



# The Healthy Prepper

**A Resource Guide  
For Healthy Preparedness  
For You AND Your Pets!**

Rebecca Noel



# **The Healthy Prepper**

*by Rebecca Noel*

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# 1. Introduction



Alternative health is something I've been exposed to since childhood. My parents and also my grandparents were alternative health practitioners and this is something that has been ingrained in me literally since birth and is an integral part of my lifestyle.

When first becoming interested in emergency preparedness as I plowed through prepper website after prepper website and read hundreds of articles and dozens of books on the subject of prepping I was surprised at what I found.

There are hundreds of websites, articles and books on the topic of preparedness yet most all of them offer the same advice, products and resources to their readers. Some of the information is fantastic and informative but also a lot of it is actually quite unhealthy and toxic. I have found very little information out there for health conscious preppers so I decided to write this book and offer some alternative information, options and resources for health conscious preppers.

There are so many facets of preparedness but this book will only focus on the aspects that directly affect your health and the health of your pets. So this book mainly covers food related topics (including

survival gardening), water, alternative medicine options and personal care topics.

Preparedness, in my opinion, is NOT just for an end of the world scenario. Preparedness is also for situations where food might not be available for a while due to massive crop failures worldwide, worldwide water shortages (which we are already experiencing), economic collapses or losing your job, etc. There are many other scenarios besides the end of the world and if the world were truly ending there would be no need to prepare to survive.

Emergency situations can end up being long term. There are many possibilities of things that could happen. It's very hard to predict how long term you might have to end up using the foods, water and medications you are storing up on right now.

This book is written primarily for health conscious individuals who want to prep to actually survive longer than just an immediate emergency situation. It would be really sad to spend lots of time, money and effort into being prepared only to die from cancer or poor health due to the foods, water and medications you stocked up on. This book is for people who are REALLY prepping to not just survive but to also thrive.

Also this book is meant to be a resource guide and not just an informative read. So many people only write about a topic and leave you scratching your head trying to figure out where to find what they are talking about. And if the product or resource written about isn't on the first 10 pages or so of Google then good luck finding it. This book is different. I provide links in the book to most everything I write about saving you lots of your precious time trying to locate what I write about. This is a true resource guide.



## 2. Water Purification & Storage



## 2.1. The Impending Worldwide Water Crisis



Part of any emergency preparedness system has to address water. Having access to clean, safe drinking water is probably the number one priority of all the emergency preparedness preparations. Humans can live 3 weeks without food but only 3 days without water. It's more important than food, more important than fuel and more important than money. Without water you die.

Storing up a supply of water for an emergency situation should be your first priority, in my opinion, but what if the emergency was really long term....like years or even permanent?

Water is the world's most precious resource, and in every way is more valuable than all the oil, gold and other precious metals combined, but scientists are warning it is becoming scarce and the world is quickly running out of clean drinking water.

That may sound like a typical conservationist/alarmist sound byte but it's not. The earth's surface is about 70% water but we can drink less than 3% that and more than half of that is inaccessible because it is locked in the polar ice caps. The current 7 billion world population is still growing and the water footprint per person used on a daily basis may shock you.

In simple terms a country's water footprint, as opposed to simple water use, is the total amount of water needed for the production of goods and services. Figuring out a country's water footprint means adding all the water used plus the water inherent in products imported, then minus the water in exports.

It's probably not a big shocker that America's water footprint is higher than the rest of the world's water footprint. We use more than twice the world average!

According to National Geographic, the average American lifestyle is fueled by nearly 2,000 gallons of water a day. Only around five percent runs through toilets, taps, and garden hoses at home. Nearly 95 percent of your water footprint is hidden in the food you eat, energy you use, products you buy, and services you rely on.

Sandra Postel, director of the Global Water Policy Project, which is based in Los Lunas, New Mexico, says, according to their most recent study, which she says is the most comprehensive and finest resolution analysis to date, that researchers estimate agriculture accounts for about **92%** of the world's water footprint. Think about that for a moment. If 92% of our water use is used for agriculture and that water disappears or becomes too polluted for use what would this do to the world's food supply? How would that affect your future access to food supplies?

The farmed animal industry uses a huge amount of water. For example, it can take up to 2,000 gallons of water to produce one gallon of milk. The cow needs water to perform basic biological functions from day to day, and only a fraction of the water the cow consumes is actually converted into milk.

It takes more than 2,400 gallons of water to produce 1 pound of meat, while growing 1 pound of wheat only requires 25 gallons. You save more water by not eating a pound of meat than you do by not showering for six months!

Between watering the crops that farmed animals eat, providing drinking water for billions of animals each year, and cleaning away the filth in factory farms, transport trucks, and slaughterhouses, the farmed animal industry places a serious strain on our water supply. Nearly half of all the water used in the United States goes to raising animals for food.

According to the United Nations, raising animals for food (including land used for grazing and land used to grow feed crops) now uses a staggering 30 percent of the Earth's land mass. In many countries, water is pumped up for agricultural use at a higher rate than it can be replenished.

Agricultural water pollution is another major problem. Agricultural run-off with fertilizers that contain nitrogen has already caused no fewer than 200 "dead zones" in various seas, near the mouths of rivers. Fish can no longer survive in such zones.

Ok, so it's clear that the global water consumption is billions of gallons of water being used daily worldwide. Even if 7 billion people had only a 15 gallon water footprint per day as opposed to the 2000 gallons estimated per person in America, that extremely conservative number is still 105 billion gallons of water **daily** worldwide. So you can only guess what the actual amount of water used daily might truly be. Times 365 days a year it's in the trillions annually.

At the rate the population is growing, and the amount of water that we are consuming in our total water footprint, we are going to be out of water soon. Some scientists say by the year 2030. The U.N. has announced a worldwide water shortage and predicted, that with current demands, supply of fresh ground water will run out by 2025.

In the U.S. it might be a lot sooner than 2025. At least 36 states are expected to face water shortages within the next five years, according to U.S. government estimates. California, Texas and Florida all have publicly stated they are in a water crisis already.

Over use of water and the pollution of our water is a primary contributor to the world wide water shortage, but climate change is also affecting the world's water supply.

## **Water Depletion**



Droughts are another prime factor in the dwindling water supply and the U.S. is certainly experiencing it's share of droughts. As of the writing of this book nearly half the U.S. is experiencing drought. With increases in the frequency and severity of droughts, floods, heat waves and storms, combined with massive water use and massive water pollution, the water we depend on could disappear for good or become so dirty it no longer supports life.

One of the major water resources that provides irrigation for farming in Colorado, Kansas, Oklahoma and even New Mexico is called the Ogallala Aquifer. There are two types of aquifers: replenishable and non-replenishable (or fossil) aquifers. The Ogallala Aquifer is a non-replenishable or fossil aquifer.

When this aquifer dries up America's heartland food production collapses. No water means no irrigation for crops grown across these states. No crops means less food and skyrocketing food

prices. And each year, the Ogallala Aquifer drops another few inches as it is literally being sucked dry by the tens of thousands of agricultural wells that tap into it across the heartland states using this aquifer.

Once that water is gone, the croplands that depend on it dry up. Following that, erosion kicks in, and the winds blow away the dry soils in a "Dust Bowl" type of scenario. Since this is a non-replenishable (fossil) aquifer when the water is used up it won't be replenished. It will be gone. So it's not a matter of if but when.

Then there is the Sierra Nevada snowpack, which supplies a significant portion of California's water. It is experiencing increased evaporation rates due to global warming trends across the country causing reduced availability of important water sources. California alone uses about 23 trillion gallons of fresh water per year.

Californians also face another threatening situation with their water supply as well. The delta levee is the link between two thirds of the state's fresh water supply, which originates in the Sierra Nevada and the rivers of the north, and two thirds of the state's population, which resides in the south. Today many of those levees are old, decrepit and leaking.

If the levees that supply the water to millions of Californians fail or are destroyed by an earthquake, overnight the bulk of California's water supply would be completely gone.

California isn't the only state facing severe water supply issues. Rising sea levels are expected to cause saltwater to infiltrate freshwater aquifers in coastal states, rendering that water unusable.

The midwest regions are being affected too as the Great Lakes are shrinking. In some places like rural California residents are regularly forced to go without water for 3- 5 days. This is already happening.

So pretty much most of America's water supply across the board is shrinking fast and the usage is growing daily. Do the math. It's sort

of like the US deficit. At some point there just won't be enough to cover what's being used and things will get a little crazy.

## Water Pollution



Physical scarcity from overuse and drought isn't the only issue. Water pollution can also make water that's still physically available unusable.

We are experiencing quite a lot of earth changes lately. Storms, floods and hurricanes can all cause contaminants to enter the water supply, rendering our tap water undrinkable.

Earth changes are not the only problem either. We still have a massive radiation crisis going on from the Fukushima incident. And even though for the past couple of years the mainstream media has gone radio silent on the subject, the situation has been ongoing and is getting to the point where it can't continue be ignored and covered up by TEPCO and the mainstream media and reports are popping up again.

According to an [ABC news report](#) in August of 2013, **every single day** since the incident in March, 2011, Fukushima has been leaking **300 tons** of radioactive water into the ocean daily! The radiation leak still isn't plugged and another explosion, which many experts believe might be imminent, would release thousands of times more nuclear material into the open environment.

Water supply samples from across the US are testing increasingly high for radioactive elements such as Iodine-131, Cesium-134, and Cesium-137, all of which are being emitted from the ongoing Fukushima Daiichia nuclear fallout.

In addition to the radiation issues of Fukushima there are myriads of other pollutions and contaminants making their way into our water supply. Some of the nation's aqueducts are open aqueducts and are vulnerable to agricultural run off, industrial waste and pollution and even deliberate contamination from malicious individuals. Also drugs and pharmaceuticals that people flush down their toilets are getting into our water supply. Nano particles of aluminum, barium and other heavy metals are being sprayed in the air for government sanctioned geo-engineering purposes (otherwise known as chemtrails). These are also making their way into our water supply when it rains.

### **Government and Corporate Control of Water**



With water becoming scarce it would only make sense to collect rainwater and use it but did you know that in many Western states, including Utah, Washington and Colorado, there are laws on the books outlawing individuals from collecting rainwater on their own properties because, according to officials, that rain belongs to someone else? How crazy is that?



As bizarre as it sounds, laws restricting property owners from "diverting" water that falls on their own homes and land have been on the books for over a hundred years in some states. More and more people are starting to challenge these grossly outdated laws regarding collecting rainwater for personal use from their own property but even more people need to start standing up for their own personal rights.

Recent comments from Nestle CEO Peter Brabeck imply that the world's water will soon come under the control of corporations like his. Brabeck makes the astonishing and frankly profoundly arrogant claim that water is not a human right, but should be managed by business people and governing bodies. He wants water controlled, privatized, and delegated in a way that sustains the planet. View the astonishing interview [CLICK HERE](#)

Are we headed towards a police state where even the use of own water on our own property is controlled by the state, corporations or international treaties?

Today, we've basically been reprogrammed to think that we need permission from the government to exercise our inalienable rights, when in fact the government is supposed to derive its power *from* us. The American Republic was designed so that government would serve the People to protect and uphold freedom and liberty. But increasingly, our own government is restricting people from their rights to engage in commonsense, fundamental actions such as collecting rainwater on their own property.

As long as people remain unaware and uninformed about important issues, the government will continue to chip away at the freedoms we enjoy.

**My motto: Wake up and speak up!**

**Also ask yourself this question:** What energy, space and consciousness can we be to invite freedom and liberty back into our

lives?

The U.S. isn't the only country experiencing an impending water crisis of magnitude. India, China and the Middle East are also in trouble.

China, a country that has 20% of the world's population but only 7% of the world's water, is also facing a severe water crisis. By 2030 China is expected to be 190 billion cubic meters short on water. That is a massive amount of water and it doesn't take a genius to realize piping in that much water from somewhere else is nearly impossible if you factor in that first, nobody has that much extra water to spare and second, physically transporting it from other countries and sources is also a major issue. And not only that, the water supply that they do have available is mostly polluted. According to Business Insider, 190 million Chinese regularly drink polluted water.

According to China's own Environmental Protection Agency 70% of lakes and 5 of China's largest 7 rivers are no longer suitable for human contact. They definitely have a water crisis on their hands!

### **How does this affect the United States?**



The CIA considers global water scarcity "a significant issue in security," said John Gannon, a former CIA assistant director and

former chairman of the National Intelligence Council.

The Office of the Director of National Intelligence (ODNI) released a report entitled Global Water Security that claims water supply issues around the globe will lead to economic instability, civil and international wars, and even the use of water as a weapon in the next several decades. It goes on to say that water shortages, and other water problems will be the causes of major global destabilization.

The report specifically warns that water will be used as leverage by some countries to influence their neighbors, and even as a potential weapon. It also warns of "water terrorism," a situation where "extremists, terrorists, and rogue states threatening substantial harm" are a significant threat to water infrastructure, particularly in the years that follow the next ten years.

What kinds of threats are they referring to? The report doesn't say specifically but here are some scenarios that I can think of.

- China is one of the largest purchasers of US debt. And the US is having problems paying on this debt. One theory I've seen making the rounds is that China could call in our debt in their yuan currency or in gold. But what if they decided they wanted the US to pay back some of the debt in water? We have our own water crisis to deal with which would only get worse if China demanded water from us and our government, being broke as it is, would probably agree to that even at the expense of U.S. Citizens. However, I'm not sure how the mechanics of that would actually work. Since China and the U.S. are such a massive physical distance apart, physically transporting any meaningful amount of water (billions or trillions of gallons) from here to there seems more than a bit complex and expensive. What pipelines would they use to do this or what other means are possible? I don't have the answer to that but in theory this could possibly happen.

□ We are also wide open to a terrorist attack on our water supply. Our power plants are guarded but not our water supply. Maybe it would be difficult, if not impossible, to poison an entire reservoir but definitely possible to compromise a local water treatment facility or open a fire hydrant. Water treatment facilities are major water suppliers to small regions that affect thousands and sometimes millions of people. Hacking into the data system that controls the water treatment facilities leaves lots of possibilities open for disrupting and compromising water service to hundreds if not millions of people. Fire hydrants are another vulnerability. Dumping poison or toxins into a fire hydrant could definitely take out entire neighborhoods.

Terrorists could also exploit our aging water pipe infrastructure. By simply opening and closing major control valves too rapidly they could create massive main breaks across the system. This would be an effective way to wreak havoc on the water infrastructures supplying water to thousands of people.

□ Dirty bombs could also affect water supplies. Whether you're on a well or city water, if we are hit with a dirty bomb, it would make the ground water radioactive and that would start destroying and mutating peoples internal organs.

On top of the above possible scenarios we are also using a water system that is 80 years out of date. We're talking about pipes that are over 100 years old in some places. America's got an aging water pipe infrastructure problem. A large part of the U.S. water delivery system dates back to the years shortly after World War II. According to the EPA, 30% of pipes in systems that deliver water to more than 100,000 people are between 40 and 80 years old and about 10% of pipes in those systems are older.

Age and deterioration are taking a toll. Every year across the country, there are approximately 240,000 water main breaks. As many as 75,000 yearly sanitary sewer overflows discharge three to ten billion gallons of untreated wastewater, leading to some 5,500

illnesses due to exposures to contaminated recreational waters. There are an estimated million miles of water mains in the United States. To update the nation's aging water pipe infrastructure system will cost billions of dollars and couldn't come at a worse time as we are already on the brink of economic collapse.

So we have massive global water consumption that's only growing with a rapidly dwindling water supply and the water that is still available is tainted with all kinds of contamination and pollutants. We are vulnerable to what little water we have left being compromised by more pollution, possible terrorist attacks and an aging water pipe infrastructure that could collapse at any moment.

If you haven't realized by now there's an impending water crisis at hand that could be very long term. It's time to wake up and take some action to safeguard yourself and your family from this disaster.

The human body can only survive 3 days without water. The water crisis is going to last a lot longer than 3 days. We are facing a long term global water crisis. If you and your family didn't have enough water, what would you do to get it? Think about that and that is what pretty much everyone else will be thinking too. Things could get pretty ugly.

**So what are the options?**



Well one solution is to get off the grid and have your own private water well. However, that requires you to own your own property and not everyone is lucky enough to own their own property. Millions of people rent and not everyone would be able to get their landlords to put in a private well system and some urban preppers don't have the space or feasibility to do this even if by some miracle their landlord was on board.

What are the other options for non-homeowner preppers? Well there is actually a vast, untapped and virtually limitless supply of water all around you right now that you could tap into that would give you clean, pure water on a daily basis....forever!

What am I talking about? I'm talking about creating water out of thin air! Believe it or not, Earth's atmosphere contains more water than it's vast oceans. 8 miles straight-up of untapped atmosphere just waiting to contribute to life on Earth. There are 3.1 quadrillion gallons of water in the atmosphere at any given time.

How would you tap into all this water? With Atmospheric Water Generators. (AWGs)



Atmospheric water generators are basically fancy dehumidifiers that harness the unlimited and renewable water resource in the air all around you. Atmospheric water generators produce safe, clean, pure sparkling water out of the humidity in the air. In my personal

opinion, atmospheric water generators are something everyone should invest in as part of their emergency preparedness preparations.

This is one of the most practical solutions for long term water collection for your personal use along with collecting rain water. Collecting rain water is a wise practice, however, it may or may not be consistently available depending on how often it rains in your area. What happens if you go days and days without rain? Earth changes are causing drought situations across the nation on a consistent basis. Atmospheric water generators on the other hand consistently produce gallons of clean, pure water on a daily basis. No rain dances required.

Even if you stored up hundreds of gallons of water, provided you even had the available space to do that, eventually that supply would run out...and a lot quicker than you think. Storing water is not a long term solution to a long term water shortage. I do believe you should still store water for at least one month's worth of water use if you can but there simply isn't a way to store enough water for a long term water shortage.

Producing clean fresh water on a daily basis is by far a much more practical solution and it's easy to do with an atmospheric water generator.

For them to work at maximum production they do need 35% humidity in the air but will still produce at lower production levels with lower humidity levels. Depending on which model you purchase, the machines produce between 28-30 liters of water per day - that's 8 Gallons per day - at 35% humidity in the air. But even in if you live in a dry desert area you can still collect water on a daily basis - it will just be less per day. And by the way, if you do live in a dry desert area you might consider moving to a more life supporting environment. That's just common sense for a prepper.

To find out what the humidity in your area is [CLICK HERE](#) enter your zip code in the top right hand corner where it says "Get a Forecast".

Water extracted from the moisture in the air is already relatively "clean" when compared to many other traditional water sources. But, in order to make it pristine, it is still run through 11-12 different filtration processes (depending on which model you purchase) including reverse osmosis and UV light. (With reverse osmosis most of the mineral nutrients are also removed from the water but they can be replaced with a little sea salt or himalayan pink salt or trace mineral drops.)

EcoloBlue, the company that sells these atmospheric water generators, has payment plans available if you ask them so it's actually really quite do-able for just about anyone!

This is one item that should definitely go at the top of your emergency preparedness items list. You can go about 3 weeks without food but only 3 days without water and something like this literally ensures clean drinkable water for you and your family at all times...especially in a long term global water shortage situation.

They do run on electricity but will also run on solar powered energy devices so I would suggest having a dedicated solar power generator just for your atmospheric water generator in case there is no electricity available either.





With these two items together it doesn't matter if an electro magnetic pulse bomb or a solar flare takes out the electricity long term and the water shortage is long term...you and your family would have fresh, clean, pure drinking water on a daily basis.

Another issue is when all the agriculture stops producing because there is no water to support it you will have to start growing your own food. One of the most efficient ways that uses the least amount of water and can be used year round is aquaponics.



Picture courtesy of Ryan Somma

In simple terms aquaponics is a system where fish and plants sustain each other in an almost perfect balance. The plants purify the water for the fish while they fertilize the plants with their waste.

Aquaponics is a happy marriage between the soil-less practice of hydroponics and fish farming.

You may have heard of hydroponics. It requires very little space, gives high yields throughout the year and even NASA is using it in space. Yet it's also complicated to set up, requires a lot of water and the nitrogen-rich plant food can be very expensive.

Fish farming on the other hand gives all the protein you need to survive that you simply can't get from tomatoes or broccoli. But it's

also impractical and dirty. It creates a lot of waste that's toxic to the fish. And filtering that waste can get really expensive really fast.

Aquaponics gets the best from hydroponics and fish farming with none of the drawbacks. The ammonia-rich fish waste is turned into the perfect plant food while in turn the plants purify the water for the fish.

Aquaponics also uses very little water. So in a water shortage this is the ideal way to grow your own food while not using up your precious water supply to do it. Aquaponics can also grow food in the winter. It's quite easy to weather proof the system and grow food year round.

So with an atmospheric water generator, a portable solar power generator and an aquaponics gardening system you can easily create, generate and always have clean, pure drinking water and an abundance of food without using a lot of your precious water supply.

**For more information about aquaponics [CLICK HERE](#)**

**For more information about atmospheric water generators [CLICK HERE](#)**

**For more information about portable solar generators [CLICK HERE](#)**

## 2.2. Alternative Methods Of Purifying Water Without Using Toxic Chemicals



Clean drinking water is one of the most important issues we face every day whether we are in an emergency situation or simply in every day life. We can go about 3 weeks without food but only 3 days without water.

People consider the issue of water purification primarily for emergency situations but any water you drink these days (including even tap and bottled water) the question of whether or not it is pure clean water and safe to drink will come into play.

Using chlorine to purify water may kill the bacteria in the water but it doesn't actually make it safe to drink. Chlorine is quite toxic to the human body and cause all sorts of internal problems.

Did you know:

**Chlorinated water can destroy polyunsaturated fatty acids and vitamin E in the body while generating toxins capable of free**

**radical damage (oxidation).** This might explain why supplementation of the diet with essential fatty acids like flax seed oil, evening primrose oil, borage oil and antioxidants like vitamin E, selenium and others helps so many cases of eczema and dry skin.

**Chlorinated water destroys much of the intestinal flora,** the friendly bacteria that help in the digestion of food and which protects the body from harmful pathogens. These bacteria are also responsible for the manufacture of several important vitamins like vitamin B12 and vitamin K. Killing beneficial intestinal flora can lead to yeast infections, candida, and leaky gut.

It is also not uncommon for chronic skin conditions like acne, psoriasis, seborrhea and eczema to clear up or to be significantly improved by switching to un-chlorinated drinking water and supplementing the diet with lactobacillus acidophilus and bifidus.

**Chlorinated water contains chemical compounds called trihalomethanes which are carcinogens** resulting from the combination of chlorine with compounds in water. These chemicals, also known as organochlorides, do not degrade very well and are generally stored in the fatty tissues of the body (breast, other fatty areas, mother's milk, blood and semen). Organochlorides can cause mutations by altering DNA, suppress immune system function and interfere with the natural controls of cell growth.

**Chlorine has been documented to aggravate asthma,** especially in those children who make use of chlorinated swimming pools.

**Several studies also link chlorine and chlorinated by-products to a greater incidence of bladder, breast and bowel cancer as well as malignant melanoma.** One study even links the use of chlorinated tap water to congenital cardiac anomalies.

References:

Fackelman, K.A., Hints of a chlorine-cancer connection. Science News; Flaten, T.P., Chlorination of drinking water and cancer incidence in Norway. International Journal of Epidemiology; Messina V., Chlorine and cancer. Good Medicine

Below are several safe non-toxic methods of purifying water during emergency situations, outside of boiling water, if you didn't have access to a heat source or fuel to boil your water.

Some people have recommended using colloidal silver for treating contaminated water. Now while colloidal silver is an excellent antibiotic, true colloidal silver is a bit on the expensive side and the amount needed to purify a gallon of water is, in my opinion, not the best use of your money and resources for purifying water. It will use up your supplies of colloidal silver quickly where it might be needed elsewhere for use as an actual antibiotic for an infection. Also contaminated water needs to be treated for both bacteria AND viruses and colloidal silver only kills bacteria not viruses.

The water purification methods I mention below address both bacteria and viruses.

### **Stabilized Oxygen Water Purification Drops**



Superior to chlorine or hydrogen peroxide, stabilized oxygen is not only safe and non-toxic, it is actually good for you! Oxygen destroys harmful bacteria and cleans poisons out of the system. Because stabilized oxygen is completely non-toxic, unlike chlorine and hydrogen peroxide, they can be used medicinally and you can drink them in water to prevent illness. Stabilized oxygen can also be used topically on wounds, to kill harmful bacteria. It is an ideal item for your emergency medical kit.

Stabilized oxygen eliminates harmful bacteria while leaving beneficial bacteria intact, and eliminates toxins, germs, and viruses. A 2 ounce bottle will purify up to 55 gallons of water.

Simply add twenty drops of stabilized oxygen to one gallon of water.

Add 100 drops to every 5 gallons. The bottles are small and take up little size or weight and are great to fit easily into your go bag.

[For Stabilized Oxygen Water Purification Drops CLICK HERE](#)

## LifeSaver Water Bottles



This is an AMAZING water filtration bottle that filters out even nanoparticle sized viruses! There are a few travel bottles on the market designed with filters that remove bacteria and chemicals but this is the first one I've seen that filters out viruses too.

Check out the video link for a demonstration of the LIFESAVER® water filtration bottle by the inventor, Michael Pritchard. [CLICK HERE](#)

The LifeSaver® Bottle comes as a sports bottle style as shown above and then there's also a larger jerry can style that will filter about 20,000 liters of water without the aid of chemicals.

Both styles filter out both bacteria and viruses...not just bacteria so you can feel safe that you're drinking completely clean pure water in any situation.



The sports bottle size would fit easily into a go bag and the jerry can size would be great to keep in your car.

[For the LIFESAVER® Bottles CLICK HERE](#)

### **Berkey Water Filtration Bottles**

Berkey water filtration systems are probably the most well known brand in the emergency preparedness world.



The Berkey system removes pathogenic bacteria, cysts and parasites entirely and extracts harmful chemicals such as herbicides, pesticides, VOCs, organic solvents, radon 222 and trihalomethanes. It also reduces unhealthy heavy metals such as lead and mercury. This system is so powerful it can remove red food coloring from water without removing the beneficial minerals your body needs.

The large Berkey filters DO also filter out viruses so if you're sheltering in then the Big Berkey Filters are a great option for the money but they are much larger and bulkier than the LifeSaver® bottle and don't fit into a go bag.

[For the Big Berkey Filters CLICK HERE](#)

**Ultraviolet (UV) Water Disinfection**





Ultraviolet (UV) water disinfection is another great chemical free method that kills both bacteria and viruses. Using ultraviolet (UV) light for drinking water disinfection dates back to 1916 in the U.S. and today many water treatment facilities in the U.S. are implementing UV as the primary water disinfection treatment of choice. UV water treatment works quickly and, in terms of primary energy use, is approximately 20,000 times more efficient than boiling water.

How it works is the UV rays kill bacteria and viruses by rearranging their genetic material (DNA and RNA) so that they can no longer replicate or viral load making them inert and no longer capable of causing disease. Even parasites such as Cryptosporidia or Giardia, which are extremely resistant to chemical disinfectants, are efficiently reduced.

Water first needs to be pre-filtered though for UV disinfection to work properly. If there are a lot of particles in the water, the microorganisms buried within particles are shielded from the UV light and don't get disinfected. The clearer the water the better the light transmittance and the higher the UV dose throughout the water.

You can use Ultraviolet (UV) water disinfection by a couple of methods.

One method is with a UV light that you can submerge directly into your filtered drinking water. These are small, fairly lightweight and

easy to fit in a go bag. However, they require batteries so you have to make sure and bring those along too and if your batteries run out of juice then you would be in trouble. So take this into consideration when thinking about your water disinfecting options. Always have a backup plan... your plan B.

**For the SteriPENS website [CLICK HERE](#)**



Another method is using the UV rays from sunlight to do this.

For this I would suggest either using a glass bottle or, if you do use plastic, to use a bottle made out of Tritan Copolyester so that the toxic chemicals in the plastic do not leach into the water from the heat from the sun and UV rays themselves. Using just any old plastic water bottle can release a lot of toxic chemicals into the water so this is not advised. I write more about the chemicals in each type of plastic in another chapter.

You would place the bottle in direct sunlight. On a sunny day the water would be disinfected in about 6 hours, if more than half the sky is covered by clouds you would need to expose the bottle to the sun for at least two days. But remember to thoroughly filter the water first so there are no particles in there that would block the UV rays.

**Atmospheric water generators**



The above options are great for purifying water without using toxic chemicals but what if there was no water around to purify? This is a scenario that could happen. Even if you had the greatest water filtration and purifying systems in the world it wouldn't help you if there was no water around to filter. One option is to store water, which takes up a LOT of space that you could be using for other things like supplies, food or garden space.

Another brilliant option is to generate water out of the humidity in the air. Atmospheric water generators produce safe, clean, pure sparkling water out of the humidity in the air. I already covered this more extensively in the previous chapter. They don't fit in a go bag so obviously this is not for bugging out but rather for bugging in scenarios and also for the long term worldwide water shortage looming in the not too distant future.

Atmospheric Water Generators (AWGs) produce about 8 gallons per day (at 35% humidity) of pure, delicious drinking water from just the humidity in the air!

This is one item that should definitely go at the top of your emergency preparedness items list. You can go about 3 weeks without food but only 3 days without water and something like this literally ensures clean drinkable water for you and your family at all times!

**[CLICK HERE for Atmospheric Water Generators](#)**

So these are several completely safe non-toxic ways to purify water in an emergency situation without using harmful chemicals. Just because you might be in a disastrous situation doesn't mean you have to drink toxic chemically laden water. That would just be postponing getting sick immediately for getting sick down the road.

You can still take care of yourself and your loved ones in a crisis or disaster and stay healthy at the same time. Drinking safe non-toxic water is available in many options.

## 2.3. Healthy Ways to Store Water - Amounts, Containers and Preservation



### Amounts - How Much Should You Store?

In survival preparedness having enough properly stored water is critical. You can go about 3 weeks without food but only 3 days without water. I've seen too many websites, articles and books recommending storing as a minimum only one gallon of water per person, per day. I disagree with this amount. This is not healthy.

This extremely low number accounts for only two-quarts of drinking water and two-quarts of cooking/sanitizing water, per person, per day. Ideally a person should be drinking at least one half of their body weight in ounces per day for proper hydration.

So, for example, if a person weighs 160 lbs. they should be drinking 80 oz. of water per day which equals 10 glasses of pure water to be properly hydrated. This does not take into account strenuous exercise or hot climates where even more is needed. Add about 2 quarts more per day for these circumstances. It's also almost

guaranteed in an emergency situation you will be engaged in activities that result in increased respiration and perspiration resulting in more water loss so budget for that in your water storage amounts.

This is just drinking amounts. There is also personal hygiene such as bathing and toilet, cooking and washing dishes and things like that. Add another 3 gallons per person per day for water use other than drinking.

Personally, I would recommend storing at least 1 gallon of water per day per person as the bare minimum amount to store for drinking and an additional 3 gallons for cooking and sanitation. So at least 4 gallons of water per person per day I think is a good minimum.

When the body is not properly hydrated many needed functions can start shutting down and an emergency situation is not the time to have your body start shutting down and getting sick. Only 8 glasses per day is not proper hydration for most people...especially in an emergency situation.

Not drinking enough water can cause fatigue, it can also make you feel more hungry, which can lead to going through your food rations more quickly, it can trigger asthma attacks and many other ailments.

Water also contains two molecules of hydrogen and one molecule of oxygen so it is a good source of additional oxygen to the body which helps with killing bacteria and viruses and helps keep the body clean and healthy. Low oxygen combined with acidic tissue can create cancer in as little as 48 hours. So it's very important to drink proper amounts of water.

You should store at least a two-week supply of water for each member of your family. At 4 gallons per day, per person, for a family of 4, for 2 weeks would be 224 gallons of water. For one month it would be 448 gallons of water. As you can see it would be impossible store enough water for a long term water shortage.

## Containers for Storing Water



So now that you have an idea of how much water you would like to store up on let's talk about how you plan to store it.

Using just any old container that holds water is not necessarily a safe or healthy way to store water. If you are using plastic bottles caution is definitely warranted. Many plastics contain BPA, a toxic chemical that's very dangerous in even tiny amounts. BPA is an industrial chemical used to make plastic hard and it has been strongly established as an estrogen mimic that disrupts the endocrine (hormonal) system, with potentially serious effects on development, the reproductive system and the brain.

Make sure if you do use a plastic bottle that it is for certain BPA free. Getting a bottle meant for storing water that is BPA free is fairly easy to find these days now that the health risks of BPA have been receiving considerable attention world wide. More and more manufacturers are providing BPA free bottles and containers.

Glass is another option. It is obviously BPA free and impervious to oxygen and carbon dioxide but has a couple of distinct disadvantages in that the bottles are quite heavy and the glass could easily break if there was an emergency situation such as an earthquake, tornado or hurricane etc... and all your water supply

could be gone instantly leaving you in a very serious situation of being without water.

Metal containers are also not a good idea either because metal can rust. As for which type of plastic is safe to use here are some facts you should know: Not all plastics contain BPA but **just because a plastic does not contain BPA doesn't mean that it's completely safe**. Several of the plastics that do not contain BPA **do** contain other toxic chemicals so it's not always just about BPA.

**#1 PET (Polyethylene terephthalate)** - The type of plastic bottle in which water and other beverages is usually sold in is usually a #1 PET or PETE and is only recommended for ONE TIME use. Do NOT refill it.

Even though PET does not contain BPA it does contain other chemicals that can be released such as DEHA which has been shown to cause liver problems, other possible reproductive difficulties, and is suspected to cause cancer in humans.

Recent studies have shown that reusing bottles made of #1 PET can in fact be dangerous. #1 PET was found to break down over time and leach into the beverage when the bottles were reused. The toxin DEHA also appeared in the water sample from reused water bottles. Therefore, it's best to recycle these bottles without reusing them.

**#2 HDPE (high-density polyethylene)** - HDPE can be used for multiple products. The most common products are food containers like Tupperware or milk containers. These products are made from the same components as PET they are just made to be stronger but have all the same warnings and cautions. Only use the product once. Do not heat the product because it may leak certain chemicals.

**#3 PVC or V (Polyvinyl chloride)** - PVC can be found in clear food packaging and plumbing pipes. Since this is a vinyl product it does contain some chemical additives that control the density of the product. These chemical additives have been known to leak out and



cause dangerous affects. PVC can also contain BPA so if you have PVC piping in your house and you run the hot water you are bathing in and rinsing your food with substantial amounts of BPA.

**#4 LDPE (low-density polyethylene)** - LDPE is made into many types of bags and plastic wrap for food packaging. LDPE does not contain any BPA but DOES contain other chemicals.

**#5 PP (polypropylene)** - PP is a plastic that is used for food containers like margarine and can also be made to be clear for food packaging as well. Another use for PP is in cold and warm weather clothing. There is no BPA in PP so it does not pose a risk to the consumer.

**#6 PS (polystyrene)** - PS is one of the most commonly used plastics. When it is made to be solid it can be seen in the production of CD cases and eating utensils. In its expanded form it forms what is referred to as Styrofoam. There are countless uses for Styrofoam and is seen almost everywhere. PS does not contain any BPA but is know to contain other chemicals that are known by the EPA to be a carcinogen in humans.

**#7 (other)** - Other: when package is made with a resin other than the six listed above, or is made of more than one resin and used in a multi-layer combination. All other plastics are put into the last category.

The potential harm with type 7 plastics is that PC (polycarbonate) is one of the plastics lumped into this category. Polycarbonate and some other plastics that are labeled with a 7 can be made from BPA. This type of plastic can pose the greatest risk to consumers. Another issue with these plastics is that when they are heated they can leak out BPA at about 55 times faster.

I see many polycarbonate water bottles being advertised as BPA free but I don't see how this is actually technically possible as the primary building block used to make polycarbonate plastic is

bisphenol A (BPA). How they can get away with legally advertising it as BPA free is beyond me.

Nalgene water bottles were made with BPA until recently. They are being voluntarily pulled from the shelves and replaced by bottles that are BPA-free made with a relatively new plastic called Tritan copolyester.

**So far the safest plastics for storing water seems to be #5 PP and Tritan copolyester which contains zero BPA.**

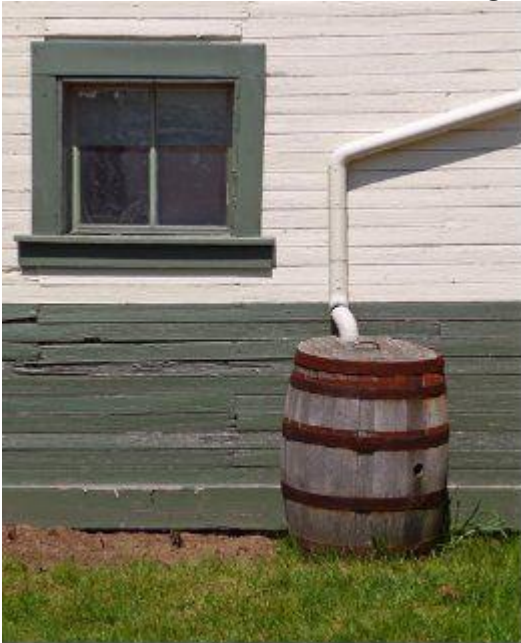
I found a 5 gallon BPA Free Water Bottle from Enviro Products claiming to be the first ever BPA Free 5 gallon reusable bottle made from Tritan copolyester.



**[For the 5 Gallon Tritan Copolyester BPA Free Water Bottle CLICK HERE](#)**

I've also seen many large 55 gallon and larger water barrels advertised on many sites but all of the one's I've seen so far are made with polyethylene terephthalate which is BPA free but not DEHA free so although they may be more convenient for storing large amounts of water they do have the potential to leach the chemical DEHA into the water... especially if exposed to heat (like

sitting on your patio or back yard in the sun)...so take that into consideration when deciding what to store your water in.



The safest option for a water barrel would be a wooden barrel used for wine or whiskey. Before purchasing one be sure to inquire if the barrels contain any wax, paint or glue on the inside. Also make sure the type of wood used is ok for holding water.

Most premium barrels used for wine or whiskey are hand made oak wine barrels carved from white oak without any wax, paint or glue on the inside and are sealed naturally by filling them with water which expands the wooden oak staves sealing any leaks.

Oak wine barrels are medium charred on the inside which is great for water as carbon and charcoal make great water filters. With quality wooden barrels there are no worries about BPA, DEHA or other toxic chemicals leaching into the water and this is a great option for water storage.

They are a little on the expensive side...prices range from \$199 for used ones to \$370 for new ones but they are a healthy safe option for 55 - 70 gallon water storage barrels.

### **What Kind of Water to Store**

Once you have your amounts of water and what bottle to use sorted out next comes filling them up with water. Make sure to sanitize your water bottles first before storing any water in them. I also strongly do NOT advise simply using tap (recycled toilet water).

More than 240 million Americans use water from contaminated public water systems every day, according to the Natural Resources Defense Council (NRDC). The Centers for Disease Control (CDC) estimates that almost 1 million people in America fall ill annually from water contaminated with harmful microorganisms and about 900 die from drinking contaminated water.



According to Environmental Working Group, since 2004, testing by water utilities has found 315 pollutants in the tap water Americans drink, according to an Environmental Working Group (EWG) drinking water quality analysis of almost 20 million records obtained from state water officials.

More than half of the chemicals detected are not subject to health or safety regulations and can legally be present in any amount. The federal government does have health guidelines for others, but 49 of these contaminants have been found in one place or another at levels above those guidelines, polluting the tap water for 53.6 million Americans.

The government has not set a single new drinking water standard since 2001. Physicians for Social Responsibility reports that over 75,000 toxic synthetic and chemical compounds can be identified in this country's water sources, though only a fraction of them are targeted for regulation.

The Environmental Protection Agency (EPA) recently documented approximately 83,000 violations of water quality standards by municipal water systems, featuring over 21,000 contaminants, organic and inorganic, over the past 30 years, almost 200 of them already proven to be linked with adverse health effects.

This doesn't even take into account the known chemicals of chlorine and fluoride that are put into the water on purpose that have serious adverse health affects. Chlorinated water can destroy polyunsaturated fatty acids and vitamin E in the body while generating toxins capable of free radical damage (oxidation). This might explain why supplementation of the diet with essential fatty acids like flax seed oil, evening primrose oil, borage oil and antioxidants like vitamin E, selenium and others helps so many cases of eczema and dry skin.

Chlorinated water destroys much of the intestinal flora, the friendly bacteria that help in the digestion of food and which protects the body from harmful pathogens. This can lead to an overgrowth of candida, yeast infections and constipation.

Chlorinated water contains chemical compounds called trihalomethanes which are carcinogens resulting from the combination of chlorine with compounds in water. These chemicals, also known as organochlorides, do not degrade very well and are generally stored in the fatty tissues of the body (breast, other fatty areas, mother's milk, blood and semen). Organochlorides can cause mutations by altering DNA, suppress immune system function and interfere with the natural controls of cell growth.

Chlorine has been documented to aggravate asthma, especially in those children who make use of chlorinated swimming pools. Several studies also link chlorine and chlorinated by-products to a

greater incidence of bladder, breast and bowel cancer as well as malignant melanoma. One study even links the use of chlorinated tap water to congenital cardiac anomalies.

And fluoride is a whole other topic on it's own. It's first approved use was as rat poison. If you want to read a really great article on fluoride: [EPA's Own Scientist Says, "Fluoridation is the Greatest Case of Scientific Fraud of This Century, if Not ALL Time!"](#)

There are plenty of water stores that you can take your own bottles to be filled up on site. Many of them have extensive 12 stage filtration processes and some even filter out fluoride too. Or, if there are no stores like this local to where you live, buying your own water filtration system and running your tap water through a water purifier is another option.

Bottom line: just make sure to store clean pure filtered water. Your health really depends on this.

## **Preserving Your Stored Water**

So now that your bottles are all filled up with clean purified water and ready to be stored you want to make sure your water stays clean, safe and fresh with no bacteria building up.

I see hundreds of sites advising putting a few drops of chlorine bleach in the water. This is insane! There are much safer and healthier ways to keep your water clean and fresh.

Healthier options would be either stabilized oxygen, colloidal silver or 100% therapeutic grade lemon essential oil. (**Note:** only use the therapeutic grade lemon essential oil if you are using a wooden water barrel or glass as lemon essential oil will dissolve plastics.)

## **Stabilized Oxygen**



Stabilized oxygen eliminates bacteria, toxins, germs, and viruses and is completely non-toxic unlike chlorine. A 2 ounce bottle of stabilized oxygen drops will purify up to 55 gallons of water. Any water source can be made safe for consumption with no toxic side effects.

Simply add twenty drops of stabilized oxygen to one gallon of water. Add 100 drops to every 5 gallons.

Not only can stabilized oxygen be used for sanitizing water and preserving long term water storage but can be used medicinally as well. You can drink it in water to prevent illness. It can also be used topically on wounds, to kill harmful bacteria. It is an ideal item for your emergency medical kit.

[\*\*For Stabilized Oxygen Water Purification Drops CLICK HERE\*\*](#)

**Colloidal Silver**



I know I mentioned in the previous chapter that I wouldn't recommend using colloidal silver as the primary means to disinfect contaminated water, however, I do think it is great to use it to keep your already clean and filtered water preserved.

Silver has been used for thousands of years as a healing agent by civilizations throughout the world. Its medical, preservative and restorative powers can be traced as far back as the ancient Greek and Roman Empires. Long before the development of modern pharmaceuticals, silver was employed as a germicide.

**A note about colloidal silver:** There is a big difference between colloidal silver and ionic silver. Many companies that claim to be selling colloidal silver are really selling ionic silver. The difference between silver ions and silver particles boils down to the fact that silver ions combine with chloride ions to form silver chloride and silver particles do not. Also ingestion of highly concentrated forms of ionic silver (100 ppm and above) may cause argyria, a permanent discoloration of the skin.

True colloidal silver will NOT cause argyria. The best brand I've found and one that is true colloidal silver is the [MesoSilver brand of colloidal silver](#). To read more about colloidal silver and the



differences you should know when deciding what brand to buy [CLICK HERE](#) and [CLICK HERE](#)

## 100% Therapeutic Grade Lemon Essential Oil



100% Therapeutic Grade Lemon Essential Oil is a strong anti-bacterial, anti-microbial oil. You see lemon advertised in most all commercial cleaning products because of this reason. Research by Jean Valnet, M.D., showed that vaporized Lemon essential oil can kill meningococcus bacteria in 15 minutes, typhoid bacilli in one hour, staphylococcus aureus in two hours and germs causing pneumonia within three hours.

Even a 0.2% solution of Lemon essential oil can kill diphtheria bacteria in 20 minutes and inactivate tuberculosis bacteria. Its antiseptic properties in the air and on surfaces will last for twenty days. It is perfect for destroying air-borne germs in hospital rooms, waiting rooms, and schools. It is particularly effective in neutralizing unpleasant body odors of patients suffering from cancer.

It's also great for keeping water clean and fresh for long term water storage. Putting 3-5 drops of 100% therapeutic grade lemon essential oil in a 5 gallon bottle will kill bacteria and keep the water

from growing mildew or getting yucky. It also gives the water a very nice flavor too.

**(Note:** only use the therapeutic grade lemon essential oil if you are using a wooden water barrel or glass as lemon essential oil will dissolve plastics.)

It's very important to use 100% therapeutic grade for this application NOT perfume grade or B grade. 100% therapeutic grade means no toxic chemicals were used in the growing of or in the extraction or distillation of the oil AND low heat and low pressure were also used so that the chemical compounds responsible for the therapeutic benefit are still intact and haven't been destroyed.

Most essential oil brands are NOT 100% therapeutic grade. They are perfume grade and B grades and will NOT work in this application. So make sure it says right on the label somewhere 100% therapeutic grade. Some labels you have to peel back to see more information.

Even the words pure, organic or natural do not necessarily mean they are 100% therapeutic grade. High heat and high pressure could have been used in the distillation process destroying the therapeutic properties so please do your research first before going to your local health food store and buying a bottle. (Not recommended)

A 15 ml sized bottle contains 250 drops and lemon essential oil is one of the least expensive essential oils you can purchase so one bottle goes a long way.

**PLEASE NOTE:** The information in this article about essential oils is based solely on the use of 100% Pure Therapeutic Grade Essential Oils due to their high quality and tested purity. The use of a brand of uncertain quality and/or purity will provide you with potentially dangerous, if not lethal, results. The author of this book assumes no responsibility for your improper use of this information.

