

Survival Tips

<u>Survival Foods:</u>	<u>Things to have on hand:</u>	<u>Tools to have:</u>	<u>Preparation of Plants:</u>
<ul style="list-style-type: none"> • Lamb's Quarters • Acorns/Oak • Burdock • Cattails • Dandelion • Plantain • Mullein • Rose Hips • Juniper Berries • Purslane 	<ul style="list-style-type: none"> • WO oil, EE oil (from Systemic Formulas) • Thieves oil • Peppermint oil • Clove oil • Ionic Silver • Iodine • Epsom Salts • Grapefruit Seed Extract • Vitamins • Homeopathics 	<ul style="list-style-type: none"> • Enema bag • Magnifying glass • Strainer • Knife • Elastic wraps • Eye cup • Gauze • Cotton cloth 	<ul style="list-style-type: none"> • <i>Tea/infusion</i> – boil water, add plants, steep 5 mins • <i>Decoction</i> – cover and simmer plants 20-30 mins • <i>Fomentation</i> – apply cloth dampened with tea or decoction • <i>Poultice</i> – grind or mash herb and apply to area • <i>Tincture</i> – soak herbs in 90% proof alcohol. Strain • <i>Ointment</i> – heat herb in petroleum jelly, strain and use

Fukushima and Radiation Information:

In March, 2011 at Fukushima, Japan a disaster at a nuclear plant threatens the entire earth with consequences. "A decades-long journey filled with unknowns lies ahead for Japan. There are still uncontained leaks."

Reactor status: <http://fukushimaupdate.com/>

Radio Active Isotopes:

Iodine-131 is easily absorbed by the thyroid. - Using Iodine saturates the thyroid with non-radioactive iodine preventing uptake of the radioactive iodine.

Caesium-137 is also a particular threat because it behaves like potassium and is taken up by cells throughout the body Prussian blue helps the body excrete caesium-137.

Strontium-90 behaves like calcium, and tends to deposit in bone and blood-forming tissue

Taking fulvic minerals internally helps with the removal of heavy metals. ALL radioactive substances react rapidly with fulvic acid, and only a brief time is required for equilibrium and stability to be reached.

Great tasting Fulvic minerals and Lugol's iodine are available at Healing Tree Health Club

UNIVERSAL EDIBILITY TEST

SEPARATE.....Leaves, stems, roots, buds and flowers

SMELL.....Smell the food for strong or acid odors, peach or almond scent.

FAST 8HRS.....Drink water only for 8 hours before testing a new plant

CONTACT TEST.....Place piece of plant/juice on inside elbow or wrist for 15 minutes
Discard immediately if swelling, rash or pain occurs.

LIP (corner of mouth) TEST.....Touch some of it to outer part of lip – does it burn, itch or swell?
Repeat using the corner of the mouth.

TONGUE TEST.....After 3 mins, if no reaction, place some on tip of tongue, hold 10 minutes, do not swallow. Repeat placing some under the tongue.

CHEW TEST.....If no reaction, thoroughly chew and hold in mouth 15 minutes, do not swallow.

SWALLOW.....If no reaction, then swallow a small portion

WAIT 8 HOURS.....If there is a reaction, induce vomiting and drink lots of water

EAT.....If there is no reaction, only eat a small amount (1/4 cup)

WAIT 8 HOURS.....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.

Stay away from any unknown plants that have:

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> • 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). | <ul style="list-style-type: none"> • 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. | <ul style="list-style-type: none"> • Five segmented fruit • Some old/wilted leaves have deadly hydrocyanic acid; includes blackberry, raspberry, cherry, peach, plum. Leaves are safe when fresh & young. |
|---|---|---|

Survival Medical Options

Condition	From the Pantry	From the Wild	Have on Hand
Allergy (nose, lungs)	Horseradish, Ginger, Rosemary, Cayenne pepper	Rosemary, Peppermint	Peppermint Oil
Anxiety	Chamomile Tea	Lavender	Rescue Calm, St Johns Wort
Bites – insect	Baking soda paste, Onion	Plantain	Rescue Calm, Rescue Remedy, Insect Bite Remedy, Ionic Silver
Bleeding	Cayenne pepper		Quick-clot combat gauze
Blood Sugar	Cinnamon	Purslane, Burdock, Peach leaf, Juniper Berries, Black Walnut	
Bruises, strains or sprains	Tea bag, Chamomile tea bag	Comfrey, Plantain, Calendula, St. Johns Wort, Yarrow, Rose Hips, Lavender	EE oil, Lavender oil, Hyssop oil, Rescue Remedy
Burns	Raw Honey	Calendula petals/oil, Aloe Vera, Comfrey	100% cotton, Lavender oil, Ionic Silver
Colds	Sage, Thyme, Clove, Horseradish	Echinacea, Yarrow, Lavender, Rose Hips	Peppermint Oil, DE-P pills, Clove oil, WO,EE oils, Ionic Silver
Constipation	Black licorice (real), water, Flax seed	Barberry, Rose Hips, Plantain	Magnesium flush, Vit. C Flush
Cramps	Ginger root, Turmeric	Calendula, Evening Primrose	St. Johns Wort
Cuts, scrapes, wounds	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
Diarrhea	Potatoes, Banana, Applesauce	Mullein, Black Walnut (inner bark), Oak, Blackberry leaf	
Ear Ache	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
Edema	Corn Silk tea, Horseradish, Celery, Cucumber		
Fever	Cayenne or Ginger (induces sweating), Garlic Enema	Spearmint, Barberry, Yarrow, Rose Hips, Calendula (induces sweating)	Feverfew
Food Poisoning	Ginger, Thyme	Plantain	Rescue Calm, WO and EE oil
Headache	Chamomile tea, Rosemary, Thyme	Willow, Poplar, Aspen-chew inner bark, Lavender, Peppermint, Lemon Balm	Feverfew, Ginkgo, Peppermint oil, WO and EE oil, Rescue Calm

Condition	From the Pantry	From the Wild	Have on Hand
Heart	Chamomile, Cayenne	Willow, Poplar, Aspen (chew the inner bark), Hawthorn Berry	Wintergreen, EE oil
High Blood Pressure	Cayenne, Chamomile, Garlic	Rose Hips	Hawthorne, Circulation drops, Gingko, Niacin (flush)
Indigestion / Nausea	Peppermint tea, Ginger ale, Red Raspberry tea	Peppermint, Chamomile, Willow, Poplar, Aspen (chew the inner bark)	Peppermint oil, Feverfew, WO & EE oil
Infection – Bacterial	Garlic, Ginger, Salt water, Oregano, Onion poultice, Horseradish	Echinacea, Oak bark poultice, Rose Hips, Black Walnut green husk, Mullein	Iodine, Ionic Silver
Infection – Fungal	Garlic, Oregano, Coffee grounds (for external application)	Rose Hips, Black Walnut green husk	Tea Tree oil, DE-P pills, Iodine, Grapefruit Seed extract
Infection – Viral	Garlic, Thyme, Oregano, Elderberry juice, Onion poultice, Horseradish	Echinacea, Black Walnut green husk, Rose Hips	DE-P pills, Iodine, Ionic Silver
Itching / Poison Ivy	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
Kidney / Bladder	Cranberries, Ginger, Parsley, Garlic	Corn Silk, Rose Hips, Juniper Berries	Vitamin C, Cranberry capsules
Liver / Gall Bladder	Beets	Dandelion, Juniper Berries, Yarrow	Phos. Choline
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