

# Troubled Times



## Health



Click on the icons above to go to your area of interest.



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## TOPIC: First Aid

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Where we all rely on our network of paramedics, ambulances, hospitals, and trusted providers, in a true [Global Crisis](#) such as a Pole Shift, giving [First Aid](#) to the sick and injured would fall to each of us. Are we prepared to treat [Bleeding](#), [Internal Bleeding](#), or [Shock](#) from blood loss or [Other Shock](#) situations? A [Heart Attack](#) or [Stroke](#) when alone can be survived, and [Cayenne Pepper](#), which is [Legal/Available](#), in an [Emergency](#) saves lives. [Potency Varies](#). Cayenne can be used to [Stop Bleeding](#) as can [Spider Webs](#). [Super Glue](#) can act as a suture. The [Disaster Center](#) and others can help with advice. An [ftp](#) on medical emergencies from the Usenet misc.survivalism is a marvelous resource, as is a resourceful list of [Home Remedies](#).

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## TOPIC: Amputation

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Emergency amputation of a limb or digit possessed an immediate need to stop any [Hemorrhage](#).

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## TOPIC: Exposure

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Extreme cold can cause [Frostbite](#) within minutes, but there are [Frostbite Prevention](#) tips. Prolonged exposure to cold can lower the body temperature, causing [Hypothermia](#), which develops in [Stages](#). Keeping the feet damp in wet boots for prolonged periods can result in [Trench Foot](#), a serious fungus infection that can even result in gangrene. Volcanic eruptions or [Air Pressure](#) changes can produce deafness.

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## TOPIC: Bandages

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One can make their own [Band-Aids](#) with material that can be sterilized and reused. [Painter's Masks](#) protect against dust inhalation.

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## TOPIC: **Leeches & Maggots**

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Even traditional medicine knows the value of using [Leeches](#) to [Improve Circulation](#) on severely injured extremities. [Maggots](#) help by eating [Dead Tissue](#), preventing gangrene poisoning, which [Battlefield](#) experiences confirm. [Blow Fly](#) maggots go a step further by secreting healing agents. Maggots are simply the larva from [Fly Eggs](#), and can make [Surprise](#) appearances.

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## TOPIC: **On Foot**

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Walking will be the primary means of transportation in the Aftertime, as many groups will be roving about in desperate search of better circumstances. An [ftp](#) on insect stings from the Usenet misc.survivalism offers excellent tips. Many injuries can be avoided, and a dedicated Troubled Times member offers some [Hiking Tips](#). Sandia labs report that [Anthrax](#) can be deterred by [Detergent Foam](#).

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TOPIC:  Pain

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A controlled medical experiment has confirmed that [Magnets](#) can relieve pain. [Hot Peppers](#) give topical relief.



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## TOPIC: **Medical Options**

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Treatment of injuries requires [Medical Care](#) to fight infection, shock, and pain. The [Merck Manual](#) is comprehensive. Consider the [Types of Burns](#) and [Special Burns](#) when determining [Burn Treatment](#). Electric shock counters [Snake Bites](#) and [Insect Bites](#), but this treatment is [Controversial](#). Honey has [Antiseptic](#) qualities. Breathing exercises help with [Oxygen](#) metabolism; [Cayenne](#) helps the cardiovascular system; [Emu Oil](#) has healing properties; and [Coconut Milk](#) is a blood plasma substitute; [Cansema](#) is effective against skin cancer. [Thyroid](#) substitutes are possible, and [Diabetes](#) is helped by diet. [Diarrhea](#), potentially [Fatal](#), may run rampant in the Aftertime. [Prevention](#) of infection by physical barriers like [Safeshield](#) or using disinfectants like [Peptides](#) and hydrogen peroxide are helpful, but [H2O2 Limitations](#) exist. Bedsores are assisted with [Milk of Magnesia](#). A [Baking Soda](#) treatment works for Candida infection. Cinnamon is effective against [E Coli](#) and when used in a [Cinnamon/Honey](#) combo treat many illnesses. Ice cubes, the cold treatment, will cure Athlete's foot. [Immunizations](#) can be done ahead of time, but there are [Cautions](#) and [Climate Shifts](#) will occur. Wax stopped ears can be cleaned by [Ear Coning](#). Unexpected sources of disease such as [Earthquake Dust](#) may arise. The [Will to Live](#) has been demonstrated time and again as important. If traditional medical care is not available, tips from [Bygone Eras](#) such as [Cancer](#) treatment, become important. Shortages may result in [Stockpiling](#) or the use of [Herbs](#).

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## TOPIC: Herbs

Many [Common Herbs](#), easily grown, have medicinal qualities and can be grown from seed or purchased in [Bulk](#). The **Top Ten** herbs for medical emergencies are [Cayenne](#), [Lobelia](#), [Garlic/Echinacea](#), [Aloe](#), [Slippery Elm](#), and herbs for the [Bowel](#), [Digestion](#), [Heart](#), [Liver/Gall](#), and [Kidney/Bladder](#), per [Dr. Schultze](#). An article that appeared in several magazines stresses that [St. John's Wort](#) is a natural antidepressant, as effective as modern medicines, but as an [MAOI](#) there are [Considerations](#). Herbs such as Echinacea, Astragalus, Gold Thread, [Golden Seal](#), Reishi Mushroom, and Cats Claw boost the immune system by strengthening cell walls. [Kudzu Root](#) improves blood flow and reduces blood pressure. [Stevia](#) and other herbs assist with [Diabetes](#). [Pine](#) has antiseptic and anti-inflammatory properties, and is an [Antioxidant](#) as is [Grapefruit Seed](#). [Oil of Oregano](#), and [Parsely](#) have antibiotic qualities. [Cinnamon](#) is effective against [E.Coli](#). [Wormwood](#) kills parasites. [Aloe Vera](#) assists with burns, and [Melatonin](#) with sleep. [Celery Seed](#) is anti-fungal and other [Seeds](#) have medicinal qualities too. Here are tips on how to make [Herbal Oils](#) or [Extracts](#), including how to make [Alcohol](#). Herbs can provide an [Asthma Remedy](#), as in the [Breathe Easy](#) herbal tea. Dr. Isadore Rosenfeld recommends [Echinacea](#), [Feverfew](#), [Saw Palmetto](#), [Ginko Biloba](#), [Ginger](#), [Garlic](#), [Milk Thistle](#), and [Others](#), but cautions on herbs to [Avoid](#). The grain [Pysllium](#) has many beneficial properties. [Sphagnum](#) moss and [Lichens](#) have antiseptic qualities, per Usenet archives. Lemon Balm affects the [Thyroid](#). There are many recommended [Books](#) on herbs, and web sites:

- [Botanical Index](#)
- [Cherokee Remedies](#)
- [All Natural](#)
- [The Alternative Medicine Homepage](#)

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## TOPIC: Touch Therapy

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The immediate major medical needs after the cataclysms will be trauma related - shock, wounds, fractures and burns. Touch therapy assumes that medical supplies and personnel will not be available, and is based on the combined knowledge and experience of healers from many cultures around the world, collected over the centuries. Two applications of this healing method are [Therapeutic Touch](#) and [Accupressure](#). Accupressure below the scapula is even credited with curing [Asthma](#). We all radiate a kind of [Life Energy](#) that is very vibrant, a fact long known to those who give [Massage](#).

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## TOPIC: Radiation Sickness

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If traveling in a radioactive area or living in an area poluted with radioactivuty, daily intake of [Iodine](#) will prevent cancer of the thyroid. Radiation from long-lasting [Plutonium](#) is the greatest threat.

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## TOPIC: Urine Therapy

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An [Age Old Therapy](#) used around the world, [Urine Therapy](#) can be used for [Skin Problems](#), [Sore Throat](#), or by the [Glassful](#) to treat many illnesses. Urine can be used as a [Sterile Wash](#) for wounds, but should not be collected from the [Sick](#). There may be [Pros](#) and [Cons](#) to the matter of drinking urine, which is under debate, but [Autouro-Therapy](#) seems to be here to stay! [Advocates](#) attest to its [Effectiveness](#), and [Published](#) advice is available on [Dosages](#). Using urine to retain [Salt](#) where [Sea Salt](#) is not available.

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## TOPIC: Colloidal Silver

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Per reports by [Dr. Dellyn Hansen](#) and [Steve LaFontaine](#), colloidal silver is non-toxic to humans but prevents single cell organisms such as those causing [Gangrene](#) from growing. [Laboratory Results](#) show it has [Antiseptic](#) qualities when applied externally or taken internally. [Friendly Flora](#) may be temporarily affected. Colloidal silver is making a [Comeback](#) as a self-help medicine and method for [Purifying Water](#) available to the common man, but don't mix with [Chlorine](#). Warnings about [Turning Blue](#) are appropriate for additives but do not apply to pure colloidal silver. The [Herx Effect](#) is normal. A dedicated Troubled Times member explains the [Theory](#) behind making colloidal silver and the [Brownian Movement](#) and how to make using [Ionized Water](#), [Merlin's Magic](#), a [Generator](#), and [Parts & Supplies](#) to create a [Box Construction](#). Then [Production](#), monitoring [Quality Control](#), adjusting [Density](#), concerns over proper [Storage](#), and comparison to [Commercial](#) colloidal silver, and [Usage](#) can begin! Another reports that a generator can be made from [Spare Parts](#). Particle size can affect [Color](#) and [Effectiveness](#).

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## TOPIC: **Lead Poisoning**

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Ground water and even water from underground sources may contain Lead from volcanic dust after a pole shift. [Lead](#) in drinking water accumulates in the human body and causes damaged nerves with consequent inability to coordinate voluntary muscle movements, seizures, and bizarre behavior. Mental retardation in the young and high blood pressure in adults also result. Lead in drinking water is tasteless, but [Symptoms](#) of lead poisoning include lethargy, vomiting, abdominal pain, and constipation. [Lead Intake](#) can be reduced by [Diet](#) and [Farming](#) practices. [Treatment](#) in the Aftertime is possible. [Lead Testing](#) kits are available, and a Troubled Times [TEAM](#) has been formed to explore lead testing options. A diet high in Iron and Calcium is the cure, though medicines to purge the system, such as [Live Earth](#), called [Chelation](#), also exist. [Epsom Salts](#) also can remove lead from the gut. [Distillation](#) of drinking water eliminates Lead, and even filtering with [Coffee Grounds](#) is effective. A [KDF Filter](#) is inexpensive and effective.

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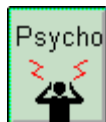
## TOPIC: Mind Set

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The [Will to Survive](#) is considered crucial to survival, as are reducing [Panic and Fear](#), and countering [Loneliness and Boredom](#). [Survival in Groups](#) has its own psychology.



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## TOPIC: **Psychosis**

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The cataclysms will leave most people in shock, and [Overwhelmed](#) with loss and grief and the [Death](#) of loved ones, many will become frankly psychotic and often [Suicidal](#) and may need [Straight Jackets](#). Care of the [Afflicted](#) in the hands of those who love them, the [Caregivers](#), so practical guidelines on [Mental Trauma](#) and its treatments when hospitalization is not possible are imperative. Realizing that cataclysmic changes are about to occur can result in [Anticipatory Grieving](#), and primal [Fear](#). As many will need to relocate, there can be [Relocation Stress](#), as well as [Spiritual Distress](#), [Social Isolation](#), a sense of [Hopelessness](#), and lingering [Post-Traumatic Stress](#) disorder. Some words of advice on [Helping Children Cope](#), those most vulnerable among us, are excerpted from the Red Cross. A list serve, which is an [On-line Forum](#), has been formed for mental health professionals interested in disaster psychology.

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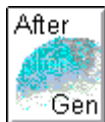
## TOPIC: Depression

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Associated with a great [Sense of Loss](#) and hopelessness, we can anticipate depression and [Suicide](#) to be widespread following the cataclysms. Where [Familiar Places](#) are wrecked, there will be a [Reaction](#) to loss, with [Agitation](#) and eventual [Resolution](#). Web sites address the cause and treatment of depression, such as:

- [Suicide Prevention](#)
- [National Institute of Health](#)
- [Depression Central](#)

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## TOPIC: **Aftertime Generation**

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For many young people, the idea of a cataclysmic future can be extremely upsetting. Before having a chance to live out their lives, they are faced with the prospect of survival in a frightening new world in the Aftertime. For these young people, the support group [Aftertime Generation](#) is available. Their purpose is simply to bring like-minded young adults, aware of the coming Pole Shift, together.

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## TOPIC: Music

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Music does more than soothe the savage beast, it is a marvelous outlet for [Emotion](#). Music returns the wailing babe to the familiar rhythm of the mother's heartbeat, invites the distressed to join and become lost in the dance, and reminds us with soaring cadences of the emotional tension and release we so often experience when dealing with difficulties. Music has [Health Benefits](#), as the Monroe Institute [Hemi-Sync](#) program attests. The [Zetas Agree](#), citing how music can help health through establishing balance. For the Aftertime, music that addresses the [Great Loss](#) that most survivors have experienced yet the excitement of pioneer times will help survivors express and deal with their emotions. [Fragile Instruments](#) such as [Strings](#) or [Reeds](#) might not survive the shift or be repairable, but [Stored Kits](#) are an option. [Brass](#) instruments are durable and music can be made from whatever is [At Hand](#), such as the [Clay Ocarina](#) or [Whistles](#).

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## TOPIC: **Dentistry**

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[Oil of Cloves](#) can give temporary relief from painful cavities, which can be prevented with the proper [Dental Hygiene](#). Even after the cataclysms, [Cleaning](#) the teeth is important and will be easy to do with handy [Toothpaste](#) and [Toothbrush](#) or a [Miswaak](#). Even [Distillation Residue](#) can be used as tooth powder. [Calcium](#) is important for strong teeth. [Gum Disease](#) is the greater enemy, and [Oil of Oregano](#) can help in this regard.

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## TOPIC: Eye Glasses

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When without an optometrist, [Poor Man's](#) glasses or progressive sets of glasses from [Dr. Dean O'Dell](#) or adjustable glasses from [Joshua Silver](#) can be a remedy.

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## TOPIC: Foods that Fight

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An apple a day keeps more than the doctor away, as the pectin in apples fights cancer and high blood pressure. Many [Common Foods](#) contain ingredients that [Fight Disease](#) and are [Natural Remedies](#). [Spirulina](#) algae is known to provide an [Immunity Boost](#) and [Reduce Allergy](#) reactions. The [Onion](#) family has long been recognized for fighting infections and lowering blood pressure, and [Garlic](#) has many amazing qualities. Eating vegetables from the [Cabbage Family](#) reduces the risk of cancer. [Potato](#) has medicinal qualities. Fresh [Pineapple](#) fights hardened arteries and reduces allergies and inflammation. [Beets](#) help the kidney and liver function. [Avocado](#) lowers cholesterol. There are even spices that [Kill E.coli](#), and the deadly Anthrax bacteria and other terrorist threats such as nerve or mustard gas can be countered with [Garlic](#), [Vitamin C](#), [Melatonin](#), [Rice Bran](#), [Oregano](#), and [Chinese Club Moss](#). Taking Iodine guards against radiation poisoning, and [Miso Soup](#) made from kelp proved itself [during WWII in Japan](#), eliminating [radiation poisoning](#) in those taking it during the bombing.

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## TOPIC: Parasites

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Parasites of many types, and how to eliminate them from foods so as to avoid unnecessary cooking, pose the [Parasite Dilemma](#). The FDA's *Bad Bug Book* details several parasites, including amoebae or protozoa such as [Giardia](#), [Entamoeba](#), or [Acanthamoeba](#) and fish worms such as [Cryptosporidium](#), [Anisakis Simplex](#), [Diphyllobothrium](#), [Nanophyetus](#), or [Eustrongylides](#). The CDC details many [Animal Diseases](#) that affect the humans who eat them, including [Prions](#). Food poisoning can occur from [Salmonella](#) bacteria, helped by an intestinal [Microb Fix](#). A dedicated Troubled Times member has thoughtfully provided a [Definition](#) of parasites and listed the many [Information](#) sources available, outlined an [Approach](#) to the problem, described the many [Types](#) of parasites that can infect humans, the [Symptoms](#) of infection.



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## TOPIC: Hygiene

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[Contraception](#) will be a problem for [Starving](#) survivors, but [Herbal Methods](#) may prove useful. The common weed [Queen Ann's Lace](#) can prevent conception. Storing [Birth Control](#) supplies is an option, as [Over-Population](#) will be a community issue. What to do when supplies such as [Toilet Paper](#) or disposable products for [Menstruation](#) are not on the shelves! Fortunately, natural products are [Safer](#) for feminine hygiene. Natural products such as [Corn Cobs](#), [Leaves](#), [Moss](#), [Moss Diapers](#), [Pine](#), and for a toilet seat, a [Bent Sapling](#) can be used, per Usenet archives. A simple [Shower](#) from a bucket can be rigged, and many [Alternatives](#) are also effective.

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## TOPIC: Chemtrails

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[Chemtrails](#) began criss-crossing the skies in the US in 1999, causing flu-like symptoms where the [Fogging](#) of the populace was done. Though [Complaints](#) were placed nationwide, the government pretends nothing is going on. ZetaTalk states that the ultimate [Plan](#) is to poison undesirables during the time of the pole shift, though this plan has met with [Opposition](#) among those asked to carry out the plan. The best protection is to stay [Indoors](#) during the fogging.

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## Global Crisis

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Graphics by [Michel](#).



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## First Aid

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Where our federal agency, FEMA, was chartered for this purpose, several private sites seem to do a better job of offering practical solutions and advice for those who wish to be prepared.

- [Red Cross](#)



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## Bleeding

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Understandably, there will be lots of bleeding going on after the PS, with multiple injuries, etc. This will help the lay person identify and care for internal and external bleeding. External bleeding includes obvious bleeding from injuries, such as cuts, open wounds, etc. The signs of **Life-Threatening** external bleeding are :

- Blood spurting from a wound
- Bleeding that fails to stop despite all attempts to stop it.

Care for external bleeds involves applying pressure directly over the wound. Use a piece of material (clothing or something soft) to place over the wound and apply pressure with your hand. This pressure restricts the blood flow and allows normal clotting to occur. Another way to stop bleeding is to raise the injured area. This slows the flow of blood and encourages clotting. Another method to stop bleeding is to place a pressure bandage over the wound. This is done by firmly applying a bandage directly on over the wound.

If the above doesn't work, then you can compress the artery above the wound by compressing said artery against the bone. Select a site where the arteries lie close to the bone and body's surface. Main areas are the brachial and femoral arteries (located in the inner aspect of the arm just under the armpit and in the groin, respectively). Do not use tourniquets to stop bleeding because it can do more harm than good. A tourniquet can cut off the blood supply to the limb below it and can cause crushing injuries to the underlying tissue.

Offered by [Lyn](#).



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## Internal Bleeding

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Internal bleeding is the leaking of blood from blood vessels into spaces in the body. In fact, bruises are the result of capillary bleeding. Bruises occur in the skin and are not serious. However, deeper bleeding which involve arteries and veins can result in severe blood loss which can result in shock. Internal bleeding are caused by injuries cause by a violent blunt force such as being thrown against an object. They are also caused by a sharp objects (i.e., broken bone fragments) damaging internal organs and blood vessels. Rule of thumb: in any serious injury *always* suspect internal bleeding. Signs and symptoms of internal bleeding are less obvious than that of external bleeding. In fact, an injured person may appear "normal" at first. However, the following will help you recognize internal bleeding:

- Soft tissues, such as in the abdomen, are tender, swollen or hard. An enlarged, rigid abdomen, for example, is a good sign of internal bleeding.
- Anxiety or restlessness.
- Rapid, weak pulse.
- Rapid breathing, shortness of breath (with no other respiratory problems present).
- Skin that is cool, moist or looks pale, ashen or bluish.
- Nausea or vomiting. Vomiting blood.
- Bruising in the injured area (bruising may indicate deeper damage)
- Abdominal pain.
- Excessive thirst
- Decreased level of consciousness
- A severe headache.

Care for internal bleeding depends on the severity and site of the bleeding. In the absence of medical care, there is little you can do little to control serious internal bleeding. The best you can do is to help the victim be as comfortable as possible such as putting him/her in the most comfortable position. Keep him/her from getting chilled or overheated. Provide reassurance.

Offered by [Lyn](#).



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## Shock

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Basically, physiological shock is circulatory failure. The body, because of sudden illness or trauma, can no longer provide an adequate supply of oxygenated blood to all of its parts. When organs (particularly the vital ones such as the heart, brain, lungs) do not receive enough oxygen, they fail to work properly.

### Signs and Symptoms:

- Restlessness or irritability
- Rapid and weak pulse (greater than 100 beats/minute in an adult, greater than 120 in a child, greater than 150 in an infant)
- Rapid breathing (greater than 20 breaths per minute for an adult, greater than 24 for young children, greater than 30 for infants)
- Pale, bluish, cool, moist skin
- Excessive thirst
- Nausea and vomiting
- Drowsiness or loss of consciousness.

Keep in mind that the signs and symptoms of shock *may not be immediately obvious*. You must remain alert to the above signs and symptoms when there has been a sudden injury or illness.

### How Shock Works

Scenario: you find an injured person who appears to be OK except for his broken arm. You provide basic first aid (knowing that medical personnel are not available, you have set the arm and have stopped the bleeding associated with that fracture). But you keep a close eye on this person because you know that:

- 1 an injury can cause severe bleeding (internal, external or both)
- 2 The heart, sensing the loss of blood, beats faster to compensate for this loss. However, as the victim continues to bleed, the pulse (which was strong and rapid) becomes weak and faint.
- 3 The heart is now working harder to meet a demand for more oxygen. Thus, breathing will become faster.
- 4 The body must now make a decision. It knows that it does not have enough blood to meet its total demands for oxygen. It has to decide what part of itself is going to get oxygen and what part isn't. Of course, it decides to maintain circulation to the vital organs. To do this, it must constrict the blood vessels in the arms, legs and skin. Thus, the skin will appear ashen, cool, moist. The body may be perspiring heavily.
- 5 Cells in the arm and leg tissues begin to die. The brain then tells the body to send blood back into these area so as to balance the blood flow between them and the vital organs. As a result, the vital organs do not receive enough blood. The heart tries to further compensate by beating even faster. More blood is lost and the victim's condition worsens.

- 6 Now the vital organs don't have enough oxygen so they fail to work properly. As the brain fails, the victim will become restless, drowsy and then lose consciousness. As the heart fails, the pulse will become very irregular and weak. When the heart stops altogether, so does breathing.
- 7 What has happened: the body's continuous attempts to make up for severe blood loss resulted in death.

### What to Do

- Elevate the legs about 12 inches (30.5 cm) to help blood circulate to the vital organs. Do not elevate the legs if the victim is nauseated or you suspect head, neck or back injuries. Also, do not elevate the legs if you suspect hip injuries or broken leg bones. Elevation may cause more pain in the hips and legs. If you are unsure of the victim's condition or it is painful for him/her to move, just leave him/her lying flat.
- Then, make the victim as comfortable as possible. This is very important as it decreases stress on the body. Pain and discomfort accelerates the shock process. Offer reassurance as needed.
- Keep the victim warm. Maintain normal body temp as much as possible. Don't let the victim get overheated or chilled.
- Provide first aid care as needed (i.e., stop external bleeding)
- If victim is conscious, give him/her cool water or clear juices. Give adults 4 ounces (60 ml) of water to sip slowly over a 20 minute period of time. Give children half this amount over the same time frame. For an infant, give half that (1 ounce or 15 ml) over the same 20 minute period. This minimizes the chances of vomiting (and further fluid loss). However, do not give fluids in case of abdominal injuries, seizures or a head injury.

Offered by [Lyn](#).





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## Other Shock

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Other types of shock include neurogenic, anaphylactic and cardiogenic.

