

# PREPARE

Encouraging, Empowering and Enriching Your Journey

August 2012



Asthma Solutions



Medical Preps



Bacteria and Germs



Grid-down Sanitation



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# Letter from the Editor

Summer is almost over. With the fast approaching changes in weather and with many students heading back to school, most of us worry about the health issues our families may face during these changes since we may not have ample funds or insurance. In this August issue of PREPARE Magazine we focus on Alternative Health & Medical Care. We wanted to share just a few ideas to help broaden the options when faced with health and medical issues.

It is always amazing to read what this great group of contributors is able to share in such wide variety on a seemingly singular topic. We are truly blessed to work with a gifted group of dedicated writers. As an example, herbs and natural options are the theme in the article: Rethinking Your Medical Preps. Whereas the practical subject matter (and delicately discussed natural bodily functions) of the article: Sanitation in a Grid-Down Situation prove to be a much needed health focus of dealing with waste. From budget ideas to tea-tree oil, bentonite clay and lavender- this issue begins to shed some light on how wide our options are for Alternative Health & Medical Care. Sound advice from a Board Certified Physician can be found in the article: Asthma Solutions. Explore the differing approaches between the Traditional Medical Approach vs. Natural Remedies in the article: The Band-Aid Approach.

Even though not all inclusive of every Alternative Health & Medical option out there, we hope this issue begins to bring you hope and ideas for alternatives. But much like the disclaimer on the vanilla sugar-cookie scented candle that says “Do Not Eat”, we would be remiss to not remind you that these are merely suggestions and not intended to diagnose or treat anyone. Please do your due diligence to find what works best for your family’s needs.

As summer draws to a close and the fall season is coming upon us, we are thrilled by all of the support and encouragements that we have received from those of you who have read and shared PREPARE Magazine. You are invited to be actively involved by submitting Community Events in your area and taking the polls found on our website. Perhaps you have something to share? We invite you to read how to Submit Articles and please feel free to do so! We would be delighted to have your help to encourage, equip, empower and enrich the journey of those who are preparing for the days ahead.

Thank you for reading and we hope you enjoy this special digital issue of PREPARE Magazine!

# Asthma Solutions

By: Dr. Bob Olson, Physician Branson MO

Lots of questions come to me regularly from preppers about what to do long-term for asthma. The old inhalers used to be active longer and could be stored for at least a few years under ideal conditions and retain their effectiveness. Not anymore thanks to our current Federal government.

Inhalers all have, by law, changed over to the more “green” HFA type delivery system now. In 2008, the Feds in their infinite wisdom (under Bush by the way), decided to comply with the 1987 Montreal Protocol for Substances that Deplete the Ozone Layer which included the CFCs found in our inhalers. Prior to that, the old CFC propellant inhalers were considered to be “medically necessary” and were exempt from the actual international treaty signed by the US in 1989. The HFAs were developed long ago and commercially for inhalers in 1994, but since they were not generic and the actual CFC contribution to the ozone depletion was zero, the CFCs lived on through a couple decades of peace. The actual consultant to the FDA is quoted as saying: That CFC

inhalers release negligible amounts of the propellant and do not pose a threat to ozone depletion; however, in 1987 (1989 actually) the United States and 185 other countries signed the Montreal Protocol, a treaty for the complete withdrawal of all CFC products. CFC inhalers were considered medically necessary until the development of HFA

inhalers. (Leslie Hendeles, University of Florida professor of pharmacy and pediatrics and consultant to the FDA)

Quite hilariously, the environmental groups were not happy at the time with HFAs because they contribute to “greenhouse gases” too, but one cow contributes the same amount

*“...Each of the workers wore his sword at his side as he worked...”  
- Nehemiah 4:18*

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of “greenhouse gas” in the form of methane as 10 asthmatics per day, so they focused on cow reduction. Wow, hippies sure are entertaining! While cows still seem to run amok polluting the world with their delicious steaks, the HFAs replaced the much more evil CFCs to solve all the worlds’ holy ozone problems. Just because they don’t work as well is no concern to the environmental masters, for they know better than we ever could.

The real problem is that the new HFA inhalers do not last as long as the old CFC inhalers (only 2 months for Ventolin once opened), they are MUCH more expensive (three times on average), and are not as powerful. No big deal in our constant spending, super-wasteful, refill-monthly society, right? Well, in terms of prepping and being ready for any disaster, it sure does make a difference. So, at best, storing inhalers at optimal conditions will probably last a year at best. What is a prepper with asthma or a concerned parent to do to help make the future safer for themselves or their family? Anyone that saw the absolutely heart-stopping scene in the movie “Signs” can appreciate the fear of a parent with an asthmatic child looking towards the rocky future that faces us.

So, now that we are stuck with HFAs forever, we might as well live in the real world and do the best we can. The solution of stocking up on the HFA inhalers and “hoping for the best” is not a good one. Luckily, albuterol has been around for a long time and is available in tablet form. While the tablet is slightly slower in delivery than the HFA physiologically, it is stable long term when stored properly. Albuterol tablets

are seriously as cheap as dirt and readily available. The 4mg tablet is roughly equivalent to 2 puffs of an inhaler of albuterol, and lasts the same amount of time. 1/2 a tablet is roughly equivalent to 1 puff of the albuterol inhaler. Therefore, it is really simple to transition from puffs to tablets for most patients. The only real reason that doctors don’t prescribe tablets of albuterol is that they don’t have to. Most insurance covers inhalers, and patients that are wheezing or short of breath prefer something delivered via inhaler to a pill. The only time that my prescription pad was used to write for albuterol tablets was when a patient was intolerant to inhalers altogether and therefore the pill was the only option. But, that was the old, non-prepper me.

The dosing needed for most people for the tablets is 2 to 4 mg orally 3 to 4 times a day. This may increase stepwise to a maximum of 8 mg orally 4 times a day. Similar to albuterol inhalers, some people need more than other people to control their symptoms. The interesting thing about the tablets is that the dose will be the same whereas the inhaler dosing will vary by the effectiveness of the inhalation method used by the patient. So, sometimes folks using their inhalers in-effectively will get by with LESS dosing as it is steady rather than variable, but again, this is something that will vary from one patient to another and will also vary day to day with allergen and trigger exposure within the same patient. The key is of course having the medication to use, so start working with your doctor to try and procure the albuterol that you may need now and in the future. Unfortunately for us all, the barri-

ers to helping folks are high and the future unclear. We here at Surviving Healthy are continuing to work towards being able to do consultations for chronic medical conditions like asthma in the near future, but nothing is yet developing here in our home state.

