

THE BULLETPROOF HOME

DOCTOR IN A BOX

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Medical Advice for after SHTF

Amidst all of the preparations you may make for survival and preparedness in a disaster scenario, your medical preparations are some of the most important of all. Whether you're twenty-five or eighty-five, with perfect health or a host of known ailments, your medical preparations and what you know (or perhaps more importantly: what you don't know) can literally mean the difference between life and death in an emergency.

To help you become better prepared and better informed in case of a crisis or emergency situation, this guide will review a number of the most common ailments and some of the more serious diseases and health problems that can pose a threat to your health in survival circumstances. Common ailments range from fevers, sore throats, diarrhea, colds and flu to dehydration, bruises, cuts, scrapes and other minor wounds.

More serious medical issues that are addressed include cholera, dysentery, how to manage high blood pressure, broken bones / fractures and emergency care for gunshot wounds. This guide will also review how to legally stock up on antibiotics even without a prescription, as well as some of the most potent natural antibiotics and fungicides known to humankind.

Common Ailments and Their Cures

From issues such as bruises, cuts, scrapes and minor wounds to fevers, sore throats, the common cold, nausea and vomiting there are many potential health problems just waiting for the opportunity to strike. Bacteria, viruses and other pathogens are notoriously opportunistic so it is especially important to take preventative measures to protect yourself and your loved ones from the potential of developing more contracting serious illness or disease.

Adolescents, young children and infants are especially susceptible to common health ailments including diarrhea, vomiting and dehydration. Whereas an adult will generally recover from such issues even under less than ideal circumstances, fever, infectious disease and other common ailments are often much more deadly for children and the young.

With that said, nature offers a veritable cornucopia of beneficial, medicinal and otherwise therapeutic plants, ranging from fruits and vegetables to herbs, nuts, seeds and a variety of wild grown plants. Benefits range from anti-inflammatory effects to anti-diarrhetic, antispasmodic and anti-cancerous effects, among others.

Bruises, scrapes and cuts

Most minor bruises, cuts and scrapes will heal naturally in a short period of time but there are some circumstances that can lead to relatively minor injuries becoming quite serious or life-

threatening. Malnutrition and/or chronic vitamin and mineral deficiency can meet the human body immune-compromised and susceptible to infection from even minor wounds. During an emergency, bug out or SHTF survival situation it's best to keep any cuts or wounds clean, sanitary and appropriately dressed when possible.

Aside from keeping a well-stocked first aid kit with various antiseptics, ointments and bandages of varying sizes there are many natural plants, herbs and remedies that can be used as alternatives to developed medicine. For antiseptic and antibacterial properties cayenne pepper, lemons, limes and honey can be used for topical application on scrapes and cuts.

Bruises can be treated with a compress that has been soaked in cold water; for additional healing benefits essential oils such as lavender can be added to the water the compresses soaked in. You can also eat foods that are rich in vitamin C speed the healing of bruises; this is because vitamin C is used by the body in the synthesis and production of collagen.

Fevers, sore throats and common colds

No one enjoys being sick, least of all in an emergency or dire survival situation; not only are the miseries of most illnesses multiplied many times over under such circumstances, but what starts as a light fever, sore throat or the common cold can swiftly become deadly.

Children, infants and young adolescents (as well as pregnant women) are particularly at risk from developing a cold or fever, especially when accompanied by vomiting and/or diarrhea. If over-the-counter or prescription medication is unavailable there are a number of natural remedies and cures that can be used to facilitate a return to good health.

First and foremost, if the person is feverish they should be kept warm but not hot, should stay well hydrated, and should get as much peaceful rest as possible. A cool, damp cloth applied to the forehead, throat/neck and legs or feet can also help reduce or break a fever.

One classic folk remedy for reducing or breaking a fever is to take a clove of garlic and steep it in a cup of hot water for 10 to 15 minutes; then drink the fluid and swallow the clove of garlic.

Here's the recipe for another natural remedy for seasonal colds and flu, as well as sore throats and general lessened immunity:

- 1 inch cube of ginger
- ½ lemon (more lemon can be used based on personal taste)
- 1 – 3 tablespoons pure honey

Slice the ginger into thin pieces and boil it on medium heat (just above a simmer but not a rolling boil) in 1 – 2 cups of water for 15 minutes, then add the lemon juice and honey. Serve this beverage promptly and drink while warm, can be taken 2 – 3 times daily until illness clears.

Diarrhea

Diarrhea can occur for a number of reasons but some of the most common include:

- An infection caused by a virus, bacteria or parasite; to avoid contracting diarrhea from an infection be sure to boil all drinking water prior to consumption, cook any meat you eat very thoroughly (and don't eat meat from parasite-infested animals) and wash your hands and eating utensils as thoroughly as possible with soap and/or boiling water.
- The use of certain medications, especially antibiotics like penicillin, amoxicillin and others; antibiotics kill off both malignant and beneficial bacteria in your body, so if you get diarrhea after taking an antibiotic, try supplementing with a probiotic to restore the balance of healthy flora and fauna in your gut.
- Lactose or other food intolerance; if you know you're lactose intolerant then you can easily avoid diarrhea by avoiding milk consumption, but other foods may also cause diarrhea depending on how they were handled, processed or cooked. If you have sensitive intestines, avoid foods that are very spicy, high in milk content or that contain alcohol.

