

HEALTHY  
preparedness

SEMINAR





**Storing & Using Remedies and Tools  
for  
Infectious Diseases during a Disaster**



## Lypo C

(aka Liposomal / Lipospheric Vitamin C)

### DESCRIPTION:

Lypo C is vitamin C that is encapsulated and protected by microscopic bubbles called Liposomes. Liposomes are made of Phospholipids, the same material that makes up your cells - allowing the nutrient to pass through cell membranes, intact and ready to work.

Bypasses digestive system – goes straight to cells.

100% absorption

### DOSING:

1 packet once a day for onset of mild illness

3+ packets per day (one every 2-3 hours) with more severe / active illness

2+ packets can be taken per hour, if needed

Toddler – only need ½ packet

### FOLLOW-UP:

Important to follow up with other vitamin C supplement

### USES:

Illness

Allergic Reactions

Insect bites / stings

### SHELF-LIFE:

1 ½ years

### RESOURCE:

[NaturallyHealthyConcepts.com](http://NaturallyHealthyConcepts.com)

## Using Herbs

**Teas** for digestive issues – coats & works on digestive organs / good cellular efficacy

**Tinctures** for stronger cellular efficacy – quick absorption – stronger potency

**Poultices** for topical issues (wounds, sprains, bruises)

## TEAS

### 3 types of teas: Cold, Hot, & Decoctions

Teas (aka “Infusions”):

- Conserves almost all components of plant
- Dry herb – 1-2 tsp per cup of boiled water
- Fresh herb – 2-4 tsp per cup of boiled water
  - Usually drink a few glasses a day

#### Hot Infusion:

Usually meant for flowers and leaves.

(Boil water. Turn off unit. Stir herbs into water. Cover with lid to preserve oils. Allow to steep for 20 minutes / until water has cooled. Strain and drink. **Don't boil herbs!**)

*Keeps for 5-7 days in fridge.*

#### Cold Infusion:

Usually meant for more delicate, fragrant herbs, herbs with lots of oils (mint, Uva Ursi, nettle), or mucilage herbs (comfrey, burdock, slippery elm, marshmallow)

*Keeps for 2-3 days when refrigerated.*

#### Decoctions:

Usually meant for tougher plants like the roots and barks.

Prepared by gently simmering herbs in water for 15-30 minutes on a low heat setting with lid on.

NOTE: Decoctions can be skipped when using powdered roots and barks. Use the powdered roots and bark for making cold / hot tea or making tinctures.

## CAPSULES / TABLETS

### **Capsules:**

Place powdered herb in empty capsule. Usually take 3 capsules a few times a day.

### **Home-made tablets:**

Mix powdered herb with marshmallow root powder / slippery elm powder / comfrey powder. 1:9 ratio.

Add enough water to create play-dough-like consistency.

Shape into pills and allow to dry in open air or dehydrator or oven at 250°. Poke holes in them, if needed, to help them dry out.

Bottle and keep in cool, dry place. Keeps for 1-2 years.

## POULTICE

Powdered herb mixed in water to create paste.

Apply to wounds, broken bones, arthritis, bruises, and sprains.

Amazingly effective at healing wounds and stopping bleeding.

12 hours on. 12 hours off.

***Keep covered with cloth / saran wrap!***

Gently wash off with water when removing.

Can use: comfrey, goldenseal, calendula, yarrow, slippery elm, chamomile, plantain, Oregon grape root

One blend is equal parts of: comfrey, calendula, yarrow. Can also add in a sprinkle of cayenne.

Note: Oregon Grape root, yarrow, and goldenseal are more potent infection fighters.

**Note:**

Herbs keep longer in whole form (aka “cut & sifted” form). Store in whole / bulk form (not powder form).

Use in whole / bulk form for teas.

Either use in bulk form or mash into powder for tincture.

## TINCTURES

Tinctures are a concentrated form of herbal medicine using solvents (vodka, vinegar, glycerin).

Alcohol is most effective at drawing out the important properties of the herbs and has a long shelf life (2-6 years).

Tinctures take effect very quickly.

**Best vodka to use is 100 proof (50:50) – only \$18 for 1.75 oz at liquor store!**

Average dose is 30 drops / ¼ teaspoon.

**Simplest method:**

Cover herbs with vodka in glass jar (about an inch over the herbs) until it can slosh around when shaking jar.

Check after first day to see if it needs more vodka. Add more, if needed, to create same sloshy consistency.

Let sit in dark place. Shake once a day.

Done in 2 weeks. Strain when done. Keep in darker jar / storage.

**Measured Tincture:**

1 gram of herb for every 3 ml vodka  
(*e.g. 100 grams of goldenseal + 300 ml of vodka*)

Check after day 1-2 – add more vodka, if necessary.

Mix together. Shake daily. Keep in dark place.

Do so for 2 weeks. Strain and bottle.



## Yarrow

Yarrow is one of the greatest diaphoretic herbs. It will raise the heat of the body, equalize the circulation and produce perspiration, when taken hot.

***Take as tea to produce sweating!***

*Uses: Fevers, cold, flus, stops bleeding, helps with digestive issues, respiratory illnesses*

*(teas and / or tinctures for internal / external bleeding,  
yarrow powder / poultice for external bleeding as well can shut bleeding down right away)*

**Give tea as warm as possible – 1-2 cups, 3-6 times a day to help keep fevers in wet state.**

## Olive Leaf

One of the most important and effective antimicrobials. No adverse side effects.

***“The powdered extract of olive leaves kills not only viruses but most every other type of disease-producing microorganism” – Dr. Morton Walker***

For treatment of infections of all kinds, psoriasis, inflammations, colds, flus, mumps, viruses, bacteria, yeasts, parasites, protozoa, worms, molds, malaria.

Oleuropein – main therapeutic ingredient. Bitter glucoside present in pulp of olive fruits.

### **Infectious Diseases for Which Olive Leaf Extract Acts as an Antimicrobial Agent:**

Aids, Amoebiasis, Anthrax, Athlete’s Foot, Bladder Infection, Botulism, California Encephalitis, Campylobacteriosis, Cat-Scratch Fever, Chancroid, Chicken Pox, Chlamydia, Chlamydia Pneumonia, Cholera, Clostridium, Colds, Cold Sores, Pink Eye, Crabs, Croup, Cryptosporidiosis, CMV, Diarrheal Diseases, Diphtheria, Ear Infections, EEE, Epstein-Barr Virus, Ebola, Food Poisoning, Flu, Herpes, Hepatitis, Head Lice, Fifth Disease, German Measles, Giardia, Leprosy, Jock Itch, Lockjaw, Lyme Disease, Malaria, Meningitis, Measles, Mono, Mumps, Pink Eye, Ringworm, Polio, Pneumonia, Rabies, Rheumatic Fever, Ringworm, Rotavirus, Roseola, Salmonella, Scarlet Fever, Shingles, Smallpox, Strep Throat, Syphilis, Tuberculosis, Thrush, Toxic Shock Syndrome, Toxoplasmosis, Tuberculosis, Typhoid Fever, Yeast Infection, Warts, Whooping Cough, Yellow Fever

“When in doubt” create & use this tea / tincture formula:

**Olive leaf + Oregon Grape Root / Goldenseal**

**(equal parts of each)**

(& drink a yarrow tea)

Simple olive leaf tea can be used. Quite bitter though. Turn into tablets / tincture.

Bulk olive leaf can be purchased from [MountainRoseHerbs.com](http://MountainRoseHerbs.com) \$8 for 1 lb!!!!

## Cayenne

Cayenne pepper equalizes the blood pressure and allows cuts—even deep cuts—to clot quickly so you can keep all your blood inside your body, where it belongs.

You can either sprinkle it on dry, or mix it with some water to form impromptu gauze. It'll sting a bit of course, but it's actually a tried-and-true healer—so it's good to have some handy.

### **Uses / Benefits:**

Cayenne tincture can also be used to “revive” those in shock.

Indigestion

Diabetes

Cardiac Arrest

Angina (heart-related issues) health

Blood clots

Joint pain reliever

High / Low Blood Pressure

Topically as a poultice, cayenne has been used to treat snake bites, rheumatism, sores, wounds and lumbago.

Cold and flu

Headaches / Migraines

Cayenne has the ability to ease upset stomach, ulcers, sore throats, spasmodic and irritating coughs, and diarrhea.

### ***Take as tea / tincture***

Small sprinkle up to 1 tsp in hot water for tea.

## Other Important Herbs

### **BULK HERBS**

*(Mountain Rose Herbs, Starwest Botanicals, Bulk Herb Store, San Francisco Herb Supply, Butterfly Express)*

**Elderberry – viral infections**

**Turmeric – inflammation, brain inflammation, MRSA, skin infections**

**Lomatium Root Tincture – flu’s, especially most respiratory infections. Purchase in tincture made form from  
NaturalHealthRenewalCenter.com**

**Slippery Elm – deep wounds, pack poultice into wound**

**Marshmallow – mix with other herbs to create home-made tablets, soothing for inflamed or irritated mucous membranes – in gut, lungs, bladder, and digestive system. Externally for inflammations and ulcers.**

**Comfrey – wounds, ulcers, rashes, soothing and quickens topical healing for wounds, breaks, fractures, burns, etc. – internally for soothing mucous membranes, digestive system, and respiratory system.**

**Calendula – shortens wound healing time. Anti-inflammatory. For wounds, burns and bruises.**

**Mullein Leaf – respiratory, bronchial dilator**

**Chamomile – digestive related issues (stomachache, vomiting, diarrhea, IBS), calming, soothing, spasms**

**Dandelion Root – great for cleansing kidneys and liver**

**Peppermint (or peppermint essential oil) – upset digestive system, congestion of lungs,**

**Plantain - upper respiratory support, and is topically used for minor cuts, bruises, and stings.**

## Simple & Powerful Herbal Concoctions

### **#1. “Anti-Plague”- like / Super Tonic Recipe:**

#### You will need:

½ cup onion, chopped  
 ½ cup garlic, chopped  
 ½ cup ginger root, chopped  
 ½ cup horseradish, chopped  
 ½ cup parsley, chopped  
 1/8 tsp – 1 tsp cayenne pepper  
 Raw Apple Cider Vinegar (3-4 cups)  
 Glass quart jar with lid  
 Muslin cloth

#### Instructions

1. Place the onions, garlic, ginger, horseradish and parsley in quart jar.
  2. Cover with apple cider vinegar to about 2 inches above the herbs and close lid.
  3. Keep the container in a warm place and shake well twice every day for two weeks.
    4. Pour clear liquid off into a dark bottle or canning bottle.
    5. Place muslin cloth in a bowl.
    6. Pour the remaining liquid and herbs into it.
    7. Wring out any additional liquid.
  8. Pour the strained liquid into the bottle, tighten lid, label and refrigerate.
- Alternative method: Place ingredients in blender and blend. Re-blend or shake every couple of days.

**Take 1 Tbsp 3 x day as preventative.**

**Take 1 Tbsp every ½ hour to clear infection.**

## #2. Turmeric & Honey OR Cinnamon & Honey

### Ingredients:

- 5 tbsp of raw organic honey.
- 1 tbsp. of turmeric powder or cinnamon powder

### How to Use:

Upon the first symptoms of colds and flu:

1. Day 1 – Take ½ tsp. every hour during the day.
2. Day 2 – Take ½ tsp. every two hours during the day.
3. Day 3 – Take ½ tsp. three times a day.

The Golden Honey mixture should stay in the mouth until its complete dissolution. Typically, the cold passes and the body recovers after three days. Many have prevented cold without taking any drugs and pills, thanks to this mix.

You can also use this Golden Honey mixture in the treatment of respiratory diseases.

- Take ½ three times a day during the week. You can add coconut milk or tea into the mix.

This mix is an excellent choice if you suffer from **hemophilia** and **hypertension** and lowers blood pressure.

Turmeric also reduces the **blood sugar level**, but before using it remember to consult your doctor first.

Keeps in fridge for up to 7 days.

## #3. “Miracle Nectar”

- 5 T. raw honey
- 1 T. turmeric powder
- 2 T. raw apple cider vinegar
- 1 tsp finely grated lemon / lemon essential oil / vitamin c powder
- Pinch of black pepper
- 1 T. coconut oil

Mix together. Place in jar.

At first sign of cold, start using the mixture right away. Take 1 tablespoon per hour for first day then one tablespoon every 2 hours the second day and one tablespoon every 3 hours on the 3<sup>rd</sup> day. Then as needed.

Note: Those with gallbladder issues should stay away from turmeric.

Keeps in fridge for up to 7 days.

## Using Essential Oils

***(doTerra, Nature's Fusions, Ameo, Butterfly Express, Young Living)***

### **Cloves –**

toothaches, numbing gums, parasitic / fungal infections

### **Oregano –**

antibiotic alternative, sore throats, croup, flu's, diarrheal illnesses

### **Lavender –**

burns, ear infections. Place a 8-10 drops in ¼ cup water – spray on for burns. Rub behind and around ears for ear infections.

### **“Thieves” –**

preventative, illness. Place one drop on tongue or take a few drops in a capsule. Apply a few drops to the bottom of feet. Dilute with olive, coconut or other oil and apply to tonsil area, armpit and down back.

### **Frankincense (Butterfly Express) –**

cancer, inflammation, wounds, bites / burns –take topically or internally.

### **Thyme –**

illnesses, flu's. Take internally, in capsule. Place one drop on tongue or take a few drops in a capsule. Apply a few drops to the bottom of feet. Dilute with olive, coconut or other oil and apply to tonsil area, armpit and down back.

### **Digestive Blend –**

Any sort of digestive upset: acid reflux, diarrhea, vomiting, constipation – take internally, apply to bottom of feet and to meridian points

### **Breathe Blend –**

Respiratory issues – illnesses / asthma. Use on chest and bottom of feet.

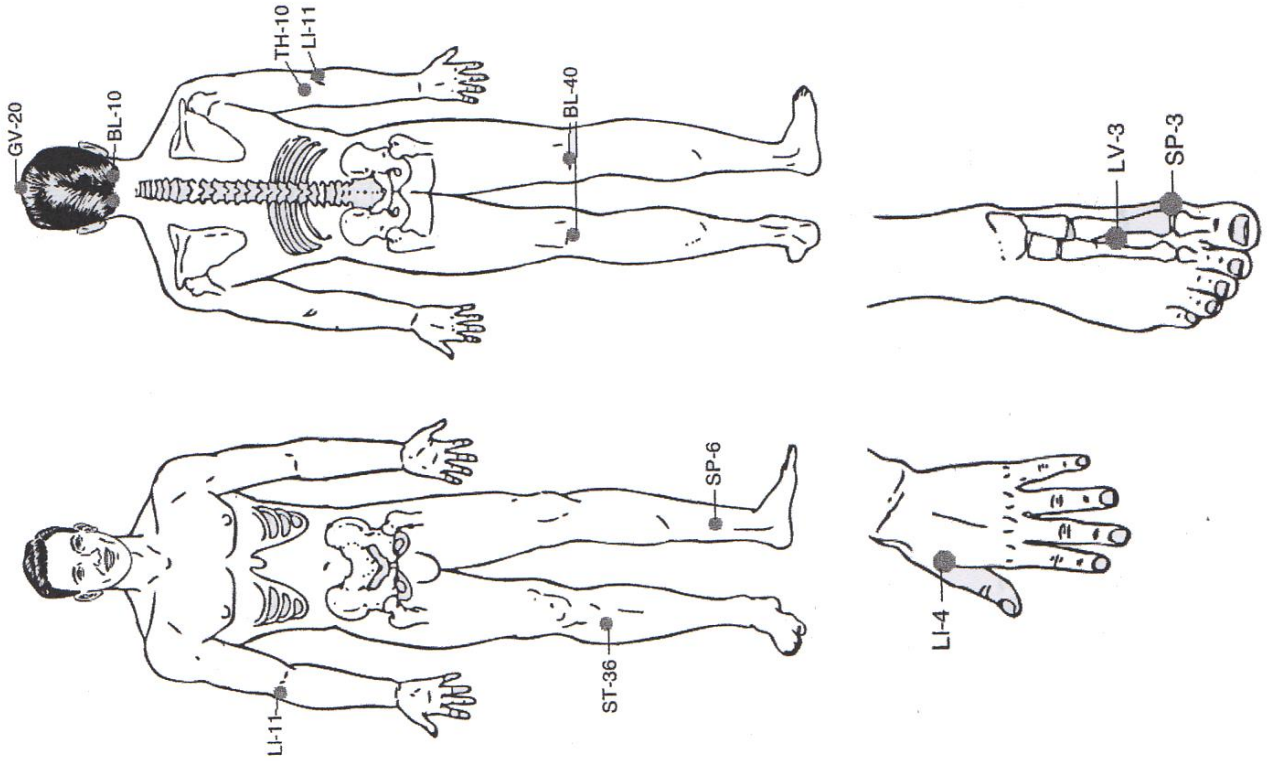
**Great blend: Oregano, Thyme, Clove for illnesses – in capsule. Not for children. Take with food. 2 drops each.  
HOT oils – use with care.**

**(Diarrheal, preventative, infections, flu-like illnesses)**

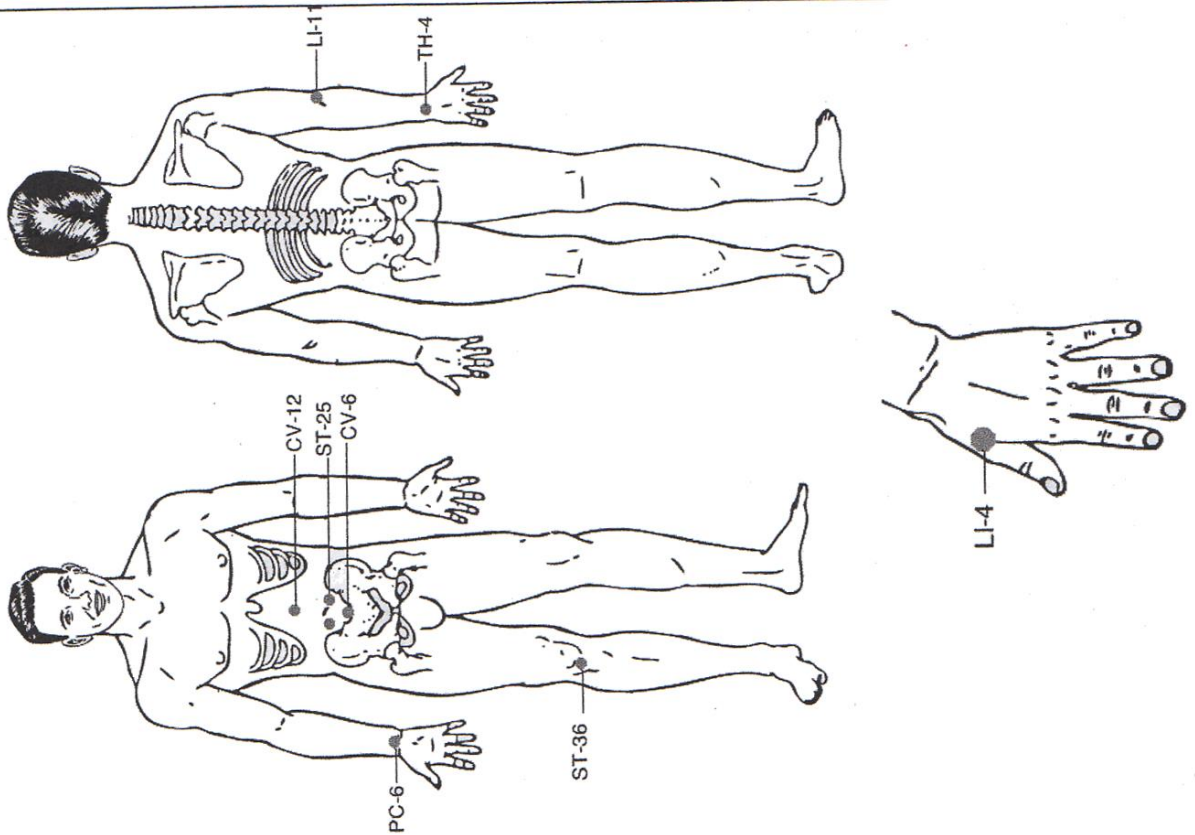
### **How to use:**

- Apply a few drops to bottom of each foot.
- Dilute the oil by mixing 1-2 drops of essential oil with 1 tsp of carrier oil (olive oil, coconut oil, canola oil, etc.). Apply to tonsil area, behind neck, down sides of spine and armpits.
- Apply either straight or diluted (for hot oils) to meridian points (aka acupuncture points).