### Neurogenic

Another term for this type of shock is "fainting". It is brought on by severe pain, fright or other strong stimuli. Needless to say, there will be many instances of neurogenic shock after the PS. Physiologically, the nervous system becomes overwhelmed by these stimuli. Blood vessel diameter increases, the heart slows and blood pressure falls so low that there is not enough oxygen being carried to the brain. The person then faints. Placing the head lower than the rest of the body usually relieves this type of shock.

### Anaphylactic

Another term for this type of shock is "allergic". A life-threatening allergic reaction to a substance may cause the airway to well, affecting the ability to breathe. If you see this occurring, place the victim in the best possible position for breathing. Make sure that there are no restrictions on his/her chest or neck (i.e., tight clothing). Medical treatment includes an injection of the drug epinephrine. However, in the US, this is available only by prescription.

### Cardiogenic

This type of shock is caused by conditions (such as a heart attack) that interfere with the heart's pumping function. In the absence of medical treatment facilities, the best that can be done is to keep the victim as comfortable as possible.

Offered by [Lyn](#).



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## Heart Attack

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### How to Survive a Heart Attack When Alone

*Rochester General Hospital Newsletter, June 1999*

Without help, the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a phone and, between breaths, call for help.

However, if you are having chest pain (and don't have other medications that are prescribed for you), get some aspirin and put it in your mouth and suck on it or chew it. This has been shown to be very beneficial in slowing the destruction of the MI heart attack) and preserving the heart muscle. Aspirin is a naturally based medication and usually recommended by (us) informed primary care providers to be taken daily (baby aspirin or 80 mg or similar) as a preventative measure for the MI/ "heart attack". Especially the deadly "first heart attack", where the symptoms are not recognized and progress to death. Much clinical research supports this. Aspirin is based upon the willow tree bark, essentially "natural". Simple, cheap (not under anyone's patent!), natural and very effective - should be included in everyone's "survival arsenal". Cayenne Pepper is a life saver too - working in a different way - and I don't see why both couldn't be used together - or whichever is handier!

Offered by [Craig](#).



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## Stroke

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*Discover* magazine has a brief article on stroke recovery. It seems that research has shown that a shot of alcohol and 3 to 4 cups of coffee (caffeine) can reduce the effects of stroke damage up to 80% in the brain.

Offered by [Steve](#).



# Troubled Times



## Cayenne Pepper

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My current understanding of the cause of heart attacks comes from studying the work of Dr. Matthias Rath. An inadequate intake of vitamin C over a long period of time causes the arteries that flex the most to crack and leak. The arteries that flex the most are around the heart. Some of these squash with every beat of the heart. As they crack a plaque forms on the inside to repair the leak. Self repair by the body. As more and more cracking takes place more and more plaque builds up on the inside of the artery till it restricts the blood flow with a potential clotting to causing a lack of blood to the heart causing pain or a heart attack. This is the simple or non-technical explanation.

The following is a more technical explanation.

*Heart attacks are caused by interruption of blood flow through the coronary arteries. The development of atherosclerotic deposits leads to narrowing of the blood vessel and to a decreased blood flow through the arteries. At this stage patients frequently experience the alarm sign of heart disease - chest pain or angina pectoris. In most cases a blood clot has formed in the neighborhood of an atherosclerotic deposit. This event leads to clogging of the coronary artery and to a complete interruption of the blood flow. As a result, millions of heart muscle cells suffocate from lack of oxygen and nutrients, and many of these cells die. In general, heart attacks lead to the irreversible damage and death of a portion of the heart muscle. The effect of a dead heart muscle portion for the functioning of the heart is comparable to the failure of one cylinder in a motor: the performance is permanently impaired.*

Now what does Dr. Schulze say along this line.

*Cayenne increases blood circulation and eases the pain of congested swollen veins. Veins, unlike arteries, have thinner, less muscular walls. Because of this, they easily herniate, swell, and collapse. Cayenne helps the blood move through the veins easier. It even dissolves clots, and being a very rich source of vitamin C and bioflavonoids, and other vitamin C complex nutrients, it actually strengthens the walls of the veins, and has been proven to clean them and help them regain their elasticity. I have seen many diabetics, and others, with horrible circulation problems in there legs and extremities - some so far gone with gangrene they were scheduled for amputation - who recovered.*

*Cayenne is most effective for heart and blood circulation problems, and for angina pectoris, palpitations, and cardiac arrhythmias. It's a miracle for congestive heart failure. It is a specific for anyone who has any type of circulatory problems, such as high or low blood pressure, elevated cholesterol, triglycerides and fats, even varicose veins. With the heart, cayenne is great for prevention as well as for the treatment of disease. It relieves the pain of angina pectoris by helping get more blood to the heart muscle itself. And, if a person has a heart attack, cayenne is the surest first aid remedy. I have had almost a hundred patients actually save their lives by using a tablespoonful of cayenne pepper in a glass of warm water, or 10 dropperfuls of the tincture, and drinking it down fast. In every case, it brought the person right out of it with minimal damage, some with no damage at all.*

The above are quotes from **Herbal Therapy for Serious Illness** Issue #1 by Sam Biser interviewing Dr. Richard Schulze.

Offered by [Mike](#).

I found the relationship of cayenne to heart attacks very interesting. I have seen cayenne products, and habejero

products that caution those with hypertension (high blood pressure) not to take them. And, of course, hypertension sometimes contributes to a heart attack. But it sounds like a dose acts very much like an aspirin in dilating the vessels and thinning the blood.

Offered by [Kevin](#).



# Troubled Times



## Legal/Available

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You can get organic **Powdered Habanero** about \$20/lb from Pacific Botanicals phone 541-479-7777 or **Organic Cayenne Pepper** from Dr. Christopher's Herb Shop 800-453-1406.

For those who want a small cheap defense against a potential attacker. The following would work before or after the pole shift. Consider carrying a closed container of Habanero powder. Closed so as not absorb water. If this powder is successfully thrown in the eyes of an attacker, you could have time to get away. This powder was used by ancient martial artist. If you plan to use this don't miss - you get only one chance. Takes up less room than pepper spray.

By the way pepper spray is just concentrated water tincture (or tea) of habanero. This can easily be made by soaking some powder in water and straining it. One could dedicate a cheap \$10-\$15 small Hudson bug sprayer to having some of this in it at all times around the house. "Just doing some gardening", if anyone asks why you carried it to the door when the stranger knocked. Before the pole shift one would need to be aware of and follow the local laws with respect to it's use.

Offered by [Mike](#).



# Troubled Times



## Emergency

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The late herbalist and author John Christopher always carried a pocketful of cayenne pepper capsules and saved the lives of many people who had a sudden heart attack in his presence. Just open the capsules and dump the cayenne under the tongue. Author Dick Quinn, having failed to recover from a Quadruple Bypass operation and told by his doctors that nothing could save him, managed to prolong his life 17 years by the regular ingestion of cayenne pepper. I carry cayenne capsules with me all the time. Never know when you might be able to save a life.

Offered by [Educate-Yourself](#).

Carry a tincture of cayenne pepper and give yourself a bunch of squirts into the mouth. Dr. Schulze has saved many from heart damage by this technology, as this story taken from **Herbal Therapy for Serious Illness** Issue#1 (1997) *A Health Newsletter* by Sam Biser, relates.

Offered by [Mike](#).

**Schulze:** I was once waiting for a patient, a man in his 50's who had a previous heart attack, and who was just beginning my programs. He was late, so I asked my secretary to see if he had arrived. His car was parked in the driveway and it looked as if he was sleeping in it. When she went out to wake him up and bring him in, she became hysterical. She came running in and told me he was dead. I ran out to the car and he was beyond blue, he was slate-grey, cold, and did look dead. I saw no breathing and felt no pulse. I put 12 whole dropperfulls of cayenne tincture into the mouth of this literally dead man.

**Biser:** Isn't that way too much? Couldn't that hurt him?

**Schulze:** Who Cares if the man has a sore throat for a week afterward? If you don't do something in seconds, then he's definitely dead.

**Biser:** So what happened?

**Schulze:** His face began to turn red - before I even started CPR, and we revived him in seconds. The paramedics took him to the hospital, and later I talked with the emergency room physician. He said that he had rarely seen a person who was so far gone, survive. And, he had never seen a person that bad, who had literally no heart damage. I think this can also be attributed to the fact that this man had been taking hawthorn berry concentrates, for months before he ever came to see me. Hawthorn is a known heart protectant.

Here's my point on this whole case: I gave this man 360 drops (30-40 drops per dropperful) of cayenne tincture. This is a dose no one would dream of. Everyone else wimps around with a couple of dropperfuls - and to tell you the truth, they wouldn't even know to use it at all in this situation. Secondly, this wasn't ordinary cayenne tincture. This was tincture so powerful it makes the stuff you can buy at healthfood stores and herbs suppliers look like colored water.

Mexican Habaneros between 250,000 and 300,000 Scoville Units. Compare that to the 40,000 Heat units that herbal companies sell you. Add enough 40%-alcohol vodka to just cover these chopped and powdered peppers by about 1 inch. Use a blender to assist. Start on the new

moon. Let it sit until the Full moon (minimum time), about 14 days, shaking it many times each day. On the Full moon, strain it off through a clean old tee shirt, pressing and straining real tight. Wash your hands well. The cayenne stays on your hand, so wash your hands three times. I let almost all of my tinctures sit for three full months before I strain them.





# Troubled Times



## Potency Varies

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*I think you would use as much as you can stand, [during a heart attack]. I think the danger would be not using enough. Imagine your attention shifting off your heart to wondering if you are going to survive the hot stuff. This as you naturally gasp for air just as the doctor in the first article described. I think this would then be enough. Haven't heard of anyone dying from this stuff. It also thins blood and gives the body a kick to promote healing.*

*Yes, the inexpensive grocery store cayenne pepper is really the best according to Dr. Schulze. These fresh peppers will have much more Vitamin A and Vitamin C that is reduced in the drying and processing of cayenne. The main potent chemical in cayenne is capsicum. The more of this chemicals that is in the cayenne, the hotter it is and also the stronger and thus the more effective. All capsicum is rated between 0 and 300,000 heat units. Paprika has no heat and is rated 0 heat units. Most actual cayenne peppers are rated between 30,000 and 80,000. Jalapeno peppers are between 50,000 and 80,000. Serrano peppers are at about 100,000. African bird peppers are about 200,000 and Mexican habaneros are between 250,000 and 300,000.*

Data taken from Dr. Richard Schulze **Herbal Therapy for Serious Illness** Issue #1 by Sam Biser. (1997).

Offered by [Mike](#).



# Troubled Times



## Stop Bleeding

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One of nature's best remedies for cuts (even deep punctures) is believe it or not Cayenne Pepper. This wonderful plant can be grown and therefore no "factory" will be necessary. To use - apply liberally on wound. The wound will form a scab and heal much quicker than with even sutures and with no scarring. Please check out the book *A Layman's Guide: Curing with Cayenne* by Sam Biser. You might have to call the following number to order 818-503-5980 (not sure it is readily available) I highly recommended for natural healing (and a renewable resource). From the book: *Cayenne Pepper medicinal uses: Major benefit - Stops Bleeding (internal or external), Heart attack, stroke, or Shock, Dissolves clots. Minor Benefits - Reviving, Fainting, Dizziness, Weakness, Confusion.* Here is an excerpt from the book for an internal use:

*Once a child was shot in the abdomen; a bullet hit the spine, ricocheted, and made a second wound leaving the body. One of Dr. Christopher's herbal students living next door heard the shot and raced over. She knew that the parents were not home and that the children, ages eight and four, should not be shooting guns. When she arrived, the eight-year-old was gushing blood out of both his sides. They had been playing cops and robbers with their father's gun which she found under a pillow. She ran to the cabinet and mixed a tablespoonful of cayenne in a glass of water. She then poured it down the boy's throat and called the ambulance which was 18 miles away. By the time you could count to ten, cayenne will stop the bleeding. The emergency room attendant said that the boy would probably bleed to death, being that the distance was so great. The ambulance arrived and rushed the child to the Primary Children's Hospital, 18 miles away. When the child arrived at the hospital, he was the center of attention, not because his condition was so serious, but because he was chatting a mile a minute- and there was no bleeding.*

You can experiment on your neighbors, but if I get shot, punctured, or am bleeding to death I hope someone nearby me has the sense to use this wondrous herb. Here is an excerpt from the book for an external use:

*Dr. Christopher even used cayenne tincture directly on open wounds. It way sting, but the bleeding stops. Even if the wound is a deep cut exposing bone, that wound may still be filled with cayenne pepper. Many people, when they see the skin ruddied by cayenne, believe that the skin is irritated. But cayenne is a counter-irritant. Cayenne brings the blood to the surface to take away any toxic poisons and start the healing. The redness comes to the skin from the blood that has rushed to the surface to assist carrying off wastes.*

Dr. Christopher was probably one of the greatest and most successful herbalist of our time. You owe it to yourselves and your loved ones to study. There aren't going to be any 911 or doctors available. You need to be able to save yourself and your loved ones.

Offered by [Carol](#).

There are two ways of using cayenne - externally and internally. I have personally used cayenne on a cut to stop it from bleeding. It sounds strange, but it doesn't sting at all. You would think that a spicy condiment would burn like hell if you put in on a cut, but it doesn't. And it does stop the bleeding fast.

Offered by [Michael](#).



# Troubled Times



## Spider Webs

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We might keep some web making arachnids around as a source of blood stanching fiber. The sticky spider web was used in times past by both Native Americans and the Ancient Romans (I don't know who else) to cover seeping abrasions, and shallow cuts. I have had an occasion to try this myself once when I was out in the woods, to cover a skinned shin. It works. You may also recall that the spider web is used as the crosshairs in nonelectronic visual enhancement devices, so spiders may be worth keeping around.

Offered by [Laura](#).



# Troubled Times



## Super Glue

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Over the years i have heard that super glue has been used for certain types of wound closure. After doing some searching I am convinced that super glue has a place in any medical kit. It's been my experience that super glue tends to harden after a year or so, so it probably would be best to store it in an air tight container. Here are some links:

<http://www.gentlebirth.org/archives/suturing.html>

<http://www.mtdaily.com/wwwboard/messages15/2342.html>

[http://www.umich.edu/~urecord/9697/Jun11\\_97/artcl07.htm](http://www.umich.edu/~urecord/9697/Jun11_97/artcl07.htm)

Offered by [Kevin](#).



# Troubled Times



## Home Remedies

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The **Home Remedies** site has a list of 151 natural, home remedies for everyday injuries, diseases, and ailments. All of the ingredients for the remedies are natural, and are available in most health food stores, and even some major supermarket chains. Many ingredients can also be grown at home, or are household products. These remedies, however, are not replacements for traditional medicine; they are just time and money saving alternatives. If there is a medical emergency, or symptoms persist for an excessive amount of time, please consult a doctor or go to the emergency room if either is available. The best medicine, however, is preventive medicine, so eat healthy, exercise, and take care of oneself before an illness takes hold.

Offered by [Pat](#).



# Troubled Times



## Hemorrhage

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During amputation, a limb is removed either surgically or by injury. In either case, the immediate danger is the risk of hemorrhage.

The largest post-amputation danger is that of infection and sepsis. These wounds heal by granulation and that takes about a week. Until then, it is imperative to keep the amputated site very clean. Other things to watch out for after an amputation are excessive swelling and excessive wound drainage. Keeping the stump elevated helps to decrease the swelling. Apply and maintain a pressure dressing to help control the drainage.

A big issue with amputation - during and after, is controlling the pain related to the surgery and phantom sensations.

Offered by [Lyn](#).



# Troubled Times



## Frostbite

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This injury results from frozen tissues. Light frostbite involves only the skin that takes on a dull, whitish pallor (color). Deep frostbite extends to a depth below the skin. The tissues become solid and immovable. Your feet, hands, and exposed facial areas are particularly vulnerable to frostbite.

When with others, prevent frostbite by using the buddy system. Check your buddy's face often and make sure that he checks yours. If you are alone, periodically cover your nose and lower part of your face with your mittens. Do not try to thaw the affected areas by placing them close to an open flame. Gently rub them in lukewarm water. Dry the part and place it next to your own skin to warm it at body temperature. The best protection is prevention. Here in Alaska, we wear protective clothing, keep an eye on each other and watch our children.

Frostbite and Hypothermia can sneak up on you before you know it has happened. We learned in the Army that at -30 degrees F, you can frostbite your fingers in only eight minutes! It is just a life style to get used to. Some of the information above is from *FM 21-76, Department of the Army SURVIVAL* book, June 1992, which says on cover "approved for public release; distribution is unlimited".

Offered by [Clip](#).





# Troubled Times



## Frostbite Prevention

Keep moving. Don't wait until you start shivering in coldly hostile country (shivering is normal). Move! and keep moving as much as surroundings allow. Stamp. Jump. Slap arms across chest. Blow on hands. Stuff hands under clothing (inside pants or under armpits). Wiggle toes. Arch feet. Bend ankles. Make faces. Pummel (pound, beat). Cup hands on face. Button up clothing. Shout. Loosen tight clothing. Pull ears, nose, lips. Clench fists. Bend and unbend fingers and toes. Exercise shoulders and buttock muscles when cramped. Hold toes up for a minute or two when cramped - say on a raft. Huddle together.

Beware of wind and/or rain--they greatly increase chill risk. A fall into snow-rimmed water can mean exposure. Roll over and over in snow. Jump up and bang off snow. Roll in it again. Repeat until warm all over and snow has mopped out moisture. Don't spill gasoline on bare skin. Don't touch bare metal in freezing cold. Don't shove snow clad gloves into pockets. Do sit on something other than snow. Don't chafe or rub sore skin. Once you are warm keep moving by working. Keep working until warm and sheltered. And then keep aware.



**Making faces (anti-frostbite)**

Graphic from *The Book of Survival* by Anthony Greenbank, pp 99-100.

Offered by [Clip](#).



# Troubled Times



## Hypothermia

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Defined as the body's failure to maintain a temperature of 36 degrees C (97 degrees F). Exposure to cool or cold temperatures over a short or long time can cause hypothermia. Dehydration and lack of food and rest predispose (prepare) the survivor to hypothermia. You must gradually warm the hypothermia victim. Get the victim into dry clothing. Replace lost fluids, and warm him. I might add, one method that we use is to get into a sleeping bag with the victim (mostly naked) and warm him with your own body heat. Some of the information above is from *FM 21-76, Department of the Army SURVIVAL* book, June 1992, which says on cover "approved for public release; distribution is unlimited".

I have had hypothermia. It is no picnic. You shake so badly you can't stop. You also hyperventilate and can't stop. Luckily, I was not alone at the time. The other person kept me moving and would not stop until some boaters came down river and took us across, built us a big fire and gave us warm sweaters that helped us warm up. We then hitchhiked home 35 miles in the back of this pick up in the rain. (What a crummy day). I was in bed for two days after the doctor shot me full of something (antibiotics). The point is, you have to have an outside heat source to regenerate the lost heat in your body. Trust me, if you have hypothermia, you won't care if some big, hairy ugly guy gets naked in the sleeping bag with you.

Offered by [Clip](#).



# Troubled Times



## Stages

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I found this in the December 1999 issue of *Outside Magazine*, from a book called *Hypothermia, Frostbite, and Other Cold Injuries* by James Wilkerson, for \$13.

### Stage One

Coordination declines progressively. One "gets the 'umbles," Wilkerson says, they "mumble, fumble, and stumble," indicating a loss of one to three degrees in core temperature. Get the victim dry, warm and out of the wind. And be persistent: Hypothermia victims are notoriously uncooperative.

### Stage Two

"Uncontrollable shivering means you must do something immediately," Wilkerson says. Build a fire and apply heat (warm stones or water bottle with hot water) to the groin, head, neck, and sides of the chest. If you have a tent, put the victim inside, zip it up, and boil water to warm and humidify the air. If you have no stove or matches for a fire, force the victim to move around: Exercise generates more warmth than shivering.

### Stage Three

If the shivering stops and the victim is both increasingly disoriented and can't walk or stand without your help, severe hypothermia has set in - a dire situation indeed. At this stage, says Wilkerson, "there is no sufficient way to rewarm someone in the wilderness." Your goal should be to limit more heat loss any way you can and get help.

I've heard that if early hypothermia has begun and there is no method available to heat the sufferer, that a non-hypothermic person can lie naked, touching him, to share body heat. This would be necessary as hypothermics cannot generate their own body heat until they recover, so any amount of blankets alone won't do.

Offered by [Ted](#).



# Troubled Times



## Trench Foot

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This condition results from many hours or days of exposure to wet or damp conditions at a temperature just above freezing. The nerves and muscles sustain the main damage, but gangrene can occur. In extreme cases the flesh dies and it may become necessary to have the foot or leg amputated. The best prevention is to keep your feet dry. Carry extra socks with you in a waterproof packet. Dry wet socks against your body. Wash your feet daily and put on dry socks. This will be important for most all people after the pole shift due to the amount of rain we will get.

Some of the information above is from *FM 21-76, Department of the Army SURVIVAL* book, June 1992, which says on cover "approved for public release; distribution is unlimited".

Offered by [Clip](#).



# Troubled Times



## Air Pressure

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From: Benny J Peiser <b.j.peiser@livjm.ac.uk>  
To: cambridge-conference@livjm.ac.uk <cambridge-conference@livjm.ac.uk>  
Date: 10. julij 1998 17:11  
Subject: CCNet DIGEST 10/07/98

### **Some Musings on Atmospheric Pressure Waves**

From E.P. Grondine <epgrondine@hotmail.com>

Several days ago I read a short piece in which it was claimed that two previously unknown small tribes of people had been discovered living in isolation on the north coast of Indonesia. These people supposedly have dark skin and dark hair, which is not that unusual in that part of the world, but what was truly unusual was that it was claimed that the people of these tribes supposedly communicate not with speech but entirely by sign language.

This immediately called to my mind Charles Pellegrino's most recent book on the myth of Atlantis and the explosion of Thera, "Unearthing Atlantis". In this work Pellegrino had speculated that the reported deafness of both Moses and Murshilishi might have been caused by an incredibly loud sound which accompanied the explosion of Thera. Pellegrino calculated an estimate of the size of the noise and how far the atmospheric shock wave must have traveled, and concluded that this hypothesis was entirely likely. Thinking along these lines, it seems to me that some impact explosions must also have produced sounds so loud as to be deafening. I do not think that this effect of impact explosions has been widely noted, and I do not think that researchers may be on the lookout for reports of wide-spread deafness.



# Troubled Times



## Band-Aids

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Band-Aids are good! Though easy to store, they take up a lot of space. I suggest one buy rolls of gauze and silk tape. Thus, one can customize their own "Band-Aids". Gauze is washable, so it can be reused (just sterilize by boiling it for about 10 minutes). In the absence of tape, gauze can be used to "tie" around the wound to secure the bandaging underneath.

Offered by [Lyn](#).



# Troubled Times



## Painter's Masks

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When Mt. St. Helens went off we used just plain painter's dust masks. You can get them for about 5/\$1.00 US. That ash was made of a fine glass substance.

Offered by [Mary](#).

How hard is it to breath thru those masks and can you do it on a basis we may have to for months and years?

Offered by [Cynthia](#).

I do not believe you should even need the filters. Remember it is going to rain a lot and the wind is going to blow a lot. The rain will settle the ash and other debris in the atmosphere relatively quickly and the wind will also do its job in dispersing the debris. I'm thinking a lot of the debris in the air will end up in the oceans of the world.

Offered by [Mary](#).





# Troubled Times



## Leeches

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Leeches can be used to bring circulation to areas of the body that have very poor circulation after an injury. If an injured part does not have adequate blood supply, sepsis may set in. Improved circulation prevents gangrene. Thus, leeches are valuable to promoting healing as they enable blood to get to where it is needed the most. An example is a crushed arm that prevents an adequate supply of blood from reaching the fingers. Leeches on the fingers would draw blood to the fingers until normal circulation can be restored.

