

# How to Live Without Prescriptions



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# LIVING WITH CHRONIC DISEASE AFTER DISASTER

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In any crisis scenario, one of the first priorities is providing emergency care. However, a lot of this care is focused mostly on tending to injuries and common diseases.

While other medical issues are also planned for, they are not considered a priority. This presents a big problem to many older adults who suffer from a chronic illness such as diabetes or cardiovascular disease.

Middle-aged and older adults are the most vulnerable in the event of a disaster. Around 80% of them have to cope with at least one chronic disease on a regular basis.

Add to that the fact that the aging process makes them naturally frailer. This means that it is far more likely that they will need special medical care after SHTF than the younger and healthier people. Even so, priority is given to acute conditions such as physical injuries and infections. This approach needs to be changed. Disasters have a disproportionate effect on older adults. Even though they make up a small bit of the population, they are often the most affected group.

## HOW DISASTER AFFECTS CHRONIC DISEASE PATIENTS

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Living with chronic disease can impose a lot of physical limitations. Diabetes, arthritis and heart disease are just a few examples. However, these are some of the leading causes that limit activity in older adults.

Their illnesses prevent these people from performing a lot of basic activities of daily living, also known as ADLs. These can include moving around, dressing, eating, bathing etc. Under normal circumstances, many of them require aid on a regular basis.

In a SHTF scenario, their conditions can get worse. This can happen due to stress, lack of proper food or water, and exposure to extreme temperatures. All of these issues can cause a chronic disease to worsen very rapidly. This can happen even if the condition was kept under control prior to the disaster.

Other common problems in this situation include a lack of necessary medication or medical treatment. Moreover, nutrition is also an issue. Disaster victims are often provided Meal, Ready-to-Eat (MRE) packages. However, these are rich in fat and sodium, a problem for many chronic disease sufferers.

## HOW TO PREPARE

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Knowing that people with chronic diseases are more vulnerable than others during a disaster can actually be beneficial. If you are among them, this can be the motivator to

properly prepare yourself for such an event. Information is power. The more informed you are, the better you can prepare.

Your first decision should be whether you will stay in or get out after a disaster. This decision is based on how well each scenario can attend to a few basic needs, including daily living items, supplies, mobility and aid.

Daily living means items necessary for personal care (clothes, grooming tools, bathing supplies etc.), but it can also include special utensils and equipment used to treat your chronic illness. They shouldn't pose a big problem whether you decide to stay in or bug out, but it will be easier to stock up on them if you stay in, though.

Next issue is supplies, mostly referring to food, clean water and medical supplies. This does not take your disaster kit into account.

A disaster kit should be filled with the supplies you need to survive the initial period after a catastrophe. However, it is possible for the kit to be exhausted. In this scenario, you need to decide which situation makes it easier for you to obtain new supplies.

The other two problems are mobility and aid. It is usually easier to move around the house because you have access to mobility aids. Extensive traveling outside can pose a problem: in a disaster, it is common for the transportation network to be damaged. Aid refers to your ability to seek outside help, and this can be from friends, family or community responders.

Once you take all these factors into account, you can make an informed decision whether to stay in or leave the home after a disaster.

## CREATING YOUR DISASTER KIT

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After a catastrophic event, your disaster kit can be your best friend, and it can also, literally, be a lifesaver. This kit should contain everything you need to survive following a SHTF situation. The best part is that you are the person assembling the kit.



If you have a chronic disease, you can pack all of the items particular to your needs. Basic supplies for the kit include: several days' worth of food and water, first aid kit, clothing, flashlight, matches, batteries, portable TV or radio, cash and copies of important documents.



If you have a chronic disease, the kit should include a few weeks' worth of medication. This also refers to medical equipment you might need.

All of the medically relevant information should be included in the kit. This refers to health insurance, medical history, contact information etc.

You should also wear a medical ID bracelet at all times. It can save your life if you are in a situation where you cannot communicate, and will alert first responders to your chronic condition and special needs.

People with chronic disease usually have dietary restrictions. This is something to keep in mind when assembling your kit. You should pack food which is healthy for you. At the same time, pack food you enjoy. This can make a bad situation a little better. Furthermore, you can simply eat the food once its expiration date approaches. Be sure to replace it, though.

## LIFE AFTER THE EVENT

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There is no way to tell how long it will take you to recover after a disaster. This is true for your entire community, also.