# Allergy Points

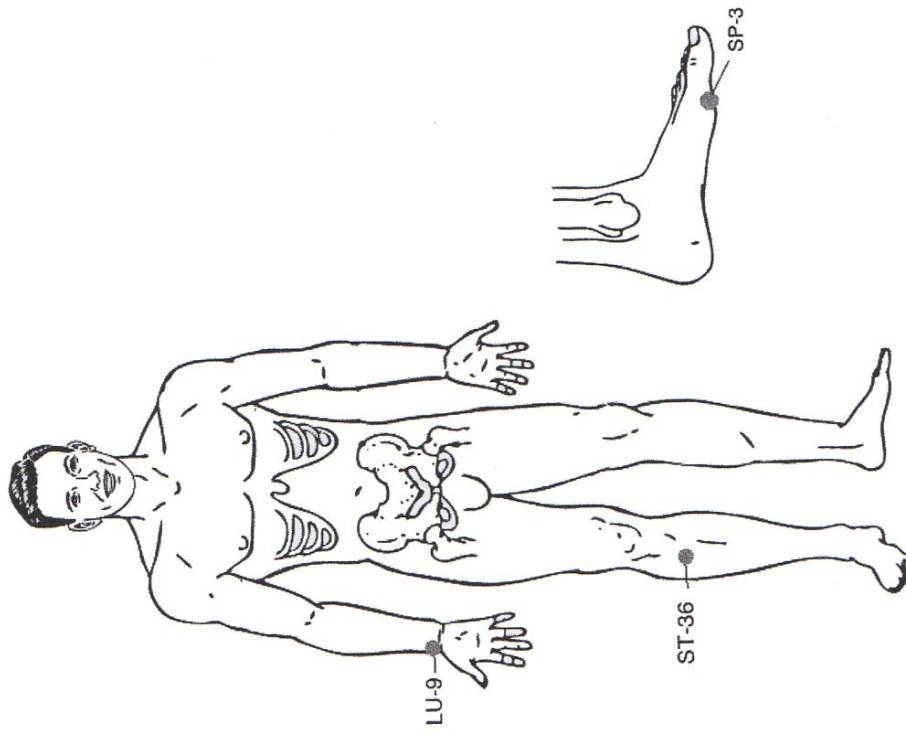


# Abdominal Pain

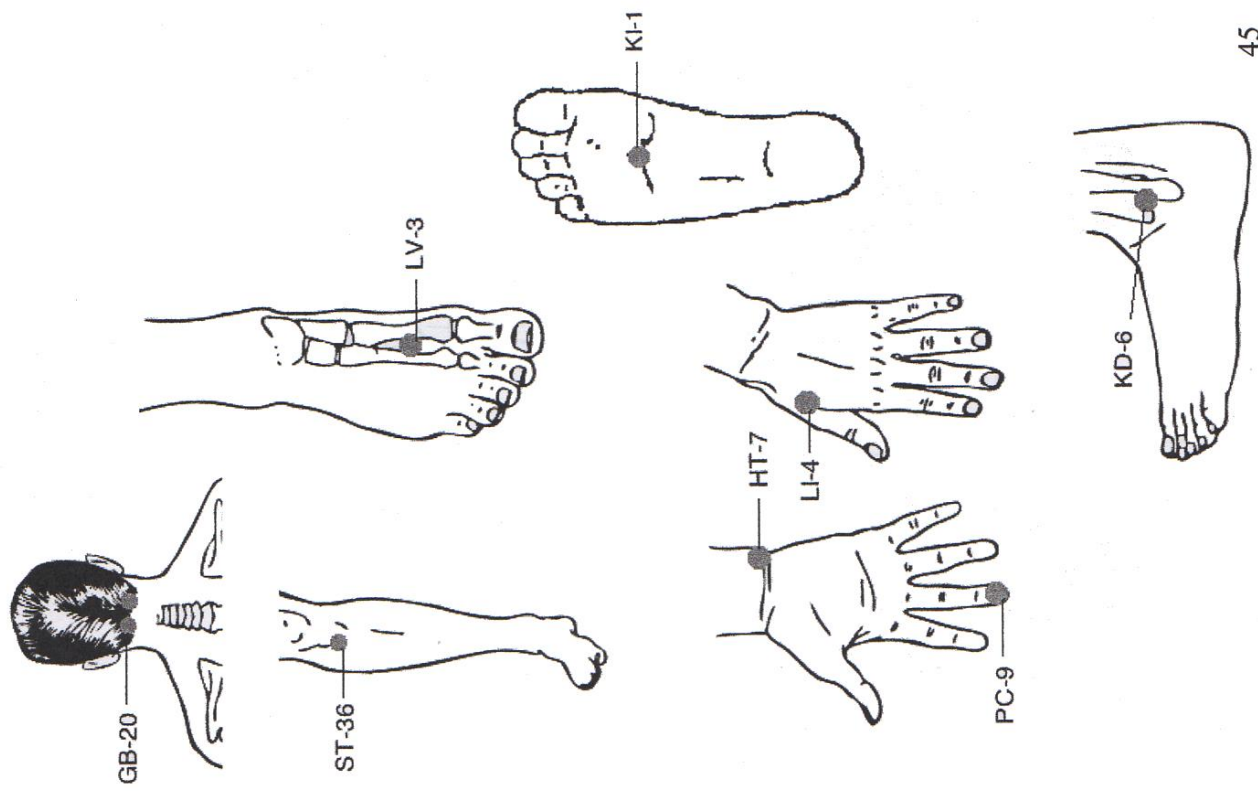




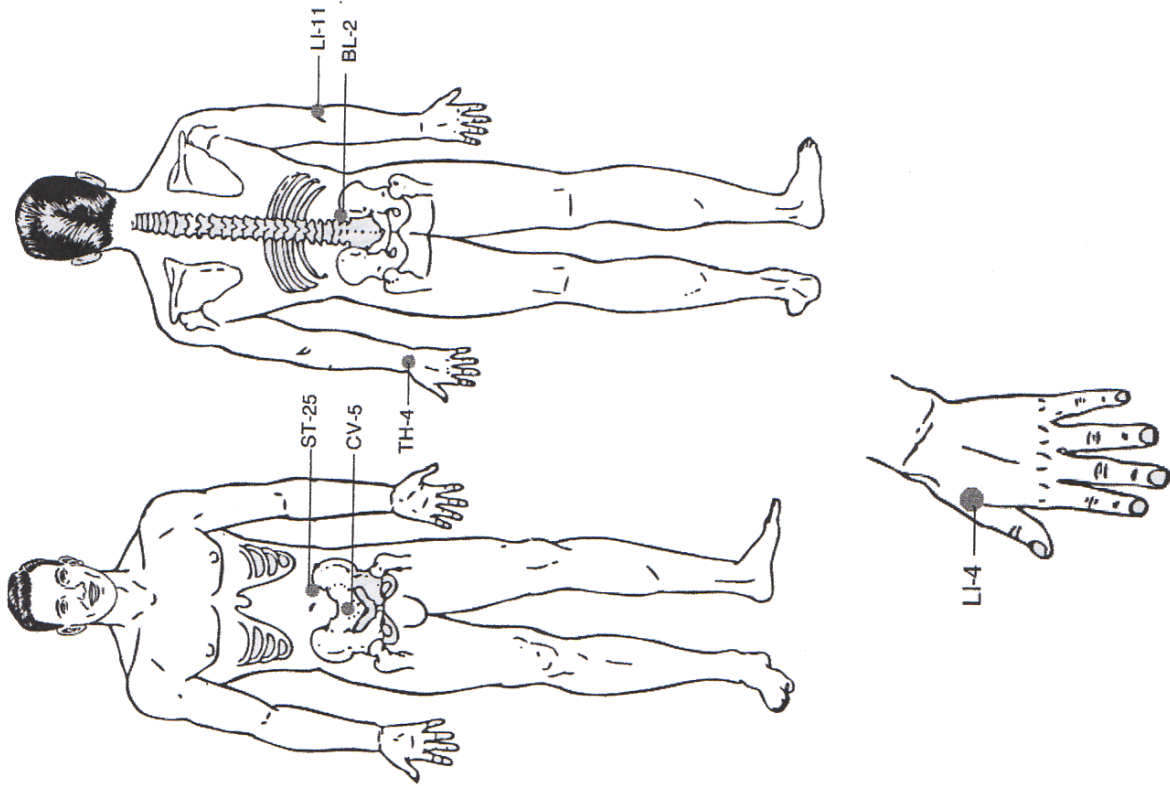
### Bronchitis



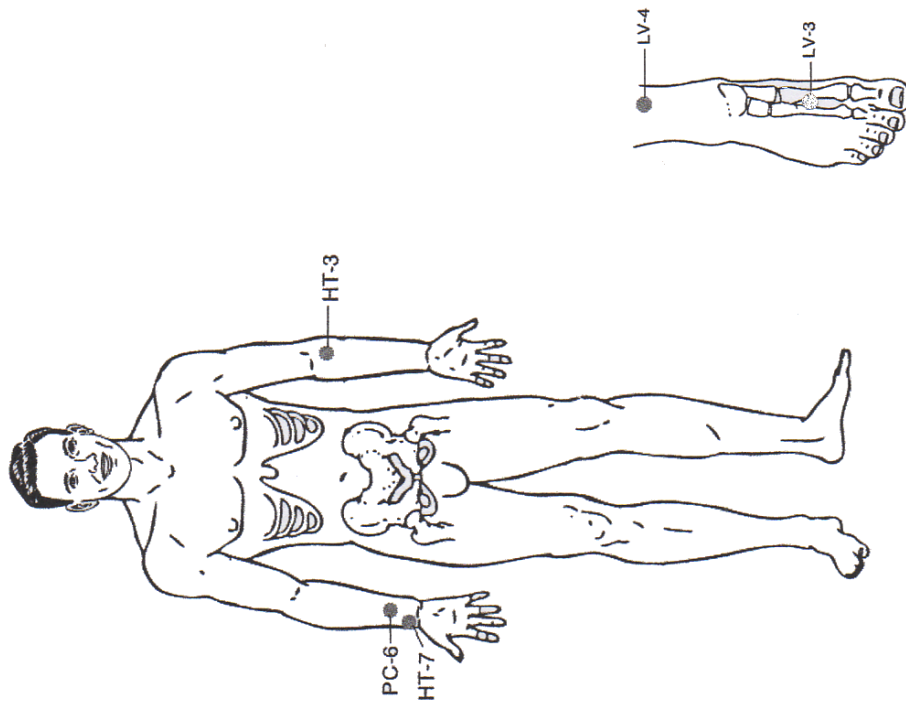
### Anxiety & Stress



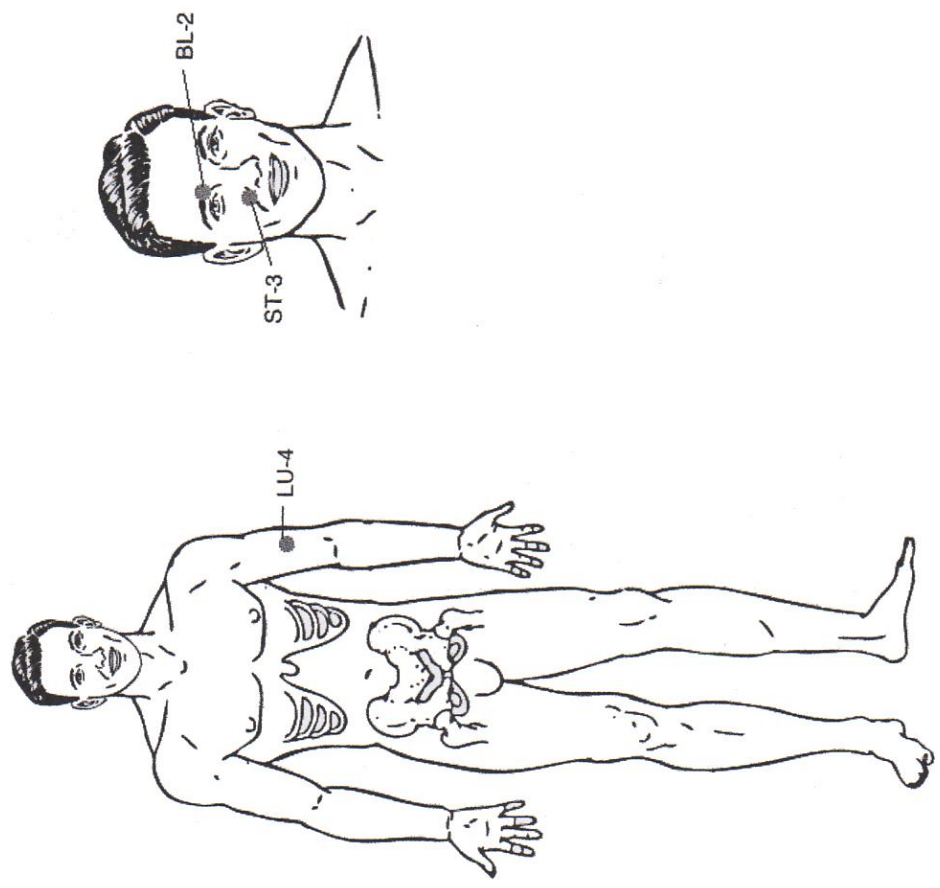
# Colitis



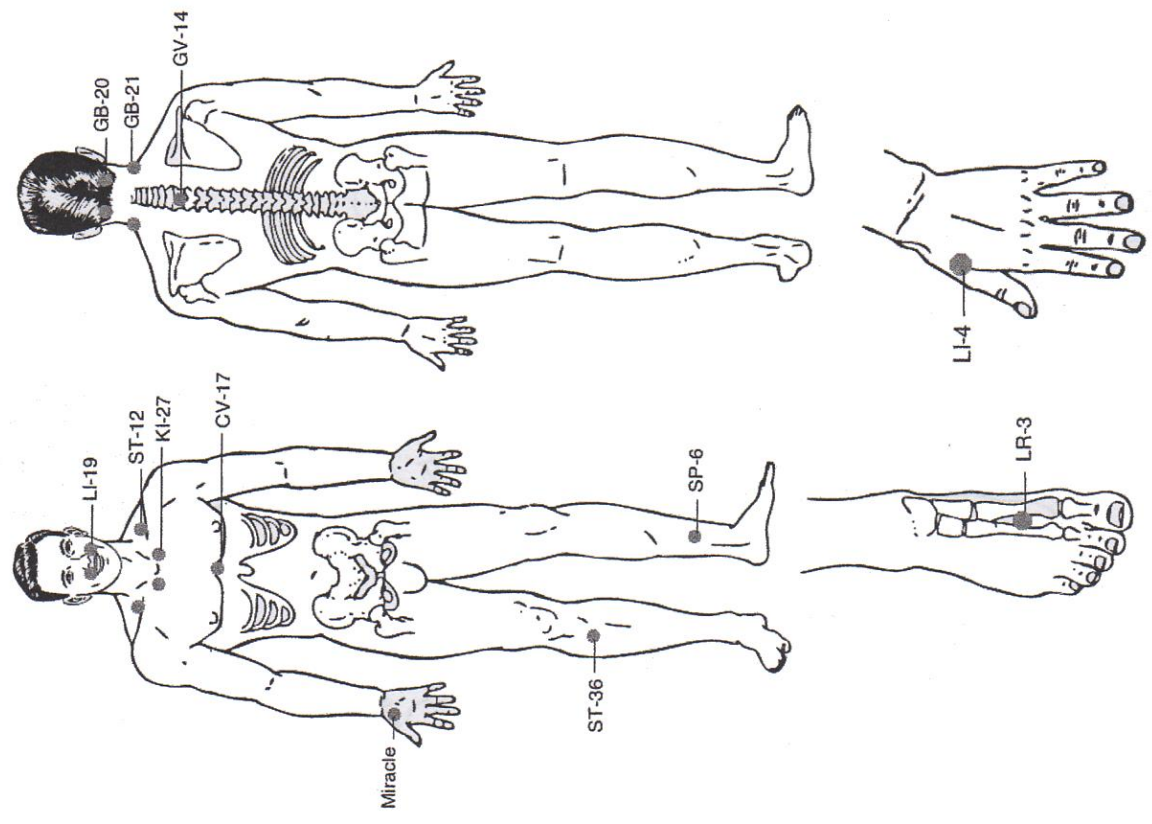
# Cardiovascular Health



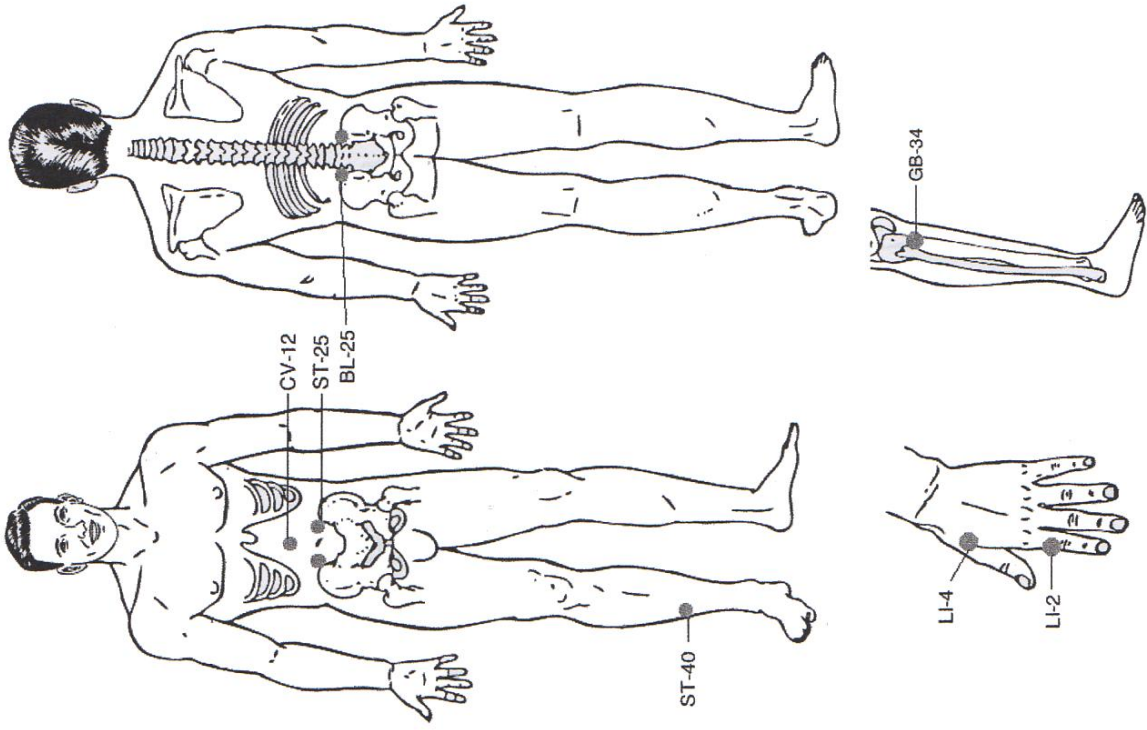
### Congestion



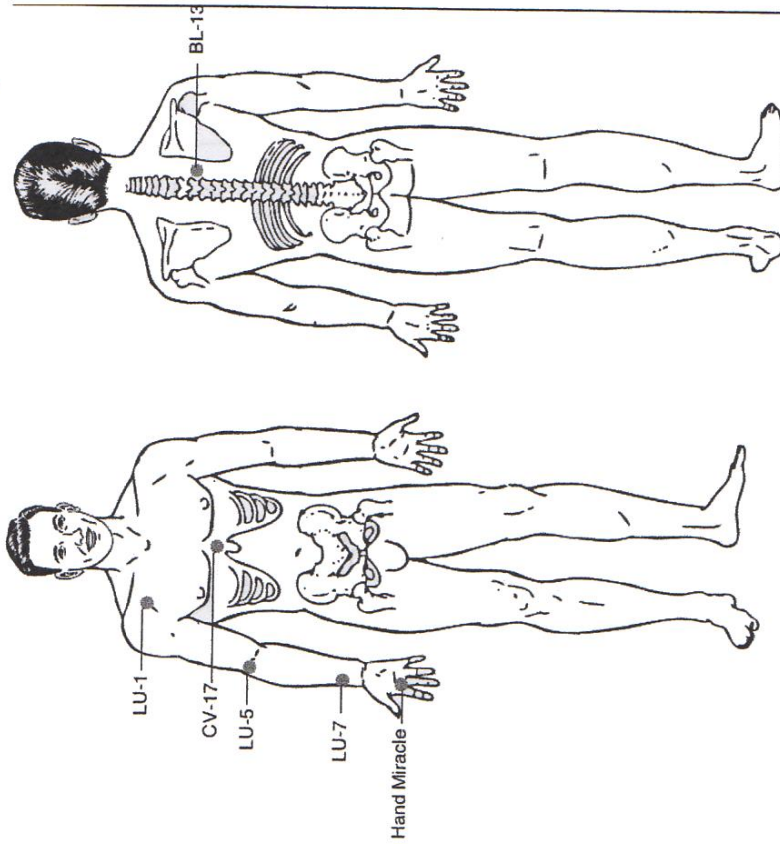