Leeches secrete an anticoagulant (hirudin) that keeps the circulation in injured limbs and digits from gumming up during the healing process. Leeches are used in many *modern* orthopedic facilities for this purpose. In fact, a nurse friend of mine used to apply leeches to fingers and toes when she worked on an orthopedic unit. Leeches would be left on for specified periods of time. Fat leeches would be replaced with skinny ones. I remember reading somewhere that leeches also have a natural antibiotic that they release into the bloodstream.

Offered by [Lyn](#).



# Troubled Times



## Improve Circulation

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We use leeches rather infrequently, usually with severed digits that were reattached or less commonly flap grafts. Indication is venous engorgement of digit/graft, i.e. arterial supply is OK but venous return is not, so digit/graft gets engorged which can then imperil the arterial supply leading to tissue necrosis, loss of digit/graft, etc. The leeches essentially siphon off the blood, things don't get so engorged (the leeches do instead) and the body eventually re-establishes adequate venous return. Usually works pretty well.

[Stan Shikuma, RN](#)

I have seen them used on fingers / toes to help with the circulation. It had been years ago, and I was surprised. The nurses on that unit said that it worked.

[rewolinj@milwaukee.tec.wi.us](mailto:rewolinj@milwaukee.tec.wi.us)

Yes, some vascular surgeons use leeches to help restore microcirculation in instances of attempted repair of traumatic amputation of extremities. Contact your pharmaceutical wholesaler for information regarding how leeches may be obtained for medical use.

[Bill Mayers, RT, RN](#)

Leeches are used because they secrete a 'way cool anticoagulant (hirudin) which is useful in microsurgery (like digit/limb/ear reattachment) because it keeps the capillaries from sludging up as the reimplantation "takes". If used on kids, they get attached to their little buddies. Don't tell 'em they're going to that big hopper in the sky when they're full up. Say they're going back to a nice pond for early retirement. Check out a good textbook on reimpantation or vascular surgery.

[Wendie](#)



# Troubled Times



## Maggots

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Maggots debride necrotic skin! They do this by eating the rotten flesh so that new flesh can grow. The trick with maggot therapy is to keep the hungry maggots from damaging the new tissue. I once had a patient who had deep necrotic bed sores from staying in her wheelchair days and nights on end. She ate, urinated, defecated, etc. in this chair. One side of her body was paralyzed - courtesy of a stroke. She lived by herself and got bathed only when one of her grown kids or grandkids came to visit. Anyway, when she was brought into the ER, she had all these bed sores (some down to her bone) and they were all maggot-infested. The maggots literally kept her alive by eating away all the dead, organism-laden flesh! And yes, I helped de-maggot her. The process took almost a week.

Maggots could be used in an emergency situation. Historically, they have been used that way for centuries - long before the invention of antibiotics. I suppose one would have to use common sense with maggot management. That is, one would have to keep them off the healthy tissue by plucking them off or by shielding the healthy tissue in some way. Healthy tissue is pink, so one would not want them eating on that - only the blackened areas! However, in a situation where there is little dead tissue left and there are an abundance of maggots, they will start to eat the healthy tissue - not by choice, I don't think. I know that I have plucked many a maggot off healthy tissue on some of my inner city patients.

Offered by [Lyn](#).



# Troubled Times



## Dead Tissue

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### **Doctor! There's a maggot in my wound!**

*BBC Online, March 6, 1999*

Maggots can help to clean ulcers and other wounds. Maggots have had a bad press. Normally associated with disease and rotting flesh, doctors now realize they can treat infections. The squirming larvae were first found to have curative properties during World War I. Dr. William Baer noticed that maggots were getting into the wounds of people injured on the battlefield. Instead of making the wound worse, they helped clear it up. Dr. Baer starting using maggot therapy at Johns Hopkins Hospital in Baltimore - with excellent results. But with the advent of antibiotics in the 1940s, the therapy went out of fashion. However, according to the BBC's Trust Me I'm a Doctor program, they are now making a comeback because of concerns about infections that are resistant to antibiotic treatment.

Dr. Stephen Thomas is the sole UK breeder of maggots. He keeps flies in a sealed room and feeds them on pig's liver. The flies lay their eggs on the liver. These are then separated and sterilized and develop into maggots. The tiny maggots are sent out to hospitals in vials. Maggots clean wounds by eating dead tissue. They first spit out enzymes that liquefy the tissue and then suck up like soup. "They are very gregarious creatures and like to feed in close groups so they all get the benefits of the secretions they are producing." Maggots are also able to breathe through their bottoms which means they can work very quickly because they do not have to keep coming up for air while they are feeding. Bradford Royal Infirmary's leg ulcer unit is one hospital which uses maggot therapy. "Better than surgeons" Kath Vowden, a nurse at the hospital, says people think the maggots are going to be big fishing-type maggots. But the ones used for treating wounds are very tiny. Maggots are traditionally associated with death and fishing.

They are put on the surface of the wound and then sealed in with a bandage. The maggots only feed on the dead tissue. Kath's husband Matthew Vowden is a vascular surgeon at the hospital. He said: "Maggots are very small. They can be very exact about what they do. They can dissolve and digest dead tissue. "A surgeon cannot be that exact and will harm some of the living tissue." During the course of a three-day treatment, the maggots' bodies, full of dead tissue, expand from an average length of two millimeters to three times the size. They leave wounds pink and healthy. Mr. Vowden says many doctors are still reluctant to use maggot therapy. He believes this is because they are not advertised like drugs are and because patients are put off by them. "Patients expect tablets. They don't expect maggots," he said.



# Troubled Times



## Battlefield

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The medicinal benefits of maggots were observed in World War I. Those wounded soldiers who were left in open field or trenches (sometimes for days) had their wounds "cleaned" by maggots (which consumed the dead tissue that bacteria, etc would normally feed on) and were able to heal (and keep) their damaged appendage. Soldiers brought back to field hospitals frequently died or lost the damaged appendage due to massive infection. Maggots play an antiseptic, antimicrobial role in wound healing and should not be feared as causative agents of infection.

Offered by [Educate-Yourself](#).



# Troubled Times



## Blow Flies

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From the *A Book About a Thousand Things*, by George Stimpson, copyrighted in 1946 by Harper and Brothers.

### How do maggots get on meat?

... In recent years it has been discovered that blowflies secrete drugs with remarkable healing properties and that sterile blowflies are effective in healing certain stubborn wounds in human beings.

Offered by [Clip](#).



# Troubled Times



## Fly Eggs

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From the *A Book About a Thousand Things*, by George Stimpson, copyrighted in 1946 by Harper and Brothers.

### How do maggots get on meat?

It was once universally believed that maggots are produced on dead flesh by biogenesis or spontaneous generation; that is, the production of living from non-living matter. This belief persisted through the Middle Ages and was not finally disproved scientifically until 1668, when an Italian named Francesco Redi advanced the theory that every living thing comes from a pre-existing living thing. Redi, a Florentine doctor, was not only court physician to the Grand Duke of Tuscany but also one of the most brilliant poets of his time.

Redi exposed meat to the air during hot weather. It soon began to putrefy and within a few days was covered with maggots. He then put similar meat in a jar covered with fine gauze and exposed it in the same manner. The meat began to putrefy as before, but with no maggots. Blowflies, however, swarmed over the wire screen covering the jar and within a few days the gauze was covered with maggots.

The point is; to grow your own maggots without having to pick them out of rotten meat! Therefore: clean maggots! For protein and for healing bad wounds.

Offered by [Clip](#).



# Troubled Times



## Surprise

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I am trying to find out how maggots appeared on my 90 year old dads heel where there was a very bad sore. A nurse comes in daily to put a dressing on with gauze and wrapping and one day last week when changing the dressing, found them on the sore. She claims a fly must have gotten in the wrapping, but it is hard for me to believe, as it is wrapped pretty snug. I thought they just originated in there, but from what your article reads there must be a fly for maggots to originate.

**Duane**

I am no expert of course in maggots, but as far as I know, a maggot is the larvae of a fly, meaning that a fly had to lay the eggs for the maggot to form. As terrible as it sounds, I do believe they still use maggot therapy in hospitals to help fight infections in open wounds. The way I get it, is the maggot will not eat healthy tissue, only bad tissue, helping the wound heal. But I am no expert.

Offered by [Clipper](#).

Fly eggs are tiny and are sometimes, maybe even often air-borne. They could have landed on the sterile dressing or the wound itself. The important thing is that they are not bad, in and of themselves, and can even be beneficial. The important thing is to dress the wound at least daily, flushing with plenty of clean water That will help keep down the bacteria, the real danger.

Offered by [Ron](#).

It is absolutely correct that maggots will not eat healthy tissue, only bad tissue, helping the wound heal! Maggots will only eat necrotic (dead) tissue. As a nurse who has worked in inner city hospitals I have seen lots of maggots in lots of sores. I am absolutely convinced that the only way some of these people were still alive was because the maggots ate the tissue that would have caused them to get septic and die.

Offered by [Lyn](#).





# Troubled Times



## Hiking Tips

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Highlights from *The Complete Walker*, by Colin Fletcher. (New York: Knopf, 1970)

- Deal with blisters at the first sign of irritation - or else you might get one for a week.
- Sunglasses may be necessary in snowy areas.
- Goggles are essential for prolonged snow work, especially with heavy winds.
- Toothpowder: salt.
- Even without treatment, rattlesnake bites kill few people. Rattlers are most active two hours before and after sunset. A severed head can still bite for up to 45 minutes. If bitten, suck out the venom, keep the spot cold, and immobilize activity for 48 hours.

Offered by [Mike](#).



# Troubled Times



## Anthrax

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I wish someone could discover the "common household ingredients" in the foam, which apparently can nullify even anthrax. I am certainly hoping that this little information quest never needs to be anything more than an interesting exercise. However, I guess if I thought the area I lived in had been exposed to anthrax et al, I would try to combine liquid shampoo and liquid laundry detergent and make lots and lots of suds!

Offered by [Sue](#).

It's possible that at least one ingredient is hydrogen peroxide. Lots of people drink diluted food grade H<sub>2</sub>O<sub>2</sub> to clear out internal pathogens. By the way, I think Sandia is absolutely immoral if they know of a combination of household ingredients that can neutralize anthrax and don't make the information public.

Offered by [Martha](#).



# Troubled Times



## Detergent Foam

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The most common surfactants in shampoos, etc., are sodium lauryl sulfate, and ammonium lauryl sulfate.

Offered by [Jan](#).

Although this stuff is maligned by the health industry, here is what it does: Sodium laureth sulfate or sodium lauryl sulfate is a common ingredient in shampoos. It's inexpensive and a small amount gives a high level of foam. So, that could be the "common household product" to create a foam. Next, I checked out ingredients on washing detergents and carpet cleaners to try and figure out what the "stain lifting agent" would be that was referred to in the article. I was rather amazed that the *only* statement under the ingredients list was "contains anionic and nonionic surfactants." And checking that further I found.

### Detergents

Detergent (cleaning or washing products) commonly found in households, contain synthetic, organic surface active agents called surfactants, which derived from petroleum product precursors. They have the common property of lowering the surface tensions of water thus allowing dirt or grease adhered to various articles to be washed off. In general these surfactants are classified as Anionic, Cationic, and Non-ionic.

### Anionic Surfactants

Anionic surfactants are used as active ingredients in products like hair shampoo, hand dish washing liquids and washing powders and flakes. Common anionic detergent products available locally are Dynamo, Fab, UIC, Axe, and Kao. Anionic surfactant may cause skin irritation and other skin ailments through the removal of natural oils especially to those who are sensitive. When ingested it may cause nausea, diarrhea, intestinal distension and vomiting. However toxicity of such substances is relatively low and no fatalities from ingestion have been reported.

### Non-Ionic Surfactants

Non-ionic surfactants are generally used together with anionic surfactants as active ingredients in products like hair shampoo, hand dish washing liquids and washing powders and flakes. Non-ionic surfactants may cause skin irritation and other skin ailments through the removal of natural oils especially to those who are sensitive. When ingested it may cause nausea, diarrhea, intestinal distension and vomiting. However non-ionic surfactants are generally regarded as non toxic and no fatalities from ingestion have been reported.

### Cationic Surfactants

Cationic surfactants are effective anti-bacteria agents. Thus these are generally employed as disinfectants and antiseptic agents and used in germicide and sanitizer products but seldom as cleansers per se. Cationic surfactants are toxic substances and may cause corrosive burns of the mouth and throat if ingested. Other symptoms such as nausea, vomiting, diarrhea, dermal necrosis, lung complication, hypotension have also been reported. Exposure to the eye may cause serious corneal damage. Seek medical treatment immediately on any suspected case of poisoning.

### Surfactants

Alcohol Ether Sulfates, Alcohol Sulfates, Alkanolamides, Alkyl Sulfonates, Amine Oxides,

Amphoteric Surfactants, Anionic Surfactants, Betaine Derivatives, Cationic Surfactants, Disulfonates, Dodecylbenzene Sulfonic Acid, Ethoxylated Alcohols, Ethoxylated Alkyl Phenols, Ethoxylated Fatty Acids, Glycerol Esters Hydrotropes, Lauryl Sulfates, Mono and Diglycerides, Non-ionic Surfactants, Phosphate Esters, Quaternary Surfactants, Sorbitan Derivatives

Noting that Lauryl Sulfates are on the list .. do you suppose we could shampoo anthrax to death?

Offered by [Sue](#).



# Troubled Times



## Magnets

Excerpts from an article in the December 9, 1997 *New York Times*,  
**Study on Using Magnets to Treat Pain Surprises Skeptics**, by Lawrence Altman, MD

Aware of the medical profession's skepticism about magnet therapy, Vallbona sought to conduct science's most rigorous type of study. Participants would agree to allow the investigators to randomly assign them to groups getting treatment with active magnets or sham devices. But neither the patients nor the doctors treating them would know what therapy was used on which patient. First, Vallbona informally tested magnets on a few patients. One was a priest with post-polio syndrome who celebrated mass with difficulty due to marked back pain that prevented him from raising his left hand. After applying a magnet for a few minutes the pain was gone, Vallbona recalled, and, "the priest said this was a miracle." Then a human experimentation committee allowed Vallbona to test 50 volunteers with magnets that at 300 to 500 gauss, were slightly stronger than refrigerator magnets. They were made in different sizes so they could fit over the anatomic area identified as setting off their pain.

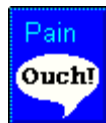
It was difficult to design a system to prevent participants from learning whether they were being treated with a magnet or a sham. So Vallbona asked Magnaflex Inc., a magnet manufacturer in Corpus Christi, Texas, to prepare active magnets and inactive devices that could not be told apart. The devices were labeled in code. As a further precaution, a staff member observed the patients throughout the 45-minute period of therapy to make sure they would not try to find out -- by testing with a paper clip, say -- what treatment they were receiving. After the investigators identified the source of the pain and then pressed on it, the 39 women and 11 men in the study graded the pain on a scale of 0 (none) to 10 (worst). Then after the experimental treatment, the participants rated their pain in a standard questionnaire.

The volunteers were tested only one time. The 29 who received an active magnet reported a reduction in pain to 4.4 from 9.6, compared with a smaller decline to 8.4 from 9.5 among the 21 treated with a sham magnet. The Baylor scientists emphasized that their study applied only to pain from the post-polio condition. Nevertheless, their report in last month's issue of *Archives of Physical and Rehabilitation Medicine*, a leading specialty journal, has shocked many doctors who have scoffed at claims for magnets' medical benefits. ...

Magnets' medical benefits have been proclaimed for centuries. So why has it taken so long to do studies to begin to answer the questions? The reasons involve economic, political, professional and human factors. Many doctors criticize the lucrative magnet industry for not investing in studies the way drug companies often do. "They don't do simple research," Jarvis said, and "it is hard to imagine an easier study to conduct than a magnet one for pain." Yet doctors share the responsibility to do such research, and only rarely have they reported undertaking the scientifically controlled studies needed to settle major disputes about reported therapies. In many such debates, doctors demand a biological explanation for a therapy's benefits. Without documentation that satisfies them, doctors may summarily reject the claims. Yet in their everyday practices, the same doctors may use other therapies that lack scientific proof for why they work. ...



# Troubled Times



## Hot Peppers

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Capsicum Oleoresin (Hot Peppers): Did you know that part of a hot pepper can be used for topical pain relief, and that you can get it at your corner bicycle Shop? Please note: Capsicum is the substance that surrounds the hot pepper seeds. This is a protective mechanism to keep animals from eating the seeds. The seeds themselves have no benefit whatsoever in pain relief.

Offered by [Steve](#).

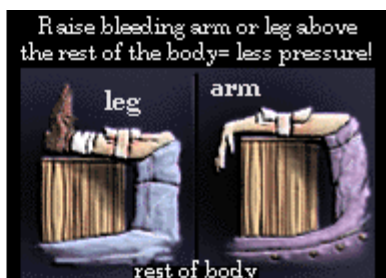
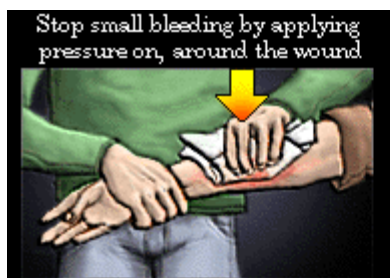


# Troubled Times



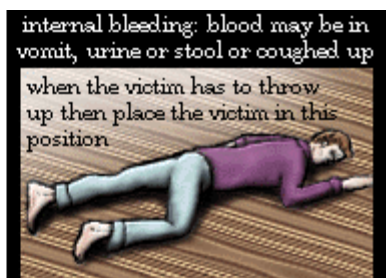
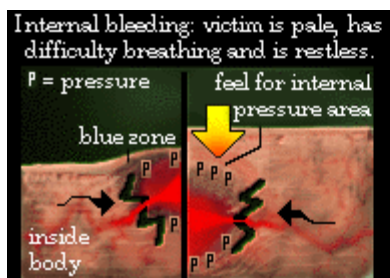
## Medical Care

The immediate major medical needs after the cataclysms will be trauma-related. As medical resources will be severely limited, we will be limited to what injuries can be realistically treated. These basically include wounds and fractures.



### Shock

- Immediate treatment of wounds is to stop internal and external bleeding (to prevent fatal hypovolemic shock). The best way to stop external bleeding is to apply pressure *directly* over the wound. If possible, raise the portion of the body that the wound is on so as to force the blood back to the heart (via gravity) and away from the wound. There is no layman's way to stop internal bleeding - this is usually treated with surgery. One can quickly tell if the victim has internal bleeding by looking and feeling the abdomen. If the abdomen becomes rigid (and often enlarged), it is a good indication of internal bleeding. The best thing to do is keep the person as comfortable as possible and stay with him/her until the end (which will most likely be very soon). If you suspect that one may have internal bleeding in the brain, *keep* the head elevated to decrease cranial pressure.



### Wounds and Fractures

- For fractures, first stop the bleeding and then splint the limb with something hard and straight. Adjust the splint as necessary to accommodate swelling of the limb.
- In *all* cases, *address* the spirit of the person you are helping. The physical injury may be an extension of a deeper "injury". Help the spirit to heal the body by visualizing a white or gold light around the person. Imagine this light engulfing the person in its brilliance. *Know* that the light is *healing*. *It is that simple!* If possible, *feel* the energy in your hands as you touch the other person. Know that it is healing energy. *know* that the other person will use that energy to his/her best advantage according to his/her path and lessons to be learned thereof. *Keep in mind* that *you* are not healing the other person - you are just giving him/her a tool that they may/may not use to *heal themselves*. That is how "miracle" cures come about.



Another major category of injuries include burns: chemical, heat and radiation in 1st, 2nd and 3rd degree severity.

### Burns

- Under present day conditions, these burns would each be treated according to their type and severity. This will not be a luxury available after the Pole Shift. So basically, immediate treatment consists of applying something cool/cold to the burn area. This will help with the pain so that the victim can free more energy to heal. If possible, try to keep severely burned areas covered with a clean cloth. Other than that, the burn victim will require lots of fluid replacement and lots of calories for healing (particularly protein foods). The latter will more than likely not be available.
- Since there will not be special burn creams and sterile gauze dressings to put over burn wounds, make a "psychic dressing" that will cover and protect the wound as well as nourish it. Just envision a white dressing loosely draped over the burn. Envision this dressing imparting healing nutrients into the wound. Do this every 6 - 8 hours. As the wound heals, decrease to every 12 hours, then once a day.

### Stamina

- The best way to help oneself heal from post Pole Shift injuries is to best care for oneself before the Pole Shift. This means to eat nutritiously and forget about calorie counting and fat gram counting. No one is going to give a rosy red rat's rear about how fat/thin one is after Pole Shift. Health is the most important issue here. Exercise is good also - helps with stamina and circulation.

Offered by [Lyn](#). Graphics by [Michel](#).





# Troubled Times



## Types of Burns

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Burns will most likely be a common injury sustained by pole shift survivors. Burns break the skin which makes the body susceptible can infection, dehydration and loss of temperature control. Burns can also harm the respiratory system and the eyes. Severity of burns depends on: temperature of the burn source; length of exposure to the source; location of the burn; extent of the burn; victim's age and medical condition (i.e., elderly people have thinner skin and young children have very delicate skin). Burns are typed by their *source* (heat, chemicals, electricity of radiation) and *depth* (superficial -= first degree; deep = second and third degree). The deeper the burn, the more severe it is.

### Superficial Burns

Superficial burns involve only the top layer of the skin. The skin becomes red and dry and is usually painful. There may be some swelling. An example of a superficial (first degree) burn is the typical sunburn. First degree burns usually heal by themselves in 5 - 6 days without permanent scarring. Treatment for these burns is to first immediately cool the area with cool water or cool wet compresses. Then clean the area as best as you can. If available, apply an antibiotic ointment and watch for signs of infection.

### Deep Burns

These burns also appear red and may have blisters that may break open, weeping clear fluid which makes the skin look wet. These burns are painful and there is often swelling. These burns may heal in 3 or 4 weeks and scarring may occur. A very deep burn may destroy not only all skin layers, but may destroy underlying fat, muscles, bones and nerves. These burns appear brown or black (charred) with underlying tissues appearing white. They can be either very painful or *painless* if the burn destroyed the nerve endings. Needless to say these burns are life threatening because the body loses fluid and shock is likely to occur. There is also increased risk of infection.

Offered by [Lyn](#).



# Troubled Times



## Special Burns

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Most pole shift-related burns will likely be the thermal (heat) type which we discussed in length above. However, there are the three other burn types: chemical, radiation and electrical. These burns have unique care requirements.

### Radiation Burns:

These are similar to heat burns. These are usually superficial but can be very painful. They may blister. There again, sunburn is an excellent example of a solar radiation burn. Just cool it and protect it from further sunlight.

### Electrical Burns:

The human body can conduct electricity. Thus, when someone comes in contact with an electrical source such as a downed power line or lightning, he/she conducts the electricity through the body. Electrical resistance of body parts produces heat which can cause burn injuries. Burn severity depends on the type and amount of contact, the current's path and length of contact. These burns are often quite deep. You may see two wounds - an entrance one and a exit one (where the current left the body). Besides the obvious burns, electrical injuries can cause the heart to stop or beat erratically. Respiratory failure may also occur.

Signs of electrical burns may include: unconsciousness; dazed or confused behavior; breathing problems and burns where the current both entered and exited the body (often on the hand or foot).

To care for an electrical burn victim, first make sure that the source of electricity is gone and that there are no other immediate hazards. Check and care for any life-threatening conditions (i.e., cardiac or respiratory distress). Cover burn injuries with a dry sterile dressing. (If available. If not, use whatever is available, preferably a dry clean cloth). Give care for shock and then check for fractures.

### Chemical Burns:

these burns result from chemicals that are strong acids or alkalis. Like heat burns, the stronger the chemical, the longer the contact, the more severe the burn. To treat, *first*, remove the chemical from the body as soon as possible. Then flush with large amounts cool, running water. Remove contaminated clothing while flushing (if possible). Take care to keep the chemical from being inhaled.

