

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)



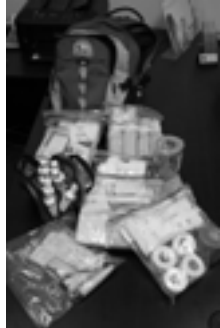
Sanitation

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



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.thepepperjournals.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-coaching.html>)
- Food storage supplies (<http://beprepared.com/>)
- I will be posting more detailed articles at modernherbalmedicine.com

Question and Answer Period