

# Survival Foods

## *Plus Some Other Survival Tips*



# **Survival Foods**



## **Lamb's Quarters**



### **Leaves and stems:**

- **Tops are more tender**
- **The white powder on new growth is safe, but submerge the leaves to wash adequately.**
- **Cook as you would spinach**
- **Does contain oxalic acid – those with serious kidney problems should use moderately.**



## From The Wild

# Acorn / Oak



**Oak bark and leaves used medicinally for:**

- **Diarrhea / dysentery (internal use) – oak tea**
- **Wounds, bleeding and bruises**

**Acorns:**

- **Contain vegetable proteins, fat, fiber, vitamins and minerals. Bitter because of tannic acid**
- **Remove tannic acid by pouring boiling water over nuts, let stand one hour rinse and repeat**
- **Can also be roasted at 200 degree for one hour, eaten, or ground into flour for baking.**



## **Survival Foods**

# **Burdock**



### **Leaves:**

- Rarely used because they are bitter and tough

### **Stems:**

- Stems can be peeled and cut and either added raw to salads, or added to various soups.

### **Roots:**

- Roots are delectable, but are long and deep and need to be dug out, cleaned thoroughly and peeled.
- Prepare as a root vegetable. Can be pureed too.
- Recommended for diabetes sufferers, as it is rich in inulin and helps to even out blood sugar levels.



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## Cattails



**A rich source of starch, available year round.**

**Spikes:** Boil like corn on the cob.

**Pollen:** Can be used like flour when it is plentiful.

**Leaves:** Are inedible but can be woven for matting.

**Stems:** The inner white part is a tender delicacy and can be eaten raw or boiled.

**Roots:** Can be cleaned, peeled, chopped and dried for flour, or cooked and eaten.

# Survival Foods

## Dandelion



### Leaves:

- Prepare raw leaves for salad or cook as greens.
- The leaves (fresh or dried, or even roasted) can be steeped in water to make tea.

### Stems:

- The milky liquid in the stem eases pain of sores and bee stings, and acne. Or make a pulp out of the stems and apply.

### Roots:

- The roots can be used to make tea. Roasted roots taste a bit like coffee.



# **Survival Foods**

## **Plantain**



**An excellent herb to instantly alleviate the pain of insect bites or a scraped knee**

### **Leaves:**

- **Prepare leaves as you would cook any greens.**
- **Older leaves can be tough and stringy**

### **Flower buds:**

- **Are edible and can be used raw or stir fried.**

### **Roots:**

- **Edible and also makes a good cough syrup**



## Survival Foods

# Mullein



### Leaves:

- Are edible greens
- Can be used to make a tea which is also an effective treatment for asthma and respiratory ills.
- Anti-inflammatory and anti-bacterial in topical compresses.

### Flowers:

- Are edible and can be used raw or stir fried.
- However, the **seeds are very poisonous**

### Roots:

- Edible and also makes a good cough syrup



## Survival Foods

# Rose Hips



### Berries:

- Very high in vitamin C
- Edible as a berry or made into tea (strain to avoid the hairs inside the berry) .
- Anti-inflammatory and anti-oxidant
- Helps prevent colds and influenza
- Can make a marmalade by grinding and cooking with a bit of water (add sweetener if desired)



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# **Juniper Berries**



- **Not a true berry but a cone with fleshy and merged scales**
- **Being researched as a possible treatment for controlling blood sugar, as it releases insulin from the pancreas (hence alleviating hunger).**
- **Assists urine flow and helps to clean the kidneys**
- **Used as remedy for urinary tract problems, and gallstones**
- **Is an old folk remedy for gout**

### **Berries:**

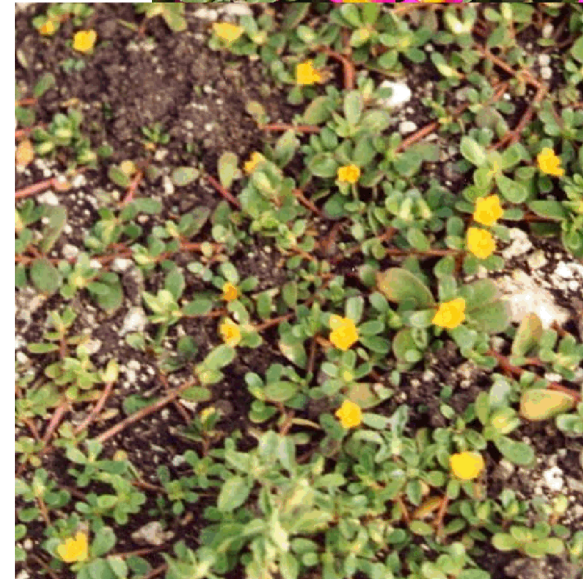
- **Often bitter, but makes a good tea or is used as a spice**

## Survival Foods

# Purslane



- A rich source of vitamin C
- Highest amount of **omega-3 fatty acids** - five times the amount that spinach has.