If you have access to it, yogurt can often help clear up a case of diarrhea, especially when caused by a round of antibiotics or an imbalance of healthy bacteria in the gut. Yogurt is a rich source of probiotics (i.e. the healthy bacteria your body needs) and can help with common digestion problems as well as diarrhea.

Applesauce can also be eaten to help relieve diarrhea, especially in younger children. Apples are a natural source of pectin, so you can also shred or grate a fresh apple (shredding / grating activates more of the pectin and aids in digestion) if you don't have applesauce on hand.

Another remedy for diarrhea and general stomach upset is chamomile tea. With strong anti-inflammatory effects, chamomile tea has been shown to relieve abdominal cramping, alleviate the intestinal inflammation associated with diarrhea, and even inhibit the growth of the bacteria *campylobacter jejuni*, which can cause chronic diarrhea. To use chamomile tea for diarrhea, simply steep a cup of tea from fresh or dried chamomile flowers and drink 3 cups a day or as needed. For additional health benefits, chamomile tea can be sweetened with honey.

Remain well-hydrated throughout any bout of diarrhea, rest as much as you can, and watch out for fever; a fever over 100 degrees or that lasts for more than a day or two can indicate

a more serious, potentially life-threatening illness. During a bout of diarrhea, avoid spicy foods as well as milk products, very greasy foods, highly caffeinated food or drink, and alcohol. Instead, focus on eating blander, starchy foods such as potatoes, bread, bananas, carrots and rice.

Nausea, vomiting and intestinal cramping

There are many natural herbs and foods that can be eaten to reduce the onset or severity of nausea, vomiting or severe intestinal cramping. Foods with a high fiber content, such as bananas, beans, whole-grain rice and whole-wheat flour are a great option to consume if you separate from severe intestinal cramping or IBS and/or chronic or acute constipation.

Teas that can help reduce intestinal cramping and discomfort include chamomile tea, feverfew tea, red raspberry tea and ginger tea. Chamomile and feverfew are closely related and the plants produce almost identical, daisy-like flowers; the flowers and fresh leaves of either plant can be eaten raw or steeped as a tea to obtain their benefits.

Ginger has a long history of use in traditional Chinese and Indian medicine as an anti-nausea and anti-vomiting agent. A 1 inch cube of ginger, sliced and boiled in simmering water for 10 - 15 minutes can throw cup of tea but, in most circumstances, will settle a nauseous stomach even if you have vomited or feel like you will. If you can't stomach the taste of ginger tea, you can eat a raw chunk of ginger or swallow several slices.

Avoiding alcohol consumption, getting plenty of rest and remaining well hydrated are some other good ways to alleviate nausea and/or vomiting and intestinal cramping. Most members of the peppermint family, including spearmint and peppermint, are also quite suitable for use as anti-nausea teas, especially when a touch of honey is added.

Finally, many women experience nausea and vomiting (often called morning sickness) during pregnancy. If pregnancy is a possible cause of your nausea or vomiting, exercise caution before taking any medications or herbal supplements. Many medications and supplements are perfectly safe for normal use but can pose serious threats to an undeveloped fetus, so be careful what you put in your body until you've confirmed or ruled out the possibility of pregnancy.

Dehydration and dirty water

The human body is comprised of approximately 60% water, so it's little surprise that water is one of the most important elements to maintaining human life. The average adult needs a minimum of 3 liters (approximately 1 gallon) of water per day in a true survival situation.

Dehydration, especially under survival circumstances, can be absolutely deadly, but drinking dirty water can also prove fatal.

Common signs of dehydration include:

- dry or sticky-feeling mouth with poor saliva production and/or dry, cracking lips
- sleepiness, drowsiness or general tiredness, especially among children
- dry, scaly, peeling and/or cracking skin
- decreased urine production, esp. important to look out for in infants and young children
- very dark urine (dark yellow, orange or amber in color)
- constipation or very hard time defecating; the colon needs adequate moisture to move feces along and defecate properly
- headache, dizziness and/or light-headedness
- lack of sweat, saliva production and/or tears when crying
- extreme thirst, rapid breathing and/or a rapid heartbeat
- irritability, disorientation and confusion
- low blood pressure

In very extreme cases (near death) of dehydration the victim may become delirious and/or fall unconscious entirely. When rehydrating a severely dehydrated person, introduce liquids slowly. A badly dehydrated person can become quite sick if they drink too much, so start by wetting the lips and allowing the person to have a few drops on their tongue. In extreme cases, allow the individual to suck of a moist piece of cloth or sponge, introducing liquids in small increments.