The statements about all the products mentioned in this chapter are for educational purposes only and have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**[For 100% Therapeutic Grade Lemon Essential Oil CLICK HERE](#)**

# 3. Food Saving



## 3.1. Why Quinoa Should Be Your #1 Choice of Grains for Food Saving



Stocking up with as much protein reserves is probably your first consideration when it comes to food saving and storage. Quinoa (pronounced keen-wah) is one of the best grain options because not only is it super high in protein but it is very versatile in its uses.

It can be cooked and used like rice or ground into flour to make breads and pastries... while providing super high amounts of protein. **One cup of cooked quinoa has 12 grams of protein! 1 cup of quinoa flour has 16 grams of protein!**

Quinoa can also be sprouted and used as a tasty salad green. Sprouted quinoa is a rich source of dietary fiber and omega 3 fatty acids.

Quinoa is perhaps one of the most perfect non-animal sources of protein on the planet. What makes quinoa unique is that it is a plant based source of complete protein. "Complete" means that it contains all 9 of the essential amino acids that are crucial to human function and health.

The amino acid lysine in particular is crucial for repairing the body and bringing recovery to your body. It also contains magnesium, iron, copper, phosphorus and manganese, which is pivotal in activating enzymes vital to efficiently metabolizing carbohydrates and cholesterol. Manganese is also vital to bone development and maintenance.

It is also a food that has a low glycemic index. Quinoa carbohydrates are slow releasing which means that it satisfies your hunger for longer. For diabetics this is ideal as you can maintain the correct blood sugar levels for longer with high level carbohydrates such as quinoa. It is also one of the few grains that are alkalizing which is great for people who are trying to increase their body pH level to become more alkaline.

Quinoa is also completely gluten free and is considered to be an excellent alternative to other problem causing grains like wheat.

Wheat is probably the worst grain you could stock up on as wheat contains high amounts of gluten which promotes inflammation in the body and also causes the gut to become leaky - the gluten increases a chemical called Zonulin, which opens the gaps between cells in the lining of the GI tract. The more wheat a person eats, the more leaky their gut gets.

The only difference between someone with Celiac Disease and a healthy person is that the effects of the increased Zonulin last longer and thus cause the body to become sensitized to the gluten and then the person not only has leaky gut, but they also have a destructive immune response to the gluten.

But a normal healthy person still gets a leaky gut for a few hours after eating wheat. Leaky gut predisposes to the development of all sorts of other problems (bacterial imbalance, yeast overgrowth, food allergies, etc.) and it can deplete the immune system and lead to the development of other autoimmune diseases, etc.

Non-organic wheat is also completely saturated with heavy duty pesticides (poison) and is also, in most cases, genetically modified as well. If you do go with wheat despite the gluten issues you should definitely only use organic wheat.

Wheat (and sugar) is also a main contributor to the growth of candida. Wheat has a specific protein called gliadin. When this protein is digested in the intestines, it releases exorphin, an opioid peptide. This peptide crosses the brain/blood barrier. These peptides then bond with opiate receptors in the brain creating an addiction to wheat.

It is an appetite stimulant and increases the amount of wheat you eat. This opioid peptide is so addictive that a pharmaceutical company is seeking FDA approval for a drug to block the receptor sites and to induce weight loss. With no other changes in diet or exercise the average test subject lost 22.4lbs over the course of 6 months. Instead of adding harmful pharmaceuticals removing wheat from the diet would provide greater health benefits.

Wheat also has a highly digestible carbohydrate unique to wheat in the form of amylopectin A. This carbohydrate increases the blood sugar higher than table sugar or a snickers bar! The glycemic index of wheat bread is an amazing 72! Compare that to table sugar at 59, and you see how wheat is worse than pure sugar! The increase in blood sugar due to wheat causes the pancreas to release additional insulin; this insulin pushes the sugar into the cells.

All this sugar is what candida yeast feeds on. Candida contributes to a wide range of health problems such as:

- Inability to focus
- Poor memory
- Brain fog
- Irritability
- Dizziness
- Low libido
- Persistent extreme fatigue

- Hyperactivity
- Cravings for sweets and alcohol
- Insomnia
- Poor coordination
- Acid reflux
- Bloating
- Flatulence
- Nausea
- Diarrhea
- Constipation
- Stomach cramps
- Indigestion
- Burping after meals
- Mucus in stool
- Hemorrhoids
- Itching anus
- Acne
- Cysts
- Hives
- Night sweats
- Psoriasis
- Eczema
- Dermatitis
- Fungal infections of the nails & skin
- Athlete's foot
- Body odor
- Thrush (white coating on tongue)
- Swollen lower lip
- Halitosis (bad breath)
- Metallic taste in mouth
- Canker sores
- Bleeding gums
- Cracked tongue
- Persistent cough
- Mucus in throat
- Sore throat
- Sinus congestion



- Chronic post-nasal drip
- Flu-like symptoms
- Hay fever symptoms
- Sinusitis
- Asthma
- Eye pain
- Itchy eyes
- Sensitivity to light
- Blurred vision
- Bags under eyes
- Ringing in the ears
- Ear infections
- Recurring yeast infections
- Recurring UTI's (urinary tract infections)
- Cystitis (inflammation of the bladder)
- PMS & menstrual irregularities
- Fungal rash
- Frequent colds and flu
- Allergies
- Sensitivities to food fragrances and chemicals
- Inability to lose weight
- Water retention
- Weight loss
- Headaches
- Heart palpitations
- Chronic body pain and/or joint pains
- Muscle aches and stiffness

That's quite a list! So those are plenty of reasons to avoid wheat and opt instead for the high complete protein, gluten free, delicious and versatile quinoa.

Quinoa is a favorite of vegans for this reason. The vegan diet often can fall short of protein, especially complete protein sources, and quinoa fills this void quite nicely. Not only is quinoa excellent for vegans, but it is also a wonderful option for those that follow a gluten free diet, since it is completely gluten free.

While quinoa is considered by most people to be a grain because it cooks up much like a grain would, it is actually a seed. When cooked, it has a wonderful nutty sort of flavor and is noted for the fine white string-like casing that is visible only when fully cooked.



You want to be careful not to overcook it, as it can become soft and lose its shape if cooked for too long. The flavor also suffers if it is overcooked.

Quinoa can also be ground into flour and used for making breads, pastries, pancakes and such.

### **Storing Quinoa:**

Once you've purchased your quinoa, you have to make sure you store it properly. With proper storage, you can keep quinoa for up to a year or longer. Here are some tips to ensure proper storage:

- If you bought in bulk, transfer the quinoa to smaller containers in batches. This ensures that the batch that isn't in use will not receive unnecessary exposure to air.
- Use air tight containers to store your quinoa. Either plastic or glass containers will work fine.
- Mark the date of purchase on the containers. Also indicate the best before date stamped on the original packaging.

For the batches of quinoa that aren't going to be used any time soon, keep them in the refrigerator. The container of quinoa in use can be stored at room temperature, away from too much moisture and humidity, but I personally always store it in my refrigerator or freezer.

**You can also grow quinoa quite easily!**



The quinoa you buy from the supermarket can also be grown in your back yard garden. In the Andean region where they have been cultivated for millennia, quinoa is planted in extreme conditions of cold, drought and salty and alkaline soils and survives where very few others can. The quinoa is quite versatile and you can bet that it can thrive in less extreme environments, such as in your backyard.

Most people think that quinoa are grains and grow the same way that wheat and rice do. But actually, quinoa belongs to the grass family. In North America, pigweed and lamb's-quarters are their closest relatives. Yes, weeds! Aside from the seed, the leaves of the plant can also be used to provide a nutritious and delicious fare. It sort of tastes like spinach.

When growing quinoa, it is important to pay attention to the things that it needs to thrive. It requires very little to survive, and once

planted, they practically grow themselves. Here are some things you should prepare:

- Quinoa seeds can be planted in almost any type of soil. Regular garden soil will produce plants that are about 4 to 6 feet tall, while rich soil or compost can see plants of over 8 feet in height. Well draining soil is ideal. Avoid clay soils.
- Quinoa prefers cool climates. They are best grown in places where the temperature does not exceed 32C or 90F.
- Plant quinoa in a location where it can receive full sun.
- Quinoa is best planted in the early spring. Put seeds in a shallow seed tray. Once the seedlings have sprouted, move them to the ground and plant them in rows with 50cm in between seedlings to allow each one enough room to grow.
- Your quinoa plants will not require a lot of water. In fact if your soil has good moisture retention, you can plant your seeds at the beginning of spring, and water next only when the plant has 2 or 3 leaves. As the plant matures, it will require even less watering. This is because the leaves will have shaded the soil, and cause an even lower rate of evaporation.
- Initially, your plant will grow slowly, so make sure the soil you plant them on is free from weeds. At this initial stage of slow growth, they can be easily choked by fast growing weeds. But once the crop reaches a height of about 1 foot, it will grow rapidly, and will probably even block the sun out, which should destroy the competition.

The nice thing about quinoa is that the seed itself is coated with saponin, making the seed taste bitter. This deters pests and birds from feeding on them. The leaves may be susceptible to aphids though, and other pests that feed on leaves, like caterpillars.

It takes about 90 to 120 days for the quinoa crop to be ready for harvesting. You'll know when the crop is ready to be harvested when

you see the leaves fall, exposing the dried seed heads. At this point, as long as your seed heads are completely dry, you need not worry about frost harming your quinoa. If your quinoa is still green or is still moist, you might consider harvesting them early and then letting them dry to avoid being damaged on the stalk.

It's very easy to harvest quinoa even without any special equipment. An energetic shaking of the stalk should easily release the seeds. Put the seeds in a container and "winnow" it to get rid of dirt and pieces of leaves or stalk. To winnow it, one technique is to pour it from one container to another and simply allowing the wind to blow away and separate the dirt from the seeds.

Before storing the quinoa seeds, you have to make sure it is completely dry. Damp seeds can germinate when stored. Leave the seeds out in the sun for a couple of days and then store them in airtight containers. Or if you have a dehydrator you can put them in there.

Before cooking the quinoa seeds, be sure to rinse them several times until the rinse water is no longer soapy and cloudy. Repeated rinsing removes the saponin, which coats your quinoa and gives it a bitter taste.

[For bulk organic quinoa CLICK HERE](#)

## 3.2. Two Amazing Plant Sources of Protein to Stock Up On



When it comes to emergency preparedness food saving and storage it's important to have a variety of different proteins stocked up including meats, eggs, nuts and plant based proteins. It would be unhealthy long term to only have meat protein on hand. This article is going to cover two really amazing plant based proteins that provide healthy usable complete protein.

The first plant based protein I'm going to cover is Hemp.

### **Nutritional Benefits of Hemp**

Hemp is amazing! Hemp protein provides a well-balanced array of the 10 essential amino acids essential for the human body. Hemp Protein (derived from whole hemp seeds) can supply any diet with a vegetarian source of essential fatty acids, antioxidants, vitamins, minerals, fiber, chlorophyll and a complete, balanced gluten-free source of the essential amino acids.

Hemp protein supplies a high amount of each of the essential amino acids the human body needs. Hemp protein is a quality source of the amino acids arginine and histidine, both of which are important for growth during childhood, and of the sulphur-containing amino acids

methionine and cysteine, both of which are needed in the production of vital enzymes.

Hemp protein also contains relatively high levels of the branched-chain amino acids that are crucial in the repair and growth of lean body mass, making a hemp protein shake after a workout a worthwhile investment.

Almost two-thirds of hemp protein is made up of edestin, a globulin protein found only in hemp seeds. This makes hemp the superior source for this protein in the plant kingdom.

Edestin is a type of plant protein that is similar to protein found in the human body, and thus is perfectly suited to aid in meeting the body's cellular needs such as DNA repair. Since much of hemp's protein resembles that found in human blood, hemp protein is very easily digested and assimilated. In addition, another one-third of hemp's protein is albumin, another high quality globulin protein also found in egg whites.

Hemp Protein Powder is produced when whole hemp seeds are cold-pressed to expel the oil, leaving behind a dry "cake." This cake is then milled at low temperatures to remove some of the fiber and produce a concentrated form of protein.

When purchasing a hemp protein powder you should be looking for a brand that supplies at least 50% protein by weight, supplying 15 grams of protein per 30 gram serving.

While hemp protein powder may contain more total fat than many other protein powders available today, it should be stressed that almost all of this fat comes from the essential polyunsaturated fatty acids omega-6 and omega-3. Hemp has what is considered to be an optimal three-to-one balance of omega-6 to omega-3 essential fatty acids. It is this ratio that is believed to be ideal in promoting long-term well-being by decreasing the likelihood of developing heart disease, diabetes and depression.

Importantly, the fat present in hemp is also one of the few food sources of the fatty acid known as gamma-linolenic acid (GLA). GLA is showing promise in helping the fight against chronic diseases.

Hemp Protein Powder contains no additives or preservatives. While many protein powders use artificial flavoring, Hemp Protein Powder's natural nutty flavor is all the flavor needed.

The shelf life of hemp protein powder and shelled whole hemp seeds are 12 months in unopened packages and stored properly in moderate temperatures. Once opened they will remain good in the refrigerator for 2 months.

So if you are wondering how you would actually use hemp here's how I use it on a daily basis.

### **Here's My Personal Daily Hemp Protein Shake Recipe:**



**Fill blender with 16 oz of water**

**[Add 3 level Tablespoons Organic Hemp Seeds](#) (11 grams protein, 2000 mgs Omega 3)**



Blend until you get a nut milk consistency. Then you can start adding the other ingredients.

NOTE: If you have a [Blendtec](#) or a Vitamix you don't have to make the milk part first but with a regular blender you need to do this part first before adding any other ingredients.

**4 Tbsp. Hemp Protein Powder (50% protein)** - Hemp protein powder comes in different levels of protein and I use the 50% protein one. This will give you 15 grams protein. The higher the protein the less omega 3's and the higher the omega 3's the less protein. The 50% one is right in the middle and has 1200 mg of Omega 3 per serving.

**1 Heaping Tbsp. of Organic Raw Cacao Powder** - (approx. 2.5 grams of protein and 3.5 grams of fiber), raw cacao powder is also super high in antioxidants - more than either red wine or blueberries - and also high in magnesium, which supports about 300 different body functions, and it also has theobromin which is linked to increasing serotonin levels and making you happier. You can easily find it online and often in health food stores as well.

**1 Level Tbsp. Maca Root** - A super food of the Incas in Peru. It works with the endocrine system and adrenals so you have sustained energy throughout the day. This is especially useful if you don't drink coffee. Maca root also has the full spectrum of amino acids, fiber and other vital nutrients. It's very high in potassium. Just two teaspoons has 2050 mgs!

For more info visit [www.macaroot.com](http://www.macaroot.com) (word of caution though: in my experience it's a little bit like natural Viagra. If you take too much your libido will be through the roof and unless you have an outlet, like an available partner for example, it will be a little uncomfortable with all that sexual energy piling up so just take it easy with the maca root.) It's also much cheaper to buy it in bulk.

Here's where I get it in bulk: **[Bulk Maca Root](#)**

**1/8 - 1/4 of an Avocado** - (for help emulsifying the shake).... otherwise the hemp powder will sink to the bottom of the glass like mud and the avocado helps keep it suspended in the shake. It emulsifies extremely well and gives an amazing creamy texture to the shake. Believe it or not the avocado is tasteless in this shake and the only thing it changes is the texture making your shake thick and creamy. Just be sure to use one that hasn't been stored in the same container as onions!

**1 Raw Organic Free Range Egg** - This is optional. It not only adds 6 extra grams of protein but it also makes the shake even more smooth and creamy. **IMPORTANT:** only use organic free range eggs from a farm you trust if you are going to use them raw.

**1/3-1/2 cup Organic Blueberries** - High in antioxidants and gives a nice taste to the shake.

**1/4 cup Dried Goji Berries** - (sometimes also called Wolfberries and if they come from the famous Ningxia province in China then they are called Ningxia Wolfberries)

If you soak the goji berries in filtered purified water overnight or at least a couple of hours it activates the enzymes in the seeds inside the goji berries. But this is entirely optional. Reconstituted they make about 1/3 cup.

Goji berries are a nutritional superfood. They are one of the highest anti-oxidant fruit known. They also have more calcium than broccoli, more potassium than bananas and more fiber than prunes and are said to be a liver tonic and help with eyesight among many other things.

**1/2 - 3/4 teaspoon natural green Stevia** - If you use the raw cacao powder you will definitely need to add a little sweetener. I add a little natural green stevia to taste (about 1/2 heaping teaspoon). Stevia is quite sweet so you wouldn't want to use much more than this amount.

By the way, real natural stevia is green - NOT white and should look like this:



The white stuff I'm not sure what it is exactly but it has an extremely unpleasant aftertaste unlike real stevia which is nice and has no unpleasant aftertaste. You can also grow stevia in your garden or patio container garden. It grows much like mint and fresh stevia leaves are great too. I use one sprig in place of 1/2 teaspoon.



**I also add a scoop of dried greens superfood mix.**

I alternate between BoKU Super food and Perfect Food Raw Greens Super Food



[CLICK HERE](#)



[CLICK HERE](#)

They both contain some of the most potent, nutrient-dense organic foods known to mankind.

If you want even more greens in your shake you can add a large handful of fresh raw organic baby greens. Trader Joes has in their salad case a new item called Organic Power Greens. All pre-washed ready to use organic baby kale, baby red chard and spinach. I use about 1/3 package per shake.

**1/2 cup of Lite Coconut Milk** (Trader Joe's actually has a good brand with no guar gum added...theirs is just coconut milk and water...with no preservatives either so this is a good one to use but any brand without added guar gum or preservatives will do)

**1/4 teaspoon of Vanilla Powder.** - (this is just sun cured vanilla bean powder NOT processed with alcohol)

Blend all ingredients until smooth and creamy. You will probably have to keep adding water to the top of the blender to get it to a creamy texture that isn't too thick. You should see bubbles when you stop blending.

So you get 35+ grams of protein, 10-13 grams of fiber (including the avocado, goji berries & blueberries and the maca root in addition to the hemp and cacao powder), a whopping 3250 mgs of omega 3, it's also non-dairy, raw, vegan (unless you include the raw egg), organic, non-gmo, super high in antioxidants, vitamins and minerals, lots of

greens and just plain tastes amazing and wakes you right up in a good healthy way!

It's a LOT of shake but keep in mind a lot of it is actually water. If you want to split it in half and drink the second part of the shake as a second meal of the day or the next day's breakfast you can do that too but if you use less water to make less shake it's too thick and gritty tasting. More water makes it perfectly smooth and creamy.



Rice protein powder is a high quality, low carbohydrate, gluten free, plant based protein that is made from raw sprouted brown rice and is one of the most hypo-allergenic forms of protein available and is easily digestible too. One serving of rice protein contains an astounding 26 grams of highly bio-available protein that has a full spectrum of amino acids!

It's nearly tasteless so you can put it into a lot of things like oatmeal (after it is cooked and cooled down - NEVER cook it as heat will destroy the enzymes), protein shakes, juices and more and you will barely know it's there.

[\*\*For BoKU Organic Rice Protein Powder CLICK HERE\*\*](#)

[\*\*For NutriBiotic Organic Rice Protein Powder CLICK HERE\*\*](#)



### 3.3. Coconut Oil - The Ultimate Multi-Purpose Emergency Preparedness Item



When it comes to emergency preparedness having items that are multi-purpose are very practical as they save money that you don't have to spend on multiple items and they save precious storage space and weight.

Coconut oil is the ultimate multi-purpose emergency preparedness item. It can be used medicinally, is also a great health and nutritional supplement, it has a magnitude of uses for skin care and cosmetic use, you can use it for cooking, you can also use it for fuel for lamps and even as an engine lubricant! It is a real multi-tasker and a simple, natural product.

The Coconut Research Center published an article on 1001 Uses for Coconut Oil that you might find interesting. You can read it [HERE](#). Also Pinterest is a great resource for boards highlighting coconut oil uses.

Also coconut oil stores very well which is great for prepping. Most oils go rancid very quickly and are hard to stock up on. In comparison to most oils, coconut oil has a long shelf life of up to

three years, which is due to its natural ability to not be affected by fluctuating temperature and oxidation. Among the most stable of all oils, coconut oil is slow to oxidize and thus resistant to rancidity.

### **Coconut Oils Is A Great Antioxidant**

A 2006 study published in the journal *Food Chemistry* found that regular consumption of virgin coconut oil can significantly increase the activity of antioxidant enzymes inside the body. This study and others have identified polyphenol compounds present in coconut oil as the likely active ingredient responsible for this action.

### **Medium-Chain Triglycerides (also referred to as Medium-Chained Fatty Acids)**

Oils and fats are composed of molecules known as fatty acids. They are classified either according to saturation or based on molecular length and size of the carbon chain within each fatty acid. Monounsaturated fats and polyunsaturated fats are an example of the first class.

The second classification is based on molecular size or length of the fatty acid's carbon chain. Long chains of carbon atoms consist of each fatty acid with an attached hydrogen atom. There are short chain fatty acids, medium chain fatty acids and long chain fatty acids. Whether unsaturated or saturated, the majority of fats and oils in our diet are composed of long chain fatty acids.

Our bodies respond to and metabolize each fatty acid in different ways depending on its size. Medium chain fatty acids resemble carbohydrates more than fat, they are easy to digest and are burned as energy so there is no where for them to go and no place for your body to store them. They are often called the fat that burns fat. They also do not have a negative effect on cholesterol and are in fact known to lower the risk of heart disease and atherosclerosis.



There are only a few dietary sources of medium-chain fatty acids and one of the best sources by far is coconut oil. Coconut oil is predominantly medium-chain fatty acids.

## **Coconut Oil As Medicine**

Coconut oil is nothing short of amazing for fighting all kinds of bacterial, viral and fungal infections. Coconut oil contains lauric acid, caprylic acid and capric acid, three potent anti-bacterial, anti-viral and anti-fungals that work great in combination.

### **Lauric Acid**

Lauric acid is a medium-chain fatty acid found mainly in coconut oil. Pure coconut oil contains about 50 percent lauric acid, and is the most abundant natural source of lauric acid available outside of breast milk, which is the only other natural source that contains such a high concentration of lauric acid.

Lauric acid is very important to the body's immune system. Your body converts lauric acid into monolaurin, a monoglyceride compound which exhibits strong antiviral, antimicrobial, antiprotzoal and antifungal properties. The monolaurin disrupts the lipid membranes in organisms like fungus, bacteria and viruses, effectively destroying them making monolaurin a potent anti-viral, anti-bacterial anti-fungal compound. But without high levels of lauric acid in the body, the body cannot create monolaurin. So lauric acid is very important for your immune system and coconut oil is a very rich source of lauric acid. Lauric acid is also non-toxic with none of the harmful side effects of today's pharmaceutical drugs used to treat viruses, bacterial infections and fungal infections.

### **Caprylic Acid**

Caprylic Acid is also a medium-chain fatty acid found in coconut oil. It is highly anti-fungal and kills off excess yeast and other fungal

overgrowths in the body. It's one of the main compounds used for treating candida and other yeast and fungal infections.

You can use coconut oil topically if you have a breakout of athlete's foot or yeast rash. Coconut oil can also be used for localized treatment of jock itch and yeast infections. For any topical treatment, apply a small amount of coconut oil to the affected area 3-4 times each day. This treatment is most effective if you are also taking the oil internally.

## **Capric Acid**

Capric acid is another medium-chained fatty acid found in coconut oil. It works in synergy with lauric and caprylic acids and is highly anti-viral.

The antiviral activity in coconut oil is unparalleled, even among the most resistant viruses.

## **How do medium-chain fatty acids work as anti-viral and anti-bacterial agents?**

The outer membrane or "skin" of a bacteria or virus is like a coating that protects the virus or bacteria from foreign invaders. The DNA and all the other mechanisms of the bacteria or virus is also protected by this outer membrane which is essentially made out of fat.

Because fatty acids in the coconut oil are similar to the fatty outer membrane of the bacteria or virus, the fatty acids of the coconut oil are attracted to the fatty membrane of the virus or bacteria and are easily absorbed right into it.

Once inside, the pathogen finds that the medium chain fatty acids are actually much smaller than the fatty acids that make up its own outer membrane and this begins to break apart the pathogen's casing.

According to Bruce Fife, C.N., N.D. and author of *The Coconut Oil Miracle*, the smaller medium chain fatty acids "weaken the already nearly fluid membrane to such a degree that it disintegrates. The membrane literally splits open, spilling its insides and killing the organism."

It does this all without causing any harm to human cells or tissues.

Bruce Fife also shares, "Laboratory tests have shown that the medium chain fatty acids found in coconut oil are effective in destroying viruses that cause influenza, measles, herpes, mononucleosis hepatitis C, and AIDS; bacteria that can cause stomach ulcers, throat infections, pneumonia, sinusitis, urinary tract infections, meningitis, gonorrhoea, and toxic shock syndrome; fungi and yeast that lead to ringworm, candida, and thrush; and parasites that can cause intestinal infections such as giardiasis."

Between the terms coconut oil, lauric acid, caprylic acid and capric acid there are over 10,000 research studies published on the health research website [www.pubmed.gov](http://www.pubmed.gov) showing the benefits of coconut oil and its individual compounds. So the research is there to support using coconut oil for treating a whole host of medical issues naturally with none of the harmful and toxic side effects of synthetic pharmaceuticals.

**Some of the medicinal and health uses that coconut oil is beneficial for are:**

- **Kills viruses** that cause the flu, herpes, measles, hepatitis C, SARS, AIDS, and other illnesses.
- **Kills bacteria** that cause ulcers, throat infections, urinary tract infections, gum disease and cavities, pneumonia, and gonorrhoea, and other diseases.
- **Kills fungi and yeasts** that cause yeast infections, candida, ringworm, athlete's foot, thrush, and other yeast related infections.

- Expels or kills tapeworms, lice, giardia, and other **parasites**.
- The medium-chain fatty acids burn like carbohydrates providing energy.
- Helps the body absorb other nutrients like vitamins, minerals and amino acids more easily and reduces malabsorption syndrome problems.
- Improves insulin secretion and utilization of blood glucose which helps with diabetes issues.
- Relieves stress on pancreas and enzyme systems of the body reducing pancreatitis symptoms.
- Helps protect against osteoporosis.
- Helps relieve symptoms associated with gallbladder disease.
- Relieves symptoms associated with Crohn's disease, ulcerative colitis, and stomach ulcers.
- Improves digestion and bowel function.
- Relieves pain and irritation caused by hemorrhoids.
- Reduces inflammation.
- Supports tissue healing and repair.
- Supports and aids immune system function.
- Helps protect the body from cancers.
- Lowers bad cholesterol.
- Protects arteries from injury that causes atherosclerosis and thus protects against heart disease.
- Helps prevent periodontal disease and tooth decay.
- Is a great antioxidant.
- Improves utilization of essential fatty acids and protects them from oxidation.
- Helps relieve symptoms associated with chronic fatigue syndrome.
- Relieves symptoms associated with benign prostatic hyperplasia (prostate enlargement).
- Reduces epileptic seizures.
- Helps protect against kidney disease and bladder infections.
- Dissolves kidney stones.

- Helps prevent liver disease.
- Is lower in calories than all other fats.
- Supports thyroid function.
- Promotes loss of excess weight by increasing metabolic rate.
- Is utilized by the body to produce energy in preference to being stored as body fat like other dietary fats.
- Helps prevent obesity and overweight problems.
- Applied topically helps to form a chemical barrier on the skin to ward off infection.
- Reduces symptoms associated the psoriasis, eczema, and dermatitis.
- Supports the natural chemical balance of the skin.
- Softens skin and helps relieve dryness and flaking.
- Prevents wrinkles, sagging skin, and age spots.
- Promotes healthy looking hair and complexion.
- Provides protection from damaging effects of ultraviolet radiation from the sun.
- Helps control dandruff.

References: [www.coconutresearchcenter.org](http://www.coconutresearchcenter.org)

Coconut oil also helps reverse Alzheimers. Studies show that metabolizing medium chain triglycerides produces ketones, which dissolve brain plaques and helps to un-tangle brain tangles.

**What is the difference between coconut oil and palm oil?**



Coconut oil is derived from the coconut flesh and is around 60% medium-chain fatty acids. Palm oil comes from the fruit of the oil palm (*Elaeis guineensis*) but contains only a small amount of medium-chain acids and thus does not have nearly the levels of anti-viral, anti-bacterial and anti-fungal properties of coconut oil.

Palm oil is different in appearance from coconut oil as well with a characteristic orange-red color. This hue results from its high concentration of carotenoids, which act as antioxidants inside the body.



Vitamin A is only found in animal foods. If no animal foods are available, or for vegetarians, the body can create vitamin A by converting carotenes into vitamin A but it requires fat to convert the carotenes into vitamin A. The palm oil supplies the needed fat and the vitamin A precursors. Palm oil has 15 times more provitamin A carotenes than carrots and 300 times more than tomatoes. This has made it a valued resource in the treatment of vitamin A deficiency. Palm oil is also very high in many other nutrients and is an incredibly potent antioxidant.

So palm oil does have extremely high antioxidant properties and nutritive value but does not have the high anti-viral, anti-bacterial and anti-fungal properties of coconut oil. Both palm and coconut oils have high burn rates so they are both well suited for cooking purposes but for anti-viral, anti-bacterial and anti-fungal purposes stick to virgin coconut oil.

**For Raw Centrifuged Virgin Coconut Oil [CLICK HERE](#)**

**Disclaimer:** None of the information in this chapter is intended to constitute medical advice or treatment. For development of individual health issue treatments, it is advised that any person first consult a qualified health care provider. It is advised that he or she remain under the doctor's supervision throughout any major health issues.

The author of this book is not a licensed medical practitioner of any kind, is not providing medical advice and assumes no responsibility for your improper use of this information.

The statements in this chapter have not been evaluated by the Food and Drug Administration. Information contained within this book is for educational purposes only and is not intended to diagnose, treat, cure or prevent any disease.

## 3.4. The Many Uses for Apple Cider Vinegar



Apple cider vinegar is another multi-purpose item that you should include in your food saving supplies. Not only does it have quite a few health benefits, which I will talk about in this chapter, but it also has cosmetic uses as well. One little item that can help with many things is an ideal preparedness item to stock up on.

Apple cider vinegar is a folk medicine cure used for hundreds of years. In 400 B.C.E Hippocrates, the father of modern medicine, knew about apple cider vinegar's medicinal properties and recommended it to his patients for its healing properties. Since then it's been valued by many cultures right up to modern times. Modern day science and research studies are now confirming what the ancients already knew.

Apple cider vinegar is made by fermenting apple juice. It is important that the apple cider vinegar you take be raw and organic and it also must have the "mother" in it to be of any benefit to you. The mother is a stringy-looking ball of matter that either floats at the top or settles at the bottom of a bottle of the vinegar and is the source of its sour, fermented taste.



Any other kind of apple cider vinegar will be far less effective and may provide no benefits at all. In fact, some cheap imitations are simply white distilled vinegar with caramel coloring added! What you're looking for is raw, un-pasteurized apple cider vinegar, preferably unfiltered and organic with the "mother". Bragg is a good brand to use.

### **What are some of the medicinal uses of raw apple cider vinegar?**



### **Raw Apple Cider Vinegar Helps Reduce Acid Reflux and Heartburn**

The primary cause of acid reflux in most cases is actually a stomach environment that is not acidic enough. That may sound backwards but here's how it works: The lack of acid in the stomach, where it is meant to be, means that the stomach may fail to signal the pyloric valve at the top of the stomach to close when you are digesting food, which in turn allows acid reflux to get up in your throat and produce heartburn. Even weak acid, too weak to close the valve, will cause pain in the throat and potentially damage the sensitive tissue there, which, unlike the stomach, is not meant to be exposed to acid. Weak stomach acids also make for poor digestion and cause gas.

Apple cider vinegar's acetic acid promotes a more acidic environment in the stomach while at the same time it promotes a less acidic environment elsewhere in the body where one wants it to be more alkaline.

Just one tablespoon stirred in small amount of water may be enough. It is important though not to drink too much of it. Also note that apple cider vinegar will not give relief if you have an ulcer.

## **Raw Apple Cider Vinegar Helps to Balance the Body's pH**

Why is this important?

Research has shown that **over acidification of body fluids and tissues underlies ALL disease!**

But here are some specifics you should know:

Our blood is set at an alkaline level of 7.365. The pH scale goes from 1-14 with 7 being neutral. Anything above 7 is alkaline and anything below 7 is acidic. Our blood, like our body temperature, is set at a specific number and if it varies from that we experience problems; just as we do if our temperature varies from 98.6 degrees.

The body will go to great lengths to maintain its slightly alkaline environment. If the body or tissues are too acidic, the body will tap into its alkaline buffering reserves to neutralize acidity and maintain its delicate balance of 7.365. But where are the alkaline reserves in the body? Much of the alkaline buffering reserves are calcium from our bones and magnesium from our muscles. Acidity causes the calcium and magnesium to be leached from the bones, teeth and muscles out into the blood to help neutralize acidity. **Being acidic is one of the fastest ways to get osteoporosis, weak flabby muscles and have major teeth issues as well.**

**It's also a major contributor to obesity and difficulty with losing weight.** Why is that? Well for one thing fat is protecting your body from acid corrosion on your tissues and vital organs. It's literally saving your body's life! Like acid eating into marble, acidosis erodes and eats into cell wall membranes of the heart, arteries and veins, weakening cardiovascular structures and inter-connective tissue. Fat

is created to bind acidity in the body and store it away from the internal vital organs and delicate systems of the body.

When you gain weight as body fat it is because the body is going into self preservation mode to protect itself. Too much fat, however, will overwhelm the body's protective response. When you become more alkaline the body no longer needs to hold onto the fat to protect itself from being corroded and it becomes much easier to lose weight.

Over acidity causes many other symptoms besides osteoporosis and body fat. Acidosis also disrupts general lipid and fatty acid metabolism within the body. Fatty acids are intimately involved in nerve and brain function. When fatty acid metabolism is disturbed, neurological problems may arise including Multiple Sclerosis, Macular Degeneration and others, as well as problems with hormonal balance within the endocrine system.

**Life-essential functions, like electrolyte Potassium (K plus) and Sodium (Na plus) channels, are inactivated by acidosis.**

Sodium and Potassium are highly alkaline minerals that also help to neutralize acidity in addition to calcium and magnesium and when they are taken away from their primary jobs in the body to manage an acidity crisis in the body that leaves other systems depleted and vulnerable.

This has far reaching effects on the cardiovascular system, since without sufficient electrolyte management, heart attacks are likely to occur. Without appropriate electrolyte management, our heart literally stops beating. Inhibition of electrolyte activity also affects the way we feel and behave, and is intimately involved in the energy levels we experience, because of the nature of the Sodium-Potassium pump and cellular metabolism.

**Being acidic causes cholesterol plaque to form.** LDL cholesterol is laid down at an accelerated rate within an acid chemical environment of the cardiovascular system, inappropriately lining the vascular network, and clogging up the works! The amount of

cholesterol in the diet has not been found to be a major factor in cholesterol plaque formation. Rather, pH status appears to be the factor more directly involved, binding cholesterol with heavy metals and other cellular debris.

### **Diabetes Is Caused By Acid**

The pancreas produces one of the highest pH body fluids - pancreatic juice with a pH of 8.8. A shortage of calcium ions in the body impairs the production and the release of the insulin hormone. This eventually leads to an acidic blood condition. With the accumulated acidic waste products coating the receptor sites of the insulin producing beta cells, insulin is prevented from being synthesized or utilized. Diabetes is the result. This has been improved by an alkaline diet and detoxification. (Read the chapter on Diabetes and Emergency Preparedness for how you can actually eliminate diabetes by going alkaline.)

### **Kidney Disease is Caused By Acidity**

As acidic waste products accumulate in the blood, the kidneys - the bloodstreams filter - become more taxed, leading to nephritis, uremic poisoning, bladder diseases, etc. All kidney disease is acid related, which can be improved by an alkaline diet. Kidney stones are salts of phosphoric acid and uric acid, generally combined with calcium and/or magnesium. These salts are acidic salts that gradually build up into a stone like object.

Although calcium and magnesium are in the salts, they are there to soften the poisonous effects of uric acid and phosphoric acid. Some people mistakenly believe that kidney stones are formed because there's too much calcium. This is not true. Calcium compounds will dissolve in acidic urine, while a kidney stone will not. If you add calcium into the blood and lower blood acidity by an alkaline diet, kidney stones will dissolve from the inside.

### **Gastro-Intestinal Disorders Linked To Acidity**

All stomach disorders, indigestion, nausea, gas, gastric reflux, are symptoms again that are caused by excess acidity in the gastric region. That is why antacids are prescribed. The neutralizing of acid

through ingestion of alkaline water, alkaline foods and alkaline minerals, will help to alleviate the acid related intestinal disorders including ulcers without taking destructive antacids and ibuprofen.

### **Arthritis is Caused By Acidity**

Many different forms of arthritis are the result of acid accumulation from the blood into the joints and wrists. It is this accumulated acid that damages cartilage and coats the cells that produce synovial and bursa fluids causing a dryness which irritates the joints, manifesting swelling. With detoxification coupled with an alkalizing diet, arthritis will disappear.

### **Gout Is Caused By An Acid Condition**

Gout is an arthritic disease resulting from an excess of uric acid crystals in the blood from digestion of red meat, seafood, alcohol or poultry. The uric acid salts deposit in the surrounding tissues of the feet, hands and toes causing swelling and severe pain due to the broken glass like structure of the uric acid crystals especially in the big toe. The only solution in mainstream medicine for gout is deadly painkillers and anti-inflammatories, which are both acidic and further, irritate the joints. Unfortunately, the joints have limited blood circulation to carry out the acid wastes. With an alkaline diet and increased circulation, gout will disappear.

### **Eye Diseases Linked To Acidity**

We generally do not consider the change in our vision to an acid condition. As we accumulate phosphates and urates etc. in our cells, the cells loose more oxygen. This causes more unburned sugar in the cell that will bond protein molecules. The end result is that the cells and tissues get stiff, hard and inflexible. These calcium deposits collecting on the optic nerve or ganglia are called cataracts. Loss of vision and macular degeneration are the same.

### **Morning Sickness is Acid Related**

When a woman gets pregnant, the fetus takes priority getting all the necessary alkaline minerals since the baby is born with the highest alkalinity. This means that while the mother is sleeping she looses alkaline minerals creating blood acidity. This phenomenon is known

as morning sickness. By eating an alkaline diet and drinking alkaline beverages morning sickness will disappear.

**Being acid also causes cancer!** Being acidic inhibits cellular regeneration and DNA-RNA synthesis. For DNA-RNA synthesis and healthy cell proliferation to occur, cell pH must *not* be acidic. However, cancerous cells grow well in acidic mediums; therefore an acid pH actually accelerates and increases the possibility of cellular mutations (cancer).

Ok so that's a lot of issues caused by the body being too acidic!

Raw apple cider vinegar is very unique as, unlike almost every other vinegar, it becomes alkaline after it goes through digestion and improves pH by making the body less acidic. Other vinegars work quite the opposite and tend to make the body more acidic so **it's important to only use raw apple cider vinegar and not any other kind or you will be creating more acid not less.**

Raw apple cider vinegar is the only vinegar that is highly alkaline to the body. A food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. It's the pH they become after going through the digestive process that makes a food alkalizing or acidifying. The Alkaline and acid pH of a food is not the pH of the food before you eat it but rather its effect on your body upon being metabolized.

Lemons, limes and apple cider vinegar are acidic to start with, however, the end products they produce after digestion and assimilation are very alkaline and are alkaline-forming in the body. Raw apple cider vinegar is much more alkalizing though than lemons or limes and is preferred for balancing the body's pH.

1-2 tablespoons a day of raw apple cider vinegar will greatly aid in balancing your body's pH levels.

But also eating a diet that is more alkaline and avoiding very acidic forming foods and beverages goes hand in hand with that. If all you

eat is acidic forming foods and beverages, which is what most MRE's are, you are going to have some major health issues. It's very important that you stock up on alkalizing foods. Do your research and start making your own healthy MRE's. (I go over this more in the chapter Examining MREs.)

## **Eases Arthritis, Stiff Joints and Gout**

Regular use of raw apple cider vinegar can be tied to a decrease in joint pain and gout by reducing inflammation; data suggests the malic acid in the vinegar is able to dissolve the uric acid crystals within the joint and assist in flushing them from the body.

## **Raw Apple Cider Vinegar Combats Candida**

Candida (technically called *Candida albicans*) is a microorganism in the category of yeast, fungi and mold. It is normal for it to live in small amounts in the digestive system and on other body surfaces. Candida Albicans starts to cause trouble when there is some change in your body that allows it to overgrow. This change is usually caused by taking courses of antibiotics and eating a prolonged diet rich in carbohydrates, sugar and wheat.

When the Candida Albicans population starts getting out of control it weakens the intestinal wall, penetrating through into the bloodstream and releasing its toxic byproducts throughout the body.

As they spread, these toxic byproducts cause damage to your body tissues and organs, wreaking havoc on your immune system. The major waste product of yeast cell activity is Acetaldehyde, a poisonous toxin that promotes free radical activity in the body.

Acetaldehyde is also converted by the liver into ethanol (drinking alcohol). Some people even report feeling a drunk or hungover feeling along with debilitating fatigue from the high amounts of ethanol in their system.

Candida contributes to a wide range of health problems such as:

- Inability to focus
- Poor memory
- Brain fog
- Irritability
- Dizziness
- Low libido
- Persistent extreme fatigue
- Hyperactivity
- Cravings for sweets and alcohol
- Insomnia
- Poor coordination
- Acid reflux
- Bloating
- Flatulence
- Nausea
- Diarrhea
- Constipation
- Stomach cramps
- Indigestion
- Burping after meals
- Mucus in stool
- Hemorrhoids
- Itching anus
- Acne
- Cysts
- Hives
- Night sweats
- Psoriasis
- Eczema
- Dermatitis
- Fungal infections of the nails & skin
- Athlete's foot
- Body odor
- Thrush (white coating on tongue)
- Swollen lower lip



- Halitosis (bad breath)
- Metallic taste in mouth
- Canker sores
- Bleeding gums
- Cracked tongue
- Persistent cough
- Mucus in throat
- Sore throat
- Sinus congestion
- Chronic post-nasal drip
- Flu-like symptoms
- Hay fever symptoms
- Sinusitis
- Asthma
- Eye pain
- Itchy eyes
- Sensitivity to light
- Blurred vision
- Bags under eyes
- Ringing in the ears
- Ear infections
- Recurring yeast infections
- Recurring UTI's (urinary tract infections)
- Cystitis (inflammation of the bladder)
- PMS & menstrual irregularities
- Fungal rash
- Frequent colds and flu
- Allergies
- Sensitivities to food fragrances and chemicals
- Inability to lose weight
- Water retention
- Weight loss
- Headaches
- Heart palpitations
- Chronic body pain and/or joint pains
- Muscle aches and stiffness

If you have candida overgrowth, you may crave more carbohydrates, sugar and wheat as this is what feeds candida the most.

Apple cider vinegar is rich in natural enzymes that can regulate the presence of candida in the body. It helps encourage the growth of healthy bacteria, which in turn minimizes the overgrowth of candida.

The key to effectively using apple cider vinegar to cure yeast problems is to take it every day at a dose of 1-2 tablespoons. Apple cider vinegar can only balance pH levels if it is constantly present. One of the best ways to accomplish this is to sip all day on a tall glass of water mixed with one tablespoon of apple cider vinegar.

If you have external signs of candida, such as yeast or fungal infections, you can apply apple cider vinegar topically to help deal with this problem. Apply directly to the affected area or add a cup of apple cider vinegar to a warm bath.

### **Raw Apple Cider Vinegar Cleanses and Helps Detox the Body**

The cleansing properties of apple cider vinegar have been utilized for centuries. Eastern medicine teaches us that apple cider vinegar can help stimulate circulation and aid detoxification in the liver. Ancient cultures often used apple cider vinegar to purify the blood. Today we are exposed to more toxins than ever before, so it's become even more important that we take care of our bodies by detoxing with natural medicinal foods like apple cider vinegar.

Another way apple cider vinegar aids detoxification is by breaking up mucus throughout the body and cleansing the lymph nodes to allow for better lymph circulation. A healthy lymphatic system can remove toxins from the cells in the body while improving immune system response.

### **A Delicious Way to Take Apple Cider Vinegar**

Taking apple cider vinegar on a daily basis is a healthy thing to do for so many reasons. Many people suggest drinking it in water but in my own personal opinion I don't think that is the most pleasant thing to do and if something is un-pleasant how long or often or consistently will you actually stay with it? Not long.

A delicious way to take it is to make a salad dressing with it. One of my favorite and easiest salad dressings to make is apple cider vinegar, Himalayan pink salt, some raw coconut nectar (which has a nearly neutral pH), a pinch of mustard powder and some organic hemp oil. Anywhere you would use vinegar, just switch it to raw apple cider vinegar and it's as easy as that!

### **Using Apple Cider Vinegar for Cosmetic Uses**



#### **Use Apple Cider Vinegar as a Skin Toner**

Since apple cider vinegar works to reduce inflammation and eliminate bacteria, it's an excellent toner for problematic skin. Combine 2 tablespoons of apple cider vinegar with 8 ounces of water. Soak a cotton ball with the mixture and apply to your face. While this mixture is budget friendly, even highly paid stars swear by it, including Scarlett Johansson.

#### **Use Raw Apple Cider Vinegar for Shiny Bouncy Hair**

Many of the commercial brands of hair care products on the market today are quite alkaline. While our ideal internal body pH is 7.365, hair, which is external to the body, is slightly more on the acid side of the pH scale. Shampoos and styling products that are alkaline will open up or rough up the cuticle "seal."

This seal is responsible for protecting the cortex of our hair where the melanin (color) is. This leads to breakage, rough appearance, dryness and a limp or dull appearance.

The pH of apple cider vinegar is highly complementary to the pH of our hair. It helps to restore the pH of the hair to where it is naturally and helps to seal the hair cuticle back down.

This is why apple cider vinegar has gained such a reputation for helping rev up shine. Since it helps the cuticle lay flatter, the hair reflects the light much better for a shinier appearance.

This results in a smoother appearance, and often it can even help restore the health of the scalp as well since most alkaline shampoos, hair colors and styling aids can also damage the health of the scalp. A healthy scalp aids in healthier hair growth.

