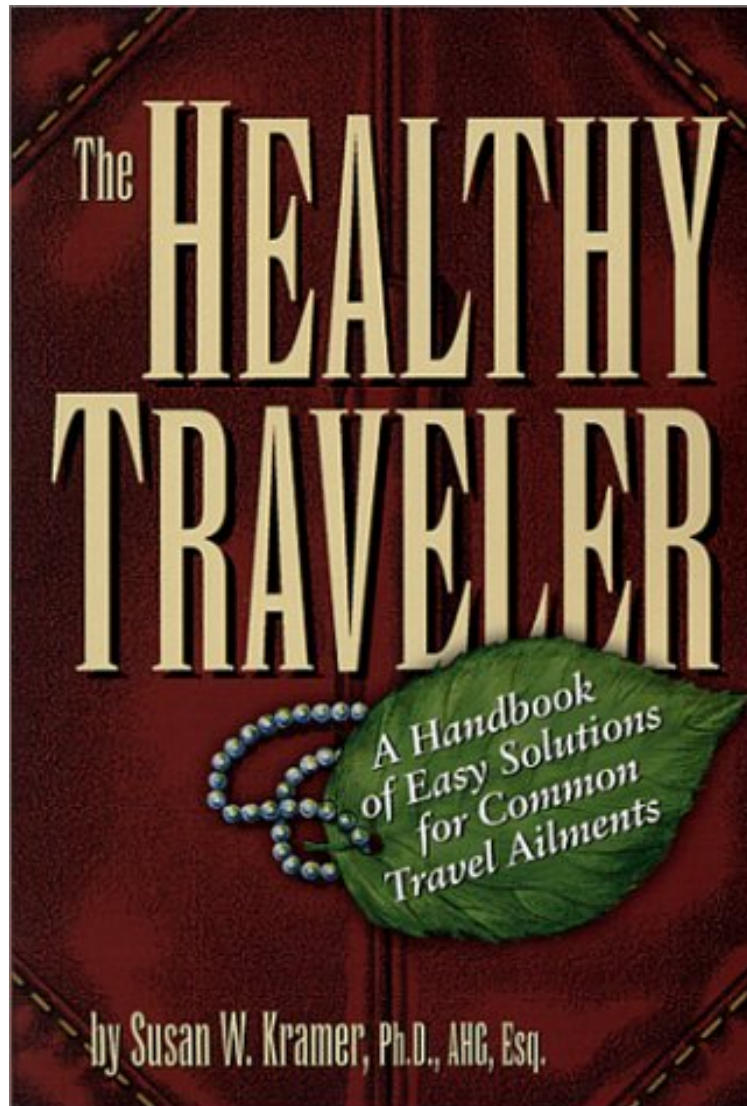


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# The Healthy Traveler: A Handbook of Easy Solutions for Common Travel Ailments

*Susan W. Kramer*

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**Susan W. Kramer : The Healthy Traveler: A Handbook of Easy Solutions for Common Travel Ailments** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Healthy Traveler: A Handbook of Easy Solutions for Common Travel Ailments:

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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. 0 of 0 people found the following review helpful. Buy this if only for the Jet Lag section! By FalaI 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! 6 of 6 people found the following review helpful. Jim Reinhart RPh By jim reinhart RPh 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 inbetween.

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.

"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* About the Author 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.