



# **The Naturally Healthy Traveler: Effective Solutions for Common Ailments on the Road and at Home**

*Susan W. Kramer*

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## **The Naturally Healthy Traveler: Effective Solutions for Common Ailments on the Road and at Home**

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This book tells you how to locate and use remedies from health food stores, kitchens, groceries, online sites, the wilderness - and even your own backyard - to relieve common ailments and stresses so often experienced when traveling. It's packed with helpful information you'll use again and again, and it is the perfect companion for business, holiday, adventure, and armchair travel.

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