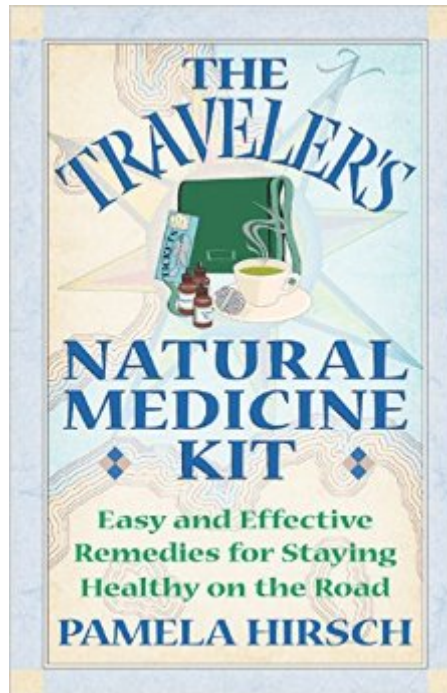


The book was found

# The Traveler's Natural Medicine Kit: Easy And Effective Remedies For Staying Healthy On The Road



## Synopsis

â ¢ A compact guide to assembling a customized travel health kit with natural remedies for relieving many of the traveler's common complaints--from sore feet and jet lag to insomnia and stress. â ¢ Offers a variety of simple but effective remedies, including herbs, aromatherapy, homeopathy, and supplements. â ¢ Provides specific advice for those traveling by land, air, or sea. In this handy pocket guide, Pamela Hirsch shares her hard-won secrets for getting through your next business or pleasure trip with an easy stomach and a calm mind. Growing up in the Middle East, Asia, and Europe, the author was exposed to different healing modalities at an early age and found that these time-tested techniques served her well during worldwide travel. The Traveler's Natural Medicine Kit provides gentle but effective help for a wide variety of common complaints, including sore feet, nausea, bug bites, constipation, jet lag, heartburn, headache, and stress. Drawing on herbs, aromatherapy, homeopathy, and supplements, the author shows you how to prepare a lightweight travel kit of remedies especially suited to your trip and your body's individual needs. She also includes home remedies that are easily found in a local market or grocery store and simple exercises that can relieve discomfort. Whether you are traveling by land, air, or sea, this easy-to-reference book is a must-pack essential for your next trip.

## Book Information

Paperback: 176 pages

Publisher: Healing Arts Press (May 15, 2001)

Language: English

ISBN-10: 0892819472

ISBN-13: 978-0892819478

Product Dimensions: 5 x 0.7 x 7.8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 2.5 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #2,069,306 in Books (See Top 100 in Books) #112 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Reference #1378 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #1587 inÂ Books > Health, Fitness & Dieting > Safety & First Aid

## Customer Reviews

I think this publication is great. Simple, to the point, no hype and no salesmanship. The information enclosed is very helpful and useful. The only issue I can think of is that you have to read it before

you go, not after you have started your travel. I guess it depends where you are traveling to, but just keep in mind that finding a trustworthy source of herbal products or herbs in a new town may be a significant endeavour.

This is a terrible book. It's incredibly vague and is not for someone who wants to learn something. I'm very disappointed

[Download to continue reading...](#)

The Traveler's Natural Medicine Kit: Easy and Effective Remedies for Staying Healthy on the Road  
Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies)  
Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free (Herbal Remedies, Alternative Medicine, How to Use Herbal Remedies,)  
Herbal Remedies:The Ultimate Guide to Herbal Healing, Magic, Medicine, Antivirals, Antibiotics,: herbs,Alternative Medicine, Magic, Medicine, Antivirals, ... Oils, Depression Cure, Natural Remedies,)  
Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy)  
Natural Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins)  
Jack Kerouac: Road Novels 1957-1960: On the Road / The Dharma Bums / The Subterraneans / Tristessa / Lonesome Traveler / Journal Selections (Library of America)  
Organic Home Remedies Vol.2 - The BEST No Prescription Needed Guide to Using Natural Remedies to Cure and Detoxify Your Self (Organic Home Remedies Guide, ... Healing, No Prescription Medicines)  
Staying in Love Participant's Guide: Falling in Love Is Easy, Staying in Love Requires a Plan  
Survival Medicine Handbook: Essential Things Every Medicine Kit Needs And First-aid In Case Of Emergency: (Survival Books, Survival Guide, Survivalist, ... (Survival Skills Book, Emergency Medicine)  
CRUISING BETWEEN BUENOS AIRES AND VALPARAISO: A Traveler's Companion Edition Revised 2016 (Traveler's Companion Series 2)  
The Out Traveler: Hawaii (Out Traveler Guides)  
21 Home Remedies Exercises and Natural Cures for TMJ Treatment: Holistic Home remedies and natural cures for treatment of Temporomandibular Joint (TMJ) pain and its allied symptoms.  
The Illustrated Encyclopedia of Natural Remedies: Over 1000 Natural Remedies for the Prevention, Treatment, and Cure of Common Ailments and Conditions  
How to Get Rid of Cellulite: Cellulite Treatments, Exercises, Prevention & Natural Remedies - On Your Thighs, Stomach and Legs (Natural Remedies For Cellulite)  
EPSOM SALT: 50

Miraculous Benefits, Uses & Natural Remedies for Your Health, Body & Home (Home Remedies, DIY Recipes, Pain Relief, Detox, Natural Beauty, Gardening, Weight Loss) Natural Remedies For Goat Diseases (Natural Remedies For Animals Series) Doctors' Favorite Natural Remedies: The Safest and Most Effective Natural Ways to Treat More Than 85 Everyday Ailments High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer": (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) Natural Remedies For Colds And Flu: How To Boost Your Immune System, Protect Yourself Naturally and Prevent Colds and Influenza with Herbal Remedies and Easy Lifestyle Changes

[Dmca](#)