To obtain the cleanest water, preferable sources include running streams, brooks or rivers. Avoid taking water from stagnant ponds or areas of pooled runoff. Boil all drinking or washing water prior to use, including the water used to wash your clothes, as this will kill most bacteria, viruses and pathogens as well as parasites. Boiling water will not, however, remove any particulate contaminants or heavy chemical contaminants, so more adequate filtration is always preferred.

Malnutrition and vitamin deficiency

Most diseases and chronic ailments have their roots in malnutrition and chronic vitamin deficiencies, and unfortunately such deficiencies are only likely to increase in the event of widespread disaster or other emergency. Aside from stockpiling additional nutritional supplements and nutritionally dense foods, there are a number of wild edibles and commonly cultivated herbs and fruits that pack a serious nutritional punch and that you can supplement your diet with in an emergency.

Kale is a dense, leafy green vegetable that is intensely nutritional. Stock full of vitamins, minerals and tons of antioxidants, kale has high levels of vitamins K, A, and C. Kale is also a great source of dietary fiber, calcium, and iron. It is also stock full of protein, is a potent anti-inflammatory and has long been used to promote cardiovascular health.

If you have access to them, **hemp seeds** are another nutritional powerhouse and are well worth stockpiling, especially for vegetarian or vegan individuals. Packed with fiber, protein, amino acids, minerals, vitamins and essential fatty acids, hemp seeds practically have it all. Eaten raw or toasted, by themselves or tossed in a salad, hemp seeds are delicious, can also be ground into hemp seed butter, and can potentially be made into a flour for baking.

Believe it or not, **chocolate** is another nutritional heavyweight. In fact, chocolate has so many beneficial properties that science hasn't even finished exploring all that this tasty treat has to offer. The health benefits of chocolate come from the cacao plant, so the healthiest chocolate forms are cacao nibs or very dark, unsweetened chocolate. Dark chocolate is a rich source of antioxidants, minerals, vitamins and other compounds that promote the release of endorphins and other feel-good hormones in your brain.

Spinach and **broccoli**, as well as **brussels sprouts**, **collard greens**, **beans** and many **seeds** are also good nutritional storehouses. In addition to their vitamin, mineral and fiber content, most of these foods are also rich in antioxidants and bioflavonoids that have been shown to exhibit anti-inflammatory and anti-cancerous effects. **Onions** are also rich in antioxidants.

And for those with a sweeter tooth, many berries including **wild blueberry**, **raspberry**, **blackberry** and other fruits are full of nutrients as well as tasty. Fruits tend to be higher in vitamin C and many are packed with antioxidants and tons of beneficial flavonoids.

Migraines and headaches

The misery of a bad headache, or worse yet a migraine, is hard enough to endure under regular circumstances but in a survival situation can really undermine your ability to stay alive. Aside from preventative measures such as avoiding known trigger foods (particularly important for those with a known tendency toward migraines), managing / mitigating stress and getting as much rest as possible when a headache or migraine strikes, there are several natural remedies and traditional cures you can make use of to ease the pain.

Chamomile tea (as well as chamomile's cousin, **feverfew**) is another traditional remedy for headaches and migraines. To make fresh chamomile or feverfew tea gather 6 to 12 fresh flowers and steep them in boiling hot water for 10 to 15 minutes, then strain flowers and drink. Chamomile or feverfew tea can also be sweetened with honey and/or flavored with lemon for added medicinal benefits. Chamomile and feverfew can also be eaten raw to attain their benefits.

Modern science has also identified that many people who suffer from chronic headaches and/or migraines suffer from a deficiency of **magnesium** in the diet. If magnesium deficiency is a factor in your headaches and migraines there are many natural, dietary sources of magnesium that you can consume.

Dietary sources for magnesium include dark leafy greens (spinach, kale and other greens) as well as nuts and seeds (note that nuts can be a contributing factor to migraines for some individuals, so if you have a known nut sensitivity or allergy its best to choose another source for your magnesium) and fish, particularly halibut, mackerel or pollock.

For the nausea associated with many migraines, ginger is another natural substance that can be used to alleviate certain symptoms. Steeped as a tea or eaten raw, ginger is well known for its stomach soothing capacities and its anti-inflammatory effects may also help to ease the pain associated with headaches and migraines.

More Serious Medical Issues

Gangrene and blood poisoning

Gangrene is a serious condition that can quickly become life-threatening when left untreated; it arises from the necrosis or death of body tissue. Although gangrene can set in following a traumatic injury or infection, it is particularly prevalent among individuals with very poor circulation such as those advanced diabetes and long-term smokers. There are several different types of gangrene, including dry gangrene, wet gangrene, internal gangrene and gas gangrene.

Treatment for gangrene typically begins with preventive measures for those who are at risk such as sufferers of diabetes and heavy tobacco smokers. Losing weight, cutting down your tobacco consumption and maintaining good bodily hygiene (including caring for and keeping clean any wounds) are all good ways to help avoid the possibility of developing gangrene. Another common cause of gangrene setting in is frostbite, particularly to the lower extremities including the toes, due to the fact that cold severely limits blood flow as well as damaging tissue.