Leaves, Stems and Flowers:

- Use raw as a salad delicacy.

## **To Have On Hand**

**WO Oil** - intestinal, sore throat, wounds, food poisoning, antidiarrheal

**EE Oil** – heart pain, digestion, sprains, headaches, congestion & bruises.

**Peppermint Oil** – calmative for GI tract & lungs, headache, heartburn,

**Clove Oil** - toothache, antimicrobial, antifungal, antiseptic, antiviral

**Ionic Silver** – antibacterial, antiviral, antifungal, good eye wash

**Iodine** - balances hypothyroidism, externally applied as anti-biotic

**Epsom Salts** - heal bruises, strained muscles, constipation, exfoliate

**Grapefruit Seed Extract** - antifungal, cold sores, sanitizer, purifier

**Vitamins (C, D, E ...)** -cardiovascular, immunity, nutritional co-factors

**Homeopathics** (e.g. Arnica Montana ...for traumatic injuries, bruising, broken bones and flu, Rescue Calm ... for emotional trauma, Contact Allergy for poison ivy, etc)

Fulvic Minerals – removes heavy metals and helps stabilize the body when exposed to radiation.



# **Thieves Oil**

**Story:** During the outbreak of the bubonic plague, there is a legend of four thieves who were captured and charged with robbing the dead and dying victims. When the thieves were tried, the magistrate offered leniency if they would reveal how they resisted contracting the infection as they performed their thievery. They told of a special concoction of aromatic herbs that they put on themselves. Since then, it has been replicated and called “Thieves Oil”

## **Ingredients:**

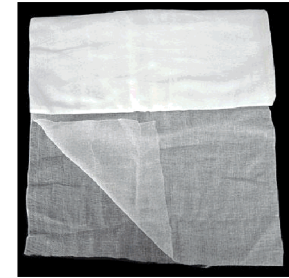
- *Clove*
  - *Lemon*
  - *Cinnamon Bark*
  - *Eucalyptus*
  - *Rosemary*
- Immune boosting
  - Powerful anti-bacterial
  - Anti-viral, Anti-fungal
  - Sore throat, lung congestion
  - Air purifier
  - Household cleanser

Note: Nostradamus, also a physician, had a famous lozenge that supposedly also had thieves oil in it.

# Tools



- Enema bag
- Magnifying glass
- Strainer
- Knife
- Elastic Wraps
- Eye Cup
- Gauze
- Cotton Cloth



# Survival Medical Options

| SURVIVAL MEDICAL OPTIONS           |   |   |   |
|------------------------------------|---|---|---|
| Condition                          | From the Pantry   | From the Wild   | Have On Hand  |
| <b>Allergy (nose, lungs)</b>       | Horseradish, Ginger, Rosemary, Cayenne pepper                             | Rosemary, Peppermint  | Peppermint Oil  |
| <b>Anxiety</b>                     | Chamomile tea   | Lavender  | Rescue Calm, St Johns Wort  |
| <b>Bites – insect</b>              | Baking soda paste, Onion  | Plantain  | Rescue Calm, Rescue Remedy, Insect Bite Remedy, Ionic Silver                            |
| <b>Bleeding</b>                    | Cayenne pepper  |   | Quick-clot combat gauze   |
| <b>Blood Sugar</b>                 | Cinnamon  | Purslane, Burdock, Peach leaf, Juniper Berries, Black Walnut              |   |
| <b>Bruises, strains or sprains</b> | Tea bag, Chamomile tea bag  | Comfrey, Plantain, Calendula, St. Johns Wort, Yarrow, Rose Hips, Lavender | EE oil, Lavender oil, Hyssop oil, Rescue Remedy   |
| <b>Burns</b>                       | Raw Honey   | Calendula petals/oil, Aloe Vera, Comfrey                                  | 100% cotton, Lavender oil, Ionic Silver   |
| <b>Colds</b>                       | Sage, Thyme, Clove, Horseradish   | Echinacea, Yarrow, Lavender, Rose Hips                                    | Peppermint Oil, DE-P pills, Clove oil, WO,EE oils, Ionic Silver                         |
| <b>Constipation</b>                | Black licorice (real), water, Flax seed                                   | Barberry, Rose Hips, Plantain   | Magnesium flush, Vit. C flush   |
| <b>Cramps</b>                      | Ginger root, Turmeric   | Calendula, Evening Primrose   | St. Johns Wort  |
| <b>Cuts, scrapes, wounds</b>       | Salt water, Chamomile tea bag, Raw Honey, Garlic                          | Plantain, Aloe Vera, Oak, St. Johns Wort, Echinacea, Rose Hips            | Peppermint oil, Clove oil, WO oil, Hyssop oil, Rescue Calm, Rescue Remedy, Ionic Silver |
| <b>Diarrhea</b>                    | Potatoes, Banana, Applesauce  | Mullein, Black Walnut (inner bark), Oak, Blackberry leaf                  |   |
| <b>Ear Ache</b>                    | Alcohol drops, Hydrogen Peroxide drops, Olive oil, Garlic, Thyme, Oregano | Echinacea, Rose Hips, Mullein   | Mullein oil, Peppermint oil, Tea Tree, Eucalyptus, WO oil, Lavender oil, Silver         |
| <b>Edema (swelling)</b>            | Corn Silk tea, Horseradish, Celery, Cucumber                              |   |   |

