052-293-6

€ 19,90

Erscheint im August 2023

E-Book € 17,99
ISBN 978-3-99052-302-5



ARGUMENTS

- Well-introduced title on an increasingly popular topic
- Clear, easy to understand, with many helpful tips
- Sold well over the last two years



Pleyer, Hlatky, Hlatky

Cannabidiol. Ein natürliches Heilmittel des Hanfs

2nd edition, 192 pages, paperback

format 16,5 x 22 cm

€ 19,90

ISBN 978-3-99052-226-4



AUTHORS

Mag.ª Eva Fauma studied nutritional sciences at the University of Vienna and has been involved in nutritional therapy, salutogenesis and traditional European medicine for more than 30 years with the topics of nutritional therapy, salutogenesis and with Traditional European Medicine (TEM). She has been teaching phytotherapy and mycotherapy (medicinal mushrooms) in numerous training branches for over ten years. She has already written numerous books on complementary methods for maintaining health based on scientific findings.

Dr.ª Manuela Angerer is a general practitioner with a panel practice in the northern Weinviertel. She knows that nature always has valuable answers to her medical questions and has been working with eastern and western medical herbs as well as mushrooms for many years.

The plea for a fulfilling profession

In view of the increasing shortage of doctors, should a young doctor actually set up his or her own practice, possibly even with a health insurance contract? Especially as there is then the threat of a lot of work that could quickly lead to excessive demands? How do you assess working life in a surgery? Fulfilling, stressful, frustrating? In this insightful book, experienced doctors write about their profession to ultimately encourage the younger generation to choose it as well. Nothing is glossed over, but it becomes clear that the beautiful, fulfilling sides clearly outweigh the rest. However, the book is not only an emotional plea for one's own surgery, but also a practical guidebook that leads through the jungle of setting up a surgery and, in addition to the general regulations, also contains many tips from the "old hands" and many other experts to avoid mistakes made by beginners.

EDITOR

Dr. med. Bettina Ehrhardt-Felkl has been a general practitioner in private practice in Vienna since 1996, holds several ÖÄK diplomas, and has many years of experience in the fields of family medicine, geriatrics, homeopathy, mistletoe therapy and microimmunotherapy. She is also a member of the Austrian Medical Art Association.



Andretsch u.a. (Hg.)

Unternehmen Arztpraxis. Ein Steuerleitfaden

96 pages, paperback

format A5 € 19,90

ISBN 978-3-99052-232-5



Bettina Ehrhardt-Felkl (Hg.)

Meine eigene Praxis

Richtig starten als
Hausärztin/Hausarzt

Bettina Ehrhardt-Felkl (Hg.)

Meine eigene Praxis Richtig starten als Hausärztin/Hausarzt

approx. 200 pages, paperback

format 16,5 x 23,5 cm

€ 21,90

ISBN 978-3-99052-294-3

Publication date: September 2023

ARGUMENTS

- Very practical and easy to understand information
- In addition to doctors, all specialist groups that are important for the topic, from law to architecture, are included in the discussion.



Robert Mader, Gerhard Prause,
Georg Kurtz, Markus Gschanes

Der Notfall

Professionelle Erste Hilfe, bis die
Notärztin/der Notarzt kommt

5.
Auflage

E-Book
€ 19,99

Robert Mader, Gerhard Prause,
Georg Kurtz, Markus Gschanes

Der Notfall

Professionelle Erste Hilfe,
bis die Notärztin/der Notarzt kommt

5th, fully revised and updated edition,
approx. 108 pages, paperback,
format 16,5 x 22 cm

Book € 21,90 ISBN 978-3-99052-295-0

E-Book € 19,99 ISBN 978-3-99052-304-9

Publication date: July 2023

ARGUMENTS

- Compact and clear design
- Revised to the current medical status
- Important for all doctors who work in private practice and rarely have to deal with emergencies

THE reference work for all practising doctors

In surgeries, actual emergencies occur rather rarely, and accordingly the operators often have little routine in case of an emergency. This highly compact reference book by experienced emergency physicians provides all relevant initial information for precisely this case, which can be elementary for the survival of those affected. In addition to general emergencies, some special cases are also dealt with, such as patients with certain pre-existing conditions and also children. A list of perfectly equipped emergency kits according to current guidelines rounds off this indispensable work.

AUTHORS

MR Dr. med. Robert Mader was a general practitioner in Trofaiach (Styria) for more than 35 years and a provincial mountain rescue doctor for many years. He is also an advisory board member of the Working Group for Emergency Medicine (AGN).