As mentioned above, various factors associated with disaster can exacerbate your chronic condition. That is why one of your main priorities after this kind of event is to get your condition under control again.

Best way to do this is to stick to your regular treatment. You should look to obtain more medication as soon as you can in case your disaster kit supply runs out.



Moreover, you should also schedule a consultation with your doctor as soon as possible. He will be the best person to determine how the disaster has affected your condition.

Once you begin to recover, your life with chronic illness should return to how it was. You can't really expect the condition to improve.

Just maintaining your health through such an ordeal is difficult. It is important to look at this experience as a learning opportunity, and see what you did wrong and what you did right during the event.

This can help you better prepare for the future.

# WHEN MEDS DISAPPEAR: THE SURVIVAL CRUNCH OF THE ILL

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Not having enough meds is perhaps the biggest health issue known to a lot of people who are preparing for long-term survival after a catastrophic event.

It's easy to stockpile over-the-counter medications such as fever reducers, pain relievers and allergy medications but if you suffer from a chronic life-threatening condition such as diabetes, heart disease, or cancer, you'll have a much more difficult time hoarding prescriptions.

So how you may be able to survive with your illness in a post-SHTF situation?

## HOARD WHAT YOU CAN

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Know now that managing to stockpile your medications is the best thing that you can do; they're tried and true treatments for your illness. They're also closely regulated and nearly impossible to stockpile. You have a set amount that's supposed to last you for a designated period and you're likely not permitted to refill them until you're nearly out.

If you can hold back a few days' worth each time that you refill, do so. After all, a month's worth might get you through a disaster, and maybe the pharmacies will get back on track and functioning again.

## RATION YOUR MEDICATIONS

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If you're due a refill on your meds when (and if) news of pending disaster is announced, get your refills. At that point, be prepared to ration them and supplement them with some alternative therapies that we've found for you.

We're not doctors, but we ARE survivors. **If** you can skip a dose of your medications or take your meds twice per day instead of three or four times **without suffering life-threatening conditions**, then do so.

## ALTERNATIVE THERAPIES FOR DIABETES

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These treatments are likely going to be more successful for Type-2 diabetics but may also be of some assistance to those of you with Type-1 diabetics. As always, controlling your diet is going to be crucial to survival regardless of what type you have.

Because your disease is caused by your body's inability to produce enough insulin to manage glucose, the first thing to do is eat as little extra refined sugar or starch as possible.

Your body uses sugar for energy but it can also use proteins and fats if sugar is limited. However, you may also be hypoglycemic, which means that you don't have ENOUGH sugar. Fortunately, this is easy enough to treat.

Discussing symptoms is outside the scope of this article; you know your illness. If your sugar gets too low and you begin to experience symptoms, eat a pack of sugar or a glucose tablet.

To maintain manageable levels of glucose, eat plenty of fiber with your carbohydrates. This helps your body to digest the sugar slowly.

There are several alternative substances that have been shown in some studies to increase insulin sensitivity. They include:

- Aloe Vera
- Alpha-lipoic acid
- Caffeine
- Cassia cinnamon
- Chromium
- Flaxseed
- Ginseng
- Glucomannan
- Gymnema
- Guar gum
- Magnesium
- Oat bran
- Zinc

The amounts that you need to take depend upon your individual condition. Do your research and have a plan in place BEFORE SHTF!

## ALTERNATIVE THERAPIES FOR HIGH BLOOD PRESSURE

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As with type-2 diabetes, it's likely that your high blood pressure can be controlled by diet. If you can, gain control of it and get your blood pressure back within normal limits, which is your best option. If, however, you can't, here are a few alternative treatments that you may try. They have been shown in various studies to actually reduce blood pressure in varying degrees.

- Cat's Claw
- Garlic
- Hibiscus, often studied in tea form
- Magnesium, if you're deficient
- Vitamin D, if you're deficient
- Green Coffee Extract
- Hawthorn (this is a primary treatment that's been used for 1000's of years in Chinese medicine)
- Exercise, especially meditative exercise such as yoga

In addition, there are also some substances that you should avoid because they can increase your blood pressure. These include salt, caffeine, nicotine, and alcohol.

## ALTERNATIVE TREATMENTS FOR ALZHEIMER DISEASE

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This one is a tough one because once you're diagnosed with Alzheimer's, it's likely already spread to the point that treatment success is limited.

Recently, this tragic disease has actually been labeled as Type-3 Diabetes because it's been shown to be caused by ineffective insulin usage in the brain.