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| SURVIVAL MEDICAL OPTIONS     |   |   |  |
|------------------------------|---|---|--|
| Condition                    | From the Pantry   | From the Wild   | Have On Hand   |
| <b>Fever</b>                 | Cayenne or Ginger (induces sweating), Garlic Enema                    | Spearmint, Barberry, Yarrow, Rose Hips, Calendula (induces sweating)      | Feverfew   |
| <b>Food Poisoning</b>        | Ginger, Thyme   | Plantain  | Rescue Calm, WO and EE oil   |
| <b>Headache</b>              | Chamomile tea, Rosemary, Thyme  | Willow, Poplar, Aspen-chew inner bark, Lavender, Peppermint, Lemon Balm   | Feverfew, Ginkgo, Peppermint oil, WO and EE oil, Rescue Calm       |
| <b>Heart</b>                 | Chamomile, Cayenne  | Willow, Poplar, Aspen (chew the inner bark), Hawthorn Berry               | Wintergreen, EE oil  |
| <b>High Blood Pressure</b>   | Cayenne, Chamomile, Garlic  | Rose Hips   | Hawthorne, Circulation drops, Ginkgo, Niacin (flush)               |
| <b>Indigestion / Nausea</b>  | Peppermint tea, Ginger ale, Red Raspberry tea                         | Peppermint, Chamomile, Willow, Poplar, Aspen (chew the inner bark)        | Peppermint oil, Feverfew, WO & EE oil                              |
| <b>Infection – Bacterial</b> | Garlic, Ginger, Salt water, Oregano, Onion poultice, Horseradish      | Echinacea, Oak bark poultice, Rose Hips, Black Walnut green husk, Mullein | Iodine, Ionic Silver   |
| <b>Infection – Fungal</b>    | Garlic, Oregano, Coffee grounds (for external application)            | Rose Hips, Black Walnut green husk  | Tea Tree oil, DE-P pills, Iodine, Grapefruit Seed extract          |
| <b>Infection – Viral</b>     | Garlic, Thyme, Oregano, Elderberry juice, Onion poultice, Horseradish | Echinacea, Black Walnut green husk, Rose Hips                             | DE-P pills, Iodine, Ionic Silver                                   |
| <b>Itching / Poison Ivy</b>  | Baking Soda Paste, Chamomile tea bag compress, Apple cider vinegar    | Aloe Vera, Plantain, Lavender, Peppermint                                 | Epsom salt bath, Tea Tree oil, Rescue Calm, Contact Allergy Remedy |
| <b>Kidney / Bladder</b>      | Cranberries, Ginger, Parsley, Garlic                                  | Corn Silk, Rose Hips, Juniper Berries                                     | Vitamin C, Cranberry capsules                                      |
| <b>Liver / Gall Bladder</b>  | Beets   | Dandelion, Juniper Berries, Yarrow  | Phos. Choline  |