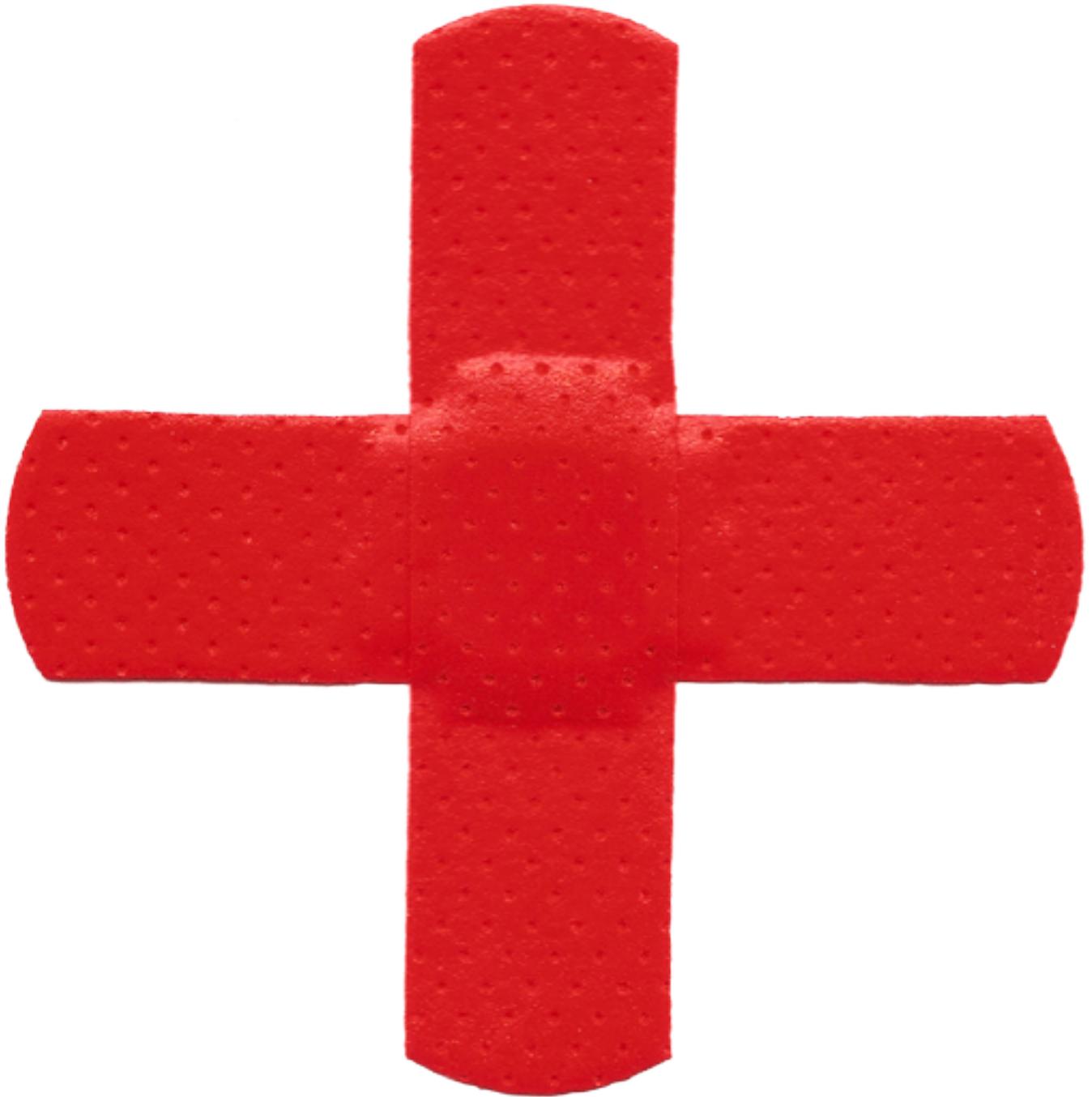
Talk to your doctor about a trial of tablets to have as a back-up and then try them for effectiveness. See if you can then have your doctor prescribe both tablets and inhalers so that both methods are available. Try to refill the tablets often and store effectively for use in the future. When stored properly, a tablet medication like albuterol will be biologically effect for many years after its expiration date, see the “Expiration and Storage” tab on the header of our website for more details.

As always, from a legal and common-sense standpoint, any change in medication without consultation with your doctor is NOT recommended and should be done only under the guidance of a physician. This article is not intended to treat, diagnose or prescribe. It is intended simply to encourage you to seek other options.



# The Band-Aid Approach

By: Lisa Puffer



I find that the Band-Aid is a good symbol of my feelings towards the traditional medical approach to patient care.

What are Band-Aids? They are made of a thin rectangular piece of plastic or medical cloth with adhesive on the underside. Cotton is used as the absorption pad. The “skin” color of the adhesive bandage seems to be an attempt at concealing the truth of the wound. Only on rare occasions do I find Band-Aids to be of any value. In such cases they are quickly disposed of at the first opportunity! Now I realize that everyone responds to Band-Aids differently, this is just my experience.

When one is young there’s always some heroic soul ready to rescue you from the slightest bump or scratch. On one such occasion I had a little cut on my leg. Young, inexperienced, and certainly uneducated about Band-Aids, I tearfully accepted the little rectangular ‘sticker.’ The very first thing that I noticed was that walking caused the Band-Aid to pull on my skin and hairs as the underlying muscles flexed and relaxed. It was most uncomfortable, and soon became very annoying. Of course I ran right back to my playing. The Band-Aid quickly collected dirt and other microscopic organisms. The poor little scratch became infected. But there was a skin colored Band-Aid covering the problem so no one could tell!

As time passed I found myself holding the area still so that the Band-Aid wouldn’t pull on the hairs and underlying skin. Any bump, tug, or pull caused discomfort. Once the wound stuck to the cotton surface of the Band-Aid and that was unbearable! Shower time was the last straw. The Band-Aid got wet, stinky, and miserably frustrating.

Removal. The word itself sounds

frightening, at least to me. In my short lifetime I’ve experienced two Band-Aid-removal approaches. There’s what I call the “slow removal,” and then there’s the “Mom removal.” Let me explain. Slow removal is simply pulling the Band-Aid off gradually, cautiously, with great concentration and focus, occasionally making a face or two as the hairs are slowly extracted one at a time. The “Mom removal” is much quicker. There is agonizing anticipation, one mighty yank, intense pain, followed by a terrible burning sensation for the next few minutes. Other side effects include redness, tenderness with a hint of rashing, as well as extraction of the underlying hairs. All this is often accompanied by a loud wail and many tears. Not a pretty picture!

The Traditional Medical Approach  
My first memory of the traditional medical approach was childhood vaccines. There were big needles, nurses who claimed to be on my side, and a painful wound to annoy me for a while after (along with the application of those lovely Band-Aids). Mom tried to take care of all our medical emergencies at home. We had the normal rounds of colds, flu, chicken pox, etc.

I don’t remember much of hospitals or pills. Mom radically changed our diet when we were still young, so we had the advantage of having good health. My dream was always to be a nurse, and when I reached an age where I started looking into careers, I did my research and realized that a significant part of the RN’s work is the administration of drugs. That surely didn’t interest me, so I moved on to other possibilities.

It was when I started helping out at lifestyle centers that I realized more fully the negative effect that drugs

are having on our society. The hospitals are growing in size, yet the population’s health is declining. Maintaining health has become a lost art.

In my studies recently, I am seeing the devastating effects that current health care protocols are having. It reminds me of the Band-Aids. If I was constantly cutting myself and applying Band-Aids to cover the cuts, you would think I was crazy! You would say, “Quit cutting yourself!”

I could argue that, with Band-Aids you can’t see the cuts, so there really isn’t a problem. This is how I perceive the traditional approach to medical care. We are destroying our health by our lifestyle and then using drugs to cover up the problem. The analogy breaks down when we consider that Band-Aids don’t have seriously injurious side effects. Drugs do. They destroy health in unexpected ways while masking the problem for which the drug was recommended.

Her name eludes me, but her face is etched in my memory. She was short, with white curls rolled up into a symmetrical pattern across her forehead. When she arrived at a lifestyle center where I was working, we plodded back and forth between her run down Oldsmobile and the room. That’s when I saw her medications: Three medium-sized plastic bins full of the pills that this poor lady was taking on a regular basis. When we took her medical history, most of the time was consumed in writing down the medications that she was taking, morning to night, week to week, and month to month. Never had I seen one single person take so many pills at once! I wondered how she had room in her digestive system for food!

So why was the dear lady taking so

many pills? Hypertension had surfaced years prior. She was given the medication to alleviate the symptoms, but she continued with the lifestyle that caused the problem. She developed some undesirable side effects from the first drug, so they added another drug. Over time the new drug further complicated her situation, so more drugs were prescribed to cover those problems. Symptoms multiplied with similar results until the dear lady had more drugs than she knew what to do with, along with a very long list of unresolved miseries! Her life was now endangered.

