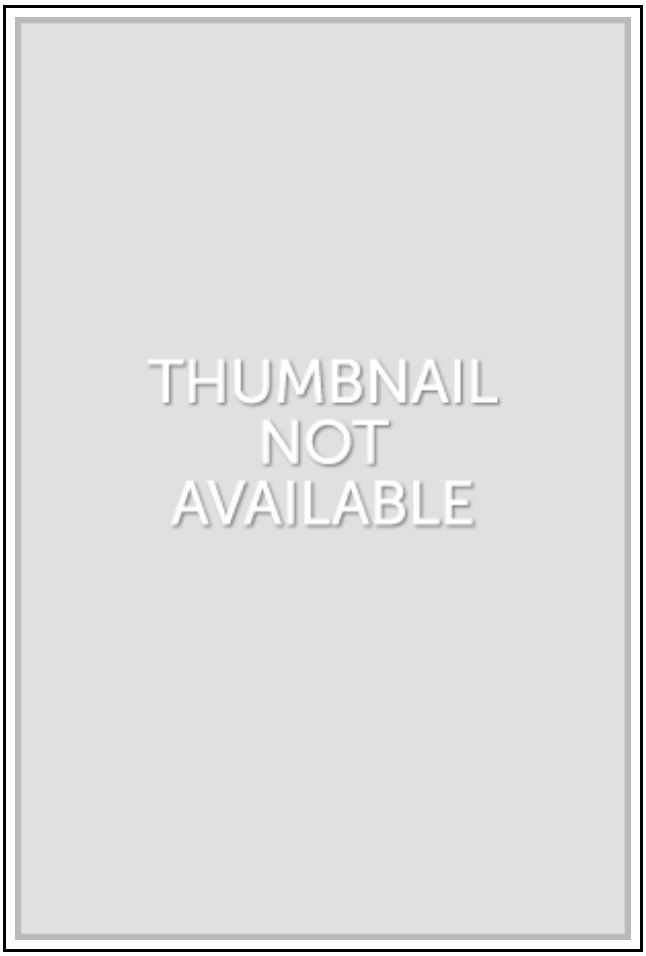
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Robyn Benson, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.ARE YOU READY TO BE AN ENERGIZED, FIT AND CONSCIOUS TRAVELER? Do you find yourself spending hours a day, each month or year, traveling either by car, train, plane or bus? Are you tired of being overstimulated and drained by the noise, the people and the feeling of being trapped in artificial cages of transportation? There is a reason for your overwhelm, and there is a way out. Everyone feels struck by deep fatigue once in a while, but for the frequent traveler it can become a way of life, eventually leading to illness. In this groundbreaking book, Robyn Benson, Doctor of Oriental Medicine, world traveler and exercise and nutrition enthusiast, reveals the hazards of travel and guides you to renew, retrain and regain yourself, no matter where you are. This is essential reading for anyone who is ready to take charge of his or her quality of life in our ever-changing world. IN THE HEALTHY TRAVELER, YOU WILL DISCOVER: The 8 Pathways to healthy travel to increase and sustain your energy, focus and happiness. Health tips and techniques to alleviate stress, jet lag and how to hydrate and eat for everyday travel, business and international trips. How to subscribe to eco-friendly travel for your body, brain, happiness and, yes, your longevity. Self-assessment tests to discover your travel sensitivities. How to counter the effects of travel-induced electromagnetic pollution and its effect on your health. Tips for women and children traveling alone.

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