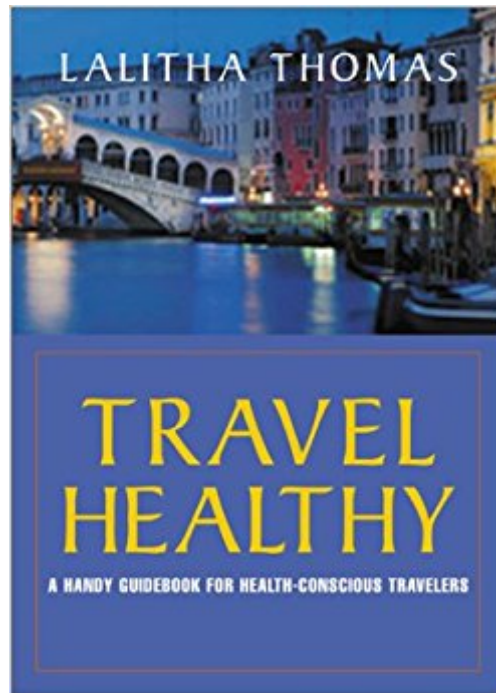




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TRAVEL HEALTHY



Synopsis

Handy guidebook for health-conscious travelers--adults and children. The author has traveled extensively, and with children, throughout Mexico, India and Europe, encountering--and solving--every health crisis associated with travelling. Special features include: * How to eat healthy food anywhere in the world * Prepare and use a health-smart travel kit * Natural remedies for minor emergencies * Tips for Kids for continuous good health on the road * Pre-travel plan to build health and strength * Do's and Don'ts of air travel * Travel gadgets that really work! With these easy, fast, non-toxic and rejuvenating tips, even travellers with hectic schedules will return home feeling great.

Book Information

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Customer Reviews

Picked this book up at the library and thought it was so informative that decided to buy my own copy at . My husband was going to India so we both read the book and used quite a few of her suggestions plus he took the book with him to have for a reference. This is very much in the realm of natural health...herbs, etc. and she has some great ideas about staying healthy before, during and after your trip.

Travel Healthy: The Smart Traveler's Guide To Staying Well Anywhere by natural health professional and world traveler Lalitha Thomas is a very practical compendium of techniques and strategies for travelers seeking to prevent illness while traveling at home or abroad; wanting to be prepared for emergencies and inconveniences; seeking to keep up their stamina level, and much, much more. From overcoming jet lag, to the benefits of maintaining an exercise regimen, to tracking

down health foods, Travel Healthy is realistic, economical, and a very highly recommended informational and reference guide to improving the health and well-being quality aspects of business trips and vacations alike.

I borrowed this Kindle book from my library. I suspect that the information in it is very helpful, however, there is something very wrong with the formatting - text jumps from paragraph to paragraph in completely illogical ways. I am returning it early and searching for a paper copy instead.

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