### Common Cold



# Constipation

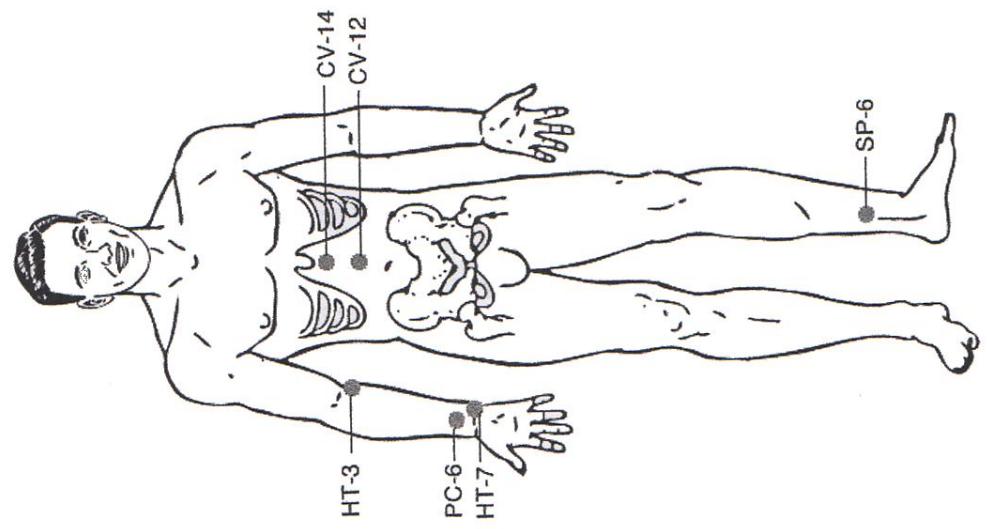


# Cough

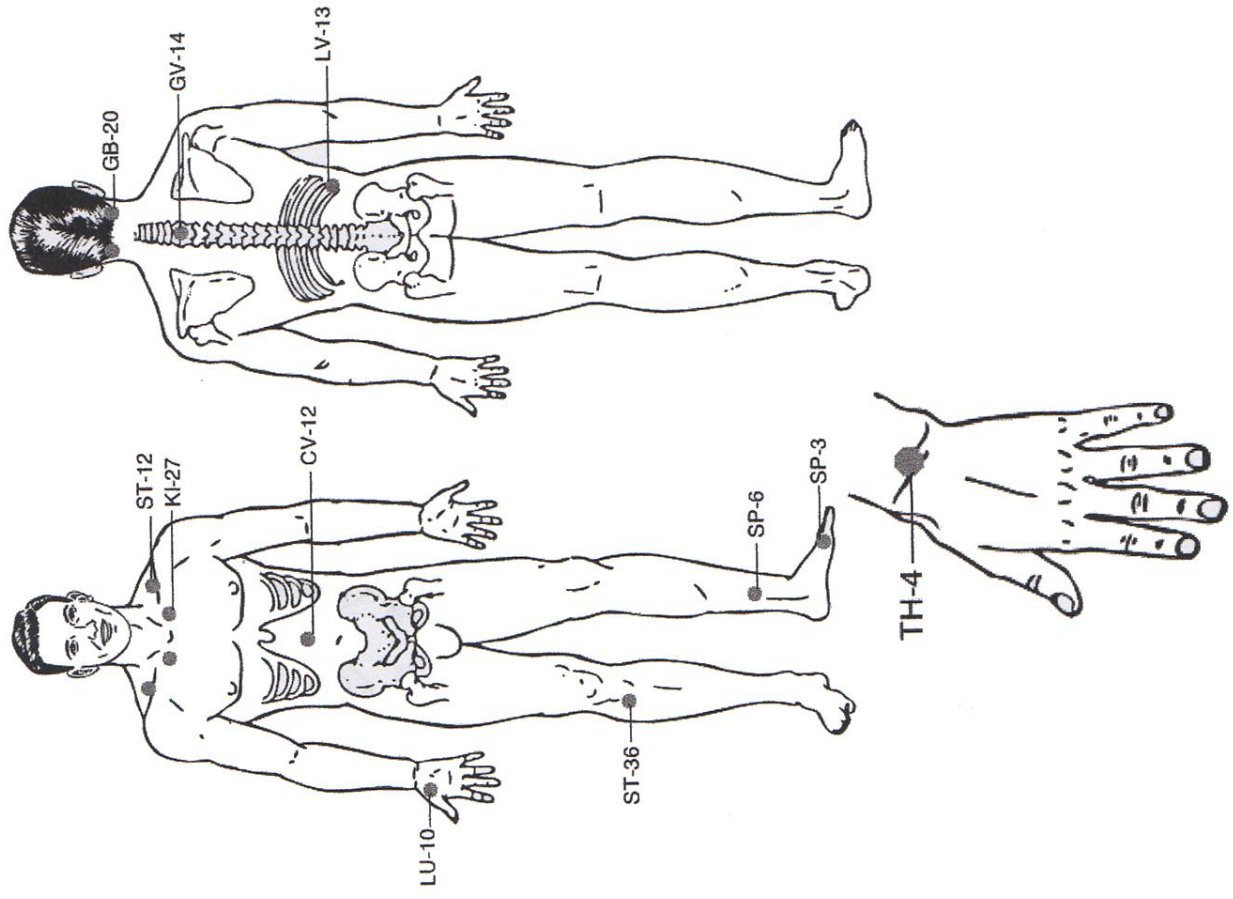




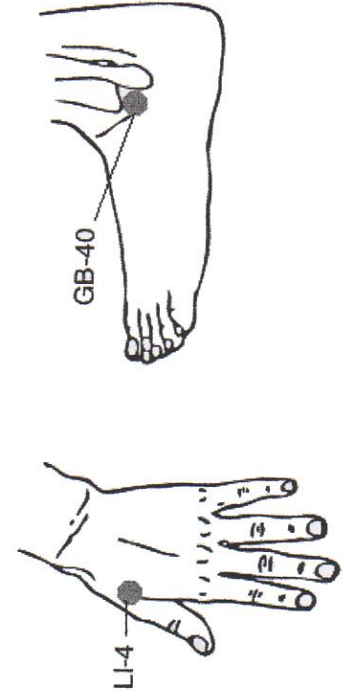
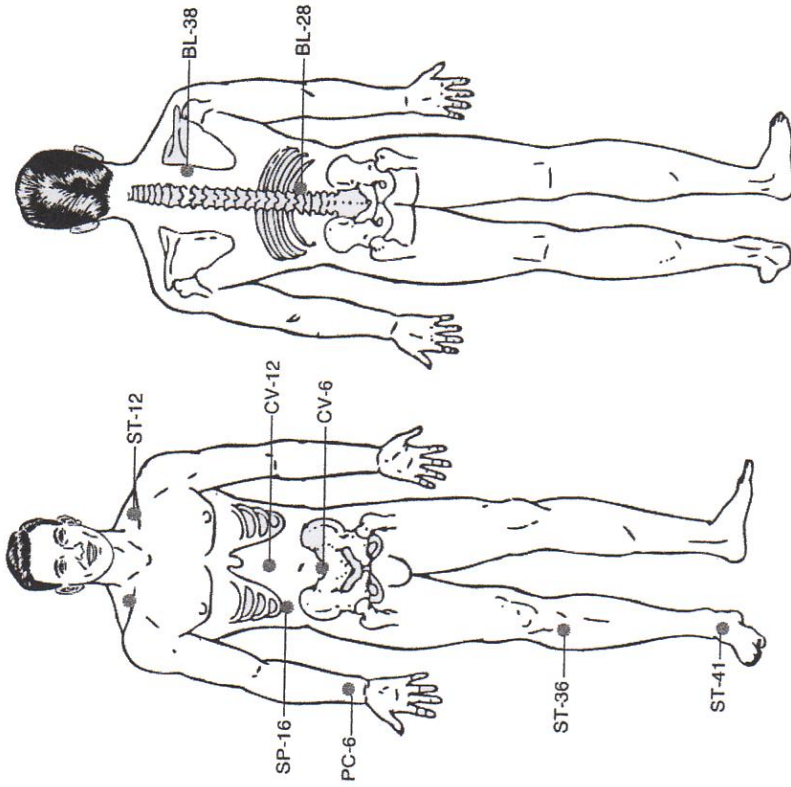
### Depression/Grief



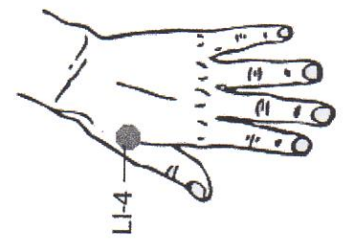
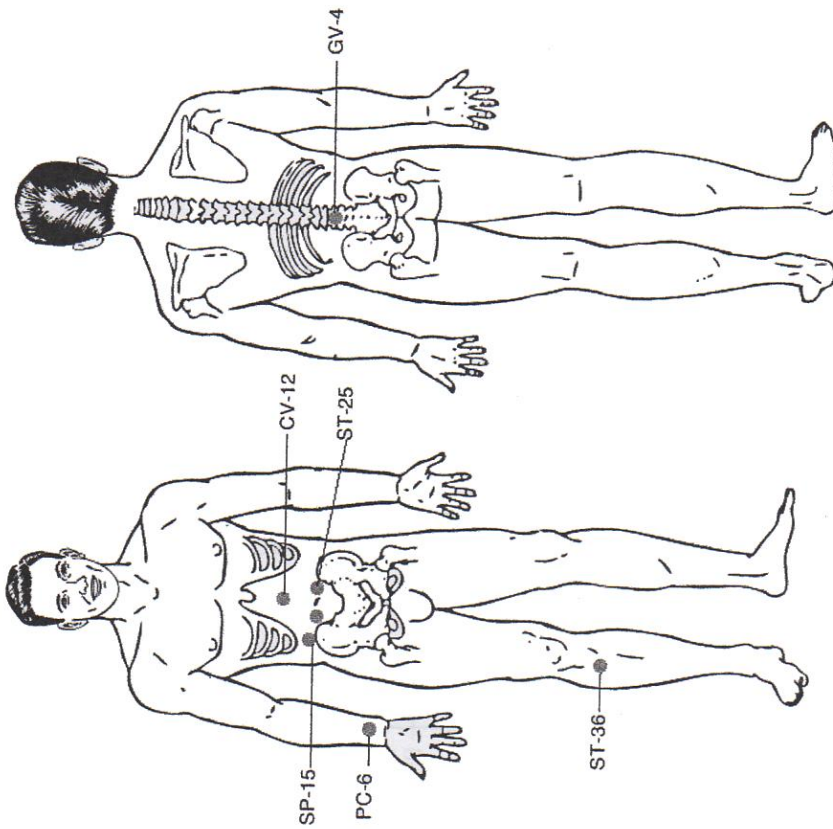
### Diabetes



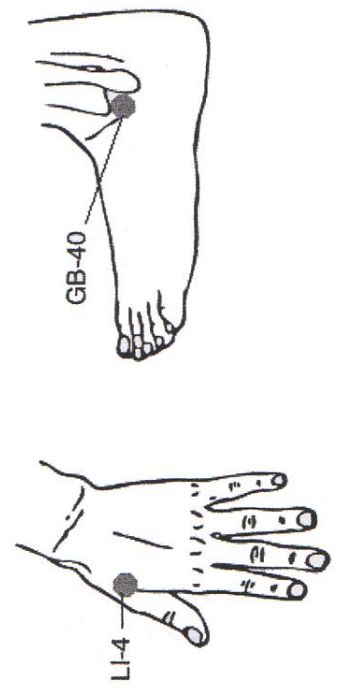
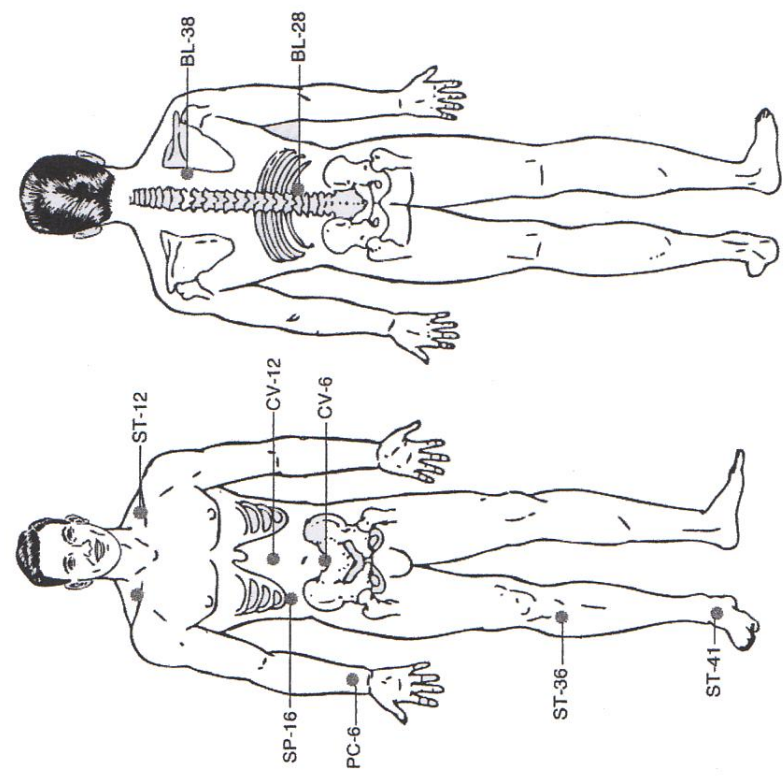
# Digestive Problems



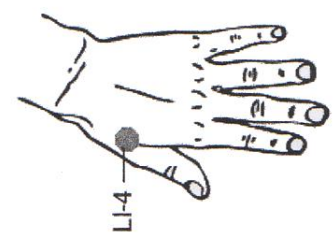
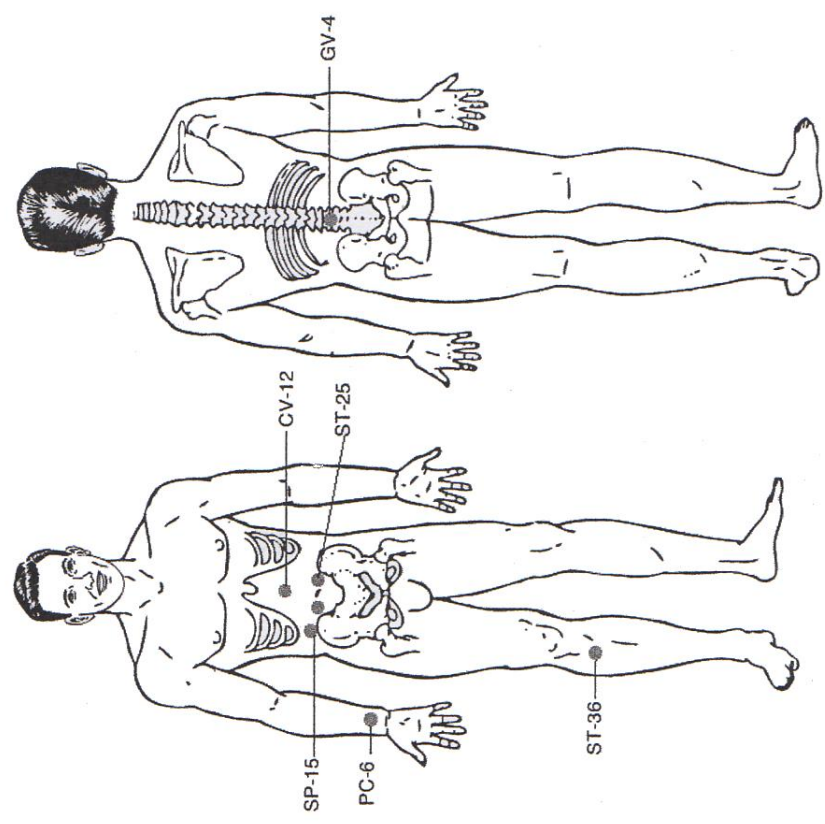
# Diarrhea