Therefore, controlling your diet now may reduce your chances of developing Alzheimer's later.

There are also some alternative treatments for Alzheimer's that may help you live through a SHTF situation. They include:

- Conenzyme Q10
- Omega-3's
- Caprylic Acid
- Ginko Biloba

These are just a few illnesses that you may be facing heading into a SHTF scenario.

Research now so that when something bad happens, you're already prepared to survive as well as you can.

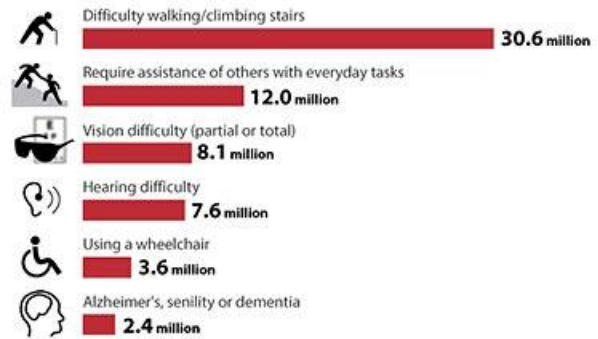
These suggestions are just meant to be springboards that give you a place to start in your research. Do your homework and have a plan before you need it.

The bottom line is that if you have a debilitating illness that required medication in order to keep you from dying, your chances of survival when SHTRF are severely reduced.

However, some of the suggestions that we've made may help you extend your life by at least something. The best option that you have is to get a handle on your health now, before you NEED to be healthy in order to survive. Of course, you'll significantly extend your lifespan even in today's reality!

If you have a disease that you'd like for us to research, or you have please ask us about it in the comments section below. We'd love to help out if we can.

## How Common are Specific Disabilities?



Source: Americans with Disabilities: 2010, from Survey of Income and Program Participation



# SURVIVING WITH DIABETES AFTER SHTF

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Coping with diabetes is hard under normal circumstances. Diabetics need to take regular medication; they must stick to a strict diet and are prone to illness and infection. All of these problems get exacerbated when SHTF. If a disaster happens, a diabetic is left much more vulnerable than the average person. He must take special precautions in order to ensure that he is fit to handle the situation.

After an SHTF event, people with diabetes need to attend to their special medical needs. If they are lucky, they still have access to medical help soon after the disaster strikes. This is not always the case, however, but, if it is, they need to be prepared. They might not be able to communicate with the healthcare professionals due to injury or shock.



Furthermore, the people treating them might not have access to their medical history. That is why they must identify themselves as diabetics so they can receive the proper care. Therefore, the first important guideline for someone with diabetes is to always wear a medical bracelet which provides valuable information regarding their situation.

## PREPARATION IS KEY

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Oftentimes when SHTF, help is not immediately available. In fact, on many occasions, it can be days or even weeks until you would be able to reach a hospital or any other kind of medical facility. A diabetic simply cannot wait this long without proper medication.

That is why it is highly recommended to create a diabetes disaster kit. It should be easy to carry around, waterproof and insulated so that it does not get damaged. It should also be placed in an area which you can easily access, even after an earthquake, tornado or flood.

There are several items which should be part of this kit:

- Medication and **medical supplies**. This is the most important resource for a diabetic in an SHTF situation. You should pack as many medical supplies as you have access to since you can never know when you will have access to outside help. A 30-day pack would be ideal. If this is not possible, make sure that the medicine will last you at least 2 or 3 days. The supplies should include insulin, insulin pumps, syringes, glucagon, testing strips, glucose tablets, glucose meters, extra batteries and anything else that you use on a regular basis to treat your diabetes.
- Extra supply of **drinking water**. Again, it is a good idea to store a lot of water around the home since it becomes a valuable commodity when SHTF. However, keep the water in the disaster kit to about 2 or 3 days' worth. Any more and the kit would become cumbersome and difficult to handle.
- A few days' worth of **food**. Besides medication and water, food is extremely important to a diabetic as they need to stick to a specific diet. That is why the food kept in the disaster kit should have two qualities: be nonperishable and be safe for a diabetic.

- Copies of your **health records** and medical history. In addition to these, you should also keep a list detailing all the medications you are currently taking plus the diet you are on.
- **Contact information** for family, friends and physician.

When talking about something as dangerous as diabetes, there is no such thing as being overprepared. That is why it is a good idea to keep vital extra supplies such as medication and snacks around other places you regularly visit such as your workplace, homes of friends and family, your neighbors etc.