Spritz a 50/50 ratio of apple cider vinegar to water into your hair after shampooing. Allow it to soak in for 5 to 10 minutes, then rinse for shiny, bouncy hair.

### **Apple Cider Vinegar is a Natural Dandruff Remedy**

If you have dandruff or an itchy scalp, it is often aggravated by the buildup of hair products and treatments, sebum and debris. Apple cider vinegar helps to break that up and lift it away. It works like this on dandruff as well.

Since it is a natural antifungal, it can also address any type of fungus-caused irritations that may exist on the scalp. The nutrients

provided by apple cider vinegar are also very healing for the scalp and soothing for the itchiness or dryness that often comes with dandruff. These include vitamin C, vitamin E, vitamin A, several B vitamins, magnesium and calcium to name a few.

Use a 50/50 ACV to water mixture in a spray bottle, but you'll concentrate the spray onto your scalp. Wrap your hair in a towel, and allow it to sit for 20-30 minutes before rinsing.

### **Use Apple Cider Vinegar to Remove Warts**

While this may sound like an old wives tale, even the Mayo Clinic advocates apple cider vinegar as a treatment for warts. Soak the wart in apple cider vinegar for 20 minutes, then gently exfoliate the area with a pumice stone to remove any dead skin. Coat with a thin layer of coconut oil. Soak a cotton ball with apple cider vinegar and adhere it to the wart with a Band Aid overnight. Some people complain of pain when using this method and suggest crushing an Aspirin to mix with the apple cider vinegar before adhering it with a Band Aid.

**So to sum it up:** Raw Apple Cider Vinegar - put it high on your food saving supplies list!

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The author of this book is not a licensed medical practitioner of any kind, is not providing medical advice and assumes no responsibility for your improper use of this information.

The statements in this chapter have not been evaluated by the Food and Drug Administration. Information contained within this book is for

educational purposes only and is not intended to diagnose, treat, cure or prevent any disease.

## 3.5. New Storable Organics - A Healthy Way to Get Prepared!



I am really excited about this!!!

Mike Adams from the Natural News Store has created a new line of products to help people interested in healthy organic foods to get prepared with food saving and storage using organic ingredients, foods and super foods packed in long term storable cans for smart and nutritious preparedness. The Storable Organics have a shelf life between 2 - 10 years depending on the item.

If you read the labels of pretty much ALL of the storable food products on the market right now it's pretty disgusting and not any way to take care of your self.

Until now you basically had to make your own MREs and package your own foods for long term storage if you wanted anything healthy and chemical free. With this new line it's all packaged in #10 cans. They use BPA free bags inside the cans as well as oxygen absorbers to naturally extend the shelf life with no chemical preservatives.

Unlike most other storable food products these contain absolutely no MSG, no yeast extract, no autolyzed ingredients and no synthetic chemicals.

Storable Organics is a great resource for those who want nutritious organic foods and superfoods in a long term storable format at bulk food prices.

Here's a list of the products they currently carry: (with more being added all the time)

- Organic Chia Seeds
- Organic Golden Flax Seeds
- Himalayan Pink Salt
- Organic Palm Sugar
- Organic Rice Bran Solubles with Tocotrienals
- Organic Whole Wheat Fettuccine
- Organic Whole Wheat Penne
- Organic Whole Wheat Spinali
- Organic Spelt
- Organic Quinoa
- Organic Brown Rice
- Organic Boku Super Protein (Rice Protein Powder)
- Organic Boku Superfood
- Spirulina Tablets
- Chlorella Tablets & Powder
- Kelp Granules
- Ormus Greens
- Organic Freeze Dried Whole Blueberries
- Organic Freeze Dried Mango Pieces
- Organic Freeze Dried Blackberry Halves
- Organic Freeze Dried Whole Raspberries
- Organic Freeze Dried Whole Corn

**[To check out the Storable Organics line CLICK HERE](#)**



Also if you haven't already checked it out visit Mike Adam's Natural News website [www.NaturalNews.com](http://www.NaturalNews.com) You can also subscribe to his daily newsletter and stay on top of all the health news as well as emergency preparedness articles and topics that affect food, health and personal freedoms. Mike Adams is a true patriot on every level and a real friend to the planet. As you can see I'm a huge fan of his.

## 3.6. What Kind of Salt You Use Matters



Salt is an important item in our daily life and has some great uses in emergency preparedness as well.

For prepping purposes salt is one of the basics to stock up on, however, what kind of salt you use matters a great deal when it comes to your health.

In its natural form salt is not sparkly white or free flowing. Salt that is unrefined has a pinkish tint (or grayish tint if it is unrefined sea salt) because the minerals have not been removed. Commercial table salt that you find in the grocery store is highly refined sodium chloride.



The majority of the other 84 elements that occur naturally in unrefined pink salt have been eliminated. This leads to a one-sided overload of sodium chloride that in turn leads to all the well documented undesirable effects of diets that are high in refined salt.

Refined salt is actually primarily produced for the chemical industry. Sodium chloride is a necessary ingredient for the processing of many chemicals. Only 4 % of the refined salt produced is diverted to the food industry. It is made for the chemical industry - not people!

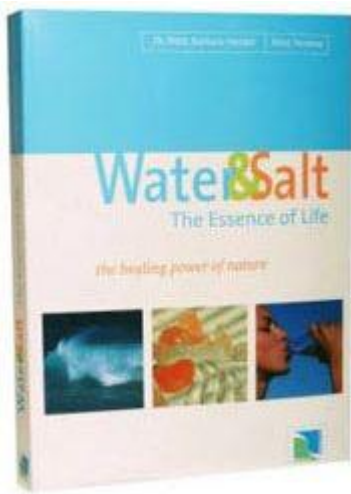
Pure unrefined pink salt contains all 84 mineral elements that the human body consists of in ideal proportions. All these minerals are in the perfect crystal matrix and ultimate ionic form (electrically charged) and are attached in a structure that makes the minerals easily accessible by our cells.

Our bones and enzymes are actually crystalline structures, so if you put something in your body that matches the body's structure, it can easily be utilized and taken in by the cell.

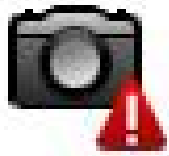
Pure unrefined pink salt with all the natural minerals still intact is a wonderful way to mineralize your body. It is also, believe it or not, an antioxidant and it's also the only antioxidant that works everywhere in the body.

Due to the immense amount of spare electrons that all of these elements carry in pure unrefined pink salt, they have great antioxidant properties. Once pure unrefined pink salt is introduced into the body, a profound regeneration of the cell membranes becomes possible. Other antioxidants are also enhanced in their effectiveness when pure unrefined pink salt is taken.

Refined sodium chloride on the other hand causes water retention, edema and swelling and can also lead to hardened deposits in the body, stiffening joints and blood vessels and increased cravings for sugar and alcohol among other things. Once refined, table salt is energetically dead and the body needs to use its own life force to somehow assimilate this substance.



## [For Water & Salt The Essence Of Life](#)



[CLICK HERE](#)

Peter Ferreira, author of the book “Water & Salt - The Essence of Life” performed a 2 year study on 400 people using pure unrefined salt. His findings were that, blood pressure can be balanced, calcium deposits can be eliminated, usable oxygen in blood can increase, red blood cells can be un-clumped and blood can be detoxified.

Also the full spectrum of elements that resonates with our bones and enzymes that builds bone marrow can be utilized, radiation can be neutralized, capillaries can become more elastic which increases blood flow, the entire spectrum of electrolytes that the body needs can be received, uric acid can be detoxified, a possible increase of elimination of heavy metals through the stool may occur and cravings for sweets can be reduced.

Those are some great health benefits of pure unrefined salt as compared to all the undesirable effects related to refined sodium chloride.

What type of salt you use on a daily basis really does matter. It can provide great benefits or harm depending on what type you use.

Using either unrefined pink salt or real sea salt are your best options although with sea salt you run the issues of toxic chemical contamination in sea water these days from radiation being dumped by the Fukushima disaster or all the millions of gallons of chemical dispersants from oil spills and other toxic wastes etc. which would then need to be refined to remove the toxic wastes from the salt defeating the purpose and making it a refined salt.

Pink salt is mined from pristine mountains (most commonly the Himalayas) with no need to refine or purify it and it is a great mineral source, as noted above, eliminating the need to stock up on as many mineral supplements so you can use more of your monetary resources towards other preps.

[For Pink Himalayan Salt in 16oz. Packaging \*\*CLICK HERE\*\*](#)

[For Pink Himalayan Salt in BPA Free #10 Cans For Long Term Storage \*\*CLICK HERE\*\*](#)

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## 3.7. 7 Uses For Salt In Your Emergency Preparedness Kit



Having items in your emergency kits that are multi-purpose can save both weight and space in your emergency kit. Salt is one item that is a real multi-tasker and is also a simple, natural, non-toxic product. I personally like Himalayan pink salt as it has a perfect crystalline structure and is loaded with minerals and I don't experience as much water retention and bloating when I use it for cooking but for an emergency kit any salt will actually work, however, the healthier option is either Himalayan pink salt or real sea salt.

Table salt is highly refined sodium chloride. The majority of the other 70-84 elements that occur in natural sea salt or rock salt have been eliminated. This leads to a one-sided overload of sodium chloride that in turn leads to all the well-documented undesirable effects of diets that are high in refined salt.

Once refined, table salt is energetically dead and the body needs to use its own life force to somehow assimilate this substance. Himalayan pink salt contains all 84 mineral elements that the human body consists of in ideal proportions. All these minerals are in the perfect crystal matrix and ultimate ionic form. (electrically charged). So for this reason I would recommend for your emergency kit either Himalayan pink salt or real sea salt that still has all the minerals intact.

**1) Salt is great for itchy insect bites.** It takes the itch out of the bite. Just moisten the insect bite with water and then sprinkle a generous amount of salt over the bite so it forms a little paste and let it dry. When it dries the salt will simply fall off of the bite but it draws out the itch and it's a simple non-toxic natural solution.

**2) Salt water is also good to rinse off a cut or wound.** Salt, when mixed with water, is slightly alkaline and bacteria can't survive in alkaline pH environments. It also works for sore throats and runny noses. At the first sign of a sore throat gargling with salt water kills the germs and creates too high of an alkaline pH for the bacteria to survive.

Same thing with a runny nose. Dip a Q-tip in the salt water and swab your nasal passage as high up as you can and it will kill the bacteria and dry up the nasal drip. Much safer than Zycam, which after using, several people have reported a permanent loss of their sense of smell. That's a really awful side effect! Salt on the other hand is safe, non-toxic and really works.

**3) Use salt to brush your teeth.** Probably not as pleasant as toothpaste but very effective. The salt kills the bacteria in the mouth and the salt grains scrub the plaque and tartar off of the teeth leaving the mouth germ free and squeaky clean. A friend of mine told me he grew up in the Philippines and his family didn't have money for toothpaste so they used salt and he has never had one single cavity. So if you have a space issue and want to leave the toothpaste behind salt works great too.

**4) Use salt to restore electrolytes.** If you get dehydrated, take salt and water together. Your body will not properly rehydrate if you don't take in sodium. But for this I would recommend using only Himalayan pink salt or real sea salt....not standard table salt. If you're low on sodium, your body will be forced to dump water to keep you from going into a state of hyponatremia (low sodium) which only leads to further dehydration.



**5) Use salt to preserve meats.** Salt has been used in the practice of meat preserving for centuries because of its ability to draw out moisture and prevent the survival of bacteria. Long before refrigeration and freezing, salt was the preservative of choice for ancient civilizations, sailors and early pioneers. Salt preservation is still a valid method that is widely used.

To preserve meat using salt basically clean the meat you want to preserve, rub it with salt and cover it entirely with a layer of salt. Hang the meat in a room that is about 59 degrees Fahrenheit and let it air-dry for roughly 3 weeks. Check the meat about every two days to make sure it doesn't smell bad. Rinse the salt off when you're ready to use the meat.

**6) Use salt to sanitize your knives, utensils and cutting boards.** Just wet them slightly and pour the salt on them and let them sit for 10-15 minutes or so and the bacteria is gone...even from cutting meat.

**7) Use salt for cooking and seasoning your food.** That's probably the most obvious use of all.

## 3.8. Sugars and Sweeteners



When it comes to stocking up on food savings supplies, sugar is one of the staples. But did you know that different kinds of sugars and sweeteners affect the body differently?

### Various Types of Sugars:

Sugars are carbohydrates, composed of carbon, hydrogen and oxygen. There are various types of sugar derived from different sources with varying ratios of fructose and glucose. But broken down to the simplest function: sugars are simple carbohydrates made of one or two simple sugars, **fructose or glucose**.

**Fructose:** found in fruits and honey and enzymatically processed starches like high fructose corn syrup and agave syrup. Fructose does not raise blood glucose levels immediately the way glucose does, and is therefore considered low on the glycemic index. **But don't be fooled into thinking that's a good thing.**

Fructose travels to the liver where it gets converted to triglycerides—the fats in the blood that are associated with heart disease. Like excess blood glucose, blood triglycerides made from fructose are stored as fat, which increases the size of your fat cells, contributing to weight gain and obesity.

The excess triglycerides created when you eat fructose increase insulin resistance, thereby boosting insulin production to very high levels, which fosters the development of diabetes in a “back door” fashion.

High intake of fructose acts more like a toxin than a nutrient. Like a toxin, it is metabolized almost exclusively in the liver, where it is converted into dangerous byproducts (such as excess lipids and uric acid). And, like a toxin, fructose has direct harmful effects (glycation) on tissues throughout the body, while performing no necessary nutritional function.

**Glucose:** Found in plants like sugar cane, sugar beets and coconut palm flowers and vegetable starches like potatoes.

Glucose is a primary source of energy for the body. It is the main source of energy for the brain, and when glucose levels are low, person's mental abilities may be impaired. People who consume too little glucose become hypoglycemic. This results in low energy levels and can lead to fainting.

Since glucose is distributed through our bodies by our bloodstreams, where it meets and reacts with insulin, ingesting too much glucose will overwhelm the body. When the body's glucose level is too high, the body becomes hyperglycemic which means you have too much sugar and too little insulin. Hypoglycemia and diabetes are disorders that result when the body cannot regulate glucose and/or insulin levels, and can happen after years of consuming too much glucose.

The body converts excess glucose into fat and stores it in the body. Some foods convert to glucose quicker than others convert and are more readily stored as fat. These foods are known as 'bad carbs' and are usually processed such as white rice, enriched pasta and breads, potatoes and foods with high sugar content.

## **High Fructose Corn Syrup**

The corn industry wants us to believe that high-fructose corn syrup is no different than other sweeteners when it comes to weight gain, obesity, insulin resistance and metabolic syndrome but the science shows this just isn't true. I don't believe I need to write a lot about high fructose corn syrup as there has already been so much written about it and it is pretty generally known that it affects the body in much worse ways than plain table sugar.

Stocking up on corn syrup (Karo) is not a healthy option at all.

## **Agave Syrup**

What's even worse is agave syrup! Did you know it's even higher in fructose than high fructose corn syrup? Yikes!

Agave nectar is not a “natural sweetener.” Native Mexican peoples do make a sort of sweetener out of the agave plant. It's called miel de agave, and it's made by boiling the agave sap for a couple of hours. Think of it as the Mexican version of authentic Canadian maple syrup.

But this is not what most so-called “agave nectar” is. Agave nectar is a newly created sweetener, having been developed in the 1990s. In an article posted on the Weston A. Price foundation's website, Ramiel Nagel and Sally Fallon Morell write, "Agave “nectar” is not made from the sap of the yucca or agave plant but from the starch of the giant pineapple-like, root bulb. The principal constituent of the agave root is starch, similar to the starch in corn or rice, and a complex carbohydrate called inulin, which is made up of chains of fructose molecules. Technically a highly indigestible fiber, inulin, which does not taste sweet, comprises about half of the carbohydrate content of agave.

The process by which agave glucose and inulin are converted into “nectar” is similar to the process by which corn starch is converted into HFCS. The agave starch is subject to an enzymatic and chemical process that converts the starch into a fructose-rich syrup -

anywhere from 70 percent fructose and higher according to the agave nectar chemical profiles posted on agave nectar websites.

Agave nectar and high fructose corn syrup are made the same way, using a highly chemical process with genetically modified enzymes. They are also using caustic acids, clarifiers, filtration chemicals and so forth in the conversion of agave starches into highly refined fructose inulin that is even higher in fructose content than high fructose corn syrup."

Agave nectar has a low glycemic index. Because fructose is digested in your liver, it is immediately turned into triglycerides or stored body fat. Since it doesn't get converted to blood glucose like other sugars, it doesn't raise or crash your blood sugar levels. Hence the claim that it is safe for diabetics. But it isn't.

That's because fructose inhibits leptin levels — the hormone your body uses to tell you that you're full. In other words, fructose makes you want to *eat more*. Besides contributing to weight gain, it also makes you gain the most dangerous kind of fat. This has been verified in numerous studies. The [most definitive one](#) was released just this past year in the Journal of Clinical Investigation.

So stocking up on agave syrup: very bad idea!

## **Honey**

Honey is in the fructose family but contains a mix of fructose and glucose as well as trace enzymes, minerals, amino acids and a wide range of B vitamins. The amount of these micronutrients varies depending on where the honey comes from. In general, darker honeys contain more vitamins than lighter ones and also provide more trace minerals such as calcium, magnesium and potassium. Honey and table sugar rank very closely on the glycemic index with honey at 62 and sugar at 64. Honey is about 40% fructose and 60% glucose.

Honey has some useful and unique properties. It promotes wound healing, for example. Raw honey is an excellent first aid measure for burns, even very severe ones. External application of honey has been shown to be as effective as conventional treatment with silver sulfadiazene. And it should be noted that I am referring to using **raw unpasteurized honey** for treating burns, not processed honey you find at the supermarket, which may in fact not actually even be honey at all.

Large scale tests on US supermarket honey now reveal that roughly 75 percent of honey on the market isn't even real. According to investigation by Food Safety News, today's mass produced honey is often times void of real pollen, artificially processed and laundered from China. Real honey must contain true microscopic particles of pollen, to be considered real, with an identifiable source. Honey void of pollen is an artificial, nutrition-void, watered-down scam. You can read the full article about this [here](#).

Raw, unpasteurized, real honey also contains large amounts of friendly bacteria. This includes up to 6 species of lactobacilli and 4 species of bifidobacteria making it a good source of probiotics.

Raw, unpasteurized honey, in my opinion, is a good preparedness item to stock up on as not only can you use it for cooking but you can also use it medicinally for treating burns so this makes it a great multi-purpose item. It's also the only food that will never spoil so the shelf life is indefinite, which is another plus.



[For Bulk Organic Raw Honey.](#)

[CLICK HERE](#)

**Sucrose:** Sucrose is made up of 50% glucose and 50% fructose. Sucrose is a complex sugar that breaks down during digestion into two simple sugars: glucose and fructose. Your intestine can absorb glucose and fructose, but can't absorb sucrose, unless you first digest it by breaking it into its monosaccharide constituents (glucose and fructose), which takes place in the intestine. Glucose is then transported by insulin to the cells for energy, which, unless burned, gets stored away as fat and the fructose travels to the liver where it gets converted to triglycerides. So that's the basic chemistry of sucrose.

**Basic table sugar** is sucrose and is composed of 50% glucose and 50% fructose.

### **Coconut Sugar Also known as Palm Sugar or Coconut Palm Sugar**



Coconut palm sugar is sucrose. Pure coconut palm sugar is a natural product made from the nectar of the coconut palm tree. There are several different varieties of palm (Palmyra, date, etc.), and “coconut palm” specifically refers to the *coco nucifera* plant. It is made from the flowers of the coconut palm and the liquid sap from the flowers is collected and placed under heat until most of the water has evaporated.

Most of the “palm sugar” commonly sold in Asian markets is not pure coconut palm sugar but is blended with other fillers such as white cane sugar so make sure to check your labels. Sweet Tree is a trusted brand of organic raw coconut palm sugar.

There have been claims that coconut palm sugar is a low glycemic sugar but since sucrose is 50% glucose and 50% fructose it still works in the body the same as table sugar although it has a lot more nutrients in it than table sugar as it is rich in potassium, magnesium, nitrogen and zinc and other micronutrients. It also has a wonderful complex taste and is my favorite tasting sugar. My opinion is take your nutrients where you can get them. If I have to choose between no nutritive value or something rich in nutrients I will go with the rich in nutrients option.

Storable Organics carries organic coconut palm sugar in #10 BPA free cans for longer term storage. (Shelf life 6+ years)



[CLICK HERE FOR ORGANIC COCONUT PALM](#)

[SUGAR](#)

**Raw Coconut Nectar** is basically the coconut flower sap that hasn't been evaporated and turned into crystals. I use raw coconut nectar a lot in cooking. It's especially great for making salad dressings. Raw coconut nectar also has a nearly neutral pH which is another plus.





[FOR RAW COCONUT NECTAR CLICK HERE](#)

## Low Calorie / Low Glycemic Sweeteners



One of the very popular low calorie sweeteners is Truvia which claims to be stevia, a plant that grows much like mint and is very sweet with zero calories or sugar. But it's not exactly stevia. It's mostly erythritol mixed with a compound of the stevia plant derived through a "proprietary" technology using ethanol. Even though Cargill and Coca-Cola, the company who manufactures Truvia, have

been tough to get straight answers from regarding their "proprietary" technology, at least we know it involves ethanol (a fuel you can drive your car with). Mmmm sounds delicious.

Erythritol is a sugar alcohol, a sweetener that does not provide as many calories as sugar. Despite the name, sugar alcohols are neither sugar nor alcohol. The reason that sugar alcohols provide fewer calories than sugar is because they are not completely absorbed into your body. For this reason, high intakes of foods containing sugar alcohols can lead to abdominal gas and diarrhea.

In small amounts, erythritol is not supposed to cause digestive upset and diarrhea that other sugar alcohols like sorbitol and xylitol are known to cause, because erythritol is a smaller molecule and 90 percent of erythritol is absorbed in the small intestine and excreted for the most part unchanged in urine. This quality makes erythritol unique among the sugar alcohols. Many people, however, report side effects such as diarrhea, stomach upset, and headache after consuming normal amounts of erythritol in food or beverages.

Also, bear in mind that while sugar alcohols are lower in calories, gram for gram, than sugar, they are not calorie-free, and if eaten in large enough quantities, the calories can be comparable to sugar-containing foods.

Erythritol is usually made from plant sugars (glucose). Sugar is mixed with water and then fermented with a natural culture into erythritol. It is then filtered, allowed to crystallize, and then dried. The finished product is white granules or powder that resembles sugar. It's about 70% as sweet as sugar and has almost no calories. In the United States, erythritol is labeled as having 0.2 calories per gram, which is 95 percent fewer calories than sugar. In Japan, erythritol is labeled as having zero calories. Erythritol has not been found to affect blood sugar or insulin levels and has a zero glycemic index.

So if Truvia seems a dubious choice, or if you simply do not want to give your dollars to a company that donated \$226,846 to NO on Proposition 37 (the campaign to Demand GMO Labeling), there is

another sweetener using erythritol and a high purity extract of the Chinese Monk Fruit (Luo Han Guo). It's called Lakanto. It's a product of Japan. I've tried Golden Lakanto and it actually tastes like brown sugar. It closely matches the sweetness profile of table sugar and can be used in cooking, baking, coffee and tea. There is a white Lakanto as well, which I have not tried yet, that might taste more like white sugar. (I'm guessing).



[For Lakanto CLICK HERE](#)

## Stevia

Then of course there is actual stevia. This is a plant that grows much like mint. It's very sweet but contains no sugar and is zero calorie and zero on the glycemic index. The only downside on this is that it doesn't do very well heated so it's not that great for coffee and tea or baking but anything raw like smoothies, protein shakes, salad dressings etc. it is pretty amazing and since it is simply the leaf that has been dried and then powdered and hasn't gone through any mysterious chemical processes there is no weird bitter aftertaste like there is with the chemically processed stevia. You can also grow stevia very easily and have fresh supplies on hand. One sprig is equivalent to about a rounded teaspoon dried.



[For Organic Stevia Leaf Powder](#)

[CLICK HERE](#)

There are at least 25 different types of sugars and sweeteners that I can think of but I'm only covering the main ones that people would usually think of to stock up on for emergency preparedness preps. The best advice I can give you is now that you know how fructose and glucose work in the body, whatever sugar or sweetener you stock up on, if I haven't covered it here, look to see how natural it is or isn't, what nutritive value it has, what the fructose/glucose ratio is, what the true glycemic index is and can you use it in everyday cooking and maybe even medicinally as well?

## 3.9. Milk Alternatives



When it comes to stocking up on your food saving preps, milk is something some people consider a staple item. If you drink coffee and take it with cream or eat cereal then you will need some form of milk. Since this book is about being a healthy prepper I would be remiss if I didn't cover why dairy milk is not the healthiest choice and what other options there are for delicious tasting milk alternatives.

### **So why not dairy milk?**

Ok, at the very beginning of the book, in the chapter on The Impending Worldwide Water Crisis, when looking at how much of a total water footprint is used to create milk it was a LOT of water, which may not be available at some point. It can take up to 2,000 gallons of water to produce one gallon of milk. So one reason why not dairy milk is the extravagant water footprint. When the water dries up raising cattle just simply might not be an option or it would be so outrageously expensive as to be prohibitive.

But for argument's sake, since milk is still available and we have a few years until SHTF regarding severe water shortages, what are some other reasons why not dairy milk?

Another reason, which I discuss in further detail in the chapter on The Many Uses for Apple Cider Vinegar, is how the pH system of the body works and why it's important to eat more alkaline. Now you may be thinking that since calcium is an alkaline mineral that milk may be alkalizing to the body and good for your bones, especially since that's what the dairy industry has been telling us for years. Well they are trying to sell their product and they have a vested interest in making the public believe this but the real science shows just the opposite.

When your body is too acidic it does draw calcium out of your bones and teeth to neutralize the acid but taking more calcium actually starts calcifying your soft tissue. The calcium that is supposed to be deposited in your bones is being lodged in your soft tissues where it does not belong. The condition can manifest itself in many ways: heart disease, cancer, wrinkled skin, arthritis, kidney stones, osteoporosis, dental problems, bone spurs, senility, cataracts, general aging and many other health problems.

When you eat acidic foods or beverages your body's delicate internal pH balance is seriously jeopardized and it starts pulling calcium from your bones and teeth, magnesium from your muscles and sodium and potassium from your PC pump to neutralize the acid so you don't die. This leaves you with fragile bones and teeth, weak, flabby muscles and higher risk of heart attack. This is especially dangerous when acidic minerals like phosphorus are involved as most calcifications are composed of calcium phosphate.

Most meats and processed foods are loaded with phosphorus, and cola drinks are notorious for their extremely high phosphorus levels and dairy products have a high phosphorus level. And milk is also high in protein and protein is acid forming. Milk is also high in galactose which is sugar which is also acid forming. The more milk you drink to add calcium to your body the more calcium is pulled out

of your teeth and bones to neutralize the acid it produces. It's kind of a catch 22.

In a 12 year study at Harvard University of 78,000 women the women who drank milk 3 times per day actually broke more bones than women who rarely drank milk.

Calcium from dairy and artificial calcium from limestone and oyster shells only calcifies the soft tissues in your body (not good) and never makes it to your bones. Getting your calcium naturally from the plant based foods you eat and also magnesium mixed with silica creates bone calcium making your bones and teeth healthy and strong.

References: Mark Mayer (2008). Calcification The Aging Factor; Feskanich D, Willett WC, Stampfer MJ, Colditz GA. Milk, dietary calcium and bone fractures in women: a 12 year prospective study. Am J Pub Health 1997; 87:992-7.

Some excellent plant based food sources of calcium are:

Kale - 188 mg. in 2 cups chopped raw.

Black Strap Molasses - 172 mg. in 1 Tbsp.

White Beans - 191 mgs. in 1 cup canned.

Dried Figs - 107 mg. in 8 whole figs.

Black Eyed Peas - 185 mg. in 1/2 cup canned.

Turnip Greens - 197 mg. 1 cup chopped cooked.

Instant Oatmeal - 187 mg. 1 cup.

Goji Berries - 112 mg per 100 gram serving

An excellent source of silica is food grade diatomaceous earth. It's 89% silica and it's also great for cleansing the colon and killing any internal parasites or worms. [For Diatomaceous Earth CLICK HERE](#)

An excellent source of magnesium is raw cacao powder. Great for smoothies, hot chocolate, protein shakes and all things chocolate. [For Bulk Organic Raw Cacao Powder CLICK HERE](#)

The calcium issue is not the only health issue associated with dairy milk.

## **Mucus, Allergies and Respiratory Problems**

Did you know that different cows produce different types of milk? This is an issue you may never have heard of unless you're familiar with the bovine industry, or have done a fair amount of research on milk. But there are actually distinct differences in the milk produced by various breeds of dairy cows.

So-called A1 cows are "newer" breeds that experienced a mutation of a particular amino acid some 5,000 years ago, whereas A2 cows are the older breeds that do not have this mutation.

As Thomas Cowan, MD, a founding board member of the Weston A. Price Foundation, explains this in more depth in his book [The Devil In Milk](#).

The milk solids consist of a variety of proteins, lactose and other sugars. One of these proteins is called beta-casein, and this is the protein of interest when comparing A1 and A2 milk.

All proteins are long chains of amino acids. Beta casein is a chain of 229 amino acids. A2 cows produce this protein with a proline at number 67, whereas A1 cows have a mutated proline amino acid, which converts it to histidine.

The proline in A2 milk has a strong bond to another small protein called BCM 7, which helps keep it from being released.

Histidine (the mutated protein), on the other hand, only weakly holds on to BCM 7, so it is liberated in the GI tract of animals and humans who drink A1 cow milk. Now, BCM7 is a powerful opiate that can have a very detrimental impact on your body. It causes increased phlegm production in your digestive and respiratory tract, which can worsen upper respiratory problems.

## **Pasteurization**



Another reason for why not milk is pasteurization. Pasteurized dairy from factory farmed cows is produced in the dirtiest milk factories imaginable, where blood, pus, e.coli and other truly dangerous pathogens are routinely bottled into milk containers and fed to consumers.

That's the whole point of pasteurization, you see: To *kill* everything that might be alive in their ultra-dirty milk. The real purpose of pasteurization is not to simply "make milk safe" as is claimed by the CDC, but rather to allow the dairy industry to operate DIRTY. It's so much easier to just *cook the crap out of the milk* (yes, there's fecal matter in it) than to clean up their operations.

The reason that factory farmed milk has to be pasteurized is because it's strongly contaminated with:

- blood
- pus
- bacteria
- fecal matter

In addition, conventional dairy cows are:

- Pumped full of bovine growth hormones
- Fed masses of antibiotics
- Fed tons of GMOs such as corn and soy
- Heavily contaminated with chemical pesticides

That's what you get when you buy "Pasteurized" milk. Pasteurization also breaks down lactase, an enzyme that helps digest the milk-sugar lactose. The lactose in the milk is converted into beta-lactose as a result of pasteurization. Beta-lactose is a fast sugar and it is in fact this ingredient which gives people lactose allergies and intolerances and causes mucus buildup.

To read more about this and see some YouTube videos showing true factory conditions [CLICK HERE](#)

The majority of the organic milk in the U.S. is ultra high temperature (UHT) pasteurized. This means it is heated to a temperature of at least 280 degrees for 1-2 seconds. This type of pasteurization kills virtually all of the enzymes and bacteria to the point that the milk cannot even be cultured to make yogurt or kefir. It is commonly referred to as "dead milk".

The micro life that exists within milk is needed in order to properly digest and absorb the nutrients in it. Without it the body perceives the proteins in the milk as foreign and mounts an immune response. The body is unable to digest the casein proteins in milk without these necessary enzymes. The proteins themselves are also changed at temperatures this extreme. So while it is true that organic milk is produced by cows that are fed organic feed and are free of antibiotics and hormones, ultra high temperature processing eliminates most of the health benefits from milk.

Also it's only fair to note that raw milk from grass feed cows that are not factory farmed do not have the above mentioned health risks of pasteurized milk. Clean, raw milk from pastured cows is a completely balanced food. You could live on it exclusively if you had to.

Lactose is the primary carbohydrate in cow's milk. It is made from one molecule each of the simple sugars glucose and galactose. People with lactose intolerance do not make the enzyme lactase and so cannot digest milk sugar. Raw milk has its lactose-digesting Lactobacilli bacteria intact. This may allow people who have lactose intolerance to be able to drink raw milk.

But for food saving purposes you will probably be stocking up on a dried powdered form. I haven't seen canned raw organic milk from any company anywhere. There are a couple of organic powdered milk products on the market, one being Organic Valley and the other from Frontier, produced without antibiotics, synthetic hormones, or pesticides. With going through the drying process there is heat

involved so I don't think the powdered milk could be considered a raw milk and I doubt the health benefits of raw milk are still intact with powdered milk but this is still a better and far healthier product than non-organic powdered milk. Frontier also has powdered organic cheese and powdered organic butter - things you might be interested in as well if you are still interested in dairy.

### [For Frontier Bulk Dried Organic Milk Powder CLICK HERE](#)

So now that I've covered some of the bases for why not milk here are some delicious milk alternatives.

#### **Nut & Seed Milks**



#### **Almond Milk**

Making almond milk is actually an incredibly old process. It is taught in culinary schools as part of classic French cuisine. The process essentially involves soaking almonds in water over night or for up to two days (the longer you soak the almonds, the creamier the milk will be). Drain and rinse the almonds from their soaking water and grind them with fresh water. The resulting liquid, drained from the almond meal, is almond milk.

1 cup of almond milk contains 15g of protein, 198 mg of magnesium and 514 mg of potassium and 360 mg of natural plant based calcium (the kind your body can use).

#### **Basic Recipe**

1. **Soak 1 cup of raw un-pasteurized organic almonds overnight or up to 2 days.** Place the almonds in a bowl and cover with about an inch of water. Let stand, uncovered, overnight or up to 2 days. The longer the almonds soak, the creamier the almond milk.
2. **Drain and rinse the almonds.** Drain the almonds from their soaking water and rinse them thoroughly under cool running water. At this point, the almonds should feel a little squishy if you pinch them.
3. **Combine the almonds and water in a blender.** Place the almonds in the blender and cover with 2 cups of water.
4. **Blend at the highest speed for 2 minutes.** Pulse the blender a few times to break up the almonds, then blend continuously for two minutes. The almonds should be broken down into a very fine meal and the water should be white and opaque. *(If using a food processor, process for 4 minutes total, pausing to scrape down the sides halfway through.)*
5. **Strain the almonds.** Line the strainer with either the opened nut bag or cheese cloth, and place over a measuring cup. Pour the almond mixture into the strainer.
6. **Press all the almond milk from the almond meal.** Gather the nut bag or cheese cloth around the almond meal and twist close. Squeeze and press with clean hands to extract as much almond milk as possible. You should get about 2 cups.
7. **Sweeten to taste.** Taste the almond milk, and if a sweeter drink is desired, add sweetener to taste.
8. **Refrigerate almond milk.** Store the almond milk in sealed containers in the fridge for up to two days.

## **Hemp Milk**

Hemp seeds are a nutritional powerhouse, loaded with essential fatty acids, as well as all of the essential amino acids used to build protein in the body. The omega-3 fatty acids found in hemp seeds can help reduce inflammation in the body, and may also lower the risk for cancer, heart disease and arthritis. They are also a source of vitamin

E, which can help boost immune function and aid in red blood cell formation.

3 Tbsp. of hemp seeds have 3300 mg. of ALA omega-3 and 8100mg of ALA omega-6. The ratio of omega 3 to 6 is almost ideal in hemp seeds (ideal is considered 1:2 or 1:4). It's actually on the lower range of ideal, which is a bonus because most of us get enough omega-6 already. As for protein, hemp seeds are 33% protein and contain all the essential amino acids. 3 tbsp contain 11g protein.

So one cup of hemp milk will provide 3300 mg. of omega-3 and 11g of protein.

### **Basic Recipe**

**1/2 cup organic hemp seeds (6 Tbsp.)**

**2 cups water**

**1Tbsp. organic raw coconut palm sugar OR 2 medjool dates**

**1/4 tsp. organic sun dried vanilla bean powder**

There is no need to pre-soak hemp seeds. They are quite soft and blend easily. Simply blend all the above ingredients in a blender for about a minute or so then strain the milk through a nut milk bag or a very fine sieve. Chill and serve. Very delicious. You can store the milk in an airtight container for up to a week.

**[For Organic Hemp Seeds CLICK HERE](#)**

### **Grain Milks**



## Oat Milk

If you are looking to be dairy and also nut free consider oat milk. Not only is this the cheapest of all the milks to make but oats also store longer than nuts do so if you bought oat groats or steel cut oats in bulk chances are if you start using up your supplies you'll probably have oats on hand a lot longer than you would any kind of nut. The bonus is you could also make milk for your oatmeal from your oats.

1 cup of oat milk has about 7-9 grams of protein.

### Basic Recipe

**1 cup steel cut organic oats**

**3 cups water**

**1 - 1.5 Tbsp. raw honey or raw coconut sugar or 2-3 medjool dates**

**1/4 teaspoon sun dried organic vanilla bean powder**

**Pinch of himalayan pink salt**

**Step 1: Rinse and drain 1 cup of steel-cut oats.** I've heard you can also use oat groats. Place oats into a bowl and cover with water. Soak for around 20 minutes. Not only does soaking help soften the oats, but it also makes them easier to digest, however, do NOT soak overnight. I did this thinking it would be better but it made the oats

completely unusable. They were so gooey after blending that the milk would not drain in either a cheese cloth or a sieve. It just sat there all thick and gooey. Even after several hours not a drop drained through. Part of this might have been how fine I blended them. It's best to not blend them too fine. Blend only slightly.

**Step 2: After soaking, rinse and drain the oats very well.** This step is very important because you want to rinse off any of the oat gooeyness that has occurred from soaking.

**Step 3: Put the drained oat into your blender and add 3 cups water.** Blend on a low speed, increasing the speed gradually, and blend at the highest speed for about 8-10 seconds only. Don't blend too finely. Like I mentioned above I blended my oats way too fine the first time and it made a big mess and the milk won't drain at all. So lightly blend.

**Step 4:** Place a fine sieve over a large bowl and pour the oat milk very slowly into the sieve. You might have to do this in a couple batches depending on the size of your sieve. With a spoon, gently push down on the oat pulp so the milk flows through. This helps push the milk into the bowl, leaving the oat pulp behind in the sieve.

**Step 5: Scoop the oat pulp into a small bowl and set aside.** Clean out your blender and sieve with a good rinse of water until no pulp residue remains. Then place sieve over top of your blender and pour the milk in once again and strain. Straining twice gets even more pulp out yielding a smoother milk. Three times is even better.

**Step 6:** Add in the remaining ingredients and blend again.

You can store the milk in an airtight container for about 4-5 days.

**Coconut Milk**



Coconut milk is wonderful. I've already devoted an entire chapter to the virtues of coconut. It's high in lauric, caprylic and capric acid, it helps build up and support the immune system, contains medium-chain fatty acids, which the body does not store as fat and is a very delicious, healthy, non-dairy milk alternative.

Some of the considerations regarding coconut milk when it comes to food saving supplies are whether to use the dry coconut milk powder and reconstitute it or buy cans of it. A lot has to do with the price difference and also the additives.

The dry coconut milk powder says on the package mix one cup of powder to 1/2 cup of hot water to replicate light coconut milk. That is a very strong concoction and makes 1 cup of coconut milk. I added an additional 1 cup of water and it tasted almost exactly like powdered milk with a hint of coconut flavor. Also adding that additional cup of water will double the amount of milk you can get out of a package. If you bought it in 1 lb packages at the current rate of \$13.99 plus shipping at 8 cups of milk per pound of coconut milk powder you would be paying between \$1.75 - \$1.90 per cup of milk making it the most expensive of all the milk alternatives. If you buy it in bulk (a 44lb. package) you can bring the price down to about \$1.00 - \$1.10 per cup of milk.

Compare that to Trader Joe's and Natural Value's cans of light coconut milk, which they currently sell for about \$1 a 14 oz. can, which brings the cost to about \$.57 per cup of light coconut milk.



The downside is that cans are heavy and will take up space you may not have.

What I like about Trader Joe's and Natural Value's light coconut milk is that it is simply coconut milk and water. There is no guar gum added or any preservatives. It's very hard to find coconut milk without a bunch of additives and preservatives in it. Guar gum is added to most coconut milk to make the milk seem thick and creamy while using less actual coconut. It's a way to sell less coconut for more money and it just doesn't taste right either. It has a sort of slippery texture to it that I really detest.

So far the Trader Joe's light coconut milk and Natural Value brand coconut milk (both light and regular) are the only two brands I know of that are simply coconut milk and water with no guar gum added and no preservatives. And Natural Value is now also using BPA free cans. The Natural Value brand of full cream coconut milk on Amazon.com, if you buy a 12 pack, is about \$2.76 per 13.5 oz. can which brings it close to \$1.65 per cup of full cream coconut milk. They also have a light coconut milk that is only coconut milk and water and is about the same price as Trader Joe's plus they now have BPA free cans so it seems it's even a better choice than Trader Joe's.

Virtually all coconut milk powder contains maltodextrin in small amounts and often times sodium casein as well. The maltodextrin is included to keep the powder from clumping into hard chunks or one solid brick.

Maltodextrin is a sweetener made from rice, corn, potato or tapioca starch, though it can also be derived from barley or wheat. First, the starch is cooked down, then an acid or enzyme is added to further break down the starch. Virtually all the maltodextrin used throughout the natural products industry is genetically modified. Products that are certified USDA organic, however, are not using GMO maltodextrin. The non-GMO, non-corn replacement for maltodextrin derived from GM corn is tapioca maltodextrin. Maltodextrin has a very high glycemic index of 105.

Sodium casein is a milk protein glue. When you take milk and you get rid of the fat and get rid of the water, you're left with the protein serumalbumin (milk protein). 90% of it is casein. Casein, when it's extracted from milk, is actually a glue. This glue is used commercially to put a label on a bottle of beer and hold together the wood in your furniture. When you eat this casein, this glue from milk, your body sees this foreign protein and starts producing histamines which end up as mucus.

So always check the ingredients label to see if sodium casein is on the list. This is an ingredient to avoid and check to see what the source of the maltodextrin is and if it is gmo or non-gmo. Sometimes they will tell you on the label or on their website and other times you have to call them up and ask.

The company I like for powdered coconut milk is Z Natural Foods. Their coconut milk powder contains no sodium casein and uses 4% non-gmo organic tapioca maltodextrin, which is a starch made from organically grown non-GMO yuca root (cassava root) and not from corn.

[For Bulk Coconut Milk Powder from Z Natural Foods CLICK HERE](#)

[For Natural Value Regular Coconut Milk in BPA Free Cans CLICK HERE](#)

[For Natural Value Light Coconut Milk in BPA Free Cans CLICK HERE](#)

**Disclaimer:** None of the information in this chapter is intended to constitute medical advice or treatment. For development of individual health issue treatments, it is advised that any person first consult a qualified health care provider. It is advised that he or she remain under the doctor's supervision throughout any major health issues.

The author of this book is not a licensed medical practitioner of any kind, is not providing medical advice and assumes no responsibility for your improper use of this information.

The statements in this chapter have not been evaluated by the Food and Drug Administration. Information contained within this book is for educational purposes only and is not intended to diagnose, treat, cure or prevent any disease.

## 3.10. Freezing Eggs?



Part of emergency preparedness is stocking up on food supplies. When stocking up on food supplies your proteins are more important than your carbs. If food supplies get short your body will need protein more than carbs. It's important to have a variety of different proteins on hand including meats, nuts, plant based proteins like hemp or rice protein, and eggs too. Traditionally eggs last about a month in the refrigerator. So how would you stock up on eggs? Freezing eggs is one method that works brilliantly!

Eggs will last one year in the freezer and take up little space and when thawed and cooked taste just like fresh eggs.

Before freezing the eggs, sit for a few minutes and think “how do I use eggs?” If you frequently make scrambled eggs, for example, think about how many you cook at a time and freeze that quantity as a batch.

I make my own mayonnaise and I use one whole egg and one egg yolk in each batch so I also packaged mayonnaise batches as well as scrambled egg batches which left me left over egg white batches which was perfect for adding to quinoa flour bread that I make to help it hold together better since it is a gluten free flour. So just think about how you might use the eggs and make specific batches for how you use them.

Preparation – Select fresh eggs and break each separately into a clean saucer. Examine each for freshness and remove any pieces of shell before mixing with other eggs.



**WHOLE EGGS** — Thoroughly mix yolks and whites. Do not whip in air just mix enough so that the eggs are thoroughly blended together. To prevent graininess of the yolks, add  $\frac{1}{2}$  teaspoon salt per cup whole eggs, depending on intended use.

For 3 whole eggs using just a pinch of salt works fine. Package, allowing  $\frac{1}{2}$ -inch headspace. Seal and freeze. They expand slightly when frozen so if there is not enough head space at the top of the bag it will burst and get all over your other packages....(I know this from experience).

**EGG YOLKS** — Separate eggs. Stir yolks gently. To prevent graininess,  $\frac{1}{2}$  teaspoon salt per cup of egg yolks, depending on intended use. Package, allowing  $\frac{1}{2}$ -inch headspace. Seal and freeze. One tablespoon of the yolk mixture equals one egg yolk.

**EGG WHITES** — Gently mix whites; do not whip. No salt is needed. Package, leaving ½-inch headspace. Seal and freeze. Two tablespoons of the egg-white mixture equal one egg white.

Ziplock freezer baggies are wonderful: put in the egg, squeeze out all the air and seal, and they stack flat in the freezer with little wasted space.

Another method of freezing a whole-egg mixture is to use ice trays. Measure 3 tablespoons of egg mixture into each compartment of an ice tray. Freeze until solid. Remove frozen cubes, and package in moisture-vapor resistant containers. Seal and freeze. Three tablespoons of the egg mixture (one cube) equal one whole egg.



Mark it on your calendar: Early May is the best time to stock up on eggs. At farmer's markets you'll find that farmers who don't usually offer eggs will have them for sale, and the natural abundance of eggs at that time of the year means that for a few weeks the price of premium farm eggs is depressed about a dollar a dozen, right at the time when the quality of the eggs is the most superb (due to fast-growing grass, assuming the hens in question are in fact outdoors on pasture!)

