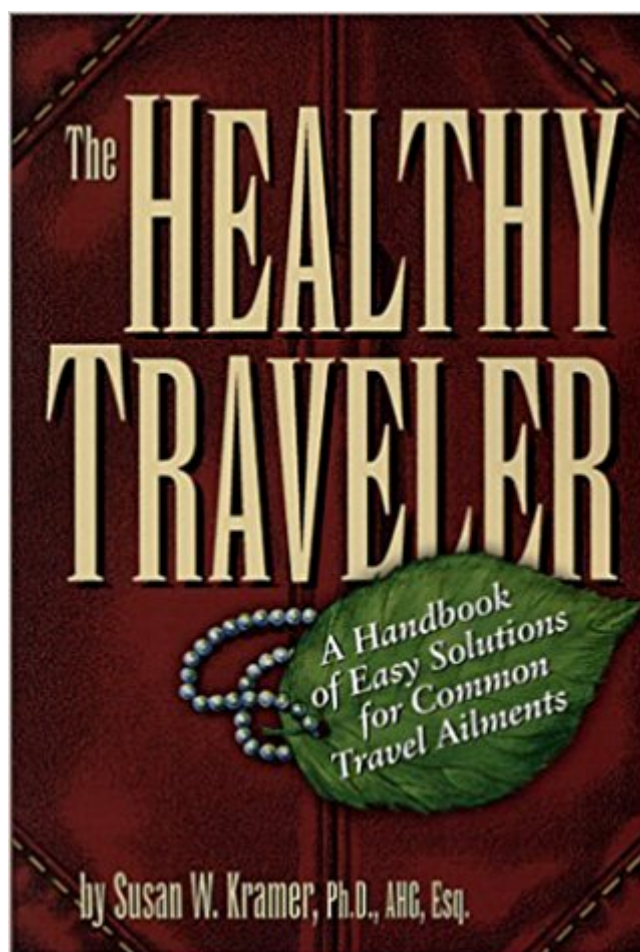


The book was found

The Healthy Traveler: A Handbook Of Easy Solutions For Common Travel Ailments



Synopsis

We still have to travel, it's just harder than it used to be.... The Healthy Traveler tells you how to locate and use remedies from pharmacies, health food stores, kitchens --- and even your own backyard --- to relieve common ailments and stresses so often experienced when traveling. It's packed with helpful information you'll use again and again, and is the perfect companion for business, leisure, and armchair travel.

Book Information

Paperback: 204 pages

Publisher: Aspen Press (October 2001)

Language: English

ISBN-10: 0971343152

ISBN-13: 978-0971343153

Product Dimensions: 6.2 x 4.2 x 0.6 inches

Shipping Weight: 5.8 ounces

Average Customer Review: 4.3 out of 5 stars 5 customer reviews

Best Sellers Rank: #3,128,910 in Books (See Top 100 in Books) #55 in [Books > Travel > Reference > Tips](#) #2194 in [Books > Health, Fitness & Dieting > Safety & First Aid](#) #2614 in [Books > Health, Fitness & Dieting > Reference](#)

Customer Reviews

"The Healthy Traveler is fantastic--fun, practical, and medically accurate. From now on, I'm not leaving home without it." -- Christiane Northrup, M.D., author of *The Wisdom of Menopause* and *Women's Bodies, Women's Wisdom*"A treasure trove...for travelers who want to stay healthy while minimizing their use of pharmaceuticals." -- Theresa Graedon, Ph.D., co-author of *The People's Pharmacy Guide to Home and Herbal Remedies*"An entertaining little book packed with big ideas... Take it along. You may wish you had if you don't!" -- James Duke, Ph.D., author of *The Green Pharmacy*

Susan W. Kramer is a therapeutic herbalist and an accredited professional member of the American Herbalists Guild. She earned her Ph.D. in 1978 from Duke University and her law degree in 1986 from the College of William and Mary. She lives in Atlanta, Georgia.

This book will not make you completely knowledgeable on every herb, but it's not supposed to. It's a

handy book to grab or briefly read through to give you a great look into herbal medicine. It can be fast to look up your problem and read a page or two to see what helps. It also doesn't hurt that Rosemary Gladstar recommended this as well. Highly recommended.

I recently used the Jet Lag protocol in this handy book, and had ZERO jet lag upon arrival at my destination, and then upon my return home. Pretty remarkable!