If gangrene has already started to develop, efforts should be made to restore blood flow and topical or internal antibiotics may be used to help combat infection. In mild cases, the restoration of blood flow, maintenance and regular cleaning of the wound, and/or the application of antibiotics is often sufficient to resolve a gangrene infection. If the infection worsens or continues to spread (or if the gangrene infection is gas gangrene) then surgery may be necessary either to remove areas of necrotic flesh or in extreme cases to amputate a limb entirely.

Left untreated gangrene will quickly become fatal, leading to systemic blood poisoning and death. Please note that one natural alternative to surgery is often the use of selective species

of maggots, which target the necrotic flesh and consume it, thus limiting the spread of the infection and enabling the remaining healthy flesh to heal more effectively.

Treating and dressing bullet wounds

Suffering a bullet wound is a traumatic enough experience on its own, but having to treat someone with a bullet wound can also be a high-stress event. Hopefully you will never have to treat a bullet wound, either on yourself or a loved one (or even a stranger), but just in case you ever do here are some tips to follow.

- First and foremost be sure that the threat has passed (or disable any attacker) before administering medical help, then immediately check the victim's airways and ensure that they are breathing; if the person is conscious and able to speak then you can proceed with additional steps. If the person is unconscious however, check their airway to be sure it's free of obstructions; when there is blood in their mouth or blocking their airway, help them clear it or use a rag or cloth to soak it up.
- Locate the gunshot wound or source of bleeding and apply firm pressure over the bleeding; use a pad, emergency compress or thickly folded cloth if nothing else is available, and try to take an accurate measurement of the victim's pulse.
- Check the victim for damage to the spinal cord or neck; an easy test for spinal or neck injuries is to have the victim move their hands and feet. If the victim is unable to move their hands and/or feet, there is likely damage to the neck or spinal cord and the victim should not be moved until they have been stabilized.
- Prepare for the victim to go into shock; medical shock is the condition that sets in following a traumatic injury and/or sudden loss of blood. Symptoms of shock include loss of color, pallor or paleness in the face, a substantial drop (or occasionally a spike) in body temperature, and possible loss of consciousness. Keep the victim warm and stabilized, and if the gunshot wound is to the torso or upper body do not elevate the legs as this will increase bleeding from the wound.

If there is uncontrollable bleeding from an extremity (ex. hand, arm, leg, etc.) a tourniquet may be applied to restrict blood flow and loss, but don't ever apply a tourniquet to the neck! If there is bleeding from the neck or you think the carotid artery may have been nicked, soft and even pressure can be applied and an occlusive bandage can be applied to the wound for dressing.

Another good item to have in your emergency medical kit is the Israeli Battle Dressing (IBD) also known as an emergency bandage when sold for civilian use. An IBD consists of an

elastic Ace bandage with a large piece of absorbent padding or gauze dressing on one end and a strong plastic clip that can be used to apply enough pressure to stop bleeding in most cases.

Gunshot wounds to the head, or wounds to the abdomen which expose or damage the intestines, are usually fatal (unfortunately victims with wounds to the lower abdomen often survive for days or weeks, dying slow and painfully from resulting infection if they don't bleed out initially) but medical care and proper attention can save some lives.

Whenever possible, a skilled doctor or surgeon should remove any bullet or remaining pieces of shrapnel. After the initial trauma of the gunshot wound, if the victim has survived you will need to maintain a clean wound site. Change bandages and dressings as often as possible and keep the victim resting in a clean, sanitary and stress-free environment until the wound has healed.

Remember that a single bullet can also cause extensive damage, often more than simple the initial bullet wound and surrounding tissue / bone damage. Additional damage may be caused externally or internally, especially if the bullet is a fragmenting round designed to split into pieces (wounds from such bullets are often fatal). Internal bleeding isn't always immediately obvious, even to the person who has been shot, but signs include vomiting (esp. vomiting blood), decreased alertness, loss of consciousness, low blood pressure and weak pulse.

Broken bones and fractures

Broken bones and fractures can range from minor breaks in the toes and fingers, to more severe breaks in the wrists, ankles, elbows or knees. A particularly common area for fractures and breaks to occur (especially in children) is at various joints. In addition to the initial pain and discomfort that accompany a break or fracture, such injuries may also lead to swelling, substantial bruising and possibly infection.

Most breaks or fractures are caused by some form of external trauma (for instance, falling from a height, landing wrong, getting in a fight, etc.) but fractures and breaks can happen 'spontaneously' as well. When there is no immediate traumatic injury to cause a break or fracture, the injury is known as a pathological fracture. A pathological fracture happens because of some underlying cause, often osteoporosis, leukemia, metastasis or another disease. Long-term smoking can also lead to a weakening of the bones and loss of bone mass.

