



# The Healthy Cruiser's Handbook

*Janette Loomis, James Bryan*

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A healthy crew is essential for successful cruising. This all-in-one medical reference guide will assist you in your medical preparations for cruising and save you time and money. This guide includes suggestions for a healthy cruising lifestyle, resources for medical assistance at sea, travel safety information, treating common illnesses, water disinfection, insect precautions and vaccine information, information about medical and evacuation insurance, worldwide health care resources, and much more.

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