

# HEALTHY preparedness

## SEMINAR



*(All day (6 hour) seminar with Claudia Orgill. \$55 per person – regularly \$65 per person.)*

This seminar will be an in depth learning opportunity that will teach what we can do to help keep our immune systems strong, stress-defense shields built up, and elimination systems open - to help keep us healthy during a disaster.

This seminar will include detailed info and hands-on experiences regarding the two topics Claudia teaches about most often: “*Storing Alternative Remedies and Tools for the Infectious Diseases that Occur During a Disaster*” and “*Turning Our Food Storage into a Nutritional Powerhouse*”.

### **For *Alternative Remedies and Tools* you will learn:**

- How to use activated charcoal for wounds, bites, stings, and for internal use to draw out toxins / pathogens. *(Get ready to slather on some charcoal paste!)*
- How to safely use a nebulizer to treat one of the most common causes of mortality during a disaster: respiratory illnesses. *(You’ll get to try it out!)*
- How to use a potentially life-saving enema and rectal syringe – including making your own electrolyte concoction from basic kitchen items.
- How to treat wounds using Saniderm, slippery elm, and nano silver. *(Everyone will get to apply a piece of Saniderm and use some slippery elm.)*
- How to make herbal tinctures. *(You’ll be taking some of your own home!)*
- How to make 4 of the most effective herbal concoctions for all manner of illnesses. *(You’ll get to bring home your own 4 oz bottles of these concoctions.)*
- How to use cayenne to stop bleeding, and help treat shock and heart attacks.
- How to best apply essential oils.
- How to treat eye and ear infections. *(We’re getting some dolls out for this one!)*
- How to use yarrow to help keep fevers safe and to help a person “sweat out” their illness. *(Everyone will make their own yarrow tea and get to drink it too!)*
- How to effectively use Lypo-C and vitamin C to help kick out illnesses.
- How to effectively use Olive Leaf Extract to help prevent and kick out illnesses.
- How to treat radiation exposure using: bentonite clay, charcoal, or baking soda.

### **For *Turning Our Food Storage Into a Nutritional Powerhouse* you will learn:**

- How to preserve your foods / produce by using the lacto-fermentation process. *(Bring home your own jar of lacto-fermented veggies.)*

- How to sprout your grains. *(Take home your own jar of grains that are beginning to sprout! And try samples of different ways to eat sprouts.)*
- How to easily make your own natural yeast for making the most nutritionally bioavailable breads. *(Bring home your own jar of a sourdough starter you've started!)*
- How to use a thermal cooker successfully! *(Taste a sample of a meal made with a thermal cooker!)*
- How to use a butane stove for cooking meals during a disaster.
- How to use glutenous grains (wheat, spelt, kamut, einkorn, etc.) to make a variety of bread-like foods. *(Make your own pan-fried biscuits, pitas, and try a slice of naturally leavened bread.)*
- How to use Moringa to provide life-sustaining nutrients that will help us be less resistant to diseases / better able to overcome them during a disaster. *(You'll get to try some Moringa to see how you like it.)*

#### **A note from Claudia:**

Hi everyone! In order for me to keep things balanced with the responsibilities I have at home - I only do this seminar once (maybe twice) a month and only in certain locations. If this is information you feel led/pushed/interesting in learning please use this opportunity to come and learn some amazing information - information that I know will be blessing to you and your family for things that may be headed our way.

Along with the topics listed above I'll also be covering:

- 7 specific steps that I was led to and that I spent much time researching regarding what we can do now to protect our bodies from what's to come.
- The usual details that I skim through during my "normal" classes regarding **ALL** of the most effective alternative remedies that we can store and use during prolonged disaster situations
- And regarding **ALL** of the steps I normally teach about regarding what we can do to increase the life-sustaining nutrients in our food storage.

**Note:** There will be a 20 minutes "lunch" break after the first 3 hours. Please remember to bring your own lunch / snacks for this (unless there's a catering lunch option).

You'll come away from this seminar with:

- Your own herbal tincture.
- Your own jar of anti-plague remedy.
- Your own starter (natural yeast) – and knowledge as to how to make and use an active starter.
- Your own grains that are starting the sprouting process.
- Laminated sprouting instructions for almost all nuts, grains, seeds and legumes.
- Your own jar of lacto-fermented veggies.
- And lots of valuable information!

I'd love to have you come! The more people that learn this information – the better off we'll all be in the event of a prolonged disaster!

~Claudia Orgill

[www.HealthyPreparedness.blogspot.com](http://www.HealthyPreparedness.blogspot.com)