In the event of a broken bone or fracture, immobilize and stabilize the injured limb as quickly as possible. Immobilization will reduce any extra damage that may be done to the damaged limb, and pain medication such as ibuprofen or acetaminophen may be used to mitigate pain. Once the limb has been immobilized the victim can be moved to a proper location for medical care.

Broken or fractured limbs can often be set with a splint or cast and left to heal naturally over the course of 4 – 12 weeks or longer (depending on the location of the injury; broken legs take longer to heal than broken elbows). In the case of particular severe breaks, where bone is shattered or breaks through the skin, seek more professional medical help when at all possible.

Untreated breaks or fractures can lead to a variety of additional health problems, infection and even death depending on their severity. In extreme cases, when the bones are too badly damaged for surgery or other repair techniques, amputation of a limb may be required. A limb that should be amputated but isn't will most likely lead to gangrene or other infection and death.

Cholera and dysentery

If you were paying attention during history class in school, the terms cholera and dysentery probably ring a bell somewhere in the annals of your memory. These two separate, but closely related, diseases are practically unheard of in the developed and modern world of today, but historically they claimed many, many lives in this country, particularly during the days of the pioneers when the trails leading west were dotted with the gravemarkers of the dead.

Both diseases occur because of contaminated water, particularly water that has been contaminated by fecal material. But while cholera is caused by the bacteria *Vibrio cholerae* and its symptoms include very watery diarrhea and vomiting, dysentery is characterized by chronic inflammation of intestine (esp. the colon) and results in severe diarrhea, often containing blood, mucus and feces or pus. Dysentery is often accompanied by fever and severe abdominal pain.

Cholera can be transmitted by individuals with no symptoms of the disease and when left untreated can lead to severe and rapid dehydration, electrolyte imbalance and death. Treatment for cholera may include intravenous liquids (when intravenous liquids are not available, individuals should be kept well hydrated with water and/or soothing teas) and use of prescription antibiotics or natural alternatives such as garlic, tea tree oil or iodine.

Early symptoms of dysentery include mild stomach pains, frequent defecation and intestinal discomfort. More severe cases of dysentery may include mucus, pus or blood in the feces depending on what pathogen or bacteria is causing the disease. The most severe cases of dysentery may include severe abdominal pain, vomiting blood, fever, delirium, shock and death. Treatment for dysentery consists of rehydration (plenty of fluids should be drunk by the victim) and the application of antibiotic, antiviral and/or anti-parasitic medications.

Prevention is the best method for containing and avoiding both cholera and dysentery. These two diseases are practically unheard of in the developed world because they only flourish in grossly unsanitary conditions. Filtering and/or boiling all drinking water is one good way to avoid the likelihood of developing cholera and/or dysentery. Most adults can recover from these

diseases with adequate hydration and proper medicine as well as clean water, however children and infants are particularly susceptible to these diseases due to the rapid dehydration that ensues.

Scurvy

Scurvy is a particularly nasty disease that results from severe deficiency of vitamin C which is required by the human body for the synthesis of collagen. The initial symptoms of scurvy (i.e. severe vitamin C deficiency) often include symptoms of illness, tiredness or lethargy, feelings of depression and potentially even partial immobilization. As the disease (or deficiency) progresses spots form on the skin, particularly on the thighs and legs, and individuals will become pale and weak; there may be bleeding from the mucus membranes, spongy gums, loss of teeth and fever leading to potential neuropathy and death.

Luckily, vitamin C is rather abundant in nature and there are many powerhouse foods that you can consume to keep your daily intake up. Aside from the standard citrus sources like **lemons, limes, oranges** and **tangerines**, there is also quite a bit of vitamin C in **apples, cherries** and **strawberries**. Fruits aren't the only foods you can get vitamin C from, either.

Vegetables including **bell peppers, tomatoes, broccoli, cauliflower, brusselsprouts** and dense leafy greens such as **kale, garden cress** and **mustard greens** all contain decent quantities of vitamin C. Many herbs also contain vitamin C, including **thyme, parsley, cilantro, basil** and **chives**. **Rose hips** are another exceptional source of vitamin C and can be eaten raw, steeped as a tea and/or made into jams and preserves for canning.

Antibiotics and Disinfectants

If you are unable to stockpile antibiotics or are unable to use them due to allergies or drug sensitivity, there are a range of natural antibiotics that can be used instead. Some of the most potent, natural medicines known to mankind include:

- **Garlic**, aside from being famed for its anti-vampire effects, has been a popular ingredient in traditional cold and flu remedies for hundreds upon hundreds of years. Thanks to recent scientific studies, the antiviral, antifungal and antibacterial properties of garlic are better understood now than ever before.

One of the chief components of garlic, responsible for a great deal of its antibacterial and antiviral activity, is a compound called **allicin**. Allicin is produced when garlic is crushed or cut; it results from the enzyme allinase reacting with the compound alliin, and tends to break down very fast so it isn't very shelf stable. Allicin also breaks down when garlic is cooked, so those who wish to get allicin from fresh garlic should consume the freshly cut or crushed garlic raw.

