



FRANKFURT 2020 ADULT HIGHLIGHTS

It's in Your Blood

Autoimmune diseases

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Emilia Ptak

Autoimmune diseases are one of the biggest health problems faced by modern medicine. More and more people suffer from: Hashimoto's, lupus, Crohn's disease, rheumatoid arthritis, celiac disease or ulcerative colitis.

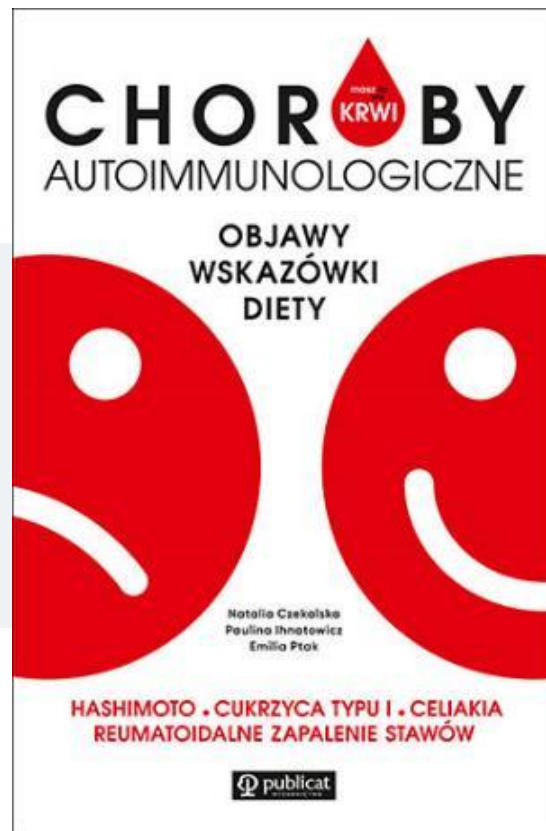
Thanks to this guide, we will learn what the causes of these disorders may be, how to diagnose them and what to do to treat them and improve the comfort of living with the disease.

PDF:

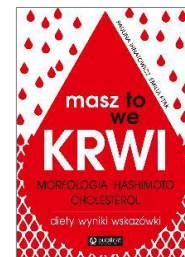
<https://app.box.com/s/3fqjw1y8o0eferz3te3q4mh2ioumgs6>

It's in Your Blood: Morphology, Hashimoto, Cholesterol PDF:

<https://app.box.com/s/eafuyq05dbi2r378azq0fp7e2oovje9u>



In the series:



Read the Label. Cook Wisely!

Jagoda Fabicka, Katarzyna Rada

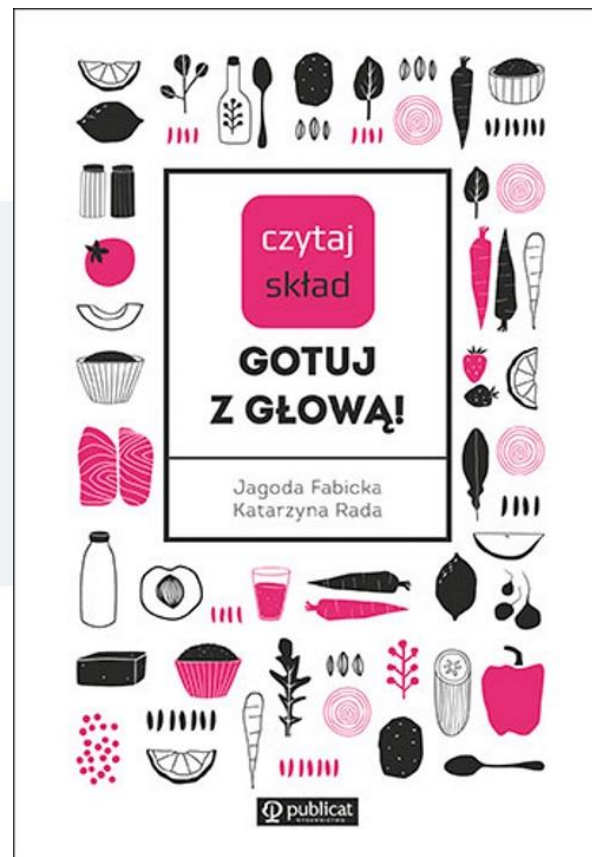
The community gathered around the authors of the Czytaj Skład portal has already over 216 thousand fans on Facebook!

