

The Traveller's GOOD HEALTH GUIDE

NEW
EDITION



TED LANKESTER

InterHealth 

HOT OFF THE PRESS!

3rd Edition of

The Traveller's Good Health Guide

InterHealth's Director of Healthcare, Dr Ted Lankester, returns with a 3rd edition of this best selling guide to staying healthy abroad.

Written in an easy-to-read style, with cartoons and illustrations, this lively and informative book has been expanded to over 400 pages of practical and helpful advice in four sections:

- ◆ **Before You Go:** know how to prepare for your trip – from immunisations and malaria prevention to essential health supplies
- ◆ **Health Travelling:** minimise your travel-health risks with vital precautions, including food and water safety tips
- ◆ **Returning Home:** know when you should get a travel-health worry checked out and how to deal with stress and reverse culture shock
- ◆ **PLUS:** a detailed glossary of infections and conditions that affect travellers – how to prevent them and how to deal with them.

Member Price: £9.99

Standard Price: £10.99

Discounts available for bulk orders

www.interhealth.org.uk/shop

The essential guide for backpackers, long-term travellers, volunteers, international aid and development workers, and anyone planning international travel!

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