



## Travel Healthy, the Smart Traveler's Guide to Staying Well Anywhere

By Lalitha Thomas

One World Press, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.My approach to maintaining vibrant health in travel evolves from a lifetime of experience as an herbalist and healer, together with the important lessons learned in my own extensive trips throughout the U.S., Europe, Mexico, Canada and India, both alone and with groups of children. In the last year alone, for instance, my work has taken me to Germany once and France twice. I've flown to Vancouver, BC from my home in Arizona, three times. I've driven to Los Angeles once, and just getting from my remote desert home to the airport is three hours each way, not to mention the hour-long one-way trip to get to town. My two previous books, 10 Essential Herbs (One World Press, Chino Valley, Arizona, 2010 and 10 Essential Foods (1999) detail my system of dynamic nutrition and healthcare. I highly recommend these books to you before you set out on your next great travel adventure, as they will enhance everything in this book. Ever since I was a child I have been insatiably curious about my body...



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### Reviews

*The book is fantastic and great. It is rally exciting through looking at period of time. Your way of life period will likely be change when you full reading this publication.*

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*Comprehensive guide for publication lovers. it absolutely was writtern really flawlessly and valuable. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for concerning if you ask me).*

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