What a fantastic piece of work that finally addresses some of the common things one can do, not only while traveling but in your own home, when illness or trauma prevails. As a pharmacist one historically looks to the medicine cabinet for western modalities in treating many illnesses. Many are mentioned in this book, but also one is exposed to many natural herbal and homeopathic remedies that work just as well if not better than many of the western medicines without some of the pronounced side effects. As an example the first chapter deals with altitude sickness which my son and I had experienced a couple of years ago. Symptoms were a very severe headache with the nausea and vomiting. We had gone up into the mountains for a brief camping trip. Being the pharmacist that I am we used acetaminophen - did nothing. We descended a few hundred feet and the headache finally got better. Now, had we pretreated with ginkgo biloba things would have been much different. This is an example of what is available to the reader of this book. Lots of examples of being able to treat oneself when medical facilities are far and few in between.

This is a handy, packable and easy-to-use book filled with easy to follow directions for most any travel ailment. This compact book covers everything from altitude sickness to parasites, with remedies from herbs to homeopathy and essential oils. I will certainly pack it along on all of my journeys.--Mary Wulff-Tilford, DiHom.; Professional Herbalist, AHG (...)

"A wonderful little tart of a book. Whitty, comprehensive and indispensable. The perfect size for traveling. I wouldn't leave home without it."

[Download to continue reading...](#)

The Healthy Traveler: A Handbook of Easy Solutions for Common Travel Ailments Australia: The Ultimate Australia Travel Guide By A Traveler For A Traveler: The Best Travel Tips; Where To Go, What To See And Much More (Lost Travelers ... Travel Series, Australia Travel Guide) Holistic Goat Care: A Comprehensive Guide to Raising Healthy Animals, Preventing Common Ailments, and Troubleshooting Problems Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy

Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only!
(Low Calorie & Fat Recipes Book 1) Instant Pot Pressure Cooker Cookbook: Easy Recipes and the
Ultimate Guide to Fast, Delicious, and Healthy Meals: Healthy, Easy And Delicous Meals With ...
Crock Pot, Healthy, Quick & Easy, Paleo,) Japan: The Ultimate Japan Travel Guide By A Traveler
For A Traveler: The Best Travel Tips; Where To Go, What To See And Much More (Japan Travel
Guide, ... Guide, Japan Tour, History, Kyoto Guide,) Japan: The Ultimate Japan Travel Guide By A
Traveler For A Traveler: The Best Travel Tips; Where To Go, What To See And Much More (Lost
Travelers, ... Guide, Japan Tour, Best Of JAPAN Travel) Japan: The Ultimate Japan Travel Guide
By A Traveler For A Traveler: The Best Travel Tips; Where To Go, What To See And Much More
(Lost Travelers ... Kyoto Guide, Japan Tour, Budget Japan Travel) Australia: The Ultimate Australia
Travel Guide By A Traveler For A Traveler: The Best Travel Tips; Where To Go, What To See And
Much More (Lost ... Australia Tour, Best of AUSTRALIA Travel) Iceland: The Ultimate Iceland Travel
Guide By A Traveler For A Traveler: The Best Travel Tips; Where To Go, What To See And Much
More (Lost Travelers, ... Reykjavik, Iceland Guide, Iceland Travel,) Iceland: The Ultimate Iceland
Travel Guide By A Traveler For A Traveler: The Best Travel Tips; Where To Go, What To See And
Much More (Lost Travelers, ... Iceland Guide Book, Best of ICELAND Travel) Vienna: The Ultimate
Vienna Travel Guide By A Traveler For A Traveler: The Best Travel Tips; Where To Go, What To
See And Much More (Lost Travelers ... Vienna, Vienna Tour, Vienna Travel Guide) Dublin: The
Ultimate Dublin Travel Guide By A Traveler For A Traveler: The Best Travel Tips; Where To Go,
What To See And Much More (Lost Travelers Guide, Dublin Tour, Dublin Ireland, Dublin Travel)
New Zealand: The Ultimate New Zealand Travel Guide By A Traveler For A Traveler: The Best
Travel Tips; Where To Go, What To See And Much More (Lost Travelers ... New Zealand Guide,
New Zealand Travel) Italy: The Ultimate Italy Travel Guide By A Traveler For A Traveler: The Best
Travel Tips; Where To Go, What To See And Much More (Lost Travelers Guide, Rome, Milan,
Venice, Italy Travel Guide) Easy European Cookbook Box Set: Easy English Cookbook, Easy
Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy
Portuguese ... Portuguese Recipes, Irish Recipes 1) Home Gardener's Problem Solver: Symptoms
and Solutions for More Than 1,500 Garden Pests and Plant Ailments (Ortho Home Gardener's
Problem Solver) Peru: The Ultimate Peru Travel Guide By A Traveler For A Traveler: The Best
Travel Tips; Where To Go, What To See And Much More Tokyo: The Ultimate Tokyo Travel Guide
By A Traveler For A Traveler: The Best Travel Tips; Where To Go, What To See And Much More
Barcelona: The Ultimate Barcelona Travel Guide By A Traveler For A Traveler: The Best Travel
Tips: Where To Go, What To See And Much More

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)