Freezing those eggs:

1. Takes advantage of the best price of the year.

2. Makes the best quality eggs available for your most important holiday baking.

3. Ensures that you actually HAVE eggs in winter, when they're hard to come by because of the natural decrease in production due to reduced daylight hours.

One other note about eggs to consider: Chicken eggs are approximately 6 grams of protein per egg. Duck eggs are approximately 11 grams of protein per egg. If you have never tried duck eggs they are incredibly delicious, have larger yolks than chicken eggs and are a little more fatty and richer in taste. I personally prefer duck eggs to chicken eggs and the fact that they are nearly double the protein per egg it's worth considering saving some duck eggs as well.

## 3.11. Superfoods



If you would like to be a healthy prepper and stock up on items that will help you to not only survive but also thrive then you should consider including some "superfoods" in your food saving supplies.

While there is no agreed-upon, scientific definition for a superfood, the 2009 Oxford Pocket Dictionary of Current English defines it as "a natural food regarded as especially beneficial because of its nutrient profile or its health-protecting qualities."

A "superfood" should generally have high anti-oxidant properties. The ORAC (Oxygen Radical Absorbance Capacity) unit, ORAC value, or "ORAC score" is a method of measuring the antioxidant capacity of different foods and supplements. It was developed by scientists at the National Institutes of Health. Foods higher on the ORAC scale will more effectively neutralize free radicals.

You've heard of antioxidants haven't you? Anti meaning negative value ( - ) Oxidant is a molecule that has one electron missing, causing it to be unstable. It is also called a free radical. A free radical is corrosive. Like a bad guy, it goes around vandalizing and causing cellular damages in the body resulting in toxic effects.

These free radicals, if left roaming rampant in the body without control, will result in cell deterioration and destruction and ultimately



resulting in all kinds of diseases. Some of the diseases which are the direct result of this enemy are, strokes, arterial inflammation, arthritis, macular degeneration, Alzheimer's, and many more. The cancer-causing free radicals are called carcinogenic.

Our entire being, every cell in our body, needs oxygen to help release energy from the food we eat. Whether it be from proteins, carbohydrates or fats. In the process, it creates a byproduct called "oxidation".

While oxygen is essential to life itself, oxidation is the "dark side" of oxygen that most people don't know about. Oxygen is chemically reactive and, under normal biochemical reactions, can become unstable. It oxidizes neighboring molecules, causing them to be unstable.

This is the same process that causes iron to rust or a cut apple to turn brown, just by its mere exposure to oxygen. In the same manner, oxygen can cause "rusting" in our body which is the root cause of many degenerative diseases.

If oxidation can cause rust on such a strong material like iron, just imagine what harm it does to our vulnerable body. But fortunately, there is a provision to counteract this corrosion...anti-oxidants!

Anti-oxidants are molecules that have several electrons that can be easily detached without being unstable. It donates an electron to the free radical that has one electron missing, thus neutralizing it and rendering it harmless.

The body can produce its own anti-oxidants. However, if the body is being constantly attacked by free radicals faster than the natural production of anti-oxidants, destruction sets in. To aid our body in keeping its "anti-oxidant tank" full, so that we can easily counteract oxidation, we can supply our body with foods that are rich in anti-oxidants.

Superfoods should, in addition to being good anti-oxidants, also provide lots of essential nutrients like vitamins and minerals. To be considered "super" it must have extraordinary nutrient density.

Now I won't be able to cover all the superfoods in this book but I will list some of the superfoods that would be great to add to your food saving supplies and are already packaged for longer term storage.

## **Chlorella**



Chlorella is one of the top superfoods in the world. It is considered by some to be the absolute perfect food. Chlorella is a single-celled, water-grown micro-algae believed to have been around for eons of time. It is one of the few edible species of water-grown algae. It is full of chlorophyll, it contains all of the B vitamins, vitamin C, vitamin E, beta-carotene, amino acids, magnesium, iron, trace minerals, carbohydrates and a higher amount of protein (more than 50%) than meat, per grams of weight. It's high amount of protein makes it a staple for many people who do not eat meat. It contains all the amino acids necessary to form a complete protein.

Some of the benefits of chlorella outside of its nutritive value are that it cleanses the blood and optimizes oxygen into the blood. It alkalizes the body, helping to correct a state of acidosis, in which most disease thrives. Chlorella is also a powerful detoxifier to the body. Studies have shown that the cell walls of chlorella bind heavy metals and other toxic pollutants to escort them out of vital organ tissues.

Some of the problems with chlorella is its tough cell wall structure which make digesting its nutrients a little difficult so different methods were created to crack the cell walls without destroying them. This is

what is usually meant by "broken cell chlorella".

Also finding clean chlorella not contaminated with heavy metals and pollutants is another important issue to consider when purchasing. Much of the chlorella on the market today is heavily contaminated with pollutants and toxic heavy metals and some of it is cut with cheap fillers so manufacturers can sell less chlorella for more money. To read more about tests on chlorella [CLICK HERE](#)

Storable Organics, which is a product of Mike Adams from Natural News, has some very clean, broken cell chlorella in #10 BPA free cans with a shelf life of 8+ years that you can stock up on.

[For Chlorella CLICK HERE](#)

## **Moringa Leaf**



Moringa (*Moringa Oleifera*) is another wonderful superfood. It contains over 90 nutrients and 46 antioxidants. Moringa is rich in vitamins D, K, A, C, B6, Manganese, Magnesium, Lysine, Riboflavin, Calcium, Thiamin, Potassium, Iron, Protein and Niacin. Ounce for ounce, Moringa contains seven times the Vitamin C found in oranges, four times the beta carotene of carrots, three times the iron of spinach, four times as much calcium as milk, three times the potassium of bananas and more fiber than oats. Moringa also contains all 8 essential amino acids and is rich in flavonoids, including Quercetin, Kaempferol, Beta-Sitosterol, Caffeoylquinic acid and Zeatin.

Moringa is sometimes referred to as the "Miracle Tree" because all

parts of the plant are edible and healthy. It can also thrive in tough climates and poor soil. Its combination of high nutrition, sustainability and hardiness has caused it to be promoted widely in Africa to help fight hunger and malnutrition.

This is one superfood you could easily grow in your back yard. [For how to plant and grow moringa CLICK HERE.](#)

If you don't have the space to garden or just want to purchase it already packaged, Z Natural foods carries it in 1 lb, 5 lb and 55lb sizes.

[For Organic Moringa Leaf CLICK HERE](#)

I just love Z Natural Foods. I do a lot of shopping there. They carry all organic products. Some products are certified organic and others are organic but not certified as sometimes the certification process can be too expensive for small farmers. But they assure me even if they can't legally claim it to be organic that they only buy organic products that all the products they carry are pesticide and herbicide free.

If you go to their website and click on their fruit powders section you will see all kinds of superfoods listed. Most of these superfoods are available in 1 lb, 5 lb, and 55 lb quantities. Some of the superfoods I would recommend for you to check out from Z Natural Foods are:

## **Sea Buckthorn**



Known as the "Holy Fruit of the Himalayas," sea buckthorn has been cherished by native Tibetans for centuries for its incredible nutritive qualities. Sea buckthorn grows high in the Himalayan region and has been used in Asia over the centuries as an herbal medicine to relieve cough, aid digestion, invigorate blood circulation, and alleviate pain.

Sea buckthorn is a source powerful antioxidants and rare fatty acids, thanks to its very high vitamin C, carotenoid, and phenolic content. As a result of the powerful antioxidant levels, its ability to protect against aging of the skin and the effects of environmental pollution has been noted. The beneficial uses of this berry were recognized by ancient civilizations. The Greeks were the first to discover the benefits of the Sea Buckthorn berries 1,200 years ago. The berries are mentioned in Chinese and Tibetan medical texts from around 1,000 years ago.

Sea buckthorn's berries contain more than 100 different kinds of nutrients and bio-active substances including vitamins, fatty acids and free amino acids. Recent scientific studies indicate that sea buckthorn supports the immune system and may help protect the liver.

Today, over one hundred and twenty specific studies on sea buckthorn and countless studies on the biological properties found in the plant have shown that this small berry promotes good health. Sea buckthorn has been called the superfruit, and given its nutritional profile, it is no wonder. This fruit has a high abundance of some of the rarest and most powerful antioxidants in the world. Not only that, but it is **the only plant known to contain essential fatty acids 3, 6, 7, and 9.**

Sea buckthorn contains more than 190 biologically active compounds. Included in these 190 nutrients are the following:

- Vitamins A, B1, B2, C, D, K, and P
- Omega 3, 6, 7 & 9 (Essential Fatty Acids or EFAs)

- 42 Lipids
- Organic Acids
- Amino Acids
- Folate (also known as vitamin B9 & natural folic acid)
- Tocopherols
- Flavonoids
- Phenols
- Terpenes
- Tannins
- 20 Mineral Elements

## Schizandra



Schizandra, also spelled Schisandra, is revered for its ability to promote energy, vitality, and life. It is one of the primary herbs used in Traditional Chinese Medicine for thousands of years.

This unusual berry holds a top spot in Traditional Chinese Medicine for its superior medicinal benefits, where it is considered one of the 50 fundamental herbs. They are most often used in dried form, and boiled to make a tea. Medicinally it is used as a tonic and restorative adaptogen with notable clinically documented liver protecting effects. The primary hepatoprotective (liver protecting) and immunomodulating constituents are the lignans schizandrin, deoxyschizandrin, gomisins, and pregomisin, which are found in the seeds of the fruit.

In China, Schizandra is also used to increase "the water of the genitals," referring to its use in nourishing sexual fluids. It is also said

to "calm the heart and quiet the spirit." Long term use is said to help to beautify the skin. Schizandra is also said to build wei chi, the defense energy of the body, so one is better able to resist infection. Schizandra is listed among China's most important herbs, and Chinese herbal medicine described Schizandra as a high-grade herbal drug useful for a wide variety of medical conditions - especially as a kidney tonic and lung astringent. Chinese herbalists still use Schizandra for coughs, night sweats, insomnia, thirst and physical exhaustion.

Schizandra is currently popular worldwide as a tonic, and in Asia, it is used as a food source. Schizandra Berry helps the body adapt to stress and nourishes the nervous system. Modern Chinese research suggests that lignins in Schizandra regenerate liver tissue damaged by harmful influences such as viral hepatitis and alcohol. Lignins are thought to lower blood levels of serum glutamic pyruvic transaminase (SGPT), a marker for infective hepatitis and other liver disorders. Schizandra fruit may also have an adaptogenic action, much like the herb Ginseng (Panax).

Schizandra has gained popularity by providing an alternative to caffeine. According to the book "Herbal Medicine, Healing and Cancer" by Donald Yance, Yance states that the schizandra berry activates the nervous system without the jittery side effect of caffeine. Schizandra has an adaptogenic quality, which means it can restore energy balance to the body. As reported by the Memorial Sloan-Kettering Cancer Center, schizandra induced sleep in some mice and reduced sleep in others.

Laboratory work suggests that Schizandra may improve work performance, build strength and help to reduce fatigue. It is also used as a mild sedative. Using the berries internally is thought to help the body to better utilize oxygen, thereby improving human endurance. In China, a few berries are chewed daily for one hundred days in a row as a tonic to improve coordination and concentration. In the treatment of hepatitis, Schizandra has demonstrated a 76% success rate without harmful side effects. The primary chemical

constituents of this herb include sesquicarene, lignins (schizandrin, deoxyschizandrin, gomisin), schizoandrol, citral, phytosterols (stigmasterol, beta-sitosterol), vitamins C and E, essential oils and numerous acids.

As documented by the Health Sciences Institute, schizandra raises your body's amounts of the enzyme glutathione, which detoxifies you and, in turn, improves mental clarity. Yance describes schizandra berry as an herb that develops mental and physical health and can potentially increase the body's ability to adapt to varied stimuli.

Russian scientists in the Far East regions where the berries and seeds were used by hunters to improve night vision, as a tonic and to reduce hunger, thirst and exhaustion since "it gives forces to follow a sable all the day without food". "Pharmacological studies on animals have shown that Schizandra increases physical working capacity and affords a stress-protective effect against a broad spectrum of harmful factors including heat shock, skin burn, cooling, frostbite, immobilization, swimming under load in an atmosphere with decreased air pressure, aseptic inflammation, irradiation, and heavy metal intoxication.

The phytoadaptogen exerts an effect on the central nervous, sympathetic, endocrine, immune, respiratory, cardiovascular, gastrointestinal systems, on the development of experimental atherosclerosis, on blood sugar and acid-base balance, and on uterus myotonic activity."

## **Apricot Kernel**





Raw Apricot seed kernels are one of nature's highest sources of amygdalin sometimes referred to as Vitamin B-17 or Laetrile (laevomandelonitrile). It is contained in hundreds of foods, but those particularly rich in Amygdalin have largely disappeared from our Western diet.

Apricot seed kernels do contain cyanide, but this is also found in Vitamin B12, almonds, strawberries, wild blackberries, wild crabapples, elderberries, apple seeds, cherry seeds, nectarine seeds, peach seeds, pear seeds, plum seeds, prune seeds, bamboo, alfalfa, eucalyptus and a host of other foods we consume. The cyanide is locked into the Amygdalin, so it is chemically inert and completely harmless to normal cells. In the same way, common salt (sodium chloride) is safe to eat despite containing the poison chlorine. Amygdalin is actually less toxic than salt and sugar.

Amygdalin was first extracted and named over 100 years ago and has been in pharmacological dictionaries since that time as being non-toxic. The assertion that taking Apricot Kernels poses a health risk is simple ignorance by pharmaceutical companies. Apricot Kernels are a staple part of the diet for many peoples, and thousands of others all over the world choose to take Apricot Kernels for the health benefits.

The Hunza people in Pakistan who live healthy productive lives well into their 100s are renowned for being some of the healthiest peoples in the world. Of course, one of the key factors is the mineral rich water they drink and their diet. One of their favorite foods and an important part of the Hunza people's diet is Apricots. They are eaten

fresh in the summer and dried for the winter. The kernels are removed, ground and roasted; the oil is used for cooking, dressings and as a facial lotion. Apricot Kernel oil is healthful in tightening the skin. On average, The Hunzas eat between 50 to 75 milligrams of Vitamin B17 a day but in the Western World, most wouldn't consume this amount in a year!

Alternative health practitioners often use apricot seeds for respiratory issues such as bronchitis, asthma, emphysema, coughing and wheezing. But do not use apricot kernel preparations during pregnancy or to self-treat any condition without checking with your physician.

## **Baobab**



Baobab also known as 'The Tree of Life' is an extraordinary African tree. It can live as long as 5000 years and the trunk can reach up to 82 feet in circumference. Baobab is often called the 'upside down tree' as its branches look like roots.

The baobab fruit looks like a large velvety-green coconut. Inside are large seeds, coated with powder that has a tangy taste of caramel pear with a hint of grapefruit. This precious natural powder has an array of nutrients and health benefits.

Raw organic baobab fruit is highly nutritious and rich in antioxidants, amino acids, vitamins A, B1, B2, B3, B6, C, Magnesium, Calcium, Potassium, Manganese, Zinc, Phosphorus, Iron, protein and dietary fiber (soluble and insoluble). And with an ORAC value of 1,400 per

gram, Baobab Fruit Powder exceeds the ORAC values of many other popular super fruits. It's also high in fiber.

Ounce for ounce, baobab fruit contains six times the Vitamin C found in oranges, three times the iron found in spinach, three times the antioxidants found in blueberries, three times the calcium found in milk, and six times the potassium of bananas. Baobab fruit also contains all 8 essential amino acids and is rich in pectins, triterpenoids beta-sitosterol, beta-amyrin palmitate, alpha-amyrin palmitate, sterols, saponins, triterpenes & ursolic acids.

Baobab fruit is known for its high content of Vitamin C; in particular, 100 grams of pulp contain up to 300 mg of vitamin C. Vitamin C has been used to combat scurvy, a syndrome occurring in humans whose diet is deficient in fresh fruit and vegetables, and protects against free radicals, because it is the most effective antioxidant in hydrophilic compartments. Additionally it contributes to several metabolic processes including collagen biosynthesis in connective tissue, neurotransmitter support, and in the steroidal hormones synthesis. It also increases the calcium absorption and iron bio-availability, and it is related to the prevention of many degenerative diseases (cataract formation, cardiovascular risks, arteriosclerosis).

The fruit also contains other essential vitamins, such are riboflavin (vitamin B2), necessary for growth and to maintain the integrity of nervous fibers, skin and eyes, as well as niacin (vitamin PP or B3) which is important for the regulation of several metabolic processes. The fruit contributes to the supply of other important dietary nutrients, including minerals and essential fatty acids. 100 grams of powder contains 293 mg of calcium, 2.31 mg of potassium, 96-118 mg of phosphorus, and  $\alpha$ -linolenic acid (27  $\mu$ g of acid per gram of product expressed in dry weight).

The Baobab fruit pulp shows interesting properties in the stimulation of the intestinal microflora growth. Studies carried out in Research Centers have shown that the hydrosoluble fraction of the fruit pulp has a stimulating effects on the proliferation of Bifidobacteria. In fact,

soluble dietary fibers, like those contained in the pulp (about 25%), are known to have prebiotics effects stimulating the growth and/or the metabolic activity of beneficial organisms.

According to the International Centre for Underutilized Crops at the University of Southampton, the baobab is 'a fruit of the future' because of its amazing nutritional benefits.

## **Camu Camu**



Camu Camu, another superfood on the list is a bush native to the Amazon rainforest of Peru and has been used as natural medicine by indigenous populations there for thousands of years. The Camu Camu bush produces a fruit with the same name which contains powerful phytochemicals with health benefits, including the amino acids serine, valine, and leucine, and is the second highest natural source of Vitamin C in the world. The camu camu fruit has a surprising range of therapeutic effects. Many people have stopped using large dosages of synthetic Vitamin C because they find that Camu Camu is energizing, mood-lifting and highly effective in strengthening the immune system.

Camu Camu is 13% Vitamin C and it is nicknamed the miracle fruit. Although the number of milligrams of Vitamin C, which Camu Camu contains, is low compared to the milligrams in synthetically derived Vitamin C tablets, it has more natural Vitamin C than almost every known botanical on the planet and its effects on the human body are incomparable. Because of its food form, with bioflavanoids and other

phytochemicals, clinical evidence suggests that it is far more effective, milligram for milligram, than synthetic Vitamin C (ascorbic acid). Many people report that just 1/3 tsp. is sufficient to significantly increase their wellness.

The camu camu fruit has a surprising range of health-promoting effects. Camu Camu helps to strengthen the immune system, maintain healthy gums, eyes and skin.

## **Elderberry**



Hippocrates called the elderberry tree his medicine chest. Classical healers Theophrastus, Dioscorides and Galen referred to elder as one of nature's greatest healers. Almost every part of the plant, including flowers, leaves, berries, bark and roots have been used in traditional folk medicine. The herb also has a rich background that dates back to the stone age. Egyptians discovered that applying its flowers can improve the complexion and heal burns. The 17th century British drank home made wine and cordials because it was thought to prolong life and cure the common cold.

Clinical studies are starting to confirm what ancient healers always knew: that elderberries are good for you. Studies indicate that the anthocyanins in elderberries, which give them their rich purple color, boost immune response. Scientists believe that it is these anthocyanins, in combination with flavonoids and a high profile in vitamin A, B6, and C, iron and potassium, that gives elderberry its ability to fight at least 10 different strains of the flu virus and play a

role in the treatment and prevention of HIV, herpes, diabetes, arthritis, cancer, and other chronic diseases.

The elderberries themselves contain a large amount of vitamin C, as well as vitamins A and B. They also contain flavonoids, tanins, carotenoids, and amino acids. Warm elderberry wine is a remedy for a sore throat, influenza, and induces perspiration to combat against chills. Infusions of the fruit are touted to be beneficial for nerve disorders and back pain, and have even been used to reduce inflammation of the urinary tract and bladder.

This is another great medicinal plant that you could grow in your garden. Here's a place to buy elderberry roots ready to plant.

[CLICK HERE](#)

## **Goji Berry Extract Powder**



Goji Berry Extract Powder is a 50% extract (8:1 ratio) meaning each serving contains a 50% concentration of the polysaccharides. For thousands of years, the Goji berry (*Lycium Barbarum*) has been revered for its staggering array of health benefits and has been used to reduce the craving for sugar, strengthen the immune system, increase longevity and protect from premature aging, fortify the liver, build strong blood and promote cardiovascular health, support eye health and improve vision, maintain healthy blood pressure and blood sugar, stimulate secretion of human growth hormone, strengthen muscles and bones, support normal kidney function, improve fertility, aid sexual function and help reduce obesity.

Modern science has shown that this bright red berry not only

contains extremely high levels of antioxidants, vitamins, and minerals but also contains many unique phytonutrients, polysaccharides and complex compounds that scientists are just beginning to understand. The Goji Berry extract powder from Z Natural Foods contains a whopping 50% polysaccharides.

The Goji Berry, a relative of tomato and natural source of lycopene, has also been called the world's most powerful anti-aging food. It is one of the highest rated foods on the ORAC scale (Oxygen Radical Absorbance Capacity) only rivaled by the Acai berry.

Goji berries contain 18 amino acids; including the 8 essential ones, they are a superb source of vitamin A and offer more beta carotene than carrots, a rich source of vitamin C; having 500 times more vitamin C per ounce than oranges. Goji berries also contain 21 trace minerals including germanium; a substance rarely found in foods, vitamins B1, B2, B6, and vitamin. The raw Goji berry is a nutritionally dense food and an excellent source of protein too.

Goji Berries have a long history of use for eye problems, skin rashes, psoriasis, allergies, insomnia, liver health and balancing blood sugar.

## **Grape Seed Extract Powder**



Grape seed is another superfood worth considering. Grape seeds contain potent antioxidants. Vitamin E is an important antioxidant in grape seed, but even more powerful are the flavonoids called oligomeric proanthocyanidin complexes, or OPCs. Grape seed

extract is a water-soluble flavonoid, or polyphenol, complex with powerful antioxidant properties and ability to reduce blood clotting. Other health benefits associated with grape seed extract are: reduces risk of atherosclerosis, reduce cancer risk; improve vascular strength (stronger blood vessels); reduce edema (both inflammation and swelling); promote eye health (reduces risk of macular degeneration and cataracts).

The Grape Seed Extract Powder from Z Natural Foods is an 95% extract (10:1 ratio) meaning each serving contains an 95% concentration of procyanidins (polyphenols).

### **Acai Berry Powder**



Acai may be one of the most well known superfoods at the moment. It is gaining notoriety and exposure everywhere and deservedly so. Acai is loaded with antioxidants, omega 6 and omega 9 fatty acids which are rarely found in fruit. The berries also contain an optimal combination of essential amino acids, polyphenols and flavonoids as well as minerals such as iron, magnesium, potassium, calcium and vitamins B1, B2, B3, C and E. It has one of the highest ratings on the ORAC scale.

Acai also contains the highest concentration of anthocyanins of any food. Anthocyanins have been shown to improve mental function, concentration, memory, and mental clarity. They are also known for improving capillary health which in turn helps with oxygen uptake and can reduce macular degeneration (vision loss due to aging). Due to their ability to protect the brain from free radical damage and



their support of healthy, cellular tissue growth, anthocyanins are reputed to be one of the most valuable anti-aging antioxidants known.

The famous research regarding the "French Paradox" attributes anthocyanins as being the antioxidant that protects the French from heart disease. The French consume large amounts of coffee, nicotine, sugar, white flour and cheese and yet they have a relatively low incidence of heart disease compared to their neighbors in the UK and other European countries. The red wine grape, due to its anthocyanins is what is believed to be responsible for the low incidence of heart disease. The Acai berry has 30 times the anthocyanins levels of red wine.

### **Purple Aronia Berry Extract Powder**



Packed with polyphenols, Purple Aronia has one of the highest antioxidant ORAC score of any natural food - over 4700 per gram. Aronia berries, also known as chokeberries, have anthocyanins and flavonoids higher than blueberries, cranberries, pomegranates and even acai. The secret to Aronia's power lies in its deep coloring. The intense color is the result of a potent concentration of antioxidant rich phytochemicals. This high level doesn't just help your body fight disease; it combats the entire aging process, making Aronia one of the most dynamically effective foods you can eat.

Researchers from Ohio State University found that anthocyanins obtained from exotic plant pigments not only slowed but also killed the growth of mutated cells in the colon.

Though not well known in the USA, aronia berries have long been eaten in Eastern Europe and Russia for their antioxidant benefits where they even make them into wine. Purple aronia powder tastes like a tart mix of blackberry and blueberry.

Purple Aronia Berry Extract Powder from Z Natural Foods is a 4:1 extract meaning each serving is 4 times more potent than the whole berry powder.

### **Maqui Berry Powder**



Raw Freeze Dried Organic Maqui Berry powder ranks highest on a broad spectrum of ORAC tests, used to determine antioxidant levels in foods. In other words, Maqui Berry has one of the highest antioxidant levels of any food in the entire world! In fact, this amazing fruit contains more antioxidants than Acai, Goji and Pomegranate combined together. Maqui is a small, potent, dark purple berry found only in the Patagonia region of South America which stretches from Chile to Antarctica. Bordered by two oceans far away from human pollution, Patagonia is considered one of the most pristine and cleanest places on Earth, a perfect place for this often called "Patagonia Super Fruit" to grow.

This brilliant berry has been a powerful health secret of the Mapuche Indians of Southern and Central Chile who utilized its natural healing abilities and medicinal qualities on a variety of illnesses including ulcers, sore throats, fever, diarrhea, hemorrhoids and tumors. It was also used to aid Mapuche women during childbirth. The Mapuche Indians are known as having one of the longest life spans of any

ethnic group on the planet. Many feel it is due to their continuous use of the Maqui Berry.

There are legendary stories of Mapuche warriors who drank a sacred Maqui beverage several times a day to provide them with exemplary strength and stamina during battles. The Mapuche remain the only Native American tribe that remained unconquered for over 300 years in their land, sustaining victory time and time again against anyone who challenged. They defeated the Incas, English colonists and Spanish conquistadors who all believed it was due to this phenomenal Maqui drink.

It was only through treaties of the 19th century that the Mapuche ultimately blended into the Spanish culture that was established in their homelands. The Maqui Shrub, which means "benevolence and peaceful intention", was one of the three sacred plants of the Mapuche people adorning the ceremonial altars of their festivals. It remains a symbol of health, strength and healing of this renowned tribe.

Once used as an indigenous remedy, today the Maqui berry is being praised as the most powerful botanical antioxidant on Earth due to its vast amount of anthocyanins, polyphenols and bioflavonoids which can protect our bodies from harmful free radicals. Anthocyanins are produced by plants for self protection from the sun and other dangerous biological elements. These anthocyanins are what give the Maqui Berry its rich, deep color. Anthocyanins have been known to neutralize harmful enzymes that can destroy tissue, promoting tissue regeneration and repairing damaged proteins in the blood vessel walls.

Anthocyanins may also improve eyesight and support a healthy cardiovascular function and blood sugar levels. Documented studies have revealed that Anthocyanins have a variety of beneficial anti-aging, anti-inflammatory and thermogenic qualities which can stimulate weight loss and ease the pain caused by swelling. Maqui berry is wonderful source of Vitamin A, C, calcium, iron and

potassium and provides some of the strongest physiological effects of any individual plant compound.

## **Bilberry Extract Powder**



A close relative of the blueberry, cranberry and huckleberry, the wild bilberry is loaded with potent antioxidants including flavonoids and anthocyanins. Bilberries also have high levels of tannins which are astringent, plant polyphenols. These major components are responsible for bilberries powerful anti-inflammatory and antioxidant activity. Sometimes referred to as the European blueberry, wild bilberries have been used in traditional European medicine for over one thousand years.

The flavonoid compounds found in raw bilberries, called anthocyanins are plant pigments which have amazing anti-aging, anti-oxidant and healing qualities. Anthocyanin can fight free radicals in the body, strengthen blood capillaries and improve overall circulatory health. Bilberries are smaller than blueberries and their pigment is evenly distributed throughout the skin and flesh of the berry, unlike blueberries where the main amount of pigment resides in the skin of the berry.

The anthocyanins found in this berry can also reduce the formation of blood clots, a leading cause of heart attack and stroke. Bilberry is useful in fighting numerous vascular and blood disorders such as

chilblains, broken veins, varicose veins, thrombosis and angina. It has even been known to reduce damage of blood vessel deterioration and the degradation of blood platelets due to its ability to restore tissue connectivity. Bilberries can strengthen coronary arteries and prevent coronary blockages by fighting the accumulation of ingested fat.

Wild bilberries have long been used as a natural remedy for night vision and to promote overall visual health. British Royal Air Force pilots were known to eat bilberry preserve during World War II to help them see clearly during night missions. Daily use can improve visual acuity and can help a person's eyes to adjust during the dark of night as well as the glare of bright daylight due to the protection of rhodopsin or retinal purple in the eye. The Bilberry may even help a variety of eye disorders including glaucoma, nearsightedness, cataracts and macular degeneration (a disorder that can lead to blindness). Bilberry has been helpful to diabetics who have suffered visual problems due to microcirculation and diabetes mellitus.

Bilberry Extract Powder is a 25% extract meaning each serving contains a 25% concentration of Anthocyanidins and 10% Anthocyanins (derivatives of anthocyanidins). So an extract is more potent than just whole dried berry powder.

**[For Packaged Superfood Powders From Z Natural Foods CLICK HERE](#)**

**And the number #1 superfood of all: Love!**

Love is the most transformative power in the universe. It can turn enemies into friends, grief into joy, dis-ease into comfort. If you've ever been in love you know how amazing love feels. It makes your body and your skin glow and everything in your world starts to glow. It can also affect your food!

In Dr. Masaru Emoto's book **[The Hidden Messages in Water](#)**, using high speed photography, Dr. Masaru Emoto discovered that crystals formed in frozen water reveal changes when specific, concentrated

thoughts are directed towards them. He found that water from clear springs and water that had been exposed to loving words shows brilliant, complex and colorful snowflake patterns.

In contrast, polluted water or water exposed to negative thoughts, forms incomplete, asymmetrical patterns with dull colors. The implications of this research create a new awareness of how we can positively impact the earth and our personal health and even our food. Sending love to your food can transform the molecular structure of your food. How often do you send love to your food? How often are you even present with your food? It may sound a bit silly but love may be the most potent superfood of all. And best of all it's FREE!

**[For the Superfood of Love Open Your Heart and CLICK SEND](#)**

**Disclaimer:** None of the information in this chapter is intended to constitute medical advice or treatment. For development of individual health issue treatments, it is advised that any person first consult a qualified health care provider. It is advised that he or she remain under the doctor's supervision throughout any major health issues.

The author of this book is not a licensed medical practitioner of any kind, is not providing medical advice and assumes no responsibility for your improper use of this information.

The statements in this chapter have not been evaluated by the Food and Drug Administration. Information contained within this book is for educational purposes only and is not intended to diagnose, treat, cure or prevent any disease.

## 3.12. Dehydrating



In emergency preparedness and food saving, dehydrating is definitely something every prepper should be doing.

Dehydrating is the removal of moisture from foods to allow for better preservation and long term storage. Dehydrating food is an excellent way to stock up on foods in a way that saves storage space, dehydrated food weighs less than canned goods and is more easily moved around if necessary, dried food won't break and spill like canned foods in glass jars might, you can preserve the vitamins, minerals and enzymes by dehydrating on a lower heat and you can pick and choose what foods you want to dehydrate. For healthy preppers this point is even more important as there are not many companies who offer organic dehydrated foods and if they do it's usually one or two foods and not a big selection to choose from.

There are volumes written about dehydrating and I'm not going to go into how to dehydrate as that could be several volumes of books just about this subject.

There is one thing that I would like to cover and that is the dryer trays.

In the chapter Hormone Balance and Emergency Preparedness I covered the topic of BPA and how you should never heat foods in plastic as this will cause BPA to leach from the plastic into your food.

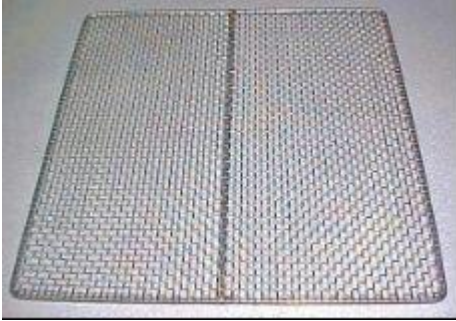
As mentioned previously, BPA has been strongly established as an estrogen mimic that disrupts the endocrine (hormonal) system, with potentially serious effects on development, the reproductive system and the brain. BPA is a known "xenoestrogen", it's been linked in animal studies (at surprisingly small doses) to all sorts of various health issues such as cancer, metabolic disorders, heart disease, diabetes, and fertility problems and birth defects or miscarriages, prostate issue, low sperm count... and even turning male fishes into female fishes! And xenoestrogens are a primary contributor to abdominal fat specifically. Things you can help avoid by not ingesting BPA!

Most dehydrators come with plastic dryer trays and what happens when you start dehydrating and the plastic dryer trays start heating up is that they start leaching BPA into the food you are dehydrating.

One simple solution is to use stainless steel dryer trays. Excalibur dehydrators offer individual stainless steel dryer trays you can purchase separately if you have their original dehydrator that isn't stainless steel. They now have also come out with a stainless steel dehydrator that comes with everything made from stainless steel. Excalibur dehydrators come with another plus in that you can fit more food on their high-capacity trays. Excalibur trays are square with no hole in the middle. Most other dehydrator trays are round with holes in the middle. You lose 20% to 40% capacity to the holes and rounded corners.

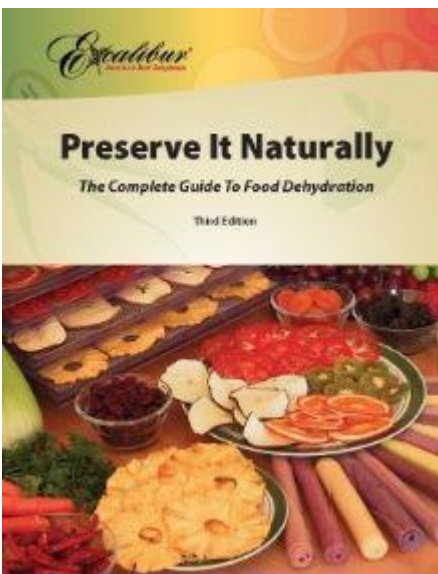
The main issue that is health related though is the plastic trays. Whatever dehydrator you use just make sure you are using stainless steel drying trays so no BPA will leach into your food.





[For Excalibur Stainless Steel Drying Trays CLICK HERE](#)

[For Stainless Steel Excalibur Dehydrators CLICK HERE](#)



Excalibur also has what is essentially the dehydrating Bible. It's a complete guide to food dehydration. Though dehydrating may seem like a simple thing at first glance there are many tricks, rules and boundaries when dehydrating, making the process a true art.

This is a great book to have, especially if you are new to dehydrating.

[For The Complete Guide to Food Dehydrating Book CLICK HERE](#)

If you are a more visual person there are some great video series that cover all things related to dehydrating. The Excalibur website also has free videos on dehydrating you can watch [HERE](#)

Facebook groups for dehydrating are also good sources as you can interact with other persons into dehydrating food and ask questions, get and give advice, etc.

## 3.13. How To Dehydrate Your Own Chicken Stock for Boullion



Chicken stock is a base for many soups and other recipes and a great thing to stock up on but how to stock up on it for prepping purposes has left little options other than commercial bouillon which is loaded with MSG in various forms, often it also contains caramel coloring, which is a cancer causing carcinogen, it's high in refined salt and usually contains a whole slew of other chemicals as well.

Making your own healthy and organic dehydrated chicken stock is actually pretty easy.

First start with an organic pasture raised chicken. This is very important for health reasons.

Most chickens commercially raised for food today are confined to cages for most of their lives, living in cesspools of manure and disease, given loads of antibiotics to fend off the diseases and fed grains like genetically modified, pesticide saturated corn and soy.

Often the chicken feed is also supplemented with roxarsone, an arsenic-based food additive, in order to bulk them up and prevent parasites from forming in their systems. So if you eat non-organic chicken you're also likely getting arsenic poisoning as well so start with an organic pasture raised chicken.

Cook or roast the chicken and remove the cooked meat from the bones. You can dehydrate the cooked chicken as well for other uses.

Place the bones and carcass in a pot filled with filtered purified water and add a little Himalayan pink salt if you like. Pure unrefined pink salt contains all 84 mineral elements that the human body consists of in ideal proportions. All these minerals are in the perfect crystal matrix and ultimate ionic form (electrically charged) and are attached in a structure that makes the minerals easily accessible by our cells so this is a healthy salt to use.

Adding salt is optional but I like to add a little bit so when it dehydrates the salt can be an extra level of preserving. People have used salt for centuries to preserve meat so it stands to reason it would help preserve the stock as well. But if you might be using this at some point for broth mixed into pet food then you should avoid using any salt.

Boil the bones and carcass for about an hour or so, remove the bones from the stock and pour the chicken stock through a sieve to filter out any remaining particles and refrigerate the chicken stock overnight to let it congeal.

Chicken stock before refrigeration:



When it congeals it should look like this:



The next step is to skim off all the fat on the top. This is an important step that you cannot skip if you mean to dehydrate the stock and store it. Oils and fats will go rancid pretty quickly and also don't dehydrate well either and will keep your stock from dehydrating properly so make sure to skim off all of the fat.

Once all the fat is skimmed off put the fat free chicken stock back into a pan and reduce the chicken stock to about 2 Tbsp.

Next pour the reduced stock onto a sheet of parchment paper or the non-stick drying sheets that came with your dehydrator.



Finished Product:



For longer term storing you can put the dehydrated chicken stock into a mylar bag with an oxygen absorber packet and store it away with your other preps.

It's a good idea to put batches in separate small ziplock bags so you don't have to guess portions.

I should also mention you can do this same thing with other meat bone broths as well. This is not only limited to chickens.

## 3.14. Examining Packaged MREs



I have to warn you up front this chapter is NOT going to be popular with many of the major suppliers of emergency preparedness food supplies or with people who have already stocked up on months or years worth of emergency preparedness food supplies. But facts are facts, however inconvenient they may be to anyone's accustomed method for preparedness efforts.

Emergency preparedness food saving is NOT just for an end of the world scenario. Emergency preparedness is also for situations where food might not be available for while due to massive crop failures worldwide or losing your job etc. There are many other scenarios besides the end of the world....and if the world were truly ending there would be no need to prepare to survive.

Emergency situations can end up being long term. There are many possibilities of things that could happen. It's very hard to predict how long term you might have to end up eating the foods you are storing up on right now.

This information is primarily for health conscious individuals who want to prep to actually survive longer than just an immediate emergency situation. It would be sad to spend lots of time, money and effort into being prepared only to die from cancer or poor health

due to the foods you stocked up on. This information is for people who are REALLY prepping to not just survive but to also thrive.

This chapter is going to examine the most common ingredients found in pretty much all of the non-organic emergency food supplies currently advertised on the majority of emergency preparedness sites.

So let's get started with a random pick. Here's an ingredient list for a non-organic MRE of Chicken a la King with Noodles from a company that I won't name.

**INGREDIENTS:** Cooked Chicken, Mushrooms, Pimientos, Green Peppers, Nonfat Dry Milk, Celery, Corn Oil, Wheat Flour, Chicken Base (chicken including natural chicken juices, maltodextrin, hydrolyzed corn gluten, dried whey, spice extractives and onion powder, autolyzed yeast extract, turmeric), Salt, Chicken Fat, Sugar, Modified Cornstarch. Yeast Extract, Safflower Oil, Natural Flavor, Onion Powder, Spices, Citric Acid, and Ascorbic Acid. Precooked Noodles: Durum Semolina, Whole Eggs, and Salt. Contains: Milk, Wheat and Egg

So let's examine some of the worst offending ingredients individually:

### **Non organic meats**





Most animals used for food today are confined to feedlots or cages for most of their lives, living in cesspools of manure and disease and fed grains like genetically modified, pesticide saturated corn and soy to fatten them up before slaughter.

Research reveals that factory animal farms are breeding grounds for drug resistant bacteria which are then passed on to humans through the food supply. This happens because factory farm animals are routinely dosed with both antibiotics and vaccines, causing serious imbalances in their own intestinal flora and immune function. This makes these factory farm animals the perfect hosts for breeding drug-resistant superbugs such as *S. aureus*, a particularly nasty strain that can be fatal if ingested.

According to a nationwide study recently released by the Flagstaff, Arizona-based Translational Genomics Research Institute (TGen), meat and poultry from U.S. grocery stores have an unexpectedly high rate of dangerous disease-causing bacteria, including antibiotic resistant superbugs. In fact, almost half (47 percent) of all meat and poultry samples tests were contaminated with *S. aureus*.

What's more, 52 percent of these contaminated meats contained superbugs, meaning the bacteria were resistant to multiple classes of antibiotics. That adds up to multi-antibiotic resistant Staph germs being present in about one out of every 4 samples of meat, chicken or turkey.

The research, published in the journal *Clinical Infectious Diseases*, is the first national investigation of antibiotic resistant *S. aureus* in the U.S. food supply. The scientists collected and analyzed 136 samples of beef, chicken, pork and turkey sold under 80 brands across the country.

While it's true Staph germs can usually be killed with proper cooking, the scientists pointed out Staph still poses a substantial health risk through improper food handling and cross-contamination in the kitchen. Infections with *S. aureus* can cause a range of illnesses from minor skin infections to life-threatening diseases, such as

pneumonia, endocarditis (inflammation of the heart) and sepsis (infection in the bloodstream).

And should you get one of these antibiotic-resistant strains from meat or poultry, treatment can be difficult.

*"Antibiotics are the most important drugs that we have to treat Staph infections; but when Staph are resistant to three, four, five or even nine different antibiotics --like we saw in this study -- that leaves physicians few options,"* Dr. Price stated.

The only reason these antibiotics are even needed in the factory animal farm operations in the first place is because animal farms are so utterly filthy and unsanitary.

Have you watched The Meatrix animations yet? If not, visit [www.TheMeatrix.com](http://www.TheMeatrix.com) to learn more.

So you might think that if so much of the fresh beef and poultry is so widely contaminated with potentially deadly bacteria, maybe the packaged "processed" meat is safer for you, right?

You might want to reconsider that: Processed non-organic meat has many ingredients and is usually packaged for long-term shelf life. This is especially true if you're buying non-organic MREs which are specifically packaged for long term storage.

Packaged non-organic meat is almost always preserved with a dangerous, cancer-causing ingredient called sodium nitrite, which is one of the most dangerous chemicals added to processed meat. Sodium nitrite causes cancer and it's added to meat products primarily to turn them bright red (as a chemical food coloring agent). It also kills botulism, by the way, because it's yet another chemical antibiotic agent.

Another dangerous chemical added to virtually all processed non-organic meat is Monosodium glutamate (MSG). MSG is a dangerous excitotoxin linked to neurological disorders such as migraine

headaches, Alzheimer's disease, loss of appetite control, obesity and many other serious health conditions. Manufacturers use MSG to add flavor to dead-tasting processed meat products.

If you eat packaged non-organic meat, you're definitely eating cancer-causing chemicals.

On top of all the antibiotics and cancer causing preservatives in non-organic meats, if you eat non-organic chicken, commercial poultry producers often supplement chicken feed with roxarsone, an arsenic-based food additive, in order to bulk them up and prevent parasites from forming in their systems. So if you eat non-organic chicken you're also likely getting arsenic poisoning as well.



It's another reason to only eat organic, free-range, pasture raised beef, chicken or pork (if you eat those meats). Only organic, free-range animals that are not injected with antibiotics are safe from the kind of chemical abuse routinely used in factory farm operations.

If your MRE food packs do not use organic meats this is what you will be ingesting. Non-organic dairy and eggs are obviously subject to most of the same hazards, bacteria and toxic substances of non-organic meat from which they came.

## **Non-Organic Vegetable Ingredients**



None of the vegetable or grain ingredients in the typical non-organic MREs are organic either (obviously). So what's likely on them? Roundup pesticide! (Poison)

Roundup pesticide is systemic, meaning it's taken up inside the plants exposed to it. Using veggie washes on your produce may remove some surface pesticides, but Roundup is likely **in** the actual vegetable, grain, fruit, or nut if it's sprayed on a field before plants are grown, or if it's sprayed around fruit and nut trees.

"It's the most abused chemical we've ever had in agriculture," says veteran plant pathologist Don Huber, PhD, professor emeritus of Purdue University. "We're using chemical quantities we never would have imagined in the past."

GMO "Roundup Ready" crops, like most of the soy and corn grown in this country and also the majority of all other non-organic crops grown commercially, tend to contain higher concentrations of Roundup. That's because farmers are having to use two to five times more of the chemical than a normal herbicide application, to kill weeds growing resistant to the overused chemical.

### **Roundup kills human cells**

In 2009, a study published in the journal *Chemical Research in Toxicology* outlined Roundup's ability to kill human umbilical cord vein, embryonic kidney, and placental cells in concentrations

typically found in food or livestock feed. This study was important because it found the entire Roundup formulation (the stuff actually sprayed on food and in our yards), was more damaging than the active ingredient glyphosate itself.

In other words, the so-called "inert" ingredients in Roundup apparently make it more deadly. Those other ingredients, such as surfactants, allow the pesticide material to cross barriers that would otherwise protect living tissue from it. "The pesticide ingredients bypass the liver, where they would normally be cleaned out," explains Warren Porter, PhD, professor of environmental toxicology at the University of Wisconsin–Madison.

### **Roundup may make us infertile**

We hear a lot about harmful estrogenlike chemicals in household products, but Roundup, Porter explains, may increase exposure to male hormones. Studies in monkeys have found that glyphosate exposure in utero disrupts the enzymatic activity of hormone-regulating aromatase.

This can create higher levels of male hormones like testosterone in women, a main symptom of polycystic ovarian syndrome, or PCOS. PCOS is the leading cause of infertility in women in the U.S., and many women spend thousands of dollars on fertility treatments to conceive.

### **Genetically Modified Foods**



GM plants, such as soybean, corn, cottonseed, and canola have had foreign genes forced into their DNA. And the inserted genes come from species, such as bacteria and viruses, that have never been in the human food supply.

Genetically modified organisms (GMOs) are not safe. They have been linked to thousands of toxic and allergenic reactions, thousands of sick, sterile, and dead livestock, and damage to virtually every organ and system studied in lab animals.

