



**Travel  
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# 1**

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*Essential Travel Health Tips For Cruise Ship Trips:  
How to choose your Travel  
Agent*

**Essential Travel Health  
Tips for Cruise Ship  
Trips:  
How to select your  
Travel Agent**

**By Christoph Lombard, MD**

**www.askexpertdoctor.com**

# Essential Travel Health Tips for Cruise Ship Trips – How To Choose Your Travel Agent.

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# Introduction

There are many reasons why you've stumbled upon my [website](#) or by default - this eBook. By pure accident?

Perhaps. There you are, just surfing along... here for a moment, and then you're gone.

But wait! Before you go, please click that **bookmark tab** at the top of your web browser and save me under your favorite sites, will you? Please make a note: this is the site to visit next time when planning a trip, holiday or adventure.

I don't believe in random acts of fate. Everything has a reason and will impact on our lives - be it now or later. This eBook and my website will make your travels easier and more enjoyable.

And that's the reason why you're reading this eBook.

Which brings me to the strange title of this eBook: ***"Essential Travel Health Tips for Cruise Ship Trips - How To Choose Your Travel Agent."***

Those familiar with [SEO](#) (Search Engine Optimization) will recognize it immediately for what it is: a key word based title that will hopefully lead to a place on the first page of Google, Yahoo, etc. - where I can reach as many people as possible through my website and eBooks. My hope is to help passengers avoid the common travel pitfalls and have their best holiday ever!

And you can help. If you like what you read, then please [pass it on to friend](#).

Is it possible though? Can a Travel Agent adversely affect your health? Of course!

What do you think happens to your blood pressure when your cruise holiday is circling the drain? It shoots through the roof! Is that healthy for you? Of course not!

And is it conceivable that a Travel Agent might just feature somewhere in your cruise holiday plans and could possibly contribute to your unhappiness?

Luckily though, in the majority of cases, Travel Agents are not the usual culprits. To the contrary: 80 percent of cruises are booked through Travel Agents. A cruise passenger in trouble is much more likely to regret not following the travel agent's advise or not consulting one to begin with.

We hope to escape the misfortunes and disappointments of every day life when we close that front door and jump into the packed car. Off for a holiday!

As we slap that airline ticket down on the check-in counter do we ever wonder, "What can go wrong now?"

Standing in the queue, waiting to board, looking up at that immense cruise ship, do we perhaps sigh with premature relief? "Made it! Paradise, here I come!"

Remember, [Old Murphy](#) will always be there too. Invisible.

Silently brooding...scowling at the exuberant laughter of excited kids - smirking in secret anticipation of the havoc to come...How do you know he's not taking a turn in the copilot's seat today?

Are you sure there is not a hurricane brooding in the Caribbean even as you cross the gangplank onto that big, beautiful cruise ship? Surfing the Net, you'll soon experience information overload and analysis paralysis. 30 000 cruises and 2000 worldwide destinations, hundreds of travel websites and insurance options—where to begin?!

First step: get yourself a copy of a reputable cruise guidebook.

[Cruising & Cruise Ships, 2011](#) by Douglas Ward would be an excellent choice. Douglas granted me one of his very rare interviews in early 2011 when we met in England. What a pleasure it was to meet this gentleman of the seas in the delightful [Westover Hall Hotel](#) in Milford-on-Sea, a beautiful seaside resort on the English South Coast.

Douglas has done it all. He started his career back in 1965 on

[Cunard's RMS Queen Elizabeth](#), at 83 673 tons, then

the largest cruise ship afloat. (Compare that to Royal Caribbean's

latest, the [Allure of the Seas](#) , weighing in at a staggering 222500 tons—almost three times as large! (The Allure is 2 inches longer than her twin, the [Oasis of the Seas](#) - making The Allure currently the largest cruise ship in the world.) Over the next 17 years, Douglas worked for eight different cruise companies and bowed out on a high note as a cruise director. In total, he's spent more than 5000 days at sea and is in his own class completing almost 150 trans-Atlantic crossings. And he's still at it. For almost 200 days a year he's at sea pursuing his first love: cruising and cruise ships.

I like his [book](#) because he asks the right questions and gives sound advice. Somewhere among its 720 pages and 285 profiled vessels, you'll find what you're looking for.

There are many factors to consider when planning a trip. Your health is but one of them - albeit a very important one. For if there's one complication that will change your budget in a heartbeat, then it's an unplanned illness, accident or injury. It's a tragedy, as many of these unforeseen medical costs could have been avoided. So pour yourself a glass of red wine tonight, sit back and leisurely ruminate about all of the things that can go wrong. Put your plans in place before you start your journey. You won't regret it - it will prevent a lot of pain later.

As traveling doctor, I've amassed an armamentarium of practical tricks and tips that will make anyone's traveling easier. I want to share this knowledge and that is the motivation behind creating my [site](#).

# About me



I'm Christoph Lombard - a traveling medical doctor.

Medicine is my passport. It opens doors into worlds that are off the beaten tourist track.

Practicing medicine may not be the most glamorous of professions any more, but it certainly still has its perks. One of them

being the ability to travel and work all over the world on both land and sea. The skills that allow us doctors and nurses to unlock the secrets of the human condition, also allow us to unlock the secrets of other peoples hearts and homes.

To us, everybody is pretty much the same. Even though our languages, cultures, religions and colors may differ, we all bleed the same red-we all suffer the same agonies. Kindness, compassion and friendship are a universal language understood by all...

*“Kindness is a language that the deaf can hear and the blind can read.” Mark Twain.*

I trained as medical student in the public hospitals of South Africa. (These are the kind of hospitals you'll find in a war zone - where even today doctors can be raped and killed at work - or Oxygen supplies sabotaged.) The life saving skills I absorbed back then, now allow me to help others wherever I find myself practicing in the world. My own experiences were taken to the next level by fellow South African, Dr Jonathan Kaplan - war surgeon and author: ‘There is no doubt that in SA there was this

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