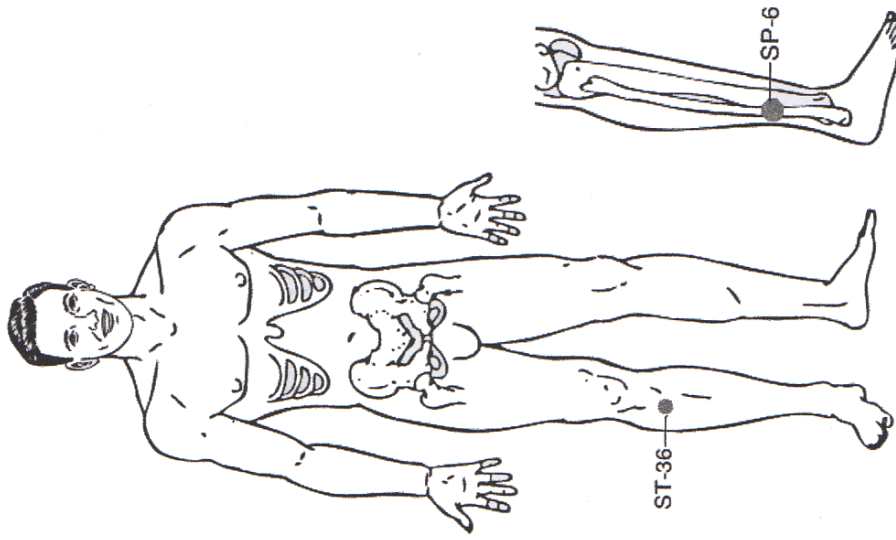
# Digestive Problems



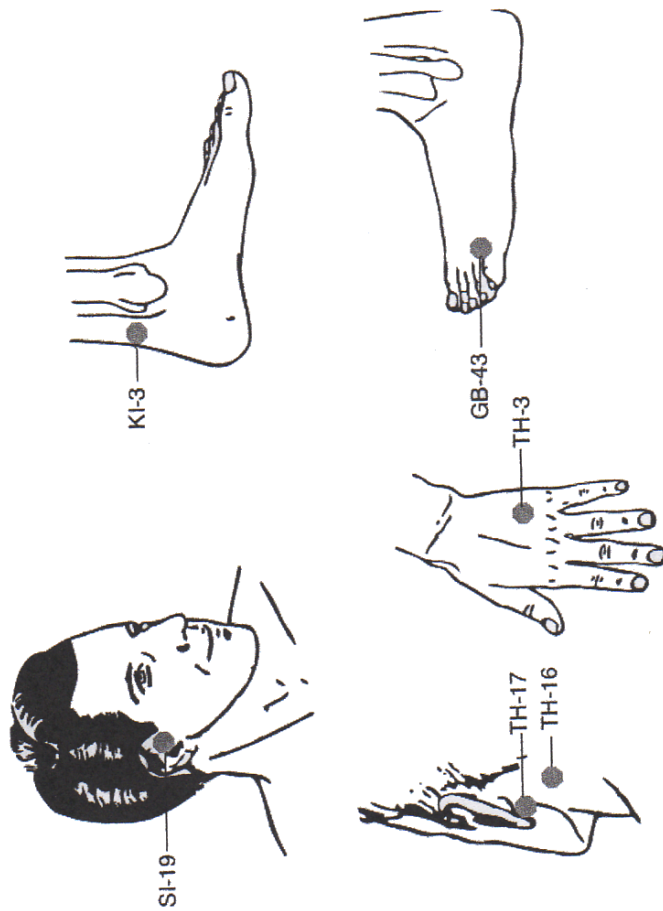
# Diarrhea



# Enhance Immune System/Viral Points

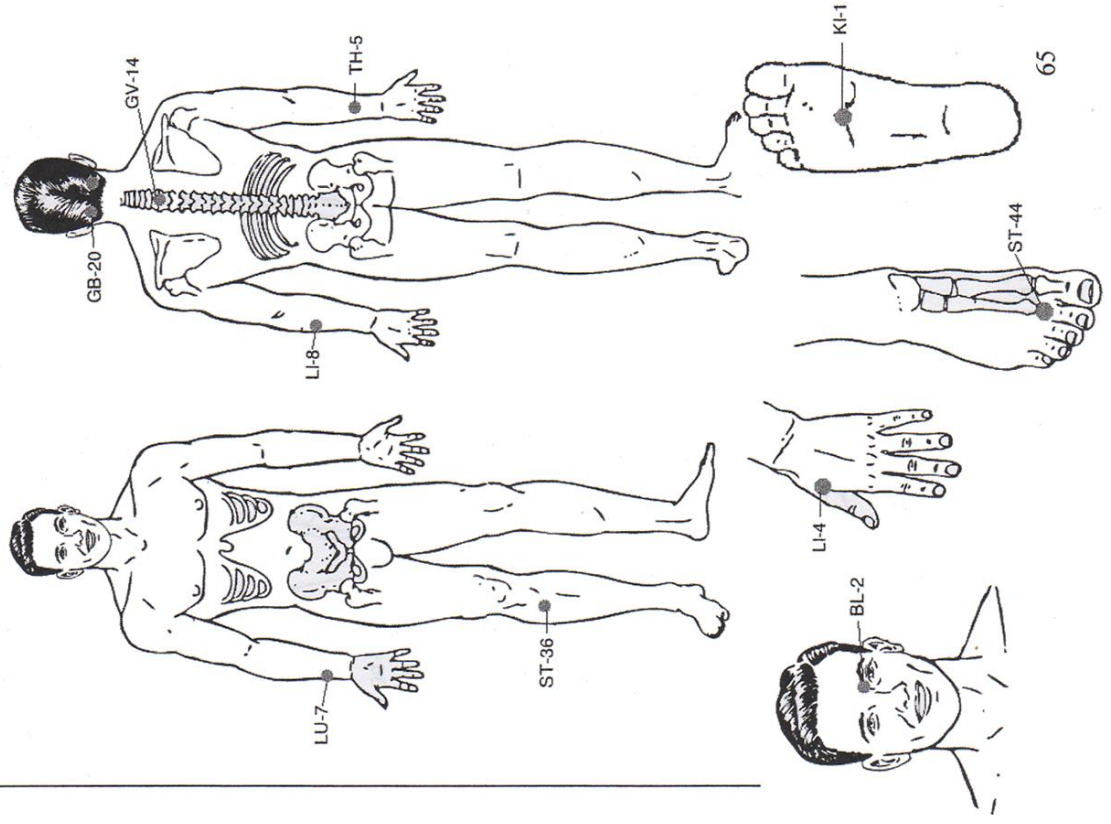


# Earache

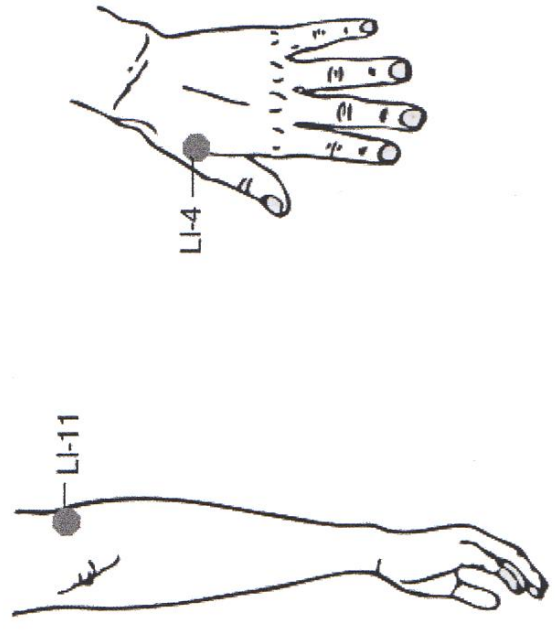




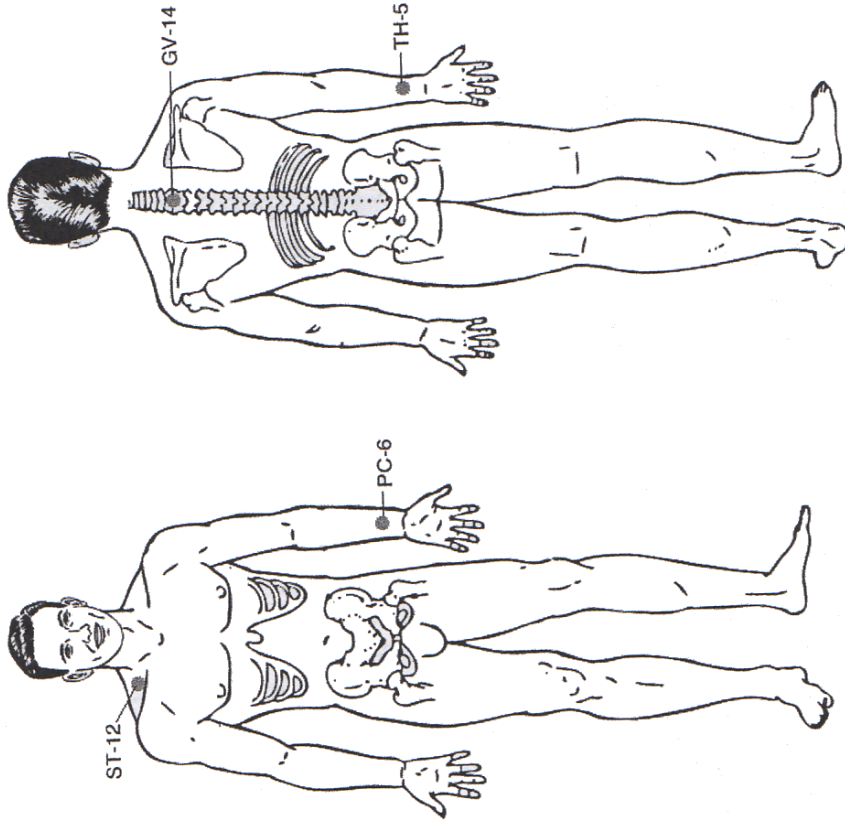
# Flu



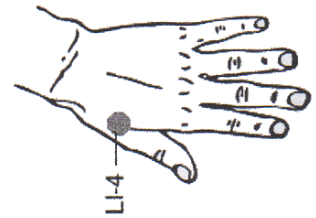
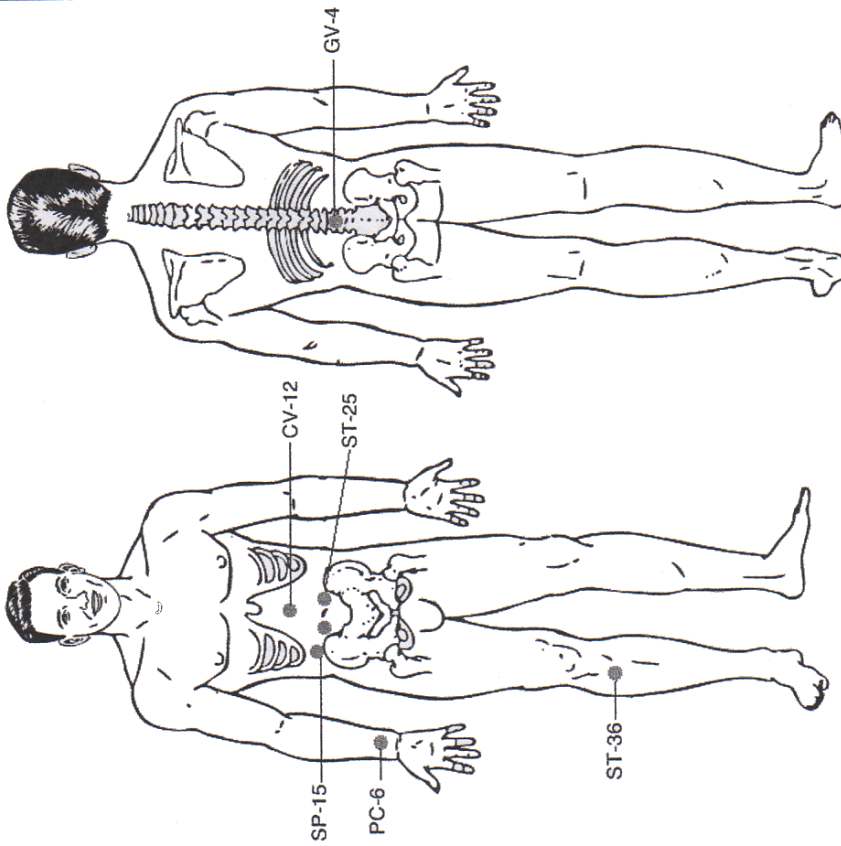
# Fever



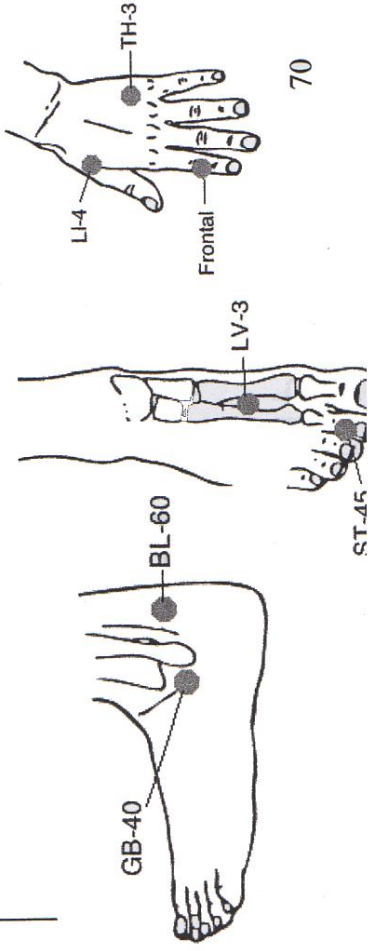
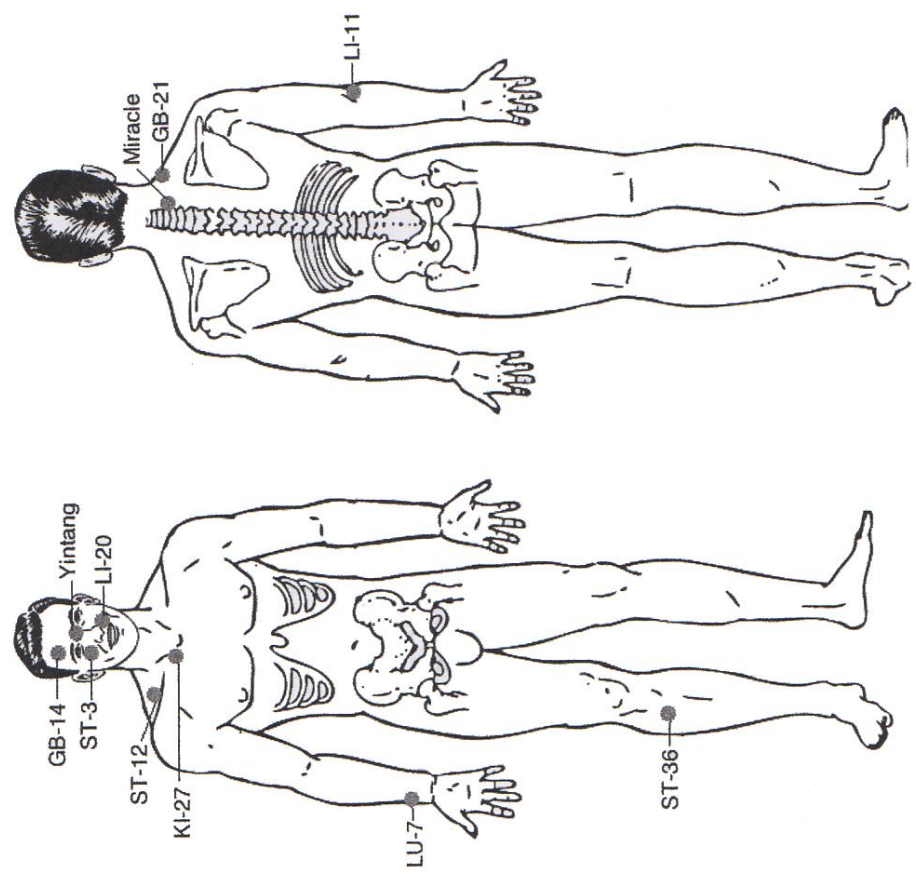
### General Points



### Food Poisoning

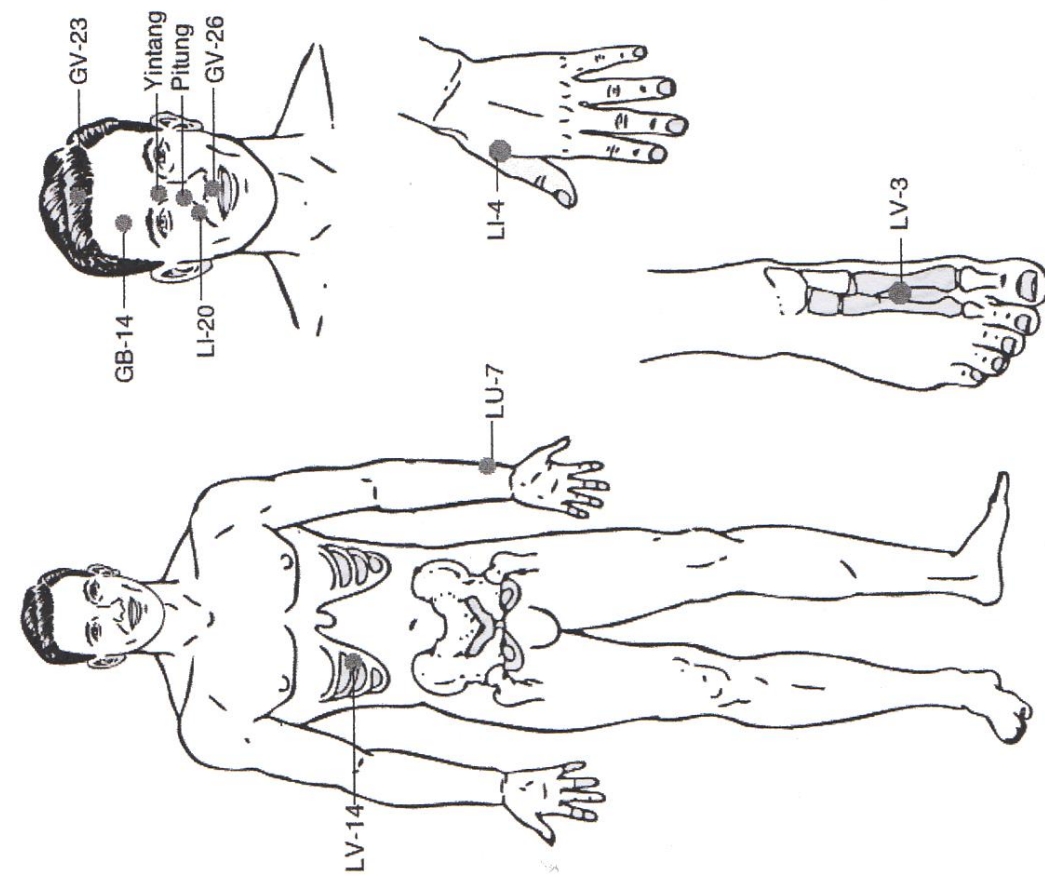


# Headache (Frontal)



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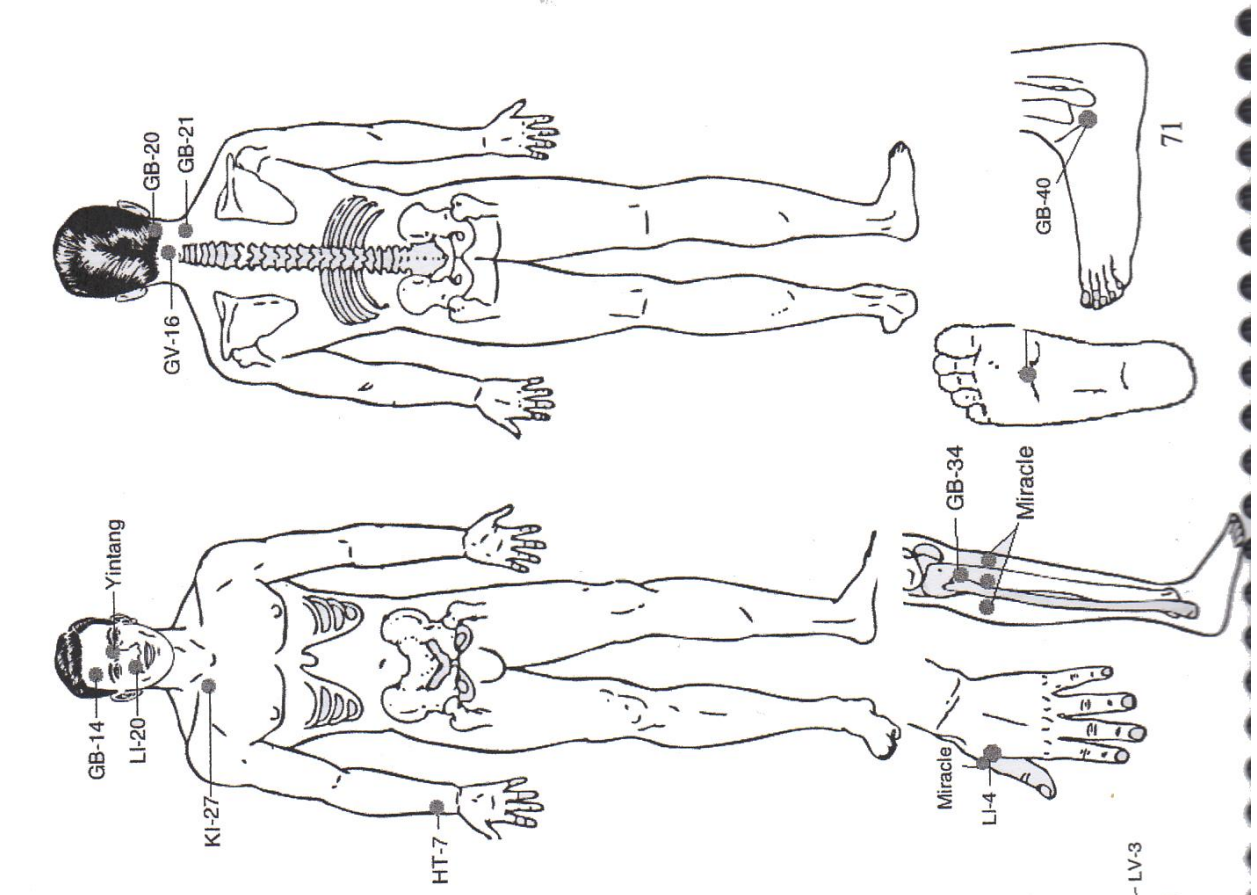
# Hayfever/Sinus



