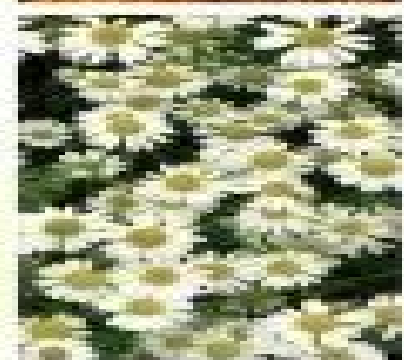


HOMEOPATHIC GUIDE *for* TRAVELERS



First-aid Information

Sting and bite remedies
Poisonous plant reactions
Altitude change or sunburn
Jetlag and motion sickness
Common injuries and illness
Tropical or cold conditions



RAVI ROY and CAROLA LAGE-ROY

Homeopathic Guide For Travelers Remedies For Health And Safety

AW Rasmussen



Homeopathic Guide For Travelers Remedies For Health And Safety:

Homeopathic Guide for Travelers Ravi Roy, Carola Lage-Roy, 2010-10-26 Ravi Roy and Carola Lage Roy present a wealth of strategies for using homeopathic medicine to stay happy and healthy while traveling. A bestseller in its original German edition, *The Homeopathic Guide for Travelers* is equally useful for backpackers, business travelers, and even luxury vacationers. It provides all the preparation needed for a journey, whether a short outing, far off holiday, or challenging trek. The homeopathic remedies profiled here, many of them effective even when taken last minute, address everything from exhaustion to altitude change, from jet lag to climate shifts to the side effects of unfamiliar foods. Drawing from the latest research, the book describes which homeopathic medicines work best against infectious diseases such as malaria, hepatitis, and Lyme disease, and details remedies for injuries sustained while backpacking, climbing, or diving. Roy and Lage Roy also explain how to treat stings and bites from poisonous animals and reactions from plants like poison ivy. An introductory chapter features a basic traveler's first aid kit.

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The Rough Guide to Travel Health Nicholas Cadwaladr Rutter Jones, Pema Sanders, Charles Easmon, 2001 This work aims to offer in a single volume a comprehensive guide to healthy travel. The first section offers useful pre-travel information on such topics as inoculations and a suggested medical kit. There is also a section aimed at travellers with special needs, including the female pregnant or diabetic traveller. There is an A to Z of diseases and health risks, detailing symptoms and treatments; a section on which health risks are most common in each part of the globe and how best to prepare for them; and a directory of health contacts world-wide, including the latest online services.

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enlightening explanation of how homeopathy works and shows readers how to incorporate its principles in their life styles diets and exercise programs 13 line drawings **Halsey's Homeopathic Guide** Clinton S. Halsey, George E. Halsey, 1885

The city trip guide for Metz (France) YouGuide Ltd, **A Woman's Complete Guide to Natural Health** Lynne Paige Walker, Ellen Hodgson Brown, 2003 A guide to natural healing for women describes 130 treatments for a variety of disorders and diseases *The city guide for Wiesbaden (Germany)* YouGuide Ltd, **The city trip guide for Vannes (France)** YouGuide Ltd, **The city guide for Brescia (Italy)** YouGuide Ltd, *The city trip guide for Recklinghausen (Germany)* YouGuide Ltd, **Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats (4th Edition)** Richard H. Pitcairn, Susan Hubble Pitcairn, 2017-03-21 For more than 30 years Dr Pitcairn's Complete Guide to Natural Health for Dogs Cats has been the go to resource for health conscious animal lovers This fourth edition is updated with the latest information in natural pet health including groundbreaking research on the benefits of vegan diets for pets as well as nutritionally complete recipes to give your pets optimal health that you can also enjoy making home prepared diets easier than ever The Pitcairns also discuss behavior issues general nutrition and a more humane approach to caring for pets The Pitcairns have long been the trusted name in holistic veterinary care and continue to be at the forefront of natural pet health Written with the same compassion and conviction the fourth edition of Natural Health for Dogs Cats will help you give your beloved animals the healthiest happiest life

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