Offered by [Lyn](#).



# Troubled Times



## Burn Treatment

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Treatment consists of *immediately* cooling the area with large amounts of cool water or cool wet compresses (keep them cool and moist). Use the *cleanest* water (i.e., running water from a nearby creek) and cloth that you can find to help reduce the risk of infection. Infection and dehydration are major killers associated with burn injuries. It is also essential to cool the skin as soon as possible because the skin will continue to burn for minutes after the burn source has been removed, causing more damage. Allow several minutes of the skin to cool. If there is pain when skin is removed from the water (or compresses), continue the cooling process. When the burn is cool, remove all clothing from the area. Do not remove clothing that is sticking to the burn.

Next, loosely cover the burned area with dry sterile dressings (if available). Covering the burn keeps out air and helps reduce pain. The bandaging should not put pressure on the burn surface. If a large part of the body is burned, cover the dressings with another cloth. Covering the burn helps to reduce pain by covering up exposed nerve surfaces. Covering also helps to prevent infection. Deep burns can cause shock from the intense pain and dehydration. Thus, lay the victim down (unless the/she has difficulty breathing). Raise the burned areas above heart level, if possible. As burn victims have a tendency to become chilled, help him/her maintain normal body heat by keeping him/her out of drafts.

### Treatment Do Nots:

People have typically treated burns with ice and oil. However, **do not use these! Ice of ice water** causes loss of body heat and further damages the skin and underlying tissues. Likewise, **do not put oil, butter or ointments** on blisters or deep burns because these items seal in the heat, do not relieve pain very well. Another do not: **do not break** open blisters because it makes the skin more prone to infection.

Offered by [Lyn](#).



# Troubled Times



## Snake Bite

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Here's some details I've found on [Snake Bite Treatment](#) and [First Aid](#). As far as I know, this only applies to snake bites. Insect or bee stings are a different matter.

Offered by [Steve](#).

Here's an excerpt from good ole' Bayou Bob:

The electroshock treatment is among the newer methods reported at achieving reasonable success in bite treatment. This is not yet considered traditional even though the earliest reports of application date quite some time back. These were not United States based field experiences and were thus less likely to end up as being counted as having moved through the time tested process of being considered traditional first aid. Still, the potentials for successful first aid reported in this area have been quite impressive. The book may continue to be open on this matter, but the approach itself, like the others, may present a contribution to an overall process that seeks out the best results.

In this approach, the direct application of electric current to the bite locale is the central focus. Various presentations deliver this shock in different manners. The theory seems to rest in the basis of a very high voltage thrust at a very low amperage. Now, it is evident that whenever the application of electricity to live tissue is involved, there are some strong considerations to keep in mind. Just how much voltage is high enough? What is low amperage? Where and how often is this applied? These are serious questions and all need to be played out to establish some base line formulas for treatment. Research is still underway seeking to outline these parameters.

Some people foolishly assume that since electricity is so widely utilized in the medical field for a very wide range of treatment and testing purposes, it surely cannot be that complicated to apply the principles to snake bite first aid. Anytime that high voltage, poor field conditions, a dose of frantic panic, severe pain, and the like are a part of the situation, great care should be placed upon decision making to use this technique. Yet, as a method of first aid it has much to offer and cannot be discounted due to the downside characteristics. The same principles applied to the other methods must be applied here as well.

Generally, it is accepted that DC current is more suitable for the method. This means stay away from electric plug in receptacles in a wall somewhere! The proper current can be obtained from older coil based gasoline engine ignition systems. Things such as outboard motors, lawn mowers, car or jeep engines, and the like have been pressed into service. There are currently small modified versions of the stun gun which are touted as being effective portable units sufficient to deliver the necessary shock. The idea is to hit the area with enough voltage to damage the cellular molecules of the venom. This must be accomplished at the same time that low enough amps are used to prevent tissue burning, organ damage, convulsions, and a host of other possibilities being experienced from uncontrolled voltage. This is definitely a precision approach with seeing to it that proper safeguards are being maintained.

Past successes have reported that voltage in the 100K level coupled with amps at the 1 or 2 level seem to be workable. The bite area is tapped quickly in one second bursts of six or seven spots in a circular fashion around the wound. Earlier taps are closer in an effort to logically reach venom before it spreads farther out. As time in minutes progresses and swelling or other symptoms move outward, the electric taps

move outward also. It has been reported that beginning immediately with the bite itself in time, a series of taps every 10 to 15 minutes for the first hour may work to reduce the impact of the venom.

It should be obvious that having ready access to such a shock source is a central feature of this approach. To expend hours seeking out or building a power source is not practical. The idea in all treatments is to respond to the presence of the poison very rapidly! The sooner some can be removed, or in the case of this latter treatment, be damaged in some way, the less likely the onset or the lower the peak of some of the more negative symptoms. It is widely held that the shock properly accomplished has the direct effect of changing the shape of the venom cell such that the adhering quality to whole blood cells is reduced, thereby rendering at least a portion of the venom less able to produce the designed results.

As a first aid tool, this approach also must be coupled with safe transport to competent medical service. Additionally, antiseptic procedures should be applied throughout as practical. The history of this approach is more limited but it certainly makes up for late ground by holding the most dramatic claims for rapid success in treatment with minimal resulting damage levels. This method requires a deeper investigative effort and such a continuing study is supported with great hope by those who have experienced the pain of a bite with all of the negatives associated with other treatment courses.



# Troubled Times



## Insect Bites

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I bought a stun gun primarily for this purpose and we bring it when we go hiking/camping in the mountains. It uses a 9 volt battery. Have not used it for snake bite (hope I never need to) but it works instantly to virtually eliminate yellow jacket sting effect. My understanding is that the complex proteins that make up most toxins are denatured by the electrical current being passed through the bite/sting/wound site. In terms of overall self-defense, detoxifying venom, etc., it seems like a good idea to have a stun gun and a supply of 9 volt batteries.

Offered by [Granville](#).



# Troubled Times



## Controversial

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I am concerned that people with less understanding of electricity will go out and kill snakebite victims with misapplied shock treatments. Tazers use high voltage, but very low current. Car batteries are in the neighborhood of 12 volts but deliver very high current. Most people with experience in getting shocked report that car batteries "bite" much harder than household current! Electrical power is defined as the resistance times the square of the current. Current is defined as the voltage divided by the resistance. Thus power can be rewritten as current times voltage.

In other words, you can deliver a given amount of power via low current and high voltage or vice versa (high current and low voltage). While very young, I learned that current is dangerous. Especially high current. Voltage has the potential of being dangerous as well, but in the case of the common tazer if 25,000 volts or more are delivered at around a milli-amp of current, you are only delivering around 25 watts of power. (I'm not sure about those ratings, but I know tazers are VH voltage and VL current.) With a 12 volt car battery rated to deliver up to 600 amps, you are delivering up to 7,200 watts of power! Huge difference!

Offered by [Roger](#).

I have been following the debate regarding shock treatment and was alarmed at the info passed on. Australia has the deadliest snakes in the world and having passed a first aid certificate course I found that the information flew in the face of what is being taught here, and could perhaps influence some Aussies to try this "shock" treatment.

Offered by [Jan](#).

The guys on the report were snake hunters and it sounded like they were speaking from experience.

Offered by [Steve](#).



# Troubled Times



## Antiseptic

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Another wonderful treatment for a cut is honey which being hydroscopic, protects the wound site from infection as germs cannot live in it. You can put it on a wound that is not actively bleeding and it will protect the area from infection and allow healing.

Offered by [Craig](#).

I have used honey many times on my own injuries as well as my children and have found that the healing process is very quick. I am sold on its medical qualities! And, if its kept cool and in the dark will last many years.

Offered by [Kevin](#).





# Troubled Times



## Oxygen

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Found an excellent site showing and explaining how simple breathing exercises will increase oxygen in-take, water out-take, and help remove free radicals from the blood even for those who are physically restricted.

Offered by [Pat](#).

### [Oxygen Metabolism](#), **Roger Jahnke, O.M.D., 1996**

The human system will begin to disorganize and die after several minutes without oxygen. It is a logical progression of thought that leads to the possibility that altering oxygen metabolism might be curative for diseases that have an oxygen deficiency component to their etiology. Both moderate and vigorous body movement and the accompanying muscle work increase oxygen demand in the cells. Evidence from research in exercise physiology demonstrates that muscular activity accelerates the rate of oxygen uptake from the blood. It has been shown that training and practice increase ventilatory threshold, anaerobic threshold and mechanical efficiency. This suggests that regular body movement with increased breath activity supports adaptation toward increased functional efficiency in the uptake and utilization of oxygen from the blood.

One early source (1896) suggests that just the muscular activity of the breath mechanism itself is enough to increase the uptake of oxygen from the blood. This is not a widely accepted idea. However, most traditional systems of medicine include elaborate methods of breath practice. Some exploration of this mechanism for the absorption and utilization of oxygen is being undertaken. A recent animal study demonstrates that the movement of the breathing apparatus alone may generate oxygen demand. Both Qigong and Yoga/Pranayama include breath practices where there is no body movement except of the breathing apparatus itself. Such research suggests that simple breathing techniques alone may increase the amount of oxygen absorbed from the blood. Individuals who are restricted in their movement due to health problems may have access to some of the benefits that have traditionally been reserved for those who do vigorous exercise.



# Troubled Times



## Cayenne

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Cayenne pepper is an incredibly therapeutic substance for cardiovascular health and other benefits. The active ingredient which gives cayenne its kick is Capsaicin. The supermarket variety can be used, but it has a few drawbacks: 1. It's too weak and 2. It's irradiated. The Cayenne found in health food stores is standardized at much higher heat ratings and the pepper is not irradiated. Irradiation scrambles the DNA of the plant and results in unnatural reactions in the body. All spices sold in supermarkets are now irradiated. I would avoid eating these foods. Go to a health store and look at some bottles of Cayenne. You will see that they are rated in Scoville Thermal Units (STU's) My bottle is rated at 40,000 STU's. You can find higher ratings at 90,000, 130,00 and possibly higher. Higher the number, hotter the pepper (more capsaicin).

You need to start slow and low with cayenne. It takes time for the body to acclimate to cayenne. You can start by sprinkling one quarter of one capsule on your food and gradually build up to a full capsule after 1 or 2 months. If you take a half capsule before eating anything in the morning and immediately eat a bowl of oatmeal, you will not notice much. Gradually work up to 2 capsules in the AM . If you notice a slight burning from the anal area, it will pass after a few days. If you get a lot of burning, you are trying to take too much cayenne too soon. Another way to acclimate yourself to cayenne is to try eating a little Korean Kimchi everyday.

Offered by [Educate-Yourself](#).

In South East Asia (Tropic), this hot pepper or cayenne is eaten almost every day in every single meal, lunch or dinner. Most of our dishes are cooked and mixed with this cayenne, and some people just eat them fresh (super hot). I remember my grandmother used to forced feed the chickens with this cayenne, I am not sure why or for what purpose. My understanding at that time was, we eat cayenne just to lower our body temperature, by sweating after eating this hot food mixed with cayenne. The poor do not have air conditioning appliances.

Offered by [Tian](#).



# Troubled Times



## Emu Oil

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Emu oil comes from the rendered fat of the emu, which is filtered and treated to remove all proteins, bacterial, and particulate matter. After this treatment the oil is odorless and either a clear liquid or a cloudy cream depending on the ambient temperature. For centuries, the indigenous people of Australia, and subsequently the white settlers, have used this oil for a variety of skin conditions. It has been frequently tested by government and private laboratories and found to contain a number of fatty acids, ranging from Palmitic to Eicosenoic that give it its unique qualities. It contains no steroids or hormones and when suitably treated, no bacteria.

Dr. George Hobday MD conducted the first recorded emu oil trials in Australia. His clinical experiences observed that its two major attributes were anti-inflammatory and its ability to penetrate the skin. He also concluded that it appeared to provide protection. He identified the following applications where emu oil was effective: Excema; Keloids; Burns; Joint Pain, Growing Pains, Bruising, Muscle Pain, and Wounds. Ongoing studies at Harner Burn Center at Lubbock Texas are finding the healing process is accelerated.

### **Relief from Arthritis Found in Emu Oil**

This unique all-natural oil contains large amounts of linolenic and oleic acids which are very powerful pain relievers and anti-inflammatory agents. In addition, studies conducted by Dr. Paul Smith, professor of pathobiology at Auburn University, concluded that emu oil can travel deeper into the soft muscle tissue of the body, and at a rate more than twice as fast as mineral oil which is the main ingredient in many pain relief and skin care products.

Dr. Michael Holick, professor of medicine, physiology, and dermatology at Boston University Medical Center has discovered several positive effects of emu oil on the body. According to Holick, emu oil produced a twenty percent increase in healthy skin cell production and an eighty percent increase in hair growth, which is promising news for people with wrinkles, stretch marks, hair loss and skin disorders like Eczema and Psoriasis.



# Troubled Times



## Coconut Milk

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A little tidbit I found: During World War II doctors discovered that the liquid inside young coconuts can be used as a substitute for blood plasma.

Offered by [Steve](#).

Yes, the Indonesian Navy is doing this all the time, just anchor the ship nearby to an Island to get the young coconut. The young coconut juice is sterile and it contains all the minerals and glucose for Intravenous purposes. The coconut tree is a tropical plant, so we will have a tough time growing this in the Northern hemisphere unless one has a large and tall greenhouse. It also requires a sandy soil, like a sandy beach. If one is too far inland, like in the mountains, coconut will not grow, as even in the tropics it only grows on the lower elevations.

Offered by [Tian](#).



# Troubled Times



## Cansema

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Cansema is a natural skin cancer treatment. The active ingredients of Cansema are Zinc, bloodroot, and chapparal. It can be ordered from [Alpha Omega Labs](#) in the Bahamas.

This is a recipe for a black paste very similar to the cansema. But this is a preferred paste for melanoma and all suspect skin cancer like lesions. This paste also has worked well for all manner of cancers provided that they have become exposed to or close to the surface of the skin.

- 1/2 cup powdered Blood Root (*Sanguinaria Canadensis*)
- 1/2 cup Zinc Chloride, crystals or liquid
- 1/2 cup common white flour
- 1 1/2 cup warm water
- 100ml Chaparral extract or 100gm of powdered Chaparral (*Larrea mexicana*)

Pre-mix all but the water, thoroughly, before adding to the water. Using a stainless steel double boiler. Put in water, then stir in the other ingredients. Stir in well using a wooden spoon. Cook for thirty minutes over boiling water, stirring constantly. Application is much the same as cansema. Apply a thin layer (2-3mm) of the paste over the affected area and cover for 24 hours. Then remove the covering but do not disturb the lesion at all, do not attempt to pull the cancer out at any time, it should fall out in 10 days or so. Some people with sensitive skin put vaseline around the cancer so that the paste does not irritate the skin.



# Troubled Times



## Thyroid

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It's an amazing fact of nature that tissue from a similar organ (e.g. an animal's Thyroid gland) will migrate to the *same* organ site in the human body-even if only ingested. Of course, it's assumed that digestion would destroy the tissue, but there's no such thing as total digestion and enough gets through to do the trick. When push comes to shove, if you eat the Thyroid organ of an animal, you'll get the same results as taking pills or injections.

Offered by [Educate-Yourself](#).

I've done a search for Thyroid hormone and it's not good news.

Offered by [Jan](#).

*Thyroid Extract is a concentrated Animal Organ Extract often derived from the Thyroid tissue of pigs. Natural Thyroid Extracts are formulated to closely resemble the proportions of Thyroid Hormones found in the human Thyroid Gland. Thyroid Extract is designed to be used to maintain optimal Thyroid Hormone levels within the body. ... Natural Thyroid Extract is derived from pigs whilst synthetic pharmaceutical Thyroid Hormones are manufactured in the laboratory. Natural Thyroid Extract is formulated to closely resemble the proportions of the various Thyroid Hormones (i.e. Diiodothyronine (T2), Thyroxine (T4), Triiodothyronine (T3), T2) that are naturally present in the human Thyroid Gland, whilst synthetic, pharmaceutical Thyroid Extracts consist solely of Thyroxine (T4).*

**In-Tele-Health**



# Troubled Times



## Diabetes

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Changing your diet to one primarily based upon protein and high (healthy) fat so that your body starts using fat for energy rather than carbohydrates (which necessitates a fairly constantly elevated blood-sugar level and thus a constant production of [Insulin](#) and the resulting de-sensetizing to insulin that come along with constantly high insulin levels). You might want to check with a doctor on this.

Offered by [Thomas](#).



# Troubled Times



## Diarrhea

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### Some of the causes of diarrhea:

1. poor nutrition
2. viral infestation or intestinal flu
3. intestinal bacterial infection, amoebas, or giardia
4. worm infestations or other infections such as ear, tonsillitis, measles, urinary infections
5. malaria
6. food poisoning from spoiled food
7. inability to digest milk
8. difficulty in digesting new foods never eaten before
9. allergies to foods
10. side effects from medicines
11. eating too much of one kind of food, such as fruit, meat, sugar, or greasy foods

For most people no medication is needed, but the hidden danger is dehydration. If it keeps up over a time, the biggest danger is further malnutrition. A person with watery diarrhea must drink large quantities of water or they will die. Drink small swallows every few minutes of clean un fouled water. Use your emergency water reserves for this. You should have gallons of emergency water reserves specifically for this possibility. Food must be started and continued as soon as possible. When a person is vomiting or is too sick to eat or drink have the person drink only as much as they can tolerate at a time - usually small sips of fluid a frequent basis. Ensure that the water has been sterilized by boiling for 20 minutes.

Then switch to teas, rice water(soak rice in water), chicken broth, meat broth, egg broth, or bean broth, or breast milk for infants. When they can start eating, they should have the following: energy foods: ripe or cooked bananas, crackers, rice, oatmeal, well cooked maize, potatoes, applesauce, papaya, or body building foods such as milk, chicken, eggs, meat - well cooked without fat or grease, beans/lentils/beans - well cooked and mashed, fish - well cooked. Do not eat: fat or greasy foods(fat generally), most raw fruits(must be cooked), beans cooked in fat, highly seasoned food, alcohol.

### Guidelines for treatment of diarrhea according to the signs:

1. Sudden mild diarrhea, no fever, requires that the person drink lots of fluids, no special treatment required.
2. Diarrhea with vomiting requires a rehydration drink (1 liter water + 2 tablespoons of sugar or honey + 1/4 teaspoon salt + 1/4 teaspoon baking soda), and if available, some orange juice or coconut milk and a mashed banana or other mashed fruit, or tea or cola or other liquid every 5 to 10 minutes (few sips).
3. Diarrhea with mucus and blood; of and on, no fever sounds like Amoebic dysentery.
4. Acute (continuous ongoing) diarrhea with fever, with or without blood, sounds like bacterial dysentery, typhoid fever, or malaria.
5. Yellow, bad smelling diarrhea with bubbles or froth, without blood or mucus sounds like the microscopic parasite Giardia. Rest and plenty of liquid and good food is the only thing needed.
6. Diarrhea like rice water sounds like cholera. Dehydration is extreme. If enough fluids can be provided continuously the person will not die. Otherwise death is by dehydration.



Offered by [Eric](#).



# Troubled Times



## Fatal

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I've been worrying recently about the aftermath of the pole shift, and how one might treat starvation among survivors. This led me to the **Medecins Sans Frontieres** web site. According to them, diarrhea in its various forms is usually one of the five major causes of death in any emergency situation. The others are malnutrition, measles, malaria and pneumonia. The site gives information about treating these potentially fatal ailments. As far as I can see, you need to have a medical bag of vitamins, high-energy milk, antibiotics and electrolytes on hand if you want to combat all of these possible problems, not to mention vaccines for measles and so on. So I'm not sure how practical (or possible) it would be for a small group of prepared (but medically untrained) survivors to dispense aid to less prepared pole shift victims without compromising their (the prepared group's) own chances of survival. Long-term care for a large group of unprepared survivors is simply impossible, unless you are extremely well prepared and have access to huge amounts of money before the shift, as far as I can see.

Offered by [Euan](#).



# Troubled Times



## Prevention

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Though the chances are slight that there will be survivors spreading a disease in scarcely populated areas, there is a greater chance that there will be populated areas where the rotting corpses, the insects and the total lack of hygiene will be the primary causes of outbreaks of diseases like cholera.

- Waters will be polluted and filthy, food will be bad here and there, people can't wash. The worse thing is that in general most survivors will have a lowered immunity due to the lack of certain essential nutritional elements. Where now a wound would heal then it won't or will heal slowly. So clean water is very important when cleaning wounds.
- Good nutrition is more important than most expect it to be. Many vitamins and minerals and amino acids(which make up our protein) work together and solo, increasing/boosting the immune system when needed and improving mental health.
- Mental health, the strength of the mind, should not be underestimated either. Good nutrition lowers depression, helps the body recover to a balanced state and speeds up the healing process and enhances the ability to focus/concentrate and think clearly. A weakened mind means a weakened body because stress can overcome it.
- Rest is very important in the healing process, time to heal is a must, whether it is for a wound or an infection. Herbs can help in insomnia and in easing pain, as do certain amino acids.
- Establish a place where the wounded and the sick can be treated, a hospital environment. With some basics like how to sterilize one can go a long way! A microscope nowadays isn't that expensive and there is a treasure of information in the libraries of the world and on the Internet.

Offered by [Michel](#).



# Troubled Times



## Safeshield

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This stuff works. It's a lotion that you apply to your skin that lasts over 3 hours, doesn't need to be reapplied after each hand washing, takes the place of latex gloves for nurses. It's called Safeshield. It attacks bacteria and viruses such as staphylococcus, salmonella, hepatitis A, E coli, Pseudomonas, Rhinovirus. It's a long lasting barrier that those who are allergic to latex gloves can use and is FDA approved. It's a water proof anti-cross contaminant, reduces spread of infection, protects against skin irritants, prevents harsh detergents from reaching skin tissue, bonds to skin to form a polymeric film, yet allows skin to breathe, hypoallergenic, contains moisturizing skin conditioners and emollients and is a non-greasy formula. It's incredibly expensive too. 877-628-5267 (toll free) for free trial kit. I wish I had this when my kids were younger.

Offered by [John](#).



# Troubled Times



## Peptides

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### Frog Skin Fights Bacteria

by Emily Hoffman

If thoughts of frogs conjure up images of slime and muck, you may have to change your thinking. Previously undiscovered compounds on the skins of frogs can kill a wide range of bacteria in the lab, a group of researchers have found. These new compounds, small proteins called peptides, were found to be effective against *Staphylococcus*, certain strains of *E. coli* and the yeast that causes the fungal infection thrush. The study has been accepted for publication in the journal *Peptides*.

What led researchers to frogs? "It was serendipitous," says J. Michael Conlon, professor of biochemistry at Nebraska's Creighton University and head of the study. Since it's believed that frogs have a defense against mammalian predators - exploding in the stomach of the animal that consumes it, making it extremely ill - Conlon thought frog skins might contain other defenses too. "We extracted skins ... and looked to see if there were compounds defending against bacteria," says Conlon. And they found many, on frogs such as the Korean frog (*Rana rugosa*), Japanese frog (*Rana brevipoda porsa*), European frog (*Rana esculenta*) and the American Bullfrog (*Rana catesbeiana*).

With over 3,500 species of frogs, and only 10 or 15 studied thus far, hopes are high that numerous different antimicrobial agents will be discovered. According to experts, with antibiotic resistant strains of bacteria on the rise, it's important that new disease-fighting medicines be developed. "It was thought, ten years ago, that the battle against infectious diseases had been won, that infectious bacteria were on the way out. It's known now that that was far too optimistic," Conlon says. "Bacteria are always evolving ways of getting around antibiotics," says Gerald V. Stokes, acting chair of microbiology at George Washington University in Maryland. "So the pharmaceutical companies and researchers have to try and figure out new types of antibiotics to anticipate these changes."