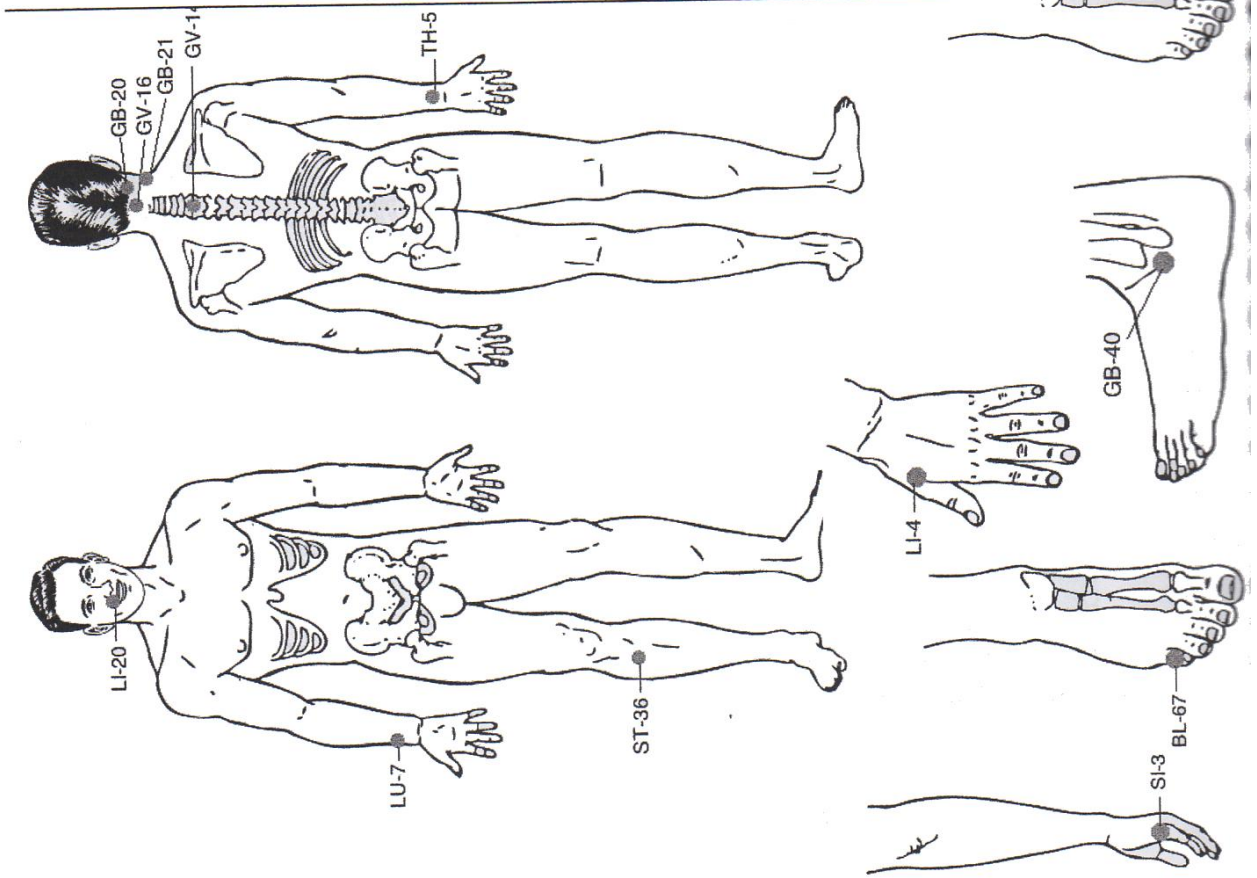
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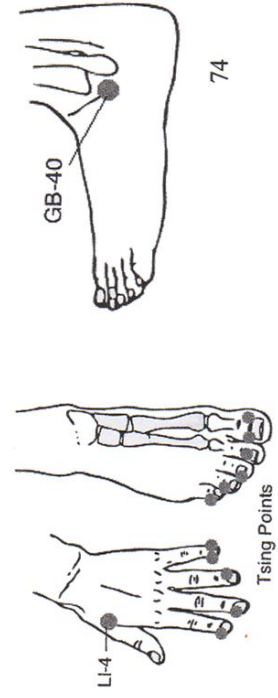
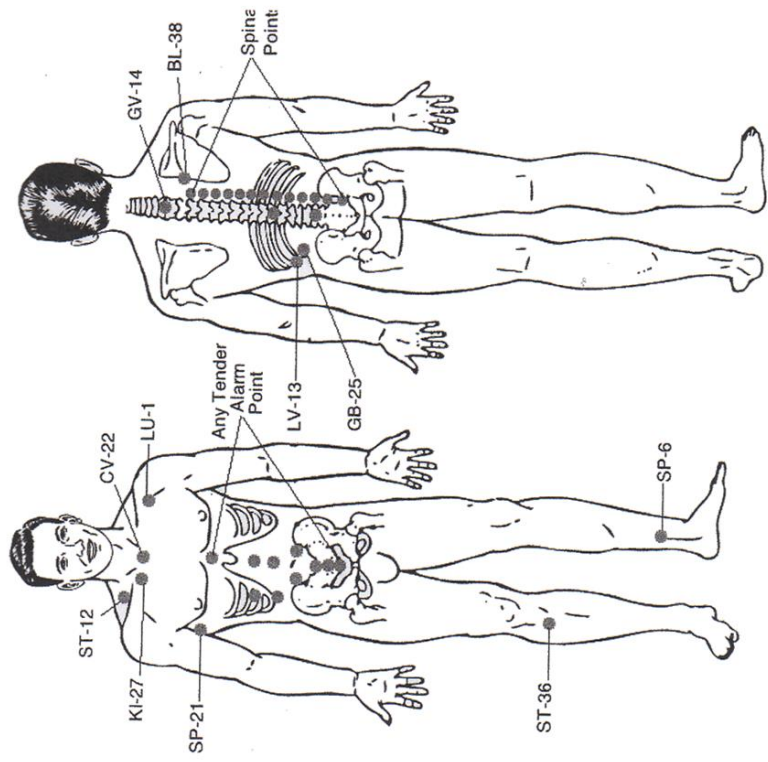
### Headache Whole (Migraine)



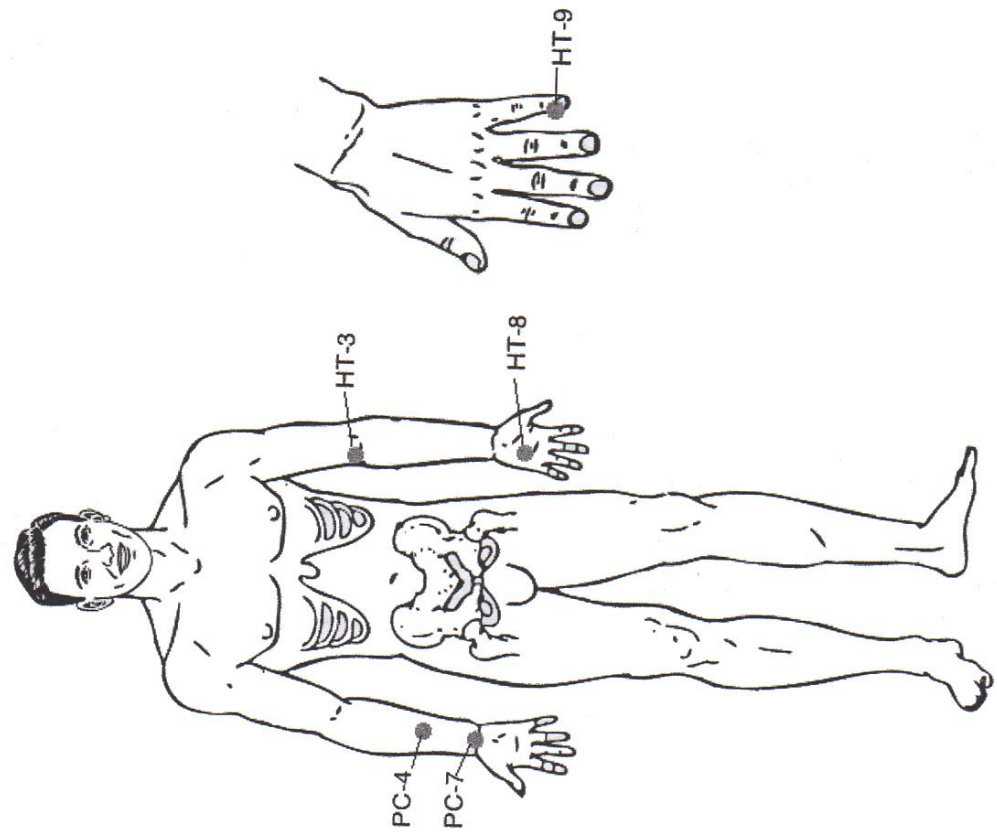
### Headache (Occipital)



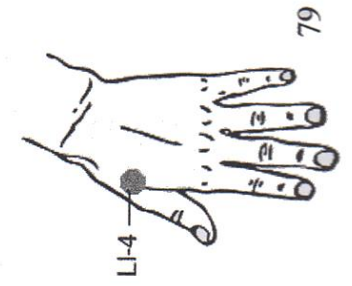
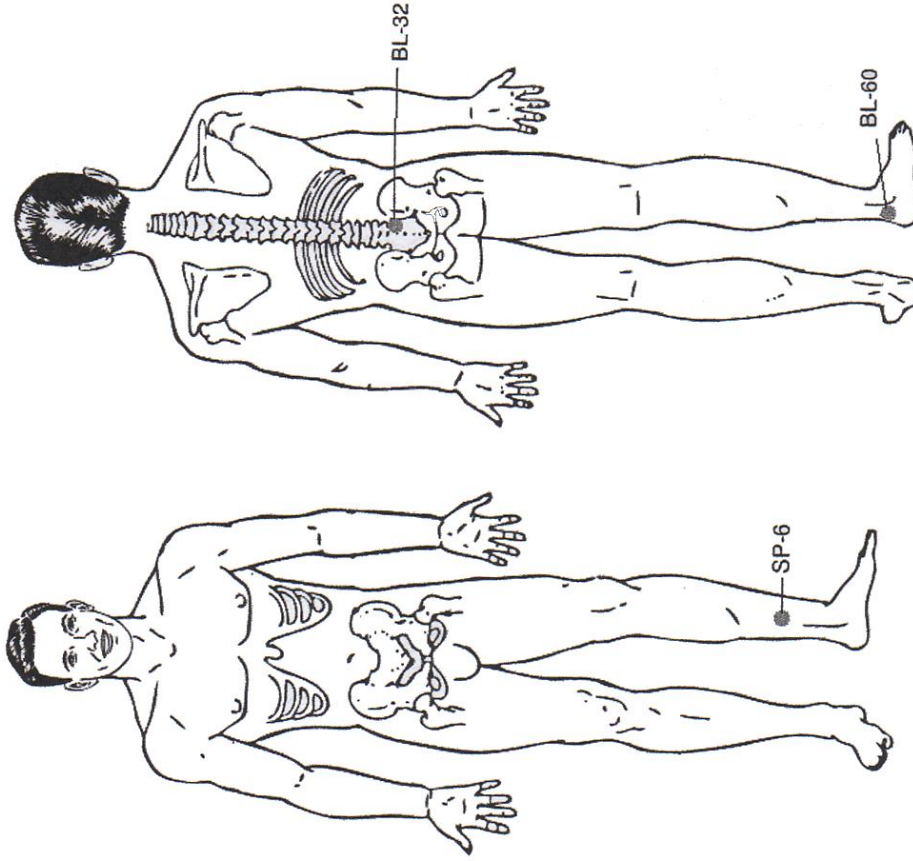
# Health Maintenance



# Heart Attack

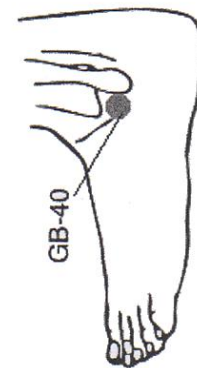
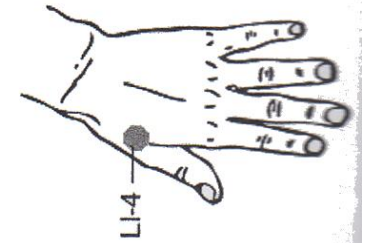
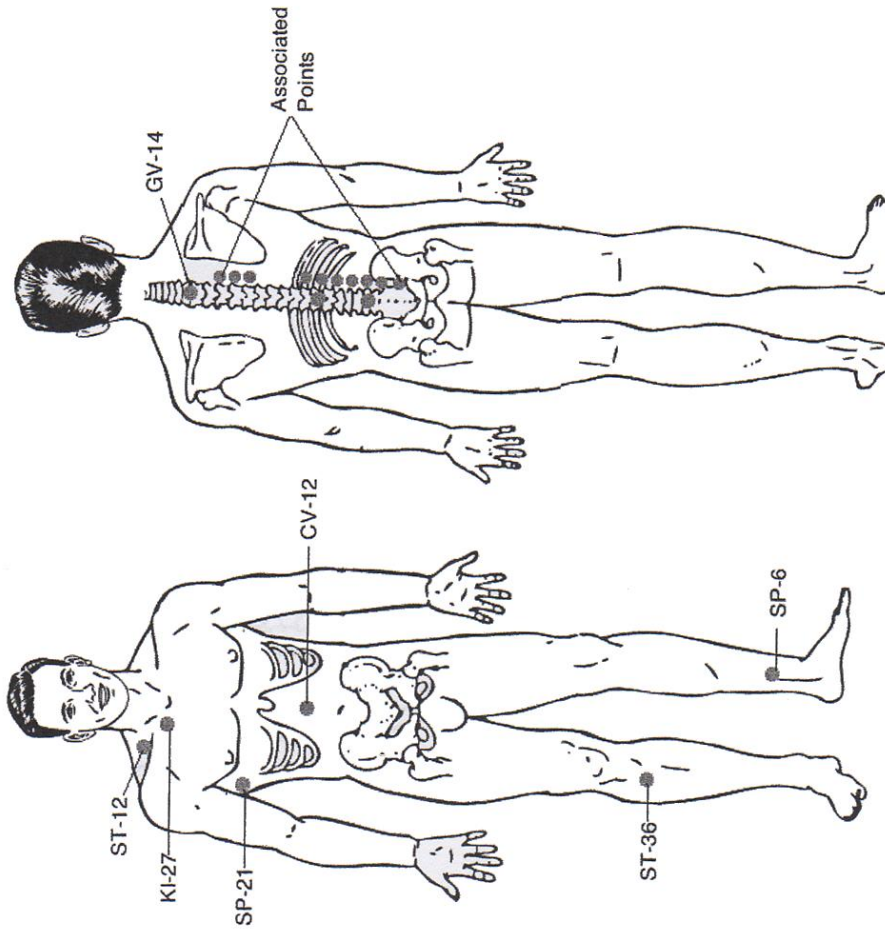