Insulin is the most important medication for any diabetic so you need to look after it properly. It does not matter how many vials of insulin you have in an emergency if they have not been preserved in an adequate manner.

The good news with insulin is that it does not need to be refrigerated. It can safely be stored at room temperature for as long as a month, as long as that temperature does not exceed 84 degrees Fahrenheit. However, in many areas, the temperature will routinely pass that limit. That is why it is also a good idea to have a cooler to keep your emergency supply of insulin in.

Adding to the disaster kit would be several packets of re-freezing gel in order to maintain proper storage for the insulin even if the electricity goes out.

## HOW TO SPOT HYPOGLYCEMIA

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The biggest emergency that a diabetic has to deal with is when blood sugar levels are too high or too low. For a diabetic on insulin, it is important to monitor blood sugar levels at all time in order to make sure that they do not dip below recommended levels.

When this happens, there is a huge risk of suffering from hypoglycemia, a problem which can occur in both Type 1 and Type 2 diabetics. It is most often brought on by missing meals or medications at regular intervals, two scenarios which are very possible when SHTF.

The standard threshold for hypoglycemia is 70 mg/dl, although the actual limit differs from person to person. Even so, knowing and detecting the symptoms of hypoglycemia early on can give you enough time to take the necessary precautions.

The symptoms include dizziness, sweating, shakiness, hunger, fatigue, confusion, an erratic heartbeat and even loss of consciousness. The best course of action if you feel any of these symptoms is to take something that raises blood sugar levels and acts fast.

Recommendation would include glucose tablets or natural juice.

## DEALING WITHOUT MEDICATION

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By their very nature, SHTF scenarios are unexpected. It is quite possible that you get caught in one such emergency without the medication you require or with lower levels than needed. It is important to know what to do when your insulin is in short supply.

Basically, you will need to stretch out your supply as long as possible in order to wait it out before help arrives. Your diet will play a big factor. Try to avoid eating food rich in carbohydrates and instead go for food full of proteins.

Moreover, you should know who you can contact if the communications lines are up. The Red Cross, the International Diabetes Federation and even the American Embassy can all provide you with an emergency supply of insulin if access is cut off to your regular supplier.

As you can see, having the proper knowledge and the proper guidance can help anyone overcome a SHTF scenario, even someone with diabetes.

Do you fear about living with chronic disease after disaster? Share your thoughts with us using the comment form below.

# 12 WAYS TO SURVIVE WITH ASTHMA

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One of the most common medical issues today is asthma. Asthma is a chronic condition that affects your ability to breathe. The condition affects the airways, which are the tubes that transport air to your lungs.

In the United States alone, there are almost 20 million people who suffer difficulty with breathing due to asthma and its complications. Indeed, it's the most common cause of chronic illness in children. In a survival setting, stress and hygiene issues will only make things worse.

When people with asthma are exposed to a substance that they are allergic to (an “allergen”), the airways become inflamed. As the airways become swollen, they constrict and less air gets to the lungs. As such, you will develop shortness of breath, tightness in your chest, and start to wheeze and cough.

This is referred to as an “asthma attack”.

In rare situations, the airways can become so constricted that a person could suffocate from lack of oxygen. This extreme condition is sometimes referred to as “Status Asthmaticus”.

Here are common allergens that trigger an asthmatic attack:

- Pet or wild animal dander
- Dust or the excrement of dust mites
- Mold and mildew
- Smoke
- Pollen
- Severe stress
- Pollutants in the air
- Some medicines
- Exercise

## TRUE AND FALSE ABOUT ASTHMA

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There are many myths associated with asthma; the below are just some:

- Asthma is contagious (False)
- You will grow out of it (False-it might become dormant for a time but you are always at risk for it returning)
- It’s all psychological (False)
- If you move to a new area, your asthma will go away (False – it may go away for a while, but eventually you will become sensitized to something else and it will likely return)

Here’s a “true” myth: Asthma IS hereditary. If both parents have asthma, you have a 70% chance of developing it compared to only 6% if neither parent has it.

## THE SYMPTOMS

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Asthmatic symptoms may be different from attack to attack and from individual to individual. Some of the symptoms are also seen in heart conditions and other respiratory illnesses, so it's important to make the right diagnosis.