Univ.-Prof. Dr. med. Gerhard Prause is an anaesthetist and intensive care physician as well as an emergency physician at the University Hospital Graz. For many years he was head of the "Teaching Unit Emergency Medicine" at Med Uni Graz.

Dr. med. Georg Kurtz runs a teaching clinic for general medicine in Gleisdorf and is an emergency doctor at the Weiz base.

Dr. med. Markus Gschanes, MSc is a specialist in anaesthesia and intensive care medicine at Murtal Regional Hospital, an emergency physician and lecturer at numerous emergency medicine courses.



Österreichische Ärztekammer
(Hg.)

Medizin im Klimawandel

Ein Leitfaden für die Praxis

96 pages, paperback, format A5

€ 19,90

ISBN 978-3-99052-255-4

THE Standard Work

On the subject

Heart rate variability is the reflection of a functioning or a disturbed autonomic nervous system. More and more physicians are using it in their practices as a modern and reliable diagnostic instrument for all diseases that can be traced back to a disturbed autonomic nervous system, such as diabetes, cardiovascular complaints or stress.

This provides medicine with a modern diagnostic tool that has an increasingly wide range of applications.

AUTHOR

Dr. med. Doris Eller-Berndl's practice in Vienna focuses on preventive medicine and stress management as well as medical coaching, occupational medicine and heart rate variability measurements. She is a speaker at numerous medical training events in Austria and abroad.



Doris Eller-Berndl

Herzratenvariabilität

3rd. Edition
ca. 272 pages, paperback
format 16,5 x 23,5 cm

€ 44,90

ISBN 978-3-99052-296-7

Publication date: August 2023

ARGUMENTS

- Heart rate variability measurement is becoming an increasingly important diagnostic tool in medical practice.
- The book has established itself as a standard reference book on the subject.
- There is still hardly any specialist literature on the subject for the German-speaking countries.



Burtscher, Suntinger
Funktionelle Myodiagnostik und Meridiantherapie

240 pages, paperback
format 16,5 x 23,5 cm
€ 79,90
ISBN 978-3-99052-240-0

Basics of a manual–medicine oriented model of thinking and treatment.

The complete overview of functional myodiagnosics in German-speaking countries in the second and revised edition.

Muscle physiology, diagnostic tools, basics of manual medicine, cranial techniques, holistic treatment strategies, basics of orthomolecular medicine, possible applications in gastroenterology, meridian therapy, dental strategies or hormonal regulation are just some of the many topics this work focuses on. In addition, peripheral areas such as phytotherapy or the human psyche are also touched upon.

In addition to theoretical knowledge transfer, the focus is above all on practical application benefits.

EDITOR

Dr. med. Michaela Walter is a general practitioner in a private practice in Vienna. She holds the ÖÄK diplomas Diagnostics and Therapy according to F. X. Mayr, Acupuncture as well as Functional Myodiagnosics and additional training in Neural Therapy, Homotoxicology and Orthomolecular Therapy. She is a board member of the Austrian Society for Functional Myodiagnosics.



Michaela Walter (Hg.)

Handbuch der Funktionellen Myodiagnostik

FMD-Ausbildung für Ärzte,
Zahnärzte und Physiotherapeuten

2nd Edition, ca. 436 pages, paperback
format 16,5 x 23,5 cm

€ 79,90

ISBN 978-3-99052-297-4

Publication date: September 2023

ARGUMENTS

- Unique position in the German-speaking world
- Extensive image material
- The clear layout facilitates orientation

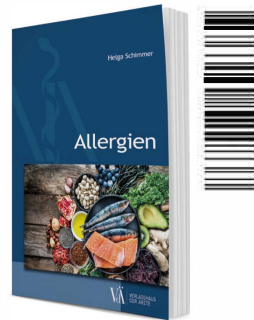


Ramsak
Funktionelle Myodiagnostik – Handbuch der Muskeltests

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Alexandra Knauer
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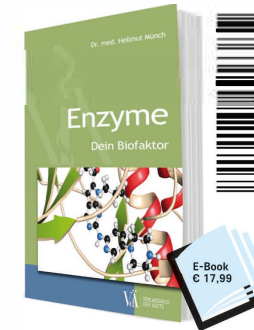
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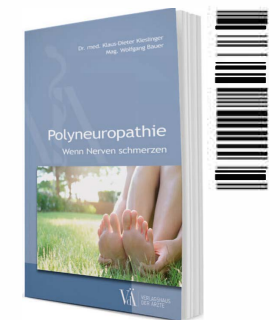
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 Wie sie wirkt und was sie bringt
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