



Are You Prepared?

Having first aid and emergency supplies can give you peace of mind in a crisis

If you have a car, chances are that it has a spare tire, a jack and a wrench to remove lug nuts. This is because sooner or later, most people will experience a flat tire while driving a car. Being prepared with the proper equipment to change a flat tire (and the knowledge of how to use it) means you won't panic when you get a flat tire because you'll be able to fix it and handle the situation properly.

A flat tire is just one of the many situations where having the supplies and the know-how makes coping with a difficult situation a lot easier. A wise person knows the value of being prepared, because they realize that during their lifetime, they will likely have to deal with emergency situations from time to time. Some will be minor, like a flat tire or a short-term power outage. Others could be more serious such as a natural or man-made disaster.

Depending on where you live, you may have to deal with a natural disaster such as an earthquake, flood, fire, tornado or hurricane. Also, from time to time you may experience man-made disasters, such as wars, riots, economic problems or the spread of contagious diseases. Whether it is natural or man-made, these situations place extreme demands on medical and emergency personnel, who may not be able to come to your rescue for several days or even longer.

It's not negative thinking to recognize this; it's wise thinking. In fact, it's a lot easier to have a positive attitude about life if you've thought ahead and prepared for potential problems. Plus, you'll be calmer and less fearful in a crisis if you've made some preparations.

So, it's both realistic and wise to acquire the supplies and the knowledge you need to take care of your needs and the needs of your family for at least a few days in an emergency. The Federal Emergency Management Association (FEMA) recommends you have enough water, food and supplies to take care of your needs for at least 72 hours, but in recent natural disasters, many people were without power or water for one or more weeks. So it's wiser to prepare to take care of your needs for a week or two, but any preparation will be better than none.

Getting Started in Being Prepared

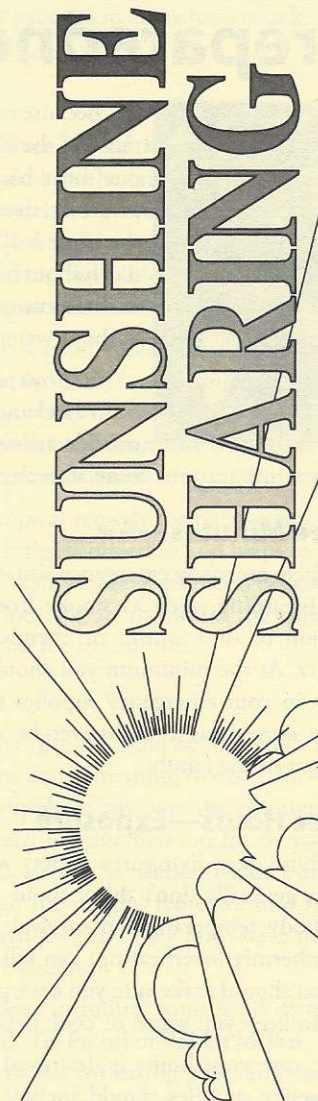
The first step in getting prepared is to assess your own situation and figure out the types of potential emergencies for which you should be preparing, such as tornados, hurricanes, earthquakes and so forth. Your preparations will depend on where you live and the types of problems you are likely to face.

You also need to evaluate the specific needs of your family. How many people will you need to feed and for how long? What space do you have available for storage? Are there any family members with special health needs, such as diabetes or thyroid medication? Is there a possibility you may need to evacuate? Take these things into consideration as you make your emergency preparedness plan.

It's also important to remember that preparedness isn't just about storing supplies, it's also about attitudes and planning. Preparedness is not an "Oh, no, I've got to do something!" panic; it's a sensible approach to life that acknowledges, "Bad things can happen, so I'm prepared and willing to meet those challenges."

For example, remember that cell phones may not work in an emergency, so have a plan of where to meet and make sure every family member knows it. Another thing everyone ought to know is basic first aid so you can deal with wounds, injuries and illness. If you have taken steps to think about and prepare for emergencies in ways like these, you'll feel more calm and secure when an emergency situation does arise.

Inside this issue of *Sunshine Sharing* you'll find information about the basic supplies you should consider for a 72-hour (or longer) kit and for a natural first aid kit. These are only general suggestions to get you started. Customize them for your own needs and situation.