Symptoms may include:

- Cough
- Shortness of Breath
- Wheezing (usually sudden)
- Chest tightness (sometimes confused with coronary artery spasms)
- Rapid pulse rate and respiration rate
- Anxiety

Besides these main symptoms, there are others that are signals of a life-threatening episode.

If you notice that your patient has become “cyanotic”, they are in trouble. Someone with cyanosis will have blue/gray color to their lips, fingertips, and face.

You might notice that it takes longer for them to exhale than to inhale. Their wheezing may take on a higher pitch. Once the patient has spent enough time without adequate oxygen, they will become confused, then drowsy, and then possibly lose consciousness.

Use your stethoscope to listen to the lungs on both sides. Make sure that you listen closely to the bottom, middle, and top lung areas. In a mild asthmatic attack, you will hear relatively loud, musical noises when the patient breathes for you.

As the asthma worsens, less air is passing through the airways and the pitch of the wheezes will be higher and perhaps not as loud. If no air is passing through, you will hear nothing, not even when you ask the patient to inhale forcibly. This person is in trouble.

Of course, there are a number of lab tests and X-rays that are useful to evaluate this condition, but they will likely be inaccessible in a major disaster or collapse. This is why it is so important to learn basic physical examination skills now.

The cornerstones of asthma treatment are the avoidance of “trigger” allergens and the maintenance of open airways. Medications come in one of two forms: drugs that give quick relief from an attack and drugs that control the frequency of asthmatic episodes.

Your survival group members with asthma should have accumulated a good collection of inhalers. Quick relief drugs that open airways (known as bronchodilators) include Ventolin, Albuterol, and Proventil, among many others.

These drugs should open airways in a very short period of time and give significant relief. These drugs are sometimes useful for people going into a situation where they are exposed to a “trigger”, such as before strenuous exercise.

Don’t be surprised if you notice a rapid heart rate on these medications; it’s a common side effect. By the way, physicians are usually sympathetic to requests for extra prescriptions from their asthmatic patients.

If you find yourself using quick-relief asthmatic medications more than twice a week, you are a candidate for daily control therapy. These drugs work (when taken daily) to decrease the number of episodes and are usually some form of inhaled steroid. There are long-acting bronchodilators as well, such as Atrovent.

Another family of drugs known as Leukotriene modifiers prevent airway swelling before an asthma attack even begins. These are usually in pill form. Often, medications will be used in combination, and you might use multiple medications in the same inhaler, such as Advair and Symbicort.

It’s important to figure out what allergens trigger your asthma attacks and work out a plan to avoid them as much as possible. This includes pet dander, cigarette smoke, chemicals, and others.

## NATURAL REMEDIES THAT HELP

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Various breathing methods are thought to help promote well-being and control the panic response seen in asthmatic attacks. Asthmatics tend to breathe faster than non-asthmatics, and many also tend to be “mouth breathers”.

This exposes the lung to cooler and drier air, a possible asthma trigger. Breathing exercises that encourage shallow breathing at a controlled rate may actually reduce asthma symptoms and the need for medicine.

Inhale slowly through your nose and then exhale through pursed lips, or exhale slowly as though you were going to whistle... When you inhale, your abdomen should expand (not your chest). Exhale slowly with your abdomen going inward. Make sure that your exhalation is twice as long as inhalation. This is similar to breathing techniques taught in Yoga classes.

In mild to moderate cases, you might consider the use of natural remedies. There are actually quite a few substances that have been reported to be helpful:

**Ginger and Garlic Tea:** Put four minced garlic cloves in some ginger tea while it’s hot. Cool it down and drink twice a day. Some have reported a beneficial effect with just the garlic.

**Other herbal teas:** Ephedra, Coltsfoot, Codonopsis, Butterbur, Nettle, Chamomile, and Rosemary all have the potential to improve an asthmatic attack.

**Coffee:** Black unsweetened coffee is a stimulant that might make your lung function better when you are having an attack. Don’t drink more than 12 ounces at a time, as coffee can dehydrate you. Interestingly, coffee is somewhat similar in chemical structure to the asthma drug Theophylline.

**Eucalyptus:** Essential oil of eucalyptus, used in a steam or direct inhalation, is well-known to open airways. Rub a few drops of oil between your hands and breathe in deeply. Alternatively, a few drops in some steaming water will be good respiratory therapy.



**Honey:** Honey was used in the 19th century to treat asthmatic attacks. Breathe deeply from a jar of honey and you should see improvement in a few minutes. To decrease the frequency of attacks, stir one teaspoon of honey in a twelve ounce glass of water and drink it three times daily.

