

# Now is the Time to Get Prepared

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## Background

- In order to understand what I believe is the biggest problem we're about to face (and all the potential repercussions of it) it's first necessary to understand a little about money
- So indulge me in a short discussion of economics



## Money

- All economics is based on barter, people trading what they produce in exchange for something someone else produced
- Money is a medium of exchange
- It represents the value of my production which I accept trusting I will be able to trade if for what I desire



## Precious Metal Coins

- In the course of trade gold (and to a lesser extent silver) became the most commonly used mediums of exchange
- These metals had some intrinsic value and were also durable
- They were shaped into coins so that traders could know the amount of metal they were exchanging



## Banking

- Banks were invented as secure warehouses where people could store their gold, silver and other valuables for safe keeping
- The bank would issue a bank note as a receipt
- A note has four characteristics, it says:
  - Who will pay
  - What they will pay
  - To Whom they will pay it
  - And When they will pay it



## Federal Reserve Notes

- The Federal Reserve is a privately owned bank that controls the US supply of money
- Federal reserve notes are loaned into the economy
- They are notes of indebtedness to the Federal Reserve, which is why they say "This NOTE is LEGAL TENDER for all debts public and private"
- Translated this means: This IOU is a legal offer of payment for all debts
- This is known as fiat money



## Understanding Value

- Value is not found in money
- Value is found in goods and services created by people's labor
- Value is traded for money which is then traded for value
- There purchasing power of money stays in balance with the supply of money
- The more money in existence the higher the price of things (inflation); the less money the lower the price (deflation)

Goods and  
services  
produced

Medium of  
exchange  
available



## Concern #1: Financial Crisis



## Concern #2: Internal Strife



## Concern #3: Global Conflict



## Don't Think in Doomsday Terms



## Think in Terms of Self-Reliance

- Too many Americans believe that the government will bail them out in an emergency
- Unfortunately, this “entitlement” attitude causes them to fail to prepare to care for their own needs
- Knowledge, skill and preparation are essential components of self-reliance and must be acquired before an emergency occurs, not after



## Positive Thinking is Not Denial

- Denial of real threats is **NOT** positive thinking
- Positive thinking is anticipating potential problems and believing that you can find solutions
- So, the first think is to think about the possibilities



## What if...

- You were unable to access any of your money from the bank?
- You were not able to go to the grocery store to buy food?
- You had no power?
- People around you were sick or injured and medical care was not immediately available?
- You had to quickly evacuate your home on foot?



## Your Plan

- **The best preparedness plan for you depends on many factors:**
  - Where you live
  - The size of your family
  - Your budget
  - Your skill level
- **You have to think about your situation to create an optimal plan for you**
- **Implement your plan in stages, taking care of the most important things first**



## Basic Preparedness Needs

- **Evacuation**
- **Oxygen**
- **Water**
- **Heating and Cooling**
- **Sanitation**
- **First Aid**
- **Food and Cooking**
- **Lighting and Communications**
- **Emergency Cash and Barter Items**





## Basic Evacuation Kit

- Backpack
- Water purification supplies and water container
- 3 day supply of ready-to-eat food
- Basic first aid supplies
- Cash
- Protection from the elements
- Multi-tool and knife
- Fire starters
- Duct tape
- Cordage
- Flashlight and emergency radio
- Critical medications
- Personal papers



## Oxygen

- Smoke, dust or other material can fill the air in a disaster making breathing difficult
- Consider:
  - Bandanas (can also be used for shade, protection, bandages)
  - Dust masks (paint stores)
  - Carbon filter masks
  - Gas mask



## Water

- Store a three day supply of water; one gallon for each family member (2-3 times more in hot and/or dry climates)
- Treat water to preserve it
- Also store water purification supplies
  - Water purification tablets
  - Aqua Sol silver (1 tea per gallon)
  - UV pens
  - Hiking water filters
  - Larger water filter systems



## Heating and Cooling

- Appropriate clothing for the climate
- Emergency heating source
- Blankets (wool)
- Rescue blankets
- Tent and/or tarps and rope for emergency shelter
- Fire starters
  - Matches and lighters
  - Other fire starters, such as a metal match or magnifying glass
  - Tinder (paper, cotton balls coated in Vaseline, char cloth)



## Sanitation

- Port-A-Potty or a 5-Gallon bucket with a seat and a tight-fitting lid (can be lined with plastic trash bags for removal of waste)
- Waste can be covered with quicklime, wood ashes, shredded newspaper or dirt kept in a separate bucket
- Toilet paper
- Soap and disinfectant supplies (vinegar, bleach, silver, antiseptic wipes, essential oils)