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Your guide to better health the natural way.

Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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Preparedness Basics



Because most of us live in relative security most of the time we don't think much about our most basic survival needs. One way to prioritize those needs is to think in terms of the triple 3-30 rule, which means that you can die in about 3-4 minutes without air, 3-4 hours with exposure to excess cold or heat, 3-4 days without water and 30-40 days without food.

So, your priorities should be air, protection from the elements, water and finally food. Other considerations, such as first aid, sanitation, light and communications come after that.

Three Minutes—Air

There are many emergency situations that could create problems with breathing, such as smoke from a fire, dust from a volcanic eruption or dust storm, or chemicals from an industrial spill or disaster. At the minimum you should keep some bandanas or dust masks in your emergency supplies to cover your mouth and nose, and in some areas it might even be wise to have a gas mask for each member of the family.

Three Hours—Exposure

Those of us living in a society with heated and air conditioned homes generally don't think about the importance of maintaining core body temperature in survival, but hypothermia (freezing) or hyperthermia (overheating) can kill a person in a matter of hours. So, you should make sure you have proper clothing, shelter and supplies to keep you warm or cool, depending on the weather.

In case your home is destroyed or you have to evacuate, your emergency supplies should include appropriate layers of clothing to keep family members warm or cool and supplies to shelter you from the elements, such as blankets or sleeping bags and a tent or tarps with rope. In hot climates be sure to store extra water. In cold climates you should consider having some kind of emergency heater (rated for indoor use) in case of a power outage.

Three Days—Water

At minimum, you should have at least a gallon of water per day per family member in storage. So, for a 72 hour kit, you need three gallons per person, for a week 14 gallons per person. Avoid storing water in glass, especially if you live in an earthquake zone. When storing water you can add 1 oz. of **Silver Shield** per 10 gallons to help keep the water pure during storage.

You should also store supplies to purify water in the event of an emergency. If you have a heat source, boiling water is very effective but takes a lot of time and energy. There are various brands of hand pump water filters you can purchase at stores which sell camping and backpacking supplies, which are very effective.

You can also store water purification tablets, iodine, chlorine bleach or Silver Shield to disinfect water. To purify water with Silver Shield, add a teaspoon per gallon, mix thoroughly and allow it to stand for at least 20 minutes before drinking. If the water is turbid (had dirt or algae in it) filter it through something and add twice as much silver.

Since purified water doesn't always taste good, consider keeping some packets of **Solstic Twenty-Four** or **Solstic Immune** in your supplies. You can add these to the water to improve the flavor and to provide extra nutrition or immune protection.

Thirty Days—Food

Although you can live for a longer time without food than you can without water, your energy levels (and your ability to cope with problems) will plummet if you don't have some food to sustain you. When storing foods for a 72 hour kit or short-term (1-2 week) emergency, think in terms of foods that don't need a lot of preparation. Dehydrated foods may be light-weight, but you need water to rehydrate them before you can eat them. Even if you have a heat source, you may not have the time to cook in an emergency. So, the best food to store for short-term emergencies is food that does not require much preparation or cooking.

Dried fruit, nuts and trail mixes are great because they provide plenty of energy and can be consumed on the go. Whole grain crackers, peanut or almond butter in plastic (not glass) containers, protein or energy bars, and canned meats, like tuna fish or sardines in packages that don't require a can opener, are also good choices. You can also get military rations or other foods in foil pouches.

For longer term needs, consider foods like whole grains (brown rice, millet, oats, etc.), legumes (lentils, beans and peas) and raw honey. All these foods store well and are easy to cook and prepare. Whole grains and legumes combined provide complete protein and honey provides quick energy. You can also store canned or dehydrated foods, some type of fat (canned ghee, olive oil or coconut oil) and some salt and spices. However, one word of caution—don't store anything you don't eat. You need to regularly rotate and replace whatever you choose to store.

Other Considerations

In addition to the basic emergency supplies, here are some other things you should consider having on hand:

Lighting: Keep a flashlight (or two) on hand along with some candles for emergency lighting. Be sure to store extra batteries, too.

