



# Lonely Planet Healthy Travel - Asia & India (Lonely Planet Healthy Asia & India)

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*Lonely Planet: The world's leading travel guide publisher*

Get the most out of your trip to Asia and India without throwing up over the side of a slow boat. This guide is freshly updated by travel health expert Dr Tony Gherardin and provides advice on immunisations, medical kits and what to do if you start to feel queasy.

- tailored advice for travellers of all ages and needs
- clear advice on treating common travel illnesses
- safety tips for outdoor activities, including diving and high-altitude trekking
- guide to traditional Asian medicine
- comprehensive first-aid section

Lonely Planet gets you to the heart of a place. Our job is to make amazing travel experiences happen. We visit the places we write about each and every edition. We never take freebies for positive coverage, so you can always rely on us to tell it like it is.

**Authors:** Written and researched by Lonely Planet, Dr. Isabelle Young, and Dr. Tony Gherardin.

**About Lonely Planet:** Started in 1973, Lonely Planet has become the world's leading travel guide publisher with guidebooks to every destination on the planet, as well as an award-winning website, a suite of mobile and digital travel products, and a dedicated traveller community. Lonely Planet's mission is to enable curious travellers to experience the world and to truly get to the heart of the places they find themselves in.

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