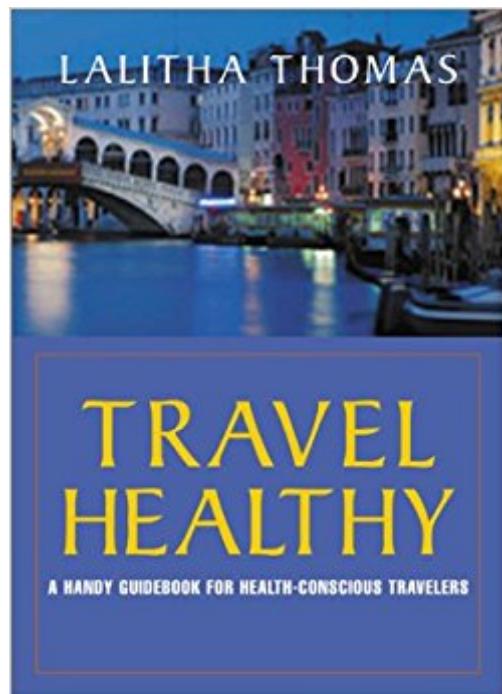


The book was found

# 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**

Paperback: 100 pages

Publisher: ONE WORLD PRESS (February 25, 2015)

Language: English

ISBN-10: 1890772259

ISBN-13: 978-1890772253

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 6.9 ounces

Average Customer Review: 3.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #4,349,373 in Books (See Top 100 in Books) #87 in Books > Travel > Reference > Tips #11264 in Books > Travel > Reference > General #433717 in Books > Arts & Photography

## **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.

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

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) Plan Ahead Central Europe Travel Guide: Prague Travel Guide, Austria Travel Guide, Vienna Travel Guide, Salzburg Travel Guide, Budapest Travel Guide (Plan Ahead Travel Guide) Travel: Amazingly Shocking Insider Travel Industry Tactics To FREE And Low Cost Travel Uncovered (Travel Books, Travel Reference) (travel writing, cruise, ... safari guide, how to travel the world) Prague: Prague Travel Guide: 101 Coolest Things to Do in Prague, Czech Republic (Prague Travel, Travel to Prague, Travel Eastern Europe, Europe Travel, Backpacking Europe, Czech Republic Travel) Prague: Prague Travel Guide: 101 Coolest Things to Do in Prague (Prague Travel, Travel to Prague, Travel Eastern Europe, Europe Travel, Backpacking Europe, Czech Republic Travel) Italy Travel Guide: The Ultimate Guide to Travel to Italy on a Cheap Budget: (Italy, Italy Travel Guide, Rome Travel, Florence Travel, Europe Travel) Plan Ahead Italy Travel Guide: Rome Travel Guide, Venice Travel Guide, Italian Travel Guide, Florence Travel Guide, Italian Riveria Guide, Vatican City Guide (Plan Ahead Travel Guides Book 1) Thailand: Travel Guide 2017 (Thailand Travel Guide, Bangkok Travel Guide, Chiang Mai Travel Guide, Phuket Travel Guide, Pattaya Travel Guide, Thailand Guide) Great Britain Travel Guide: 101 Coolest Things to Do in Great Britain (UK Travel Guide, England Travel Guide, Wales Travel Guide, Scotland Travel Guide, Travel to Britain) Greece: Greece Travel Guide: 101 Coolest Things to Do in Greece (Athens Travel Guide, Rhodes Travel, Crete Travel, Santorini Travel, Corfu Travel, Greek History, Greek Islands) Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put Together in 30 Minutes or Less! (dump dinners, dump dinner recipes, crockpot recipes, dump ... recipes, healthy recipes, healthy cooking) Salad Dressing: 59 Healthy Homemade Salad Dressing Recipes For Vegetarian, Vegan, And Plant Based Diet. No Oil. No Mayo. No Vinegar. (Healthy Recipes. Healthy Cookbooks To Keep In Your Kitchen.) Instant Pot Pressure Cooker Cookbook: Easy Recipes and the Ultimate Guide to Fast,

Delicious, and Healthy Meals: Healthy, Easy And Delicious Meals With ... Crock Pot, Healthy, Quick & Easy, Paleo,) Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys ✓ Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) Trim Healthy Mama's Trim Healthy Table: More Than 300 All-New Healthy and Delicious Recipes from Our Homes to Yours The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Bolivia: Bolivia Travel Guide for Your Perfect Bolivian Adventure!: Written by Local Bolivian Travel Expert (Travel to Bolivia, Travel Bolivia, Bolivia Travel) Paris Travel Guide - Paris Travel: The Ultimate Guide to Travel to Paris on a Cheap Budget: (Honeymoon in Paris, Paris Travel Guide, Travel on a Budget, Save Money) Paris Travel Guide: Paris, France: Travel Guide Book✓ •A Comprehensive 5-Day Travel Guide to Paris, France & Unforgettable French Travel (Best Travel Guides to Europe Series Book 1) Prague Travel Guide: Prague, Czech Republic: Travel Guide Book✓ •A Comprehensive 5-Day Travel Guide to Prague, Czech Republic & Unforgettable Czech Travel (Best Travel Guides to Europe Series Book 7)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)