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THE ESSENTIAL GUIDE TO TRAVEL HEALTH (5TH REVISED EDITION)



IMM Lifestyle Books. Paperback. Book Condition: new. BRAND NEW, The Essential Guide To Travel Health (5th Revised edition), Jane Wilson-Howarth, This title gives helpful advice on all aspects of travelling, from what to expect and pre-trip vaccinations to the hazards of heat and sun in deserts and jungles, and of cold and exposure in mountains and caves. It offers the latest information on Malaria treatments and deep vein thrombosis. It assesses the usefulness of natural remedies and covers responsible tourism. It advises on how to treat bites and stings and deal with accidents, first aid and common ailments. 'Big carnivores are probably best faced. Running away will do you no good since they can easily outrun you and this is exactly what prey species do. Do something that a prey species would not do, like throwing rocks or running at the animal shouting and brandishing a big stick. The predator will then be so surprised and confused that it will probably retreat'.



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