



Lonely Planet Healthy Travel - Central & South America (Lonely Planet Healthy Central & South America)

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Lonely Planet: The world's leading travel guide publisher

Don't let a dodgy burrito bring you down. Stay happy and healthy tripping through Central and South America with this indispensable guide. Get advice on Immunisations and medical kits, plus all those health tips that'll keep you raring to go.

- how to treat common travel illnesses
- guidelines on coping with high altitude
- how to recognise and avoid wildlife hazards like leeches, piranhas and tarantulas
- illustrated guide to traditional 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. Tony Gherardin, and Dr. Isabelle Young.

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.

TripAdvisor Travelers' Choice Awards 2012 and 2013 winner in Favorite Travel Guide category

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