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| SURVIVAL MEDICAL OPTIONS            |   |  |   |
|-------------------------------------|---|--|---|
| Condition                           | From the Pantry   | From the Wild  | Have On Hand  |
| <b>Pain / Inflammation</b>          | Horseradish, Yarrow, Turmeric   | Willow, Poplar, Aspen (chew the inner bark), Purslane (raw), Lavender, Aloe, Comfrey, Mullein, Rose Hips | Rescue Calm, Rescue Remedy, Peppermint oil, WO and EE oil |
| <b>Parasites</b>                    | Clove, Pumpkin seeds (raw), Thyme   | Plantain, Black Walnut green inner rind, Wormwood  | DE-P pills, VER   |
| <b>Radiation</b>                    |   | Black Walnut   | Iodine, Fulvic Minerals, Radiation Remedy                 |
| <b>Respiratory</b>                  | Thyme, Honey, Lemon, Onion poultice Apple cider vinegar, Elderberry juice, , Cinnamon/Cayenne (expectorant) | Wild Cherry Bark, Echinacea, Mullein, Rose Hips  | Peppermint oil, DE-P pills, WO, EE oils, Ionic Silver     |
| <b>Sleep</b>                        | Chamomile   | Willow, Poplar, Aspen (chew the inner bark), Lemon Balm  | St. Johns Wort, Rescue Calm                               |
| <b>Sore Throat</b>                  | Lemon, Honey, Garlic, Oregano, Salt water gargle, Horseradish, Thyme, Cayenne gargle,                       | Mullein, Echinacea, Rose Hips  | Ionic Silver, DE-P pills, WO oil                          |
| <b>Stones (liver, kidney, gall)</b> | Apple juice/cider   | Juniper Berries, Hydrangea root  | Stone Dissolve tea  |
| <b>Toothache</b>                    | Clove/baking soda paste   |  | Clove Oil, EE oil   |

## **Avoid Poisonous Plants**

**Stay away from any unknown plants that have:**

- **Milky or discolored sap.**
- **Beans, bulbs or seeds inside pods.**
- **Solid or splotched red plants**
- **Bitter or soapy taste.**
- **Spines, fine hairs, thorns or barbs (use magnifier).**
- **Dill, carrot, parsnip or parsley-like foliage.**
- **“Peach or Almond” scent stems or leaves.**
- **Grain heads with pink, purplish or black spurs.**
- **Three-leafed growth pattern.**
- **Five segmented fruit**
- **Some old/wilted leaves have deadly hydrocyanic acid; includes blackberry, raspberry, cherry, peach, plum. Leaves are safe when fresh & young.**

## **Preparing Herbs and Wild Plants**

- **Tea/infusion** – boil water, add plants, let stand 5-15 mins, strain. (add sweetener as desired for taste)
- **Decoction** – Cover and simmer plants 20-30 mins, strain and use. The simmered plant parts can also be used.
- **Fomentation** - apply a cloth dampened with tea or decoction to area of body needing treatment
- **Poultice** – Grind or mash fresh herb and apply to area of body; cover with a cloth.
- **Tincture** – Soak herbs in 90% proof spirit. Strain and use 5-15 drops for treatment.
- **Ointment** – Heat herb in hard fat or petroleum jelly until plant changes color. Strain and use as needed.

# **Universal Edibility Test**

|                                   |   |
|-----------------------------------|---|
| <b>SEPARATE</b>                   | Leaves, stems, roots, buds and flowers  |
| <b>SMELL</b>                      | Smell the food for strong or acid odors, peach or almond scent.   |
| <b>FAST 8HRS</b>                  | Drink water only  |
| <b>CONTACT TEST</b>               | Place piece of plant/juice on inside elbow or wrist for 15 minutes<br>Discard immediately if swelling, rash or pain occur.        |
| <b>LIP (corner of mouth) TEST</b> | Touch some of it to outer part of lip – does it burn, itch or swell?<br>Repeat using the corner of the mouth.                     |
| <b>TONGUE TEST</b>                | After 3 mins, if no reaction, place some on tip of tongue, hold 10 minutes, do not swallow. Repeat placing some under the tongue. |
| <b>CHEW TEST</b>                  | If no reaction, thoroughly chew and hold in mouth 15 minutes, do not swallow.   |
| <b>SWALLOW</b>                    | If no reaction, then swallow a small portion  |
| <b>WAIT 8 HOURS</b>               | If there is a reaction, induce vomiting and drink lots of water   |
| <b>EAT</b>                        | If there is no reaction, only eat a small amount (1/4 cup)  |
| <b>WAIT 8 HOURS</b>               | If no reaction, consume the plant with caution.   |

***Note: Charcoal is a good emetic and will absorb offending agent.  
White wood ash mixed as a paste relieves stomach pain.***