**Turmeric:** Take one teaspoon of turmeric powder in 6-8 ounces of warm water three times a day.

**Licorice and Ginger:** Mix licorice and ginger (1/2 teaspoon of each) in a cup of water. **Warning:** Licorice can raise your blood pressure.

**Black Pepper, Onion, and Honey:** Drink ¼ cup of onion juice with a tablespoon of honey, after adding 1/8 tablespoon of black pepper.

**Mustard Oil Rub:** Mix mustard oil with camphor and rub it on your chest and back. There are claims that it gives instant relief in some cases.

**Ginkgo Biloba leaf extract capsules:** Thought to decrease hypersensitivity in the lungs; not for people who are taking aspirin or ibuprofen daily, or anticoagulants like Coumadin.

**Vitamin D:** Some asthmatics have been diagnosed with Vitamin D deficiency.

**Lobelia:** Native Americans smoked this herb as a treatment for asthma! Instead of smoking, try mixing tincture of lobelia with tincture of cayenne in a 3:1 ratio. Put 1 milliliter (about 20 drops) of this mixture in water at the start of an attack and repeat every thirty minutes or so.

With a number of these substances, further research is necessary to corroborate the amount of effect that they have on severe asthma, so take standard medications if your peak flow reading is 60% or less than normal.

Don't underestimate the effect of your diet on your condition. Asthmatics should:

- Replace animal proteins with plant proteins.
- Increase intake of Omega-3 fatty acids

- Eliminate milk and other dairy products.
- Eat organically whenever possible.
- Eliminate trans-fats; use extra-virgin olive oil as your main cooking oil.
- Always stay well-hydrated; more fluids will make your lung secretions less viscous.
- Acupuncture is thought to have some promise as well in treating the condition.

You might have been taught not to believe in natural remedies, but why not use all the tools at your disposal?

# NATURAL ALTERNATIVES FOR COMMON MEDS AFTER SHTF

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There are some natural alternatives for common meds that you can use in a post-SHTF survival situation.

Just remember that “natural” doesn’t necessarily mean “safe.”

Use these remedies with just as much care for dosage as you would standard chemical meds.

## ASPIRIN, NSAIDS AND ANTI-INFLAMMATORIES

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There are a few different reasons why you may take these meds; you may take it to relieve pain or as a blood thinner to reduce your odds of having a heart attack or stroke.

The problem is that aspirin and many NSAIDs damage the stomach lining, liver and kidneys.

As a matter of fact, aspirin causes gastrointestinal bleeding and new research indicates that it may actually increase some people's risk of having a heart attack or stroke.



Aspirin taken long-term may also increase your risk of developing macular degeneration and cataracts by as much as 44%.

In any event, it may not be available in a survivalist situation so you need a natural alternative to aspirin if SHTF. Here are some alternatives:

### BLOOD THINNERS

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- Natural vitamin E – 100 IUs of natural (not synthetic!) vitamin E is at least as effective as aspirin, according to some research.
- Ginkobiloba – ginko has been used for centuries to inhibit clotting and improve circulation
- Water – yes, it sounds like a cop-out but water is the best natural blood thinner there is.

### PAIN KILLERS AND ANTI-INFLAMMATORIES:

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- Devil's claw – this has been used as an anti-inflammatory and pain killer for successful treatment of arthritis, tendonitis and muscle pain.

- Turmeric – used for pain and inflammation.
- Ginger – pain and inflammation

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## STATINS

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Statins, including Lipitor and Zocor, are used to lower cholesterol in order to avoid heart attacks and cardiovascular disease. There are many natural alternatives to these medications that you can use now and in the case of a survivalist, SHTF scenario.

- Red wine – the resveratrol and other antioxidants in red wine work well to keep cholesterol down.
- Garlic
- Olive oil (those omega-3's again!)
- Fiber-rich foods such as oats and vegetables
- Dark chocolate
- Coconut oil and other medium-chain triglycerides instead of regular fats that can raise bad (LDL) cholesterol



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## BLOOD PRESSURE

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Though high blood pressure can be genetic, it's mostly a dietary issue.

However, once you develop it, it's a life-threatening condition that requires daily treatment.

In addition to losing weight, there are some natural remedies that will work as natural blood pressure medications in a survivalist SHTF scenario.