# Inducing Labor/Helping it Progress



79

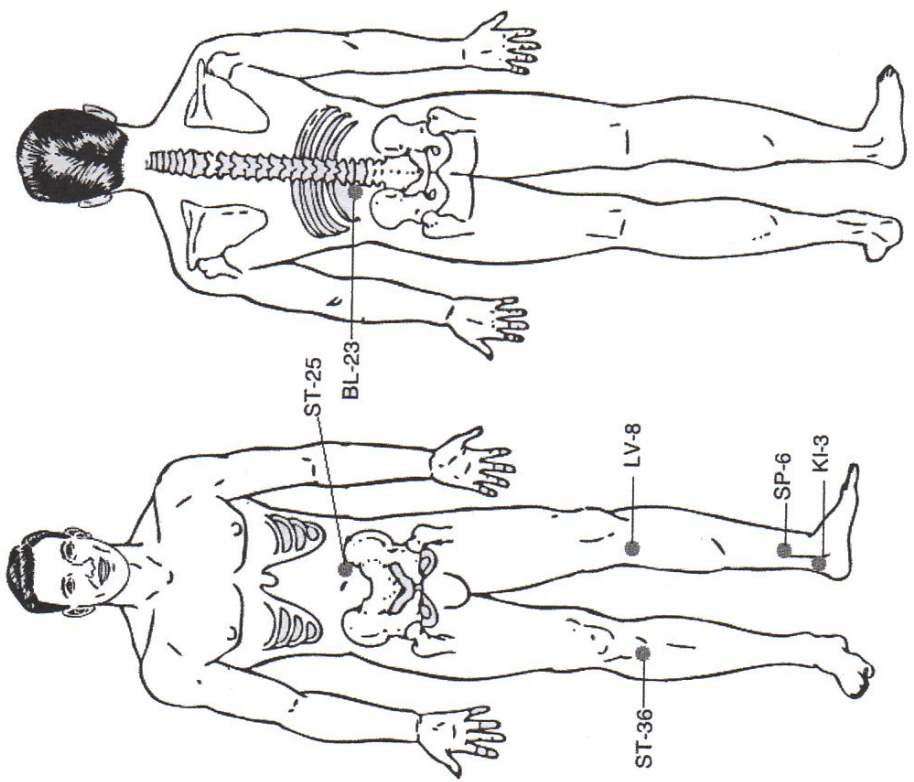
# Immunity/Immune System



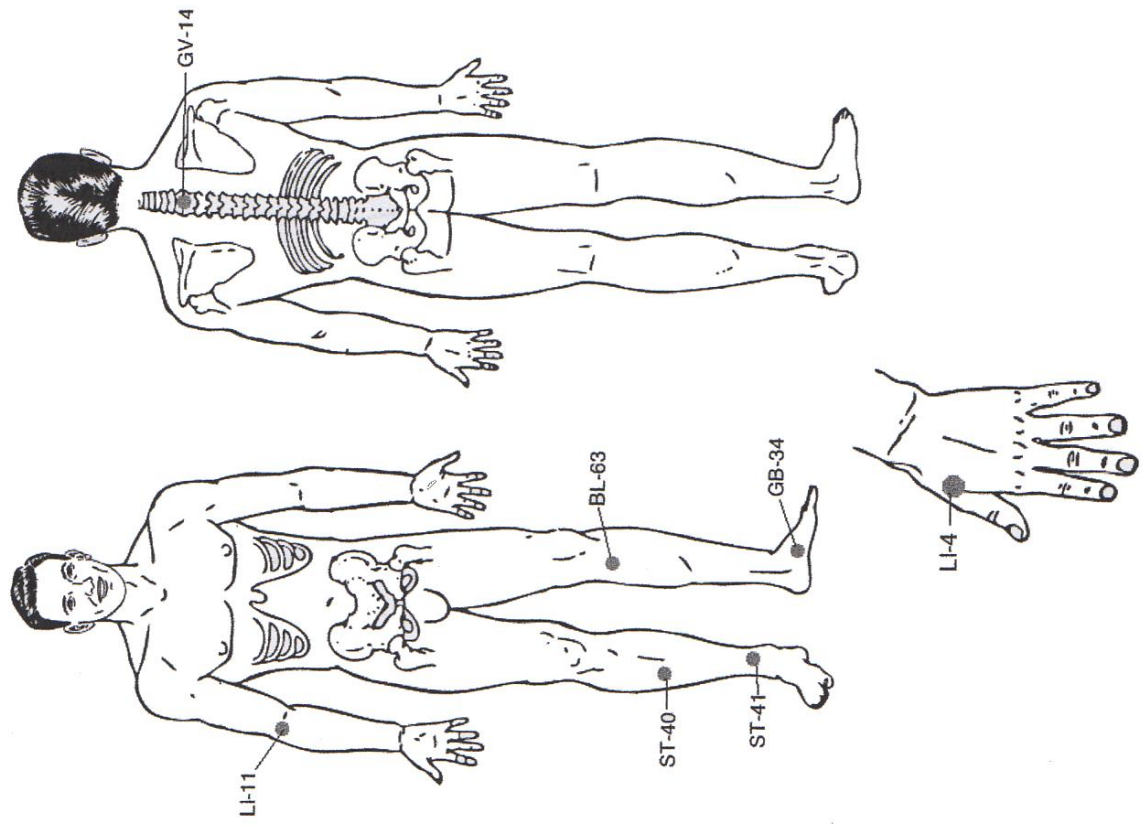
ACUPUNCTURE



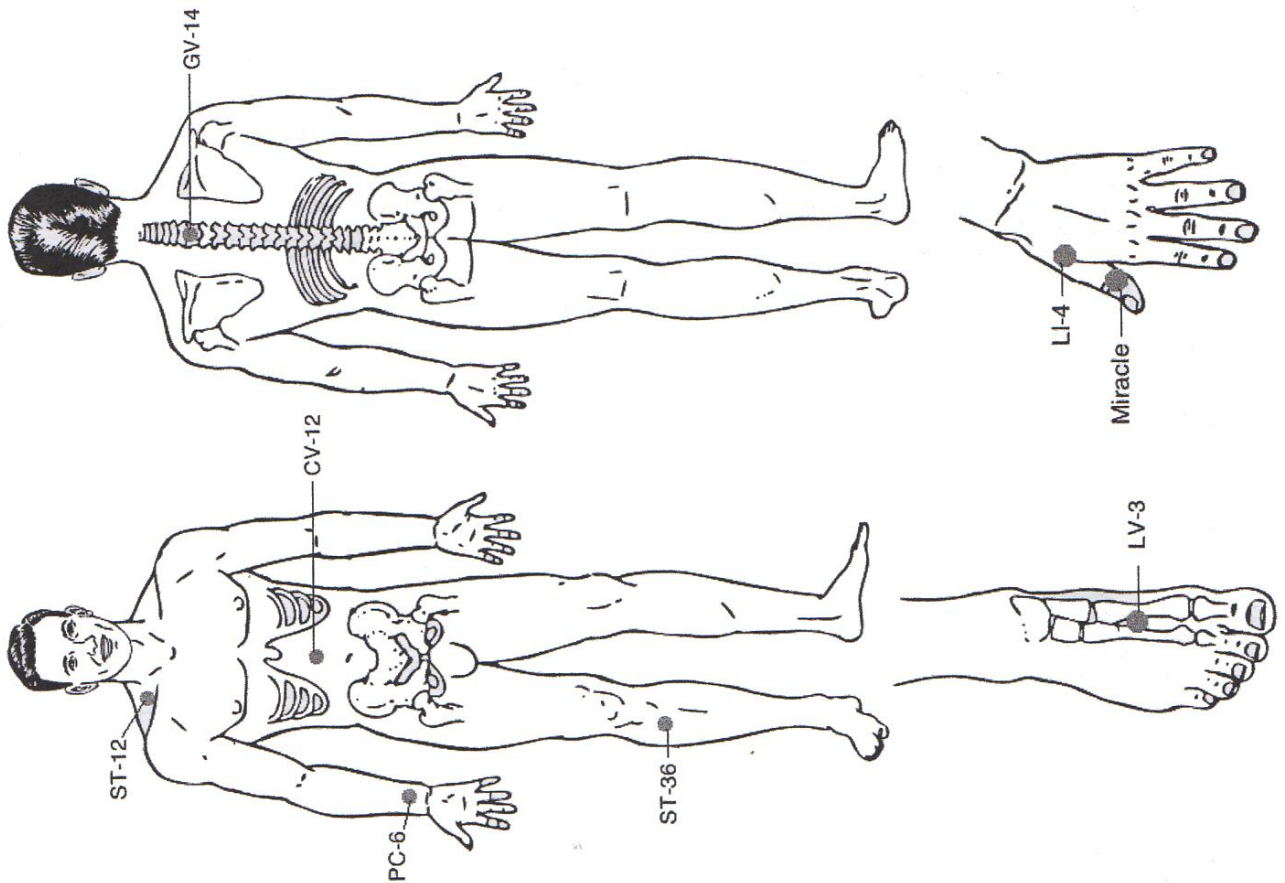
### Kidney Stone



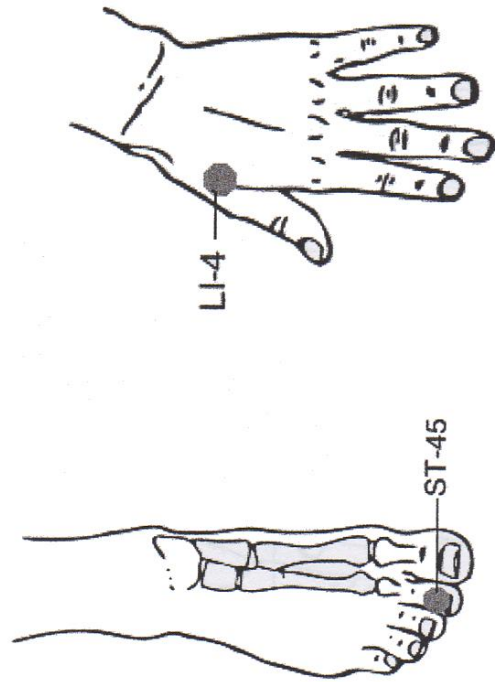
### Heat Exhaustion



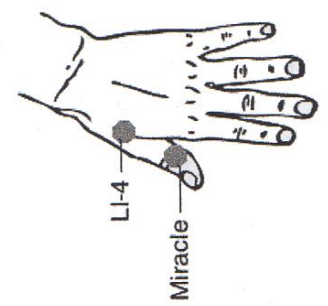
### Nausea/Vomiting



### Dental Tooth Pain

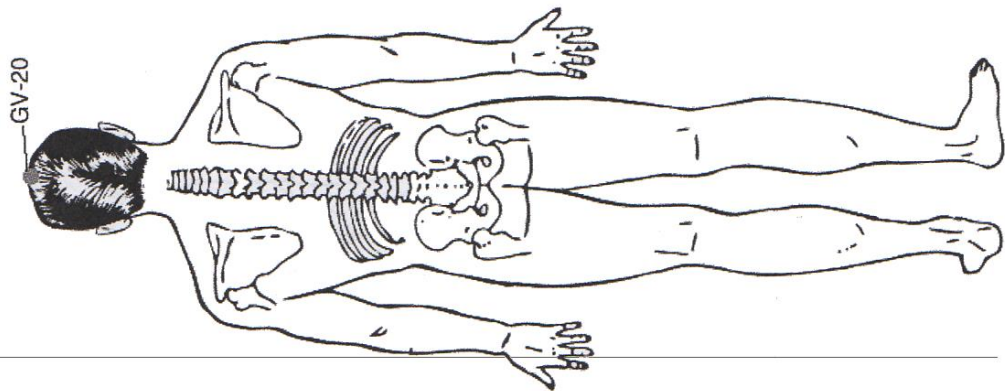


### Surround the Dragon

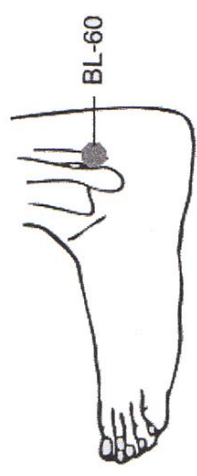
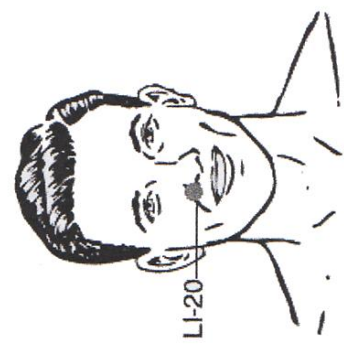
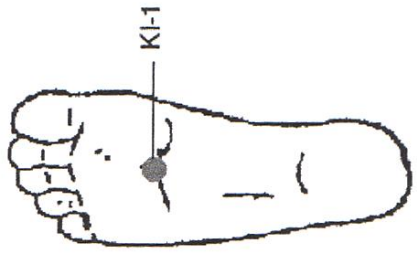




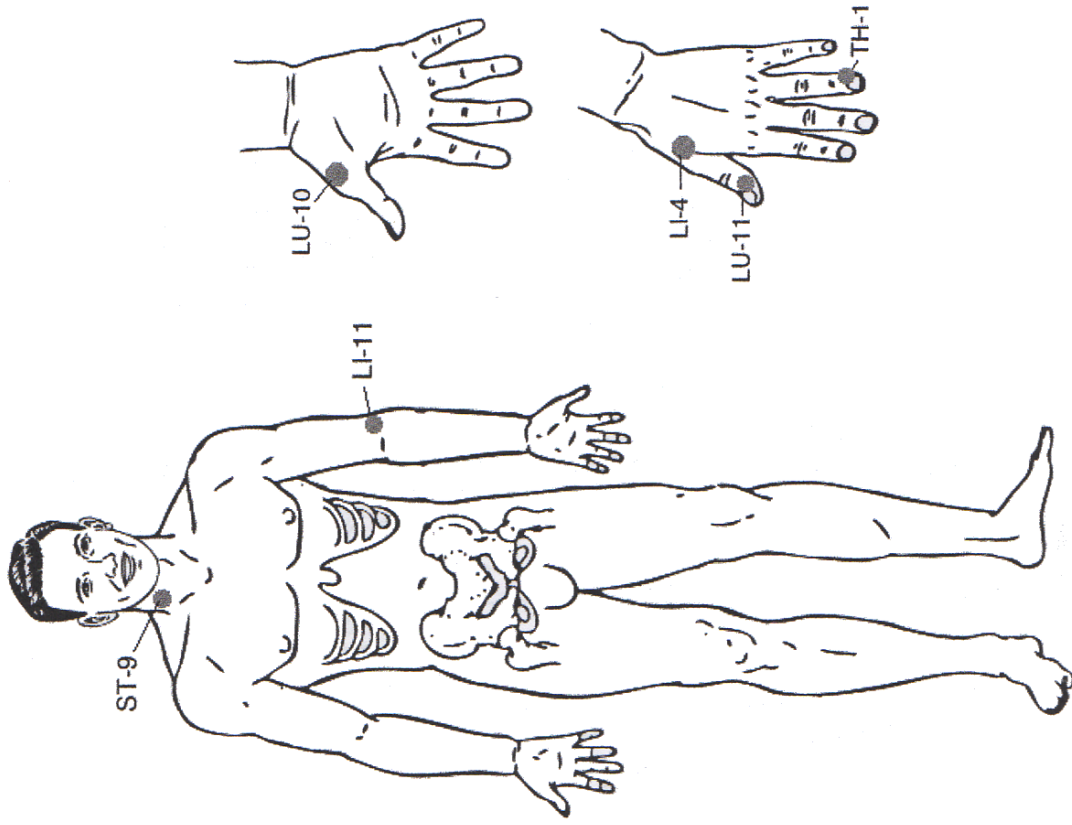
# Shock



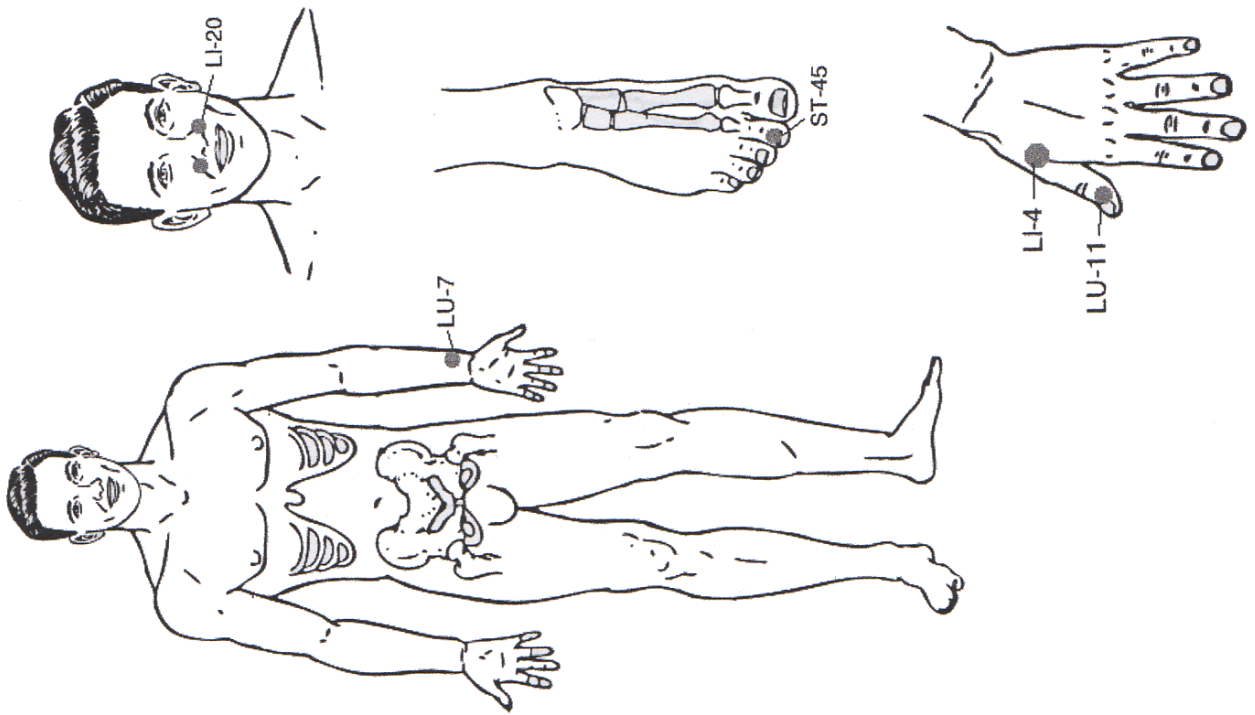
# Severe Pain



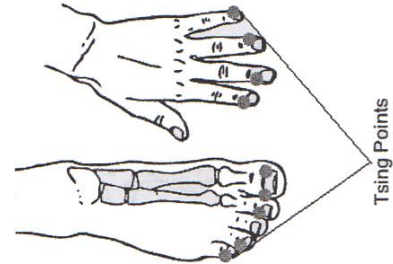
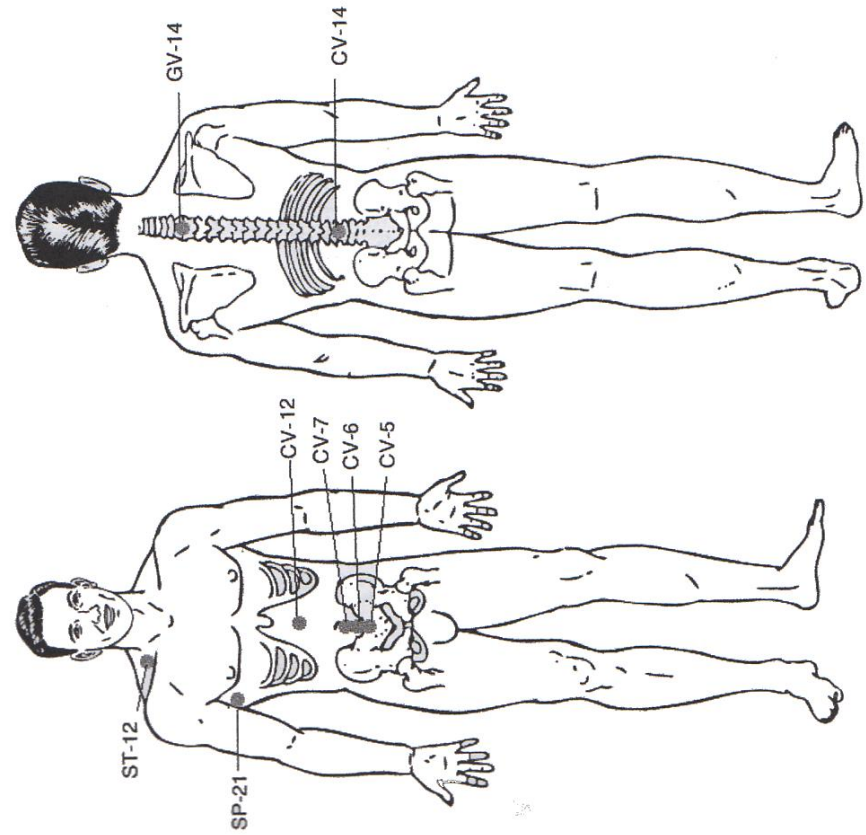
### Sore/Strep Throat



### Sinus

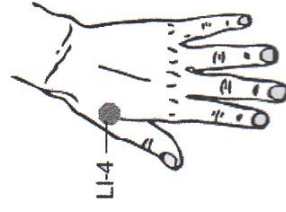
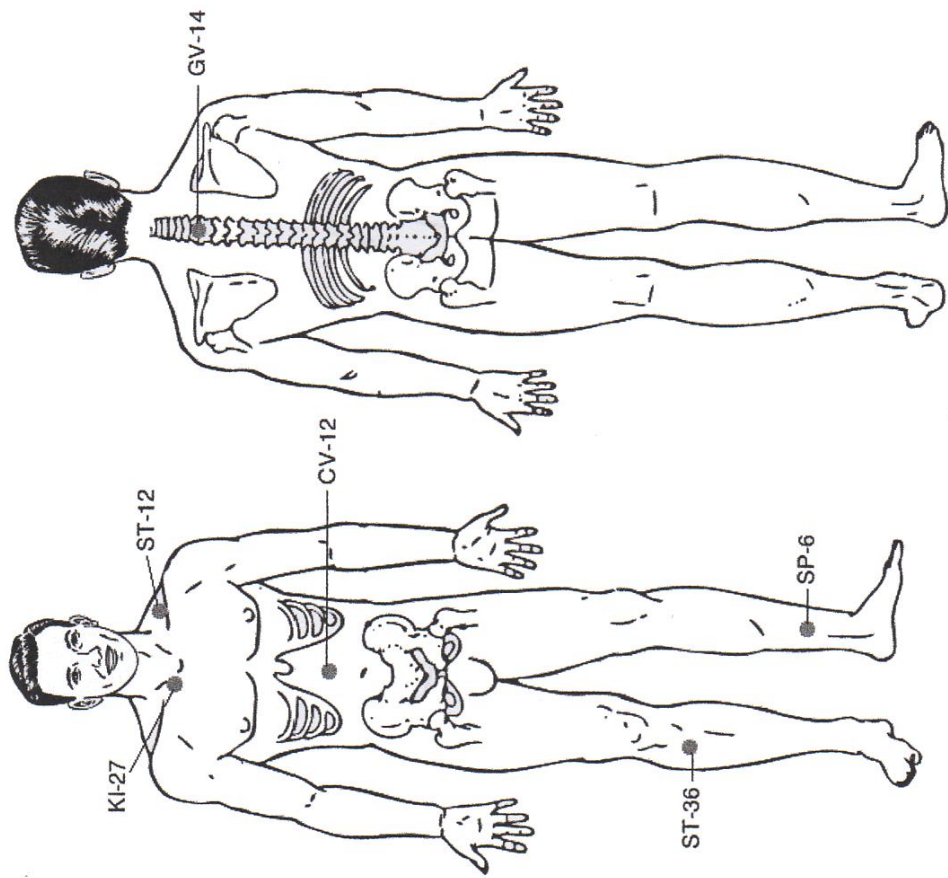