So can this cycle be broken through the continued use of the traditional approach to medical care? Can multiplied drugs bring the patient back to living a normal life? Almost never. Very seldom does anyone have an immune system strong enough to overcome the ailment and the drugs! Only rarely does a drug medication actually assist the body in eliminating the real problem. That's the reason that I correlate drugs to the

Band-Aids. Band-Aids, like medications, have their time and place, but in my opinion they are used altogether too frequently and freely. Even cutting the problem out with surgery often fails to bring permanent relief. The cause of the problem is still there, so the problem resurfaces. Then there are more drugs, and sometimes procedures that leave the patient dependent on drugs for the rest of his life. This happens. I've seen it.

It seems to me that in our traditional health care we are spending our time cleaning up spider webs without killing the spiders.

#### The Natural Remedies Approach

The spider is almost always related to lifestyle. Remedying the problem simply, effectively, and without side effects, is the experience of natural remedies. It's the prescription that cures. When applied, the natural remedies bring about a sense of relief, while rejuvenating the body and restoring it to its normal condition. The remedy can

usually be applied in the comfort of one's own home! It is cost effective, provides a sense of accomplishment, and cultivates positive character qualities.

Natural remedies begin with the principles which God placed in operation in nature; things as simple as fresh air, sunshine, rest, a well-balanced diet, and exercise. Depending on the situation, herbs may be used to help boost the immune system, lower blood sugar, relieve the body of water retention (as is common with HTN), clear rashes, aid in the healing process of bone, tendon, and muscle. Water, used in the form of hydrotherapy has a profound effect upon the whole system, encouraging and stimulating circulation.

When one has good circulation that lends to having good health. Poor circulation means that one will have poor health. If the blood is not pure when it circulates through the brain, it fogs and numbs the mind. This keeps one from being able to discern right from wrong. Drug medications also numb the mind. Probably the single most compelling reason that I use the natural remedies above the traditional medical approach is that I've fallen in love with the Creator of the universe, who has set in motion all of the laws of nature. When my mind is in a medication-induced fog, I cannot clearly discern His voice to my soul as He works to call me to a higher standard. And while we live in this sin-stricken world there is still hope of regaining health of body. Even more important is health of mind! I have seen and experienced something dramatically different from what the greater portion of the population has experienced. My passion is to teach people about using the simple things in nature to find healing to both mind and body.

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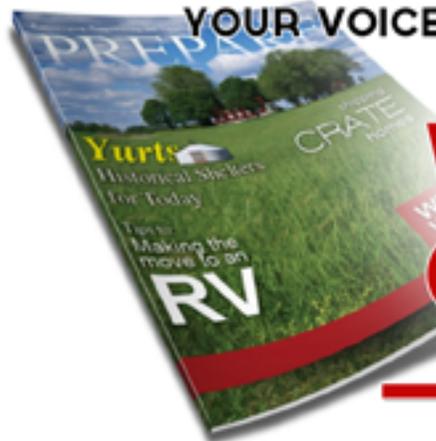
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YOUR VOICE MIGHT BE HELPFUL TO OTHERS

by Terry Coffee, Herbalist

# Rethinking Your Medical Preps

I first want to thank the folks at Prepare Magazine for this opportunity to express my views on some Alternative Medicines. As an Herbalist I saw firsthand the value of being prepared for the worst when a thunderstorm hit on June 29th 2012. The storm affected states from Illinois through Washington D.C. I guess some four to five hundred thousand people went without electricity and, as I write this, there are still people without electricity. The one question I have been noticing people asking in forums, newspaper articles and even in television interviews is: "How can they keep their medicines cool without electricity?" Now the real question as I see we should be asking is: "How can I get off the medicine in the event of further situations?" As we just

saw it does not have to be nationwide SHTF event. Even with a local event as this one was, notably a lot of people were affected. We are prepping with food, water, clothes, extra this and that but I have not heard of prepping our bodies to be able to deal with an uncertain future. Here, we saw physical attacks at the grocery stores over water and ice. Just imagine what it will be when the DRUG stores go empty. By law you can only get so much medicine to stock up with and when the supply chain is broken you may or may not get any more. Our health should be on our prepping list. Let's look at getting off all our medicines so we can devote the extra money and space to food or water. In my beliefs as an Herbalist we must clean the body out and feed

the body what it needs to heal itself with top quality organic herbs and food. This will be the first step in our body preps. The products I recommend and use are Dr. Christopher's formulas. They use only the finest and truly organic ingredients in all of their products. The cleansing kits they offer are second to none in my opinion.

Now that we have the job started in prepping the body, let's start by looking at herbs to prep with.

Cayenne, Yes, the Cayenne pepper you cook with, has so much more to offer than what people have been led to believe. Yes, you can use it to cook with but say while you are cooking you cut yourself. Infection sets in, you could lose an appendage or your life. Serious stuff in a SHTF event, but with Cayenne it will stop all the bleeding in about 10 seconds and will prevent any infections in the wound. Now let's say someone there with you sees your blood from the cut and goes into shock. Well, Cayenne again, taken in warm water, and BINGO - Cayenne will bring him/her out of shock and level out blood pressure. We could go on and on about all the virtues of this Herb.

Let's look at something that is simple to deal with now but could become very bad; a cold, flu or pneumonia. Garlic. 'What?' You say. 'Garlic?! Well I put Garlic on my pizza and you are telling me to do what with it?!' Garlic is the best anti biotic the world has ever known. Garlic is also anti-viral, anti- microbial and will knock out a cold in about 24 hours and will not affect any intestinal flora. Garlic has many uses inside and outside the body. Garlic will also be a preemptive to colds and flu as it stimu-

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lates the immune system which this will be a must in a SHTF event. Everyone has heard of the plague that ravaged Europe in the dark ages, right? Now at that time people in England would dig up graves to steal the valuables. Most of the ones that did came down with the plague but there were three thieves that did end up being caught at the end of the plague. At their trial they were asked how they managed not to get the plague. They stated that they ate a lot of Garlic and had Garlic soup before they dug up a grave. The power of Garlic! Garlic's little cousin, the Onion, which has often been used in place of Garlic is not as powerful as Garlic. The extra benefit of using Garlic is that no self-respecting insect will come around you when you've eaten it. So there is no need to worry about the West Nile Virus. You even enjoy it on your pizza.

Here in the central USA we have a plant that works great in building up and stimulating the immune system, but needs to be used sparingly: Goldenseal or what we call it here, Yellow Root. Goldenseal has been used in everything from eye infections to upset stomachs and even to dye fabric. It really shines when it comes to skin irritation, infections or in sore throats. But this herb should be used sparingly and women who are pregnant need not use it at all as it has a high tannin content. This next Herb I would suggest is Mullein which is the best for any glandular issues. Mullein I think is one of the easiest Herbs to find as it is soft and furry. You can take the flowers from the Mullein plant to ease cough and sore throat. A mixture of Mullein and Garlic oil is great for ear infections. Also as a first aid treatment for burns since