Gene insertion is done either by shooting genes from a "gene gun" into a plate of cells or by using bacteria to invade the cell with foreign DNA. The altered cell is then cloned into a plant. These processes create massive collateral damage, causing mutations in hundreds or thousands of locations throughout the plant's DNA.

In addition, the inserted gene is often rearranged, it may also transfer from the food into our body's cells or into the DNA of bacteria inside us and the GM protein produced by the gene may have unintended properties or effects.

The primary reason companies genetically engineer plants is to make them tolerant to their brand of herbicide. The four major GM plants, soy, corn, canola, and cotton, are designed to survive an

otherwise deadly dose of weed killer. These crops have much higher residues of toxic herbicides. About 68% of GM crops are herbicide tolerant.

The second GM trait is a built-in pesticide. A gene from the soil bacterium called Bt (for *Bacillus thuringiensis*) is inserted into crop DNA, where it secretes the insect-killing Bt-toxin in every cell. About 19% of GM crops produce their own pesticide. Another 13% produce a pesticide and are herbicide tolerant.

Unlike safety evaluations for drugs, there are no human clinical trials of GM foods. The only published human feeding experiment verified that genetic material inserted into GM crops transfers into the DNA of intestinal bacteria and continues to function. This means that long after we stop eating GM foods, we may still have their GM proteins produced continuously inside us.

If the antibiotic gene inserted into most GM crops were to transfer, it could create super diseases, resistant to antibiotics.

If the gene that creates Bt -toxin in GM crops were to transfer, it might turn our intestinal flora into living pesticide factories. Animal studies show that DNA in food can travel into organs throughout the body, even into the fetus.

Lovely stuff huh??

So when an ingredient says it's "modified" generally this means genetically modified.

One of the common ingredients found in the typical packaged MRE is modified corn starch, which means not only is it most likely genetically modified, but guaranteed to have heavy duty amounts of pesticide (poison) in it as well.

## **Wheat Flour / Gluten Issues**



Many of the pre-packaged MREs contain wheat. Wheat is one of the worst grains a person could eat due to the extremely high amounts of gluten in wheat which promotes inflammation in the body and also causes the gut to become leaky –the gluten increases a chemical called Zonulin, which opens the gaps between cells in the lining of the GI tract. The more wheat a person eats, the more leaky their gut gets.

Modern wheat's many diverse proteins all have the potential to compromise immunity, upset the digestive tract, and ultimately poison the blood, vital organs, and brain. Wheat consumption for most people, in fact, likely triggers autoimmune responses that vary in how they manifest -- for some, health changes will be virtually unnoticeable in the short term, while others will develop autism, schizophrenia, or other forms of brain damage from eating wheat.

Depending on how glutinous proteins form, bond, and ultimately digest, they also vary in the way they affect the body. For instance, the 33-mer amino acid produced by the digestion of gliadin, a wheat glycoprotein, tends to resemble the Bordetella pertussis bacteria, which is linked to causing whooping cough. Other amino acid chains produced by gliadin can mimic pharmaceutical drugs as well, with some actually activating opioid receptors in the brain upon digestion.

What I personally experience when eating wheat is severe coughing and a couple of times it turned into full blown bronchitis. Not fun.



It also converts to sugar at a higher concentration than actual sugar and also feeds candida.

Not only do typical MRE ingredients almost always contain wheat but the wheat is also not organic as well. Non-organic wheat is completely saturated with heavy duty pesticides (poison) and is also, in most cases, genetically modified as well. If you do eat wheat despite the gluten issues you should definitely only use organic wheat but that's not what you're getting in the typical non-organic MRE. You're getting massive amounts of heavy duty pesticide and genetically modified wheat.

### **Caramel Color**



Caramel coloring is actually a mix of sugars, ammonia, and, in some cases, sulfite. When heated at high temperatures, this combination turns into 2-methylimidazole (2-MEI) and 4-methylimidazole (4-MEI) – proven cancer inducers.

The National Toxicology Program (NTP) is a division of the National Institute of Environmental Health Sciences. Researchers there ran two government studies. They found that the coloring caused cancer in lab mice and rats.

In the NTP studies, mice and rats were fed the additives. They were then observed over a two-year period. Researchers found that 4-MEI caused lung tumors. And 2-MEI was associated with liver and thyroid

tumors. Rats didn't fare any better. They had higher rates of leukemia and thyroid tumors. Researchers also witnessed abnormal behaviors like hyperactivity, excitability, and difficulty walking in female rats.

Regulators divide caramel colorings into four categories. Caramel I and II are not made with ammonia. They are used in some alcoholic drinks and vegetable extracts. They are safer than Caramel III and IV, which contain 2-MEI and 4-MEI. Caramel III is often used in baking, beer, soy sauce, gravy, and other products. Caramel IV is the one found in colas. It's also considered the most toxic.

## Soy



This is a whole topic all on its own. Soy is very high in estrogen and also one of the most genetically modified foods on the planet. It's also heavily saturated in pesticides (poison) if the soy is not organic. See the article: [The Shocking Effects of Soy on Both Sexes!](#)

**"Textured Vegetable Protein" or TVP** (soy flour, caramel color, soybean oil, salt, hydrolyzed corn-soy-wheat protein and autolyzed yeast (aka: MSG)

## **MSG (Monosodium Glutamate)**



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MSG is a toxic chemical containing processed free glutamic acid. It has been scientifically proven to cause brain damage, affect how children's nervous systems form during development causing learning or emotional difficulties in later years and to potentially permanently damage a critical part of the brain known to control hormones causing endocrine problems.

MSG can also cause skin rashes, migraine headaches, irregular heartbeat, depression, difficulty breathing, nausea and vomiting, and a multitude of other neurological reactions and is also linked to Alzheimer's.

MSG also spikes insulin. It triples the amount of insulin the pancreas creates causing insulin resistance and obesity. It makes your brain think you're hungry so even though you may have just eaten you feel hungry again even though your stomach may be full.

Not only is MSG scientifically proven to cause obesity, it is an addictive substance! The MSG manufacturers themselves admit that it addicts people to their products. 'Betcha can't eat just one', takes on a whole new meaning where MSG is concerned!

MSG makes you addicted to the foods that it is in. That is the primary reason food companies put it in food...to make you addicted to their food and buy their food. It's all about money. They care nothing about the damage done to the consumer in the process.

Manufacturers are acutely aware that many consumers would prefer not to have MSG in any of their foods or cosmetics.

What you may not know is that the food and cosmetic industry hides and disguises MSG under many different names so it won't be recognized by the consumer who knows about the dangers of MSG by using "clean labels," i.e., labels that contain only ingredient names they think consumers will not recognize as containing MSG...names such as "hydrolyzed soy protein."

And so far it's still legal to hide MSG under these different names.

**Here's a List of Food Additives that ALWAYS Contain Processed Free Glutamic Acid (MSG):**

Monosodium Glutamate  
Glutamic acid  
Glutamate  
Monopotassium glutamate  
Calcium glutamate  
Monoammonium glutamate  
Magnesium glutamate  
Natrium glutamate  
Anything "hydrolyzed"  
Any "hydrolyzed protein"  
Hydrolyzed Vegetable Protein  
Hydrolyzed Pea Protein  
Hydrolyzed Soy Protein  
Hydrolyzed Protein  
Hydrolyzed Plant Protein  
Hydrolyzed Corn Gluten  
Plant Protein Extract  
Sodium Caseinate  
Calcium Caseinate  
Yeast food,  
Yeast nutrient  
Yeast Extract  
Autolyzed Yeast  
Hydrolyzed Oat Flour  
Corn Oil

Gelatin  
Anything "...protein"  
Textured protein  
Textured vegetable protein (TVP)  
Soy protein  
Soy protein concentrate  
Soy protein isolate  
Whey protein,  
Whey protein concentrate  
Whey protein isolate  
Vetsin  
Ajinomoto

**Here's a List of Food Additives that Frequently Contain Processed Free Glutamic Acid (MSG):**

Malt Extract  
Malt Flavoring  
Barley Malt  
Maltodextrin  
Bouillon  
Broth  
Citric Acid  
Citrate  
Pectin  
Stock  
Natural Beef Or Chicken Flavoring  
Carrageenan  
Enzymes  
Any "flavors" or "flavoring"  
"Spices" "Seasoning" "Flavoring" "Natural Flavors" etc..(all very vague...and usually MSG)  
Anything "ultra-pasteurized"  
Protease  
Anything "enzyme modified"  
Anything containing "enzymes"  
Malt extract

Soy sauce  
Soy sauce extract  
Anything "protein fortified"  
Anything "fermented"  
Seasonings

\* Glutamic acid found in unadulterated protein does not cause adverse reactions. To cause adverse reactions, the glutamic acid must have been processed/manufactured or come from protein that has been fermented.

**The following are ingredients suspected of containing or creating sufficient processed free glutamic acid to serve as MSG-reaction triggers in HIGHLY SENSITIVE people:**

Corn starch  
Corn syrup  
Modified food starch  
Lipolyzed butter fat  
Dextrose  
Rice syrup  
Brown rice syrup  
Milk powder  
Reduced fat milk (skim; 1%; 2%)  
most things low fat or no fat  
anything Enriched  
anything Vitamin enriched

**The following work synergistically with MSG to enhance flavor. If they are present for flavoring, so is MSG:**

Disodium 5'-guanylate  
Disodium 5'-inosinate  
Disodium 5'-ribonucleotides

**If you write or call to ask whether or not there is MSG in a product...**

If you want to find out if there is processed free glutamic acid (MSG) in a product, you must ask the manufacturer for information about "free glutamic acid." Don't ask about "MSG." Manufacturers find it convenient, when speaking to consumers, to tell them that there is no "MSG" in their product, meaning that there is no ingredient called "monosodium glutamate."

Even if a manufacturer tells you there is no MSG in a product, there may be autolyzed yeast, hydrolyzed pea protein, carrageenan, sodium caseinate, enzymes, and a whole slew of other ingredients that contain or create processed free glutamic acid (MSG) during manufacture.

If you are told that all of the MSG in a product is "naturally occurring," thank the manufacturer for that meaningless information, but explain that all processed free glutamic acid (MSG) is referred to as "natural" by the FDA -- so "natural" tells you nothing. In fact, as the word "natural" is defined by the FDA, the food ingredient "monosodium glutamate" is "natural."

It is the amount of processed free glutamic acid in the product that will determine whether or not you might suffer an MSG reaction. (Everyone has a different tolerance for MSG.)

If the manufacturer claims not to know whether or not there is processed free glutamic acid (MSG) in his or her product, ask that the product be analyzed for free amino acids, including free glutamic acid. There are tests for measuring free glutamic acid. The AOAC Official Methods of Analysis (1984) gives one method. There are others.

Take a look at pretty much any of the pre-packaged MREs on the market and you will see one or several of these hidden forms of MSG in the ingredients.

Here's a picture of an MRE ingredient label for Stroganoff from a different company that will remain nameless. See how many times you can spot an ingredient that's a hidden form of MSG:

**INGREDIENTS:** Pasta (Duram Semolina Flour (wheat), niacin, ferrous sulfate (iron), thiamine mononitrate, Riboflavin, Folic Acid), Textured Vegetable Protein (soy flour, caramel color, soybean oil, salt, hydrolyzed corn-soy-wheat protein, autolyzed yeast), Sour Cream Powder, Rice Flour, Potato Flakes, Guar Gum, Dehydrated Onions, Cornstarch, Freeze Dried Mushrooms, Dehydrated Parsley

**Contains Wheat, Milk and Soy.**

**Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.**

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#### **COOKING DIRECTIONS**

Bring 4 cups water to a boil, add contents of this package into boiling water and stir. Turn off heat, cover and let stand for 12 minutes stirring occasionally..

Not only are there multiple ingredients of hidden MSG but also cancer causing caramel color, all non-organic ingredients, which means you're eating Roundup pesticide / poison, genetically modified ingredients, antibiotics and growth hormones in the dairy, gluten etc. and I could go on and on.

Need I say more?

You can do this all day. Just click on the ingredients for pretty much ANY of the pre-packaged non-organic MRE's and see for yourself.

### **So what are your options?**

One of your best options is to start creating your own MREs using organic healthy ingredients. Investing in a good dehydrator is a great first step. You can dehydrate your own favorite organic meats and vegetables and create some really great MREs.





There are many great dehydrators out there. The one I personally use and recommend is the Excalibur Dehydrator. [For Excalibur Dehydrators CLICK HERE](#)

### **Here are some ideas:**

For pastas you can pre-cook organic brown rice pasta then dehydrate it so all that needs to be done is add hot water. You can do this also with cooked organic brown rice or quinoa already pre-cooked in your favorite organic healthy seasonings.

Once cooked another idea is to sprinkle the cooked rice or quinoa with some coconut aminos mixed with coconut nectar for a healthy teriyaki sauce on them and dehydrate all of that along with your favorite meats and vegetables for a teriyaki style MRE.

You can dehydrate your own meat bone broth for a healthy, organic MSG free bouillon. I outline how to do this in a separate chapter.

You can make amazing cream sauces out of pureed steamed garlic and cauliflower that go great over pastas. Mix it with some diced organic pasture raised chicken and some organic red peppers and peas for a fantastic healthy chicken a la king MRE. Or cauliflower cream sauce with asparagus or any of your favorite vegetables.

My favorite is a Thai coconut soup MRE that is easy to make by dehydrating the red curry paste, coconut aminos, coconut nectar,

dehydrated chicken stock and powdered coconut milk and then adding your favorite veggies (green beans, mushrooms and red bell pepper work great). But the possibilities are only limited by your imagination.

Once you've created your MREs seal them in a mylar bag with an oxygen absorber and you're set with some healthy, organic and quite delicious MREs that you can feel good about eating and feel good that you're more prepared in a healthy way as well.



[For Hand Sealer For Mylar Bags](#)

[CLICK HERE](#)

## 4. Sprouting



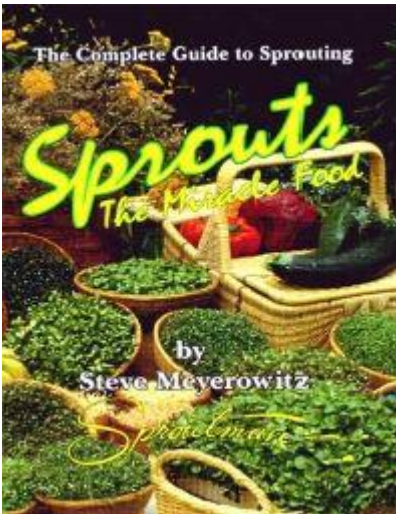
Sprouts are one of the best survival foods out there. They provide rich, digestible energy, bioavailable vitamins, minerals, amino acids, proteins, beneficial enzymes and phytochemicals, are ready in 3-5 days as opposed to waiting months for your garden to produce crops, rival most foods for nutritive value and are relatively inexpensive and easy to store. For fast, fresh greens you can't beat sprouts.

The art of sprouting could be an entire book on its own so this book is not going to go into how to sprout, rather I will provide resources for some great free online tutorials as well as links to bulk organic sprouting seeds and also sprouting equipment.

**[Bulk Organic Sprouting Seeds from Sprout House CLICK HERE](#)**

**[Sproutman.com](#)** This site has organic sprout seeds, sprouting equipment, books, classes, webinars and more.

**[Sprout People Sprout School](#)** This site has great education about sprouting but the sprouts they sell don't seem to be organic. So I would use this site for educational purposes and buy organic sprouts elsewhere.



Here's also a great book for everything you need to know about sprouting. [CLICK HERE](#)  
I'm not sure if they mention this in the book but if you are doing trays of sprouts and you have a cat around who likes to eat the sprouts, using a tray dome will easily solve this problem.



These can be found at the above links.

If you want to automate your countertop sprouting so you don't have to do any work there is a machine on the market that will maintain the proper sprout moisture for you.



It's a countertop unit that helps you grow five trays of sprouts (and you can put a different sprouting seed in each tray) simply, affordably and reliably. In essence, it controls the moisture for you and "waters" your sprouts on a repeating timer while maintaining the right humidity.

The EasyGreen Sprouter is also stackable, so you can double or triple your sprout production in the same counter space.

[For Easy Green Sprouter CLICK HERE](#)

### **Benefits of Sprouting:**

- You can grow your own emergency foods indoors, using no soils and having a compact food storage benefit (seeds are really tiny, but they sprout into larger foods).
- Sprouts synthesize their own natural vitamins.
- Sprouts are high in blood-cleansing chlorophyll.
- When grown in the right water, sprouts absorb numerous minerals and convert them into organic, bio-available forms for safe human consumption.
- Sprouts are living food that provide enzymes and other supportive benefits to human health.

Sprouts are not just for emergencies, or at least they shouldn't be just for emergencies. Adding sprouts to your daily diet is healthy for so many reasons. They have a high megahertz frequency in the 120s as opposed to most processed food that is dead and has a zero megahertz frequency. Eating high vibration foods increases

your body's energy frequency. Disease cannot live in higher energy frequencies and the more you can do to raise your energy frequency the healthier you will be.

But in the event of an emergency or long term food shortage, having sprouting seeds on hand is one of the best emergency foods you could eat. Every prepper should have sprout seeds stocked up.

## 5. Survival Gardening



Survival gardening is becoming a fairly well known concept these days as more and more people are taking steps to be prepared for the wide array of unforeseen and also likely events and circumstances that could happen in the face of earth changes affecting the harvests and crops worldwide and economic challenges faced by many and the highly possible event of economic collapse or any other kind of breakdown or interruption in the extremely delicate "just in time" infrastructure we rely on so much.

Being prepared and able to provide for yourself is something everyone should be working towards in whatever steps they can.

Growing some of your own food is something everyone should be doing these days. With the recent massive crop failures globally and increased demand for food worldwide, the current agricultural system that feeds the planet is simply unsustainable. At some point there will be a global food shortage that could be long term. Even one growing season is several months and it takes more than one year to get a garden into full production.

You should know that grocery stores only keep about two to three days worth of items on their shelves. During an emergency, when everyone is clamoring for the same items at the same time, there is a good chance that the shelves will be bare quickly and there won't

be any food or supplies to buy. The items that will sell out first are the ones that people know will help them get through a time of crisis.

This is why planting a backyard garden or getting a greenhouse, or, if you live in the city and just have a small patio, learning how to container garden is crucial to you and your family's long-term survival. Learning about how to grow a variety of foods in varying weather and climate conditions will be worth far more than fiat currency in the event of a crisis, and it could end up saving your life.

Growing some of your own food is basically a lost skill to the majority of modern society but is becoming a necessary skill to learn as more of the current agricultural system that feeds the planet is simply unsustainable or has been devastated by extreme acts nature.

Learning the knowledge, and more importantly, gaining the experience of growing some of your own food will help you tremendously if you find yourself in a situation of having to rely on yourself to feed you and your family.

Now is the time to learn, so you can gain experience and learn from your mistakes, when the supermarket shelves are there to supplement you after you find out it's not as easy as you first thought it might be. Waiting until a crisis starts, leaving it to a time when you actually need food before attempting to learn survival gardening skills, could be costly.

You can't just plow up a plot and expect to survive off of it, especially if you lack experience. My first attempt at [container gardening](#) on my patio was a disaster. It was a lot of work with very little to show but armed with more knowledge and research the next year I had much better results.

Hopefully the following sub-chapters will provide you with some great ideas, tips and valuable resources to help you with your survival gardening.





## 5.1. Getting the Most Out of Your Survival Gardening Efforts



If you find yourself in a situation where you are relying on whatever you can grow you will definitely need to maximize your production efforts and make everything you grow produce very well.

Here are some of my tips to maximize your survival gardening efforts:

**Make sure you start with the proper soil** with enough fertilizer, compost and nutrients for your vegetables. There is a lot of information on the web about this so I won't go into that much detail but this is something you should definitely educate yourself on.

But here's a great fertilizer product to help maximize production. It is an all natural super fertilizer that can help double your survival garden production.



[For Protogrow CLICK HERE](#)

## **Make sure you use the right seeds**

There is a big difference between regular seeds, hybrid seeds or heirloom seeds. You'll want to be able to save your seeds to use in re-planting your garden the next year and many seeds are genetically engineered not to grow again so you are forced to buy new seeds.

## **What is the Difference Between Hybrid or Heirloom Seeds?**

### **Hybrid Seeds**

The first thing you should understand is that seeds are not just seeds. They do not all function the same. With the advance of bio-engineering many seeds are now genetically modified to behave and grow differently than un-tampered with natural seeds. Some seeds have even reportedly been spliced with animal genes to make them more weather / pest resistant.

## **Are all Hybrid seeds the same?**

No.

The general hybridization of plants has been a natural process that has taken place in nature for all of time. When the wind blows pollen from one species and it falls on another species and pollinates it or bees come and gather pollen from one plant and then mix it with the next plant they go to a natural hybridization occurs.

Normal regular hybrid seeds have a mixed parentage, a bit like the difference between a mongrel dog and a pedigree dog. F1 hybrid seeds are the pedigrees, but like most pedigree dogs, they have genetic flaws.

F1 hybrid seeds are the ones altered in a lab and not through the natural process of nature.

F1 Hybrid seeds are first generation seeds that come from plants with two very specific parent plants. They can only be produced by crossing with exactly the same parent plants. These seeds are often sterile and can be unreliable in carrying across the feature of the parent plant that is desired.

F1 hybrid seeds are often marketed as 'guaranteed' to provide an identical and reliable plant that will germinate successfully. These F1 seeds are engineered to be bigger, faster growing and higher yielding than regular seeds, but seeds that have been developed to produce high yields will always be lacking in other areas like their ability to resist disease and pests, they will generally be lacking in hardiness. This makes them high-maintenance and they will require specific nutrients, herbicides, and pesticides in order to attain their full potential.

A predominant behavior also engineered into F1 hybrid seeds is that they will only grow one generation of healthy plants so you cannot save the seeds and use them to re-plant new crops, forcing you to buy new seeds each year.

The "Big Six" pharmaceutical and chemical companies have acquired and created joint ventures with hundreds of seed companies over the past 15 years. Monsanto, DuPont, Syngenta,

Bayer, Dow, and BASF collectively own or partially own hundreds of formerly independent seed companies and Monsanto, of course, dominates them all.

So this basically creates a monopoly on a large portion of the world's seed supply and ultimately gives these companies a major control and power over the future food supply of the world.

Why does this matter?

### **When you don't have food, you can be easily controlled!**

Imagine a rogue government that says, "Your food allotment is now tied to how many guns you turn in." As long as you don't mind starving, you can keep your guns (or your herbal medicine, heirloom seeds or whatever else the government is targeting for confiscation). But if you want to eat, you must comply.

Control of food is control of humanity. This is, of course, why Monsanto is attempting to control the world's food supply. There's no faster way to rise to a position of dictatorial power than to dictate whether people can eat (and what they can grow).

Another thought to consider is many of the controlling elite have an agenda to reduce and cull the world population to a much more manageable size (like down to 500,000,000 in the entire world). They are quite open about their agenda too and have never been secret about it. It's actually even inscribed in stone on the very public tourist attraction the Georgia Guidestones located in Elberton, Georgia.



The Georgia Stones are often referred to as the American Stone Henge. You can also google Agenda 21 and you'll see this is rather public information.

If these companies decided to hold seeds hostage and only dole out enough for a small amount of crops to be grown and many people simply died of starvation because they couldn't get seeds to grow their own food and the commercial farming industry couldn't get enough seeds either they could effectively reduce the world population. That's certainly one method that would work and an entirely possible scenario.

Also when something life and death related becomes extremely scarce what happens to the prices they could start demanding for the seeds and the billions of dollars in profit they could stand to make? These are things that are possibilities that could happen if people don't start to wake up and see what's happening and demand to create a different reality.

Commercial business monopolies are actually illegal in the United States and we even have strong laws against corporate monopoly. How asleep are we to let a huge monopoly that directly affects our life or death go on without even demanding the government enforce anti-trust behavior? If we the people started to demand anti-trust enforcement, it might help prevent the continual shift of seed

company ownership and gradual accumulation of the food chain by a few large companies.

Another idea is to promote independent, self-sustaining agricultural systems that maintain control of food with the people rather than the corporations.

## **Heirloom Seeds**

An heirloom seed is a seed variety that has been around for many generations and hasn't been bio-engineered or genetically altered by a laboratory. It's a natural seed that will produce seeds that will grow year after year. You can grow crops and save the seeds from the crops and use those seeds to replant more crops the next season. You can't do that with F1 hybrids.

That's why people who grow food for self-reliance always use **non-hybrid, heirloom seeds**.

If you hope to survive hard times and food shortages that are coming our way, you need non-hybrid heirloom seeds that can produce a wealth of food and that can keep on producing it season after season!

## **Storing Seeds Properly is Imperative!**

Seeds do not keep for very long so it's imperative that you store them in foil sealed packages. Properly sealed seeds in foil sealed packages will last for many years as long as the packets are not opened and kept cool.

## **Heirloom Seed Awareness**

There are a few things that you need to know about heirloom seeds in order to work with them successfully.

It's a good idea to allow your biggest and strongest crops to go to seed. This will allow you to collect the seeds and save them so you can grow them the following year.

Also with some types of heirloom plants, you do have to be careful not to grow more than one variety of the same type of plant at the same time, unless you have a very large plot of land and can keep them separate. If you grow more than one variety of a crop there is a probability they will be cross-pollinated by the insects and this could create a hybrid of the original plant. The seeds you collect for the following year may produce a slightly different plant.

Here's a great source for heirloom non-hybrid seeds in long term storage packaging.



[For Heirloom Organics Non-Hybrid Seed Packs CLICK HERE](#)

**Hand Pollinating Your Vegetables**





Container gardens and patio gardens are more susceptible to pollination problems because they don't get as much bee traffic or crosswinds as ground gardens do. Sometimes hand-pollinating is necessary when there isn't enough bee traffic.

Hand pollinating your vegetables tends to dramatically increase the production of vegetables giving your more vegetables per plant.

You will need to first determine if your plant is self-pollinating or if it cross-pollinates.

Tomatoes and peppers self-pollinate, meaning each flower contains all the necessary plant parts to make a fruit. But many vine crops like cucumbers, melons, squash, pumpkins etc. produce different male and female flowers. The male flower will have pollen-laden stamens and the female flower will usually have what looks like the tiny bud of a vegetable at the base.



The pollen stamen of this male squash blossom above resembles a male penis.



You can see from the side view of the female squash blossom that the pollen stamen resembles a vagina and that it's the female that grew the squash (carried the baby to term). The male blossom is only needed to pollinate / impregnate the female blossom.

A small paintbrush is a great tool for hand pollinating your vegetables. If your plant is self-pollinating, all you need to do is brush inside each flower, making sure the pollen gets down into the pistil (middle part) of the flower or simply gently shake the blossom back and forth a little and it will mix the male and female pollen together.

[Here's a link](#) to a YouTube video showing how to hand pollinate chili blossoms using a paintbrush.

If your plant is not a self-pollinator, take your paintbrush and hand brush up some of the pollen from the male flower and transfer it to the pistil on a female flower. You can also pick the male flower and rub the pollen right into the female.

[Here's a link](#) to a YouTube video demonstrating this:

If your plant doesn't start bearing fruit in a few days, then something else might be going on. Inadequate water, lack of sunlight, and nutrient-deficient soil can also cause plants to conserve energy and not bear fruit.

If you have quite a large garden where hand pollinating isn't feasible then attracting bees will be necessary.



Bees love plant flowers that are blue, white, yellow or purple in your garden. These are the favorites in a honey bee garden. Further, you can create little areas for nesting for the bees, and this will keep them near your garden so your garden will be pollinated as necessary.

Making sure the plant flowers that attract bees are mixed throughout your garden will also help to ensure attracting healthy amounts of bees attending to your garden.

Another idea is to consider becoming a beekeeper. Not only will you have plenty of bees around but honey too.

## **Working With the Forces of Nature**



Gardening by the phases of the moon is a technique that can speed the germination of your seeds by working with the forces of nature.

Plants respond to the same gravitational pull of tides that affect the oceans, which alternately stimulates root and leaf growth. Seeds sprout more quickly, plants grow vigorously and at an optimum rate, harvests are larger and they don't go to seed as fast. This method has been practiced by many for hundreds of years, and is a perfect compliment to organic gardening because it is more effective in non-chemically treated soil.

### **Lunar planting is influenced by two factors:**

The lunar phase controls the amount of moisture in the soil. This moisture is at its peak at the time of the new and the full moon. The sun and moon are lined up with earth. Just as the moon pulls the tides in the oceans, it also pulls upon the subtle bodies of water,

causing moisture to rise in the earth, which encourages germination and growth. Tests have proven that seeds will absorb the most water at the time of the full moon.

The astrological signs of the zodiac correspond with the elements of water, earth, fire, or air. Each plant has a preference for what elemental sign it is planted in. The best time for starting seeds of most annual plants is during the fertile water signs, but root crops like earth signs, and flowers especially like the air sign of Libra. The moon sign changes every few days.

A great resource site for this is [Gardening By The Moon](#). They have both a calendar and software that can guide you on the best days for planting by the phase and the signs of the moon as well as garden activities for each month for over fifty annual vegetables and flowers.

## Using Pyramid Structures to Increase Garden Yields



Picture Courtesy of Craig Morrin

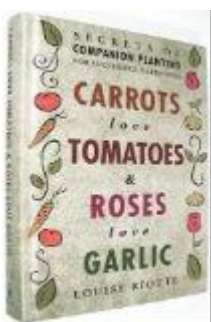
Putting your seeds inside a pyramid structure that's aligned to true north for 1-5 days before planting will produce a 20 to 100 percent increase in their yield and the plants will be disease resistant and won't be affected by droughts according to scientific research done with pyramid structures. I go into more detail in another chapter about using pyramid structures for more than just increasing your gardening crop yield.

If space is limited you don't need a gigantic pyramid structure. Small ones can be constructed easily following the plans at this site: <http://www.precisionpyramids.com/pyramidplans.htm> and if you aren't skilled with wood working you probably have some skills that could be traded with someone who is.

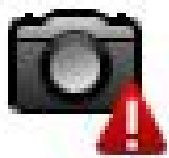
## Companion Planting

Companion planting is a method of putting plants together in the garden that like each other or help each other out. Companion planting can have a real impact on the health and yield of your plants. Companion planting can help with disease and pest control. Some combinations work because of scents they use to repel insects while others work because they attract good bugs.

For example broccoli, brussel sprouts and cabbage do not like to be around strawberries and potatoes don't do well around the melon family but carrots love to be around tomatoes. In fact there's a great book on companion planting called: **CARROTS LOVE TOMATOES & ROSES LOVE GARLIC - Secrets of Companion Planting for Successful Gardening**



**For CARROTS LOVE TOMATOES & ROSES LOVE GARLIC:  
Secrets of Companion Planting for Successful Gardening**



[CLICK HERE](#)

The gardening classic Carrots Love Tomatoes was first published in 1975 and the sequel to that was Roses Love Garlic. This book is a combination of those two books. Not only does it tell what to plant with what, but also how to use herbal sprays to control insects, what wild plants to encourage in the garden, how to grow fruit and nut trees, how to start small plots or window-box gardens, and much more. It's one of the most practical books around for any gardener of edibles, no matter how serious or casual. This is kind of like the companion planting bible and is definitely my top pick for a must have book on this subject.

### **Infrared Crystals for Bigger, Brighter, More Abundant Plants**



Another really cool thing you can do to create bumper crops with more taste, color and nutrients is plant infrared crystals around your crops.

Science tells us everything is energy and can be reduced to atoms, molecules and electrons and that crystals are great conductors of electricity. You can see evidence of this with your ordinary wrist watch. Watches have used quartz crystal to generate an electrical charge and power since the 1970's.

The infrared crystals for plants are coated with a liquid crystal coating of essential oils and natural crystals and gems that contain their own energy frequency. The tiny crystal spheres work like natural good energy batteries sending infrared pulses of these energies to your plants.

### **Benefits of Infrared Crystals:**

**1. Energize Depleted Soil Without Harmful Chemicals** - The crystals assist in pulling out environmental pollutant energies from your plants while feeding them essential healthy vibrational energies that have long been depleted from our soils. They feed constant energy to the soil via the piezoelectric action of over 1 million infrared rays of energy per second.

**2. Nurturing House and Garden Plants** - The frequencies and energies of the essential oils and crystals are nurturing energies that plants love. They help bring the plants to the energetic phi ratio of 8 (-) to 5 (+) also known as fibonacci ratio or the sacred polarity ratio in nature.

**3. Deter Non-Beneficial Insects** - Harmful insects on the other hand do not like the energies emitted from the infrared crystals and stay away from your plants similar in a way to how ultrasonic and electromagnetic pest control devices work that you see sold online and at your local hardware stores. Pests don't like certain sound frequencies and energies. However, these don't require being plugged into a wall outlet. You insert the crystals half way into the soil with part of crystal showing and then watch your plants bloom and grow bigger and brighter and all around healthier. You also don't have to use harmful insecticides on your plants that you end up ingesting later.

**[For Plant Crystals CLICK HERE](#)**

I hope these are some great tips you can use to get the most out of your survival gardening efforts.

Happy Planting!





## 5.2. Survival Gardening Priority Crops



What to plant in your survival garden is a somewhat personal decision and there is no definitive guide for this but I have a few personal thoughts on this about some of the crops that will help most for survival needs.

First off in a survival situation you need to grow things quickly and get the most nutrition you can as staying healthy and getting proper nutrient levels is just as important as satisfying hunger. But beyond just providing high nutrition they should also serve practical uses.

### **Kale**



Kale is definitely one of the most important greens to have in your diet. Kale is considered the phytonutrient master. The latest research shows, that of all the vegetables, kale has the highest concentrations of phytonutrients, especially the carotenoid phytonutrients, lutein and zeaxanthin. It's also a rich source of vitamin A and calcium.

Not only is Kale the most nutrient rich green you can grow in your garden it's also one of the easiest crops as well. Kale prefers cool weather and can withstand light frosts.

It can be used fresh as a salad or cooked as a green and is very filling and tasty. Fresh kale with sesame tahini sauce is amazing or steamed with a few dices of pear to soften the flavor and served tossed with raw flax oil and raw slivered almonds is one of my favorite dishes ever!

Kale can also be dehydrated and stored quite successfully so growing extra for food saving and storage is a great idea.

Growing an abundance of kale will help ensure your body gets enough calcium and phytonutrients so this goes at the top of my list for the number one crop you should grow in a survival garden.

## **Cauliflower**



Cauliflower is next on my list. It is high in dietary fiber, Vitamin C, Vitamin K, Vitamin B6, Folate, Pantothenic Acid, Potassium,

Manganese, Protein, Thiamin, Riboflavin, Niacin, Magnesium and Phosphorus. It is also a good source of lutein, which may assist in eye-health. It also contains phytoestrogens, a group of compounds recently determined to play a role in cancer-prevention. It contains 2.5 grams of fiber per 100 grams (roughly 1 cup).

Aside from the awesome nutritional value of cauliflower it is amazing for making creamy bases for soups and sauces. If you didn't have access to dairy or do not want to include dairy in your diet cauliflower is the perfect alternative.

Steaming a head of cauliflower with a couple cloves of garlic and a little Himalayan pink salt for a few minutes until it's soft then putting it in the blender with a little water will make a great tasting as well as healthy cream sauce to go over pasta or, with a little more water added, will make a creamy soup. If no water at all is used then you also have a perfect substitute for garlic mashed potatoes. This is very practical on many levels.

Cauliflower is a little more difficult to grow but can be grown all year round as long as the correct variety for the time of year is chosen. Cauliflowers take up quite a bit of space so don't grow them if your vegetable patch needs high yield per square foot but if you can spare the space learning how to successfully grow them is very practical and is something that I highly recommend for the above reasons.

Cauliflower also dehydrates quite easily and can be stored up in bulk when dehydrated.

## **Quinoa**



I've written in a previous chapter why quinoa should be your #1 choice of grains for food saving that details the amazing benefits of quinoa. The recap is quinoa is a complete protein (meaning it contains all 9 of the essential amino acids that are crucial to human function and health.) Having as many complete protein sources is critical in a survival situation.

But not only is it a complete protein and extremely high in protein (1 cup cooked quinoa has 12 grams of protein and 1 cup of quinoa flour has 16 grams of protein) but it can be used like wheat or like rice making it very versatile in it's cooking uses....and it's also completely gluten free.

The great thing is that it can be grown in nearly any soil condition and in extreme conditions. It's in the grass family and grows pretty much like a weed...very hardy.

The leaves of quinoa are also edible and tastes similar to spinach and quinoa can also be sprouted for salads.

This is probably THE most practical crop you could grow in your survival garden.

## **Stevia**



Stevia is another great practical crop to consider. It grows very much like mint and can be used as a sugar substitute. I use real stevia every day to sweeten my hemp protein shakes, in salad dressing recipes that call for honey or sugar and even for sweetening teas.

Candida, bacteria, fungus, cancer and viruses all feed off of blood sugar. Having a low or zero sugar diet is definitely recommended for health reasons. Keeping healthy is important in survival situations and in every day life as well.

If you don't have a sugar, honey or some other kind of sweetener supply on hand and are depending on your survival garden then stevia is something that grows fairly fast and will help provide some of your sweet tooth needs in a healthy zero sugar way.

Also there is no weird aftertaste with real stevia. Only the processed white stuff has that weird nasty taste. Real stevia is amazing.



Real stevia is also green by the way, not white like you see in the grocery stores. It can be used fresh or the leaves can be dried and

powdered by using a coffee grinder. Once dried and powdered it stores nicely.

## **Aloe Vera**



I think everyone should have at least one or two aloe vera plants on hand. Fresh aloe vera is great for burns and it also works very quickly on painful anal fissures too.

It's also been helpful for eczema, shingles, bleeding stomach ulcers, healing wounds and severe internal injuries. Aloe vera is a natural antiseptic, so smearing it on a cut, even if it's a deep cut, will help protect the wound from infection as well as accelerating the healing response by the body.

So for alternative first aid remedies having a couple of aloe vera plants on hand is very wise. Believe it or not you can also eat aloe vera. It's great for digestion.

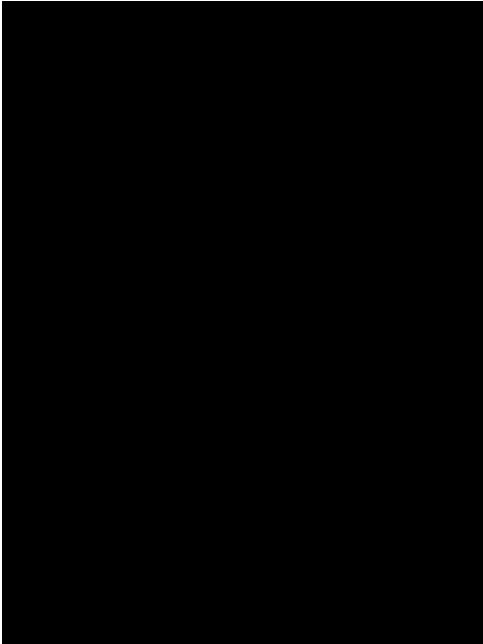
These crops are probably not the ones most people would think of first as tomatoes, squashes, beans etc. are usually the first ones most people consider, but in my personal opinion, these crops should definitely be priority crops in your survival garden plans along with your other favorite vegetables.

Happy planting!





## 5.3. Ideas for Maximizing Your Urban Garden Space



Not everyone has the luxury of living out in the country and having their own yard where they can plant a garden so this chapter is about urban patio container gardening options.

When space is limited going vertical is a really great way to grow more in smaller spaces. Here are some vertical planting ideas and resources that are perfect for maximizing small urban spaces.

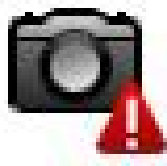


**[The Grownomics Vertical Garden Planter CLICK HERE](#)**

Here's another version of the vertical garden system is something you could also easily construct yourself:



It looks very simple to construct yourself but they do also have it on

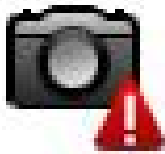


Amazon **[CLICK HERE](#)**

Here's yet another version of the vertical garden:

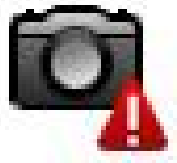


Here's a close up of plant holders and base:



[For the Aria Vertical Garden System CLICK HERE](#)

Another option for vining plants like pole beans for example would be obelisks or even simple stakes:



[For Obelisks CLICK HERE](#)

Stackable Planters are another great space saving idea.



[For Mr. Stacky Vertical Stacking Pots CLICK HERE](#)



[For Mr. Stacky Hydroponic Vertical Stacking Pots CLICK HERE](#)

Another option is the tiered stand design.

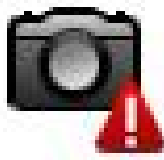
If you use typical shelving style then the upper containers block the sun from the shelves below but with the tiered system you can still

go vertical while making sure each container gets full sun. And your patio can still look stylish and less like a crazy prepper's lair keeping you more inconspicuous to the neighbors.



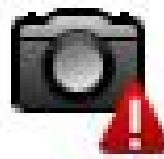
[For These Styles of Tiered Stands CLICK HERE](#)





[For Stack-A-Pots CLICK HERE](#)

Grow Bags Are another great option. They take up very little space and can be placed anywhere you want.



[For This Style Vertical Grow Bag CLICK HERE](#)



A potato grow bag.



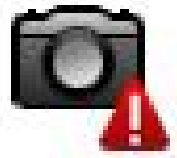
### [For Re-Usable Potato Grow Bags CLICK HERE](#)

You don't need to buy something fancy or expensive. Here's a picture showing a grow bag using an old burlap bag.



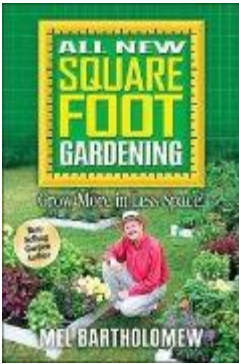
Here's some planters you could hang on a wall or over a door or railing:



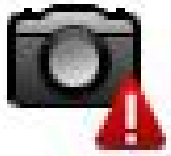


[For the Urban Vertical Hanging Garden CLICK HERE](#)

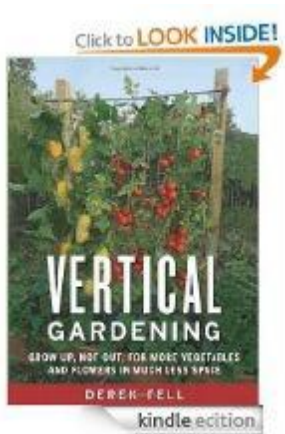
Here's also a couple of great books on square foot gardening and vertical gardening that are very informative and a great read:



[For the Square Foot Gardening Book CLICK](#)



[HERE](#)



[For Vertical Gardening by Derek Fell CLICK HERE](#)

Here's a link to a gallery of vertical gardens using pvc pipe. It can give you some great ideas on how easy this would be to make on your own.

<http://www.thegardenstick.com/gallery>.

You can also find lots of DIY projects for making your own vertical planters.

Here's a link from Home Depot you might find interesting:

<http://ext.homedepot.com/community/blog/how-to-build-a-diy-vertical-garden>

As you can see there are a LOT of options for patio gardening even in small urban spaces so start growing some of your own food this year. Not only is this a great step towards self sufficiency but your patio will look beautiful too!

## 5.4. Using Pyramid Structures to Increase Food Production In Your Garden



Picture Courtesy of Craig Morrin

All of this might sound a bit out there but new scientific research proves some amazing discoveries about the effects of energy torsion fields harnessed by pyramid structures. This research comes from the Institute of Physics in Kiev, Ukraine, a basic institution of the National Academy of Sciences of Ukraine, which was one of the leading scientific centers in the former USSR and the premier military research association.

Some of the research and case studies by these scientists was compiled by David Wilcock and can be found in his book Divine Cosmos - Convergence Volume Three, Chapter 9 starting at 9.7. His books can be read for free online at his website [www.DivineCosmos.com](http://www.DivineCosmos.com)

Here is the specific link: [\*\*CHAPTER 09: HARNESSING TORSION WAVES AND CONSCIOUSNESS\*\*](#)

Below are some of the abbreviated bullet point findings about torsion waves generated by pyramids and how they affect various things:

**STRENGTHENING OF ANTI-VIRAL MEDICINE** - This study involved the drug venoglobulin, which is a naturally-occurring antiviral compound in human beings. When the drug was diluted into a concentration of 50 micrograms per milliliter and stored in the pyramid for a time, it then became approximately three times more effective at fighting viruses than it normally would.

**INCREASED HEALING RESPONSE FOR ORGANISMS WITHIN PYRAMID** - Mice were exposed to various carcinogens, and an experimental group drank water from the pyramid whereas the control group drank ordinary water. The mice drinking the pyramid water had significantly fewer tumors develop than the mice drinking the ordinary water.

**OIL WELLS BECOME MORE PRODUCTIVE WITH PYRAMIDS ABOVE THEM** - A series of pyramids were built over one of a number of oil wells. It was discovered that the viscosity of the oil under the pyramids decreased by 30%, while the production rate accordingly increased by 30% compared to the surrounding wells.

There was a decrease in the amount of unwanted materials in the oil, such as gums, pyrobitumen and paraffin. These results were confirmed by the Gubkin Moscow Academy of Oil and Gas.

**AGRICULTURAL SEEDS INCREASE THEIR YIELD** - Agricultural seeds were kept in a pyramid for 1 to 5 days before being planted. More than 20 different seed varieties were planted across tens of thousands of hectares. In all cases, the seeds from the pyramid had a 20 to 100-percent increase in their yield; the plants did not get sick and they were not affected by droughts.

**ADDITIONAL PYRAMID EFFECTS RELATED TO BIOLOGY AND HEALTH** - Poisons and other toxins become less destructive to living systems after even a short term of exposure in the pyramid. Radioactive materials held inside a pyramid would decay more rapidly than expected. Pathogenic viruses and bacteria become significantly less damaging to life after being held in the pyramid.

Psychotropic drugs have less of an effect on people either staying inside a pyramid or within close range of a pyramid.