### Weakness

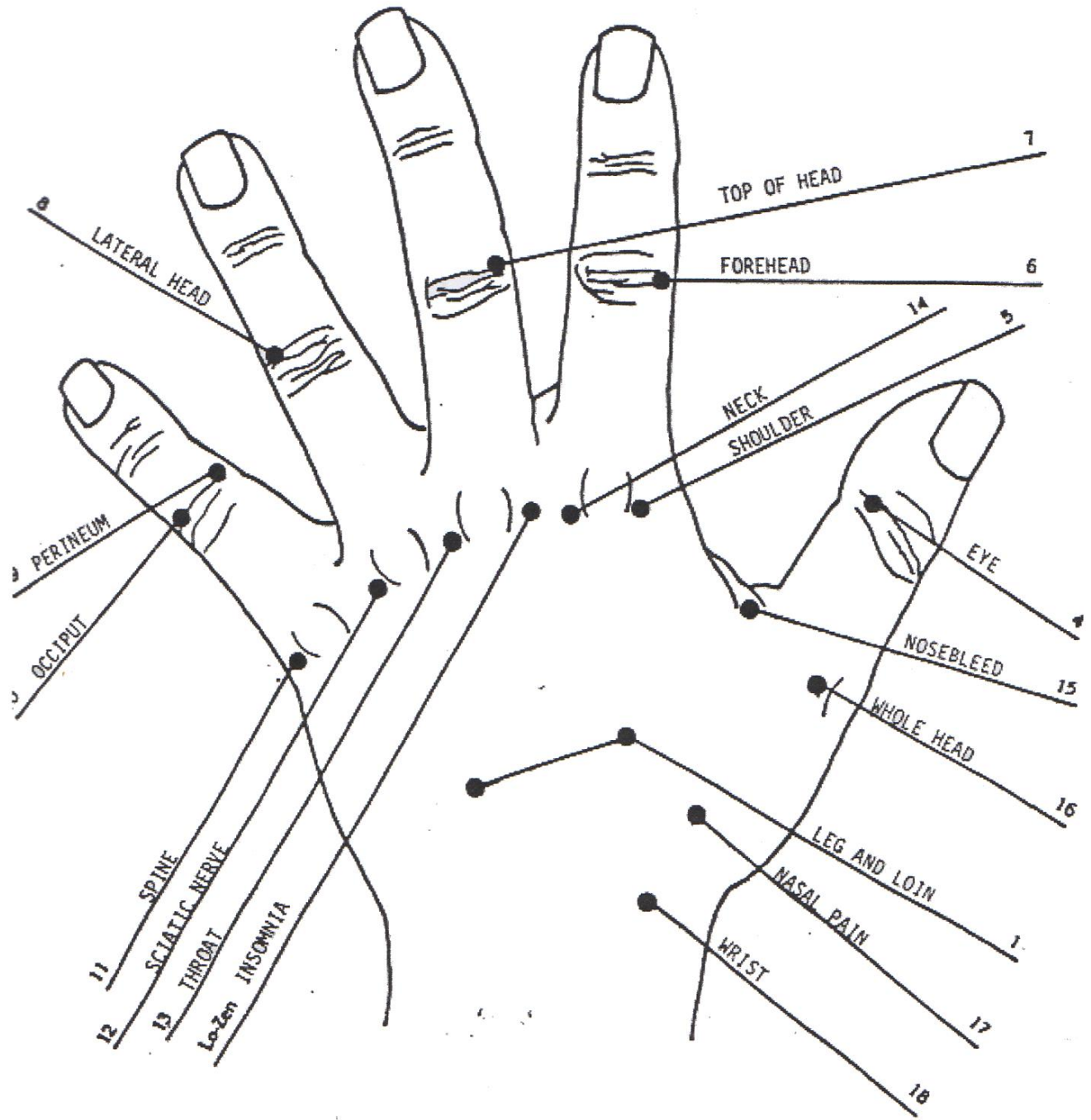


Tsing Points

### Viral Infection

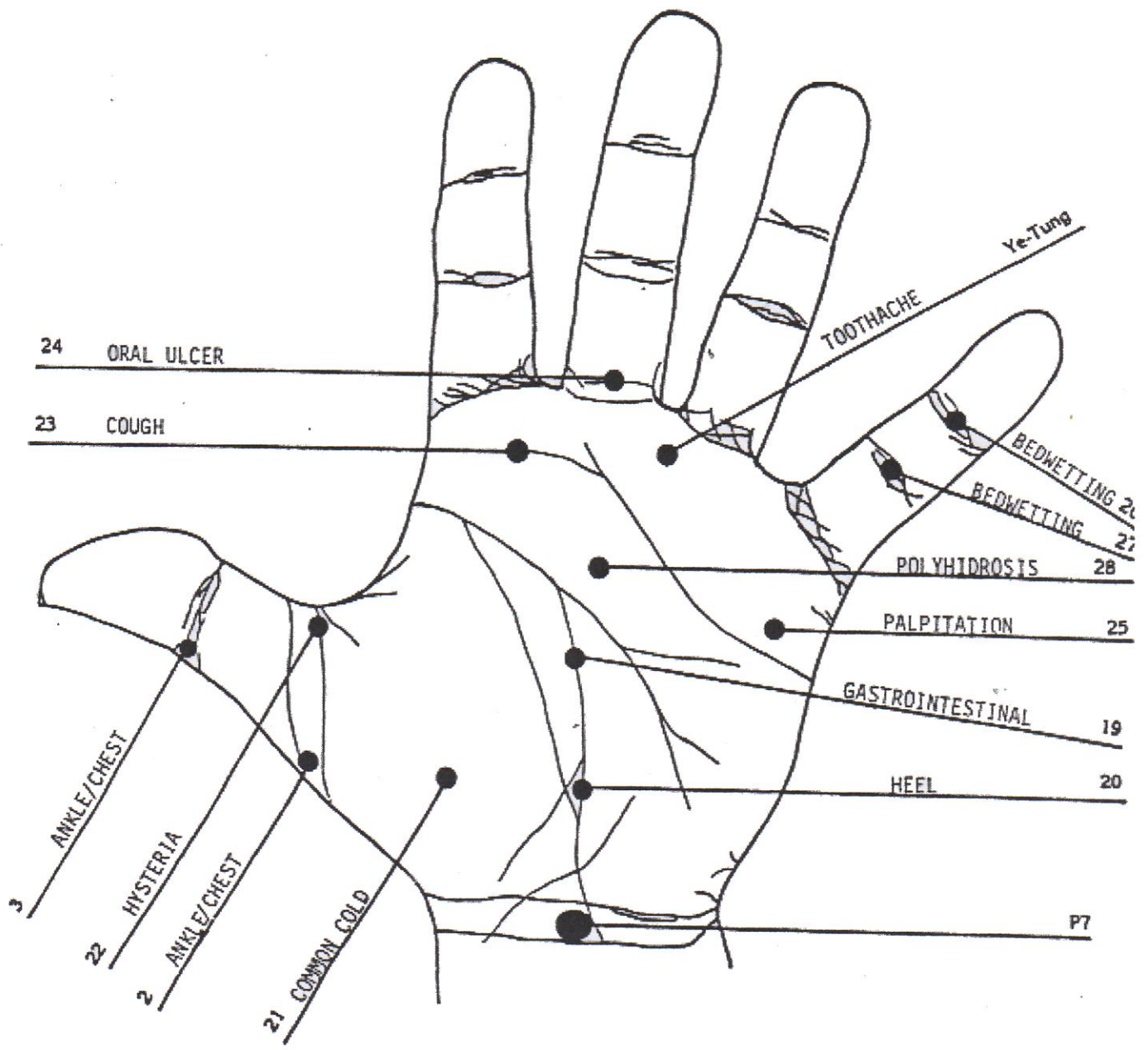


### HAND SPECIAL EFFECT POINTS

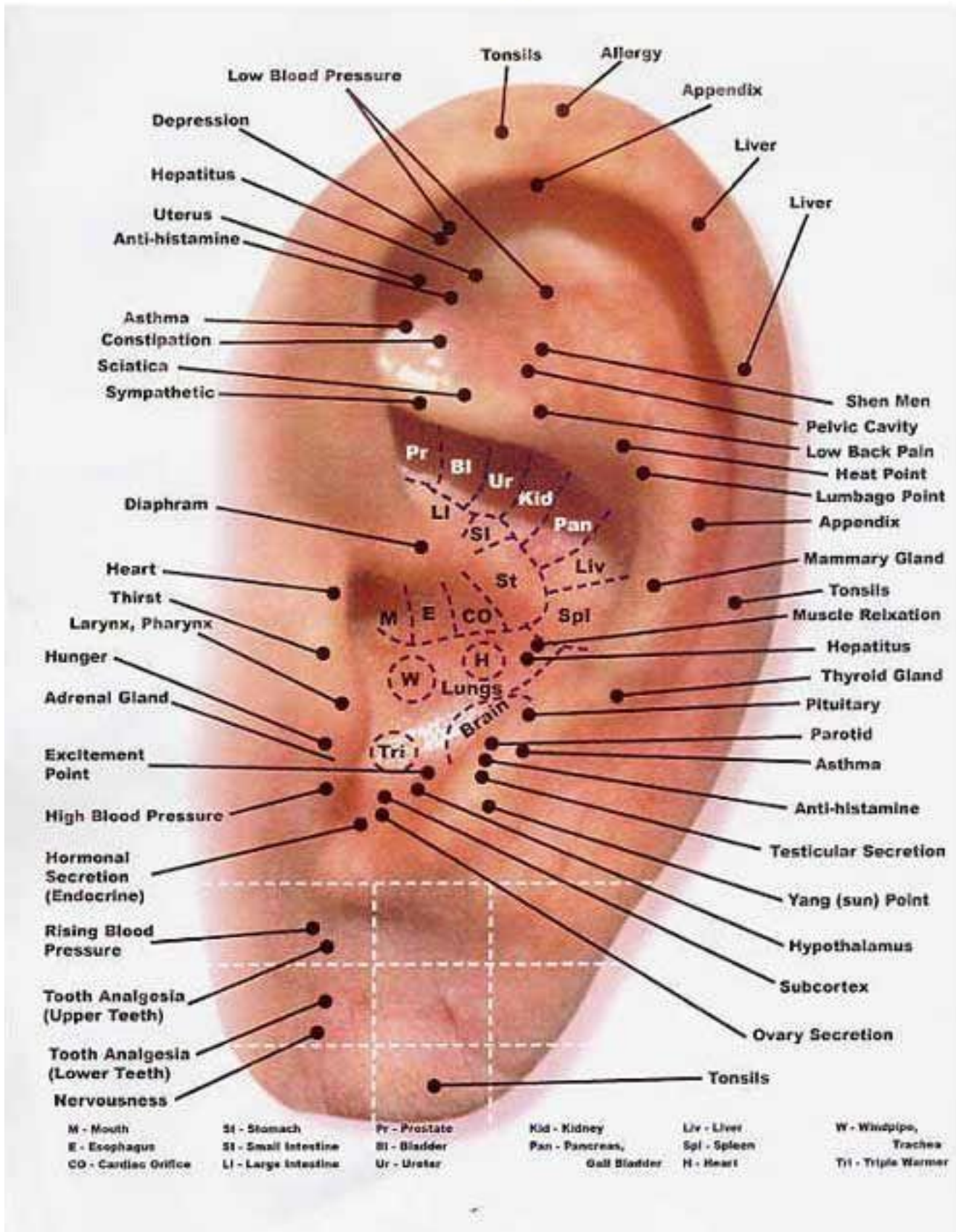


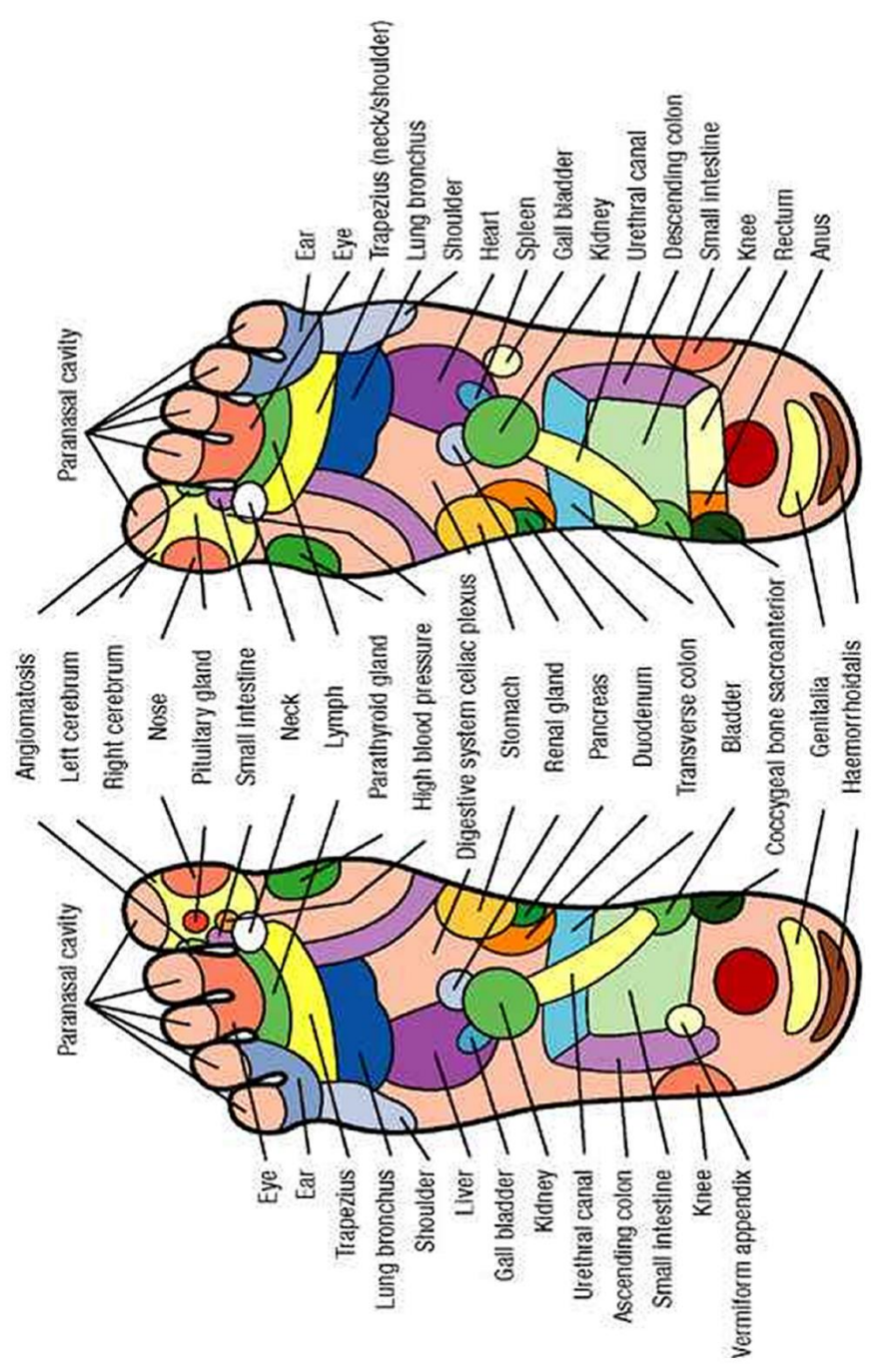


### HAND SPECIAL EFFECT POINTS



# Physical Ear Chart







## Bentonite Clay

Bentonite clay can be used in the following ways:

- Topically for burns
- Topically for large wounds
- Topically for bites / stings
- Topically for infections
- Topically for bruises
- Internally for illnesses
- Internally for food poisoning
- Radiation Exposure
- As a toothpaste to potentially reverse and prevent cavities
- Internally for removal of toxins (pesticides, chemicals, heavy metals, etc)
- In a bath for extra toxin removal and overall healing
- In a foot bath for toxin removal and overall healing

### Important!

Cover burns / wounds with saran wrap so clay doesn't dry out and cause further harm to the injured area.

Cover infections with a breathable fabric so it dries out some which helps to draw out the infection.

### Clay Instructions:

**Liquid Clay** (for internal toxins, food poisoning, flu, heavy metals, boost immune system, radiation exposure, etc)

¼ cup clay in one gallon of water. Stir and let sit for 20 minutes. Stir again. Let sit for another 20 minutes. Drink top water – mix in some of clay particles – not necessary to drink much of the actual clay particles.

**Clay gel** (for burns, bites, stings, wounds, etc)

1 part clay to 2 parts water (may need to add a little more water into it) Place onto wound. Leave on for hours / overnight. Replace with new clay again. Allow to air out for a few hours if necessary.

**Clay bath** – for radiation exposure / overall detoxing:

1 cup of clay mixed in pitcher of water. Add to bath. Bathe for 20 minutes.



## Activated Charcoal

### Can be used for:

Radiation Exposure	Bites / Stings
Food Poisoning	Snake Bites
Gas / Bloating	Sore Throats
Heavy Metal Detox	Acid Reflux
Skin Irritations	Bladder Infection
Allergic Reaction	Internal Infection

### For Radiation Exposure:

Studies show that charcoal possesses the unique ability to neutralize radiation, and that 10 grams of charcoal can neutralize up to 7 grams of toxic material. Take up to several charcoal capsules per hour when radiation is in the atmosphere – drinking with plenty water. Or take up to 1-2 T. of activated charcoal mixed in large glass of water every 1-3 hours. Decrease this amount by half for children.

### For snake bites:

(BEST option) Immediately, apply a very large charcoal compress covering almost an entire extremity, centering over the bite, using large quantities of activated charcoal, wet with water and kept moist with plastic wrap. A new compress should be placed over the immediate vicinity of the snake bite every 10-15 minutes.

Activated Charcoal should also be taken by mouth, in the quantity of approx. 2 Tbsp. every 2 hours, for 3 doses, and 1 tsp. every hour for 24 hours. Each dose should be followed by 2 glasses of water. (17)

Or take up to 1-2 T. of activated charcoal mixed in large glass of water every 2-3 hours. Decrease this amount by half for children. Take for up to 2 weeks.

## Baking Soda

### Baking soda can be used for:

Bites

Burns

Stings

To kick out flu / cold

To eliminate acid reflux

To alkalize body

Bleeding

MRSA

- **Day 1** -- Take six doses of ½ teaspoon of baking soda in glass of cool water, at about two-hour intervals
- **Day 2** -- Take four doses of ½ teaspoon of baking soda in glass of cool water, at the same intervals
- **Day 3** -- Take two doses of ½ teaspoon of baking soda in glass of cool water morning and evening, and thereafter ½ teaspoon in glass of cool water each morning until cold symptoms are gone.

Baking soda is best used for short periods of time in conjunction with other nutritional supports to prevent nutritional imbalances.

**Warning:** Do not use internally if you are on a sodium restricted diet unless directed by a doctor.

Also used in sinus rinse bottles or enemas to help adjust water to same pH as body so body doesn't reject the water.

## Saniderm

Breathable thin translucent bandage that can be used as a substitute for stitches. [Saniderm.com](http://Saniderm.com)

Cleaning wounds before applying:

- **Help the person to remain calm.** If the cut is large or bleeding heavily, have them lie down. If the wound is on an arm or leg, raise the limb above the heart to slow bleeding. (21)
- **Remove obvious debris from the wound**, such as sticks or grass. If the object is embedded in the body, do NOT remove it. (21) (Using a poultice with either bentonite clay or slippery elm will help pull debris out of the wound. See “Deep Wounds” in this chapter for instructions on how to do this.)
- If the cut is small, **wash it out with soap and water.** (21)
- After putting on clean latex gloves, **apply firm pressure** to the wound with a folded cloth or bandage for about 10 minutes. Do not remove the bandage to look at the wound during this time, as it may begin bleeding again. If blood soaks through, add another cloth or bandage and continue holding pressure on the cut for an additional 10 minutes. (21)

There are a hand full of remedies recommended within this book that will help get bleeding under control. They are:

- Asea
- Baking Soda
- Bentonite Clay
- Cayenne
- Hydrogen Peroxide
- Slippery Elm
- Yarrow

When bleeding has stopped, wash off any remedy you may have used, spray on silver or spread Neosporin on and **tape a clean bandage over the cut** (or use Saniderm).

### Instructions for using Saniderm:

Do not use sandierm for very large and open wounds – use slippery elm or an herbal poultice or clay.

Saniderm should be large enough to spread out one inch away from all sides of wound.

Wound will weep under bandage causing liquid to pool under bandage. That is good – this liquid helps the wound to heal more quickly. Take off of wound after 24 hours. Rinse off wound. Allow to dry. Add Neosporin / silver / other remedy. Reapply new Saniderm. Repeat as needed.

## Nebulizer

Respiratory illnesses are one of the leading causes of death during a disaster. One of the best ways to treat a respiratory illness is by using a nebulizer.

Only a few remedies can be used in the nebulizer. REMEMBER our lungs are made of sensitive, delicate tissues – do not nebulize harsh or questionable remedies. DO NOT nebulize essential oils.

Remedies that can be safely nebulized include:

- ASAP Silver
- Nascent Iodine \*\*\*
- Glutathione (specific type)
- HypoRedox \*\*\*
- Magnesium Chloride
- Asea
- GSE (possibly) \*\*\*
- Baking Soda \*\*\*

**\*\*\* Be careful with these!**

The following examples illustrate different ideas:

- *Two minutes of nebulizer use every 15 minutes for four hours.*
- *Five minutes of nebulizer use every hour. .*
- *10 ml of colloidal alkalizing solution inhaled until gone. Generally takes 20 minutes 1-4 times a day.*

Nebulizing remedies can be effective for:

- Lung Cancer
- Pneumonia
- Tuberculosis
- Emphysema
- Influenza (flu)
- Chemical Poisoning
- Asthma
- Bronchitis
- Other Respiratory Infections
- Illness Prevention

Nebulizing is also another way to get medicines into the body on a systemic level in cases where an ill person cannot hold remedies down. Consider applying tinctures or essential oils to meridian points, using Yarrow tea and using a nebulizer if this is the case. If the person is dehydrated and their electrolyte levels are low (and there isn't a way to get the person IV's) perform a retention enema a few times a day.

## Enema / Rectal Syringe



Think of an enema bag as an IV. People die due to dehydration and loss of electrolyte levels during an illness. If we can't get to a doctor – performing a retention enema will help supply the fluids, electrolytes, and nutrients a person needs to help them get over the illness they have.

Enemas can also be used to relieve constipation (which is another big issue during disaster) and can trigger labor – if needed.

Enemas can be used as follows:

**You will need:**

- a clean enema bag, or a can or tin with tubing.
- a cloth to place under the person.
- 600 ml (a little more than  $\frac{1}{2}$  a liter bottle / 2 cups) of warm (not hot) drinking water. If you have them, an electrolyte drink/mixture or a bag of IV solution can be used instead.

