



The Adventurous Traveler's Guide to Health

Christopher Sanford

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The Adventurous Traveler's Guide to Health is just what every traveler needs: a straight-forward look at what you can do to stay healthy during your travels, from start to finish. Whether headed to the urban centers of Africa or the jungles of southeast Asia, there are precautions to be taken even before setting foot on a plane, as well as important things to remember once your travels are over.

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