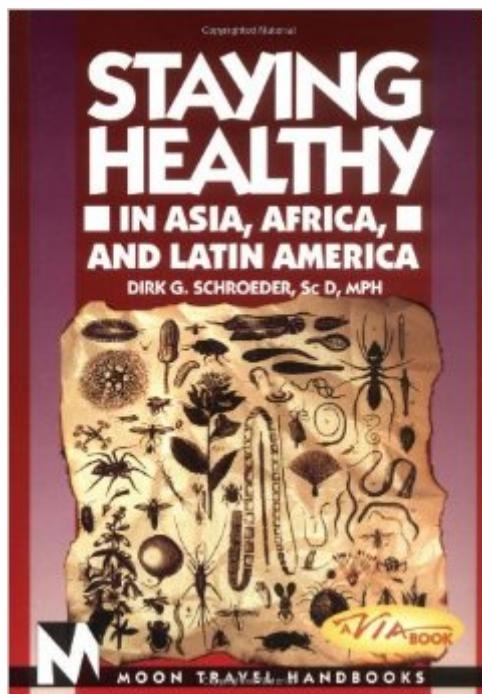


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# Staying Healthy In Asia, Africa, And Latin America (Moon Handbooks Staying Healthy In Asia, Africa & Latin America)



## **Synopsis**

This is an updated and expanded version of this popular book on maintaining good health while travelling in developing countries.'

## **Book Information**

Series: Moon Handbooks Staying Healthy in Asia, Africa & Latin America

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## **Customer Reviews**

I have travelled and lived all over the world and I always have this book with me. Not only does it cover how to protect yourself, but if you do get sick it helps you to get better. I love that it includes different drugs for you to take for different bugs, and it tells you the exact dosage. This comes in handy when you are living in the bush in Africa, no doctor for hundreds of miles, but a well stocked pharmacy near by. I HIGHLY recommend this book or anyone planning to travel or live overseas.

I found this book to be very informative. It showed the vaccines that you should get but not only that. It told about the bugs and "creepy crawlies" that you should stay away from in your particular country you are going to. It told of the plants that are poisonous and to stay away from there water unless you have a purifier. I recommend this book to anyone and everyone who is going to a third world country!

I bought a book back in 1992. Used it for travels to Asia and Africa. Handy size can always fit your backpack, no matter how light you must pack. I used it for rough trips, as well as for trips around Europe with kids. The book covers all essential aspects that you will need for your travel: (i) which

vaccinations to take before you go and what to pack, (ii) what precautions to take to stay fit and healthy, (iii) what to do in case you get sick and (iv) what is the bottom line when you really need to stop being your own doctor and need to find a physician. The book is well structured and you find in a second the topic you are looking for. I strongly recommend the book to travelers who are serious about staying healthy.

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