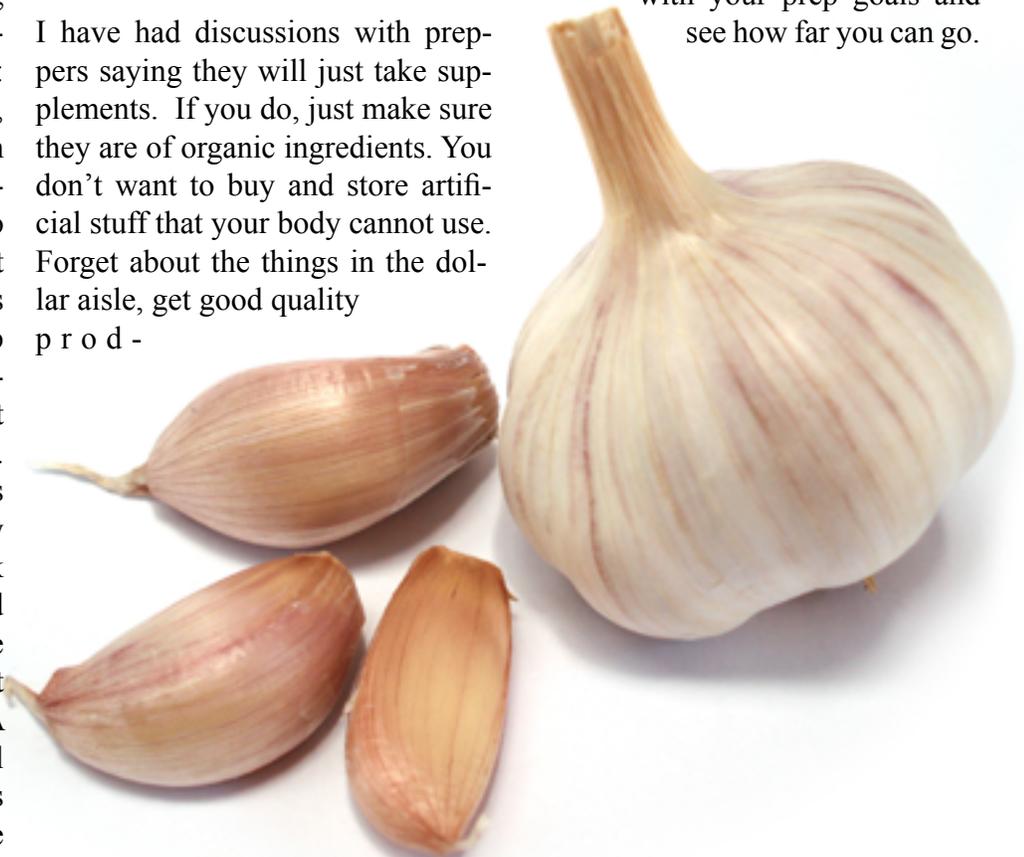
it soothes and is anti microbial to prevent infections. Crush up some leaves dry or wet and you have a power house of herbs to do nothing but good.

The last Herb I would like to talk about is an Herb that grows in everybody's yard. No it's not Dandelion but OH what a powerful Herb that is for people who deal with Kidney trouble and Cancer! The last Herb I want to introduce is the Plantain. It is an old plant with a punch that Cassius Clay would be envious of. The Plantain has historically been used for stings and bites and other skin irritations and it also has been use on malignant ulcers. It is a great source for vitamin C, A, and K. The seeds can be used as a laxative and the American Indians use this as major ingredients in their snakebite remedies. Chopping up the leaves and adding a little water will make a gooey, green soap which you can use to keep clean.

I have had discussions with preppers saying they will just take supplements. If you do, just make sure they are of organic ingredients. You don't want to buy and store artificial stuff that your body cannot use. Forget about the things in the dollar aisle, get good quality  
p r o d -

ucts. Your life may depend on it. I hope this little bit of information stirs something in you and you will go out and gather all the books you can on the area that you live in. Learn what you need to be able to take you and your family's health into your own hands, the hands that really care. There is no one that will do a better job than you. Take responsibility and learn now while we still have the resources. Many of the old books on this subject are being discontinued or destroyed.

These are just a few Herbs that I have and I hope you will have also. Go out and find other ones that I've not mention as they may be better suited for you or growing your area. I am the Northeast Kentucky. You may not have these Herbs but there will be some you can use to substitute. I hope you think a little differently on your medical preps now and how to handle your health even better. Set some health goal along with your prep goals and see how far you can go.



# One Wonder of Bentonite Clay

By: Donna Miller

On one particularly hot and muggy summer afternoon, my wonderful husband came home from having worked on clearing brush from around the barn. He had jumped into the creek to wash off the yard décor that covered his entire body and continued to cool off on the porch. It was a couple hours before the real shower took place or the need to be presentable. This was far beyond the recommended time lapse to deal with what was, at the time, an unknown invader ... poison ivy. All the natural remedy notes tell you to wash immediately. Well, it was too late.

Never having had a reaction before, we assumed it would be mild if anything. Again, surprise! It was so severe that his shins and forearms (the hardest hit areas) began to appear taught and red and were hot and shiny even on the areas that were not broken out in bumps. To top it off – he who never gives in to sickness –attempted to brave it and began to run a fever and exhibit flu-like symptoms. Even without a complaint, I knew, my man had it bad.

We tried several herbal remedies that may or may not work for other people to find only short-lived symptomatic relief. Then it dawned on me, yet I'd not read it anywhere, to try [bentonite clay](#). The clay is well known to draw out toxins and

dry up oil (as a facial mask) and is used as an ingredient in many other herbal poultices. It was worth a shot.

Rather than blend concoctions and not be sure which ingredients were affective and which ones were not, like introducing a new food to an infant – I opted for the pure approach. Our daughter was the one to administer the natural trial remedy first. She mixed pure [bentonite clay](#) with water to make a smooth yet semi-heavy paste. She then placed plastic gloves on her hands and spread it on his shins while I doctored his forearms. After about an hour of drying, he rinsed off in cool water

to find a much more realistic skin tone and color. The blisters had decreased in size and the 'oils' were no longer excreting from them.

The next day, he treated himself and left the clay on almost half the day. After that, it was rinsed off and the poison ivy rash was virtually gone. By the third morning, he woke up and it was gone.

This wonder-'dirt' (not dirt at all) has far more beneficial properties both for internal and external use. I was simply astounded to find out a use and remedy that I'd not seen written anywhere.

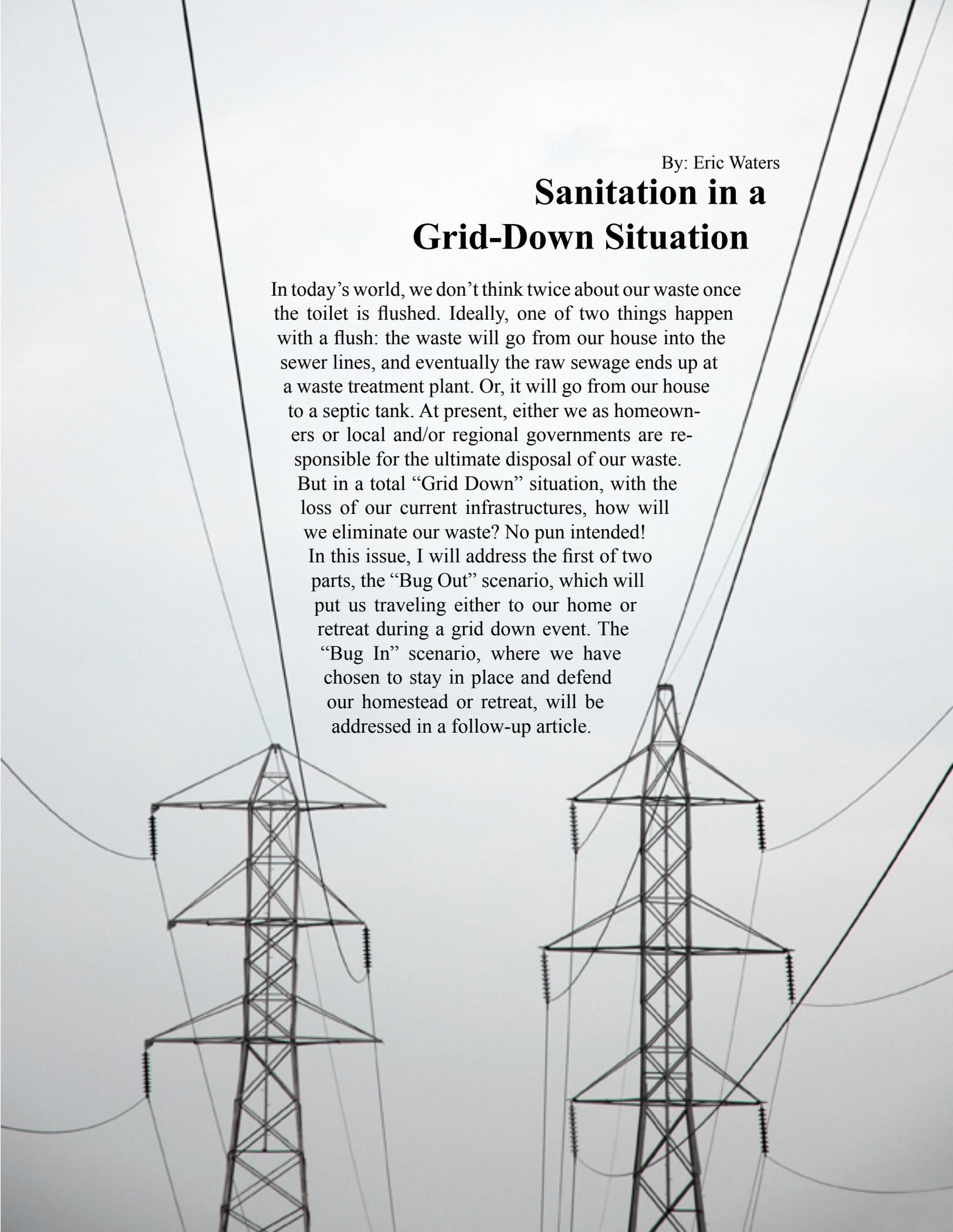
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By: Eric Waters

