

(Mobile book) The Pocket Doctor: Your Ticket to Good Health While Traveling

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Stephen Bezruchka

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Stephen Bezruchka : The Pocket Doctor: Your Ticket to Good Health While Traveling before purchasing it in order to gage whether or not it would be worth my time, and all praised The Pocket Doctor: Your Ticket to Good Health While Traveling:

1 of 4 people found the following review helpful. Pocket DoctorBy Robin RussellThe Pocket Doctor: A Passport to Healthy Travel (Purchased on 08/26/2007)This is an excellent for any traveller.22 of 22 people found the following review helpful. Skillful SynopsisBy David R. ShlimI have two bookshelves full of books that I regularly consult on travel medicine issues. Obviously, it's impractical for anyone to carry these heavy resources, and therefore it is lucky that there is a skillful synopsis available by Stephen Bezruchka. Dr. Bezruchka has spent a lot of his adult life in developing countries, mostly Nepal. He has distilled the most basic information that might confront the international traveller into a book that is the same size as your passport. The tone is reassuring and authoratative. You will want to read the pre-travel information before you go, but you may not look at the rest of it--until you need it. I think this is the lightest, most useful resource available to travelers.0 of 1 people found the following review helpful. Questionable purchaseBy John LeeSo so, I wasted my \$\$, however you may find it useful?

Discusses precautions to take prior to and while traveling, and offers advice on caring for various ailments from colds and constipation to tropical diseases and major trauma.

A wealth of information ... obviously gleaned from many years of experience. (Journal of Wilderness Medicine) Clear, simple, intelligent advice. I'm more than impressed; I'm amazed. (Houston Chronicle) The only traveler's health guide I would carry with me on a trip. (Whole Earth)

About the Author A board certified emergency physician, STEVEN BEZRUCHKA, M.D., has worked in the fields of travel medicine and international health. He is the author of The Pocket Doctor, 3rd Edition, Trekking in Nepal: A Traveler's Guide, 8th Edition, and Altitude Illness.