We show how to wisely approach the issue of shopping and cooking, and at the same time enjoy delicious dishes. We focus on being inspired by recipes and cooking freely from what is in the fridge or from seasonal products. We find that reading labels is not difficult if you remember a few basic rules.

How do you go about it all wisely? We know the answer!

PDF:

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Plant Diet

100 Vegan Ideas for Every Meal

Viola Urban

**Viola Urban - author of the expert blog Okiemdietetyka.pl
(42,000 fans on Facebook)**

Viola Urban's new book is a compilation of 80 vegan recipes from previous titles and 20 new, previously unpublished recipes. It responds not only to the needs of vegans, but also all those who want to have more plant-based, healthy and varied diet.

In addition to delicious ideas for a variety of dishes, the book provides a practical introduction to the vegan diet. The author, as a dietitian, shows that it can be properly balanced and derive a lot of nutritional value from it. Substantive tips and calorie tables allow you to optimally adjust the recipes to your own needs.



Also in the series:





Take Away Diet

100 ideas for a healthy lunch



format: 165×240 mm
pages: 240

Nothing can compare to self-made meals, also these that you take to work or school. No matter if you are able to warm them up you can have a wise and healthy diet. How to pack your food? What is OK to eat cold and what is not? How to use ingredients from other meals to save time? What to eat to feel better?

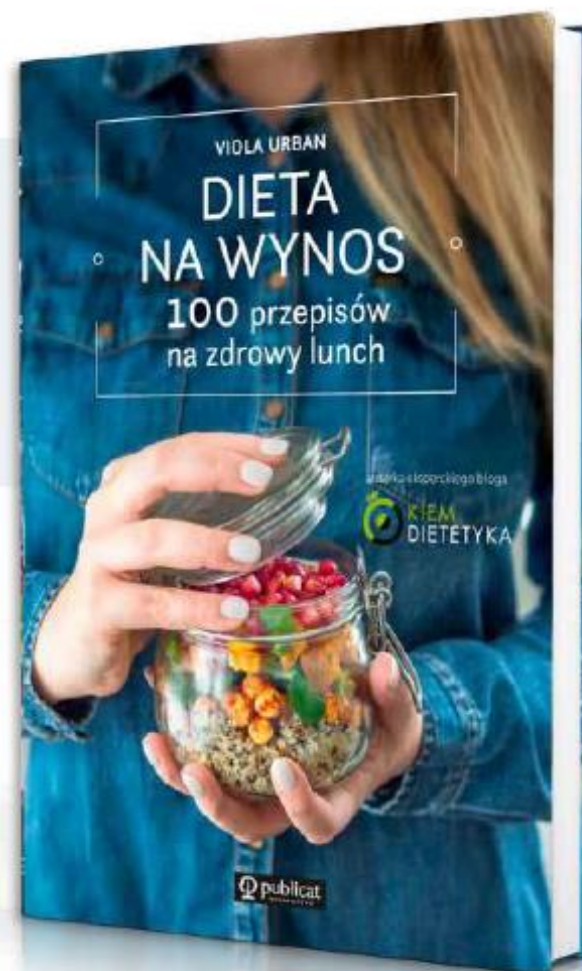
100 recipes for nutritious and tasty lunches!

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PDF:

<https://app.box.com/s/gezlmhrrwdudz9lz4pi1it2lh6oqs9rex>



Inspiring Breakfasts

Healthy breakfasts in 15 minutes



100 recipes for balanced breakfasts full of the most nutritious products. All composed by a well known dietician Viola Urban.

This great book offers traditional and also vegan and vegetarian options, it provides information about allergens, intolerances, and nutritional values. The best way to start a day is to have a nutritious meal that can be prepared in less than 15 minutes.

**Change your habits.
No more boring breakfasts!**

format: 165×240 mm
pages: 240



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Viola Urban is a blogger and her blog [Okiemdietetyka.pl](https://www.okiemdietetyka.pl) has a following of over 40,000 on Facebook.

PDF: <https://app.box.com/s/dwsvhhq2eyvgea10rge6h0rkz172mzin>



Healthy diet for babies

A useful guide for parents how to feed their babies.

Over 70 000 copies sold!



format: 165×240 mm
pages: 232



One of the basic principles of raising a happy and healthy baby is proper nutrition. Good habits should be introduced from the very beginning. Only then a child will eat proper food and in right amounts.

Feeding children in their first year has always raised many doubts.