Stable allicin extracts, including products such as Allimax and Allisure, are available as well, with shelf life generally ranging from 12 – 36 months. Research is still ongoing, but garlic has long been known as a great food for cardiovascular health, and studies so far have indicated that allicin has a potent effect on the cardiovascular system and heart health. In recent years, allicin has also gained popularity among naturopaths and nutritionists, as well as increasingly among mainstream doctors, for use as an alternative to standard antibiotics and in the treatment of MRSA.

- **Honey** has been known for its healing properties among numerous cultures for thousands of years. Pharaohs of Egypt were found buried with jars full of honey and its medicinal properties are extolled in traditional Chinese, Vedic, Roman, Greek and other texts from around the world. With the advent of modern science and technology, honey has been shown to contain a multitude of powerful antioxidants with potent antiseptic and antibacterial properties, thus confirming the ancient wisdom of antiquity.

Due to the strength of its antibacterial properties, honey has even been used in New Zealand hospitals to treat and control the spread of methicillin-resistant *Staphylococcus aureus* (MRSA) and other bacterial infections. For all its potency, however, honey remains a safe and non-toxic alternative to many prescription medications. The health benefits of honey don't stop there, either.

Depending on the quality and source of the nectar used by the bees to create the honey, honey generally comprises of various sugars (glucose and fructose), as well as a variety of minerals, including magnesium, sulfur, iron, potassium, calcium and phosphate. Honey often also contains vitamins B1, B2, B3, B5, B6 and vitamin C, and it can be used as a healthier alternative to sugar for sweetening teas and other sweet treats.

- **Tea tree oil** originates in Australia, and has been popular locally as an antibacterial, antifungal and antiviral agent for many decades. In recent years, tea tree oil has gained recognition and popularity abroad, especially in the United States. Sold in the natural health section of many large grocery retailers, including Fred Meyer, Kroger's, Whole Foods, Trader Joe's and New Seasons, tea tree oil is a clear, watery substance with a distinct odor. Standard instructions recommend not to use full strength directly on the face, internally, or near/on the mucous membranes.

As an antifungal treatment, tea tree oil can be used topically to address common fungal infections like ringworm or athlete's foot. You can also apply tea tree oil to cuts, scrapes and minor wounds as an antiseptic and to promote accelerated healing. And although it may cause some dryness of skin (especially in more sensitive individuals) tea tree oil can be used to treat acne, dandruff, bug bites, itching rashes and warts.

- **Iodine**(sometimes referred to as the universal pathogen killer)has been used as a topical antiseptic for more than 100 years and is still often used in hospitals, clinics and blood-donation centers around the world. As a potent antibacterial, antiviral and antiseptic substance, iodine also has marked antifungal effects and exhibits activity against molds, yeasts and many viral infections. Perhaps best of all is the fact that iodine exhibits very few negative side effects, especially when used topically, although it is possible to overdose and experience unpleasant symptoms with improper internal use.

Iodine tincture and/or iodine tablets can also be used for water purification. And in the event of a nuclear explosion or radiation spill (as in the case of Chernobyl or the more recent catastrophe at the Fukushima nuclear plant in Japan) it's recommended to take iodine tincture or tablets for protection of the thyroid. The thyroid is a small gland located in the throat and is responsible for regulating many endocrine and hormonal functions. During a nuclear or radioactive event the thyroid is sensitive to soaking up radioactive iodine, which can lead to the development of thyroid cancer and other health issues, so by fortifying the thyroid with regular, stable iodine you can protect it.

- **Colloidal silver**or what are commonly known as **ionic silver** products are products that consist of silver ions suspended in a gel or pure water solution with no salts; colloidal silver has also been used in bandages and dressings in hospital burn wards for decades. Prior to the use of colloidal preparations, silver has been used in health and the treatment and prevention of disease for thousands of years, going back to Hippocrates in Greece. This is because, on a molecular level, silver is just plain deadly to bacteria, mold, and a host of known pathogens.

Most colloidal or ionic silver products are sold as health food supplements and are marketed for topical or internal use in small doses. Some of the most commonly reported benefits from the use of colloidal silver include treating bacterial, viral and fungal infections, treating upper respiratory infections, treating yeast infections and thrush, as well as UTIs, bladder infections and soothing ulcers, but evidence is primarily anecdotal and scientific studies are largely rather lacking.

Some people who have heard about colloidal or ionic silver are concerned about the possibility of turning blue, or developing a condition known as argyria. This condition can develop after the overconsumption of certain colloidal silver supplements, particularly those that contain silver chlorides (or salts). The silver chlorides settle in the skin and then discolor when exposed to sunlight, causing skin to tint blue or grey. Although there are a small handful of people who have developed this condition (chiefly from overconsumption of silver chloride solutions), most manufacturers produce very good, pure ionic silver or colloidal solutions with no salts. The risk of developing argyria is, as a result, actually quite low.

