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THE ESSENTIAL GUIDE TO TRAVEL HEALTH (5TH REVISED EDITION)



IMM Lifestyle Books. Paperback Book Condition: new. BRAND NEW, The Essential Guide To Travel Health (5th Revised edition), Jane Wilson-Howarth, This title gives helpful advice on all aspects of travelling, from what to expect and pre-trip vaccinations to the hazards of heat and sun in deserts and jungles, and of cold and exposure in mountains and caves. It offers the latest information on Malaria treatments and deep vein thrombosis. It assesses the usefulness of natural remedies and covers responsible tourism...

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- Authored by Jane Wilson-Howarth
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