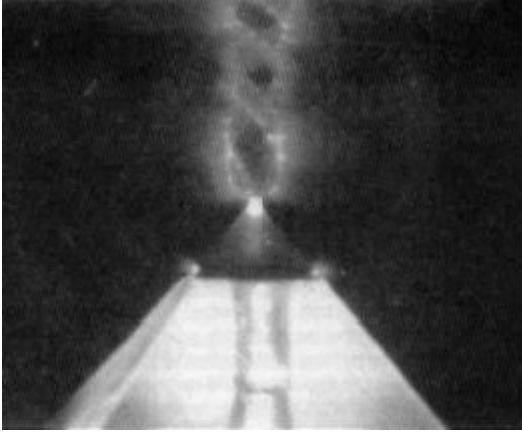
**WATER PURIFICATION BY PYRAMID POWER** - Pyramids were built in a town near the Arkhangelsk region of Russia by order of the domestic administration there. In this case, strontium and heavy metals that had contaminated a well were able to be cleared by the effects of the pyramids.

**DIMINISHED SEISMIC AND WEATHER ACTIVITY** - Teams from the Russian National Academy of Sciences also studied the earthquake data from the areas surrounding the pyramids and compared it to earlier data before the pyramids were built. They discovered that the pyramids have the ability to dissipate the energetic buildup that would normally create sudden, violent earthquakes.

Instead of seeing one large and powerful quake, several hundred tiny earthquakes are registered instead. Furthermore, the atmosphere surrounding the pyramid seems to be shielded from severe weather as well, causing an overall decrease in the amount of violent weather patterns.

**FOODS STORED IN PYRAMID INCREASE HUMAN COMPASSION** -Another experiment was conducted where a quantity of salt and pepper was stored inside the pyramid. This salt and pepper was later removed and fed continually to about 5000 people in different jails in Russia. Amazingly, within a few months there was a dramatic improvement in their overall behavior, and criminal behavior almost completely disappeared.

Pyramids work by harnessing the rotational inertia of the Earth, and because of this, they should be aligned to True North to have the greatest effect. They create etheric torsion fields which you can see in the photo below by the use of Kirlian photography.



There's a great website that actually shows you how to build your own pyramid or you can have them build one for you. They also have a page that shows you how to align the pyramid to true north. Here's the link: [www.PrecisionPyramids.com](http://www.PrecisionPyramids.com)

This is a great, yet amazingly simple and natural way to increase food production in your garden, purify water, keep you healthier and diminish seismic and weather activity around your home...all the things necessary for emergency preparedness.

## 5.5. Seed Saving



Seed saving is an important thing to learn about and also put into practice. When food supplies around the world dwindle, when crops are destroyed by drought, flood, disease, genetically modified complications or simply over population on the planet there may come a time when you will need to grow some or all your own food. You can't grow anything without seeds though.

I covered this in the chapter on Getting the Most Out of Your Survival Gardening Efforts that many seeds are genetically engineered not to grow again so you are forced to buy new seeds.

The "Big Six" pharmaceutical and chemical companies have acquired and created joint ventures with hundreds of seed companies over the past 15 years. Monsanto, DuPont, Syngenta, Bayer, Dow, and BASF collectively own or partially own hundreds of formerly independent seed companies and Monsanto, of course, dominates them all.

So this basically creates a monopoly on a large portion of the world's seed supply and ultimately gives these companies a major control and power over the future food supply of the world.

The seeds that you can save and replant the next year are heirloom seeds. So this is what you ultimately need to start with. This is probably the most important aspect of seed saving so make sure all

your seeds are heirloom seeds and if you can get organic heirloom seeds this is even better.

Since Monsanto and the other "big six" companies are trying to buy up all the companies that sell heirloom seeds so that they won't be available to anyone it would be very prudent to stock up on as many heirloom seeds as possible now so you can actually have some on hand before there aren't any to be found....if Monsanto gets its way.

To grow the healthiest, most vigorous plants, you must start with healthy, robust seeds.

Important characteristics of healthy seeds include:

- Viability—what percentage of a batch of seeds will germinate?
- Vigor—how vigorous are the seedlings produced?
- Size—are the seeds large and fully formed?
- Maturity—did the seeds have what they needed to mature fully?

All these characteristics are interrelated to one another and integral to growing healthy, robust crops. Each is a different way of measuring a seed's ability to survive and grow under normal conditions.

There is an excellent online Vegetable Seed Saving Handbook that pretty much covers all the basics and the intricacies of seed saving. It walks you through:

- How to Grow Healthy Seeds
- How to Save the Seeds
- How to Breed Your Own Varieties
- Seed Isolation Distances
- Seed-Specific Instructions
- How to Harvest Your Seeds
- Storing Your Seeds



[For the Free Online Vegetable Seed Saving Handbook CLICK HERE](#)

**Heirloom Organics Non-Hybrid Seeds Packs**

Seed Vault	Family Pack	Homestead Pack	Farm Pack
 \$99	 \$149	 \$249	 \$499
2P 1Y 	4P 1Y 	8P 1Y 	Farm 1Y 
Varieties: 25 Weight: 1.5LBS Count: 50,000+	Varieties: 30 Weight: 2.7LBS Count: 84,000+	Varieties: 35 Weight: 5.6LBS Count: 184,000+	Varieties: 40 Weight: 12.3 LBS Count: 387,000+

[For Heirloom Organics Non-Hybrid Seed Packs CLICK HERE](#)

## 5.6. Aquaponics



What is aquaponics? I covered this briefly at the beginning of this book. Aquaponics is a harmonious mix between the soil-less practice of hydroponics and fish farming. In simple terms aquaponics is a system where fish and plants sustain each other in an almost perfect balance. The plants purify the water for the fish while they fertilize the plants with their waste. The fish waste provides an organic food source for the growing plants and the plants provide a natural filter for the water that the fish live in. There is a third essential element and that is microbes (nitrifying bacteria). The nitrifying bacteria converts the ammonia from the fish waste first into nitrites, then into nitrates that is the plant food.

An Aquaponics system is made up of a tank containing the fish, and one or more grow beds for vegetable production with a pump that circulates the water between the fish tank and the garden bed.

Hydroponics is growing crops with water instead of soil. It requires very little space, gives high yields throughout the year and even NASA is using it in space. Yet it's also complicated to set up, requires a lot of water and the nitrogen-rich plant food can be very expensive. It's a mix of man made chemicals, salts and trace minerals that require you to monitor the pH levels very carefully all the time. In Aquaponics you feed your fish inexpensive fish food and

you only have to constantly monitor the pH levels for the first month but once your system is established you only need to check your pH levels occasionally if your plants or fish seem to not be doing well.

Fish farming is another way of growing your own food. Fish provides protein you need to survive that you simply can't get from tomatoes or broccoli but it's also impractical and dirty. It creates a lot of waste that's toxic to the fish. And filtering that waste can get really expensive really fast.

Aquaponics gets the best from hydroponics and fish farming with none of the drawbacks. The ammonia-rich fish waste is turned into the perfect plant food while in turn the plants purify the water for the fish.

Aquaponics also uses very little water. It uses only 1/10th of the water of soil based gardening and even less water than hydroponics or recirculating agriculture. Aquaponics can also grow food in the winter. It's quite easy to weather proof the system and grow food year round.

A system can be as small as having a fishbowl on your kitchen counter using goldfish and growing herbs to a larger system in your yard with larger fish growing lettuces, tomatoes, herbs etc. Tilapia is one of my favorite tasting fish and tilapia works well with an aquaponics system but it's not the only fish you can use. There are many other selections as well. Aquaponics is an efficient, space saving, water saving, money saving and time and effort saving way to simultaneously grow both fish and vegetables.

**For a Step by Step Instructional on How to Build Your Own Aquaponics System**

**[CLICK HERE](#)**



## 6. Alternative Medicines



One of the major concerns with survival preparation is having extra supplies of medications and first aid items on hand. Stocking up on prescription medications necessitates having a doctor that will give you extra prescriptions which you may or may not have access to.

If you find yourself in a situation where you do not have access to necessary pharmaceuticals it is easy to become panicked. The good news is that there are a lot of great alternatives to traditional medications that can be just as effective and quite a bit less toxic to your body than the traditional drugs your doctor has prescribed. I have used natural alternative medicine my entire life as a first resort and traditional medical treatment as a last resort and can say from multiple first hand experiences these natural remedies really work!

**Disclaimer:** None of the information in this book, including especially the chapters on alternative medicine, is intended to constitute medical advice or treatment. For development of individual health issue treatments, it is advised that any person first consult a qualified health care provider. It is advised that he or she remain under the doctor's supervision throughout any major health issues.

The author of this book is not a licensed medical practitioner of any kind, is not providing medical advice and assumes no responsibility for your improper use of this information.

The statements in this book have not been evaluated by the Food and Drug Administration. Information contained within this book is for educational purposes only and is not intended to diagnose, treat, cure or prevent any disease.

# 6.1. Natural Antibiotics



## Colloidal Silver

Silver has been used for thousands of years as a healing agent by civilizations throughout the world. Its medical, preservative and restorative powers can be traced as far back as the ancient Greek and Roman Empires. Long before the development of modern pharmaceuticals, silver was employed as a germicide.

### Consider these interesting facts:

- The Greeks used silver vessels to keep water and other liquids fresh. The writings of Herodotus, the Greek philosopher and historian, date the use of silver to before the birth of Christ.
- The Roman Empire stored wine in silver urns to prevent spoilage.
- The use of silver is mentioned in ancient Egyptian writings.
- In the Middle Ages, silverware protected the wealthy from the full brunt of the plague.
- Before the advent of modern germicides and antibiotics, it was known that disease-causing pathogens could not survive in the presence of silver. Consequently, silver was used in dishware, drinking vessels and eating utensils.
- In particular, the wealthy stored and ate their food from silver vessels to keep bacteria from growing.
- The Chinese emperors and their courts ate with silver chopsticks.

- The Druids have left evidence of their use of silver.
- Settlers in the Australian outback suspend silverware in their water tanks to retard spoilage.
- Pioneers trekking across the American West found that if they placed silver or copper coins in their casks of drinking water, it kept the water safe from bacteria, algae, etc.
- All along the frontier, silver dollars were put in milk to keep it fresh. Some of us remember our grandparents doing the same.
- Silver leaf was used to combat infection in wounds sustained by troops during World War I and currently the US army has started putting silver threads in their uniforms for bacteria and odor control.
- Prior to the introduction of antibiotics, colloidal silver was used widely in hospitals and has been known as a bactericide for at least 1200 years.
- In the early 1800s, doctors used silver sutures in surgical wounds with very successful results.
- In Ayurvedic medicine, silver is used in small amounts as a tonic, elixir or rejuvenative agent for patients debilitated by age or disease.
- Bed Bath and Beyond currently sells ionic silver sticks for use with their humidifiers to help eliminate bacteria growth in humidifiers.
- Hiking stores sell colloidal silver socks (which you can actually make yourself by spraying your socks with colloidal silver and letting them dry) for helping to prevent athlete's foot.



[For Colloidal Silver CLICK HERE](#)



I've used colloidal silver for a really nasty tooth infection that spread into my jaw and cheek with very quick results. And I keep this on hand now for both myself and my cat. (See the chapter on Creating Your Pet Emergency Kit).

**A note about colloidal silver:** There is a big difference between colloidal silver and ionic silver. Many companies that claim to be selling colloidal silver are really selling ionic silver. The difference between silver ions and silver particles boils down to the fact that silver ions combine with chloride ions to form silver chloride and silver particles do not. Also ingestion of highly concentrated forms of ionic silver (100 ppm and above) may cause argyria, a permanent discoloration of the skin. True colloidal silver will not cause argyria. The best brand I've found and one that is true colloidal silver is the MesoSilver brand of colloidal silver.

To read more about colloidal silver and the differences you should know when deciding what brand to buy [CLICK HERE](#) and [CLICK HERE](#)

## **Essential Oils for Antibiotics**

I write more about these essential oils in another chapter but for the sake of putting all the natural antibiotics together in one chapter here's a short summary. Certain 100% therapeutic grade essential oils also have VERY strong antibiotic properties (quite a bit stronger than penicillin) This applies ONLY to therapeutic grade essential oils - not perfume grades or B grades.

AFNOR (French Association of Normalization) standards for therapeutic grade essential oils state the percentages of certain chemical constituents that must be present for an essential oil to qualify as true therapeutic grade.

As a general rule, if two or more marker compounds in an essential oil fall outside their proper percentages, the oil may not meet AFNOR standards.

Most of the essential oils made today are perfume grade and will NOT work in this application.

**Note:** If you are going to use essential oils for therapeutic purposes you MUST use 100% Therapeutic Grade Essential Oils. Even if an oil says "Pure" or "Natural" this does not in any way mean that it is Therapeutic Grade.

Here are the essential oils you can use for antibiotics:

### The Most Powerful Essential Oils for Killing Respiratory Tract Germs When diffused:



Cinnamon Bark  
Lemongrass  
Thyme  
Peppermint  
Melaleuca (Tea Tree)  
Lavender

**Essential oils with the most killing power against 8 different strains of Helicobacter Pylori:**



Cinnamon Bark, Lemongrass, Clove and Eucalyptus

Consuming very small amounts of essential oils can attack infection from Helicobacter Pylori (H. Pylori), a common cause of stomach ulcers and even heart disease and cancer.

A concentration of just 0.004% Cinnamon Bark essential oils can wipe out several strains of Helicobacter pylori. Resistance of Helicobacter Pylori to Lemongrass did not develop even after 10

sequential passages, whereas resistance to clarithromycin developed under the same conditions. [T. Ohno, PhD, Kyoto Prefetural University of Medicine, Japan]

### **The most powerful anti-microbial essential oils:**



**Thyme** - 55% Thymol - effective against e coli, salmonella and pneumonia. It also kills the organisms responsible for tooth decay, gingivitis and bad breath.



**Clove** - 80% Eugenol – kills more than 60 types of different bacteria. It's also a powerful antioxidant and is anti-inflammatory.

### **Clove vs. Microbes:**

Bacteria and fungi tend to cluster together in clusters called biofilms that serve as a powerful protective mechanism. Clove is one of the few natural compounds that can disrupt these biofilms. Eugenol disrupts biofilms.

Clove essential oil, and its primary constituent, eugenol, kill more than 60 types of bacteria, 15 strains of fungi and several viruses. Eugenol strongly inhibits growth of HSVI and HSVII.

ORAC- Clove bud essential oil is the most powerful antioxidant known, according to USDA researchers at Tufts University, and has over a one million ORAC score.



**Oregano** - 60% Carvacrol - Carvacrol from oregano essential oil kills spores from anthrax, e coli and 25 different bacteria.

### **Penicillin vs. Oregano Essential Oil:**

12 micro liters of oregano essential oil had the antibacterial equivalence of 10 units of penicillin. Traditional antibiotics kill the bacteria, but wipe out good bacteria that the body needs as well in the process. Oregano essential oil is effective against penicillin resistant diseases and is highly antibacterial and anti-microbial.

Eugenol from clove essential oil, thymol from thyme essential oil and carvacrol from oregano essential oil have been used in dentistry since the 19th century for root canals, temporary fillings and cements, periodontal therapy and abscesses. These oils are currently designated as GRAS by FDA.

From my own personal experience I have used a combination of thyme and oregano essential oils, putting a few drops into empty capsules and taking them 3-4 times per day, for food poisoning,

bronchitis, tooth infection, and bladder infections and they have worked very well for me when I didn't feel like taking prescription antibiotics.



**Thieves** - Thieves essential oil blend is highly antiviral, antiseptic, antibacterial, anti-infectious and helps to protect the body against such illnesses as flu, colds, sinusitis, bronchitis, pneumonia, sore throats, cuts, etc.

This blend was created from research about a group of 15th-century thieves who rubbed oils on themselves to avoid contracting the plague while they robbed the bodies of the dead and dying. When apprehended, these thieves disclosed the formula of herbs, spices, and oils they used to protect them-selves in exchange for more lenient punishment.

The essential oils contained in the Thieves blend are Clove, Cinnamon, Eucalyptus Radiata, Lemon and Rosemary.

For the full article on [The Powerful Germ, Bacteria and Virus Fighting Thieves Essential Oil Blend CLICK HERE](#)



I also sometimes use Young Living's Inner Defense which is a gel capsule of Thieves, Thyme and Oregano and Citronella all blended together in gelcap form. It's easier than putting the individual oils into empty capsules but either way works the same... it's just a matter of convenience.

**Word of caution:** Thyme and Oregano are incredibly hot oils and very strong DO NOT put drops directly in the mouth or it will burn, rather put the drops into an empty capsule (easily available at most health food stores and online) and take in capsule form or just use Inner Defense which is in gelcap form and already pre-mixed.

**PLEASE NOTE:** All of the information in this book about essential oils is based solely on the use of 100% Pure Therapeutic Grade Essential Oils due to their high quality and tested purity. The use of a brand of uncertain quality and/or purity will provide you with potentially dangerous, if not lethal, results. The author assumes no responsibility for your improper use of this information.

**For 100% Pure Therapeutic Grade Essential Oils [CLICK HERE](#)**

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## 6.2. Natural Anti-Viral Options



In any emergency preparedness kit having an item in there for protecting yourself from viruses is a must have. Whether it's the simple flu virus or a manufactured bio-terrorism virus believe it or not there is a simple and natural solution to making ANY virus inert and you should definitely stock this item in your emergency preparedness kit.

Before we get to what this simple and natural solution is it is important to know a little about how viruses work.

Below is an article written by Dr. William Wong, ND, PhD.

"A virus cannot be killed using antibiotics. Those medications are meant to slay bacteria, which are a whole different class of critter altogether. Viruses cannot be feld by using herbs, colostrum, or any of the popular multi level marketing products touted as being immune enhancer's and germ fighters.

The nastier viruses will not succumb to extremes in body temperature either fever or cold. In short viruses are perfect weapons because they can't easily be done away with.

Why, you ask is it so difficult to overcome a virus? What makes it so special that they can survive vaccines, poisons, sulfa drugs,

antibiotics, herbs and most anything else science can think of throwing at them?

Let's look into what it takes to be a virus and see what makes them tick. Viruses live by a certain code of laws known as Koch's postulates. There are suppositions based on observations of the behavior of germs. First let's say that a virus is the one of the smallest bits of stuff our bodies can react to.

Just as a for instance: if you dropped a bacteria on a piece of unglazed china, that bacteria is so big that it would get caught in the pores of the porcelain. A virus on the other hand is so small that it would fall right through the pores and get through to the other side of the dish!

A bacteria is a living thing, it has a life span, it eats, it poops, and has sex (with your DNA), and so it reproduces. Once it gets old a bacteria dies. Not so with a virus. A virus is not technically a living thing.

Viruses have no life span; they can become dormant when sneezed onto a pile of dirt. Forty years or so down the road when a wind blows fragments of that dirt bearing the tiny virus into someone's nose, the bugger will become active again!

Every virus you've ever acquired either from exposure or injection (like the polio shot), is "alive" and well and sleeping next to your spinal chord! A recent issue of the Lancet, the prestigious journal of the British Medical Association, reported that out of 140 patients with chronic lower back pain, 114 of them had viruses that had migrated from where they were "sleeping" and had seeped into the injury, causing chronic inflammatory conditions.

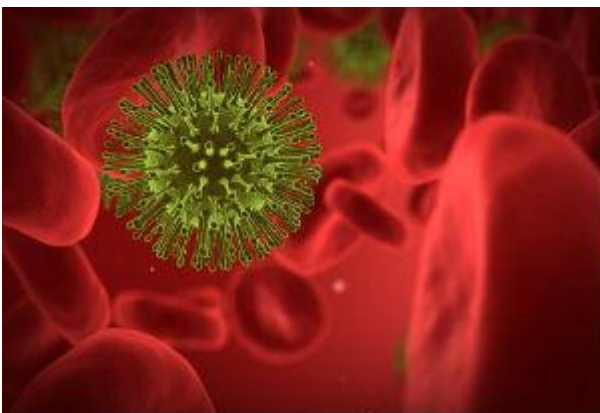
Many folks are familiar with Chicken Pox coming back to haunt seniors with suppressed immune systems as the disease of Shingles (Herpes Zoster), or as it's extremely painful and potentially deadly cousin Herpetic Neuralgia (permanent nerve pain caused by the Herpes).

Many of the viruses we were injected with as children in the good faith effort to keep us from getting infections have come back to haunt us in later life. Many doc's now believe that Chronic Fatigue Syndrome and Fibro Myalgia are nothing more than Post Polio Syndrome in those who received the live cell (mildly active strain) polio oral inoculation instead of the dead (chopped to pieces) Salk vaccine!

Pointing to the correlation between the brain swelling and 30 some odd common symptoms that occur in Polio, Post Polio Syndrome and Chronic Fatigue Syndrome, the English medical establishment calls Chronic Fatigue "Myalgia Encephalitis" (muscle pain with brain swelling) to denote the connection of these three diseases.

Here in the States the liability issues for doc's, governments and drug companies are too great for anyone in the medical establishment here to admit a connection between the live virus vaccine and the later onset of debilitating disease.

A virus comes to life so to speak when an active virus (one with an intact exterior protein coating) comes in contact with your bodies' cells. When they touch that exterior coating forms a connection to our cells called an Isoprin bond.



Through that connection the virus latches onto our DNA (yes a virus IS that small) and it begins to spin off reproductions of itself in great

big speedy numbers (viral load). Remember about that isoprin bond, it will become really important to us in a moment.

Viruses are constantly mutating with some viruses changing faster than other strains. That change in its genetic form makes it almost impossible to formulate any kind of vaccine that will make one immune to some viruses. The ones that mutate the most, like the flu and HIV, look very different this year than they looked last year and they are almost unrecognizable to most eyes from the strains had a decade or two ago.

(That's also why last years flu bug in this years flu shot are nearly always useless. The only one's gaining a benefit from the shots are the vaccine companies).

So with all that background is there anything we can do to not let those little bits of genetic material procreate inside of us? Let's look in to the research that's been done here in the States and in Europe.

As I stated before, viruses mutate. So building an antivirus vaccine for one bug might not have much of an effect on its brother two or three generations down the road. So that line of thinking is of waste of time.

The vaccine companies will argue with me but no less an agency than the US Office of Naval Research has agreed with me. They are following an entirely different track - protein eating (proteolytic) enzymes.

Yep, the same things that control your digestion, clean your laundry and are your bodies' first line of defense in:

Fighting Inflammation. (1).

Eating Fibrosis and scar tissue. (2).

Modulating Immune Function. (3).

Cleaning the Blood, (4).

Enzymes can also be the first line of defense against a virus!

Those proteolytic enzymes do a number on the all-important exterior protein coating of the virus. **They eat it!** Remember the virus is active as long as its coating is in tact.

What happens when a virus cannot complete and Isoprin bond?

**Well, simply it becomes inert - harmless!**

The doc's in the Office of Naval Research know that it would be impossible to make up new anti-viral vaccines as fast as a) the bad guys can make new bugs or b) as fast as the virus itself can mutate. So to cover all of the bases instead of going after the particular genetic coding a virus may have, they are going after the thing that allows that bugger to replicate, its coating!

In research against viruses, systemic enzymes have been found to greatly reduce the viral load by rendering the little guys inert. The trick to having enzymes work is to take enough of them. Some 5 to 10 tablets 3 times a day! Why so many tablets? Enzymes are huge with the molecular weight of enzymes ranging from 24,000 to 36,000 Daltons.

For comparison vitamin c has a molecular weight of 6! Those facts make one have to take more of the tablets to have the anti-viral effect. Enzymes are non-toxic (no LD-50 exists).

The US Defense Department is now bringing a prescription systemic enzyme preparation through FDA approval for fighting viruses.

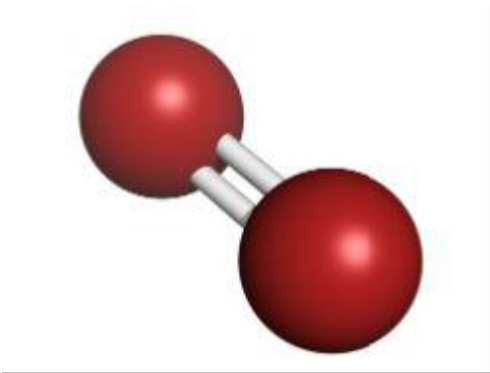
We don't have to wait for that. The strongest systemic enzyme available on the planet today is **Vitalzym** from World Nutrition.



[CLICK HERE for Vitalzym Enzymes](#)

MD's as well as alternative docs are flocking to the product for because of the strength and speed of its various actions. The usual dose for fighting viruses is 5-10 capsules 3 times a day. Since there is no toxic level for enzymes more can be taken if needed. (Side Note: 1 personally take 10 capsules 3-4 times per day just to make sure I'm taking a high enough dose and continue until the bottle is empty when fighting any virus and have knocked out full blown flu viruses in less than 24 hours)

So much for enzymes, what else can one take to "kill" viruses?



Oxygen! The air we breathe does not contain a strong enough concentration of O<sub>2</sub> to do in these bugs.

Due to pollution, lack of deep breathing (from to lack of exercise), due to lots of factors, the 21% concentration of O<sub>2</sub> in the air and

90% or less concentration of O<sub>2</sub> in our blood is not enough to singe viruses. First, let's explain two things.

First - all disease states and what precipitates them are anaerobic, that means the bad guys inside us do not live on oxygen. Anaerobic respiration is dependent on glycogen for life not oxygen. In other words viruses, bacteria and cancers all breathe blood sugar. When these nasties are exposed to high concentrations of O<sub>2</sub> they "burn" and die. (7,8).

Point #2. All disease states need or do best in an acidic internal body environment. Your innards are composed of salt water at a 0.9 concentration. Your blood, your lymphatic fluid, your tears are all salt water. Salt water is basic, that is the opposite of an acid.

From our hectic, stressful, junk air, junk food, run lifestyles we are all mostly acidic inside. Some of us are SO acidic that we can tarnish gold jewelry! The ancients disinfected a wound with salt so that no bugs could grow in it; they had increased that tissues alkalinity.

In so doing they took away the environment bugs could live and grow in. If we increase our pH back to normal (alkaline) then between that and having a high O<sub>2</sub> concentration in our blood and tissues we have created a terrain within us that bugs cannot live or grow in. (9).

OK, where do I get the oxygen from and how do I get alkaline? First the oxygen: It comes out of a little bottle and it's called Dr. Wong's Stabilized Oxygen.

For prevention mix 10 drops in a glass of water and drink this mixture 2 to 3 times a day. When exposed to or actually fighting off a bug, use 20 to 30 drops in a glass of water 4 times a day. There are no side effects to the O<sub>2</sub> release this nifty liquid produces in our blood and tissues. Your O<sub>2</sub> percentage in the blood will increase 3 to 5 % in just 5 minuets or less!

**Next we get to becoming alkaline:**

For now, even with all of the supposed ways health food stores have to make the body alkaline, I've gone back to what we did with Chronic Fatigue and Fibromyalgia patients, 1/4 teaspoon of aluminum free baking soda in a glass of water 3 to 4 times daily.

These anti viral techniques have worked well for the researchers and patients who have used them. In my own experience I have been susceptible to lung infections since child hood and could set my yearly clock by when I caught bronchitis or had full blown pneumonia each and every winter since I was an infant.

For 4 years straight I had not come down with either bronchitis or pneumonia. As a matter of fact I haven't even caught so much as a cold! I have even flown long distances next to passengers overcome with the flu who were coughing, sneezing and suffering with a heavy fever and chills. I did not catch so much as a sniffle, these techniques so well!

These insane days viruses seem to be everywhere. New bugs are infecting man all the time, and we live in fear of some terrorist releasing a deadly viral concoction on us all; we need the tools to defend our health and the health and well being of those we love.

Conventional medicine offers no hope against viruses. Using the combination of internal terrain altering with ample oxygenation, high enzymes and slick coatings most of us can avoid viruses latching on to us in the first place or fight them off handily if they've already found a home in us."

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VitalZym, the planets primer systemic enzyme product from World Nutrition at  
<http://www.EnergeticNutrition.com>  
1-888-501-3344

End of Article by Dr. William Wong, ND, PhD.

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I did not want to alter Dr. Wong's article so in a side note I would also like to add some additional options and products that were not mentioned in this article.

### For Oxygenation:



### [Dr. Wong's Essentials 25% Stabilized Oxygen](#)

Dr. Wong mentions his stabilized oxygen in his article. Not only can you use this product to increase the stabilized oxygen in your own body to create a hostile condition for disease and viruses but **you can also use this product to purify water.**

Added to your drinking water Stabilized Oxygen eliminates bacteria, toxins, germs, and viruses. ANY water source in the world can be made safe for consumption.

Simply add twenty drops of stabilized oxygen to one gallon of water.  
Add 100 drops to every 5 gallons

Superior to chlorine or hydrogen peroxide, Stabilized Oxygen is actually good for you, with evidence suggesting it destroys harmful bacteria and cleans poisons out of the system. Because Stabilized Oxygens is non-toxic it can be used medicinally and you can drink it in water to prevent illness. It can also be used topically on wounds, to kill harmful bacteria. It is an ideal item for your emergency medical kit.

### **For Alkalizing the Body pH:**



For those of you who couldn't bear drinking the baking soda and water (myself included) there's a product from Enzymedica called pH Basic that is a mixture of enzymes and baking soda in enteric coated capsules that bypass the stomach before they dissolve. You can find this brand online at [www.enzymedica.com](http://www.enzymedica.com) or at Whole Foods and other holistic stores. It's a lot more expensive than drinking the baking soda and water but a lot easier to take. Also using apple cider vinegar is very helpful. (See chapter: The Many Uses for Apple Cider Vinegar)

So in case all this information sidetracked you from the original point of this article the item your emergency preparedness kit should always have in stock for protecting you from viruses are ENZYMES!

(As well as aluminum free baking soda (or pH Basic from Enzymedica) and stabilized oxygen drops)

### **3 Basic Steps to Killing Viruses**

**1) Take high doses of enzymes** to eat the outside protein shell of the virus so the isoprin bond cannot be completed and the virus becomes inert.

**2) Oxygenate the Body** - Add more stable oxygen electrons into your blood stream with things like Dr. Wong's Stabilized Oxygen, and drinking more water as water is made up of two molecules of hydrogen and one molecule oxygen so the more water you drink the more you oxygenate your body.

**3) Raise the body's pH to slightly alkaline** (7.365 is the ideal target) using things like aluminum free baking soda or pH Basic from Enzymedica and apple cider vinegar. And stay away from acidic foods and beverages.

### **Additional Anti-Viral Supplements**

#### **Coconut Oil**



I have written about the anti-viral properties of coconut oil more extensively in the chapter about coconut oil but to keep all the anti-viral information together in one place here's the recap:

Coconut oil is nothing short of amazing for fighting all kinds of bacterial, viral and fungal infections. Coconut oil contains lauric acid, caprylic acid and capric acid, three potent anti-bacterial, anti-viral and anti-fungals that work great in combination.

Because fatty acids in the coconut oil are similar to the fatty outer membrane of the bacteria or virus, the fatty acids of the coconut oil are attracted to the fatty membrane of the virus or bacteria and are easily absorbed right into it.

Once inside, the pathogen finds that the medium chain fatty acids are actually much smaller than the fatty acids that make up its own outer membrane and this begins to break apart the pathogen's casing. The smaller medium chain fatty acids weaken the already nearly fluid membrane to such a degree that it disintegrates. The membrane literally splits open, spilling its insides and killing the organism. It does this all without causing any harm to human cells or tissues.

**For Raw Centrifuged Virgin Coconut Oil [CLICK HERE](#)**

## **Zeolite**



A virus can only replicate within a host cell. It lacks ribosomes and other cell machinery to complete replication on its own, making it an obligate parasite. A virus is merely a set of genetic instructions (DNA) surrounded by a protein coat (which can be easily destroyed

by using high doses of enzymes to eat it as written about above). A virus cannot reproduce on its own, and it has no method of sexual reproduction (swapping DNA). It must attach itself to a living cell and “high jack” that cell’s machinery to make more viruses. Viruses are produced in parts as on a production line, at the end of which the virus is fully constructed.

The virus must be able to recognize and fit with receptor proteins in the host cell. This is often referred to as a "lock and key fit" recognition of host cells.

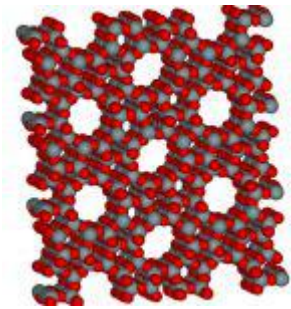
The viral life cycle itself is fairly simple: viruses enter the cell, the virus must then somehow disassemble its protein shell to release its genetic material and any necessary helper proteins. The viral genome is then replicated and the proteins it codes for synthesized to produce the raw material for the production of many new viral particles; these new viruses then re-assemble, and then exit the cell either through the membrane or upon cell death.

So basically a virus disassembles then reassembles itself and all of the parts fit together in a lock and key type mechanism. All the parts have to fit perfectly back together or the virus is destroyed. Here's where it gets interesting. There is an all natural substance that actually prevents the virus from fitting back together properly by absorbing the disassembled parts of the virus effectively preventing the virus from reassembling itself. This all natural substance is zeolite.

Zeolites are natural volcanic minerals. What makes zeolite so amazing is the fact that not only is it one of the few negatively-charged minerals found in nature, but it also has a very unique structure: Zeolites have large, vacant spaces...or cages...that allow space for large, positively charged ions to be attracted to it, then trapped and eliminated from the body. (Viruses are positively charged)

The lattices of the zeolite cages hold a natural negative charge which attract and irreversibly bind positively charged toxins, viruses,

heavy metals and radioactive waste on a cellular level in the body.



Thanks to this honeycomb-like structure, zeolite works at the cellular level to trap viruses, allergens, harmful toxins, heavy metals and radioactive waste. In fact, because it is one of the few negatively charged minerals in nature, zeolites act as a magnet: drawing positively charged toxins, viruses, heavy metals and radioactive waste, capturing them in its cage, and removing them safely and naturally from your body.

Zeolite absorbs the disassembled viral parts as well as other toxins, heavy metals and radioactive wastes into its cage. This explains why zeolite seems to block the development of many viral infections.

Once a virus or other toxin, heavy metal, or radioactive material is drawn into the zeolite cage the zeolite will hold onto it and not let go of it forever! So then when the body eliminates the zeolite naturally, (by peeing or pooping) the virus part that disassembled and any other toxins, heavy metals and radioactive wastes the zeolite absorbed are also eliminated.

Enzymes are the most powerful way to destroy viruses and make them inert by simply eating the viruses' outside protein shell so the isoprin bond cannot be completed by the virus and the virus simply becomes inert but zeolite is also extremely helpful by absorbing the disassembled virus pieces and thus disrupting the necessary lock and key mechanism required for successful re-assembly of the virus making it a powerful anti-viral supplement.

## CAUTION: DO NOT USE "LOW GRADE" ZEOLITE

When looking for Zeolite it's VERY IMPORTANT to purchase only high quality micronized Zeolite that has been properly cleaned and is 100% pure and safe to use. Low grade zeolite has to do with the way it is processed. When zeolite rocks are milled, they are ground into a powder. This normally takes place at the mine and it's the cheaper way to create zeolite powder. The problem with the milling process is that it crushes the zeolite cage structure rendering the zeolite un-absorbable in the body and largely ineffective for human consumption. Micronization is the only way to make powdered zeolite and maintain the benefits of the cage structure.

[For Micronized High Grade Zeolite CLICK HERE](#)

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## 6.3. Natural Pain Killers



Over the counter pain remedies such as aspirin, acetaminophen, and ibuprofen have been the popular go-to choices for killing pain and inflammation by pretty much the general population at large. But using them is not without significant risks as they have a vast array of side effects.

Aspirin has been linked to gastrointestinal problems and ulcers as well hemorrhaging and strokes. Tylenol contains acetaminophen, which is toxic to the liver. Ibuprofen is an NSAID (non-steroid anti-inflammatory drug). Advil and Motrin are common over the counter ibuprofen drugs that create side effects such as nausea and dizziness, hypertension, DNA damage, hearing loss, and miscarriage.

Each year, the side effects of NSAID use cause nearly 103,000 hospitalizations and 16,500 deaths by some estimates in the U.S., according to a November, 2005 article in Medical News Today. Low dose aspirin use has similar effects according to a 2006 article studying hospital admissions in Spain.

Using NSAIDs can cause ulcers and dangerous stomach bleeding. You can literally die from internal bleeding from long term use of



NSAIDs and if you gave an aspirin, Tylenol or Advil to a pet they would be dead within hours.

### **Natural Pain Relief Options:**



For natural pain and inflammation relief Vitamin D3 combined with Omega-3 fish oil are two of the most potent anti-inflammatory agents known.

For a human adult 10,000 IU's of Vitamin D combined with 2000 mg of Omega-3 fish oil achieve a superior (and safer) pain and anti-inflammatory effect. This natural anti-inflammation effect is stronger than prescription strength Vioxx or Motrin with none of the side effects.

For pain relief and anti-inflammatory help for your pets the vitamin d3 mixed with the omega 3 can safely be used for your pets with great results and no harmful side effects.



Another all natural safe pain relief product that works wonders is a product called Heal-n-Soothe®. It contains a variety of natural ingredients that on their own are great for pain but are even more potent when synergistically mixed together. Below are the ingredients in Heal-n-Soothe®

## **Proteolytic Enzymes**

Research indicates these enzymes work throughout your entire body to help it fight inflammation, dissolve scar tissue, cleanse and thin the blood plus even boost cardiovascular, respiratory and immune function.

In other words, proteolytic enzymes are the final line of defense against disease, illnesses, pain and everything else that happens inside your body.

And unfortunately with the nutrient-deficient food we're eating today, the vast majority of adults today have dangerously low levels of these enzymes!

## **Bromelain**

This special natural compound which is extracted from pineapple contains several proteolytic enzymes that have been shown to short-

circuit multiple pain pathways in the body.

It has been studied extensively since its discovery in 1957 and hundreds of studies have shown it to reduce inflammation, reduce and prevent swelling and remove waste and toxins from the blood.

### **Turmeric Extract**

Turmeric has the unique ability of using its antioxidant powers to seek out and destroy free radicals in the body which contribute to pain and swelling.

A recent study was done at the prestigious Sloan-Kettering Cancer Research Center in New York. In this study they found that Turmeric was more safe and precise than aspirin in stopping inflammation by shutting down the COX2 enzyme responsible for pain. And turmeric caused none of aspirin's typical gastrointestinal irritation!

### **Papain**

Papain is unique in that it's been shown to actually attack tumor cells and boost the immune system! It also contains a wide range of proteolytic enzymes and works by breaking down proteins.

In studies it has been shown to be effective in the treatment of numerous conditions such as diabetes, herpes, cancer and digestion issues like bloating and chronic indigestion. It's an enzyme very few people have enough of, yet if they did, would reduce the frequency of a lot of common diseases and disorders!

### **Devil's Claw**

Numerous studies have proven its effectiveness in reducing pain and inflammation.

In fact, one study found that Devil's Claw was as effective in treating arthritis pain as common drug, phenylbutazone, which is so strong it's even used to treat pain in horses!

There have also been several studies on humans which show that Devil's Claw is as effective as COX-2 inhibitors without the deadly side effects. A series of studies completed in Germany found that the main ingredient in Devil's Claw was indistinguishable from Vioxx in the treatment of chronic low back pain.

## **Boswellia Extract**

One of the most widely used herbs in Indian medicine, it has been used for centuries by traditional Indian healers to reduce pain and inflammation.

Hundreds of studies have been done proving it's effectiveness and in addition to being a powerful and safe, natural anti-inflammatory, Boswellia has also been shown to support healthy blood circulation. In a randomized, double-blind, placebo controlled study, 30 patients received 333mg, 3x a day of Boswellia. The group who received the Boswellia had a significant reduction in pain and swelling and experienced an increase in joint mobility and flexibility as compared to the placebo group.

## **Vitamin E**

This fat-soluble vitamin is an essential nutrient for humans and is known for it's powerful anti-oxidant properties.

Vitamin E has been shown to be beneficial in numerous situations and conditions such as controlling high blood pressure, maintaining healthy and balanced cholesterol levels and boosting immune system function. Plus it has also been shown to improve circulatory conditions, skin health, memory and more. In short, it benefits virtually your entire body!

## **Ginger Extract**

Used for over 2,500 years in Asia, Ginger has been used to treat nausea and to reduce pain and inflammation. It works by decreasing the amount of prostaglandins, which are what cause you to feel pain. In other words, it does what NSAID's and prescription pain meds do, but in the way nature intended it to do so instead of forcing it and causing side effects!

## **Rutin**

Found naturally in a variety of plants and fruits, this flavanoid has been shown to have a strong anti-inflammatory effect due to its powerful anti-oxidant activity. Reducing your inflammation leads to changes throughout your entire body. Changes such as a reduction of pain, increased circulation and dozens of other health benefits which ramp up your energy.

## **Citrus Bioflavonoids**

Citrus bioflavonoids aid in the absorption of vitamins and act as important anti-oxidants. They also inhibit collagenase and elastase, the enzymes responsible for the breakdown of connective tissue.

That way your joints and ligaments stay as healthy as when you were a teenager! In addition to protecting connective tissues, they also protect against free radical damage.

## **L-glutathione**

There are literally over 20,000 research studies available on how glutathione can help your body in everything from cancer prevention to more supple skin.

Glutathione is quite literally THE most important antioxidant in your body. The benefits of increased glutathione are virtually endless, since glutathione is the antioxidant that controls ALL other antioxidants in your body. It is the ONLY antioxidant in your body

that has the ability to eliminate ALL free radicals, not just specific types!

### **Mojave Yucca (root)**

The Mojave Yucca root has more benefits than you could shake a stick at! These improvements in your health include migraine relief, decreased blood pressure, cholesterol and triglycerides, better digestion, reduction of muscle spasms, improved blood circulation, treating various skin conditions, healing wounds and it even promotes shiny and healthy hair.

Heal-n-Soothe® not only has the most powerful combination of natural anti-inflammatory and pain relieving ingredients, it also has the strongest and highest potency of any proteolytic enzyme formulation available!

[\*\*CLICK HERE for Heal-n-Soothe®\*\*](#)

So these are some safe and very effective options for natural pain killers. I should mention that in my own personal experience the Heal-n-Soothe worked wonders on body aches and pains but it didn't work for headaches.

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## 6.4. Natural Herbal Remedy for Internal and External Bleeding Control



In the event of an emergency situation all sorts of injuries could possibly occur. Emergency medical response teams would be stretched thin during times like this and response times could be hours or even days.

For internal or external bleeding it is always advisable to seek proper medical treatment immediately whenever it is available but if you find yourself in a situation where you are without access to medical personnel or a hospital and there is internal or external bleeding you may need to rely on whatever help is immediately available to you.



Shepherd's Purse (*capsella bursapastoris*) has been used as a remedy for centuries to stem internal and external bleeding. It is a hemostatic plant in that it constricts blood vessels reducing blood flow.

Internally it is used to prevent further bleeding. The herb is very useful to stop hemorrhaging in the stomach and also for urinary tract bleeding and bleeding from the gastrointestinal tract such as bleeding ulcers and is considered by herbalists as one of the best specifics for stopping hemorrhages of all kinds including the stomach, the lungs, the uterus and bleeding from the kidneys.

Externally shepherd's purse is applied for bleeding, bruising, swelling and wounds as well as varicose veins. During World War I, shepherd's purse was used by British soldiers to help slow the bleeding from wounds and it was also used as a substitute for quinine.

When used topically, shepherd's purse is applied to lacerations and traumatic injuries of the skin to stop bleeding and promote healing.

It has been used by boiling the herb down and concentrating it into a strong decoction for treating blood in the urine, hemorrhoids, chronic diarrhea and dysentery, and locally for nose bleeding, which is checked by inserting the fresh juice of the plant or herbal decoction on a Q-tip and swabbing the nose.

Shepherd's purse has also been used as a remedy for blood pressure problems, premenstrual syndrome (PMS), heavy menstrual bleeding, irregular heartbeat and a weak heart.

Shepherd's purse contains androgenic properties. It has the ability to control progesterone levels. For women into menopause experiencing excessive, irregular bleeding or spotting, this plant will help regulate and increase the length of the menstrual cycles until the natural cessation of the menses.

### **Counter-Indications and Warnings:**





It is not advised for use by pregnant women in the early stages of pregnancy because it can cause contractions of the uterus and may cause miscarriage but during labor it has been widely used by midwives to promote uterine contraction during childbirth.

It is also not recommended for someone with kidney stones or kidney disease.

Since shepherd's purse constricts blood vessels, it is not recommended for those with high blood pressure.

There is little reason to use shepherd's purse if you do not have bleeding problems and you should discontinue use as soon as the problem is alleviated.

Limit use to a month or two, then take a week long break, resuming if necessary. If used for excessive menstrual bleeding, use for a few days to a week before the period and during the menstrual period...not throughout the month.

Shepherd's purse does contain alkaloids, some of which can have cumulative effects in the body, so it should not be used internally without cause, nor should it be used long-term or during pregnancy or while nursing since it is not known if the compounds in this herb are passed through breast milk.

Long-term use or drinking excessive amounts of the tea may increase the effects of sedative drugs.

Using shepherd's purse may cause changes in heart rate or heartbeat and excess doses of shepherd's purse extract may cause

heart palpitations. This may happen if the seeds of the plant are used. The raw material to make shepherd's purse tea should not contain the seeds of the plant since they contain cardioactive steroid compounds that, according to the Physician's Desk Reference for Herbal Medicines, may unpredictably lower or raise blood pressure.

In addition, large doses of these steroid compounds may increase heart rate or induce heart palpitations. For persons with blood pressure, thyroid gland or heart problems, consult a doctor before taking shepherd's purse.

It is advisable to check this herb out with your doctor first well before you might need it so if you are in an emergency situation without a doctor around you would know ahead of time if you can safely use this remedy or not.

### **Shepherd's Purse Preparations and Dosage**

In modern herbal medicine the whole plant is employed, dried and administered in the infusion and in fluid extract. A decoction is prepared from the fresh plant.



The medicinal infusion should be made with an ounce of the plant to 12oz of water, reduced by boiling to 8oz, strained and taken cold.

The fluid extract is given in doses of 1/2 to 1 teaspoon three or four times per day between meals.

**OR**

If you have bought the herb in capsule or powdered form:

### **Internal Use:**

Make an infusion by steeping 2-4 grams of the dry powdered herb in 1/2 cup hot water for 15 minutes and take 2 to 4 times daily between meals.

### **Topical Use:**

Make an infusion by steeping 3-5 grams of the dry powdered herb in 3/4 cup hot water for 15 minutes and apply to injured skin.