For those who suffer from known cardiovascular ailments or heart disease, there are a number of natural foods and herbs that can be consumed as temporary replacements are alternatives to prescription medication. Please note that cardiovascular disease and heart problems are serious medical issues, so you should not try to go off your medication or substitute with natural alternatives unless your doctor or prescribing physician is closely observing you. Whenever possible, try to stock up on as much of your prescription medication as you can, for use in emergencies or when prescription medicines may be in short supply.

Other Great Foods & Their Health Benefits

- **Cayennepepper** is a rich source of the oil capsicum, which has been shown to have many health benefits and marked effects on the cardiovascular system. Also, despite being notoriously hot and spicy cayenne pepper has been noted to ease upset stomach, soothe sore throats, alleviate diarrhea, reduce the size and severity of ulcers and even cure hemorrhoids (after some initial burning excretions, of course).

In traditional Ayurvedic and Chinese medicine, cayenne pepper has long been used as a traditional remedy for the common cold and seasonal flu due to its ability to break up mucus and congestion, thus speeding recovery. More modern scientific studies have revealed the cayenne pepper also has many antifungal properties, is a powerful anti-inflammatory and could help reduce allergies and allergic response in some people.

A ¼ teaspoon of cayenne pepper with 1 to 2 tablespoons of honey and/or 1 teaspoon of cinnamon is a popular, traditional folk remedy for arthritis and general aches and pains. This remedy is also a great boost to the immune system. Cayenne pepper has also been shown to act as a digestive aid, stimulating the digestive tract and increasing the flow of enzymes and gastric juices, thus speeding the body's ability to metabolize food.

- **Beetroot** is exceptionally good for the cardiovascular system and overall heart health. Beets can be eaten raw, juiced or sliced into thin pieces and soaked in water to make a beet juice concentrate. The consumption of beetroot juice is correlated to an increase in energy, mood and general vitality; anecdotal evidence and limited clinical trials have also shown beetroot to be effective in treating fever, minor wounds and constipation.

Beets are especially healthy for the elderly and aging seniors; not only has it shown promising results in treating and mitigating high blood pressure and other cardiovascular disorders, but beet juice has also been shown to increase the flow led to the brain and may help fight against dementia and Alzheimer's. Beets have also been shown to decrease the likelihood of stroke and heart attack and are stock full of antioxidants.

Studies have also shown that the compound betacyanin, found in the common beetroot, has marked antitumor properties and can inhibit the growth of tumors by up to 12.5% in

patients with prostate and breast cancer. Beet juice can also help aid in digestion and is popular among long-distance and marathon runners for its ability to increase stamina.

- **Cinnamon** is a popular spice that originates in India and Southeast Asia, and aside from being a potent natural medicine for managing LDL cholesterol, blood sugar levels and Type2 diabetes (cinnamon promotes increased production of insulin), cinnamon has been shown to have an anti-proliferation effect on leukemia and lymphoma cancer cells. Cinnamon also has anti-inflammatory properties and is a popular ingredient in many folk remedies for arthritis and swollen joints.

In addition to its medicinal benefits, cinnamon is also a natural source of fiber, manganese, calcium and iron (although in small quantities since most people only consume small quantities of cinnamon). Anecdotal evidence has also shown cinnamon to be helpful in treating and preventing headaches and migraines.

Another popular, traditional use of cinnamon has been in combination with honey to treat the pains associated with various types of arthritis. Cinnamon also has anti-infectious qualities and has been shown to effectively reduce ulcers; one of the few potential downsides of cinnamon consumption is that very large amounts can be hard on the liver.

- **Chamomile** (or its closely related cousin feverfew) is known to have anti-inflammatory properties and has been used for hundreds of years as a folk remedy for headaches, migraines, nausea and indigestion. Because of its antispasmodic effects, chamomile tea can also be used to treat and alleviate the effects of diarrhea.

Another traditional use of chamomile tea has been as a sleep-aid for those who are restless or find themselves lying awake and unable to sleep. A cup of warm chamomile tea, especially with a touch of honey, can help ease stress and aid in more relaxed rest. Chamomile tea is also a strong antibacterial substance, and in combination with honey is a common cure for the flu or seasonal cold.

Applied as a poultice (made by crushing chamomile flowers into a coarse paste, often with a mixture of other plant matter) to wounds, chamomile has been shown to increase the rate of healing (drinking chamomile tea may have similar effects).

On the downside, some people suffer allergies to chamomile, potentially even life-threatening anaphylaxis. If you or your loved one has known allergies to other members of the chamomile family, such as daisies, chrysanthemum, ragweed or marigold, approach chamomile with caution and consider doing a skin patch test prior to use.

- **Turmeric** is a popular oriental spice used in Indian and Middle Eastern cuisine; it is a member of the ginger family and is a source of many potent antioxidants with a long history of use in traditional Chinese and Indian medicine as an anti-inflammatory and

anticancer agent. Recent scientific studies have identified curcumin (the compound contained in turmeric which is responsible for its deep yellow/orange color) as having potential antitumor, anti-arthritic, anti-ischemic and anti-inflammatory properties.