"Because these are a new class of peptide, potentially they're something bacteria have never seen before, and so it may take them a much, much longer time to evolve resistance," says Stokes. The researchers at Creighton aren't stopping with frogs. "We're using nature as a basis from which we can design new drugs," says Conlon. "We'll try to make (the frog skins) more potent. To maybe target different microorganisms, like TB or the organism that causes strep throat."



# Troubled Times



## H2O2 Limitations

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Hydrogen peroxide *is not* a good antiseptic for cleaning open surface wounds because it is quickly broken down to water and gaseous oxygen by catalase (an enzyme present in human cells). However, hydrogen peroxide is *effectively used to disinfect* inanimate objects such as needles, tables, etc. Where hydrogen peroxide *is* effective is *in* cavities of the human bodies such as the mouth. A mixture of hydrogen peroxide and water (50-50) will kill most harmful bacteria in the mouth. Hydrogen peroxide is also effective against the oxygen-sensitive anaerobes found in *deep* wounds.

Offered by [Lyn](#).



# Troubled Times



## Milk of Magnesia

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Another remedy for cuts is a teaspoon of Phillips Milk of Magnesia (in the blue bottle) and a teaspoon of white sugar made into a paste and spread on the wound. Some nurses I knew used to mix up this concoction to cover decubitus ulcers (bedsores); some of them pretty nasty. They explained that the mixture provided a framework for the protein comprising the scab to grow on.

Offered by [Laura](#).



# Troubled Times



## Immunizations

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A couple of thoughts about immunizations that might be important prior to the pole shift:

### **Tetanus**

Be sure you and your loved ones have this immunization close to the time of the pole shift - it is good for approximately ten years of protection. Tetanus is a tragic disease readily prevented with this immunization and it has good risk/benefit ratio.

### **Hepatitis B**

Consider this vaccine series if you and loved ones might be exposed to anyone with Hepatitis B (and their blood or feces) or if you really don't know who might be involved at your survival site. Hepatitis B is very deadly, especially when limited treatment is available, and highly contagious, particularly given the of poor hygiene as we might expect in the Aftertime. The series confers "long-term" protection.

### **Limerix**

Lime disease vaccine series- very new in the last year or so and still somewhat controversial. Lime disease is very treatable when proper antibiotics are available, but remember that the shelf life of antibiotics is relatively short, so if you contract it several years into the Aftertime, your antibiotics may have already expired. Lime disease in the absence of treatment is very disabling. There may be continued improvements and more research with this vaccine in the next few years, so watch these developments and consider this vaccine carefully. With all the climate changes and the presence of various insects, it will be hard to predict where the deer tick (carrier) will be present in the Aftertime to inflict this disease.

If you have had normal childhood immunizations on schedule, these are the additional ones that you might consider. There is always a risk with immunizations and some people avoid them. I feel the risk is greater in the Aftertime without them. It is a personal decision. I have seen testimonials that Colloidal Silver will either help or not help with these conditions and from what I have seen, the research is equivocal. I doubt it would hurt; and may help, or actually cure. But these interventions have had a huge positive impact on public health (with the exception of Lime vaccine, which is newer and less proven).

Offered by [Craig](#).





# Troubled Times



## Cautions

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From what I understand a lot of the immunizations are more deadly than helpful.

Offered by [Bill](#)

Before you go getting jabbed in the arm (or wherever), you might want to hear the other very substantial side to this issue. Check out the work and investigations of Dr. Len Horowitz . If you read his stuff and maybe his latest book with an open mind, getting "immunized" (a misnomer) would be the last thing you would want for you and your loved ones. There are also many books by others like *DPT: A Shot in the Dark* etc.

Offered by [Kraige](#).

Hi- Yes, there is tons of data that supports that immunizations have saved thousands if not millions of lives as well as many horror stories and literature that is anti-immunization. It is a personal decision that one must make for oneself and family and it should be an informed decision. Just another thing we each have to think about in years to come.

Offered by [Craig](#).



# Troubled Times



## Climate Shifts

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Even if we protect ourselves with immunizations against some diseases, we could still get a disease that could appear in the area that we live in after the pole shift due to the changes of climate. There are a lot of illnesses and diseases that can kill. Malaria, for example, spread by mosquitoes. If the area you live in will become more tropical, malaria could appear. I think it's a bit of a catch-22. One can protect himself but because of the changes he/she could get a disease/illness he/she didn't protect him/herself against

Offered by [Gerard](#).



# Troubled Times



## Ear Coning

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Ear coning, a 5,000 old procedure, dates back to the ancient Egyptian, Chinese, Tibetan, Aztec, Mayan and American Indian cultures. Today ear coning is done by Cherokee, Mexican, European and Amish healers (German medical students are taught coning as a part of their medical practice). Many people consider ear coning as necessary a part of personal hygiene as is brushing teeth. Long, tapered cones are inserted into the ears and lit. Warm, dry, powdery smoke from the cone draws out excess fluids, wax and toxic debris by osmosis. At the same time, vaporized beeswax and herbal essences in the smoke infuse their natural infection-fighting properties into the inner ear, sinuses and lymph drainage system. The entire process is relaxing and non-invasive. Cones are handmade with beeswax and rose oil.



# Troubled Times



## Earthquake Dust

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*Reuters World Service*, Chicago office, reported on March 18, 1997 on the after effects of the 1994 Los Angeles earthquake that stirred dust and unleashed a fungus into the air causing an outbreak of respiratory infections that killed three people.

In the seven weeks following the Jan. 24 quake, there were 203 cases of coccidioidomycosis in Ventura County downwind from the quake's epicenter in Northridge. The cause of the outbreak, which peaked two weeks after the quake, was a fungus with spore-like cells that was dislodged from the topsoil and inhaled from dust clouds, researchers at the Centres for Disease Control and Prevention (CDC) in Atlanta said.

**Coccidiomycosis** is commonly known as valley fever, or San Joaquin Valley fever, because the fungus, *Coccidioides immitis*, is found mostly in the topsoil or semi-arid areas of the US Southwest, Mexico, and Central and South America.

Residents who reported being in a dust cloud after the Northridge quake and its aftershocks were three times more likely to be diagnosed with an acute form of the infection, and the risk increased with the time spent breathing the dust.

In the report published in the *Journal of the American Medical Association*, Eileen Schneider of the Centres for Disease Control urged that those caught in an earthquake try to avoid areas of heavy dust. She said clinicians should be made aware that early diagnosis and treatment of the infection can forestall dangerous complications.



# Troubled Times



## Will to Live

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Visualizing the healing process has proven value, as many cancer patients who have gone into remission after visualizing their white blood cells scavenging cancer cells can attest. Advice on self healing from The-Forever@juno.com, as posted on the alt.religion.newage usenet.

### How to Increase your Psychic Energy Level

First you may want to go into a room where you know you will not be disturbed. If you like you may light a candle and burn some incense, then:

1. Sit comfortable in a chair.
2. Take a deep breath, hold to the count of 5 and slowly relax and let the air out. Do this at least 10 times consecutively.
3. Visualize the sun, a great orb of light and energy.
4. Lift your self mentally that is your consciousness from your body and go in spirit into the sun.
5. Do not fear for the sun can not harm you, let the tremendous energy of the sun flow through your entire being. Feel the energy strengthen every atom of you being, stay there for a while until you feel completely energized.
6. After this meditation, rise and go on to your daily tasks.

Immediate refreshment should be felt- *But* the full benefits will not be realized until several hours later. If you practice this several times a week or every day if you wish you will find yourself doing your work and tasks with much more energy. Also this would be a fine time to observe and correct and bad habits one may have in eating or drinking and yes even thinking. Some daily exercise will be of great benefit as well.

### Instruction On Self Healing

There may come a time due to circumstances beyond your control that your health is attacked, be it disease, muscular pain or nervous disorders. All can be cured, the key is thought and the ability to visualize.

1. Sit ( if feasible ) in a comfortable chair, your head erect and your spine straight.
2. *Visualize* yourself surrounded by a brilliant golden white light, see that light becoming more and more concentrated in the affected area.
3. Allow the healing white light pass into your body and feel it's healing energy into what ever part needs healing, if you are sick with say the flu, see the healing energy enter the top your head and slowly filter down until your entire body is fueled with the healing energy.
4. Do this for at least 10 min.
5. Then take a glass of cold water, the colder the better. Wrap your hands around the glass ( not plastic or ceramic- must be made of glass at least 10-12 oz. ) be careful not to let the palms of your hands or finger tips touch.
6. Visualize healing energy flowing through your body and as your hands touch the glass they "magnetize" the water with energy, do this for 10 minutes! Then drink as much of the water as you can and retire for the night.

Remember these methods are quite ancient and well tested- they do work!

Offered by [Lyn](#).



# Troubled Times



## Bygone Eras

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### Chinese Tumor Treatment

Amygdalin (Laetrile, Vitamin B17) works. It doesn't cure every cancer under the sun, but it works for many. The quality, purity, and stabilization of the extract is critical, though. The Chinese have successfully treated tumors with Amygdalin for 3,500 years.

Offered by [Educate-Yourself](#).



# Troubled Times



## Cancer

Vitamin B17 is naturally obtained from fruit and vegetable seeds and is found in the main sources of food in cultures such as, the Navajo Indians, the Hunzas, the Abkhazians and many more. Where it is banned by the FDA in most countries and difficult to obtain, **Christian Brothers** offers it for sale, and states:

All fruit seeds have a healthy form of organic cyanide in them, from apple seed to apricot seed, they all contain cancer killing organic cyanide in their seeds (not inorganic cyanide which is deadly).

Vitamin B17 is the vitamin found in fruit seeds that contain the element cyanide. Vitamin B17 is much safer than aspirin and about equal to sugar and salt.

The diet of primitive man and most fruit-eating animals was very rich in nitrilosides. They regularly ate the seeds (and kernels) of all fruits, since these seeds are rich in **protein, polyunsaturated fats**, and other nutrients. Seeds also contain as much as 2 per cent or more nitriloside.

When civilized man eats less than the whole fruit, for example, by discarding the seed or kernel he experiences a specific and total deficiency not only in **oils and proteins** but in minerals and such vitamins as **vitamin B-17** (nitriloside) which is found only in the seed, not in the flesh of the fruit. By discarding the seed or kernel, man experiences a specific and total deficiency in vitamin B-17 so far as that fruit is concerned

There are scores of other major foods naturally, or normally, very rich in nitriloside: **apricot, peach, cherry, or plum brandy** originally prepared from crushing the entire or whole fruit, **buckwheat, millet and flax-seed gruel; elderberry jelly, stewed apricots, lima beans, succotash containing nitriloside-rich chick peas, plum jam, elderberry wine, bean sprouts, millet sprouts, sorghum molasses** extracted from sorghum cane - **wild berries** very rich in nitrilosides - all members of the **raspberry family, macadamia nuts** or chew nitriloside-rich **bamboo sprouts**.

Rabbit that fed on nitriloside-rich **clover** and as a result carries 5 to 10 times more thiocyanate and nitriloside than animals not so fed. If the milk we drink came from cows that ate fodder rich in nitrilosides this milk will contain as much as 7 times more nitriloside than a cow living on nitriloside-deficient fodder.

\$12.95 Apricot Seeds .. .per pound

\$114.00 Vitamin B17 500mg (100 tablets) (if already diagnosed w/cancer)

\$34.00 Vitamin B17 100mg (100 tablets) (used as a preventative)

Obtained from: **Tr. 1992 Affiliate of Apricots From God.**

Offered by **Debra**.





# Troubled Times



## Stockpiling

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Among several topics about which people have different opinions is stocking up on medications one needs for ongoing medical or mental health reasons until the pole shift, or when drugs are no longer available. Many believe that getting back to nature means exploring herbal or homeopathic solutions. While this is obviously wise, without being a chemist, or pharmaceutical specialist, how would one find, propagate, synthesize, and measure a reliable dosage, and maintain a homeopathic solution to replace conventional drugs? It is not so simple. With this in mind, consider stockpiling, which is a limited solution I realize, but one that may save lives.

Offered by [Forrest](#).



# Troubled Times



## Herbs

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Herbs only need to be made into a water (tea) or alcohol tincture or cooked in with the food as eaten. They definitely don't need to be synthesized, as this gets rid of the synergistic phytochemicals. Garlic alone has more than 7 different beneficial phytochemicals. Most herbs are classified as food, not drugs. Have you ever heard of an overdose of Garlic, Cayenne, or Echinacea? I doubt there is even one reported death from ingesting these or many other common herbs. The main problem when they don't work is that not enough was used. Dosage and manufacturing or growing is not a problem. These things have broad spectrum use so there is less likelihood of an incorrect diagnosis causing the patient a problem. I see herbs in broad use after the pole shift. However, if one can properly use and administer drugs and feels safer with these then by all means stock pile what you think you will need.

Offered by [Mike](#).



# Troubled Times



## Common Herbs

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I was commissioned to select some herbs for our seed team seedlist and here's what I found. I have included the reputed medicinal properties. Some of these overlap somewhat in their uses, but I figured it would be a good idea to have more than one option to treat a certain ailment.

### **Agrimony**

For mucous membranes and to stop bleeding (astringent).

### **Arnica Chamissonis**

For external injuries of all types and to make liniments and creams. Also used in homeopathic dilutions as an immune system stimulant.

### **Italian Large Leaf Basil**

Soothing to the stomach.

### **Wild Bergamot**

Improves digestion, soothes bronchial compliant and eases colds.

### **Calendula**

Antiseptic and healing skin ointments.

### **Catnip**

For cold, flu, fever and as a relaxing children's tea.

### **Common Chamomile**

Relaxing tea, and flowers are soothing and antiseptic.

### **Cilantro**

Internally for minor digestive problems. Seed oil is fungicidal and antibacterial.

### **Black Cohosh**

Bitter tonic for aches and pains, coughing, fevers, and to stimulate the uterus.

### **Echinacea**

Used as an antidote for snakebites and stings, for toothaches, sore throats, colds, cancers, etc. Immune stimulant.

### **Leaf Fennel**

Digestive aid, expectorant and used in China as a spleen, liver, and reproductive tonic.

### **Feverfew**

For fevers, menstrual cramps, and migraine headaches.

### **Ginkgo**

Used to increase circulation.

**Lady's Mantle**

Astringent, and to stop bleeding. Also to relieve menstrual pain and irregularities.

**Lavender**

Calming to the nerves, for headaches and for aromatherapy.

**Lemon Balm**

For colds, flu, depression, headache, indigestion. Also a sedative and an antiviral.

**Chinese Licorice**

For throat, stomach, urinary, and intestinal irritations. Also energy and hormonal balancer.

**Marshmallow**

Soothing to all body tissues, for indigestion and coughs. High in mucilage and flowers used to make expectorant syrups.

**Motherwort**

Cardiac tonic, emotional balancer, stress reliever. Regulates menstruation and treats functional infertility.

**Mugwort**

A balancing tonic for menstrual and menopausal problems. Stimulates and improves memory of dreams.

**Stinging Nettle**

High in iron; used for arthritis, eczema, and anemia treatment.

**Rosemary**

Headaches, stimulates circulation. shampoo ingredient.

**Common Sage**

Digestive and nerve tonic.

**Common St. John's Wort**

Wound healing, antiviral. Penetrates to nerve endings. Powerful antispasmodic, antidepressant, sedative.

**Self-Heal (Heal-All)**

Coughs, colds, to stop bleeding, close wounds.

**Baikal Skullcap**

Fever treatment, diurectic, blood pressure lowering effect, stops bleeding, sedative.

**Valerian**

Root used for nervous tension, anxiety, insomnia, pain relief.

**Wormwood**

Bitter tonic, main ingredient in absinthe, expels worms.

Offered by [Roger](#).



# Troubled Times



## Bulk

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You can buy bulk at

[Pacific Botanicals, Inc.](#)

4350 Fish Hatchery Rd.

Grants Pass, OR 97527

(541) 479-7777

These people have excellent quality at a very good price. Print out there catalog and consider stocking up on items you will have a hard time growing for a while after the pole shift. Cost of Lobelia is \$9.50/lb for fresh herb in seed stage available only during October. Cost of \$16.50/lb for Dried herb in seed stage available all year around. Both are organically grown.

Offered by [Mike](#).

You can purchase Lobelia Inflata seed and grow it. I have a 2 oz bottle of Lobelia Concentrate from **Southern Botanicals** in Clearwater, FL. Aloe Vera can be propagated by division. It multiplies readily, just separate the little tiny plants around the base of the plant and replant them somewhere else. I don't know how to save seeds. You must be in a very warm climate. I have not seen it flower here in New York State.

Offered by [Toni](#).



# Troubled Times



## Cayenne

Edited from a Video Cassette tape with the subject:

*Top Ten Herbs for Medical Emergencies* (C1998),

Lecture by Dr. Richard Schulze.

Published by:

**The University of Natural Healing, Inc.**

355 West Rio Road, Suite 201,

Charlottesville, Virginia 22902

(804) 973-0262

**Cayenne** (stimulant and circulation stimulant): Best is Habanero, African Bird, Serrano, Jalapeno, Cayenne.

**Uses:** Stops bleeding (internal or external), heart attack, stroke, or shock.

Use tincture liberally on a wound to stop blood loss in seconds. The tincture is best for flushing a wound (the alcohol is a disinfectant), but the powder works also. Just pack it in. For hemorrhage after childbirth, squirt 15-20 dropperfuls (a dropperful is approximately 30 drops) into the vagina. The bleeding will stop in seconds. Use several drops of strong cayenne tincture diluted half and half with water on newborn babies tongues to save their lives when going into respiratory failure. Heart attacks (1-10 dropperfuls): start at 5 dropperfuls. For Severe congestive heart failure, use 1 heaping tablespoon (powder) in glass of warm water every hour.

**For Gangrene:** Fill a large tub with hot water, add 4 ounces of cayenne pepper, 4 ounces of ginger root powder, and 4 ounces of mustard seed powder. Put these herbs in a dish towel, tie it closed, and put it in the bath like a big tea bag. You will see the water turn Orange. Then, fill a large bucket with cold water plus 10 pounds or more of ice in it. Plastic garbage bins and wastebaskets work well for this. Put the leg, or whatever, into the very hot bath for 5 to 10 minutes and then immediately into the cold for at least 2 minutes, but 5 to 8 minutes is much better. Do at least 5 repetitions of this.

Offered by [Mike](#).



# Troubled Times



## Lobelia

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**Lobelia:** Best is "Lobelia inflata" a weed that has inflated seed pods.

**Uses:** seizures, fits, convulsions, spasms, asthma, bronchial dilator, cramps, nervousness, restlessness. In large dosages it is a whole body cathartic, diaphoretic, diuretic, and emetic.

Emergency Internal Dosage for Tincture: 1 to 5 Dropperfuls. "I had a man who was dying of asthma and supposed to be dead by morning. I gave him a tablespoon every ten minutes. When that didn't work, I gave him an entire 2 oz. Bottle at once. Within a few minutes, his eyes got wide, he leaned over and vomited (the desired result of this process) multi-colored puss and blood clots from his lungs. Fourteen years later, he is still alive."

**Maintenance:** Start with 5 drops in water or juice 3 times daily.

When in doubt as to what herb to use, alternate Cayenne and Lobelia with one-half hour in between. Lobelia contains 14 different high-powered chemicals called alkaloids. Try lobelia when up against a wall, even if it doesn't seem to fit the case.

Offered by [Mike](#).





# Troubled Times



## Garlic/Echinacea

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**Raw Garlic and Echinacea Roots:** Best is Echinacea Angustifolia root for immune system functions and organically-grown Garlic any type for anti-bacterial, anti-viral, antifungal. Do Not use elephant garlic, it is a weakened hybrid. Can use Echinacea Purpurea or Echinacea Pallida but this is not as strong.

**Uses:** All Infections, all acute and chronic disease from cancer to AIDs. Can be used for colds, flu, fevers, insect bites and stings, allergic reactions, hives.

To get results in severe cases, you must use in large quantities. Schulze's tincture blend has 75% Echinacea Angustifolia root, 20% Echinacea Purpurea seed, 1%-5% Garlic bulb and 1%-5% Habanero juice. Emergency internal tincture dosage of 2 to 4 dropperfuls per hour. Maintenance dose of 2 to 4 dropperfuls 3 times daily for 1 to 3 weeks. Then take a week or two off.

**Garlic for Infections:** Start with 6 whole cloves a day and work up. Garlic oil can be made by filling a shallow bowl or soup dish with finely chopped raw Garlic cloves. Pour organic extra virgin olive oil over the garlic just enough to cover it. Cover with cloth to keep the dust out. Let sit 3 to 4 days if not 2 weeks. Strain by squeezing through clean cloth and bottle. You now have a wonderful, mild garlic oil that you can use internally or externally to destroy anything that is bothering you from athlete's foot to ear infections and everything in between.

Eat raw garlic for maintenance and prevention. Start with 1/2 to 1 clove, 2 to 3 times a day. Take your time to become a garlic eater.

Offered by [Mike](#).



# Troubled Times



## Aloe

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**The Miracle Healer:** Aloe Vera. Latin name-genus is Aloe vera. Use the fresh gel inside of the leaf. All the miracles I've witnessed have been with the fresh plant only. Best species is Aloe vera, but I have seen other species in Spain, India, Costa Rica, Mexico. I have used them all and they all work in the same miraculous way. I believe that the healing chemicals in Aloe, especially allantoin, are more concentrated, thus more effective, in the older plants. In a pinch, use any plant you can get. Aloe plants 7 years old and older are the most healing.

**Therapeutic Benefits:** Miracle healer, repairs tissue inside and outside the body, even in third degree burns, Aloe vera is indeed a miracle plant. I have seen it heal tissue that was dead and gone, right in front of my eyes. Tissue that the doctors would say is dead, gone, and cut it away, Aloe can bring back to life.

I have seen Aloe when put immediately on a severe burn or wound, create miracles on tissue that is severely damaged, or so damaged, it was gray and dead.

I have never in hundreds of cases seen Aloe cause infection when packed into the most serious burns. I have never seen antibiotics be necessary. I burned my own hand right to the bone in a laboratory fire, and doctors warned me that the infection would kill me. I was terrified. But I never used antibiotics, and neither did any of my patients.

There must be something in Aloe that kills infection. I also believe that the infection doctors see is coming from the inside of the patient. It is the internal filth that is finally expressing itself through an open wound. That is why it is so important to cleanse the colon thoroughly. When a patient is severely burned, they should stop all solid food and go to juices immediately. This is mandatory. The patient cannot afford to waste energy digesting food. Juices are like a natural healing transfusion.

**Dosage, Internal:** Pick a fresh leaf of Aloe vera. This is done by just slicing the leaf off near the base of the plant with a sharp paring knife. The oldest leaves are at the base. These are the strongest. Take the leaf into the house and place on a cutting board. Trim off the leaf edges and then filet off the top and bottom skin until you are left only with a slab of clear gel. Place the slab of gel into a blender. You may add flax seeds, slippery elm inner bark, and other mucilaginous herbs, and a little water or fresh juice. Blend and drink. Or insert into the rectum or vagina as needed.

**Dosage, External:** Place a slab of the gel, at least 1/4 inch thick and not more than 1/2 inch thick, directly

over the wound and hold it in place with cotton gauze. Aloe can also be mixed with the herb slippery elm and it will stick to any body part. Change the gauze 1 or 2 times during the day and put on a fresh piece before bed. For burns, do this only for at least 2 if not 3 days before considering any other treatment. For wounds with debris in them, they should first be flushed with an anti-infection herbal tincture (see body glue under).

For first and second degree burns, young Aloe may be okay. But for third and fourth degree burns you are better off with old Aloe plants, 7 years old or more.

For severe burns, dress with slabs of Aloe gel cut from an Aloe leaf, then cover with gauze. You can mix in slippery elm into gel you mash up, but it is not necessary.

Leave the Aloe on all night so the patient can sleep, and change the dressing perhaps 2 to 3 times during the day with additional fresh slabs of Aloe. It will just soak into the wound.