Or a poultice can be made:



Mash the fresh herb with a few drops of 100% therapeutic grade lemon essential oil, which is highly anti-bacterial and also a styptic, and can be used directly on wounds to cleanse and disinfect the wound and to help stop bleeding. The poultice can be applied directly to the wound.

\* See chapter **Essential Oils First Aid Kits** to read more about 100% therapeutic grade lemon essential oil.

Or the dried powdered shepherd's purse herb can be mixed together with a little fresh aloe vera plant pulp (without the skin) and a few drops of 100% therapeutic grade lemon essential oil and applied topically. Fresh aloe vera plant pulp is also great for healing wound both internal and external.

## Growing Shepherd's Purse



Having some medicinal herbs in your survival is a good idea. Growing shepherd's purse is relatively easy.

It will flourish and set seed in the poorest soil, though it may only attain the height of a few inches. In rich soil it luxuriates and grows to 2 feet in height.

Shepherd's purse is a common weed of the Cruciferous order and is said to be found all over the world and flourishes nearly the whole year round. A native of Europe, shepherd's purse has accompanied Europeans in all their migrations and established itself wherever they have settled to till soil.

Flowering and fruiting occur throughout the year but are most frequent from May to October. There are 10-12 seeds per capsule and an average of 4,500 seeds per plant, although much higher numbers have been recorded. Seed size varies considerably both within and between populations. Plants growing in adverse conditions produce fewer but larger seeds. Flower spikes cut prematurely produce viable seeds from the large unripe seed capsules but not from smaller fruits.

Seeds from both dead-ripe and green capsules require a period of after-ripening before they will germinate. A period of stratification

(placing them between layers of earth) followed by exposure to light is needed to relieve dormancy and promote germination. The temperature during after-ripening can affect the temperatures at which seeds will germinate.



[For Shepherd's Purse Seeds for Planting CLICK HERE](#)



[For Bulk Organic Dried Shepherd's Purse CLICK HERE](#)

**Other common names for Shepherd's Purse:** Capsella, Mother's Heart, Pick Pocket, Pick Purse, Shovel Weed, Blind Weed, Case Weed, Sanguinary, Lady's Purse, Shepherd's Heart, Cocowort, Witches' Pouches, Rattle Pouches, Saint James Weed and Toywort.

**PLEASE NOTE:** The information in this chapter about essential oils is based solely on the use of 100% Pure Therapeutic Grade Essential Oils due to their high quality and tested purity. The use of a brand of uncertain quality and/or purity will provide you with

potentially dangerous, if not lethal, results. The author assumes no responsibility for your improper use of this information.

**For 100% Pure Therapeutic Grade Essential Oils [CLICK HERE](#)**

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## 6.5. Removing Radioactive Material



Part of any emergency preparedness kit should include some kind of protection against nuclear fallout. With hundreds of nuclear power plants all over the world, a radiation leak from any one of these plants could subject thousands or even millions to harmful radiation.

The devastating incident with Japan's nuclear reactors blowing up because of damage from a very strong earthquake shows us how real of a threat nuclear fallout is globally!

In addition to Potassium Iodate ( $KiO_3$ ) or Potassium Iodide ( $Ki$ ), which you would use to shield (or block) the thyroid and prevent it from absorbing Radioactive Iodine, there is a completely natural substance that you can use to help remove radioactive waste from your body that you might be exposed to....and that is Zeolite.

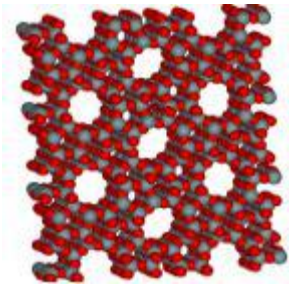
**I've written about zeolite in the chapter Natural Anti-Viral Options but here's the recap:**

Zeolites have been used since the beginning of the nuclear age.

Zeolites are natural volcanic minerals. What makes zeolite so amazing is the fact that not only is it one of the few negatively-charged minerals found in nature, but it also has a very unique

structure: Zeolites have large, vacant spaces...or cages...that allow space for large, positively charged ions to be attracted to it, then trapped and eliminated from the body.

The lattices of the zeolite cages hold a natural negative charge which attract and irreversibly bind positively charged toxins, heavy metals and radioactive waste on a cellular level in the body.



Thanks to this honeycomb-like structure, zeolite works at the cellular level to trap allergens, harmful toxins, heavy metals and radioactive waste. In fact, because it is one of the few negatively charged minerals in nature, zeolites act as magnets: drawing positively charged toxins and waste to it, capturing them in its cage, and removing them safely and naturally from your body.

It has even been reported that some government organizations use the zeolite products to remediate low level radioactive waste because zeolite will hold onto it and not let go of it forever! So then when the body eliminates the zeolite naturally, the toxins, heavy metals and radioactive wastes the zeolite is holding are also eliminated.

You can also give zeolite to your pets. I have been giving zeolite to my cat for some time now because of all the tuna she eats to remove any possible mercury that might be in the tuna but now it's also to remove any radioactive waste she might be exposed to as well. You can mix it into wet food or mix up with a little water in an oral syringe and do it that way. The mixing it into the food though is a lot easier. I give my 7.5 pound cat 1/4 teaspoon per 1.5 oz. of food. You can use more for larger pets.



This is a great item to keep on hand for not only emergency situations but also for daily use to detox all the toxins and chemicals we are exposed to daily all around us.

**CAUTION: DO NOT USE "LOW GRADE" ZEOLITE**

When looking for Zeolite it's VERY IMPORTANT to purchase only high quality micronized Zeolite that has been properly cleaned and is 100% pure and safe to use. Low grade zeolite has to do with the way it is processed. When zeolite rocks are milled, they are ground into a powder. This is normally takes place at the mine and it the cheaper way to create powder. The problem with the milling process is that it crushes the zeolite cage structure rendering the zeolite un-absorbable in the body and largely ineffective for human consumption. Micronization is the only way to make powdered zeolite and maintain the benefits of the cage structure.



[For High Grade Micronized Zeolite CLICK HERE](#)

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## 6.6. Essential Oils First Aid Kits



If you are creating or updating your emergency preparedness kits, first aid kits are obviously an important item to include. In addition to your traditional first aid kit, if you are wanting to go a little more natural, you can create an essential oils first aid kit to compliment your more traditional first aid kit. Essential oils can help with burns, cuts, sprains, insect bites and repellent, food poisoning and antibiotic help, and much more.

So what exactly are essential oils? Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers and other parts of plants.

They are the immune defense properties of plants and are so small in molecular size that they can quickly penetrate the tissues of the skin.

Essential oils are lipid soluble and are capable of penetrating cell walls, even if they have hardened because of an oxygen deficiency. In fact, essential oils can affect every cell of the body within 20 minutes and are then metabolized like other nutrients.

They are extremely concentrated. Sometimes 1-3 tons of plant material is required to make only 1 pound of oil (depending on the plant or flower). Essential oils are between 50 - 70 times more

powerful than herbs (7000%). For example, 1 drop of peppermint oil is = to 28 cups of peppermint tea.

Essential oils also have hundreds of different compound and chemical constituents. Each of these compounds and chemical constituents has a different medicinal benefit.

Essential oils have a bio-electrical frequency that is several times greater than the frequency of herbs, food, and even the human body. Clinical research has shown than essential oils can quickly raise the frequency of the human body, restoring it to its normal healthy level.

Every year over 250,000 Americans die from using pharmaceuticals. Essential oils are natural and safer alternatives to harmful pharmaceutical drugs and the great thing is there are no side effects, they are not addictive and your body cannot build up an immunity to them either.

According to Annie Wong-Beringer, Pharm.D., associate professor of clinical pharmacy at the USC School of Pharmacy, " *Inappropriate antibiotic use may kill beneficial bacteria, opening the door for harmful bacteria to establish themselves in their place. It also may toughen up some bacteria by encouraging them to mutate and develop drug resistance.*"

Drug resistance is considered to be one of the leading causes of deaths in the U.S. According to the National Institutes of Health, more than 70,000 die each year from it. These patients acquired the infection while they were in a hospital being treated for something else, according to the May 1997 documentary *The Coming Plague*. No known pharmaceutical antibiotics can help these patients, and they die.

The natural variation in the chemical constituents in whole plants depending on climate, altitude, and other factors protects against this resistance, as do the many chemical constituents in whole oils as opposed to using one isolated "active" ingredient.

Essential oils are chemically very heterogenous; meaning they are very diverse in their effects and can perform several different functions. Synthetic chemicals are completely opposite in that they basically only have one action. This gives essential oils a paradoxical nature which can be difficult to understand. However, they can be compared to another paradoxical group - human beings.

For example, a man can play many roles such as father, husband, friend, co-worker, accountant, school teacher, scout master, etc... and so it is with essential oils. Lavender essential oil for example can be used for burns, insect bites, headaches, PMS, insomnia, stress, and so forth.

Essential oils should definitely be included in your emergency preparedness kit as they have hundreds of therapeutic applications and uses and are safe to use unlike most all pharmaceuticals.

But before we get into creating your first aid kit it's extremely important that you know and fully understand about the different grades of essential oils.

## **Understanding Grades of Essential Oils**

There are 4 Grades of Essential Oils:

- **Grade A (Therapeutic Grade)** oils are pure therapeutic quality and are usually made from organically grown plants distilled at the proper temperatures using steam distillation.
- **Grade B** oils are food grade; they may contain synthetics, pesticides, fertilizers, extenders, or carrier oils.
- **Grade C** oils are perfume grade and may contain the same type of adulterating chemicals as food grade oils. They usually contain solvents which are used to gain a higher yield of oil per harvest. Solvents are normally cancerous.
- **Floral Water** is a by-product of the distillation process, a very high quality if it comes from a Grade A distillation

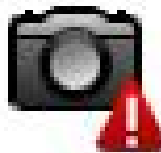
process. Accordingly it is of low quality if it comes from poor quality raw materials and or poor distillation processes. It is usually found in skin and hair products.

When your intention for using essential oils is for the therapeutic benefits they can provide it's a huge waste of your time and money to use essential oils for their benefits if all of their benefits have been destroyed and corrupted with distilling practices that are widely used in the essential oil industry to extract oil the cheapest fastest way. For most companies profit is the bottom line - not therapeutic benefit.

Proper essential oil distillation is critical when it comes to assuring the quality of a therapeutic grade oil. Essential oils can be extracted from a plant in a variety of ways. These include expressing the oils with pressure, extracting them with a solvent or using an essential oil distiller.

The highest quality essential oils take time to distill because they are extracted with lower temperatures and pressures and without the use of chemical solvents. It's possible to extract an essential oil quicker using higher pressures and temperatures and chemical solvents – and this is often done in the essential oil industry but doing so alters the properties of the oil and destroys most of its therapeutic properties.

For example, throughout the world most operations distill cypress essential oil for only 1 hour and 15 minutes. According to the



[Essential Oils Desk Reference](#)

cypress requires a minimum of 24 hours distillation at 265° F and 5 pounds of pressure to extract most of the therapeutically-active constituents. If distillation time is cut by only two hours, 18 to 20 constituents will be missing from the resulting oil. Even though the oil is considered pure, it may

only contain a fraction of its possible complex chemistry and therapeutic value.

In France, lavender that is produced commercially is often distilled for only 15 minutes with a steam temperature of up to 350 degrees Fahrenheit and up to 155 pounds of pressure. Although the oil is easily marketed and sold, it is of very poor quality.

Some people are far more concerned about the price than the quality of essential oils. You can easily sell inexpensive lavender oil if you can produce a pound of oil in 15 minutes instead of a pound of oil in an hour and a half.



In the larger fields of the world at distillation time, you can see chemical trucks hooked into the distillers pumping solvents into the water already in the boiler. This increases oil production by as much as 18 percent.

However, when you put a chemical in the water and force it with steam into the plant, it causes a fracturing of the molecular structure of the oil, altering its fragrance and constituents. Also you cannot separate the chemicals from the oil after they come through the condenser.

If your reason for using essential oils is for the benefits they can provide then it is very important to use only therapeutic grade essential oils that haven't had their compounds destroyed and corrupted

by distillation processes using high heat, high pressure and/or chemical solvents.

**Anything less than 100% therapeutic grade essential oils will not produce the desired results and can, in some cases, be extremely toxic.**

I personally use and recommend [Young Living Essential Oils](#) exclusively as this company is one of the only companies I know of that only sells 100% pure therapeutic grade essential oils.

Another thing to you should understand is the words "pure" or "natural" or even "organic" does **NOT** mean 100% therapeutic grade. Even if no chemical solvents were used, high heat and high pressure still could have been used, and if they were, the chemical compounds in the oil that would have provided the therapeutic benefit would have been destroyed and the oil becomes useless for anything other than fragrance.

Some questions to ask about your essential oils is:

1. Does the essential oil company send each batch of essential oils it receives through up to five different analyses before it is released? And are these tests performed by independent labs?
2. Does your essential oil company grow and distill its own organically grown herbs or are they bought from a supplier that does? Are the distillation facilities part of the farm where the herbs are grown so they are freshly distilled, maintaining their potency?
3. Does your essential oil company use low pressure and low temperature to distill essential oils and preserve all of their fragile chemical constituents?
4. Are the distillation cookers fabricated from costly stainless steel alloys to reduce the likelihood of the oils



chemically reacting with metal?

5. Does the essential oil company have representatives traveling worldwide to personally inspect the fields and distilleries where the herbs are grown and distilled?

6. Do they scrutinize the facilities to check that no synthetic chemicals are being used in any of these processes?

If your answer to all of these questions is yes, you can feel confident that your oils are therapeutic grade, the purest available. **If you don't know the answer to this information then you need to find out. This is critical!** Using essential oils for their therapeutic benefits when none exist can be dangerous.

For example, if you are trying to use an essential oil to kill a bacteria infection and the chemical constituents or properties that would normally kill the bacteria infection have been destroyed by too high heat or too high temperature and it doesn't kill the bacteria infection, the bacterial infection could get worse if you think you are treating it and you are not. It might even be life threatening.

Or let's say you are using lavender essential oil to treat a burn but you don't realize it's been cut with synthetic linolyl acetate to improve the fragrance, added to propylene glycol or SD 40, DEP, and DOP (solvents that increase the volume), you would be putting harmful chemicals on top of a burn making the burn much worse not better which would be both dangerous and painful.

Oils are also very fragile and can be destroyed quite easily. Did you ever stop to wonder why it's very dangerous for persons to get a fever that goes above 103 degrees Fahrenheit? Well the reason is because the brain is mostly made up of fat and fat is basically an oil and when oils get above 103 degrees they start breaking down and are destroyed. (Some oils can go higher in temperature before breaking down, coconut oil, for example, can go up to 480 degrees Fahrenheit before it breaks down but this is not the norm)

This is why not only is the distillation temperature and pressure important but also how you store them. Keeping them in your go bag in your hot car during the summer is definitely not a good idea. They need to be stored in cool places or they will be destroyed.

I packed my essential oils kit in a thermal container, thinking that would protect them, and stored it in my car but the heat was still too much and it completely destroyed the essential oils and they were useless and I had to throw them out. That was an expensive lesson. You must store them in a cool dark place.

Ok so now that you hopefully understand how crucially important it is to use only 100% therapeutic grade essential oils let's talk about what oils to put in your essential oils first aid kit.

## **Putting Together Your Essential Oils First Aid Kit**

### **Burns – Use Lavender**



The French scientist René Gatefossé was the first to discover Lavender's ability to promote tissue regeneration and speed wound healing when he severely burned his arm in a laboratory accident. He immediately immersed his arm into a bowl of liquid sitting on a table near him.

The liquid was Lavender essential oil. The pain quickly went away and the wound healed in a short time without scarring. Today,

Lavender essential oil is one of the few essential oils to still be listed in the British Pharmacopoeia.

**A Note Caution:** If you are going to put Lavender essential oil on a burn you had better make sure it is 100% therapeutic grade essential oil from a reputable company you trust!

Today most of the Lavender oil sold in America is a hybrid called Lavandin, grown and distilled in China, Russia and Tasmania. It is brought into France, cut with synthetic linolyl acetate to improve the fragrance, added to propylene glycol or SD 40, DEP, and DOP (solvents that increase the volume), and then sold in the US as lavender oil.

Oftentimes Lavandin is heated to flash off the camphor, and then synthetic linolyl acetate is added so that it appears as lavender. Consumers do not know the difference and are happy to buy Lavandin for \$5 to \$7 per half ounce in health food stores and online. These synthetic and adulterated oils can cause rashes, burns, or other irritations. When you have a burn that you are trying to treat with Lavender essential oil and you are unknowingly instead putting more caustic chemicals onto your burn this can be serious trouble.

When you are treating a burn **it is critical** that you only use 100% Therapeutic Grade Lavender Essential Oil!

**Cuts – Lemon or Lavender**



**Lemon essential oil** is highly anti-bacterial and acts as an astringent, an antiseptic, a disinfectant, and a styptic that stops wounds from bleeding. It becomes an excellent remedy when used in a compress or as a cleanser for treating bleeding wounds. Use lemon directly on the cut as a styptic to stop the bleeding and also disinfect the cut.

To read more about the amazing uses of lemon essential oil [CLICK HERE](#)



**Lavender essential oil** also has very high antiseptic properties, is anti-inflammatory and is great for cleansing cuts and wounds, rashes and skin irritations and is ideal for skin care in general.

**Rashes or Skin Irritation and Inflammation In or On the Body -  
Copaiba, Ocotea & Lavender**



**Copaiba** - This powerful essential oil is recognized for supporting the body's natural response to injury or irritation. Gas Chromatograph and Mass Spectrometer testing shows Copaiba contains high levels of beta caryophyllene, gamma elemene, and alpha humulene, which aids the natural processes of redness and irritation of body tissue. Copaiba essential oil contains the highest amounts of beta caryophyllene (55 percent) of any known essential oil. Copaiba is the first oil to use with any kind of inflammation. It can be taken orally (put a few drops in an empty capsule) or used externally directly on the skin.



**Ocotea** – Extracted from an Ecuadorian tree, Ocotea has the highest level of alpha humulene of any Young Living essential oil, which is a compound that helps aid the body's natural response to irritation and injury. Ocotea also has natural cleansing and purifying properties.

Topical: 1–2 drops on desired area.

**Insect Repellent – Peppermint or Purification**



For the full article on [Using Essential Oils as Insect Repellents](#)  
[CLICK HERE](#)  
**Insect Bites – Peppermint, Purification or PanAway**



For the full article on [Treating Insect Bites with Essential Oils](#)  
[CLICK HERE](#)

**Bee Sting Regimen – Lavender, Purification or PanAway**



- Flick or scrape stinger out with credit card or knife, taking care not to squeeze the venom sack.
- Apply 1-2 drops Purification, Lavender, or Pan Away on location. Repeat until the venom spread has stopped.
- Apply Lavender or Purification with or without Pan Away 2-3 times daily until redness abates.

## TICKS – Thyme, Oregano, Purification and Peppermint



### Application:

Topical: NEAT, apply 1 drop neat thyme or oregano to tick to loosen from skin. Apply 1 drop neat Purification on site to detoxify wound. Apply 1 drop neat Peppermint every 5 minutes to reduce pain and infection.

## BLACK WIDOW SPIDER BITE – Lavender Purification or Thieves



Get victim to an emergency care facility immediately. Rub 1 drop Lavender, Purification or Thieves every 2-3 minutes over bite until

you reach the hospital.

### **BROWN RECLUSE SPIDER BITE – Purification or Thieves**



The bite of this spider causes a painful redness and blistering which progresses to a gangrenous slough of the affected area. Seek immediate medical attention. Apply NEAT 1 drop of either Purification or Thieves every minute until you reach medical treatment.

### **Food Poisoning or Need for an Antibiotic – Thyme, Clove, Oregano or Thieves**



**Thyme** - 55% Thymol - effective against e coli, salmonella and pneumonia. It also kills the organisms responsible for tooth decay, gingivitis and bad breath.



**Clove** - 80% Eugenol – kills more than 60 types of different bacteria. It's also a powerful antioxidant and is anti-inflammatory.



## **Clove vs. Microbes:**

Bacteria and fungi tend to cluster together in clusters called biofilms that serve as a powerful protective mechanism. Clove is one of the few natural compounds that can disrupt these biofilms. Eugenol disrupts biofilms.

ORAC – Clove bud essential oil is the most powerful antioxidant known, according to USDA researchers at Tufts University, and has over a one million ORAC score.



**Oregano** - 60% Carvacrol – Carvacrol from oregano essential oil kills spores from anthrax, e coli and 25 different bacteria.

## **Penicillin vs. Oregano Essential Oil:**

12 micro liters of oregano essential oil had the antibacterial equivalence of 10 units of penicillin. Traditional antibiotics kill the bacteria, but wipe out good bacteria that the body needs as well in the process. Oregano essential oil is effective against penicillin resistant diseases and is highly antibacterial and anti-microbial.

Eugenol from Clove essential oil, thymol from Thyme essential oil, and carvacrol from Oregano essential oil have been used in dentistry since the 19th century for root canals, temporary fillings and cements, periodontal therapy and abscesses. These oils are currently designated as GRAS by FDA.

From my own personal experience I have used a combination of Thyme and Oregano essential oils, putting a few drops into empty capsules and taking them 3-4 times per day, for food poisoning,

bronchitis, tooth infection, and bladder infections and they have worked very well instead of prescription antibiotics.

For the full article on [Essential Oils That Kill Bacteria and Fungus](#)  
[CLICK HERE](#)



**Thieves** - Thieves essential oil blend is highly antiviral, antiseptic, antibacterial, anti-infectious and helps to protect the body against such illnesses as flu, colds, sinusitis, bronchitis, pneumonia, sore throats, cuts, etc.

This blend was created from research about a group of 15th-century thieves who rubbed oils on themselves to avoid contracting the plague while they robbed the bodies of the dead and dying. When apprehended, these thieves disclosed the formula of herbs, spices, and oils they used to protect them-selves in exchange for more lenient punishment.

The essential oils contained in the Thieves blend are Clove, Cinnamon, Eucalyptus Radiata, Lemon and Rosemary.

For the full article on [The Powerful Thieves Essential Oil Blend](#)  
[CLICK HERE](#)



I also sometimes use Young Living's Inner Defense which is a gel capsule of Thieves, Thyme and Oregano and Citronella all blended together in gelcap form. It's easier than putting the individual oils into empty capsules but either way works the same... it's just a matter of convenience.

**Word of caution:** Thyme and Oregano are incredibly hot oils and very strong DO NOT put drops directly in the mouth or it will burn, rather put the drops into an empty capsule (easily available at most health food stores and online) and take in capsule form or just use Inner Defense which is in gelcap form and already pre-mixed.

Clove and Thieves are also very spicy and may be too strong for some persons. I use Thieves and Clove without capsules and put directly on my teeth and brush my teeth with the Thieves but for un-teeth/mouth related issues it's probably best to also put in capsules.

### **Sprains – Use PanAway**



**PanAway** essential oil blend is a Young Living proprietary blend of helichrysum, wintergreen, clove, and peppermint designed to relieve

muscle soreness and tension. Gary Young, the founder of Young Living, created the blend after a severe injury to his leg.

**Helichrysum** has been studied by European researchers for regenerating tissue and improving circulation. In short supply, helichrysum is one of Young Living's most prized essential oils.

**Clove** stimulates and revitalizes immune function and is known for its extremely high antioxidant properties (over 1 million on the ORAC scale).

**Peppermint's** properties include anti-inflammatory, anti-tumoral, anti-parasitic (worms), antibacterial, anti-viral, anti-fungal, gallbladder/digestive stimulant, pain relieving, and curbs appetite. Its uses include: rheumatism/arthritis, respiratory infections (pneumonia, tuberculosis, etc.) obesity, viral infections, (Herpes simplex, herpes zoster, cold sores, human papilloma virus, etc.), fungal infections/Candida, digestive problems, headaches, nausea, skin conditions (itchy skin, varicose veins, eczema, psoriasis, dermatitis), scoliosis/lumbago/back problems.

**Wintergreen's** properties include anti-coagulant, antispasmodic, anti-inflammatory, vasodilator, analgesic/anesthetic, reduces blood pressure. It has been historically used for arthritis/rheumatism, muscle/nerve pain, hypertension, arteriosclerosis, hepatitis/fatty liver.

**Caution:** Avoid use of Wintergreen if epileptic. Anti-coagulant properties can be enhanced when used with drugs like Warfarin, Coumadin or aspirin.

**Nausea – Use Peppermint or Patchouli**



**Patchouli** essential oil contains compounds that are extremely effective in preventing vomiting due to their ability to reduce gastrointestinal muscle contractions associated with vomiting.

**Peppermint** is also extremely effective in many kinds of stomach upset, including nausea.

Oral: a drop or two in a glass of water or on tongue 1-4 times as needed.

### **For Edema and Swelling of the Legs and Feet – Rosemary**



**Rosemary** increases warmth and stimulates blood circulation and is especially useful for circulatory problems of the extremities. I stand on my feet for long periods of time and when my legs and calves swell up, rubbing generous amounts of Rosemary essential oil on them relieves the swelling and edema in about 2 minutes. It's really incredible for combating fluid retention and lymphatic congestion making it very effective for cellulite and great for keeping the legs from swelling up during air travel as well.

**For Chest Congestion – R.C. (Respiratory Congestion) or Eucalyptus Globulus or Radiata**



**Eucalyptus** is well known throughout history for its beneficial use in relief from respiratory congestion and reducing infections in the lungs and throat. It has strong action against bronchitis, sinusitis and lung congestion. There are also many varieties of eucalyptus. Eucalyptus globulus is probably the most common variety of eucalyptus used.

**Eucalyptus radiata** is lighter in smell than Eucalyptus globulus but it still has many of the same supportive properties. Because it is relatively gentle and non-irritating, it is the preferred choice for children.

Use Eucalyptus oil directly on the chest also take orally without a capsule and diffuse it in a diffuser and breathe it in.

**R.C.** is a blend created by Young Living for relief from colds, bronchitis, sore throats, sinusitis, coughs, and respiratory congestion. R.C. helps decongest sinus passages, combat lung infections, and helps relieve allergy symptoms.

It contains, Eucalyptus Globulus, Eucalyptus Radiata, Eucalyptus Australiana, Eucalyptus Citriodora, Myrtle, Pine, Spruce, Marjoram, Lavender, Cypress and Peppermint.

**Topical Application:** Dilute 1 part R.C. to 1 part raw organic almond, olive or coconut oil or any raw organic vegetable oil to avoid any possible skin sensitivity. When diffusing diluting with oil is not necessary.

Diffuse/humidify, directly inhale, apply on chest, neck, throat, or over sinus areas (avoiding eyes). Use as a compress or with Raindrop Technique.

Combine with Raven (alternating morning and night) and Thieves to enhance effects.

**Note of Caution:** if you get ANY of the oils into your eyes DO NOT rinse with water. Water only intensifies it. Either use a dry towel or cloth to wipe off and just wait for the burning sensation to subside or use a base oil like raw organic almond or olive oil to dilute the essential oil. Be especially careful avoiding the eyes with oils like Thyme, Oregano, and Clove as these ones are extremely strong and can really burn but DO NOT put ANY of the above oils near the eyes.

**For 100% Therapeutic Grade Essential Oils [CLICK HERE](#)**

**PLEASE NOTE:** The information in this chapter is based solely on the use of 100% Pure Therapeutic Grade Essential Oils due to their high quality and tested purity. The use of a brand of uncertain quality and/or purity will provide you with potentially dangerous, if not lethal, results. The author of this book assumes no responsibility for your improper use of this information.

None of the information in this chapter is intended to constitute medical advice or treatment. For development of individual health issue treatments, it is advised that any person first consult a qualified health care provider. It is advised that he or she remain under the doctor's supervision throughout any major health issues. If you are ill seek immediate medical intervention.

The author of this book is not a licensed medical practitioner of any kind, is not providing medical advice and assumes no responsibility for your improper use of this information.

The statements about these oils are for educational purposes only and have not been evaluated by the Food and Drug Administration.

These oils are not intended to diagnose, treat, cure, or prevent any disease.



## 6.7. Diabetes and Emergency Preparedness



Recently I've started receiving numerous inquiries from diabetics and family members of diabetics trying to get their emergency preparedness supplies in order asking if there are any alternative remedies for stocking up on insulin for someone who is diabetic. This is a valid concern for many diabetics...what to do if there is an emergency situation and no medical help at hand and no access to insulin supplies.

I do not know of any alternative for insulin, however, a better option would be to simply reverse the diabetes for good and not need the insulin.

Big Pharma, in an effort to create lifetime customers of their insulin, has tried to create the mythology that once you are diabetic you are diabetic for life with no cure.

This simply is not true.

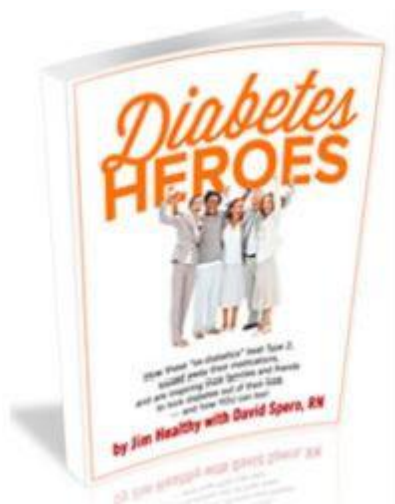
Many, many people reverse diabetes all the time. This is pretty well known in the alternative health world. It can be done in 30 days. This does require a change in the diet, especially for the first 30 days. It does require eating only raw alkalizing foods for 30 days. After the

30 days it does require eating healthy on a daily basis and staying away from the substances that created the diabetes in the first place.

[To Learn More About Reversing Diabetes in 30 Days CLICK HERE](#)

Another resource is Dr. Gabriel Cousins' Reverse Diabetes Program. Dr. Gabriel Cousins is someone I have followed for many years and I really love this guy and all the books he has written. He is very well respected in the alternative health world and is quite world renowned.

[For Dr. Gabriel Cousins' Reverse Diabetes Program CLICK HERE](#)



There is also a new book called ***Diabetes Heroes*** that you might be interested in. It's about a people who have conquered Type 2 diabetes simply by making some simple, yet very important, changes to their diet and lifestyle. Today, these people are living normal, healthy lives – without diabetes medications. Their stories are pretty amazing!

You can receive a free copy of this book by clicking [HERE](#)



Hopefully these resources can be of help to persons concerned with emergency preparedness supplies for diabetics and perhaps also change their life in the process.

**Disclaimer:** None of the information in this book is intended to constitute medical advice or treatment. For development of individual health issue treatments, it is advised that any person first consult a qualified health care provider. It is advised that he or she remain under the doctor's supervision throughout any major health issues.

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## 6.8. Hormone Balance And Emergency Preparedness - What's the Connection?



A survival situation is a time when more male energy is actually required by both sexes. By this what I mean is rational logical thinking is required as well as focus, action, leadership, strategy, providing and protecting....all of these are male / yang qualities.

Feminine / yin energy is more emotional, non-linear, abstract, no concept of time, creative, supportive, nurturing, intuitive and, while some of these qualities are important during survival situations, in severe crisis mode it's male energy that needs to predominate.

Using male / yang energy requires testosterone. Men get testosterone from their testes and women get testosterone from their adrenals. When women work jobs that require male energy for hours on end it can result in severe adrenal fatigue causing drained energy, feeling burned out, no sex drive, bad skin, nails and hair and a whole host of other issues.

Having severe adrenal fatigue can also negatively affect how well you are able to respond to an emergency situation when you have to call upon adrenaline. If you are all tapped out of adrenaline it could potentially be the difference between surviving or not.

Doing business is actually easier on the male energy system than it is for women unless they find a way to incorporate feminine energy into the way they work. This is something to consider.

The biggest problem the majority of modern society faces at the moment is an overload of estrogen. This is not good for either men or women. Too much estrogen for men means diminished testosterone, feminization, erectile dysfunction, low sperm count and many other issues.

Too much estrogen for women means weight gain and breast cancer and irrationality and over-sensitivity, miscarriages and birth defects.

Ideally in non-crisis situations men should be running about 80% male energy and 20% feminine energy and women should be running around 80% feminine energy and 20% male energy. This is a healthy balance.

In a survival situation when your hormones are balanced to begin with it's easier to draw on other hormones you might need to use but if you're severely imbalanced then you are operating at a disadvantage and there may not be reserves of what you need to access.

Here are some of the biggest contributing factors to hormone imbalances that each sex can do something about:

### **BPA (Bisphenol A)**



Top of the list is BPA.

BPA is an industrial chemical used to make plastic hard, as in water and infant bottles, and also to make liners for food and beverage cans. It migrates from the can or plastic into the contents, which are then ingested. BPA can also be found on cash register receipt paper and in coatings of electronics so handling a lot of these things can cause BPA to be absorbed into the bloodstream via the skin.

It has been strongly established as an estrogen mimic that disrupts the endocrine (hormonal) system, with potentially serious effects on development, the reproductive system and the brain.

Since BPA is a known "xenoestrogen", it's been linked in animal studies (at surprisingly small doses) to all sorts of various health issues such as cancer, metabolic disorders, heart disease, diabetes, and fertility problems and birth defects or miscarriages, prostate issue, low sperm count... and even turning male fishes into female fishes! And by the way xenoestrogens are a primary contributor to abdominal fat specifically.

According to the Environmental Working Group (EWG), BPA was detected in the bodies of 95% of Americans in one CDC study (this is a worldwide issue though, not just limited to the US).

The Environmental Working Group reports, "analysis of our tests reveals that for one of every five cans tested, and for one-third of all vegetables and pastas (ravioli and noodles with tomato sauce), a

single serving would expose a pregnant woman to BPA at levels that fall within a factor of 5 of doses linked to birth defects — permanent damage of developing male reproductive organs".

Sodas are the biggest offenders with the highest BPA concentrations due to the alarming acid pH levels which leaches more of the BPA from the bottles and cans. Coca Cola has about a 2.8 pH (caustic). Even transporting Coca Cola syrup requires hazardous materials placards to be placed on the truck and the drivers have to have a hazardous materials endorsement on their commercial driver's license. Think about that the next time you're tempted to drink a soda.

Next highest on the list is any canned tomato products (canned ravioli, pastas, canned tomato pastes, tomato sauces, etc) due to the acidic nature of tomatoes, which leaches more of the BPA.

Bottom line: Try to avoid canned goods altogether but if you do buy canned goods make sure any canned goods you stock up on are in BPA free cans and any other food storage or water storage containers are BPA free. Glass storage jars or mylar are better options.

If you use plastic wrap, plastic ziplock bags, plastic containers for food storage, etc, try to investigate on the label if the product is BPA-free or not. Some brands packaging will label if their products are BPA-free...some are and some are not. And NEVER heat up food in plastic containers containing BPA or with plastic wrap as the cover... that really leaches BPA into the food.

BPA can also leach into your water is if your house has PVC pipes instead of copper pipes. When the hot water flows through PVC pipes the BPA in the PVC leach into your water. So when you are taking a hot bath or a shower and your pores open up they absorb the BPA right into your body even more than if you had ingested it directly or if you heat up the water in the faucet while preparing food your food will absorb the BPA from the hot water. Bottom line: copper piping is a lot healthier. Copper is anti-bacterial so the water stays cleaner and it does not leach any BPA into your water supply.

## Soy



Next on the list is soy. Soy is extremely high in estrogen and if you're thinking I don't eat tofu or drink soy milk or eat vegeburgers so I'm ok think again. It's in pretty much all packaged and processed foods, salad dressings, mayonnaise, soups, chips, crackers cookies, shampoos and conditioners, face creams etc.. Start reading labels and you'll see soy protein or soy oil in nearly 90% of everything in your pantry.

The average American gets around 67 grams per day of soy which is the equivalent of taking 4 to 5 birth control pills per day. It becomes even higher for vegetarians who tend to eat more soy.

To read a great in-depth article on [The Shocking Effects of Soy on Both Sexes CLICK HERE](#)

The best option is start making your own food from scratch using only ingredients that are healthy. Most of the packaged MRE's currently on the market not only usually contain lots of soy but also forms of MSG (which hides under about 30 or so different names) and other unhealthy ingredients as well. Getting creative and making your own home made MREs are your best option.

**Alfalfa and Hops**





I'm all for sprouting. Sprouts are one of the best survival foods out there. They provide rich, digestible energy, bioavailable vitamins, minerals, amino acids, proteins, beneficial enzymes and phytochemicals, are ready in 3-5 days as opposed to waiting months for your garden to produce crops, rival most foods for nutritive value and are relatively inexpensive and easy to store.

That said, alfalfa is very high in estrogen and is a sprout I would suggest avoiding eating and stocking up on.

Alfalfa is probably the most common one people sprout but there are so many other types of sprouts that are available and taste amazing to choose from that won't overload your system with estrogen.

Also you should find out if the meat you are buying is from animals that were primarily fed on soy or alfalfa. It will be in their system as well...just something to consider.

Hops is also very high in estrogen so if you're a beer lover you might want to keep this in mind and limit how much beer you drink.

**Ok so now that we've covered some things to avoid let's cover some things that can be beneficial to include:**

**Clover**



Staying on the topic of sprouts, clover is actually a natural remedy to bring your hormones back into balance. The hormone-balancing magic of red clover lies in its isoflavones. These are a type of plant chemical that weakly attaches to estrogen receptors in your tissues. Isoflavones are not estrogen. But they mimic the effects of estrogen in your body.

Isoflavones work gently to moderate your estrogen levels. They are adaptogenic. They sense what your body needs, and adapt their response.

If your estrogen levels are too low, they produce gentle estrogen- *like* effects. But if your estrogen levels are too high, isoflavones block stronger estrogens. They take up space on the receptors. They crowd out those artificial estrogens in your food and environment. And when your estrogen levels return to normal, those nasty symptoms disappear.

In a study of 30 post-menopausal women in the Netherlands, researchers found that taking 80 mg of a red clover supplement reduced hot flashes by 44%.<sup>1</sup> And in an Austrian study of 109 post-menopausal women, those who took 80 mg of red clover isoflavones for six months had an 80% decrease in anxiety and depression.<sup>2</sup>

**One note of caution regarding red clover:** red clover contains chemicals known as coumestans. They're natural blood thinners. So, if you're on blood-thinning medications, consult your doctor before taking red clover.

1. Van de Weijer, P., & Barentsen, R. 2002. Isoflavones from red clover (Promensil) significantly reduce menopausal hot flush symptoms compared with placebo. *Maturitas*, 42 (3), 187–193. <http://www.ncbi.nlm.nih.gov/pubmed/12161042>
2. Lipovac M, Chedraui P, Gruenhut C, Gocan A, Stammler M, Imhof M. Improvement of postmenopausal depressive and anxiety symptoms after treatment with isoflavones derived from red clover extracts. *Maturitas*. 2010 Mar;65(3):258-61. <http://www.ncbi.nlm.nih.gov/pubmed/19948385>

## **DIM (di-indolyl-methane)**



DIM is a naturally occurring phytonutrient that is found in cruciferous vegetables. Though discovered over ten years ago, the connection between plant-derived dietary ingredients and estrogen metabolism are just now beginning to be understood. Research has shown that DIM has the ability to act as an estrogen balancer (sometimes referred to as an estrogen blocker) in BOTH women and men. It can be used by those addressing estrogen dominance problems.

[To read more about DIM and its benefits CLICK HERE](#)

## **Maca Root**



Maca Root works to balance out the entire endocrine system...the system that regulates your hormones. The endocrine system is a collection of glands that produce hormones essential for normal bodily functions. The glands governed by the endocrine system are the hypothalamus, the adrenal glands, the thyroid and the parathyroid glands.

Scientists and doctors are now finding maca to be one of the best natural ways to regulate and support endocrine health. This action regulates metabolism, energy levels, growth, sexual development and the sense of well being and attitude.

Maca root does not actually contain hormones itself. Instead it provides a unique set of nutrients that directly fuel the endocrine system and help the glands to produce vital hormones in precise dosages predetermined by one's own body. When your endocrine system is balanced it can properly regulate hormone production at balanced levels.

I use maca root every day in my hemp protein shake and stock up on this stuff by the kilo.

[For Maca Root CLICK HERE](#)

## **For Men**

Here's one of the best herbal formulations I've seen for men for helping to maintain healthy levels of testosterone.



Super MiraForte contains high potencies of plant extracts that naturally reduce the aromatization (conversion) of testosterone to estrogen to enhance free testosterone levels.

[To read more about Super MiraForte CLICK HERE](#)

## For Women



When estrogen becomes the dominant hormone in a woman's body and progesterone is deficient, the estrogen can potentially become toxic to the body. One of progesterone's most important roles is to balance or negate the effects of estrogen.

Here is a special new form of progesterone that is micronized (made into very small particles). This allows it to pass through the skin easily. This is all good and well but it's still tough to get it to absorb. So, with Dan Purser MD's help – Young Living formulated a serum that has the micronized progesterone in a suspension of vitamin E and essential oils. These oils are PROVEN to increase the absorption; therefore it's not wasted just sitting on top of your skin. It's also the first progesterone ever created that's a serum.

Progessence Plus Serum blends all-natural, USP-grade super-micronized progesterone from wild yam with vitamin E and essential

oils. Studies indicate that penetration of progesterone is facilitated by limonene from frankincense and bergamot and menthol from peppermint oil.

Also this serum doesn't require the cycling of application sites like other progesterone supplements. Many make you apply for a few days then stop for a few days requiring you to keep close track of your menstrual cycle and when you applied the cream. In a busy world this is a hassle. With this serum you can apply it daily without worrying about cycling and you don't have to rotate where you apply it either since it is micronized and penetrates into the blood stream anywhere you apply it.

[To read FAQ's on Progessence Plus Serum CLICK HERE](#)

[For Progessence Plus Serum CLICK HERE](#)

## **Adrenal Support**



If you're dealing with depleted adrenal reserves or severe adrenal fatigue this herbal formula is one of the best products I've come across for helping to restore the adrenal system. One of the main herbs in this product is Ashwaganda which is very well known for it's support to the adrenals along with Schizandra. I had severe adrenal fatigue many years ago and this product was what I took to help restore my adrenals back to proper functioning.

[For Adrenal Health from Gaia Herbs CLICK HERE](#)

## Hormone Testing

### Blood Testing



Getting your hormone levels tested is something everyone should do. It's inadvisable to simply try to guess what your hormone levels are and getting them tested will tell you precisely what they are and you can then determine what kind of supplements would be best for your particular hormone level. For hormone blood panel tests Life Extension Foundation has by far the best hormone blood tests I've seen. These panels are very comprehensive and cost a fraction of the price charged by traditional laboratories.

[To check out their hormonal blood panel tests CLICK HERE](#)

**Disclaimer:** None of the information in this chapter is intended to constitute medical advice or treatment. For development of individual health issue treatments, it is advised that any person first consult a qualified health care provider. It is advised that he or she remain under the doctor's supervision throughout any major health issues.

The author of this book is not a licensed medical practitioner of any kind, is not providing medical advice and assumes no responsibility for your improper use of this information.

The statements in this chapter have not been evaluated by the Food and Drug Administration. Information contained within this book is for educational purposes only and is not intended to diagnose, treat, cure or prevent any disease.





## 6.9. Medicines of Light



In the event of an emergency situation there may come a time where traditional medical help is not readily available and you will need to rely on whatever help is immediately available to you.

If you find yourself in a situation where you have been exposed to radioactivity or neurotoxins or if you are in the midst of an epidemic that involves bacterial or viral infections you DO have direct access to your own light realms and the ability to create the protection and healing through the powers of your own consciousness. You have the sovereign right to engage the light realms on your own behalf and on the behalf of your loved ones.

If you have other means to protect yourself, you should obviously engage these as well, but even if you are left with nothing but the tools of your own consciousness, you can protect and heal yourself.

Tom Kenyon is a shaman who has been channeling the messages from a group of spiritual beings called the Hathors for about twenty years now and he started posting their Planetary Messages in February of 2003. This message, channeled in 2011, was very specific to the earthquake in Japan.

The following article is by Tom Kenyon  
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With the earthquake in New Zealand, followed by the earthquake in Japan, it is clear that you have entered a more complex phase of the Chaotic Node.

We wish to impart a method for protection and healing from radiation poisoning as well as other physical conditions. We call this Medicines of Light.

This is obviously related to current events unfolding in Japan, however, as future earth changes unfold, you may face similar challenges in your near future from other locations around the world. This method will assist you to both protect and heal yourself from exposure, not only to radioactivity, but also to neurotoxins and to mutating forms of bacteria and viruses. From our perspective you can expect to see an increase of these in your near timeline.

The method involves connecting to your Celestial Soul, the BA. This action is to connect to the realms of light that are a part of your being. Everything that exists in your cosmos can be viewed as a qualification or energetic expression of light—even your densest forms of matter are essentially a form of light.

In this method you connect to your Celestial Soul, holding the intent and expectation that it will impart to you an energetic that protects and/or heals you. You send this intent to your Celestial Soul with the emotional vibration of appreciation or gratitude. This is simply the vibrational resonance that activates this higher aspect of your being.

Once you send this intent conjoined with appreciation or gratitude to your BA, you shift your awareness into your heart chakra, receiving the energetic of healing or protection into the heart chakra. You might experience this energetic as a form of light, or as geometric patterns, or you may feel the sensation of a descent of energy. You may also experience this energetic simply as a thought/feeling.

Once the energetic is received in the heart chakra, it is ready to send.

For this phase you will need some pure water, since water holds this type of information extremely well. Holding a container of water in your hands, through intent, you send this energy that is in the heart chakra down the arms into the hands and through the chakras that are in the center of each palm. The energetic enters the water through this pathway.

We suggest you amplify this energetic by repeating the procedure three times, for a total of three times—two more times in addition to the first. You then drink the water. The water permeates the water element of your body, and the healing and protective qualities eventually enter every cell.



Through this action you are qualifying light, causing it to descend through the central pathway of your body into your heart and sending it into the water element. The consciousness of the water receives this energetic, and when you drink it, the body receives it.

If you find yourself in a situation where you have been exposed to radioactivity you would engage this procedure as we have described it, qualifying the energy that descends from the BA to protect and heal you from any possibility of radiation poisoning. If you have other means to protect yourself, you should obviously engage these as well, but even if you are left with nothing but the tools of your own consciousness, you can protect and heal yourself.

If you have been exposed to neurotoxins you would do the same. If you are in the midst of an epidemic that involves bacterial or viral infections, we advise you to do the same.

