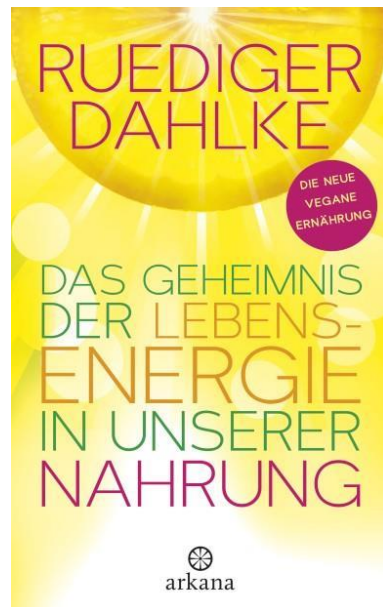


Food that truly nourishes us



Dr. Ruediger Dahlke
**The Secret of Life Energy
in Our Food**

[Das Geheimnis der
Lebensenergie in unserer
Nahrung]
The new vegan nutrition

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Ruediger Dahlke, born in 1951, studied medicine and pursued extended training in natural healing and psychotherapy. In 1989 he and his wife founded a natural healing centre in Germany. From 1978 to 2003 he worked as a psychotherapist. Since then he has been active as a medical advisor for fasting, a seminar leader, and a lecturer. He focuses on training in "archetypal medicine", breath therapy and psychotherapy, fasting, and guided meditation, extended medical instruction, corporate trainings, and meditation and fasting seminars.

www.dahlke.at

What is the secret of good food? Exactly what is nutrition that really strengthens and nourishes us? Ruediger Dahlke posits that this is determined particularly by the living freshness of the food. Sensitive eaters can feel this, and it is scientifically proven at the cellular level in plants.

Ruediger Dahlke recommends particular superfoods that give us the greatest possible life energy for each month through the year. Along with the vital freshness, it is vital warmth, rhythm, and genetic age that are the keys to a new food culture, a culture that prefers carefully selected foods over excessive quantity and questionable quality.

- With 20 tasty and healthy recipes
- The nutrition book from the bestselling author Ruediger Dahlke
- More than 3 million copies of his books sold; translated into 24 languages

Press

"The new book is an exciting journey through the nutrition jungle." *Gesund&Fit*