## First Aid Supplies

- Bandages (small, medium & large)
- Sterile gauze pads, first aid tape
- Butterfly strips
- Triangle bandages and safety pins
- Elastic bandages
- Splints
- Tweezers and a large needle or two
- Small scissors, scalpel with blades and/or sharp knife
- Antiseptic wipes or hand sanitizer; latex gloves
- Bulb syringe
- Hot and cold packs
- Flashlight (headlamp)
- Lighter and matches



## Include Remedies for...

- Shock and stress
- Fighting infection (topically and internally)
- Diarrhea and constipation
- Bleeding (topically and internally)
- Pain and inflammation
- Other specific health needs for your family



## Some of My Favorites

- Capsicum
- Lobelia
- Tea Tree oil
- Peppermint Oil or Catnip and Fennel
- Silver shield (or equivalent) liquid and gel
- Activated charcoal
- Iodoral (or other iodine)
- Homeopathic arnica
- Distress Remedy or Rescue Remedy
- High Potency Garlic
- Echinacea
- Tei Fu Oil and massage lotion
- If Relief
- AL-J



## Food

- 3-10 day supply of easy to prepare foods for the initial stages of an emergency
- 30 days or more long term food storage
- Some way to cook food if the power is off
  - Camp stove
  - Fireplace or wood stove
  - Outdoor grill
- Cooking and eating utensils



## Short Term Foods

- High density canned foods that don't need cooking (tuna fish, sardines, etc.)
- Military rations (MREs)
- Energy bars
- Crackers
- Nut butters and honey
- Nuts and dried fruits
- Freeze-dried or dehydrated foods (if you have plenty of water)



## Longer Term Foods

- Grains (wheat, corn, rice, millet, buckwheat)
- Legumes (beans, peas, lentils, soybeans)
- Honey and/or raw sugar
- Dehydrated foods
- Canned goods (soup, tomatoes, beans, chili, canned meat, etc.)
- Salt (extremely important)
- Spices and seasonings



## Lighting and Communications

- Candles with matches and lighters
- Flashlights
- Solar and wind-up rechargeable flashlights and radio combinations
- Two way radio
- Solar or wind up cell phone charger



## Emergency Cash and Barter Items

- **Have some cash on hand, which could include some gold or silver coins (make sure to hide it well)**
- **Also consider having some barter items**
  - Salt and Sugar
  - Coffee and Tea
  - Cigarettes and Tobacco
  - Chocolate and Candy
  - Ammunition
  - Extra Food



## Bartering Skills

- **First aid and herbal medicine**
- **Local edible and medicinal plants**
- **Canning**
- **Gardening**
- **Sewing**
- **Building and repair**
- **Leadership ability**



## Think Community



## Sam Coffman's Approach

- **Scouts – protect the community, make connections**
- **Hunter-Gatherers – Gather and prepare food**
- **Primitive engineers – build shelters, set up water systems, etc.**
- **Medics – take care of health and first aid**
- **Leaders – coordinate efforts**





## Psychological Preparation

- Don't prepare from a place of fear
- Learn to quiet the mind and hold inner peace when things are in turmoil
- Learn to pray and meditate to obtain guidance
- Do your inner healing work
- Be prepared to be of assistance



## Don't Delay, Be Prepared



## Some Additional Resources

- **When All Hell Breaks Loose and 98.6 Degrees: The Art of Keeping Your Ass Alive** by Cody Lundin (<http://www.codylundin.com/>)
- **Tom Brown's Books and Courses** (<http://www.trackerschool.com/>)
- **Herbal Medic Chapter of the AHG:** (<https://www.facebook.com/groups/ahgherbalmedic>)
- **US government** (<http://emergency.cdc.gov/preparedness/>)
- <http://www.theprepperjournal.com/>
- **Family Herbalist Certification course** (<http://www.modernherbalmedicine.com/categories/welcome-to-our-school/certifications-offered/family-herbalist-certification-fhc.html>)
- **Emotional Healing Coaching program** (<http://www.modernherbalmedicine.com/categories/welcome-to-our-school/certifications-offered/certified-emotional-healing-coach-cehc.html>)
- **Food storage supplies** (<http://beprepared.com/>)
- I will be posting more detailed articles at [modernherbalmedicine.com](http://modernherbalmedicine.com)

## Question and Answer Period