# Sanitation in a Grid-Down Situation

In today's world, we don't think twice about our waste once the toilet is flushed. Ideally, one of two things happen with a flush: the waste will go from our house into the sewer lines, and eventually the raw sewage ends up at a waste treatment plant. Or, it will go from our house to a septic tank. At present, either we as homeowners or local and/or regional governments are responsible for the ultimate disposal of our waste. But in a total "Grid Down" situation, with the loss of our current infrastructures, how will we eliminate our waste? No pun intended! In this issue, I will address the first of two parts, the "Bug Out" scenario, which will put us traveling either to our home or retreat during a grid down event. The "Bug In" scenario, where we have chosen to stay in place and defend our homestead or retreat, will be addressed in a follow-up article.

# “BUG OUT” Scenario

Many of us travel a distance for our jobs, or we may have prepared a retreat that we will be heading to if the “Stuff Hits the Fan” (SHTF). Leaving on foot or by vehicle to our place of safety is known as “Bugging Out”. In advance of such an event, you should have your primary and alternate routes already established to get to your destination. You should also have a working idea of your travel times by car and on foot. If you are traveling on foot, you should take into consideration any extra sanitation supplies needed in your Bug Out Bag (BOB).

Planning ahead for a Bug Out situation is critical for survival. If you figure ten days to get from point A to B, the supplies in your 72 hour BOB may not be sufficient! If an average rate of ten miles per day travel time by foot is set, take into consideration any travelers who have special needs, the elderly, or children who may be with you. You may need to adjust your rate and route of travel to accommodate others. This could be taxing on the limited supplies that you are carrying. To prepare for such contingencies, supplies could be cached in pre-selected areas along your route.

In your BOB, there should be an Entrenching Tool or E-Tool. This is a lightweight, folding shovel that can easily fit inside or latch onto your BOB. A long handled shovel is perfect if carried in your vehicle, but is unwieldy and heavy in your pack! The E-Tool will be used to dig and fill in your latrine holes. Toilet paper and baby wipes will be essential, but may be bulky in your pack. Remove the cardboard roll and vacuum seal the rolls and wipes to take up less space. Water is heavy to carry and should be primarily used for drinking or cooking, so carry anti-bacterial soap for washing hands and body parts and other sanitation needs.

While on foot, urination can be taken care of easily and quickly. Find a discreet location (bush, tree, etc.) and do your business. However, defecation can be a little more problematic. Control of waste will be different in a Bug Out situation, because the waste will be left behind as you travel forward.

In the military, several Field Expedient ways to dispose of feces are taught. One is a “Cat Hole,” which is a hole dug in the ground 10-12 inches deep, over which you will squat and fill in with dirt when you are finished. Also, a “Slit Trench” can be used on the go. Dig a narrow trench roughly 10-12 inches deep, and 1-2 foot in length. Straddle the trench, squat, and fill in with dirt when finished. The Slit Trench is idea for two or more people and can be adjusted both in depth and length, whereas the Cat Hole is primarily for single use.

Leaning with your back against a tree, and sitting on a log with your rear hanging off the backside are two other possibilities for elimination. If a seat is needed, lashing two strong limbs 3-4 inches thick, between two trees roughly 20-30 inches apart will serve this purpose. Make the height roughly 24-36 inches from the ground. Now is the time to learn to lash and tie knots. Some tasks are not recommended during on-the-job training!

While bugging out, you may have to improvise if toilet paper or wipes aren’t available. In his book “When All Hell Breaks Loose”, Cody Lundin suggests newspapers, rocks, leaves, etc. for wiping in the field. Again, learn about any poisonous vegetation between you and your home or retreat beforehand. Bugging out is stressful enough without the ordeal of wiping with Poison Ivy!

Bugging out will be an emotionally and physically draining situation. Facing the unknown dangers of making our way to our home or retreat, and the dehydration from the exertion of getting there, may result in constipation. It is important to both hydrate and to stay regular in this stressful time. Water may be in limited supply, so a mild laxative may be included in your BOB. Dehydration and irregularity could lead to health problems such as fecal impaction, which is a painful and dangerous health concern!

In the next issue, we will look at sanitation during a “Bug In” scenario.

#### Article References:

“When All Hell Breaks Loose”, Cody Lundin, Gibbs Smith, Publisher  
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# Terrific Tea Tree

by Brittney Miller

Before I really dive into sharing about one of my favorite essential oils, you must know that this article is for educational purposes only; the information given may not be complete, and is not intended as a prescription nor to treat, cure, prevent or diagnose any condition or disease. Do not take essential oils internally unless you are working with and have instructions from a qualified practitioner (or Aromatherapist). Seek professional assistance if you are pregnant, nursing, or intend to utilize essential oils on children. It is also advised by many not to use essential oils undiluted.

Don't let that brief disclaimer intimidate you from reading further or from learning and using essential oils. There are so many benefits to using them; but as with anything, it is important to know how to use them in a proper and effective manner. It's a fascinating field and I've found that essential oils can often provide a wide array of alternatives to conventional medicine. But now that that's out of the way - it's time to move on to the fun stuff!

Many people are familiar with Tea Tree Essential Oil. It's one of the most well-known essential oils around because of its varied uses and benefits. It is a powerful essential oil with a fresh and pungent aroma. Even if you are unfamiliar with tea tree oil, at the first whiff you would immediately recognize that this HAS

to have some kind of medicinal quality. Some of the main properties of tea tree are that it is antiseptic/antimicrobial, antibacterial/antiviral, antifungal, and anti-inflammatory. If you aren't familiar with those terms, I'll explain them so you can understand the benefits of this incredible essential oil.

Being antiseptic/antimicrobial means that tea tree oil contains properties within itself that aids in inhibiting the growth of disease-causing microorganisms. Antibacterial is a compound effective against the growth of bacteria, while antiviral is effective against viruses. Antifungal is what inhibits or destroys the growth of fungi. Anti-inflammatory is something that reduces inflammation. From each of these characteristics, you should easily begin to imagine some of the uses for tea tree oil.

One of the main uses I've found with tea tree oil is on the surface of the body, mainly the skin. Though depending upon what you read, some say not to use tea tree neat (undiluted), others will tell you it's okay to use a drop or two directly on your skin. It may be a personal preference issue. I personally often use it neat, however, since the oil is a mild sensitizer those with sensitive skin should do a patch test or dilute the tea tree essential oil in a carrier oil (grapeseed oil, jojoba oil, almond oil, or other).

To speed the healing of infected bites, cuts, or wounds, you can put tea tree oil on the affected area. It is also helpful for speeding up the healing of sunburns, Athlete's Foot, acne, eczema, burns and other various skin infections or inflammations. This goes for the scalp as well, so I've even put a few drops of tea tree oil in my shampoo - which helps with a dry, itchy scalp or dandruff.