Many mothers ask the following questions:

- How to recognise that my child's diet can be extended?
- What can babies drink and what's forbidden?
- Which products contain the strongest allergens?

The author has collected the most important information about infants' and toddlers' feeding in particular months of life. Recipes for delicious dishes will help prepare varied meals for every child.



Yummy!

Your child eats on its own

format: 165×240 mm
pages: 248

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57



Following the bestselling Healthy Diets for Babies, the authors give advice on how to feed children in the age of 1–3.

What should they eat to be healthy and develop correctly?

Which ingredients are key and which should be avoided?

How to deal with lack of appetite?

What to cook in the autumn and winter and what in spring and summer?

How to prepare tasty and nutritious breakfasts, lunches and dinners? And what to offer as desserts?

In this book mums will find lots of practical advice and delicious recipes.

Concious Eating

A shopping lexicon

In this lexicon of 300 entries describing ingredients in alphabetical order Kasia Bosacka (a well known Polish influencer) gives the latest scientific information about food. Traditional and new foods are included.

A handy format and space for notes encourage to take this book with you when shopping. And then choose only good ingredients!

format: 150x210 mm
pages: 336



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Kasia Bosacka is an awarded journalist and TV shows host. She writes about health, beauty, science and medicine. She's an author and co-author of several books.





Plant-based bakery

This book is a great source of inspiration not only for vegans. It offers simple recipes based on inexpensive and easy to find ingredients. The author is a very active person. The layout of the book is kept in a 'punk' style.

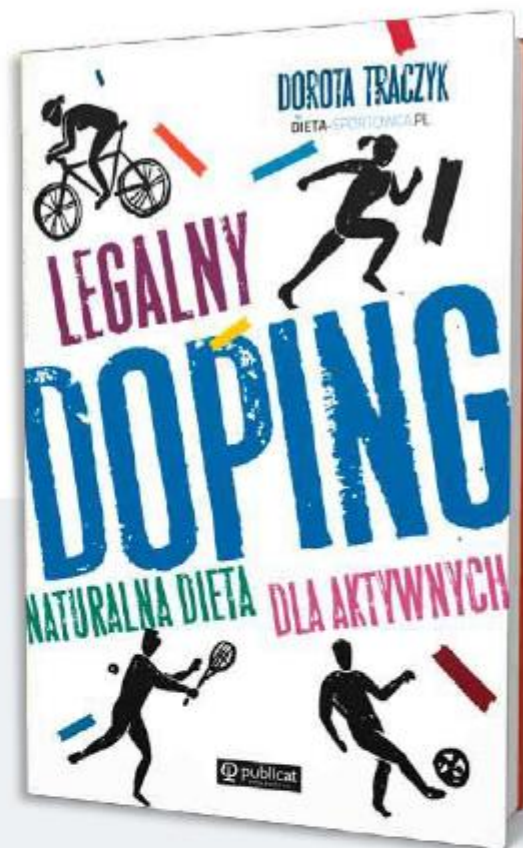
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pages: 192



Legal Doping

Natural diet for active people

format: 165×240 mm
pages: 232



So, you like sport but you don't feel you're a pro yet? Are you a bit lost with so much information about diets? The more you read the less you actually know what to do? This is the book for you. It will show you:

- how simple changes bring long lasting and satisfying effects,
- what to eat before and after training,
- what habits will make you more efficient in your exercises,
- how to set menu without strict rules and extremes,
- how to find balance and trust your intuition,
- how to consciously combine natural nutrition with physical activity.

The author, Dorota Traczyk, is a dietician, who loves to run, cycle, and hike. She's full of positive energy. She's also a famous blogger, and her blog is Dieta-sportowca.pl.

Plant Power



format: 165×240 mm
pages: 192



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Plants are not simply elements of design of our homes. They are our housemates, our green friends and we have to take proper care of them: find them the best spot, offer good temperature and humidity, water and fertilizer. Make them want to grow in our space.

If you want to make your plants happy but you're not sure how to do it, 'Plant Power' is a book for you. It describes over 80 most popular house plants and gives great tips on how to take care of them.



FIRST AID

An illustrated guide

This book helps to save lives!

It's common that when an accident happens many are afraid to help the victims. Fear and lack of knowledge can paralyze.

This book presents all basic information about pre-medical first aid that can be given after an accident. It teaches step by step what to do, so readers will not be afraid to help others.

format: 240×165 mm
pages: 128

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