- Increase potassium! Bananas, potatoes, tomato juice and coconut water are all high in potassium, which can help lower blood pressure.
- Coenzyme Q10 works well to lower blood pressure

- Garlic
- Hawthorn
- Foods containing magnesium and calcium
- REDUCE sodium intake. This directly affects your blood pressure!

## ANTACIDS

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Heart burn, acid reflux and stomach upset don't have to plague you, even in a SHTF situation. When you're making your survivalist list, include these natural alternatives to



antacids.

- Almonds – they naturally reduce stomach acid. Take a handful of 15-20 and your heartburn will disappear in a half-hour or so.
- Aloe vera juice – long used to heal ulcers and soothe upset stomachs. Make sure that if you're making your own, you follow proper procedure. Aloe is super-easy to grow.
- Apple cider vinegar – though it may sound counterproductive to throw acid on heartburn, ACV has been used forever to cure stomach ailments. Stir 2 tablespoons into a few ounces of water and drink it immediately following a meal.
- Apples – a slice of apple can reduce stomach acid and have you feeling better in 5 minutes or so.
- Baking soda – mix a teaspoon in a few ounce of water and drink. Don't use it regularly though because it can increase sodium levels.
- Bananas
- Basil leaves – 2-3 will do the trick.

- Buttermilk
- Chamomile
- Cinnamon
- Fennel
- Garlic
- Ginger
- Grapes
- Peppermint

The list for natural antacids goes on and on but these are some of the best.

## TYPE-2 DIABETES

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Though there is no real approved alternative treatment for type-2 diabetes, there are some interesting research studies taking place that suggest that the following may be effective in helping to control it in the future.

In a SHTF situation, an alternative treatment for diabetes may be necessary, though, so having these on hand certainly can't hurt. Also, it should go without saying that any food that raises glucose levels should be eaten with extreme care.

- North American ginseng – may help with blood sugar control and glycosylated hemoglobin levels.
- Chromium – this essential trace mineral plays an important role in carbohydrate and fat metabolism and helps cells respond correctly to insulin.
- Magnesium – found naturally in green leafy veggies, nuts, seeds and grains. It's an essential mineral for everything from blood sugar metabolism to sodium uptake.
- Cinnamon – studies are showing that as little as 1 gram or as much as 6 grams of cinnamon may improve blood glucose control in people with type-2 diabetes.

Many of these illnesses can be avoided by proper exercise and eating a healthy diet. In this case, an ounce of prevention really is worth a pound of cure because in a SHTF situation, it's probably not going to be easy to find medications to keep you alive.

These herbs can help but the best way to prepare yourself to survive in a survivalist scenario is to be in the best shape that you can be!



# PALEO FOODS FOR SURVIVING WITH CHRONIC DISEASE

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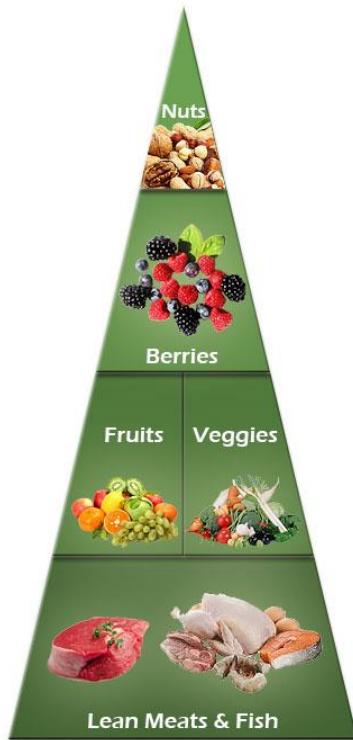
Unless you've been living under a rock, you've probably heard about the Paleo diet. It's all the rage in some circles right now and rightly so.

There may be some pretty significant health benefits to it. In fact, it may save your life.

Today we're going to talk about what the Paleo diet is, and we'll discuss certain Paleo foods for surviving chronic disease in case SHTF and you don't have access to your meds.

## TAKE CARE OF YOURSELF

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**Foods for Paleo Diet**

I know that we preach this often, but we just can't overstate it. **Take.Care.Of.Yourself.**

That's the best way to survive when SHTF. It doesn't matter how old you are; if you're healthy and not dependent upon medications, your chances of surviving disaster increase exponentially.

And many diseases that require medication are nothing more than diseases of excess borne from poor eating and minimal exercise.

Get yourself under control BEFORE you have to worry about running out of life-sustaining meds.