Tea tree oil can also help fight those viral infections, such as the common cold or flu, and reduce some of those awful symptoms. It helps reduce cough, loosen chest congestion and also aids in the treatment of sinus infections. You can vaporize the oil and kill germs in the air by boiling some water over the stove with tea tree oil. My mother even used to have me hold my head over the steam if I were ever congested to help open up my sinuses and aid in killing off any infection. Since tea tree oil is non-toxic and non-irritant, in addition to its health uses, it can also be used in cleaning - which is another reason why it is one of my favorite essential oils. It's so versatile!

I hope this motivates you to do more research on this amazing essential oil! It has definitely proven beneficial to me and my family and is a great alternative to some conventional products used for medicinal purposes.

# Being Victorious in the Germ War

During times of difficulty, it is obviously very important to maintain a healthy body and immune system. Just as we are preparing our storage of supplies and food, we must also prepare to keep ourselves healthy and safe.

The germ war is a battle that many people take very seriously. They continuously obsess over whether or not a surface or food is tainted. They use huge amounts of hand sanitizer, soap and other miscellaneous anti-bacterial products just to reduce their chances of coming into contact with that unicellular bacterium that can cause such sickness. These tiny, tiny creatures hold a tremendous amount of power over them because they are afraid they will become infected.

Bacteria have their own frontline in the germ war waging against us. They have some big hitters working for their side in the form of: Tuberculosis, cholera, strep-throat, e coli bacteria and pneumonia. These bad boys are rough and can cause you some serious harm when they strike. They are most dangerous to young children, the elderly and those who have a weakened immune system.

The germ free idea is a great one if it were possible. There are good bacteria that are immensely helpful to the human body. However, the e coli 0157 bacterium is one that is not helpful. So how do you minimize your chances of becoming infected? You do this by practicing good hygiene and cleanliness routines. Always clean your body and hands with hot water and soap. For additional anti-bacterial fighting power you can spray a mixture of alcohol and water on a surface area and then wipe it down. Bleach

is another great agent to help fight bacteria. It is ideal to always handle raw meat and vegetables properly. You want to ensure there is no cross contamination on the surface where you cut and prepare your meat.

The germ responsible for so much hysteria is one to which you should pay careful attention. E coli 0157 can be devastating to someone who is either very young or is elderly. Their immune systems are not always capable of fighting off these killing bacteria. But, if you practice good hygiene and sanitation, then you help minimize the likelihood that you will catch this little bug. If you should you come down with food poisoning, then make sure to take all of your medications and clean your home thoroughly to wipe out any remaining e coli bacteria. It is far better to be safe than sorry where bad germs are concerned.

## **The Process of Bacterial Growth**

As we are continually being accosted by potentially harmful bacteria, it may be helpful that we understand a little more about the birth and growth. It will certainly help us as we carefully manage and maintain our food and water supplies, and overall living areas.

There is such a thing as good bacteria. You may not believe it to be so, but your body does. Bacteria are not all bad. The ones that live in the human digestive tract help aid in digestion and produce Vitamin K. But it is always the bad bunch that gets all the press and makes the public turn on the whole lot of them. But before you begin waging a germ free war, you may want to know a little about bacterial growth and how it occurs.

The bacterial growth process starts with two clone daughters. The clones will multiply and split with themselves to produce new bacteria.

Bacteria and viruses share this in common. Both multiply quickly and can change or mutate depending on the conditions present within their environment. The type of environment and its conditions determines whether or not the multiplication process will grow exponentially. There are four different phases to consider about bacterial growth.

The first stage is called the Lag Phase. During this phase there must be a favorable climate in which the bacteria live. They require water, food, oxygen, the right temperature, as well as a proper pH balance to ensure that the environment is not too acidic. If all these conditions are present, the bacterium will enter the second stage called the Exponential Phase. This is the time when the bacteria will multiply rapidly.

The growth phase ends with the Stationary Phase. This slowing down is due to food sources becoming depleted and the waste begins corrupting their environment. The last phase is the Death Phase. This phase is where the bacteria die due to lack of food and a benevolent environment. The catch is that there is no definitive timeline as long as conditions are favorable. This could spell out thousands of bacterial disease clones just looking to find a better environment in which to thrive. The only way to be rid of the bacterium is to kill them off or take one of their basic needs away.

Bacterial growth can be stopped easily with a few precautions. The first is to never eat contaminated food that has been exposed to prime temperatures. The second is by practicing good sanitary practices, such as washing your hands thoroughly before every meal and once again after the meal. You can kill bacteria by eliminating just one of their necessities and not letting them divide exponentially.

# Bacteria: Questions and Answers

Bacteria are all around us each day of our lives. They are on our skin, in our bodies and can cause a host of problems. But bacteria get quite a bad reputation. Not all bacterium is alike and some are actually necessary for our bodies to function healthy. Do you know the difference between a good bacterium and a bad bacterium? If you do not, do not worry. Most people lump all bacteria into one category. E Coli is definitely one of those bacteria that have people seeing red and coloring their opinion of all other types of bacterium. But a little information

can go a long way towards education and once you know the basics of bacterium you will be able to know the differences between the bacterium that can make you severely ill and those that keep your body running healthy. In this article we will discuss some basic questions you may have about those tiny unicellular organisms that are with us each and every day of our lives.

**Q: How do bacteria make us sick?**

**A: Bacteria, as with any living**

organism, must have food and nutrients to survive. And like any other organism the bacteria must give off by products as waste. Bacteria make us sick by releasing toxins that cause a wide range of symptoms and illnesses. Some of the toxins make us sick to our stomachs and cause nausea, vomiting or diarrhea. Others can cause neurological problems. If a bacterium has fed on material that is toxic, the toxic materials are then released into our body systems once we become infected with the bacterium.

**Q: Are they good for us?**

**A: Most people would definitely say "Yes" that anti-bacterial products work by killing bacteria and**



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germs. Scientists and researchers would heartily disagree. Sure the agent in the gel or spray does kill off bacteria but not all the bacteria are always wiped out. To make matters worse the product does not evaporate. The gel remains behind and those bacterium still found alive can become immune to the anti-bacterial agent. This has led to bacteria developing resistances to sanitizing agents along with antibiotics. Sometimes the old methods are still the best methods for ridding yourself of the presence of bacterium.

**Q: Who first discovered bacteria?**

A: The first discovery of bacteria can be traced by to Antony van Leeuwenhoek who, though did not actually create the microscope, is the first one to document

the discoveries he found through his lenses. Ironically Leeuwenhoek could not draw the bacteria present in his samples himself so he hired an illustrator. But it was not until he took an interest in his own mouth that the first bacteria observations occurred. He took notice of the “animalcules” found within the unwashed mouth. It definitely makes you want to run and grab your toothbrush.