Communications: A battery powered radio is helpful so you can listen for news. You can purchase units that have built-in flashlights, solar panels and wind-up generators to recharge the batteries.

Cooking: Store some matches, lighters and other ways to start a fire and consider what you would do for cooking in an emergency. An outdoor grill or camp stove are good options, but don't use them without proper ventilation.

Sanitation: The last thing you want in an emergency is to get an infection and become ill, so make sure you have some way to handle waste and keep things clean if the water is shut off. A camping porta-potty or a five gallon bucket with a seat (and some dirt or sawdust to cover the waste) works. And don't forget toilet paper, soap and some disinfectant, like **Silver Shield Gel**.

Emergency Cash: When ATMs are down and banks are closed, you will need some cash in case you need to purchase supplies.

Bug-Out Bag: Keep your supplies in one place in a pack or portable container in case you have to evacuate.

Other Ideas: Other good supplies for emergencies include: duct tape, a multi-tool, a high-quality knife, a sewing kit and personal supplies (i.e. toothbrush).

First Aid Kit Suggestions



If you or someone close to you becomes injured or ill during an emergency situation, it may be a while before you can get medical help. Therefore, it is wise to have a first-aid kit on hand. The suggestions here are for a first aid kit based on herbal and natural remedies, as well as standard first aid supplies. These can be kept in a large tackle box, small suitcase or a small backpack.

Basic First Aid Supplies

A good first aid kit should include these standard supplies.

- A variety of adhesive bandages, roll of gauze, gauze pads, butterfly closures and medical adhesive tape
- Rolled elastic bandages for wrapping sprained ankles or other large injuries.
- A pair of scissors for cutting bandages and clothing
- Tweezers and a needle for extracting slivers
- Compress dressings for bleeding (sanitary napkins will work in an emergency, too)
- Non-latex gloves and surgical face masks to protect yourself from infection
- Oral thermometer (non-glass, non-mercury)
- Triangular bandages for slings, head wounds and numerous other uses
- Sam splints—flexible metal splint for helping to brace arms, necks or other injured areas
- Hydrogen peroxide and/or rubbing alcohol for disinfecting wounds and first aid tools
- Individual packaged alcohol wipes for cleaning hands
- Cotton balls for making compresses
- A first aid manual, which you should study before you are in a real emergency.

In addition to these basic supplies, you'll need a variety of remedies for health problems you might encounter. Here are some suggestions to get you started.

Remedies for Shock and Stress

One of the first problems you'll encounter in any emergency is emotional distress. Shock and panic are common reactions, and both make it difficult to think clearly, which is essential for survival. That's why **Distress Remedy** should be included in your first aid and emergency supplies. This flower essence blend can help a person become more centered and aware in a crisis situation, allowing them to remain calm and clear-headed. It can also be applied topically as a first aid remedy for minor injuries such as cuts and abrasions.

It's also good to have a remedy to help reduce anxiety and stress. **AnxiousLess™** would be a great choice for adults and **Stress-J liquid** a good option for children.

Capsicum Extract is very useful for treating shock. Simply administer 10-15 drops orally (or empty the powder from one capsule and put it directly in the mouth). It will also help to stop bleeding, both taken internally and applied topically.

Lobelia Essence is another good first aid remedy. Used along with Distress Remedy, it can ease panic attacks. It will also relax muscle spasms, ease pain, induce vomiting in food poisoning (in

large doses) and open bronchial passages in an asthma attack. It can be applied topically to insect bites.

Remedies for Infection

Silver Shield liquid and **Silver Shield Rescue** gel are highly valuable remedies for your first aid kit. The Silver Shield Rescue can be applied directly to open wounds to prevent infection and also makes a great hand sanitizer to prevent the spread of infection. The liquid can be taken internally to help fight infections as well as used to help purify water for drinking as described on the previous page.

High Potency Garlic is also a good choice for a natural infection-fighting remedy. It is primarily useful for gastrointestinal infections and infections in the lungs. Other options include **Ultimate Echinacea** (for children and adults) and **Immune Stimulator** (for adults) to boost immunity and prevent illness.