As you collectively enter more deeply into this more complex and intense phase of the Chaotic Node, bacteria and viruses will mutate faster. This method will allow you to protect and heal yourself from these mutating life forms.

It is important to understand that you are creating the protection and healing through the powers of your own consciousness. You have direct access to your own light realms. You have the sovereign right to engage the light realms on your own behalf and on the behalf of your loved ones.

If you find yourself in one of these difficult situations we have described, we suggest you take the Medicine of Light—which is the water that you have charged—several times a day, as your intuition guides you.

The physical ramifications of the earthquake activity in Japan and the resulting tsunami are very difficult to deal with. But we wish to shift our attention from the physical to the mental, emotional, and spiritual effects created by such a disaster.

Due to the fact that you are in a Chaotic Node and energies from deep space conjoined with solar flare activity are affecting your energy bodies, you, as a collective, are more affected.

What we mean by this is that witnessing the suffering of your fellow humans shatters the heart. There is a recognition that their predicament could easily be yours. This recognition can create an opening in your heart, and it is through the heart - your heart - that higher states of consciousness are realized, and so the earthquake in Japan is, in many ways, an earthquake of the collective heart.

The times before you are not easy. From our perspective, increased earth changes are upon you. But one result of such events is that you are shaken to your roots and the mass hypnosis pauses for a moment. And in such utter and surrealistic devastation, many of you see very clearly that your civilization rests on tenuous grounds. We mean this both literally and figuratively.

And so our advice for this phase of the Chaotic Node is to learn and master the ability to create Medicines of Light for yourself, so that when the time arises, you know how to engage this power of protection and healing that you possess in your very nature. And we suggest you navigate through these times not only with your minds, but with your hearts—and let your hearts be touched, for it is through your hearts that you will ascend the spiral pathway to your own greatness.

- The Hathors

### **Tom's Thoughts and Observations**

I have been channeling the Hathors for about twenty years now and started posting their Planetary Messages in February of 2003. And in all that time I have never sensed in them such an urgency to post one of their communications. Usually, I am given several days to dwell on and contemplate their messages before writing my comments. But that luxury does not exist in this moment. They have asked Judi and me to post this particular message as soon as possible, and so I will make my comments brief and to the point.

The central message here is that all human beings have the ability to create what the Hathors call Medicines of Light. And this type of medicine has an inherent capability and potential to protect and heal us not only from radioactive poisoning, but also from the effects of neurotoxins, as well as bacterial and viral infections.

The method is simple and to the point. Since some of you reading this may be new to the whole idea of a Celestial Soul (or BA), let me clarify its location and how to engage it.

The BA, or Celestial Soul, is an aspect of your own consciousness that is outside the constraints of time and space. Some of you might refer to the Celestial Soul as the Higher Self. But whatever you call it, your Celestial Soul exists in what the Hathors call the light realms, and this aspect of you is engaged whenever you send it appreciation or gratitude.

Your BA does not have a location in time and space since it is transcendent to both.



But it does have an entry point to your energy field, which is about arm's distance above your head. If you were to raise your hands over your head and touch your fingertips together, your fingers would be in the vicinity of this entry point. And this is where you place your attention in the first phase of their method for creating a Medicine of Light. (Do note that placing of your hands above your head is only for orientation purposes. You do not actually put your hands over your head when creating the Medicines of Light).

Once you place your awareness in the area of your BA point, you hold in your mind the qualification of light you wish to receive. Let's say, for example, that you have been, or will be, exposed to dangerous forms of radioactivity and are in danger of radiation poisoning. After focusing your attention on your BA point above your head, hold the intent that the energy that descends from your BA will be an energetic of healing and/or protection from radiation poisoning. You then send the feeling of appreciation or gratitude upward from your heart chakra to the BA point above your head—as you hold the intent or qualification that the energetic imparted to you from your BA will protect and/or heal you from radiation poisoning.

Next you shift your attention from your BA point to your heart chakra (in the center of your chest beneath the sternum) and then wait to receive the energetic of protection and healing from your BA.

Those of you new to this may need to send the intent or qualification along with the feeling of appreciation or gratitude to your BA several times before you notice a response. But just keep sending this intention joined with the feeling of appreciation or gratitude upward to your BA until you feel a descent of energy. When you feel the descent of energy from your Celestial Soul, shift your awareness to your heart chakra. Allow your heart center to receive this energetic of protection and healing.

You then place your hands around or over a container of pure water and send this energetic received from your Celestial Soul into the water. The energetic of healing and/or protection that has entered your heart center will move down your arms and into the water through the two chakras that are in the center of the palm of each hand.

Repeat this process for a total of three times. Then drink the water.

If you are in a precarious situation, the Hathors advise that you create a Medicine of Light several times a day and drink it according to your intuition.

As the Hathors point out, Medicines of Light have many more applications than just protection and healing from radiation poisoning. You can use these to protect and/or heal yourself from neurotoxins, as well as bacterial and viral infections. Although they did not mention it, I asked the Hathors after they gave this message if the method would work for other physical challenges such as cancer. And they said that Medicines of Light could most definitely be created in the same way to deal with this type of situation—as well as others.

Obviously, if you are dealing with a serious situation such as radiation poisoning, exposure to neurotoxins, and/or epidemics of bacterial and viral infections, you will want to avail yourself of all medical remedies. In other words, this method is not meant to replace medical or public health solutions, but is meant to be an adjunct, something you can do yourself—for yourself.

After giving their message, I asked the Hathors about making Medicines of Light for those who are unable to do it for themselves, like children and pets. They said that you would use the same method, except for the fact that you would qualify the intent for the child or animal you are going to give the Medicine to. For example, if you were creating a Medicine of Light to protect or heal yourself from radiation poisoning, you would send the thought that the energetic you are going to receive from your Celestial Soul is for your own personal protection or healing.

If you were going to do this for a child or a pet, you would send the thought that the energetic you are going to receive from your Celestial Soul is for the protection or healing of the being you are going to give the Medicine to, i.e. your child or your pet.





It is here that I would like to interject something. It is far better to teach someone how to create a Medicine of Light than to create a dependency. The ability to create Medicines of Light is an inherent ability in all human beings. It is part of our multidimensional legacy. And to empower someone to do this for him or her self is a service to his or her mastery.

I would personally hate to see this method being used by “healers” to create Medicines of Light for others under the guise that they have some special powers that others do not. This method for creating Medicines of Light is a human birthright, and my feeling is that it should be shared with all persons.

## 7. Natural Personal Care



# 7.1. Natural Sunscreen Options for Your Emergency Kit



Sunscreen is one item that should always go into an emergency kit along with a good pair of sunglasses but the type of sunscreen you choose is a very important decision to your health. The wrong kind of sunscreen can actually be quite toxic and dangerous to your health.

## **Types of Sunscreens:**

There are basically three categories of sunscreen: Chemical, Physical Barrier and Internal Sunscreen.

Let's start with chemical sunscreens. Chemical sunscreens work by absorbing sunlight. In sunlight many chemical sunscreen chemicals release free radicals that can damage DNA and cells, promote skin aging, possibly raise risks for skin cancer, mimic estrogen and disrupt hormones in the body and contain very toxic chemicals.

**Chemical Sunscreens Have Three Primary Dangerous Attributes:**

**1. They are powerful free radical generators.** Their free radical generation increases cellular damage and changes that lead to cancer. Vitamin A, added to forty one percent of all sunscreens to slow skin aging, might sound like a good thing, but an FDA study recently indicated that a form of vitamin A, retinyl palmitate, applied to the skin in the presence of sunlight, may speed the development of skin tumors and lesions (NTP 2009). Scientists have known for some time that vitamin A causes excess skin growth, and that in sunlight it can form free radicals that damage DNA (NTP 2000).

**2. They often have strong estrogenic activity** Estrogenic - "Gender Bending" - chemicals interfere with normal sexual development creating a host of secondary medical problems. Chemicals with estrogen-like actions can also cause severe developmental problems in nature such as turning fish into hermaphrodites...and with all the ads on TV for Viagra and ED issues you have to wonder what it is doing to humans as well.

Also, the greatest increases in human cancers over the last 30 years have been those of the breast, ovaries, testes, and prostate, all tissues that are sensitive to sex hormones.

Margaret Schlumpf and her colleagues (Institute of Pharmacology and Toxicology, University of Zurich, Switzerland) have found that many widely-used sunscreen chemicals mimic the effects of estrogen and trigger developmental abnormalities in rats.

Schlumpf , Margaret; Beata Cotton, Marianne Conscience, Vreni Haller, Beate Steinmann, Walter Lichtensteiger. In vitro and in vivo estrogenicity of UV screens. Environmental Health Perspectives Vol. 109 (March 2001) pp 239-244

Her group tested six common chemicals that are used in sunscreens. Five of the six tested chemicals (benzophenone-3, homosalate, 4-methyl-benzylidene camphor (4-MBC), octyl-methoxycinnamate and octyl-dimethyl-PABA) behaved like strong estrogen in lab tests and caused cancer cells to grow more rapidly.

**Uterine growth and endometriosis**

One very common sunscreen chemical, 4-MBC, was mixed with olive oil and applied to rat skin. This caused a doubling of the rate of uterine growth well before puberty. "That was scary, because we used concentrations that are in the range allowed in sunscreens," said Schlumpf. Three of the six caused developmental abnormalities in animals. The major cause of sterility in women in the USA is endometriosis, a condition afflicting 5.5% of American women. Exposure to excessive estrogen, that may have come from such sunscreens, is felt to be the primary cause of endometriosis.

**3. They are synthetic chemicals that are alien to the human body** and accumulate in body fat stores. The human body is well adapted to de-toxify biologicals that it has been exposed to over tens of millions of years. But it has often has difficulty removing new and non-biological compounds such DDT, Dioxin, PCBs, and **chemical sunscreens**.

Chemical sunscreens are the most commonly used and are available in a variety of formulations. They contain one or more of the UV radiation-absorbing chemicals:

**PABA and PABA esters** - (p-aminobenzoic acid, ethyl dihydroxy propyl PAB, glyceryl PABA, p-aminobenzoic acid, padimate-O or octyl dimethyl PABA) - Attacks DNA and causes genetic mutation when exposed to sunlight.

**Cinnamates** - (cinoxate, ethylhexyl p-methoxycinnamate, octocrylene, octyl methoxycinnamate) - Used to absorb UVB rays, **actually kills skin cells!**

**Salicylates** - (octylsalicylate, homosalate), can cause:

Changes in skin color  
Irritated and itchy skin  
Hives, rashes and mouth ulcers  
Itchy burning, inflamed or puffy eyes  
Swelling of the face or lips  
Headaches

Sinus inflammation  
Stuffy nose  
Asthma  
Nasal polyps  
Wheezing and coughing  
Swelling of the hands and feet  
Exhaustion  
Nausea  
Diarrhea  
Urinary incontinence  
Hyperactivity  
Depression  
Difficulty concentrating  
Memory loss  
Anaphylactic shock

**Anthranilates** (methyl anthranilate) - Used to absorb UVA and UVB rays, is also a skin and eye irritant.

**Benzophenone** (and similar compounds) - Used for UVA and UVB radiation protection, is one of the most powerful free radical generators known. It is used in industrial processes as a free radical generator to initiate chemical reactions. Benzophenone is activated by ultraviolet light energy that breaks benzophenone's double bond to produce two free radical sites. The free radicals then react with other molecules and produce damage to the fats, proteins, and DNA of the cells - the types of damage that produce skin aging and the development of cancer.

Many sunscreens also contain **triethanolamine**, a compound that can cause the formation of cancer causing nitrosamines in products by combining with nitrite used as preservative and often not disclosed on sunscreen labels.

Adding to the problem is that large amounts of applied sunscreens can enter the bloodstream through your skin. In the 1970s, Prof. Howard Maibach warned that up to 35 percent of sunscreen applied to the skin can pass through the skin and enter the bloodstream but

this had little effect on sunscreen promotion or safety testing. The longer sunscreen chemicals are left on the skin, the greater the absorption into the body.

May 19, 19(Maibach, H. "NDELA-Percutaneous Penetration." FDA Contract 223-75-2340, 78)(Bronaugh, R.L., et al. "The effect of cosmetic vehicles on the penetration of N-nitrosodiethanolamine through excised human skin, J Invest Dermatol; 1981; 76(2): 94-96.)

**Avobenzone** [butyl-methoxydibenzoylmethane; Parsol 1789] - This is the only chemical sunscreen currently allowed by the European Community. However, its safety is still questionable since it easily penetrates the skin and is a strong free radical generator.

**Mineral oil** - The primary oil base for most all of the chemical sunscreens on the market, coats skin like plastic and clogs pores, trapping toxins in, slows skin cell growth, disrupts normal hormone function and is suspected of causing cancer. It's also a petroleum derivative so you're basically rubbing gasoline on your body.

Are chemical sunscreens still sounding like something you want to put on your skin?

To read a more in depth study on chemical sunscreen toxicity visit:  
<http://www.skinbiology.com/toxicsunscreens.html>

**So let's move on to physical barrier sunscreens.**

Physical barrier sunscreens are opaque, solid colored substances, that are very effective in blocking both UVA and UVB radiation. Physical barrier sunscreens do not selectively absorb UVR, but reflect and scatter all light.

UV light is divided into three wavelength bands: UVA, UVB and UVC. UVA and UVB are the two that reach the earth and Physical Barrier sunscreens are effective at blocking both.

Most physical barrier sunscreens contain either zinc oxide or titanium dioxide. Zinc oxide is the safest & most effective option between the two - and zinc oxide has been used on the skin for hundreds of years.

Titanium dioxide has recently been classified by the International Agency for Research on Cancer (IARC) as an IARC Group 2B carcinogen “**possibly carcinogen to humans**“. A carcinogen is a substance that causes a cellular malfunction, causing the cell to become cancerous and thus potentially lethal to the surrounding tissue and ultimately the body as these rapidly growing mutated cells take over....so not the healthiest option for sunscreen or cosmetics of any kind although it is found in nearly every cosmetic and sunscreen.

**So this leaves only zinc oxide as a safe and natural physical barrier sunscreen option.**

A great organic zinc oxide sunscreen that I personally use and recommend is Badger Sunscreen.



**[For Badger sunscreen CLICK HERE](#)**

**And last we come to internal sunscreen.** Internal sunscreen? Many people aren't even aware that such an item exists but this is a really cool natural sunscreen option you might consider to compliment your physical barrier sunscreen. This has actually been



used as a sunburn remedy by native American Indians for centuries. It's an extract from the fern plant *Polypodium leucotomos*.

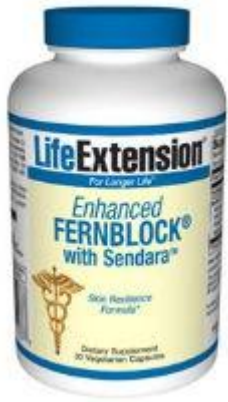
Life Extension Foundation has formulated an extract from this fern plant and named it appropriately enough FernBlock®. FernBlock® has shown remarkable effectiveness in shielding skin against dangerous ultraviolet exposure. Studies have shown that this fern extract has a high affinity for skin tissue and helps protect against ultraviolet damage shown to cause premature skin aging and wrinkling.

The highly targeted action of FernBlock® safely inhibits the absorption of harmful ultraviolet rays and quenches dangerous free radicals. FernBlock® also helps mitigate the consequences of excessive ultraviolet radiation by reducing the number of skin cells that indicate sun-induced injury. Additionally, it helps inhibit pro-inflammatory cells that cause redness and itching, blocks protein-destroying skin enzymes that decrease skin elasticity, and preserves the skin's antioxidant status.

FernBlock® is designed to complement topical sunscreens for intense sun exposure. Topical sunscreens are effective if properly and regularly applied, especially for long periods of sun exposure. FernBlock® supplements the effects of sunscreens by protecting the entire skin surface and has an obvious advantage since it cannot be removed by perspiring or bathing.

For intense sun exposure, two to three capsules of FernBlock® and an effective sunscreen provide convenient and complete day-long protection. For short periods of sun exposure (such as walking to the car) that can add to cumulative ultraviolet damage, just one FernBlock® capsule should provide adequate protection.

For long periods of sun exposure, you should use FernBlock® along with a topical sunscreen to ensure complete sun protection.



[To read more about FernBlock® CLICK HERE](#)

## 8. Natural Emergency Preparedness for Pets



In the event of an emergency such as fire, flood, hurricane, tornado, earthquake, terrorist attack, financial collapse, rioting, or any type of emergency scenario, the likelihood that you and your pets will survive largely depends on what amount of emergency planning you have done ahead of time.

It's too late to prepare properly once the emergency happens. Some things have to be ordered and require shipping time to arrive, other items that you previously could buy off the shelves might not be available if everyone else who hasn't prepared makes a run for the same items too. Also there might not be time to prepare if something happens unexpectedly. What you prepare for now is, in all probability, what you will have during an emergency.

Some of the things you can do to prepare for the unexpected, such as assembling a pet emergency preparedness kit and developing a pet care buddy system, are the same for any emergency.

Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets. Keep in mind that what's best for you is typically what's best for your animals.

Then next couple of chapters are all about emergency preparedness for your pets.

# 8.1. Creating Your Pet Emergency Kit



In the event of an emergency do you have an emergency kit for yourself and for your pet?

When disaster strikes, the same rules that apply to people apply to pets: Preparation now makes all the difference, and if it's not safe for you, it's not safe for them. Take some time now to make a plan and assemble an emergency kit for both yourself and your pet. Here are some of the items you will need to put into your pet emergency kit:

## Paperwork

- **Vaccine Records/Medical History** Copies of important veterinary documents, such as vaccination records, medical history, medical conditions, records of important test results (FeLV/FIV) and list of any medications.
- **Proof of Ownership/Animal Information** Copies of registration information, adoption papers, proof of purchase, microchip, tattoo or other identification information.
- **Veterinary Information** Write down the name, address and phone number of your vet and an alternate vet. Write out a release statement, authorizing medical

treatments for your pets. Write down your pet insurance policy number, if you have one.

- **Pictures of your pets** in case your pet gets lost or you get separated from your pet. Take several GOOD well-lit photos of your pet at several angles. Upload high-res versions to an online photo-sharing site (Flickr, Facebook, etc). If your home computer is destroyed (or you're barred from returning to your home for several days), you'll still have a backup photo to give to shelters and put on flyers.

- **Written information** about your pets' feeding schedules and behavior issues along with the name and number of your veterinarian in case you have to board your pets or place them in foster care.

In an emergency situation it could be that you are stuck outside in the rain, or it could involve flooding...any number of situations could occur. You should protect your data from the elements and keep it as safe as possible.

Scan your paperwork and put it on a usb memory stick. Then put the memory stick into a waterproof case.



[CLICK HERE](#)

Or a put the scanned paperwork on a waterproof data stick.



[CLICK HERE](#)

## ID Tags



[CLICK HERE](#)

These should already be on your pet's collar or harness that they wear all the time. Make sure additional ID tags are put on any additional harnesses you put into your emergency kit so no matter which harness you pick up to use they already have ID tags on them.

- **Make sure that your pet is wearing a collar and identification** that is up to date and visible at all times. If your pet is adopted from a shelter or rescue organization, make sure the registration has been transferred to you and is not still with the adoption group.
- **Put your cell phone number on your pet's tag.** It may also be a good idea to include the phone number of a friend or relative outside your immediate area—in case you have had to evacuate.
- **Keep an animal alert card in your wallet** with your pet's info in case something happens to you so that emergency responders can easily find the information and know there is a pet to take care of too.

**Animal Alert Card**  
 In case of emergency, contact caregivers on back



NAME \_\_\_\_\_ I have \_\_\_\_\_ pets in my home

Pet's Name \_\_\_\_\_ Type of Animal \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Emergency Pet Caregivers**

NAME \_\_\_\_\_

DAYTIME PHONE \_\_\_\_\_ EVENING PHONE \_\_\_\_\_

NAME \_\_\_\_\_

DAYTIME PHONE \_\_\_\_\_ EVENING PHONE \_\_\_\_\_

Or please call my sick end \_\_\_\_\_ Pet Sitter/Veterinarian/Boarding Kennel \_\_\_\_\_

NAME \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

ARF Guardian Program Member Yes  No  [www.arf.net](http://www.arf.net)

You can download the pdf and print this out [HERE](#) You can also laminate the card to make it more durable.

**Food and Water for Each Pet**

Pack a one to two week supply of the dry or canned food your pet usually eats for each pet. Also include a spoon, food dish and, if you use canned foods, a can opener. Record your pet's eating habits (amount and times) as well as any allergies your pet may have and keep the record with the other paperwork in this kit. Store the food in a waterproof and protective bag or case.

If it is canned food make sure you have a container with a sealed lid to keep the canned food in if not all of it is used at one time.

Here's a handy collapsible travel bowl that will save space:





[CLICK HERE](#)

For dry pet food the Portable Pet Food Tote is a practical food and drink container for taking pet food on the go and is perfect for your pet emergency kit. It is compact and lightweight, and is made of food-grade, high-impact materials. Just pop off the handle and the food/water bowls slide off the ends of the food container. Unscrew the top of the food container to remove the water canteen, which also has a screw-on top.



[CLICK HERE](#)



If you are bringing canned food **make sure to pack a can opener** for obvious reasons. You wouldn't want to pack all of your pet's food then have no way to get to open it and then have starving pets.



People need at least one gallon of water per person per day. While your pet may not need that much, keep an extra gallon on hand if your pet has been exposed to chemicals or flood waters and needs to be rinsed.

### **Pet Shampoo and Travel Towels**



If your pet has been exposed to chemicals or flood waters and needs to be rinsed or shampooed make sure to have a natural chemical free shampoo for pets in their kit and a travel towel that you can dry them off that dries quickly and doesn't take up a lot of space or weight. [CLICK HERE](#)



Travel towels absorb up to 8 times their weight in water, yet they wring out almost completely dry. They are

soft, highly absorbent, quick drying and ultra light! You will want a separate one for your pets and yourself. You can find them at most travel and sporting goods stores. Here's one from REI. [CLICK HERE](#)

## Sturdy Leashes, Harnesses & Tie-Out Stakes & Cables

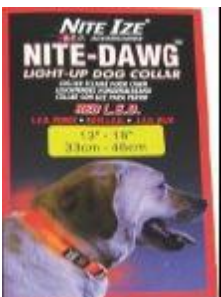


A tie-out stake with a cable is a necessary item in your pet emergency kit regardless of whether you have a cat or a dog. This will allow your pet to move around a little wherever you end up but not wander off or hide and end up getting separated from you. These are available at most any pet store.



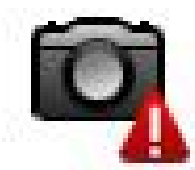
Sturdy harnesses and leashes are also necessary regardless if you have cats or dogs. Fit your pet ahead of time...especially cats and make sure the harnesses and leashes are sturdy and well made so they won't easily rip or tear and fall apart because the likelihood of your pet getting spooked and trying to bolt is pretty high and you need to make sure you don't get separated from your pet or have to spend time you don't have trying to find

them if you have to leave in a hurry or take care of other survival business.



Here's a lighted collar that is visible up to 1000 feet in the dark. This can help you see where your pet is in the dark making it easier for you and for emergency responders to find your pets which could be very helpful in an emergency situation.

**LED Nylon Night Safety Dog Collar [CLICK HERE](#)**

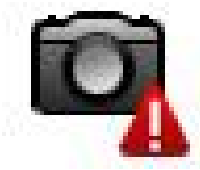


## **Weather and Element Protection**

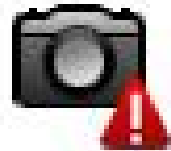
In an emergency situation you might end up stranded outside in the cold instead of inside your warm cozy house. At night it could get quite cold and possibly wet too creating hypothermia concerns. Both you and your cats and dogs all need weather and element protection. If you have cats you can buy the rain gear and coats sized for small dogs and it will work just fine. You should have gear for both warm and cold weather. So light rain ponchos and also warmer, heavier coats too to protect against night time temperature drops even if it's summertime. Below are some of my picks for rain, weather and element protection gear that can be used for either cats or dogs even though all the pictures are of dogs.



Puddles Rain Coat [CLICK HERE](#)



Dog Rain Jacket [CLICK HERE](#)





Here's a dog rain suit that even covers the feet. If you were to pair that with the coat below you would have total coverage. [CLICK HERE](#)



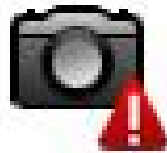
The Everest Explorer jacket is one of my top picks. It is a winter worthy cargo jacket that will not only provide warmth and element protection for your pet but can also double as a rain coat. It has a rugged waterproof shell, four functional cargo pockets secured with Velcro so your pets can carry some of their own supplies, has a fully removable hood (button snaps) and a leash / harness slit. [CLICK HERE](#)



This parka not only has a hood but also covers the front legs providing more warmth for your cat or dog. It also comes in black. [CLICK HERE](#)



Rubber foot pads are another great item to include in your pet emergency kit. After a disaster there might be wreckage and broken glass and sharp objects covered in who knows what. Possibly chemicals, garbage, and questionable debris could all be things your pet could be walking on. If they started licking their paws to clean themselves they might be ingesting things that could make them sick. Rubber foot pads could definitely be of some help with protecting their feet - both dogs AND cats.



Rubber Foot Pads [CLICK HERE](#)

**Blankets, Bedding and Hot Water Bottles**

Having blankets are good for keeping your pet warm and doubling as a makeshift bed.



Here's a cool blanket, bed and carrier all in one that will take up less space and be easier to pack than a regular pet bed. The sides can roll over to form a bed, it can lie on its side to form a sleeping bag for those that like to “tunnel” and it can be pulled open to form a blanket for those that want to “nest” and it can also be used to carry your pet around as a sling style carrier which can be quite useful. Having items that are multi-purpose saves weight and space in your pet emergency kit. [CLICK HERE](#)

For larger dogs here's a travel bed idea but make sure to include packing a plush blanket as well to cover and keep your dog warm.



[CLICK HERE](#)





[CLICK HERE](#)

A hot water bottle is also a great way to provide your pet with some extra warmth if some emergency situation has you out in the cold. In your own emergency kit you should stock at least a pocket stove and pan to provide hot water. The hot water bottle will provide hours of warmth and the hot water bottle cozy will keep the bottle from being too hot for direct contact with your pet. These are two items I would definitely recommend for your pet emergency kit. One for each pet.



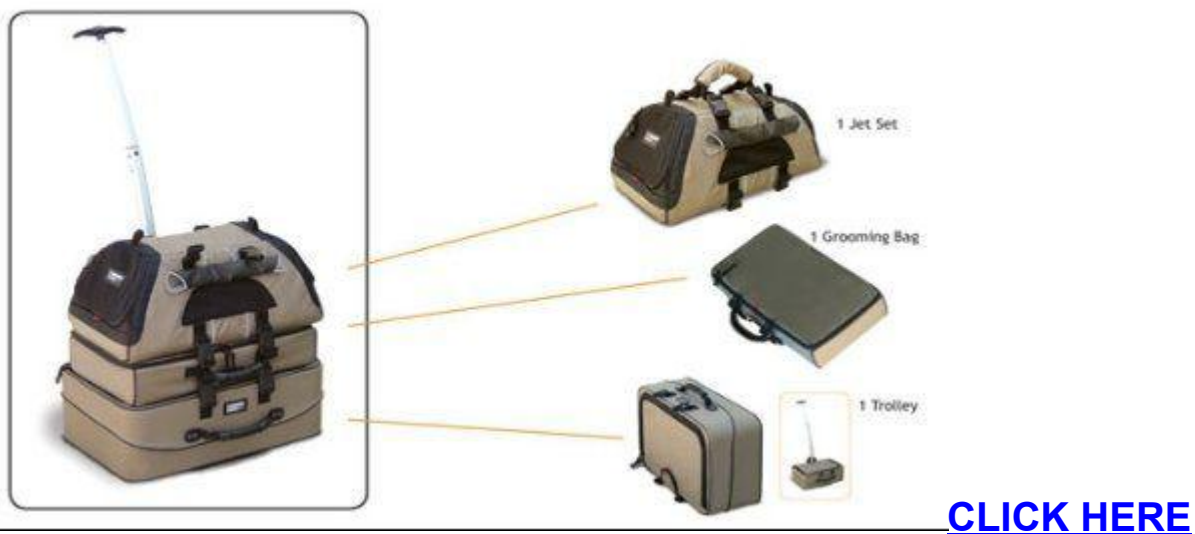
[CLICK HERE](#)

### **Pet carriers**

Pet carriers are also a necessary item in your pet emergency kit to transport pets safely and to ensure that your pets can't escape. Carriers should be large enough to allow your pet to stand comfortably, turn around, and lie down. (Your pet may have to stay in the carrier for hours at a time.) Be sure to have a secure cage with no loose objects inside it to accommodate smaller pets—who may also need blankets or towels for bedding and warmth as well as

special items, depending on their species. Also if your pet is injured and can't walk you'll need a way to carry them around. Make sure the transport carrier is clearly labeled with your name and a contact number.

Here's one style that I think is quite practical for medium sized to small pets. There are 3 cases that all connect to each other and can be easily rolled. You can separate your potty items in one case, the other emergency kit items in the bottom larger case and your pet on top and it's easy to cart around without putting pressure on your back or shoulders.



Another option is a backpack style that has wheels so if you get tired of carrying backpack style you can switch to carting it on wheels. In an emergency situation you may be tired or injured and having to carry extra weight around constantly may not be an option so it's good to think about what's easy on you as well as your pet.



[CLICK HERE](#)



For larger dogs, getting a luggage cart and setting their carrier on the luggage cart would be another way to do it. Make sure to include straps or cables or some way to secure the carrier securely onto the luggage cart. Test out your securing mechanisms prior to an emergency and see how it works for you and your pet and make any adjustments necessary.



**Sturdy Luggage Cart** [CLICK HERE](#)

### **Potty & Sanitation Items**

If you have cats you will need a small litter box pan and some litter.

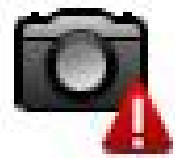


I recommend scoopable litter that is fragrance free in a plastic bottle that can be later used to carry water...which you might need to do in an emergency situation. Always think multi-purpose uses so you can save space and weight in your emergency kits. Litter is also great to keep in the car for tire traction in snow, ice, or mud. The plastic containers are more rugged too and won't puncture or rip easily and spill litter all over the place. Having the handle on there also makes it easy to carry. Petco has a pretty good one that I use but any fragrance free scoopable litter brand will work.



Biodegradable waste bags are also a good idea for a situation where there isn't any trash cans around and you need to bury the waste in the ground. These bags will dissolve and not create plastic landfill. It's a good idea to use them even in non emergency situations too.

**Green N Pack Eco Friendly Refill Bags** [CLICK HERE](#)

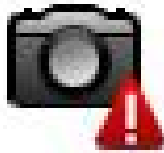




If you have cats remember to pack a small litter pan and scooper.



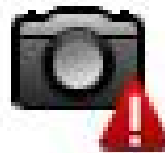
Having a mat to collect the litter will also be a good thing to include to keep litter from getting tracked every where.



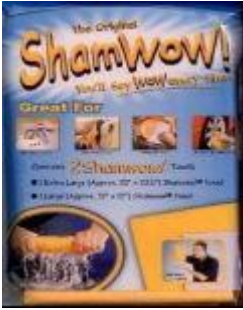
Litter Trap Mat [CLICK HERE](#)



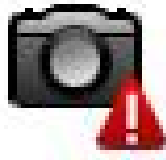
Natural hand wipes are also a good item to pack in your kit for cleaning messes, crates and litter boxes.



Natural Hand Wipes [CLICK HERE](#)



And super absorbent towels like a ShamWow is good for absorbing any peeing mishaps or cleaning up any vomit, etc. Also packing some extra trash bags or a travel laundry bag to put used towels, and soiled pet clothes in is a good idea.



ShamWow Cloths [CLICK HERE](#)



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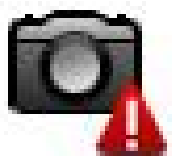
Brushes, combs and grooming supplies are also a good thing to pack.

## **Pet Medical Kits**

Most of the pre-made pet medical kits do not contain any of the more natural items I would personally include in my pet medical kit.



For just the basic pet trauma first aid kit here's a good compact one that you can use as a base and then add other items into it. [CLICK](#)



[HERE](#)

**Additional Items to Include in Your Pet Emergency Kit For Poisoning:** See My Full Article on Poison Treatment For Your Pet [HERE](#) (Print out article and put instructions in your emergency kit)

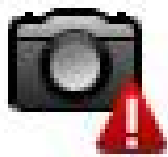
- **A fresh bottle of hydrogen peroxide 3% (USP)**
- **A bottle of vinegar or lemon juice**
- **Milk of Magnesia**
- [Activated Charcoal](#)
- [Bentonite Clay](#)

**All natural trauma aids for helping your pet calm down after a traumatic emergency situation:** (See the chapter on All Natural Trauma Aids for Your Pet)

- [Rescue Remedy](#)
- [Peace and Calming Essential Oil Blend](#)
- [Thundershirt](#)

**A Natural Painkiller and Anti-inflammatory That is Safe For Pets**  
- Read the full article [HERE](#) (Print out article and put instructions in your emergency kit)

- **Omega 3 capsules Either Fish Oil or Krill Oil**
- **Vitamin D 3 capsules (1000IU)**
- [Oral Syringe 10 ml and Medicine Dropper](#)



- [Mixing Container](#)  [s](#)

- [Pill Gun](#) 

### **A Natural Antibiotic for Pets**

- [Colloidal Silver](#) (Meso Silver Brand from Purest Colloids)
- **8-12 ounce spray bottle** filled with the colloidal silver to spray on cuts and wounds. Use the oral syringe to take orally if antibiotics are needed.
- [Zeolite](#) for removing toxins, heavy metals and radioactive materials your pet may have been exposed to. (See the chapter in Alternative Medicines about Removing Radioactive Materials.)
- **Any medications your pet is currently taking** should also be included in your pet's medical kit.

### **Pet Toys**



If you can easily take them, including one or two of your pet's favorite toy will help to reduce stress and give your pet a little comfort and sense of normalcy.



Here's a cool item that can be very helpful in helping your pet feel safe and loved. Vibrational therapy teddy bears for your pets! They clean out negative energy around your pet's energy field. Filled with nurturing energies of flowers, plants, rocks and trees sealed in special vibrationally conductive squishy stuffing. These bears are also great at combating EMF and can help neutralize electronic pollution too. Dogs and cats are very drawn to the nurturing energy in these vibrationally charged teddy bears and will love snuggling with their new friend.

### **Vibrational Clearing Teddy Bears [CLICK HERE](#)**

Hopefully this information has given you a good place to start with creating your pet's emergency preparedness kit. It can't be stressed enough: **When disaster strikes is not the time to try to prepare.** Do yourself and your pets a favor.

**PREPARE NOW** so you'll be ready if an emergency situation happens.

## 8.2. Emergency Preparedness Tips For Your Pets



Here is some information and helpful tips you may not have fully considered when it comes to properly preparing to care for you pets if an emergency situation happens.

One of the first questions to ask yourself is: **Do you know where you would go in the event of an emergency that required evacuation? If not then find out now!**

Many emergency shelters do not allow pets. Some communities have groups that have solely focused on providing emergency sheltering for pets, and other communities simply don't have the resources. That's why you should never assume that you will be allowed to bring your pet to an emergency shelter. Before disaster hits call your local office of emergency management to see if you will be allowed to evacuate with your pets and that there will be shelters that take people and their pets in your area.

**Identify pet friendly locations in case of the need to evacuate.  
Don't wait until disaster strikes to do your research.**

- Contact hotels and motels outside your immediate area to check policies on accepting pets. Ask about any restrictions on number, size, and species. Inquire if the "no pet" policies would be waived in an emergency. Keep a list of "pet-friendly" places handy. Call ahead for a reservation as soon as you think you might have to leave your home.

- **Here's an online resource for pet-friendly hotels:**

  - [Bringfido.com](http://Bringfido.com)

  - [Dogfriendly.com](http://Dogfriendly.com)

  - [Pet-friendly-hotels.net](http://Pet-friendly-hotels.net)

  - [Pets-allowed-hotels.com](http://Pets-allowed-hotels.com)

  - [Petswelcome.com](http://Petswelcome.com)

  - [Tripswithpets.com](http://Tripswithpets.com)

- Ask friends, relatives or others outside your immediate area if they would shelter you and your animals, or just your animals, if necessary. If you have more than one pet, be prepared to house them separately.

- Make a list of veterinarians and boarding facilities who might shelter animals in emergencies; include 24-hour phone numbers.

- Ask your local animal shelter if they provide emergency foster care or shelter for pets in an emergency. This should be your last resort, as shelters have limited resources and are likely to be stretched to their limits during an emergency.

- Write down all of the addresses and phone numbers, print out driving directions to each place in case phone service is out and GPS systems aren't working. Keep all of this information in your pet emergency preparedness kit.

## In Case You're Not Home

An evacuation order may come, or a disaster may strike, when you're at work or out of the house. Find out if a trusted neighbor would be able to take your pets and meet you at a prearranged location. If so, be sure that the person is comfortable with your pets, knows where your animals are likely to be, knows where your disaster supplies are kept, and has a key to your home. If you use a pet sitting service, they may be able to help, but discuss the possibility well in advance.



Put a decal on a front window or by your front door alerting emergency responders to the presence of animals in your home.

[CLICK HERE](#)

Also write out detailed pet care instructions on cards and display them in a prominent location that will be easy to spot like on the refrigerator door or someplace in the immediate line of site upon entry into the home so emergency responders or caretakers will know their feeding instructions, medications, where things are kept, the name and number of your vet and also the name and number of your designated contact to take care of your pets if something should happen to you. Obviously this needs to be worked out ahead of time.

Keep a duplicate set of instructions in your car in an easy to find place such as taped to one of the visors so if something happens to you while you are in your car emergency responders will know you have pets that need to be taken care of and their instructions. Police say that the glove box is often damaged and not accessible so don't put it in there. Laminating the cards is also a good idea.

And maybe this might sound a little overboard but you might also consider creating a dedicated website just for your pet that has pictures of your pet, the care and feeding instructions, veterinary and medical information, where you keep your pet supplies, who to call if you are not available, etc. There are many free blog sites available that won't cost you any money.

I don't recommend facebook or other social media sites as you don't want thousands of complete strangers knowing all of your personal information but a private web address isn't going to show up on page one of Google or be known to anyone who doesn't happen upon your pet's id tag or your pet care instruction card. I've done this for my cat and it's helped out my cat sitter and myself too as I don't have to constantly write out care instructions and the information can be easily updated. I can just give her the website address and she can log on and see all the instructions.

In an emergency situation, if the Internet and power were still available, emergency responders could easily access all of your pet's vital information to properly take care of your pet. It's just one more avenue of preparation that could be quite helpful.

### **Do you have an emergency plan in place for different emergency scenarios?**

What would you do in case of fire, flood, earthquake, tornado, hurricane, etc? Make a plan that includes how to escape from your home, and what to take with you. Create a checklist of what to do and what to take. Practice your evacuation. Then practice it with a blindfold on. In most emergencies, power will be out, so you'll be grappling around in the dark. You should attempt to evacuate within ten minutes, and if you can do it in five, you're ready for anything!

### **After the Emergency**

Don't allow your pets to roam loose. Familiar landmarks and smells might be gone, and your pet will probably be disoriented and pets

can easily get lost in such situations. Walk dogs on a leash and keep cats inside (or in carriers, if your house is damaged and they could escape). Be patient with your pets after a disaster. Try to get them back into their normal routines as soon as possible. Be ready for behavioral problems that may result from stress.

## 8.3. All Natural Trauma Aids For Your Pet



In the event of a trauma pets go through a range of emotions just like humans do. A great item to give your traumatized cat or dog is Bach Rescue Remedy for Pets.

All living bodies have within and surrounding them an electrical network. When we experience health, this electrical network is balanced and fully connected. When something in our life or environment compromises that balance, the electrical system responds by either short-circuiting or overloading. That imbalance in the electrical system immediately impacts the central nervous system.

Flower essences work directly with the electrical system. By taking the correct essences, we balance, stabilize and repair the damaged electrical circuits. Bach Rescue Remedy for Pets has been specifically formulated to aid pets in stressful situations such as: visits to the vet, being left alone, adapting to new surroundings, fear of loud noises, such as fireworks and thunder, emotional trauma resulting from injuries, and of course, any kind of emergency situation that could happen that disrupts their normal environment.



For Rescue Remedy for Pets [CLICK HERE](#)

Another wonderful item is Peace and Calming Essential Oil from Young Living.



Essential oils are able to reach deep into the recesses of our brains, cross over the chemical barriers, and open the hidden channels within our minds and bodies. Essential oils fragrances pass on to the limbic system of the brain without being registered by the cerebral cortex.

Because the limbic system is directly connected to those parts of the brain that control heart rate, blood pressure, breathing, memory, stress levels, and hormone balance, essential oils can have some very profound physiological and psychological effects.

Not only does this work great for humans but works wonders on pets as well. Putting a few drops on a tissue or diffusing the oil in a



diffuser if you have one and letting the fragrance fill the air around your pet will help them calm down almost immediately.

Another great trauma aid is doing some energy work on your pet. A great [Access Consciousness®](#) energy process you can run is called **Zero Sum of Trauma**.



This process undoes the effect of recent trauma and cumulative trauma. It undoes whatever locks the trauma into place and takes the shock and trauma out of the body. All you have to do is put your hands on your pet and say: "Zero Sum of Trauma activate and run" and just allow the energy process to run on your pet for a few minutes or until they indicate for you to stop and that they have had enough.

This process can also be used on humans too. You don't need any special training to do this process all you have to do is ask the energy to run and it will run.

Another thing that works for calming a pet down from fear and anxiety is something called Thundershirt.



It applies gentle, constant pressure to the torso of your cat or dog and this pressure has a dramatic calming effect for cats and dogs if they are anxious or fearful. The pressure has a calming effect on the nervous system and may release calming hormones like endorphins or oxytocins.

**[For Thundershirt CLICK HERE](#)**

So these are four safe, all natural trauma aids you can use for your pets should they ever go through any traumatic event.

## 9. Healthy State of Mind



Being a healthy prepper also includes having a healthy state of mind.

One of the things I see rampant in the prepper community at large is a lot of fear and anxiety and worry. It seems to consume preppers more than most other demographics. This is probably because preppers have more awareness about what's happening in the world around them than the sheeple and ostriches who refuse to be aware of what's happening in the world and how cause and effect play out.

That said, living in fear, anxiety and worry is definitely not healthy. It can create health problems caused by stress, it can rob you of the pleasure and joy that can be found in life in everyday moments if you are open to having that.

No one can predict the future and exactly what will play out but the bottom line is that your thoughts mixed with powerful emotions create your reality. It's called the Law of Attraction.

The universe is governed by natural laws and all of humanity is subject to these laws whether we are aware of them or not. For instance, the law of gravity is a natural law on this planet. If we decide to jump off of a roof we are subject to the law of gravity and we will fall to the ground. This will happen accurately and

scientifically each and every time we jump off of the roof regardless of whether or not we know about or believe in the law of gravity.

Basically the law of attraction is a universal law, meaning that everything and every atom and every molecule in the entire universe is governed by this. It's also known more accurately as the law of the circle. This is the natural law that is responsible for things happening in our lives.

Understanding just how this natural universal governing law works and how it specifically affects each of our lives is a critical factor in transforming challenging situations we experience.

The law of the circle is an integral part of our very existence. Every world religion in one way or another has taught its followers the principles of the law of the circle.

In eastern religions this law is referred to as the law of cause and effect or the law of karma, in Judaism it is referred to as an eye for an eye, in Christianity it is referred to as reaping what we sow, in the metaphysical mystery schools it is referred to as the out breath and the in breath of God or the Holy Breath and the New Age movement refers to it as the law of attraction.

Science has also confirmed the law of the circle. In physics the terms used to describe the law of the circle are like attracts like, action and reaction and radiation and magnetization

Through the law of the circle every election of life energy in the entire universe goes out from and returns to its source.

Tangibly speaking, the law of the circle or the law of attraction in our own lives means that every thought, feeling, word or action we express goes out from us and progresses to the person, place, condition or thing we send it to then it returns to us.

What this means specifically is that all of our points of view, our beliefs, our conclusions about how things are goes out from us and

progresses to the person, place, condition or thing we send it to then it returns to us creating our body, mind and life conditions.

Focusing on a thought about a possible negative future mixed with the powerful emotions of worry, anxiety and fear practically guarantees that it will happen.

Being a prepper should actually give you peace of mind. If something happens you have resources on hand to deal with it. You are prepared for multiple scenarios. If the economy collapses, you have food, water, medicine and the things you need in every day life on hand to pull you through an extended time period, if an act of bio-terrorism occurs you have items on hand to counter that, etc.

A wise person once said, "For every problem there is a solution and if there is no solution then worry won't help so don't worry."

If you don't like a current situation in your life asking the question: **What else is possible?** opens the door for other possibilities to present themselves. Also asking: **How does it get any better than this?** This question opens the door for the quantum entanglements of the universe to answer that question by bringing better situations to you.

Life should be enjoyed. There are many ways to take pleasure in little things all around you. This doesn't mean you shouldn't be aware of the things the shadow government is doing or what FEMA is up to or any of the other things that are happening. Information is empowering. It empowers you to make informed decisions and choose something different and to not be an unwitting participant.

But information is just information. How you react to it and what emotions you attach to this information is what determines the circumstances in your life. Living in fear, worry and anxiety and anger does not make a wonderful life.

Being in resistance and reaction to something only draws it to you more powerfully. Having total allowance for everything and asking:

**How can I out-create what they are trying to create? What energy, space and consciousness can I be to change this situation to my choosing?** These kinds of questions are the opposite of resistance and reaction and they create new possibilities that may not have existed before.

I know this may sound cliché but you have heard the saying: Be the Change You Want To See?

Changing the consciousness on the planet is the best way to change the environment of what's happening around you. But it starts with you. You having peace of mind, you having joy on a daily basis. You are what changes reality.

## 10. P.S.



I see you've made it all the way to the end of my book. I'm so glad you enjoyed it enough to get all the way through! If you liked the book, would you be open to leaving me a 4 or 5 star review? You see, I'm a self published author, and when people like you are able to give me reviews, it helps me out in a big way. You can leave a review for me right [HERE](#)  
It would really mean a lot to me.

Thank you,

Rebecca Noel

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