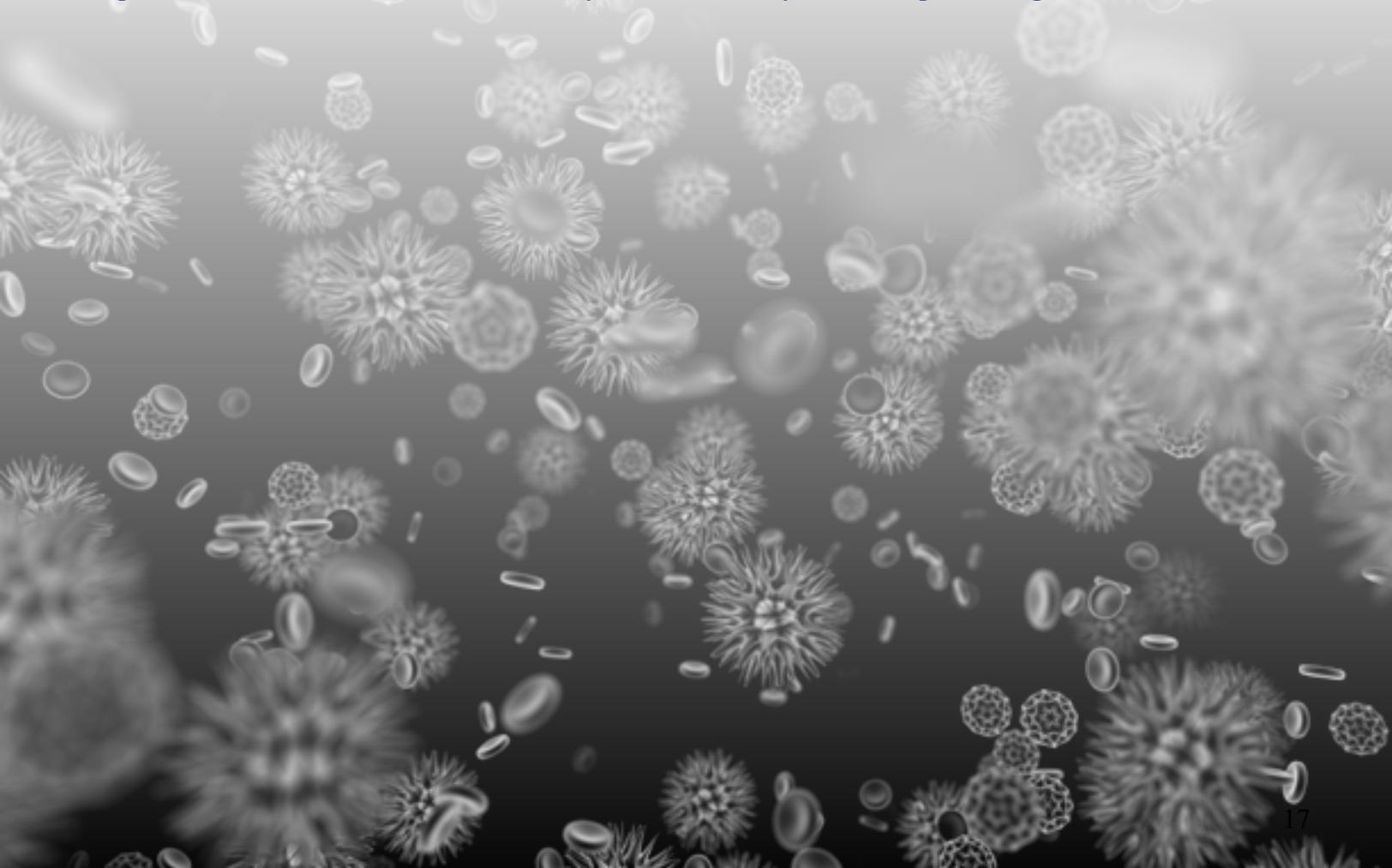
**Q: Can E-Coli kill a person?**

A: E-Coli can be fatal for a person infected with this unicellular organism if it is left unchecked. It may not be the actual bacterium that causes the fatality but instead the side effects such as vomiting and diarrhea over an extended period of time. This is a real risk for those with a compromised immune system, the elderly or chil-

dren who cannot tolerate being without fluids for several days at a time.

**Q: What are some steps I can take to ensure I don't become sick from E-Coli?**

A: There are some minor steps that can make a huge difference when it comes to E-Coli. Washing your hands and preparation area for food is a huge deterrent to allowing the E-Coli bacteria to proliferate. You should always keep raw meats and poultry separate from other surfaces. Always wash utensils and cutting areas with hot water and soap. If you are hesitant about using cleaners that are marketed as “anti-bacterial” you can use alcohol or diluted bleach which is still the best methods for preventing E-Coli.



# Ways to KEEP MEDS COOL

By: Lynette Fry

What happens if you are dependent on medications that must stay in a cool dry place and you're faced with a power-out situation? This is a problem I have faced a few times in life and here are some suggestions for you.

Naturally under-the-ground's surface is much cooler than above the ground, so if you have a basement or root cellar, these areas can keep medication much cooler than leaving them out in an above ground room.

If no basement or root cellar is available, you can also dig a 2' to 3' hole and place your medication in the hole. In some states the water table may be high and a hole that deep may not be appropriate, but typically ground temperatures are a few degrees cooler, so you could possibly get at least a 1' hole dug.

Also, water is normally a few degrees cooler than the air temperature. A body of water such as a pond, creek or swimming pool is also an option.

When burying medications in the ground or placing them in the water, be absolutely sure you have your medications in an air-tight container. Also, you'll want to

write the expiration date on the outside of the box or bottle of medication and make a note (that you keep with you) of such expiration dates.

If using a water source to keep your medications cooler, you may have to weigh the container down with a rock or sinkers. If you do not, your air-tight container will most likely float and you won't have accomplished your goal. Also, tie a rope around the container and secure it to a tree on land or a stake so that you can retrieve your container from the water more easily.

If burying in the ground, be sure and cover the hole with dirt and place a clear marker on top of the ground so you'll know exactly where you buried them. Be sure and cleverly mark where you buried the medication.

I also suggest putting the directions for use inside the container with the medication.

These are two simple ways to help keep refrigerated medications cooler during a power outage. They may not be fool-proof methods but if ice is not available or normal refrigeration means – these methods do work.

## Natural Treatments for Bug Bites and Stings

### Baking Soda Paste

For almost 30 years, I've been using a paste made of baking soda and water for all our bee, wasp, yellow jacket stings and bug bites. It works extremely well. However, locating, mixing and applying the paste can take a few minutes and meanwhile the sting or bite is swelling, it hurts and you may have a screaming child to calm. Once the paste is applied, the child should remain still until the paste dries completely and can be brushed off. The pain is usually gone and the swelling disappeared or greatly reduced. A good choice if you can get materials mixed and applied quickly.

### Lavender Essential Oil

This year I started carrying a bottle of lavender essential oil and using it for bee, wasp and yellow jacket stings as well as bug bites. I use it neat (straight, no dilution or carrier oil) and directly onto the skin. In a minute, the pain is usually gone and the swelling goes down. The lavender essential oil is more portable than trying to find water and baking soda out in the yard or wherever you are when stung. No time needed to mix anything, just pull out the bottle and apply quickly and directly to the affected area. Lavender also has a calming effect, perfect for upset little ones. It works for us!

**Conclusion:** We use lavender essential oil first for stings and bites.

Vickilynn Haycraft



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# Fear and Faith Together

By: John Wesley Smith

“By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith.” Hebrews 11:7, KJV

I taught our children at home. As you might expect, there were times when they would come up against a question they couldn't answer or math problem they couldn't solve. Sometimes I would say, “The first thing to do is panic.” Of course, I was only teasing, and my kids knew that. But actually that's not a bad place to start. Fear is a normal human response. What we do with that response is the challenge. We're living through truly frightening times right now. Anybody who doesn't think so has been living under a rock or is simply in denial. Fear is a good and healthy thing in its proper place. We learn as little children not to touch a hot stove. As adults we take it for granted that avoiding being burned by a hot stove is normal behavior. But it had its roots in fear.

What we have to do is put fear in proper perspective. When should we have fear? When should we not fear? Or perhaps the better question is, how should we fear?

I have no use for those who pump out hype and fear mongering to get you and me to prepare. That doesn't mean we shouldn't be motivated in part by fear. There's no shortage of real threats today. But these people often bring up red herrings which are nothing more than distractions. I'm a firm believer that you and I should know what's going on in the world around us. But when you hear the news, ask yourself how relevant it really is to your everyday life. You'll be surprised at how much doesn't matter. Then there are those who tell us not to fear. I get quite annoyed by their message. They say, “Have faith. All is well when you trust in the Lord.” For these people, it's either fear or faith with nothing in between. I can't speak for you, but for me, it's not humanly possible to function that way.

What's wrong with having both fear and faith? That's how it was for Noah, the first prepper, according to Hebrews 11:7. Do you think for a minute that Noah wasn't afraid in the face of what was to come? He was told when and how the world as he knew it would end. If that's not frightening, what is?