Tea Tree oil makes a great topical remedy for burns, cuts, abrasions and other minor injuries. It fights infection and helps to speed healing of tissues. A good disinfectant essential oil blend is **Essential Shield**, which can be diffused into the air to inhibit the spread of infection or diluted in a carrier oil for topical use.

Remedies for Pain

There is a high possibility that people could be injured in a serious natural disaster, which means that something to ease pain would be very useful. You can keep a supply of any over-the-counter analgesic (i.e. aspirin, acetaminophen) in your first aid kit or you can opt for more natural alternatives, such as **IF Relief**, **Relief Formula** and/or **Curcumin BP**. Although the natural remedies may not be quite as strong as some drugs used for pain, they don't have the side effects and can actually promote healing.

You may also want to consider including some kind of topical analgesic such as **Deep Relief oil**, **Tei Fu oil** or **Tei Fu lotion**. These remedies can be massaged into tissues for easing pain. You can also mix equal parts of Capsicum Extract and Lobelia Essence and massage them into the skin for muscle aches, back pain and sore throats. Tei Fu is also useful for insect bites and stings and the vapors can be inhaled to ease respiratory congestion.

Remedies for Injury

Remedies that speed the healing of injured tissues are also useful in first aid supplies. The ability to help injuries heal faster is an area where natural remedies excel over their pharmaceutical counterparts. Besides the Distress Remedy and Tea Tree oil mentioned earlier, you could also consider including **Aloe Vera Gel** for burns,

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Additional Help and Information

For more information about emergency preparedness and first aid using natural remedies contact the person who gave you this newsletter. You can also consult the following sources:

When All Hell Breaks Loose by Cody Lundin

Just in Case: How to Be Self-Sufficient When the Unexpected Happens by Kathy Harrison

Wilderness First Aid: Emergency Care In Remote Locations Paperback by American Academy of Orthopaedic Surgeons

Where There Is No Doctor: A Village Health Care Handbook by David Werner and Carol Thuman

Free webinars and information on preparedness by Steven Horne: <http://stevenhorne.com/categories/webinars/preparedness.html>

Are You Prepared?

Experts say that you have a 50-50 chance of being involved in a natural disaster of some kind during the course of your lifetime. That alone gives us reason to make preparations to handle emergencies. When you also factor in the possibility of war, economic breakdown, power outages and other man-made emergencies, it is likely that at some point in your life you will need to be ready to cope with an emergency situation where help from medical and emergency response personnel like police and fire may be days (if not weeks) away.

Being prepared to take care of yourself and your family in the event of an emergency can provide you with peace of mind and reduce panic and fear when difficulties arise. This issue of Sunshine Sharing will give you tips on how to start preparing for emergencies, so you can be ready when difficulties arise. So, look inside and get started creating your own emergency preparedness plan and supplies today.

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Golden Salve for minor injuries and **Nature's Fresh Enzyme Spray**, which can be used topically for sunburn, abrasions, bruises, skin irritations, rashes and minor injuries.

Activated Charcoal

Activated Charcoal is a must for any first aid or emergency kit because of its numerous applications. It can be administered internally for food or chemical poisoning as it adsorbs toxins. It is also a useful remedy for vomiting and diarrhea. Topically, it can be applied to cuts and wounds to draw out infection and can be used as a poultice for poisonous bites of spiders, insects or snakes.

Other Remedies to Consider

In the event of a nuclear disaster, taking potassium iodide will protect your thyroid from radiation. So it's a good idea to include

potassium iodide tablets, Iodoral or Lugol's solution in your first aid kit. The iodine can also be used to purify water for drinking.

Other remedies to consider include a decongestant like **ALJ**, **Histablock** for allergies and **Solstic Revive** for electrolytes. Also include remedies for any special health problems in your family.

The following may also be helpful in your first aid kit or emergency preparedness supplies.

- A flashlight that straps around your forehead, which allows you to have both hands free while working on someone
- Sunscreen and lip balm
- Insect repellent
- Instant hot and cold packs

You don't have to assemble everything all at once. Get started with some basics and add a little more to your emergency kits each month. In a short time you'll be well prepared to handle any emergency. If you're prepared you'll have greater peace of mind and won't panic in a real emergency, so start preparing today.