**What to do:**

*Make sure the person's body is higher than their head.*

1. Tell the person what you are doing and why.
2. Wash your hands.
3. Ask him/her to lie on her left side if she can. If possible, her body should be a little higher than her head.
4. If you have them, put on clean gloves.
5. Let the water come down to the end of the tube to get the air out. Then pinch the tubing to stop the flow.
6. Wet the end of the tube with water or an oil, and slide it into the anus. If coherent, ask the person to take slow, deep breaths to help them relax.

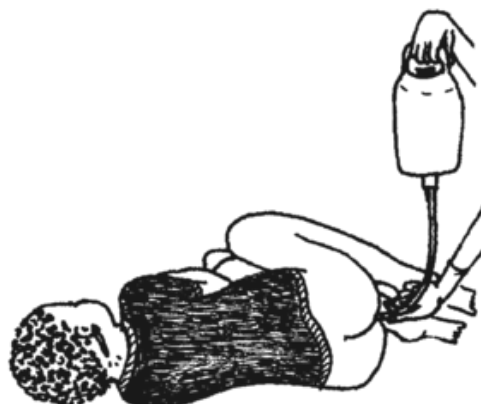


Do not put the tube in more than this much.

7. Hold the bag or can just high enough for the water to run in very slowly (about the level of the person's hips). It should take about 20 minutes. If the water runs out of their body, the bag may be too high. Lower the bag so the water runs in more slowly.
8. Gently remove the tube. Tell the person to try and keep the water inside, and that the urge to pass stool will go away soon. If the person is unconscious, you can hold their buttocks together. ***Retention enemas need to be retained for 20-30 minutes to allow the body to absorb the liquids within the colon.***

9. Clean and dry the person. Then remove your gloves and wash your hands.

10. If needed, transport the person for medical help right away. For enemas for those who are in shock - If the person is still in shock, you can give another enema one hour later. If he/she is not in shock, try to give sips of rehydration drink as you transport him/her.



## Eye & Ear Infections

Ear infections can be treated using one or more of these methods:

- Internally (antibiotic options such as goldenseal, Oregon grape root, nano silver, HypoRedos)
- Around outside of ear: lavender oil, basil essential oil, diluted thieves oil, tea tree oil, rubbing yarrow tincture around outside of ear
- Inside ear: nano silver, hydrogen peroxide, straight onion juice, garlic chopped and soaked in olive oil for a few hours, diluted HypoRedox
- Apply remedies to meridian points for earache.
- 

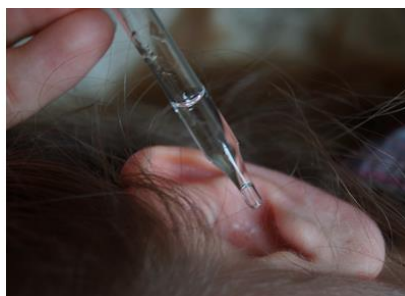
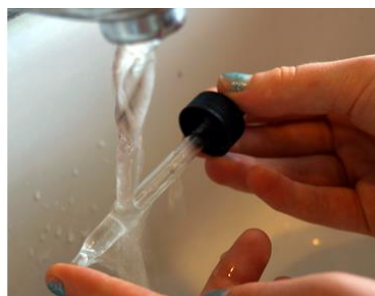
***Do not use remedies inside the ear if you suspect that the ear drum may have burst.***

Signs and symptoms of a ruptured eardrum may include:

- Ear pain that may subside quickly.
- Clear, pus-filled or bloody drainage from your ear.
- Hearing loss.
- Ringing in your ear (tinnitus)
- Spinning sensation (vertigo)
- Nausea or vomiting that can result from vertigo.

Use remedy inside the ear by filling a dropper with the solution. Run it under warm water for a minute by plugging one end of the dropper with your finger. Have child lie down with infected ear facing up. Drop the silver in to the ear canal until the ear canal has filled up. Have child stay this way for 5 minutes. Place tissue on ear and turn onto the other side, allowing the silver to drain out. Re-apply 2 more times that day.

Use the silver internally as well: 1 tsp 3-4 times a day or more.



## Homeopathic Remedies

BOIRON / HYLAND BRAND – BOIRON MY FAVORITE

Bladder Infection – Cantharis

Cold /Flu – first sign of symptoms – Aconite

Flu - Boiron Oscillococcinum

Food Poisoning – Arsenicum Album

Coughs – Aconite

Diarrhea with severe nausea & vomiting – Ipecac (the homeopathic remedy not the syrup)

Fever – first signs of – Aconite

Sudden onset of fever with flushing – Belladonna

Injury – Arnica

Shock – Aconite to begin with (a few doses) then Arnica

Sore Throat – Belladonna

Sore throat – with fever, red hot, sore to swallow - Belladonna

Different Strengths: 6X, 30X, 30C, 60C, 200C. 30C is the most common potency used.

Normal dosage amounts are: 3 pellets under tongue 3-5 x per day.

Severe sudden symptoms:

3 pellets every 15 minutes until 4 doses have been taken. This dosing is in addition to 3 pellets, 3 times a day.

So SEVEN main remedies: Cantharis, Aconite, Oscillococcinum, Arsenicum Album, Ipecac, Belladonna, & Arnica



## HypoRedox

There's a small list of remedies that I believe were put on this Earth at this time for current (and future) situations by a loving and caring Heavenly Father. HypoRedox is one of these remedies/solutions.

To purchase the HypoRedox visit [www.HealthyPreparedness.blogspot.com](http://www.HealthyPreparedness.blogspot.com) and go to the "Store" tab at the top of the page – then click on the link for "more info" under the HypoRedox section.

### INTRO

HypoRedox is a hypochlorous acid solution (HOCl). Hypochlorous acid is a disinfectant that is lethal to every pathogen harmful to humans including pathogens such as MRSA, E. Coli, Candida, Meningitis, Encephalitis, Salmonella, HIV, Epstein Barr, and much more. (See lab test results at the bottom of this info. sheet)

It disinfects 120 times better than bleach (NaClO) – yet is non-toxic and non-irritating! Bacteria can't become resistant to it – in fact, it kills every pathogen (virus, bacteria, fungus, mold, etc) that it has been scientifically tested against. (See the test results at the bottom of this information sheet.)

Not only is hypochlorous acid an amazing disinfectant but it also has the ability to speed up the healing process. Why this is the case isn't exactly known but it more than likely has something to do with the redox molecules contained in this special solution allowing the cells to communicate with one another in a more effective way.

As mentioned above, HypoRedox is a hypochlorous acid solution. Although the word "acid" is in its name – it actually isn't acidic at all because hypochlorous acid only exists in a solution with a neutral pH. In order for this type of disinfectant to be most effective it has to have around a 6 pH balance.

### **The reported benefits of Hypochlorous Acid include:**

- Speeds up healing of wounds. (See Vetericyn link)

- Disinfects wounds, cuts, burns, etc (See Vetericyn link)
- Kills bacteria and viruses on contact including E.Coli, Listeria, Salmonella, HIV, and MRSA. (See test results at the bottom of this information sheet.)
- Kills fungi and molds on contact. (See test results at the bottom of this information sheet.)
- Non-irritating, non-stinging, non-toxic.

### **The possible uses of Hypochlorous Acid include:**

- Wound healing and disinfection.\* (See Vetericyn link)
- Eye infections.\* (<http://novabay.com/blog-post/new-treatment-pinkeye>)
- Ear infections.\* (See Vetericyn link)
- For sore throats?
- For flu's / illnesses?
- For food poisoning?
- Disinfecting tools, surfaces, equipment. (See test results at bottom of this info. sheet)
- Disinfecting vegetables / fruits / meats.
- Disinfecting ill / deceased bodies?\*
- Disinfecting areas that have been infected by vomit or diarrhea.
- Disinfecting linens / materials (Think of disinfecting linens covered in diarrhea, vomit, or blood in disaster situations.)
- Disinfecting airborne pathogens by placing in a humidifier.
- Disinfecting water of pathogens.\*
- Disinfecting dishwashers.

\*Note: HypoRedox isn't certified for internal or topical use. It is EPA certified meaning that it's certified to be used for tools and equipment. The maker of this product didn't have interest in getting (or paying) for extra certifications to deem this safe to use in ways other than using it as a "surgical tool disinfectant". Because this solution doesn't have an actual certification saying that it's okay to use topically or internally - I cannot recommend others use it topically or internally. I will, however, explain how I personally have used it- or would use it-for each of the uses listed above. (See "How I, Personally, Use HypoRedox.")

**Increasing Nutrition in Food Storage  
&  
Food Preparation during a Disaster**



## Thermal Cooking

**Thermal cooker** – a cordless, portable, non-electric, version of a crockpot.

Saratogajacks.com

Cindyssense.com

### THE FIVE STEPS TO SUCCESSFUL MEALS!

**ONE:** always make sure all ingredients are thawed.

Frozen food will cause the temperatures to drop abnormally faster inside your thermal cooker. Use fresh or completely thawed ingredients to ensure an even heat retention during your slow cook.

**TWO:** Always make sure your ingredients are covered in liquid and can get to a even boil, first. This Means that your meal may start out looking more like a soup, with a watered down sauce, but this ensures everything will get to an even heating point.

**THREE:** To get the maximum SLOW COOK make sure you always have the thermal cooker as full as possible! Air is the enemy to heat retention. The less airspace you have inside your pots of boiling food, before you place the cooking pots into the thermal cooking unit, the better the thermal cooker performs.

**FOUR:** Check the temperature of your meal before serving, to ensure safe serving temperatures.

When your food is at a hard boil it is around 212 degrees Fahrenheit (give or take a few degrees at varying altitudes). A good "slow cook" occurs when you can sustain your food above 170 degrees Fahrenheit for several hours, which you can do while using a thermal cooker, by trapping the thermal energy off the boil, in the insulated thermal unit. Once the temperatures cool down to 145 degrees Fahrenheit, the cook must either reheat or refrigerate, as they should always do with any leftovers from any other method of home cooking, as well.

**FIVE:** If dinner is at Six, get it started and in the Thermal Cooker at the appropriate time.

Slow cook recipes like Pot Roasts take up to eight hours. Make sure you plan ahead enough time to make that happen. Other recipes like soups and stews, especially ones made from prepackaged dehydrated or freeze dried soup mixes, don't need as much time, but can certainly also stay ready to serve for up to eight hours.

## Sprouting Grains, Seeds, Nuts, Legumes

**Sprouted foods are an indoor garden and powerhouse of nutrition waiting to be unlocked.**

A Yale University study of grains, seeds and beans showed that sprouting substantially increases all B-vitamins from 20 percent to 600 percent – even up to 2000%! Vitamin E content increases 300 percent in sprouted wheat after four days of sprouting.

Sprouts are a complete food - they contain “complete proteins” and all other essential dietary nutrients, along with enzymes to help assimilate them.

### **Ways to Eat Sprouts:**

- a snack
- in stir fry
- on salads
- inside tortillas
- on pizzas
- juicing with veggie juices
- on top of soups
- on sandwiches
- with breakfast cereals

### **Rotational System:**

Every evening soak a new batch (or 2 or 3) of grains, nuts, seeds, or beans in a jar.

Rinse twice a day (morning and evening). Keep upside down at 45° angle.

If there isn't a way to refrigerate the grains – eat all of the fully sprouted grains or toss what's left over.

## Lacto-Fermented Foods

### Benefits of lacto-fermenting foods:

*Fermented foods are foods that have been through a process of lacto fermentation in which natural bacteria feed on the sugar and starch in the food creating lactic acid. This process preserves the food, and **creates beneficial enzymes, b-vitamins, Omega-3 fatty acids, and various strains of probiotics.***

*Natural fermentation of foods has also been shown to preserve nutrients in food and break the food down to a more digestible form. This, along with the bevy of probiotics created during the fermentation process, could explain the link between consumption of fermented foods and improved digestion.*

### Fermenting Basics:

1 glass quart jar with a plastic lid  
1 to 1 1/2 tablespoons sea salt  
2 cups filtered water

#### **Any Combination of Raw Organic Vegetables:**

chopped cauliflower	chopped turnips
chopped beets	chopped broccoli
chopped carrots	chopped kale
chopped green beans	chopped onions
chopped bell peppers	chopped green onions
sliced radishes	chopped garlic
sliced daikon	cabbage leaves (for the top)
sliced cucumbers	

#### **Any Combination of Herbs and Spices:**

dried chili peppers  
black peppercorns  
bay leaf  
fresh dill  
fresh basil  
fresh tarragon  
fresh mint  
sea vegetables (arame or hijiki) - use less salt if using these



1. Dissolve your sea salt in water in a glass jar or 2-cup glass measure.
2. Place you favorite combination of vegetables into a quart jar (you can use a larger cylindrical jar or ceramic crock instead, just double or triple the salt brine keeping the same ratio of salt and water). Add a few layers of herbs and spices too. Make sure you leave about an inch from the top of the jar.
3. Cover with your salt brine, leaving about an inch to a half inch from the top. Fold a small cabbage leaf and press it into the brine so the water floats above it and the vegetables are completely submerged. Cover with a plastic lid (it is best not to use metal as the salt and acids can corrode it, though I have used them occasionally if that is all I have). Screw the lids on tightly.
4. After day 2 or 3 begin to "burp" your jars once or twice daily to let excess gasses escape. You can do this by unscrewing the lid just enough to hear the gasses release and then quickly tightening it back up. You should see a bit of bubbling and some liquid possibly dripping out after about day three, depending on the heat level in your home. I like to place my jars into some sort of container, like a rectangular Pyrex dish, to catch any drips. Set your jars in an undisturbed place in your kitchen out of direct sunlight.
5. Taste! You can taste the veggies after about five days to see how soured they are. I prefer to let mine ferment for about 7 to 8 days in the winter and 5 to 6 days in late summer. I have also let them ferment for 10 or more days. Just experiment, there is no exact science with fermentation. After your veggies are soured to your liking place the jar (or jars) into your refrigerator where they will store for months.

More printable recipes on [NourishingMeals.com](http://NourishingMeals.com). Plenty of lacto-fermentation books can be found online.

## Sauerkraut Recipe:

---

One large cabbage  
1 Tbsp. sea salt

### Instructions:

1. Shred cabbage using either a large, sharp knife or use a food processor - which makes the job SO much easier.
2. In a bowl, mix shredded cabbage with sea salt.
3. Pound with a wooden pounder, a meat hammer or something like a potato masher (which is what I use) for about 5-10 minutes to release juices.
4. Place in a quart sized jar and press down the top of the cabbage with a spoon.

The top of the cabbage should be at least 1 1/2 inches below the top of the jar - it will expand! Cover tightly and keep at room temp. for about 3-7 days before transferring to cold storage. The sauerkraut may be eaten immediately, but improves with age.

\*If the juice doesn't cover the sauerkraut simply add some salt water into the jar. (Dissolve 1 tsp of sea salt in one cup of warm water.)

**Two things to remember:**

*Do not open the jar until the 2 or 3 days have past. Opening the jar may ruin the lacto-fermentation process that has begun.*

*You'll know if you didn't create a successful fermentation process because your food will go bad and stink super bad and there'd be no way you'd want to eat it. So either it worked or it didn't.*

## Breads & Bread-Like Foods

The wheat and grains we store can be used for more than just making bread! We need to collect recipes for all types of bread-like foods. Including and especially non-yeast recipes such as: biscuits, pasta, pancakes, pitas, flat breads, tortillas, pancakes, muffins, crepes, etc.

### Biscuit Recipe:

---

(Makes 12 biscuits.)

2 cups all-purpose flour

1 tablespoon baking powder

1 teaspoon salt

1/3 cup vegetable oil

2/3 cup buttermilk / milk / ¼ cup sour cream + ½ cup water / nut milk / water

1. In a large bowl, mix together flour, baking powder and salt. Use a fork to blend in the oil. Add buttermilk (or other) and stir until the dough comes together.
2. Roll dough out on a lightly floured surface. Cut dough into biscuits.
3. Bake in preheated oven for 15 minutes, or until golden brown.

## Flatbread / Tortilla recipe:

---

9 cups white wheat flour  
1-2 cubes butter, softened  
3 cups warm water  
2 tsp salt  
1 tsp baking powder  
3/4 cup plain yogurt

Place flour in mixing bowl.  
Add baking powder and mix.  
Add butter and yogurt to mix.  
Turn on mixer for a bit to mix in.  
Place water in separate bowl.  
Stir salt into water.  
Pour water into mixer as it's mixing.  
Add more flour, if needed, or more water to create soft (but non-sticky) dough.  
Place dough in bowl.  
Cover with saran wrap.  
Allow to sit at room temperature for 8-10 hours.

Stretch out / roll out dough to desired width and size.  
Place on warm pan - cook each side until the sides begin to brown.  
Place cooked and cooled flat breads in baggie / bowl with lid. Keep in fridge. Keeps for 7-14 days.

## Natural Yeast (aka "starter"):

---

Make and use natural yeasts for making the most nutritionally bioavailable bread possible:

A natural yeast is simply made up of flour and water. That's it!

### Simply:

Mix the two together. Allow it to ferment. Allow a few days for it to become a strong active start.  
And use it!

### Day 1:

Fill jar ¼ way full with flour. Add enough luke warm water to create waffle batter-like consistency.

Allow to sit for 24 hours.

**Day 2:**

After the 24 hour period, “feed” your starter by using the ratio chart below.

Allow to sit for 24 hours.

**Day 3:**

Feed twice in 24 hour period (usually morning and night). Dump some of it if the jar is too full.

**Day 4:**

The starter should be nice and active now and is ready to be used. If it isn't active yet – feed it again and let it sit for another 24 hour period. Then begin feeding it twice a day.

\* \* \*

Continue feeding your once a day. There is no need to measure how much you'll be putting in. Simply follow this guideline:



If you need to take a break from caring for your starter simply place it in your fridge and feed it (proper flour and water ratios) once a week.

If you have more starter than you need, throw some of it away and continue feeding the remaining starter its proper ratios.

*If, after the first three day period, you forget to feed the starter, a thin film will begin to form on top of your starter. This film isn't harmful. Your starter isn't ruined. Simply scrape off the film and feed your starter as usual.*

*Black, pink or rotten smelling starter means your starter has been infested with bad bacteria - throw it away and start over.*

### **Natural Yeast Bread Recipe**

#### **Mix together:**

4 cups of warm water (not too hot)

¼ cup honey

1 cup starter

2 tsp.'s of salt

¼ cup of oil (olive oil or grapeseed oil or canola oil)



#### **After being mixed, add:**

8+ cups of flour until it comes away from the side and the dough isn't too sticky or too hard/dry.

Butter 2 or 3 bread pans. (2 larger loaves / 3 smaller loaves)

Shape dough into loaves and place in pans.

Butter top of dough.

Cover with saran wrap.

Allow to raise for 6-9 hours.

Take off saran wrap. Place in oven. Turn oven on to 350 degrees. Bake for 50 minutes.

# Moringa

226 servings in one \$10 container. More nutritious than Kale. Gives our cells the nutrition they need to stay healthier than we otherwise would. Only need ½ tsp per person, per day, to get daily needed nutritional requirements.

Nutrient content of Moringa

## Nutrient Chart



### Some antioxidants present in Moringa

Alanine	Delta 7-Avenasterol	Prolamine
Alpha-Carotene	Glutathione	Proline
Arginine	Histidine	Quercetin
Beta-Carotene	Indole Acetic Acid	Rutin
Beta-Sitosterol	Indoleacetonitrile	Selenium
Caffeoylquinic Acid	Kaempferol	Threonine
Campesterol	Leucine	Tryptophan
Carotenoids	Lutein	Xanthins
Chlorophyll	Methionine	Xanthophyll
Chromium	Myristic Acid	Zeatin
Delta 5-Avenasterol	Palmitic Acid	Zeaxanthin

### Vitamins

Vitamin A (Carotene)
Vitamin B1 (Thiamin)
Vitamin B2 (Riboflavin)
Vitamin B3 (Niacin)
Vitamin B6 (Pyridoxine)
Vitamin B7 (Biotin)
Vitamin C
Vitamin D
Vitamin E
Vitamin K

### Minerals

Alpha-Carotene	Proline
Arginine	Quercetin
Beta-Carotene	Rutin
Beta-Sitosterol	Selenium
Caffeoylquinic Acid	Threonine
Campesterol	
Glutathione	
Histidine	
Indole Acetic Acid	

### Essential Amino Acids

Phenylalanine	Tryptophan	Isoleucine	Lysine
Threonine	Valine	Leucine	Methionine

### Non-essential Amino

Alanine	Aspartic Acid	Glutamine
Arginine	Cystine	Glycine