Yet he was given instructions on what to do to make sure there would be a future for his family and their descendants. If he was to survive, and if that future was to exist, he had no choice but to carry out his instructions with faith. Noah is the shining example that fear and faith aren't mutually exclusive. They can coexist.

Courage has been defined as fear faced with resolution. Notice that courage doesn't mean the absence of fear. It's putting fear in subjection to resolution and taking action. If you're a Christian, it's OK to be afraid. Ask God to give you the faith and resolution you need to get your household prepared for living in perilous times.

Here's a practical example. We take precautionary actions when storm warnings are issued to protect ourselves and our loved ones. Why? Because we're afraid of being injured or killed. Yet we put faith in our decisive actions and the shelter we choose until the storm has passed.

We mix fear and faith all the time. There's nothing wrong with that.

Let me take this a step further. If you're a Christian, as I am, we have to face the reality that we're just as prone as anyone else to die in earthquakes, tsunamis and nuclear radiation fallout. We're not immune from the consequences of economic turmoil. Granted, God may be merciful to His people, and Christians will likely be among those with incredible survival stories. But be prepared anyway. Do you believe He would want you to do anything less?

With that said, perhaps we could amend the definition of courage I gave above. Courage is fear faced with faith. And faith enables us to act with resolution. Remember Noah. He was moved with fear and acted with faith. He heard God's words and obeyed, trusting the Lord for the outcome. As proof of that, you and I are alive today to tell about it.

## Southwest Region

### [Texas Family Survival Preparedness](#) San Antonio, TX Area

#### Multiple August Events

Include Herbal Medicine and Antibiotics, Bugging in or Bugging out. Click the link above to join and be updated.

---

### ["Meet and Greet" again your fellow Preppers...](#) Bloomfield, NM

**August 18, 2012 at 10:00 AM**

Monthly "Meet, Greet & Eat" to talk about prepping and current news events. Click the link above to join and be updated.

---

## Midwest Region

### [Back to basics - SHELTER!](#) North Jefferson County, MO

**August 19, 2012 at 3:00 PM**

This is the last class in the "Back to Basics" series taught by Rick Freeman. Click the link above to join and be updated.

---

### [Introduction to long term food storage](#) Sun Prairie, WI

**August 7, 2012 from 6:30 PM to 8:00 PM**

We will be covering canning using the basics of water bath method along with some additional topics like canning butter. Click the link above to join and be updated.

---

## Northwest Region

### [Denver Urban Survival Network Monthly Social Meetup VII](#) Denver, CO

**August 12, 2012 at 5:00 PM**

A social setting for new members to introduce themselves and to reinforce that we don't have to go at this alone. Click the link above to join and be updated.

---

### [Inland NW Oath Keepers](#) Hayden, ID Area

#### Several August Events

Includes watching a video on Nullification and its history and uses also organizing a bugout. Click the link above to join and be updated.

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## Pacific Region

### [FREE 2-Day Handgun Course](#) Pahrump, NV

**August 18, 2012 7:00 AM**

There is no charge for the class. However, students must provide their own ammunition. Click the link above to join and be updated.

---

### [South Puget Sound Preppers](#) Tacoma, WA

#### Multiple August Events

Including food preservation, canning, CERT, Everyday Carry, etc. Click the link above to join and be updated.

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## Northeast Region

### [Meetup in New Jersey w/ Dinner & Conversation.](#) Montclair, NJ

**August 9, 2012 at 7:30 PM**

Let's get together and discuss where we all are concerning the future of Earth. Click the link above to join and be updated.

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### [Edible and Medicinal Plant Walk](#) Vernon, NJ

**August 26, 2012 at 10:00 AM**

Explore the summer plants that offer tasty and healthful treats. This free walk is open to the public. Click the link above to join and be updated.

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## Southeast Region

### [Provident Living & Self-Reliance](#) Nashville, TN Area

#### Several August Events

Includes a survival skills workshop, cannery trips and emergency tailgate fair. Click the link above to join and be updated.

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### [Bug-Out Jamboree](#) Parksville, KY

**August 4-5, 2012 at 5:00 PM**

Fire Building, Water Purification, Bug-Out Bag Show and Tell/Comparison, Shelter Building, Campfire Cooking/Dinner Preparation, Knot Making, etc. Click the link above to join and be updated.

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Terry Coffee is from a small town in Northeastern Kentucky. He holds an Herbalist certificate from The School of Natural Healing in Springfield, Utah where he still am working on his Masters. He has seen and continually sees the power in Herbs. Terry and his wife own an online store ([www.hillbillyanns.com](http://www.hillbillyanns.com)). He also offers Whole Body Health Consultations to guide people to their health goals.

### **Brittney Miller**

Brittney Miller is an avid “experimenter” with natural or organic alternatives to conventional health, body, and home care products. She began her journey in late 2010 and also started a blog dedicated to sharing what she learns called Pro-Verb Life. Having hands on experience in the health-care field as a CNA, this fuels her desire to become healthier from the inside-out as well as pay attention to the health effects from the outside-in.

### **Donna Miller**

Donna Miller is a teacher, author, sought-after speaker and trainer. She has been both guest and host on internet and broadcast radio talk-shows and in television interviews. She enjoys teaching classes & retreats for people to learn more than head-knowledge of preparedness skills. She and her husband (Joseph) are the founders of both [Millers Grain House](#), [Your Preparation Station](#) and are on the board of PREPARE Magazine. At the leadership of her husband, Donna and her family have been active in preparing for over 25 years

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Lynette Fry is a freelance writer, instructor, speaker, website and talk radio hostess. She enjoys hosting her weekly talk radio program ‘Prepping On A Budget’ on Blog Talk Radio. Her passion is providing others with the necessary tools to move forward in their own preparedness journey and she accomplishes this with online and on-location workshops, an e-book, and personal coaching. Lynette is the owner of [PreppingOnABudget.com](http://PreppingOnABudget.com) and enjoys her rural lifestyle, with her husband and dog, in the deep south!

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Vickilynn is the hostess of the Get Real – Get Prepared radio show on PRN. She is the author of: *Wrapping It Up!* and co-author of *Naturally Healthy Cuisine, Real Food for Real Families*. Vickilynn is a sought-after independent product tester and book reviewer delivering accurate, honest, and trustworthy reviews on products and books for the whole family. Subscribe to Vickilynn at: [www.realfoodliving.com](http://www.realfoodliving.com).

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Eric Waters is a decorated combat medic having served in both the U.S.Navy and the U.S. Air Force. He currently resides in Western North Carolina with his wife and two sons. As a “Prepper”, Eric is constantly working to improve his personal skills, and those of family and friends. Eric can be contacted at: [prepdoc1@yahoo.com](mailto:prepdoc1@yahoo.com)

### **John Wesley Smith**

John Wesley Smith is a former radio broadcaster who taught his children at home. He’s an avid reader, writer and gardener. He lives with his wife in central Missouri, where they work hard to get by like so many others these days. His goal is to help preppers at <http://www.DestinySurvival.com> as he continues along his own preparedness journey. John hosts DestinySurvival Radio Thursday afternoons at 1:00 Central Time on the Preparedness Radio Network.

### **Dr. Bob Olson**

iDr. Bob Olson s a Board Certified Family Practitioner Doctor in Branson, Missouri; a Former Air Force Physician with 20+ years experience; husband and father of 2 wonderful teens. He started [www.Survivinghealthy.com](http://www.Survivinghealthy.com) on the 4th of July 2011 and continues to work with the state of Missouri to help those with chronic medical concerns prepare for an unpredicable future.

### **Lisa Puffer**

Lisa Puffer is a Certified Massage Therapist and Lifestyle Counselor. She has worked and trained under physicians at several lifestyle centers and taught Massage, Hydrotherapy, Home Remedies, etc. Currently she and her husband live ‘off the grid’ while she assists her husband, Nick, with projects such as Sustainable Preparedness Expos, seminars, media production, and much more, while continuing to teach simple home remedies to the public. Their website is [www.sustainablepreparedness.com](http://www.sustainablepreparedness.com)

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