If there is a gig hole or deep wound, not just a burn, slippery elm is an additional accelerator in regrowing the lost tissue. See the section on the emergency herb slippery elm.

**Note:** Dr. John Christopher got similar results to Aloe and slippery elm with Comfrey leaf and root.

Offered by [Mike](#).



# Troubled Times



## Slippery Elm

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**The Unknown Emergency Herb:** Slippery Elm Bark. Latin name-genus is *Ulmus fulva*. Use the inner bark.

**Therapeutic Benefits:** Slippery Elm bark is one of the most versatile herbs you can have. Every home should have some of this amazing plant.

Slippery Elm inner bark powder can be used to reduce inflammation, smooth irritated mucous membranes and absorb poisons in the intestinal tract. It is a great friend to the stomach, small intestine and colon. A blessing for ulcers, especially if used with the digestive herbs.

I returned from one of my trips to India in the early 1980's with severe dysentery. I was having up to 30 watery bowel evacuations a day. I used every herb to help, the power herbs, Garlic, Echinacea, Goldenseal, Liver Herbs, Colon Herbs, Digestive Herbs. I even used Charcoal and Bentonite Clay, and still was pooping 30 times a day.

One day, in complete exhaustion and dehydration, I made myself a cup of Slippery Elm Tea. That was it, my dysentery stopped immediately. What is my point? Never underestimate the power of this herb.

**Emergency Internal Dosage for Powder:**

**Strong:** Pour 8 ounces of boiling water over 2, 3, 4 or more tablespoons of the powdered bark. It will make a glop, a slimy brown substance that may not seem very appealing, but once you get it down, you will have a smile on your face.

**Medium:** Pour 8 ounces of boiling water over 1 tablespoon of powdered bark.

**Mild:** Pour 8 ounces of boiling water over 1 teaspoon of powdered bark.

Inability to keep anything down: When a person can't keep anything down, they often tolerate a teaspoon of slippery elm gruel at a time. Mix slippery elm into water, stirring to eliminate lumps and mix into a soft, jelly-like mixture. This can nourish someone too sick to eat.

**Dosage External:** Slippery Elm inner bark powder is the best kept herbal secret for making an herbal

poultice (applying herbs to the surface of the body). Make 1/3 of your poultice mixture Slippery Elm inner bark, then blend all the herbs by hand or in a blender. Add enough hot water to make a gummy, gluey consistency and apply to the body. Besides being a glue, Slippery Elm will draw out poisons, soothe the skin, and reduce inflammation.

Slippery Elm inner bark works so well that once it dries, it will take a lot of effort to remove it. Other herbs to add: Goldenseal root to disinfect, a little garlic can go a long way. Lots of Cayenne to stop bleeding, Plantain and Echinacea for bites, stings and blood poisoning, Aloe vera gel to promote healing.

There is no end to the herbs you can put in to handle the healing task at hand. If you are covering a deep wound or cut, expect this poultice to stay for a few days, 3 or 4 is okay. Adding a layer or two of cotton gauze over the poultice and pressing it in will make a cast even an orthopedic surgeon will admire.

Always flush open wounds first with an anti-infection tincture. This formula is so strong at healing wounds, I call it body glue. If you do not have some of the ingredients, use what you have. It will be far better than nothing. A home formula for this tincture is equal parts of garlic; goldenseal; echinacea; tea tree oil; kelp (high in iodine); black walnut inner hulls (the inner goo just inside the outer shell); myrthh gum or any tree sap (more on this in a moment.)

**Mix** with Baccardi's 151 Rum. You will need alcohol this strong to dissolve the tree sap. It will not dissolve unless you have 75% alcohol.

The tree sap in the formula seals the wound, just like it seals a tree. Use the sap from any tree. get it from any injured tree where the sap is flowing. Or cut a tree, unless it is winter or late fall, and collect some sap. Even dried and crystallized sap will work, because it will dissolve into the Baccardi's 151 Rum, and soften again.

A good idea: collect sap for emergencies. Get in the spring or summer, and let it get hard, but have it on hand. The tree sap is part of the tree's immune system. When the tree is cut, the tree uses the sap to seal the wound and kill bacteria. It works the same when you use it.

A nurse in England who worked with Dr. Schulze said this formula was better for wounds than anything she had seen in 30 years of being an emergency room nurse in Northern Ireland. If you tape shut the wound for 12 hours, it totally seals the wound better than stitches and you won't need anything for infection.

Offered by [Mike](#).



# Troubled Times



## Bowel

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**Bowel Cleansers** - Bitter Aloes, Senna and Cascara Sagrada. Best is dried leaf gel for Cape Aloes/leaves and pods for Senna/aged bark for Cascara Sagrada.

**Uses:** Constipation, the biggest destroyer of health that exists and the hidden cause behind 80% of all disease and illness. Appendicitis, Liver and Gall Bladder congestion.

**Emergency** internal dosage of 5 to 10 capsules, (single 0) or more. For maintenance use one capsule with or just after dinner. Increase by only one capsule per day until you achieve a soft easy bowel movement 15 to 30 minutes after each major meal.

These herbs must be mixed with herbs that relieve and move gas, such as Ginger root, Peppermint leaf and Fennel seed. Schulze's formula 1: By volume, Cape Aloe 1 part, Curacao Aloe 1 part, Cascara Sagrada bark 2 parts, Senna leaf 1 part, Senna pod 1 part, Oregon Grape root 1 part, Jamaican Ginger root 1 part, Garlic Bulb 1 part and Habanero cayenne pepper 1 part.

Adjusting the formula for the case: If there is stuck liver/gall bladder, add more Oregon Grape root. If there is gripping, cramping or indigestion, add more Jamaican Ginger root. If there is intestinal infection, add more garlic bulb, and if there is any stomach, or intestinal bleeding, add more Habanero pepper.

**For Poisoning:** Use activated charcoal, which absorbs up to 2,000 different poisons. Take one to six rounded tablespoons in a glass of water. Use Lobelia to vomit it up when indicated.

Offered by [Mike](#).



# Troubled Times



## Digestion

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**Digestive Herbs**, Ginger, Peppermint and Fennel. Latin name and genus: *Zingiber officinallis*, *Mentha piperita*, and *Foeniculum vulgare*. Use the root for ginger, the leaf for peppermint, and the seed for fennel.

**Uses:** Relieve gas, digestive cramps, colic, heartburn, nausea, and vomiting. They are also a wonderful aid to digestion. This is where the idea of "after dinner mint" came from.

Few people would think that digestive herbs would make the top ten, but digestive distress is one of the most common reasons people go to hospital emergency rooms. It can lead to diseases such as stomach ulcers, colitis, intestinal bleeding and cause severe lack of nutrient assimilation, which causes all disease. It can also *kill*.

**Emergency** internal dosage: For tincture and tea blend use 33% ginger root, 33% peppermint leaf, and 33% fennel seed, although you can use the herbs individually by themselves. For tincture use 1 to 5 dropperfuls mixed with water.

**Maintenance** dose: 1 dropperful mixed with 2 ounces of water 3 times daily.

**Tea:** To 16 ounces of water add one of the following herbs or mix. If used by themselves, then use the following amounts: Ginger root, 1 tablespoon fresh or 1 teaspoon dried root and simmer 15 minutes. Fennel seed, 1 tablespoon of seed and simmer 15 minutes. Peppermint leaf, 1 heaping tablespoon of dried leaf or 2 tablespoons of fresh leaf.

Offered by [Mike](#).



# Troubled Times



## Heart

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**The Heart Herb:** Fresh Hawthorne Berries. Latin name and genus is *Crataegus oxycantha*. Use the berry, flower and leaf. Many species exist, find the one that grows closest to you. My experience tells me the berry is best, but the flower and leaf also have great healing properties. Berries should be harvested at peak of ripeness, by picking them off the tree.

**Uses:** With the number one killer in America being heart attack and heart disease, I can't think of a better herb to have around and use daily. Hawthorne contains phytochemicals that have been proven in medical research worldwide to protect and heal the heart.

**Emergency Dosage:** For patients in danger, take ten cups of strong Hawthorne tea a day, along with several teaspoons per day of strong cayenne powder.

**Maintenance Dosage:** For tincture use 1 dropperful 3 to 4 times daily; double if there is heart damage. For tea pour 16 ounces of boiling water over 1 tablespoon of crushed berries. Let steep 15 minutes.

For nervous or racing heart, Lobelia can be used along with Hawthorne.

Offered by [Mike](#).





# Troubled Times



## Liver/Gall

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**Liver and Gall Bladder Herbs:** Milk Thistle and Barberry. Use seed of Milk Thistle and the bark of root or root for Barberry. Latin name and genus is *Silybum marianum* and *Berberis vulgaris*.

**Uses:** Protects you from liver damage, hepatitis, liver inflammation, liver disease and liver degeneration. I have had patients that were scheduled for liver transplants and did not have them because of this great healing herb. The late Dr. John Christopher always said that whenever you have cancer anywhere in the body, you have a toxic liver that isn't doing its job.

Bitter herbs stimulate the digestion, stimulate the liver, and promote the secretion of bile, thus flushing the gall bladder. Although I only mentioned barberry, its next-of-kin, Oregon Grape root, can be used in place of it. Other favorites of mine are Chaparral, Wormwood leaf, Dandelion leaf and root, Artichoke leaf (not flower), Gentian root.

**Emergency** liver formula: Mix 50% milk thistle, and 50% bitter Aloes. Make a tea with one tablespoon each herb per 16 ounces of water, and take 2 cups. Do a liver flush or add 2-3 cloves raw garlic if not immediately doing a liver flush. Otherwise, use milk thistle tea with garlic and the emergency herb bitter aloes as given above. Emergency liver problems are usually gall bladder attacks, colic, or cramping.

For severe gallbladder attacks, do immediate liver/gallbladder flush as follows: 2-3 tablespoons olive oil blended with 2-3 cloves of garlic and a big chunk of ginger. Swallow.

Fifteen minutes later, take 2 cups of DeTox Tea (formula to follow) or use grated ginger root tea or mint tea. If no results, repeat in an hour from first olive oil dose. You can repeat this every hour until the pain subsides. Dr. Schulze has never had a patient do this more than twice for total pain relief, even when patients were doubled over in tears. No patient ever needed emergency surgery after doing this.

Right after flush, you can put an ice bag on the liver, just below right rib cage. Do this for ten minutes on, then hot water bottle for ten minutes, then do ice bag again. If person hasn't pooped recently, give an enema to relieve any pressure from the colon.

Repeat liver flush next morning. Then repeat every morning for a week to heal the liver.

In a gall bladder attack, remember to work the bottom of the feet *hard*, for it will help spasms to let go.

Dig in and search for painful points. Work the entire bottom of the foot, as much as the person can tolerate.

Also, in a liver emergency, a person can always add a castor oil pack. Soak a piece of wool or cotton flannel in warm castor oil and place over the liver. Cover with plastic to keep in the castor oil, and place a heating pad over the castor oil to drive the castor oil into the body through the skin. The castor oil acts like a transdermal patch to purify the liver.

Daily castor oil packs along with milk thistle tea (6 to 10 cups/day) can also help drive down dangerously-high cholesterol, since the liver is where cholesterol is processed.

Dr. Schulze's Complete Liver/Gall Bladder **Tonic**: Milk Thistle seed 40%, Oregon Grape root, 10%, Dandelion root 10%, Gentian root 5%, Wormwood leaf 10%, Chaparral leaf 5%, Black Walnut inner hulls 5%, Ginger root 5%, Garlic bulb 5% and Fennel seed 5%.

**Emergency** Dosage for Complete Liver tonic: Do Liver/Gall Bladder flush. Take 5 to 10 Dropperfuls of the Liver/Gall Bladder Tonic (formula below). Fifteen minutes later drink 2 cups of DeTox Tea. If you don't have any DeTox formula already made-up, use what you have, such as grated fresh ginger, or crushed mint leaves. One tablespoon per 16 ounces water.

Dr. Schulze's **DeTox Blend** (by volume): Dandelion root 2 parts and equal parts of all the rest: Burdock root, Cardamom seed, Ginger root, Pau d' Arco inner bark, Cinnamon bark, Clove bud, Fennel seed, Licorice root, Juniper berry, Black peppercorns, Uva Ursi leaf, Horsetail herb, Parsley leaf and root and Orange Peel. If missing an ingredient, do your best. This is always the rule in emergencies: use what you have. It is better than standing by and doing nothing.

Whenever the Liver or Gall Bladder is sick, you must adhere to vegan vegetarian diet at least until you recover. If there is serious liver disease present, do a vegan vegetarian diet for at least three months.

Offered by [Mike](#).



# Troubled Times



## Kidney/Bladder

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**The Kidney and Bladder Herb:** Juniper berries. Latin name-genus is *Juniperus communis*. Use the fruit, berry. Whatever the species, the berries should be blue to purple in color, and when chewed or squashed the result should smell like gin. Many berries sold are brown, dried-up and "dead" and will not be either diuretic or disinfectant. Other favorites include *Uva Ursi* leaf (Latin name is *Arctostaphylos uva ursi*), Corn silk (Latin name is *Zea mays*.)

**Uses:** Diuretic (makes you pee) and Urinary Disinfectant. These herbs increase the flow of urine and destroy bacteria in the kidneys and bladder. To dissolve stones, see the formula which follows at the end of this section.

**Dosage** internal: Take one tablespoon of juniper berries for every 20 ounces water. Crush the berries, and simmer for 15 minutes, and you end up with 16 ounces of tea. Take 3-4 times per day in an emergency.

Also, when there are kidney stones, or difficulty urinating, or a blocked gall bladder, use foot reflexology. Work the bottom of the feet real hard. Work the entire bottom of the foot. This promotes the flow of downward energy and can unblock whatever is blocked in the elimination channels.

I remember one case my teacher Dr. Christopher had where the man could not urinate due to a large kidney stone. The stone dissolving program given later did not work. So, Dr. Christopher worked on the man's foot, digging in so hard the man's screams could be heard down a long hall. Immediately afterward, the stone passed.

Dr. Schulze's Kidney/Bladder **Tonic** formula: *Uva Ursi* leaf 20%, Juniper berry 40%, Corn silk 20%, Horsetail herb 5%, Burdock root and seed 10%, Goldenrod flowers 5%.

**Emergency** Internal Dosage for Tincture: 5 to 10 dropperfuls of the Kidney/bladder Tonic, or make strong juniper berry tea. Do the Kidney and Bladder Flush, then 5 minutes later drink two cups of Kidney/Bladder Tea.

The Kidney Bladder flush: Juice of one lemon and one lime, 16 to 32 ounces of distilled water, A pinch of cayenne pepper, and maple syrup to taste (optional).

Dr. Schulze's Kidney and Bladder **Tea**, plus stone dissolving herbs (for those who need them): 60% by

volume an equal blend of Juniper berry, Uva Ursi leaf, Parsley root and leaf, Corn silk, Horsetail herb, Dandelion leaf and Marshmellow root. Then, add 20% by volume of Hydrangea root and 20% by volume Gravel root. These are stone dissolving herbs.

Soak 4 ounces in 2 quarts of fresh apple juice for 2 days, then bring up to a simmer. Let cool and drink 4 ounces an hour all day long. Also, drink an additional 32 ounces of distilled water.

I had patients with kidneys full of stones who dissolved them with this formula. If the stones are really large, it may take 3-4 times of using this program to get them to pass. If the stones are small like gravel, they may depart immediately.

Offered by [Mike](#).



# Troubled Times



## Dr. Schultze

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Dr. Schultze is about the best herbal healer we have right now. I use and have used several of his formulas. The **Seed TEAM** does have Cayenne Pepper seed, but to the best of my knowledge, no one is growing it. I tried to grow some this year, but either the seeds didn't germinate or they damped off after germinating. We do have Echinacea. Roger has just ordered a quantity of it. I am not sure, but it's probably not Augustifolia, more likely Purpurea . I am growing a Cayenne Pepper from purchased plants. They are doing well. Several have turned red already. I have been hoping to make my own tincture. Also, I have a large 4 year old Aloe Vera plant and a source for more. I use both the Cayenne Tincture and Lobelia Tincture regularly and the Intestinal Cleanses. I have also used the Kidney/Bladder Cleanse and have the Liver Cleanse formula but have not used it yet. Aren't there Emergency Herbal First Aid Kits available from one of the Schultze suppliers?

Offered by [Toni](#).



# Troubled Times



## St. John's Wort

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**St John's Wort** is from the species *Hypericum*, which grows as an aggressive weed. It has been used as a folk remedy for the treatment of depression, anxiety, mania, hypochondriasis, fatigue, hysteria and insomnia. It also has potent antibiotic and anti-viral effects. No side effects have been reported in low dosages, but it can be very toxic if not used properly, at high dosages.

An article in Spring '96 *Herb Quarterly*, Feb '96 *Better Nutrition*, Apr '96 *Townsend Letter for Doctors*, Sep-Oct '96 *Spectrum*, and Oct '96 *NewHeavenNewEarth* newsletter states:

Depression is the most common mental health problem in the US and antidepressants are among the most frequently prescribed medications. Unfortunately, few people in general and doctors in particular realize that **St. John's wort** is an herbal alternative that is safer and more effective than conventional antidepressants.

**St. John's wort** was compared to the commonly prescribed antidepressant, Imipramine in tests conducted between 1979 and 1993. Using the Hamilton Depression Scale as an objective reference, those taking Imipramine improved 45 % while those using the herb improved 56 %. **St. John's wort** also showed 4 % fewer side effects.

**St. John's wort** alters mood by modifying the brain's chemistry. Technically, the herb is a monoamine oxidase inhibitor (MAO). German studies showed that a few cups daily of **St. John's wort** tea can help with moderate depression.

**A Doctor's Guide to Herbs**, by Dr. Isadore Rosenfeld, May 31, 1998, *Parade Magazine*

Dr. Rosenfeld's latest book is *Dr. Rosenfeld's Guide to Alternative Medicine*

**St. John's wort** ("wort" is old English for "Plant") is widely used in Europe to treat mild depression. It acts much like Prozac, Paxil and other selective serotonin reuptake inhibitors but is less potent and has fewer side effects. Do Not combine **St. John's wort** with any of these drugs. It also can cause photosensitivity, so keep out of the sun when using it. The usual daily dosage is 300 milligrams (of extract containing 0.3% hypericin) 3 times a day, and I wouldn't take it for longer than 8 weeks.



# Troubled Times



## MAOI

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Information that I received from another list. Should be noted, Bill is a medical doctor.

Offered by [Roger](#).

From: Bill <bill501@mindspring.com>  
Subject: **Potential St John's Wort risk**

Recent studies show that St John's Wort (SJW) is a monoamine oxidase inhibitor (MAOI). MAOI's are a class of anti-depressant that works by blocking this enzyme which breaks down certain neurotransmitters in the brain (and rest of the body too). The increased levels of the neurotransmitter are what gives the anti-depressant effect.

MAOIs are very good anti-depressants, but are not used very often anymore because of the danger of hypertensive crisis. Monoamines (like adrenalin) have many actions in the body, one being constriction of arteries, another increasing cardiac output both of which increase blood pressure (think of the Hoover dam breaking). The combination of an MAOI and certain foods and medicines that contain monoamines can cause deadly increases in blood pressure. The foods include most aged cheeses, most fermented products like yogurt, beer and wine, chocolate, certain nuts, bananas and many, many others. Medicines include decongestants, asthma medicines, some blood pressure medicines and hundreds of others.

Though the activity in SJW is weak, taking this drug, especially in large quantities and combined with the foods or medicines could in rare cases cause a hypertensive crisis (up to 300/200). It usually happens suddenly and often the person dies from heart failure or a burst artery before they can be treated. I would recommend that anyone taking SJW obtain a complete list of the foods and medicines to avoid and avoid them or switch to another anti-depressant. I am wearing my professional cloak in this message. I'm not trying to scare people, but to provide info so you can make informed decisions.

Regards, [Bill](#)



# Troubled Times



## Considerations

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As a Natureopathic Practitioner, I have a problem with this notice. But first I want to say that *anyone* suffering from depression or hypertension should see a doctor. Period! Especially before supplementing with an alternative herb or vitamin. Even then, seek professional alternative care before augmenting the traditional methods. However, on the subject of St Johns Wort: most traditional medical professionals are not trained to let the body heal itself if it can. They don't treat the illness, they treat the symptoms.

St Johns Wort has been declared a natural alternative to drugs for persons with mild (I repeat mild) depression. Dr. Bill says that since MAOI's are linked to increased hypertension, they are not subscribed very much. He is talking about synthetic MAOI's here. Synthetic substances, no matter how close to the original, do not behave the same once ingested. The drug companies alter a couple of molecules here and there so they can be patented. Man-made drugs not found in nature are far more profitable for the pharmaceutical companies than the related natural herbs because natural substances cannot be patented. The pharmaceutical companies that sell these patented prescription products have been remarkably successful in confusing doctors about the difference between the two.

The typical doctor thinks that the synthetic MAOI's are actually the same as St Johns Wort. Dr Bill even says the MOAI activity in St. Johns Wort is weak and only when it is taken in large quantities and combined with the mentioned foods or the synthetic prescription version, does it pose a rare health problem. As with all things, too much is not a good thing.

Offered by [Leila](#).

There are at least 3 physiological mechanisms that can cause major depression (it's a physical problem to the same extent that diabetes is. I knew someone who took a MAOI, and I can attest to how carefully one must select food and medications when taking a MAOI. This person had a list of everything to avoid, and the list is *very* extensive. She once overlooked one of the ingredients in a dish in a restaurant, and we spent most of that night in the emergency room.

Offered by [Ron](#).





# Troubled Times



## Golden Seal

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Golden Seal is supposed to be a potent antibiotic and it maybe saved *my* life when I was deathly ill in India long ago.

Offered by [Craig](#).

Both Echinacea or Golden Seal can be grown in North American climates. Both should be grown in your survival garden!

Offered by [Roger](#).



# Troubled Times



## Kudzu Root

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I have to add information about Kudzu. I have been using kudzu root starch for years. I buy it at the natural foods store, it is called Kudzu Root Powder. I have lactose intolerance and when I unknowingly eat dairy, all I have to do is mix up a batch of Kudzu and it settles my stomach quite well. I have the recipe if anyone wants it.

Offered by [Leila](#).

Kudzu is both edible and can be used medicinally. In the book *The Green Pharmacy* states the following:

*Kudzu (Pueraria Lobata). Chinese clinical studies attest to the anti-angina benefits of Kudzu. In one study, 71 people took 10 to 15 grams of a root extract a day for 4 to 22 weeks. During this time, 29 were much improved, 20 showed some improvement, and 22 showed little or no improvement. Kudzu extracts dilate coronary arteries, increasing blood flow and decreasing blood pressure. They also help stabilize heart rhythm. Kudzu root preparations have produced no adverse effects in human trials.*

Kudzu also contains a chemical (puerarin) that has decreased blood pressure by 15 percent in laboratory animals. With 100 times the antioxidant activity of vitamin E, puerarin also helps prevent heart disease and cancer. I think there is also a use for hangover. I think that Kudzu capsules can already be bought. In the South, we all just about hate Kudzu, but we have learned to live with it and you can kill it, but it is hard to do.

Offered by [Terry](#).



# Troubled Times



## Stevia

I know the herbal substitute for insulin. It is called Stevia, "stevia rebaudiana", which is a tropical annual with very sweet leaves that yield the substance called "stevioside". Stevioside is a white crystalline powder which is 250-300 times sweeter than sucrose. It is sold in powder or liquid form in most natural foods stores. Or you can order it in a 1 oz bottle for \$10.00 (USD) + shipping and tax; or 6 bottles or more at \$9.50 (USD per bottle) + shipping and tax. The product is called Sunectar. For more information, send a self addressed stamped envelope to the address below. She can give you the exact shipping and tax information and will require a money order or cashier's check before shipping.