## WHAT'S THE BIG DEAL ABOUT PALEO?

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Diabetes, high blood pressure, high cholesterol, obesity, heart disease, and even many cancers can be avoided by eating properly. Enter the Paleo diet.

Also known as the Paleolithic diet, the Stone Age diet or the Caveman diet, it eliminates all grains, beans, potatoes, processed foods, non-organic foods, and artificial foods, including sugar.

The strictest form also eliminates dairy and salt though some of the modified versions allow them.

In a nutshell, the Paleo diet lets you eat whatever you want as long as you can hunt for it, fish for it, trap it, or scavenge it.

Meats, fish, fowl, berries, herbs, fruits, vegetables; almost all of them (except potatoes) are fair game, even if you follow the strictest versions of the Paleo diet.

More moderate versions allow potatoes because potatoes are only toxic in their raw state or if they're green. Beans and grains are inedible raw so they're out.

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## THE DOWNSIDE OF GRAINS

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There are a couple of reasons why proponents of the Paleo diet (and many other health-conscious folks) have mixed grain in all forms from their diets. The premise of Paleo peeps is that wheat is a relatively new dietary addition that our bodies simply aren't adapted to digest.

This, according to them, accounts for digestive upset as well as many GI issues such as GERD and gas. They're not alone in this believe and research supports them, at least partially.

A second reason is that since consumption of wheat products became common, allergies and digestive issues have skyrocketed. There's actually good science behind this: gluten, the protein in wheat, rye, and barley, is an inflammatory that has been officially linked to everything from certain cancers to rheumatoid arthritis. White flour is so processed that it has basically no nutritional value whatsoever.

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## WHY BEANS GET THE BOOT

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This one's easy – beans are toxic in their raw state and even in their cooked state, they can still cause significant gastric distress. (Remember – beans, beans, the musical fruit?) They're good sources of protein but many people just don't consider that worth the discomfort. Paleo folks take it a step further and say that the distress is a sign that your body just isn't designed to handle them. It's not a bad argument.

We're not even going to dedicate a section to why the Paleo proponents disallow processed foods and refined sugar. That's a no-brainer.

## HOW TO USE PALEO TO SURVIVE CHRONIC DISEASE

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Ahhh... the meat of the matter so to speak. Eating Paleo-style is a great preventative measure to avoid disease. Meats and vegetables should all be non-GMO and organic so that you're not getting cancer-causing hormones and other toxins.

Also, when you eliminate grains, processed foods and refined sugars, you're avoiding inflammation caused by grain and you're not feeding cancer cells with sugar.

As far as using Paleo foods for treatment in lieu of medications to survive chronic disease in a survival scenario, here are just a few examples:

- Type-2 diabetics may not need insulin to control insulin spikes because refined sugar is eliminated and high-fiber foods help control the release of glucose into the blood stream. Low-starch vegetables and meats are the best Paleo foods for diabetics to depend upon to survive chronic disease.
- Eliminating salt from your diet, as required by Paleo, can lower your blood pressure to manageable levels in case you can't get your blood pressure medication. Again, this is a situation that's better to avoid than treat.
- Cholesterol medications can possibly be eliminated because you're eating lean meats and plenty of healthy vegetable fats oils that have healthy doses of good (HDL) cholesterol that will help lower bad (LDL) cholesterol.
- Obesity, though not strictly an illness that requires medication, leads to conditions such as heart disease and those discussed above. The Paleo diet only allows healthy foods. Though you can conceivably gain weight, chances are good that an obese person is going to shed some serious pounds by going Paleo. This can help avoid the near-inevitable future need to start medications.
- The antioxidants that you'll gain from eating plenty of vegetables can help you fight all of the conditions that excess free radicals cause. These include everything from

wrinkles to heart disease and cancer. You may not need your psoriasis medication, either.

- The Paleo diet has been shown to put rheumatoid arthritis into remission. Seriously. People don't need their meds anymore. Now whether or not this will work for you remains to be seen, but the science and the testimonials are there. If SHTF, you may be able to go Paleo to treat your RA.

Eating a healthy diet has numerous health benefits. Since the Paleo diet essentially eliminates anything that your body may have a hard time digesting, or that may cause inflammation that leads to disease, it's a good first step toward being healthy.

There is, of course, the argument that milk and whole grains are good for you, but to each their own.

Research your particular disease and medications to see if Paleo foods can help you survive your chronic disease if SHTF.