



The Pocket Doctor

By Bezruchka, Stephen

Mountaineers Books, 1999. Paperback. Book Condition: New. 3. 10.8 x 16.51 cm. Completely revised and updated, "The Pocket Doctor" provides travelers with all the information they need to prepare for a trip, to stay healthy while traveling, and to care for health problems that may arise during the journey. Dr. Bezruchka covers a tremendous number of topics including new information about emerging diseases such as hantavirus, plus details on light and melatonin treatments for jet lag. Our orders are sent from our warehouse locally or directly from our international distributors to allow us to offer you the best possible price and delivery time. Book.

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