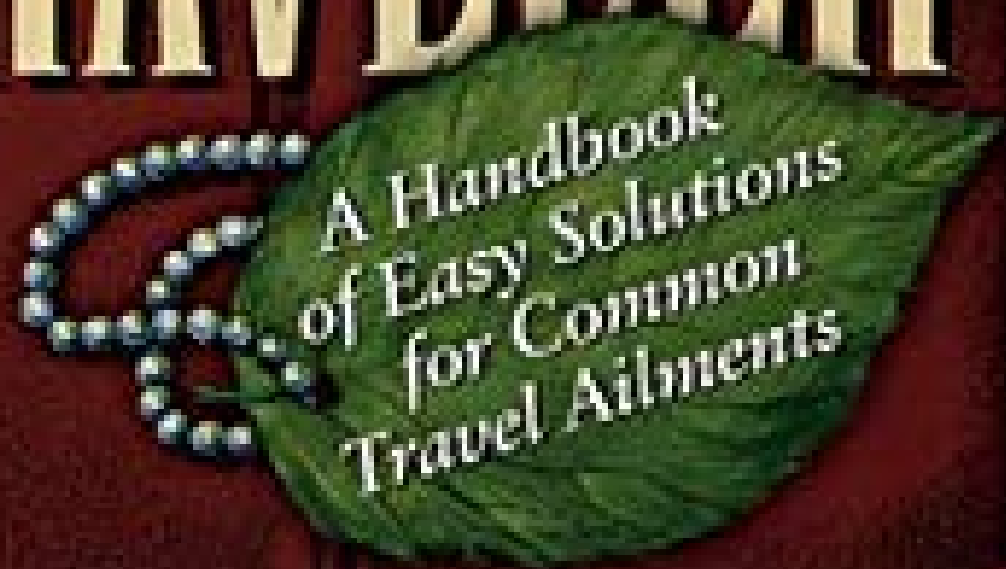


The **HEALTHY TRAVELER**



A Handbook
of Easy Solutions
for Common
Travel Ailments

by Susan W. Kramer, Ph.D., AHG, Esq.

Susan W. Kramer

The Healthy Traveler: A Handbook of Easy Solutions for Common Travel Ailments



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We still need to travel, it's just harder than it used to end up being. The Healthy Traveler lets you know how to locate and make use of remedies from pharmacies, health food shops, kitchens --- and even your own backyard --- to relieve common ailments and stresses so often experienced when vacationing. It's filled with helpful information you'll use over and over, and may be the perfect companion for business, leisure, and armchair travel....



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Great little keep on book This book will not make you completely knowledgeable on every herb, but it's not likely to. It's a convenient book to seize or briefly read through to provide you a great consider herbal medicine. It could be fast to research your trouble and read a full page or two to find what helps. In addition, it doesn't hurt that Rosemary Gladstar recommended this aswell. Highly recommended. Buy this only if for the Jet Lag section! Including the first chapter deals with altitude sickness which my boy and I got experienced a year or two ago..) Plenty of examples of having the ability to deal with oneself when medical facilities are considerably and few inbetween. Most are mentioned in this publication, but also one is definitely exposed to many natural organic and homeopathic remedies that function equally well if not much better than many of the western medications without a few of the pronounced unwanted effects. Not long ago i used the Jet Lag protocol in this handy reserve, and had ZERO plane lag upon arrival at my destination, and then upon my return home. Symtoms were a very severe headaches with the nause and vomiting. We'd gone up into the mountains for a short camping trip. Being the pharmacist that I am we used acetaminophen - do noting. We descended a couple of hundred ft and the headaches finally got better. I'll certainly pack it along on all of my journeys. That is an example of what is open to the reader of this publication. As a pharmacist one historically appears to the medication cabinet for western modalities in treating many illnesses. The Healthy Traveler That is a handy, packable and easy-to-use book filled with easy to check out directions for some any travel ailment. This compact book covers everything from altitude sickness to parasites, with remedies from herbal remedies to homeopathy and important oils. Now, acquired we pretreated with ginkgo biloba factors would have been very much different.;--Mary Wulff-Tilford, DiHom. Professional Herbalist, AHG (.. Very remarkable! Jim Reinhart RPh What a fantastic piece of work that finally addresses a few of the common things you can do, not only whilst travelling but in your own home, when illness or trauma prevails.



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