### **A Harwell Parker**

120 Cobblestone Way  
Alpharetta, GA, 30004

This is proven to work, not an old-wives-tale that may or may not help. It was only recently approved by the FDA as a sugar substitute in this country. It has been used by the Chinese for centuries.

*Dosage = 30 drops per day minimum. Stevia can be used in cooking as a sugar substitute and there is no restrictions on the amount that can be safely used. It is a natural herb plant just like oregano or parsley. Of which we use as much as we like in most Italian dishes. The dosage can be broken into any combination that is suitable for the person, i.e. 5 drops 6 times per day, 10 drops 3 times per day, 30 drops all at once. It can be dropped in a little water and gulped down or dropped in a glass of ice tea (or a cup of hot tea). As long as the diabetic is receiving at least 30 drops it will regulate the blood sugar levels.*

If you are going to start using it now, be sure to visit your doctor as your insulin requirements will change over time. Stevia has reduced and even reversed diabetic's dependency on insulin in most of my clients. Their doctors would say things like "I don't know what you're doing, but keep it up!" After the pole shift, when the insulin is gone, they won't have many choices. Or you can wait until after your insulin supply is gone and there are no other choices.

Offered by [Leila](#).

Stevia works by triggering hypoglycemic activity, thus reducing blood sugar levels while it sweetens. However, please use this product *only* under the supervision of a doctor. Bear in mind that insulin also promotes protein and lipid synthesis. I don't think Stevia does this.

Offered by [Lyn](#).



# Troubled Times



## Diabetes

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I could not find any information about the use of Stevia in the treatment of diabetes. It is purported to be as much as ten times sweeter than sugar and is used as a sweetener in many other countries, though not "approved" for this use in the U.S. The use of Stevia for diabetics may simply be as a sugar substitute. In one of my books (*The Natural Pharmacy*, by Skye Lininger, et. al.), I found information about Gymnema and Asian Ginseng for diabetes treatment. Both are proven to enhance pancreatic function (release of insulin) and directly lower blood sugar. I have other books that speak of this herb or that vitamin/mineral supplement for treatment, but no mention of stevia in that respect.

*In regards to the treatment of Diabetes:*

*Gymnema assists the pancreas in the production of insulin in NIDDM (non-insulin dependent diabetes, or type II). Gymnema also improves the ability of insulin to lower blood sugar in both IDDM (insulin dependent diabetes, or type I) and NIDDM. This herb can be an excellent substitute for oral blood sugar-lowering drugs in NIDDM. Some people take 400 mg per day of gymnema extract.*

*Asian ginseng is commonly used in traditional Chinese medicine to treat diabetes. It has been shown to enhance the release of insulin from the pancreas and to increase the number of insulin receptors. It also has a direct blood sugar-lowering effect. A recent study found that 200 mg of ginseng extract per day improved blood sugar control as well as energy levels in NIDDM.*

The above is quoted from page 43 *The Natural Pharmacy* by Skye Lininger, D.C., ed., Jonathan Wright, M.D., Steve Austin, N.D., Donald Brown, N.D., and Alan Gaby, M.D. copyright 1998 by Virtual Health, LLC and published by Prima Publishing. ISBN 0-7615-1227-6 There is also a cautionary statement about the use of Gymnema as an insulin replacement. (Don't do it.)

Offered by [Roger](#).

Here is a reference to Edgar Cayce's use of the [Jerusalem Artichoke](#) for diabetics.

Offered by [Toni](#).



# Troubled Times



## Pine

*Sedona Journal*  
by Laurel Dewey

Pine may just be a popular Christmas tree to you, but to Indians, pioneers, mountain men and hikers, the tree has been a source of nutrition, medicine and at times a lifesaver. All pines share basically the same medicinal qualities. However the main medicinal varieties are scotch pine and white pine. The parts of the tree that are highly medicinal are the needles, inner bark and sap. Pine needle tea is high in vitamins A and C. In fact the fresh green needles have five times the amount of vitamin C found in one lemon. Throughout the centuries, people have literally survived on pine-needle tea as well as cured themselves of scurvy by drinking a tea of both the needles and inner bark of the pine tree.

Far and away, pine is considered an excellent remedy for any ailment having to do with the throat, sinuses, and lungs. A heaping tablespoon of the fresh green needles can be broken into small pieces and tossed into an 8-oz cup of boiling water, steeped for 15 minutes, strained and then used as an antiseptic gargle for sore throats. A heaping handful of those same needles can be placed into a pasta sized pan of boiling water, allowed to steep covered for 10 minutes, and then used as an effective steam inhalation for clogged sinuses. Perhaps the most effective way to use pine bark is in a cough syrup. Not only does it work quickly to break up and expel trapped phlegm, it helps kill infection and reduces inflammation in the upper respiratory tract through its natural antiseptic and anti-inflammatory properties.

A pine-needle bath is excellent for soothing skin conditions such as psoriasis, eczema and open sores. To make the bath, gather several large handfuls of fresh pine needles and boil them in a large pot of water for 10 minutes. Pour the entire mixture directly into a warm bath. you dont need to strain the needles, since they are to big to slip down the drain. soak for 30-45 minutes. It also serves to reduce some rheumatic pain and other forms of joint discomfort. A pine needle bath is considered stimulating to the body, thus it's not good to soak at night before bed.

I'm going to try some of these recipes. Here is one for cough syrup by Euell Gibbons.

*Put 1/2 cup of coarsely ground white pine bark in a mason jar and cover it with 2/3 cup of boiling water. when cool add 1/2 cup of whiskey, seal the jar and let it sit over night. shake the jar vigorously a few times to make sure the contents mix. The next day, strain the bark and add one cup of honey to the liquid. Shake the jar thoroughly to make sure the honey dissolves. The dose is one tablespoon for adults and one teaspoon for children "as needed".*

Offered by [Susan](#).

I have a video of live microscopic blood tests of people tested for complaints as diverse as chronic fatigue syndrome and chemical poisoning showing the differences before and after taking Pycnogenol (from maritime pine). It is still being argued that grape seed extract is better than pycnogenol, but the tests *are* impressive.

Offered by [Jan](#).



# Troubled Times



## Antioxidant

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After the pole shift, if you can find a pine bark tree, use it.

*Pycnogenols - proanthocyanidins - A modern strong Antioxidant found in laboratory test to be 50 times more effective in eliminating free radicals than Vitamin E and 20 times more effective than Vitamin C. This bioflavonoid comes from the bark of a pine tree and enhances the body's assimilation of Vitamin C. Has an advantage in that it stays in our bodies longer than E and C. Patented by Masquelier with the name of "Pycnogenols" in France in 1951. Relatively new in the United States. Has been used to prevent wrinkles, prevent aging, fight cancer, help with arthritis, reduces varicose veins, reduces edema, allergy, diabetes, ulcers, retinal degeneration, liver and prostate problems. Can produce the following effects: Capture and Neutralize Free Radicals, Strengthen Collagen and vascular system, Cross the blood brain-barrier, remain in the body in an active state for seventy-two hours, improve circulation, prevent heart attack, ...*

Offered by [Mike](#).



# Troubled Times



## Grape Seed

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I recommend Grape Seed extract. It is basically the same type of bioflavonoid as pine. It is easier to find clean grape seeds than a bark of a pine tree. I have been using mostly the Grape seed product for over 5 years now with tremendous gains. You can find Grape seed extract or Pine bark extract (pycnogenol) by asking at your local health food-vitamin store or doing a key word search. It is fairly common to find now. Data from a phone call to **Samuel Allen Associates**:

*Shelf life if unopened or diluted down to .5%: Indefinite (from 10 year tests). Heat will not destroy the properties. It is not known if it leaves the water before or at boiling temperatures. 1.1 oz of powder is about equivalent to 1 oz of liquid - Powder is one more step in the process a drying agent is used - the liquid concentrate is 60% GSE and 40% Glycerin. Specific gravity is heavier than water (about 1.11). Dissolves OK in alcohol. Don't know about Vinegar.*

Data on GSE (Grapefruit Seed Extract, Standardized Extract of Grapefruit, Grapefruit Extract, or Citrus Seed Extract) is on the web.

[Grapefruit Seed Extract](#)

[NutraTeam](#)

[Citricidal\(r\) Technical Data](#)

[FAQ's About Grapefruit Seed](#)

[Citricidal and NutriBiotic](#)

[Grapefruit Seed](#)

**Vegetable Wash** - GSE in concentrations as low as 30-50 ppm have extended the shelf or transportation life of fruits and vegetables by as much as 300-400%. Commercial mixes use .3 oz GSE/Gal of water. Vegetable/Fruit or Meat/Poultry Disinfectant: 30 or more drops of GSE to a sink full of cold water. Briefly soak. Spray washing add 20 or more drops of GSE to 32 oz spray bottle of water.

GSE **Replaces Chlorine** as wastewater treatment - .35ml/L.

GSE is **AntiViral** for example herpes simplex virus type 1 at 1:256 dilutions. GSE Acute oral toxicity study showed that GSE is considered non-toxic by oral ingestion of the equivalent a 200 lb person drinking 1 lb of pure Citricidal (pure GSE) for two weeks. Shelf life of liquid concentrate GSE is about six-years (more data below).

Grapefruit Extract [Stops Strep](#), Staph, Gingivitis, Candidiasis, Parasites, and More! Gargling with 2-3 drops of GSE in 5 ounces of water will handle the most resistant Strep germs. Can be used as a general purpose anti-plague agent - effective against vancomycin-resistant enterococci (VRE) infections.

An investigator M.D for the **Food and Drug Administration**, reported that GSE is as effective as any other **amoebicide** now available, perhaps more effective and it does not cause side effects. Diarrhea: As a preventive when traveling, camping or eating out mix 3-4 drops in your beverage or glass of water or juice, 2-3 times daily, with or without meals.

Grapefruit seeds are well known as an **Anti-Fungal Agent**.



**Allergies:** Mix 5-10 drops into 5 oz. of water or juice, 2-3 times daily, with or without meals.

As a germ-killing **skin cleanser** used in emergency field prep situations GSE was 100% effective (at 100 PPM) in skin disinfection as compared to 72% for alcohol and 98% for commercially available surgical soap when used as a pre-surgical scrub for 1 minute.

1 drop/day was used effectively while traveling in South America by a group to avoid "Travelers Diarrhea". To **disinfect drinking water** when camping or in any emergency situation - filter or let settle suspended particles - add 10 drops of grapefruit seed extract per each one gallon of water. Shake or stir vigorously and let sit for a few minutes. Can be used in humidifiers, or where ever standing water is present.

You should be able to get GSE for about \$2-4/gram. **Pycnogenol** is about \$10-\$20/gram. I currently buy Grape seed extract from **LifeWise** naturals 1-800-643-9558 it costs \$1.91/gram. This is Item #2320 -Economy Size GSE (100mg) 120 capsules for \$23.00. **Citricidal and NutriBiotic** also markets GSE, as does NutriBiotic and **Vitamin Shoppe** - 800 223 1216. Cost is about \$15.96/4 oz. For a cheaper price and/or larger quantities contact **Samuel Allen Associates** 802 388 0661. 1 Gallon is \$200 (\$1.56/oz) 4 Oz NutriBiotic is \$14.35 (\$3.59/oz)

Offered by [Mike](#).



# Troubled Times



## Oil of Oregano

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You can also get a high quality extract mixed with olive oil from **American Herb and Spice Co.** at (800) 243-5242. Cost is \$29.95 for .45 fl. oz. For after the pole shift I recommend growing your own and tincture it using olive oil or alcohol.

Offered by [Mike](#).

The following is selected direct quotes that came from Dr. Atkins *Health Revelations*, August 1996, page 6-7.

Last winter, while visiting Holland, in the midst of a grueling schedule, I developed a severe upper respiratory infection that at the onset was as violent as any I had ever experienced.

Luckily for me, I was staying at the home of two fellow complementary physicians, Robert and Marja Trossel. "Here's Something for you," Robert said as I assumed the role of a patient unfamiliar with the doctor's medicine. "I've used this herb hundreds of times in my practice. It's as strong as the most powerful antibiotic and can knock out anything." I wasn't skeptical, but I was surprised that I hadn't heard of a natural substance that was supposed to be so potent. I grasped the small vial of what Robert told me was oil of oregano, diluting a few drops of the very pungent extract in a teaspoon of olive oil.

Almost immediately, I somehow sensed that it was going to work. Within a few hours, all of my symptoms got better, and I was back on my feet in the middle of my taxing schedule. Once back home, I dispensed the remaining drops of the sample to some of my patients, each time getting consistently good results. I then realized that I had been introduced to perhaps the major herbal remedy for infections. It also is helpful in getting rid of candidiasis and other fungal infections. For most of these uses, I've been telling my patients to take three to six capsules a day of an oregano supplement made from the organically grown herb, in extract form, a few drops will suffice.

The oil also works topically. A drop or two on a ball of cotton can be rubbed inside the mouth to relieve a toothache. Though distillation as much as 200 pounds of oregano may be needed to produce a single pound of oil. The concentrate contains a high amount of two phenolic compounds, thymol and carvacrol, both mighty antioxidants that scavenge free radicals. Crushed wild oregano is ideal for protecting ground meat from spoilage. I've had a tough time, however finding oil of oregano in a form potent enough to be as effective as I've stated. Ultimately, I learned that an old friend, physician and author Cass Igram, D.O., has bought a high-quality version to America through the North American Herb and Spice Co.



# Troubled Times



## Parsley

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I get my information from my training manuals, books too numerous to count and the herbal companies I distribute for, I also have two CDs called *Hyperhealth* vol 96.1 and 99.2 as refreshers (they are backed by scientific research). My manuals also gave no discernible differences between Parsely roots, seeds, or leaves. They are all very good and even better, easy to grow.

Offered by [Jan](#).



# Troubled Times



## E.Coli

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### **Cinnamon Found To Be Lethal Weapon Against E. Coli O157:H7**

[Institute Of Food Technologists](#)

[Science Daily](#), August 6, 1999

When cinnamon is in, Escherichia coli O157:H7 is out. That's what researchers at Kansas State University discovered in laboratory tests with cinnamon and apple juice heavily tainted with the bacteria. Presented at the Institute of Food Technologists' 1999 Annual Meeting in Chicago on July 27, the study findings revealed that cinnamon is a lethal weapon against E. coli O157:H7 and may be able to help control it in unpasteurized juices.

Lead researcher Erdogan Ceylan, M.S., reported that in apple juice samples inoculated with about one million E. coli O157:H7 bacteria, about one teaspoon (0.3 percent) of cinnamon killed 99.5 percent of the bacteria in three days at room temperature (25 C). When the same amount of cinnamon was combined with either 0.1 percent sodium benzoate or potassium sorbate, preservatives approved by the Food and Drug Administration, the E. coli were knocked out to an undetectable level. The number of bacteria added to the test samples was 100 times the number typically found in contaminated food.

"This research indicates that the use of cinnamon alone and in combination with preservatives in apple juice, besides its flavoring effect, might reduce and control the number of E. coli O157:H7," concluded Ceylan, a Ph.D. graduate assistant at K-State. "Cinnamon may help protect consumers against foodborne bacteria that may be in unpasteurized juices and may partially or completely replace preservatives in foods to maintain their safety," he said. "If cinnamon can knock out E. coli O157:H7, one of the most virulent foodborne microorganisms that exists today, it will certainly have antimicrobial effects on other common foodborne bacteria, such as Salmonella and Campylobacter," noted Daniel Y.C. Fung, Ph.D., professor of Food Science in the Department of Animal Sciences and Industry at K-State, who oversaw the research.

Last year, Fung and Ceylan researched the antimicrobial effects of various spices on E. coli O157:H7 in raw ground beef and sausage and found that cinnamon, clove, and garlic were the most powerful. This research led to their recent studies on cinnamon in apple juice, which proved to be a more effective medium than meat for the spice to kill the bacteria. "In liquid, the E. coli have nowhere to hide," Fung noted, "whereas in a solid structure, such as ground meat, the bacteria can get trapped in the fat or other cells and avoid contact with the cinnamon. But this cannot happen in a free-moving environment."

Regardless of the K-State findings, people who are at greater than normal risk for foodborne diseases-- namely the elderly, young children, or immune-compromised-- would be urged to avoid drinking unpasteurized juices or unthoroughly cooked hamburgers, which may contain harmful microorganisms. For a copy of the study presented at IFT's Annual Meeting, contact Angela Dansby at 312-82-8424 x127.



# Troubled Times



## Wormwood

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One of the ingredients for parasites, that I would consider a must, is Wormwood. It is easy to grow in your herb garden.

Offered by [Jan](#).



# Troubled Times



## Aloe Vera

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I have used Aloe Vera juice from fresh cut leaf many times to effectively treat burns. Apply it many times/day as much as you like. When the leaf is cut or broken off a strong yellow juice shows up at the site of the break. Use this on the burn. It soothes and assists repair. Grow it in your yard for just such a use.

Offered by [Mike](#).



# Troubled Times



## Melatonin

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Much has been written recently about a relatively mis-understood hormone and neurotransmitter in the brain, called Melatonin. It's sold over the counter today as a remedy against jet-lag and sleeplessness, and is usually seen as a 'sleep' hormone. It's secreted by our pituitary gland as soon as the light outside becomes dim, and strictly from an evolutionary standpoint is supposed to make us feel drowsy and go to sleep. It appears, however, that Melatonin has a lot more to it than scientists know today or are willing to admit. This substance often appears in 'mystical' literature (under other names, of course), and is ascribed as having healing and rejuvenating qualities, as well as being able to increase our level of intelligence.

Melatonin has been called many things before. It's known from antiquity, as you say. Some researchers have referred to it recently as 'star-fire', and 'white gold powder'. There's a series of articles by Laurence Gardner about some of its historical significance. Once again, keep an open mind as you read them. I found them fascinating, if not always exact. The guy doesn't sound to be as serious a researcher as, say, Sitchin, but he sure does his homework nonetheless. He does get carried away sometimes, though, without sufficient evidence in my opinion. So keep a critical mind as well.

Offered by [Sol](#).

I've tried melatonin myself and find that it does help me to sleep deeper. Doesn't make me fall asleep, but enhances the quality of the sleep. Also, something those discussing dreams might find interesting, is that for me taking a Ginko Biloba before bed time tends to make me dream more. Or at least I seem to remember them a little better.

Offered by [Michael](#).



# Troubled Times



## Celery Seed

### *Herbal Review*

an educational service of **Sequential Healing Health Services**

#### **CELERY SEED** (*Apium graveolens*)

**Actions:** antifungal, antihypertensive, anti-inflammatory, antioxidant, antirheumatic, aphrodisiac, carminative, emmenagogue, laxative, mild diuretic, mild spasmolytic, nervine, sedative, stimulant, stomachic, tonic, urinary antiseptic, uterine stimulant

**Traditional uses:** anorexia, arthritis, bladder disorders, cystitis, depression, exhaustion, gout, incontinence, kidney disorders, kidney stone, liver disorders, muscle spasms, nervous restlessness, rheumatism, rheumatoid arthritis, urethritis

**Cautions:** See Warning & Disclaimer [on the web site]

How the herb is taken:

**Celery Seed Oil Capsules:** 1 to 2 capsules three times day, as directed by healthcare professional.

**Celery Seed Extract:** 1/4 to 1/2 teaspoon 3 times a day, as directed by healthcare professional. Always take with plenty of juice or with water at mealtime, unless instructed otherwise.

**Celery Seed Oil Capsules:** *Apium graveolens* 25 mg oil capsules 90 caps (BCELCP) \$21.00

**Celery Seed:** *Apium graveolens* (alcohol extract); 7 ounces (200ML) ( BCS ) \$37.00; 16.9 ounces (500ml) (BCS16) \$77.50

**Celery Seed:** *Apium graveolens* (alcohol free glycerine extract); 7 ounces (200ML) ( BCS ) \$37.00; 16.9 ounces (500ml) (BCS16) \$77.50

**Guaiacum Complex:** A combination of six herbs used for the treatment of rheumatic and arthritic conditions. Each teaspoon (5ml) contains an alcohol extract of the following:

*Guaiacum officinale* resin 50 mg

*Apium graveolens* 250 mg

*Tanacetum parthenium* 125 mg

*Betula alba* 1,000 mg

*Harpagophytum procumbens* 625 mg

*Salix alba* 750 mg

7 ounces (200ML) (B7GUA ) \$42.00

Order Toll Free: 1-888-368-6027





# Troubled Times



## Seeds

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Seeds for medicinal and culinary use:

### **Coriander Seeds**

the Passover Feast, also esteemed by Hindus, Arabs, Egyptians.

### **Fenugreek Seeds**

Used in old Mediterranean countries and as a condiment in Egypt and in curries and as a gruel in India. When used as a tea, becomes a blood cleanser and is used to relieve sore throats.

### **Hempseed**

birdseed, the oil is used in soap making.

### **Fennel Seeds**

used by Romans for flavoring medicines, used in stock for cooking, carminative and stomachic, believed to enhance strength, courage, longevity.

### **Mustard Seeds**

nutritional, powdered mustard seed is emetic. Seed is rubefacient and counterirritant when used as a mustard plaster. Seeds are ground and mixed for table mustard.

### **Anise**

carminative, antispasmodic, and pectoral. Native of Mediterranean areas. Used for flavoring, medicinally for bronchitis and asthma, perfume and toilet articles and an ointment against insects, lures for fish bait and small animal traps.

### **Senna**

cathartic

### **Cardamom**

a member of the ginger family, used for curry powders, flavoring, incense and perfumes. Eases indigestion and flatulence.

### **Cumin**

spice or condiment to flavor breads, soups, rice, pickles, cheese, curry powders. It is also an aid for digestion and helps with colic and headaches.

### **Flax Seeds**

source of Omega Fatty acids, essential, medicinally for cough medicines and digestive problems, catarrh, and in inflammation of lungs, intestines and urinary passages. Also for linen making.

### **Guarana Seeds**

seeds are pounded into meal, has caffeine, protein, strengthens the Body. Comes from the Amazon

### **Psyllium Seed**

laxative and for poultices.

### **Sumac Berries**

when pounded into a powder stops hemorrhages and is used as diuretic. Some species are poisonous.

### **Sesame Seeds**

native of India, grown for its seeds, which are eaten as food. Oil is used for cooking, lighting, and for lubrication. Also used for anointing in some religious ceremonies. A rich source of vitamins, minerals, and protein, calcium, and lecithin.

### **Sunflower Seeds**

oil aids in reducing cholesterol levels in the blood. Contain protein, Vitamin A, B Complex Vitamins, phosphorous, and calcium.

Offered by [Toni](#).



# Troubled Times



## Herbal Oils

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I looked up my herbal oils in one of my herb books. Here is the recipe.

*Loosely fill a clear jar with freshly picked herbs and cover with unheated sunflower oil. Cover with cheesecloth and place on a sunny window sill. Allow to steep for two weeks, stirring daily. When it is as strong as you wish, bottle and label. If not strong enough repeat the process.*

Offered by [Ivy](#)



# Troubled Times



## Extract Prep

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Does anyone out there know how the bark from a pine tree can be taken without harming the tree?

Offered by [Susan](#).

No, I wish that I did though.

I don't think it would be hard to make this yourself if you have access to either of these plants. One could use water or alcohol and make a tincture. I have been able to do this with several other inner-bark of trees namely Una-De-Gato and Pau'D-Arco. Alcohol or cheapest 80-90 proof Vodka works best and the result lasts indefinitely. You put enough liquid to barely cover the wood strips or chips. Don't use any more liquid than is needed to easily shake it up. Shake it daily. Keep it in solution a minimum of 14 days. The longer the better. I leave it for months to sometimes more than a year. Use only Organic or wild crafted locally grown source materials. If it's been imported it has been washed and sprayed with chemicals and is no good and not worth using.

Offered by [Mike](#).



