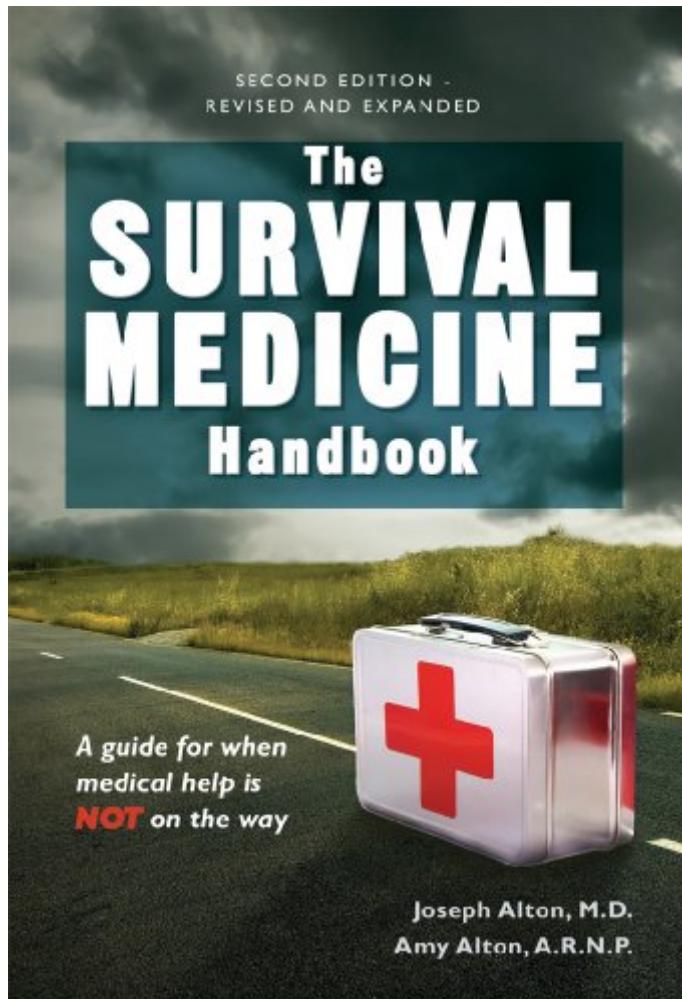


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# The Survival Medicine Handbook: A Guide For When Help Is NOT On The Way



## Synopsis

The Survival Medicine Handbook(tm) is a guide for those who want to be medically prepared for any disaster where help is NOT on the way. This book is written by Joe Alton, M.D. and Amy Alton, A.R.N.P., the premiere Medical Preparedness Professionals from the top survival medicine website [www.doomandbloom.net](http://www.doomandbloom.net). The expanded second edition of the 3 category bestseller (Survival Skills, Disaster Relief, Safety/First Aid) is geared to enable the non-medical professional to deal with all the likely issues they will encounter in catastrophic scenarios. The Survival Medicine Handbook (tm) is not your standard first aid book. It assumes that no hospital or doctor is available in the aftermath of a catastrophic event. This book will give you the tools to handle injuries and illness for when YOU might be the end of the line with regards to your family's medical well-being. In situation where medical personnel are overwhelmed and access to modern technology is limited or non-existent, The Survival Medicine Handbook(tm) is the essential reference book for every library. You'll find easy-to-read instructions on how to identify and treat over 100 different medical issues. The second edition also covers natural remedies for almost every possible medical condition in situations where modern healthcare is inaccessible. Here's just some of the topics covered:

Â MEDICAL PREPAREDNESS BECOMING A MEDICAL RESOURCE Â THE EFFECTIVE SURVIVAL MEDIC Â FACTORS TO CONSIDER WHEN PREPARING Â LIKELY MEDICAL ISSUES YOU WILL FACE Â MEDICAL SKILLS YOU WILL WANT TO LEARN Â MEDICAL SUPPLIES NATURAL REMEDIES Â ESSENTIAL OILS Â THE MEDICINAL GARDEN Â THE PHYSICAL EXAM Â THE MASS CASUALTY INCIDENT Â PATIENT TRANSPORT Â HYGIENE-RELATED MEDICAL ISSUES Â LICE, TICKS, AND WORMS Â DENTAL ISSUES Â RESPIRATORY INFECTIONS Â FOOD AND WATER-BORNE ILLNESS Â DIARRHEAL DISEASE/DEHYDRATION Â DEALING WITH SEWAGE ISSUES Â FOOD POISONING Â APPENDICITIS/ABDOMINAL PAIN Â URINARY TRACT INFECTIONS Â HEPATITIS Â PELVIC AND VAGINAL INFECTIONS Â WOUND INFECTIONS Â ABSCESSSES Â TETANUS Â MOSQUITO BORNE ILLNESS Â FUNGAL INFECTIONS Â HYPERTERMIA (HEAT STROKE) Â HYPOTHERMIA Â ALTITUDE SICKNESS Â WILDFIRE PREPAREDNESS Â TORNADO PREPAREDNESS Â HURRICANE PREPAREDNESS Â EARTHQUAKE PREPAREDNESS Â ALLERGIC REACTIONS ASTHMA Â POISON IVY, OAK, AND SUMAC Â RADIATION SICKNESS Â BIOLOGICAL WARFARE Â MINOR WOUNDS Â MAJOR AND HEMORRHAGIC WOUNDS Â SOFT TISSUE WOUND CARE Â WOUND CLOSURE/OPEN WOUNDS Â LOCAL ANESTHESIA AND NERVE BLOCKS Â HOW TO SUTURE/STAPLE SKIN Â BLISTERS, SPLINTERS, AND FISHHOOKS Â NAIL BED INJURIES Â BURN INJURIES Â ANIMAL BITES Â SNAKE BITES Â

INSECT BITES AND STINGS Â HEAD INJURIES Â SPRAINS AND STRAINS Â DISLOCATIONS  
Â FRACTURES Â AMPUTATION Â THYROID DISEASE Â DIABETES Â HIGH BLOOD  
PRESSURE Â HEART DISEASE AND CHEST PAIN Â ULCER AND ACID REFLUX DISEASE Â  
SEIZURE DISORDERS Â JOINT DISEASE Â KIDNEY AND GALL BLADDER STONES Â SKIN  
CONDITIONS Â VARICOSE VEINS Â CPR Â HEADACHE Â EYE PROBLEMS Â NOSEBLEED  
Â EARACHE Â HEMORRHOIDS Â BIRTH CONTROL, PREGNANCY, AND DELIVERY Â  
ANXIETY AND DEPRESSION Â SLEEP DEPRIVATION Â ESSENTIAL OVER THE COUNTER  
DRUGS Â A PRIMER ON PAIN MEDICATIONS Â NATURAL PAIN RELIEF Â STOCKPILING  
MEDICATIONS HOW TO GAIN ACCESS TO AND USE VARIOUS ANTIBIOTICS, ANTI-FUNGALS  
AND ANTI-VIRAL DRUGS Â EXPIRATION DATES Take responsib

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## **Customer Reviews**

This is probably a decent book to have for most preppers, but I'm really not certain it was worth \$35.00. It reminds me a little of "Where There is no Doctor" (\$20.00), but for preppers . There are a lot of western, orthodox concepts that are very applicable to post-disaster medicine, as well as

some that aren't, I believe due to lack of austere medicine experience on the part of the authors. All of the information in here is available from other sources, but if it's worth it to you to have it all in one book, then by all means, spend the money. The place that the book is extremely weak is in the area of alternative medicine, which would very likely be the area that a person needs to be strongest in if there really is a full collapse. Simply stocking up on pharmaceuticals is just not any kind of answer for the long-range disaster, primarily because of the fact that every single medical situation has to then be judged from a standpoint of rationing whatever you have, all orthodox pharmaceuticals will be looted before anything else, and in a nationwide (or worldwide) collapse, there will be a LOT of need for medical help. Although the authors stress the need for hygiene, sanitation, wound cleansing, etc., the part that people really need to know is plant medicine. This is no fault of the authors - they just don't have the experience in the area, so the herbal "remedies" they list (and it is just that - bare lists) read like the typical plantain-on-bug-bites 'advice' that you can find on even the least herbal-literate websites. In other words, useless plant medicine knowledge if you really want to try to put it to the test that a post-disaster puts everything to. This kind of thing isn't an empty field of information in the USA.

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