



Travel Healthy: The Smart Traveler's Guide To Staying Healthy Anywhere

Lalitha Thomas

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Lalitha Thomas has distilled a lifetime of health experience in this valuable book. Straightforward and sophisticated. Contains road-tested insights and "secrets" that can't be found elsewhere. A classic in its genre. High on my recommended reading list for patients. -Donald Smith, ND, naturopathic physician An outstanding resource for the health-conscious traveler. Great ideas and valuable references for illness prevention, superb nutrition and responsible self-care from the beginning of the trip to the end. -John W. Travis, MD, MPH; co-author, Wellness Workbook and Wellness Workbook for Helping Professionals. While reading the book I found myself jotting down notes and then rushing straight to the local health food store to gather the necessary ingredients for my own "Traveler's Health Kit." Road warriors of all descriptions will find it can radically improve their experience in transit. Especially well-suited for families, with a strong emphasis on traveling with children. -Steve Capellini, author, Massage for Dummies; and The Royal Treatment

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