

# 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.

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## 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)**



## Survival Foods

# 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:

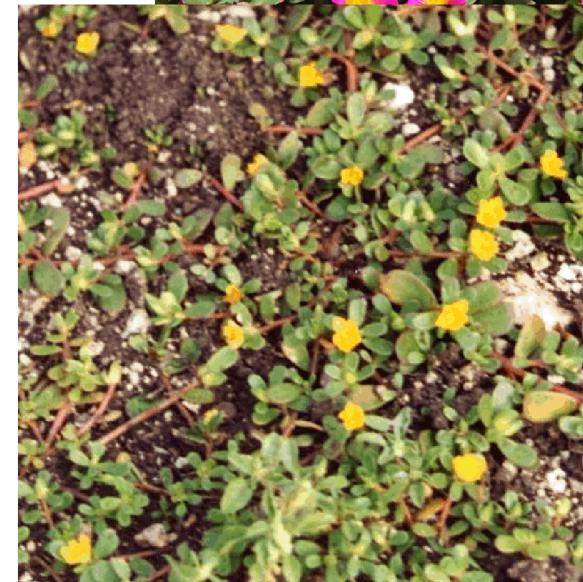
- Often bitter, but makes a good tea or is used as a spice



## 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*

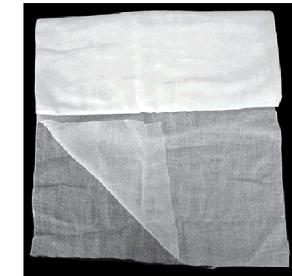
- Immune boosting
- Powerful anti-bacterial
- Anti-viral, Anti-fungal
- Sore throat, lung congestion
- Air purifier
- Household cleanser

Note: Nostradomus, 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		

# Survival Medical Options

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, Gingko, 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
Pain / Inflammation	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
Parasites	Clove, Pumpkin seeds (raw), Thyme	Plantain, Black Walnut green inner rind, Wormwood	DE-P pills, VER
Radiation		Black Walnut	Iodine, Fulvic Minerals, Radiation Remedy
Respiratory	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
Sleep	Chamomile	Willow, Poplar, Aspen (chew the inner bark), Lemon Balm	St. Johns Wort, Rescue Calm
Sore Throat	Lemon, Honey, Garlic, Oregano, Salt water gargle, Horseradish, Thyme, Cayenne gargle,	Mullein, Echinacea, Rose Hips	Ionic Silver, DE-P pills, WO oil
Stones (liver, kidney, gall)	Apple juice/cider	Juniper Berries, Hydrangea root	Stone Dissolve tea
Toothache	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-leaved 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 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? 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.***