Most commonly found as a dried, powdered spice, fresh turmeric root can also be consumed and has a number of health benefits of its own. In addition to being a good source of dietary fiber, turmeric contains many essential minerals and vitamins such as calcium, iron, manganese, copper, magnesium, zinc and potassium as well as vitamin C, choline, niacin, pyridoxine (vitamin B6) and riboflavin. Fresh turmeric can also help control and lower blood LDL or so-called bad cholesterol levels.

Many individuals have used turmeric as an alternative to prescription NSAIDs and have had success in treating and reducing the pain associated with inflammatory conditions such as tendinitis, gout, bursitis, arthritis and carpal tunnel syndrome. Thanks to its anti-inflammatory and antioxidant properties turmeric is also exceptionally healthy for the heart; curcumin has been found to drastically reduce the buildup of plaque in the arteries that leads to atherosclerosis, as well as reducing blood clots and LDL cholesterol levels.

- **Sage** is a common garden herb and has been popularly cultivated for thousands of years. Known traditionally as a potent, uplifting herb with great capacity for sharpening the mind and increasing concentration, Sage tea has frequently been called the thinker's tea and can help in cases of mild ADHD or with the elderly who may suffer failing memory.

Sage is a potent source of many antioxidants as well as vitamin A (beta-carotene), many of the B group vitamins (including pyridoxine, folic acid, thiamine and riboflavin), vitamin C and several minerals such as manganese, potassium, zinc, calcium, copper, magnesium and iron.

Fresh sage can be eaten raw, tossed in salads or used to season soups. The fresh and/or dried leaves and flowers of the sage plant are also popularly steeped as a tea. Additional health benefits can be had by adding honey to the tea. Finally, sage has been shown to contain thujone, a GABA and serotonin (5-HT3) antagonist; thus sage can be used with great efficacy to treat depression, grief or mild mood disorders.

Keep a Well-Stocked Medical Kit

Emergencies can strike at a moment's notice, and although we all hope never to need our medical kit, it is nonetheless most advisable to keep a well-stocked and prepared emergency medical kit on hand at all times.

There is room for variation in the materials and supplies that you pack in your emergency medical kit, but here's a basic checklist of many essential items that can literally mean the difference between life and death for you or your loved ones in the event of a critical emergency. Many of these items are cheap and easy to obtain from the local drugstore or online pharmacies.

- Bandages in a variety of sizes
- Medical tape
- Sutures, medical staples or Steri-Strips
- Instant cool and instant heat packs
- Thermal blanket (also known as emergency survival, astronaut and space blankets)
- Antiseptic (such as Neosporin, hand sanitizer, iodine or tea tree oil)
- Splinting material or SAM splints
- Rubbing alcohol
- Cotton balls
- Over-the-counter pain medication including aspirin, acetaminophen or ibuprofen
- Scissors
- Prescription medication
- Emergency tourniquet
- Hydrogen peroxide
- Ace-style elastic bandages
- Imodium for treating diarrhea
- Burn salve with lidocaine or aloe vera for topical application and burns and other skin irritations; aloe vera is also suitable for use on dry, patchy or scaly skin.
- Rubber gloves
- Thermometer
- Capsules of activated charcoal
- Antihistamines (Benadryl) for mild allergic reactions
- Tweezers
- Eyedrops
- Valerian tincture or other over-the-counter medicine for stress and anxiety-relief.
- A lighter
- Small flashlight with spare batteries
- Tampons and/or feminine hygiene pads are highly absorbent and pads can be used as an alternative to a compress for heavy bleeding or bullet wounds in an emergency.

Other useful things to pack in your first aid kit include sunscreen, bug repellent, throat lozenges, laxatives, antacid tablets and washcloths.

Last, but certainly not least, it's always a good idea to have a basic medical guide (like this one!) included in your first aid kit. Even if you are a fully trained or qualified doctor or practicing medical professional, most people aren't and a time may come when you need

medical assistance from someone with little or no first aid training in which case a small informational booklet could really mean the difference between life and death.

Legally Stockpile Antibiotics ... Without a Prescription

You may not be aware, but common prescription antibiotics such as amoxicillin, penicillin and ciprofloxacin are available from most vets and many farm and animal supply stores. Often marketed as antibiotics for use in aquatic environments, and sold under brand names such as FishMox, FishFloX and FishPen, these antibiotics are USP pharmaceutical grade medicines that are identical to those sold for human use with a prescription.

To verify the contents of any antibiotic or other medication marketed for animals you can simply read the identifying drug code imprinted on the pill. Using this pill identification number you can go to one of many free online sources to look out the precise manufacturing details and content of the medication. Most medications, including the aforementioned FishMox, FishFloX and FishPen, will pull up the USP information confirming that the drug is made and manufactured in a facility intended for human consumption. The only difference between the pill you hold in your hand and the one you pay a doctor for a prescription for is how it is marketed and branded.