# Troubled Times



## Asthma Remedy

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Excerpts from owner-primitive-skills-group@uqac.quebec.ca on behalf of Robert Chatburn

I found some interesting stuff in a book called *Let's Play Doctor!* by J.D. Wallach, doctor of veterinary medicine and naturopathic doctor (author of the widely distributed tape *Dead Doctors Don't Lie*). Among other things, he suggests the herbs honeysuckle (*Lonicera caprifolium*), jaborandi (*Pilocarpus jaborandi*), leaks (*Allium porrum*), garlic (*Allium sativum*), evening primrose oil or fluid extract (*Oenothera biennia*).



# Troubled Times



## Breathe Easy

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There is an herbal tea that is marketed as "Breathe Easy" in health food stores. It's great for stopping and preventing asthma attacks. The box lists the genus and species of the plant used in the tea. It's made in Canada by Traditional Medicinals.

Offered by [Ron](#).



# Troubled Times



## Echinacea

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**A Doctor's Guide to Herbs**, by Dr. Isadore Rosenfeld, May 31, 1998, *Parade Magazine*

Dr. Rosenfeld's latest book is *Dr. Rosenfeld's Guide to Alternative Medicine*

Echinacea (the purple coneflower) helps to alleviate the symptoms of colds and other common respiratory infections. It is said to stimulate the immune system and, more specifically, to increase the effectiveness of the white blood cells that attack bacteria and viruses. Echinacea has little toxicity, but don't use it if you have an autoimmune disease, such as lupus. I advise my patients not to take it longer than 8 weeks. In capsules, the dosage is 2 or 3 per day, but I prefer the tincture - 15-20 drops in a half glass of water, 4 or 5 times a day.





# Troubled Times



## Feverfew

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**A Doctor's Guide to Herbs**, by Dr. Isadore Rosenfeld, May 31, 1998, *Parade Magazine*

Dr. Rosenfeld's latest book is *Dr. Rosenfeld's Guide to Alternative Medicine*

Feverfew sometimes prevents migraine headaches. It's worth a try, but you have to stay with it for several weeks - it takes a long time to work. The label should state that it contains 0.2% parthenolide (the active ingredient). Feverfew interacts with blood thinners (anticoagulants), so be sure your doctor knows you're taking it. You may need to have your blood tested more often to make sure it's not too thick or too thin.



# Troubled Times



## Saw Palmetto

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**A Doctor's Guide to Herbs**, by Dr. Isadore Rosenfeld, May 31, 1998, *Parade Magazine*  
Dr. Rosenfeld's latest book is *Dr. Rosenfeld's Guide to Alternative Medicine*

Saw Palmetto helps men with benign enlargement of the prostate. It is virtually free of side effects, but you have to take it for several weeks before you notice any benefit. The daily dose is 80 milligrams of the standardized "lipoidal" extract - look for that designation on the label. Saw Palmetto does not reduce libido or testosterone levels.



# Troubled Times



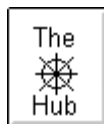
## Ginkgo Biloba

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**A Doctor's Guide to Herbs**, by Dr. Isadore Rosenfeld, May 31, 1998, *Parade Magazine*

Dr. Rosenfeld's latest book is *Dr. Rosenfeld's Guide to Alternative Medicine*

Ginkgo Biloba is one of the most widely studied and prescribed herbal preparations in Europe. Because it dilates blood vessels everywhere - including the head, heart and legs - it has been used (a) in the elderly to treat memory loss, Alzheimer's and ringing in the ears; (b) in persons with coronary artery disease; and (c) to improve blood flow in narrowed arteries in the leg that make walking painful. The recommended dose is 60-80 milligrams of the standardized leaf extract, 2 or 3 times a day. Ginkgo reduced the tendency to clot, much like aspirin and other anticoagulants. If you are taking blood thinners and decide to try ginkgo, let your doctor know. He or she can adjust the blood-thinner dosage. One of the first studies of ginkgo, reported in the US in 1997, documented its effectiveness in treating Alzheimer's and senile dementia. The reported benefits lasted six months to a year.



# Troubled Times



## Ginger

**A Doctor's Guide to Herbs**, by Dr. Isadore Rosenfeld, May 31, 1998, *Parade Magazine*

Dr. Rosenfeld's latest book is *Dr. Rosenfeld's Guide to Alternative Medicine*

Ginger, usually thought of as a food, is an effective remedy I recommend routinely to prevent motion sickness and nausea. It's also good for an upset stomach. Take 1 gram of ginger 30 minutes before you board ship, then 1/2 to 1 gram every 4 hours thereafter - but no more than 24 grams in any 24 hour period.



Dorling Kindersley

# Troubled Times



## Garlic

**A Doctor's Guide to Herbs**, by Dr. Isadore Rosenfeld, May 31, 1998, *Parade Magazine*

Dr. Rosenfeld's latest book is *Dr. Rosenfeld's Guide to Alternative Medicine*

Garlic, another food, also has several documented health benefits: It lowers cholesterol, protects against heart disease by thinning the blood, fights infection by stimulating the immune system and lowers blood pressure. Garlic doesn't have to stink to be effective. Fresh cloves are the most effective form, I think, but sanitized capsules also work. The number of cloves you take will depend on your social circumstances. If you are taking garlic capsules, the recommended adult dose is 4-12 milligrams of allicin, the active ingredient. Due to garlic's action on blood platelets, you may have to adjust doses of aspirin or other anticoagulants, to prevent excess bleeding.



Dorling Kindersley



# Troubled Times



## Milk Thistle

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**A Doctor's Guide to Herbs**, by Dr. Isadore Rosenfeld, May 31, 1998, *Parade Magazine*

Dr. Rosenfeld's latest book is *Dr. Rosenfeld's Guide to Alternative Medicine*

Milk Thistle, for hepatitis and other liver disorders.



# Troubled Times



## Others

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**A Doctor's Guide to Herbs**, by Dr. Isadore Rosenfeld, May 31, 1998, *Parade Magazine*  
Dr. Rosenfeld's latest book is *Dr. Rosenfeld's Guide to Alternative Medicine*

Valarian, a safe, mild sleeping aid (take at bedtime).

Milk Thistle, for hepatitis and other liver disorders.

Evening Primrose Oil, to ease premenstrual symptoms.



# Troubled Times



## Avoid

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**A Doctor's Guide to Herbs**, by Dr. Isadore Rosenfeld, May 31, 1998, *Parade Magazine*

Dr. Rosenfeld's latest book is *Dr. Rosenfeld's Guide to Alternative Medicine*

Some herbs to avoid: Comfrey, Chaparral, Jin Bu Huan, germander, Pennyroyal, and Pokeroot all can hurt the liver. Ephedra (ma huang) can raise heart rate and blood pressure.





# Troubled Times



## Pysllium

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You will be hearing a lot more about this grain very soon. In the meantime, I believe it's something that should be in every garden. From its laxative capabilities in the husk, to leaves that treat stings, minor bites, abrasions, sprains, gout and as a wash for sore eyes. It's available in bulk at health food stores. Buy now so you'll have a supply later.

Offered by [John](#).



# Troubled Times



## Sphagnum

From Usenet Archives:

This is one of those a friend told a friend of mine stories so I don't know if it is true. Maybe someone else out there has heard of this. I guess during some major war (**Civil War** I believe) troops ran out of sterile dressings. They used sphagnum moss and the wounds healed *faster* than with sterile dressings.

[Jeff Stevens](#)

I recollect that sphagnum was being harvested in **Scotland** during the **Hitler war** for possible use as a dressing. Dried sphagnum is highly absorbent and was intended for use as a dressing material instead of scarce cotton wool. A thick layer of sphagnum in a bed is a practical help in nocturnal enuresis.

[Alexander Maclellan](#)

sandymac@SANDYMAC.DEMON.CO.UK

Not sure if this counts, but at archaeological sites in the **arctic** we would wrap organic artifacts in sphagnum moss that grew in the damp areas around ponds (though we were told by botanists that it was not *\*technically\** sphagnum, but a relative). This kept the artifacts moist because drying too quickly can cause cracking and damage. It was also a cheap (free, actually) packing material, did a good job of protecting the artifacts in transport *and* was supposed to prohibit the growth of **fungus and bacteria**. Whether that was an attribute of real sphagnum, our faux-sphagnum, or our imaginations I can't say.

[Tim Rast](#)



Bomford & Borrill



# Troubled Times



## Lichen

From Usenet Archives:

### **Evernia**

The plant is edible (Sturtevant). A thick tea is used on running sores (Murphey).

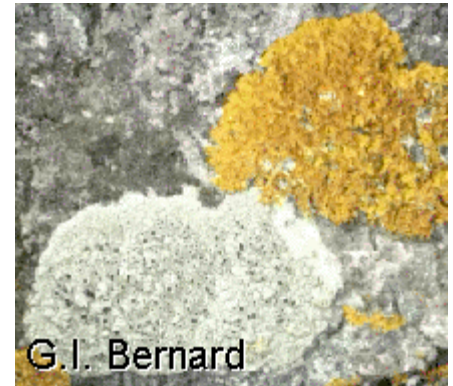
### **Letharia, Wolf Lichen**

This bright yellow tree lichen contains a highly toxic acid. It was once combined with animal fat and nails and used in Europe to kill wolves (Vitt). It is also used as a dye plant.

### **Usnea, Old Man's Beard**

The lichen is boiled for use as a dye (Gilmore). It is used medicinally as an antibiotic (Klein). (Usnea is a light grey color. Use the "rubberband" test for positive identification: break the stems and inside you will find a white, rubbery core that stretches a little like a rubberband.)

By Tom Elpel



# Troubled Times



## Thyroid

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*The Natural Pharmacy* by Lininger, Wright, Austin, Brown, and Gaby (published by Prima Health) has some info about thyroid affecting herbs.

**Lemon balm** (used in the treatment of Grave's disease, herpes, indigestion, insomnia, and nerve pain) has constituents that block the antibodies that cause Grave's disease and they also block TSH (the brain's signal to the thyroid). Lemon balm can be useful in treating an overactive thyroid.

**Iodine** is needed to make thyroid hormones, but the average (American, at least) diet provides about four times the recommended amount of iodine, which may result in health problems including goiter (traditionally a disease of iodine deficiency). People who avoid dairy, seafood, processed food, and iodized salt can become deficient. The recommended intake of iodine for these people is 150 mg per day. Also, vegetables grown in iodine-rich soil may also contain this mineral.

Offered by [Roger](#).



# Troubled Times



## Books

Firstly I wouldn't be without a copy of *Nutrition Almanac*, Nutrition Search, Inc., John D.Kirschmann director. No individual author/authors are mentioned. Also, *Is the Medicine Making you Ill?* by David M Jackson & Rayner Soothill of The Australian Consumers' Association. They can get you started in the right direction. I would also recommend *Today's Herbal Health* by Louise Tenney, *The Vitamin Bible* by Earl Mindell, *The How to Herb Book*, on how to remedy various situations by Velma J Keith and Monteen Gordon, *Nutritional Herbology* by Mark Pederson, the Irodologist who designed the cover, *What's Wrong With You*, *The Book of Herbs*, and *Irodology* by Dorothy Hall, an Australian practitioner, *Understanding Cancer* by W H McCarthy, associate Professor of Surgery, University of Sydney. *The Yeast Connection* by William G. Crook. M.D. Steven Horne has also put out a set of 8 audio tapes in the form of lectures. I met him when he was lecturing here in Australia.

Offered by [Jan](#).

I have about 3 boxes of various natural health books, however, as time goes on I keep coming back to two master herb doctors. Why do I respect them? They didn't write books using the research of other books. They were doers and got out there and cured people most of the time when left to go home and die by the medical profession. The medical doctors would say there is nothing more we can do for you. These two would then proceed to cure them. It didn't matter if it was cancer or some other incurable disease. So as a result I treat the other books often written by PhDs as something that is interesting but that needs to be tested. I have seen PhDs say in their books this and that will work as if all treatments are all equal when they are not. The truth is they often never tried it or cured anyone of anything they only rewrote what others have said. Often the wimpy dosages recommended are not enough to cure.

I treat the data from these two herb doctors as much more workable. I am talking about Dr. John R. Christopher and his kick ass tough student Dr. Richard Schulze. I believe the majority of what you find that either of these two have said is good data. I currently have the book *School of Natural Healing* by Dr. John R. Christopher, copyright 1976 which I believe still may be able to be purchased from his son's herb shop - 1-800-453-1406. The next source is *Save-Your-Life* herbal video collection. A 12 hours series of video lectures by both Schulze and Christopher. This is a bit pricey at \$350. If you can find some one who has a copy to borrow or can share the cost it is worth it. Source:

### **University of natural Healing, Inc.**

355 West Rio Road, Suite 201  
Charlottesville, Va 22901  
1-804 973-0262

Sam Biser in his *Last Chance Health Reports* often quotes Dr. schulze for many years now. You may be able to get this from contacting University of Natural Healing and asking for a price list and index of back issues. These videos and other herb training manuals and tapes by Dr. Schulze can also be obtained from:

### **American Botanical Pharmacy**

P.O. Box 3027  
Santa Monica, California 90408  
1-800-437-2362

Offered by [Mike](#).



# Troubled Times



## Therapeutic Touch

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Ironically, in this application, there is little to no physical contact between the practitioner and the patient, unless the practitioner treats an injury, such as a fracture. Therapeutic Touch incorporates many healing practices such as laying on of hands and aura therapy. Typically, the practitioner places his/her hands a few inches above the patient and with rhythmic and slow-hand movements, determines where the blockages in the patient's energy fields are. The practitioner then works to replenish the energy flow where necessary. Therapeutic Touch has been used primarily to relieve pain and reduce stress and anxiety. Other applications have included accelerated wound healing, calming crying infants, ease asthmatic breathing and reduce fever and inflammation.

Resources available upon request from [Lyn](#).



# Troubled Times



## Accupressure

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Thousands of years ago, the Chinese discovered that certain ailments are relieved when certain parts of the body are pressed. These pressure points release disease-producing blockages in the body's meridians, allowing the body's energy to flow and heal itself. Thus, accupressure has been used to relieve pain, correct bodily imbalances and prevent illness. Accupressure techniques include rubbing, kneading, percussion and vibration.

Japanese pressure techniques include Shiatsu and Jin Shin Jyutsu. Shiatsu means "finger pressure". This method employs a firm sequence of rhythmic pressure held on specific points for a few seconds, while Jin Shin Jyutsu involves holding combinations of points with the fingertips for a minute or so. Both techniques are effective in promoting health.

Resources available upon request from [Lyn](#).





# Troubled Times



## Asthma Cure

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Excerpts from owner-primitive-skills-group@uqac.quebec.ca on behalf of Robert Chatburn

So many people die of asthma each year in the US that the government funds a National Asthma Education Program. .. I have been interested in [natural remedies], but there is not much out there beyond the usual recommendations in herbal textbooks. I did find one obscure reference by a medical doctor who observed that severe asthmatics seem to have tender spots (accupressure points?) just under the scapulas on the back. He had some evidence that stimulating these points could cure asthma, not just the attack. Sounds pretty far fetched. But my girlfriend has asthma, tender spots as he said, and massaging them seems to help.



# Troubled Times



## Life Energy

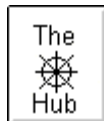
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This energy is invisible to most people. A few people can see it as auras. But just because most of us can't see it, does not mean that it is not there and that it can't be used. For example, we can't see electricity, but we know it exists.

To make this energy work for you, you have to *know* that your body is its' own one-person healing team. Norman Cousins stated this best when he said "The belief system is often the activator of the healing system". You have to *trust* in your body's knowledge of how to heal itself. After all, bodies have healed themselves long before medical systems were invented. Know that this wonderful healing energy inside of us can also be used to help others heal themselves.

Does the above sound "airy-fairy?" Perhaps! However, millions of dollars are being used to research the body's own healing system *outside* of "modern" medicine. One only needs to look at all the alternative health sites on the net, the alternative health articles in journals and magazines, etc. Please work with it on your own. Find your own "healing" methods. That way, you will be better prepared for the post pole shift time.

Authored by [Lyn](#).



# Troubled Times



## Massage

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An article in the *NewHeavenNewEarth* Oct. '96 newsletter mentioned the **Touch Foundation**, an association of professional masseurs and masseuses, plans to help the homeless with massage. Since the homeless are very protective about their personal space, yet crave attention and physical contact, the foundation plans to give aural massage to many. The article reports:

The **Touch Foundation's** goal is to serve 125 clients a month.

The Touch Foundation says:

### **Bringing Free Massage & Caring Touch to Those in Financial Need.**

The Touch Foundation's purpose is to provide free massage and caring touch to those who cannot afford these services. We minister to the terminally ill, the homeless, the orphaned, and those in financial need. The Touch Foundation is a private, non-profit organization receiving no government funding. Our mission relies solely on financial support and in-kind donations from benevolent individuals, corporations and foundations. Help us spread the gift of Tithing Through Touch. To volunteer, or to start a New Chapter, please call:

**Mr. Terry Solomon**, Executive Director  
(714) 574-9530



# Troubled Times



## Iodine

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Iodine pills should be digested before entering any radioactive area. It's a small safety measure but worthwhile mentioning. This is to prevent the thyroid from accumulating the radioactive Iodine 131, which could cause cancer in the long or short run.

Offered by [Geson](#).

I don't know about the case of a power station melt down; but all nuclear blasts, as in bomb, produce radioactive iodine. This iodine does *not* fall out as most debris does. It disperses in the air. Therefore just by breathing you are ingesting the stuff and it does collect in the thyroid. The thyroid gland concentrates and stores iodine and would do so with radioactive iodine, which would destroy the thyroid either by direct breakdown of the cells or causing cancerous cells to form. One can prevent the thyroid from picking up this radioactive iodine by keeping it saturated with non-radioactive iodine. This technique is totally effective. A drop or two per quart of water not only will saturate the thyroid quite quickly, but will also kill germs that may be in the water.

I did most of my research into this subject when Carter was president and there was a clear danger of major nuclear war. Sorry, but I don't remember the books I used back in the '70s. I would first do a web search, then I would go to [www.amazon.com](http://www.amazon.com) and search for books on the subject. I'm confident you will find many. In fact I just did so myself and found many books. Among them:

*Nuclear War Survival Skills*

*Life After Doomsday : A Survivalist Guide to Nuclear War and Other Major Disasters*

Offered by [Ron](#).



# Troubled Times



## Plutonium

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In my mind, the greatest threat, by far, from a terrorist using small nuclear devices is that they would want to get the biggest bang for the buck. The way to do that is to include in the package radioactive plutonium, (used to be very hard to come by, but with the fall of the Soviet Union, available) whether the device uses this plutonium as part of the nuclear explosion mechanism or not. Such a device would render a very large area, to include the area down wind totally uninhabitable for thousands of years. Radioactive plutonium, besides being an extremely poisonous substance in it's own right, has a half life in the many thousands of years.

That means that if an area containing radioactive plutonium has a radiation level of 1000 RDAs immediately after the detonation, it will be thousands of years before the radiation level is reduced by half, or 500 RDAs. By the way, 300 RDAs is the most exposure that we can handle for short periods of time; and it takes a while to recover from that level. For the purpose of the book: virtually any nuclear detonation will leave at least 1000 RDAs within the area of the fireball for a period of time that depends upon the materials from which it is constructed. Exposure to 1000 RDAs kills in a very short time. There is *no* treatment.

Offered by [Ron](#).

Actually plutonium would probably pass right through the body in short order if ingested, but it only takes an amount of plutonium the size of a pollen grain to cause lethal cancer. Most plutonium in an explosion would be converted within a millionth of a second to other fissionable isotopes, also rain and weather would dilute radioactivity to where it would more like a couple hundred years of high radioactivity. A nastier version of the bomb was made by the soviets. The American bombs are more powerful but the soviet version had more severe biological impact above and beyond just the radiation effects.

Offered by [Steve](#).



# Troubled Times



## Age Old Therapy

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Excerpts from Vol. 5, No. 14 August, 1994 *Alternatives For the Health Conscious Individual*  
**Just when you think you've heard it all, Urine for another surprise**

For hundreds of years, other cultures have used urine to treat a wide variety of health problems. Practitioners of Ayurvedic medicine (from India) routinely use urine as a remedy. Daily doses of 1 to 2 ounces of warm cow's urine is used to treat cirrhosis of the liver. It is also prescribed as a diuretic, a laxative, and as a treatment for chronic malaria, headaches and fever. Goat's urine is used for the same type of problems, while ox urine is prescribed to relive jaundice, worms, and diarrhea. Camel urine is used as a stimulant in cardiovascular disease. Human urine, however, still remains the most popular remedy.

Several drug companies have found that urine is an absolute gold mine of hormones and medical components. ... Keep in mind that urine is really a byproduct of blood filtration. Urine is sterile and it contains compounds that are very specific to the individual from which it comes. Urine is antibacterial, antifungal, antiviral, antineoplastic (anticancer), anticonvulsive, and antispasmodic. And it is non-toxic.

Ms. Martha Christy compiled her research and experiences into a 250 page book called *Your Own Perfect Medicine* which can be ordered for \$21.90 by sending check or money order to FutureMed, Inc. Box 14161, Scottsdale, AZ 85267 or by calling (800) 800-8849.

### **Caution And Common Sense ...**

None of the users of urine therapy I interviewed, nor any of the doctors using the therapy, had experienced any adverse effects. [This includes about 140,000 patients.]

1. I would again recommend getting Martha Christy's book.
2. With severe health problems, it is generally best to gradually introduce any new type of therapy.
3. The therapy isn't recommended for someone who is pregnant.
4. The therapy would also be questionable in someone who drinks or smokes heavily, or someone taking prescription or recreational drugs.
5. Although urine therapy has been used safely for hundreds, if not thousands of years ... if you have a doctor experienced in the technique, or at least one that's open-minded, you should take advantage of his/her expertise.

### **Conclusion ...**

With the number of drug-resistant bacteria and viruses on the rise, our chances of contracting some untreatable disease increase. And while urine therapy is not a cure-all, it's comforting to at least know that our bodies have the capability to produce their own medicine - a medicine so distinct and special there's none other like it in the world. It's custom-tailored exactly to our needs, it's non-toxic, no one can take it away from us, and it's free.

Offered by [Mike](#).



# Troubled Times



## Urine Therapy

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Excerpts from owner-primitive-skills-group@uqac.quebec.ca on behalf of Robert Chatburn

I found some interesting stuff in a book called *Let's Play Doctor!* by J.D. Wallach, doctor of veterinary medicine and naturopathic doctor (author of the widely distributed tape *Dead Doctors Don't Lie*).

Perhaps most interesting is Dr. Wallach's recommendation of a drug we all have instantly available - autoimmune *urine* therapy! I have seen a whole book devoted to this subject advertised in the *Loompanics* book catalog. According to Wallach:

Urine therapy is a method of improving the patient's immune system by injecting his own urine back into him. The basis of the therapy is exactly the same as the 'modern' allergist uses when he injects allergens into the patient to 'treat' allergies. The technique of urine injection is quite simple and can be performed at home. MD allergists used to use this technique for 50 years until the pharmaceutical companies discovered they make money with prepared allergens.

Urine therapy is performed by centrifuging the patient's urine and then filtering it through a 'millipore' filter to eliminate the cells and bacteria that might be present. Five to ten milliliters of urine are injected subcutaneously-this injection may cause some burning which can be eliminated by adding procaine to the filtered urine.

The urine injection technique is very useful for allergies, asthma, migraine headaches and arthritis. A nonspecific increase in immune capacity has been recorded in cancer patients given urine therapy.

The book I saw advertised was about drinking urine, even simpler. And urine is sterile unless you have an infection. Sorry, I have no personal experience.





# Troubled Times



## Skin Problems

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Excerpts from Vol. 5, No. 14 August, 1994 *Alternatives For the Health Conscious Individual*  
**Just when you think you've heard it all, Urine for another surprise**

### Topical Application ...

Most skin disorders, like rashes, psoriasis, eczema, acne, burns, cuts, abrasions, and open wounds respond very favorably to urine. Reportedly urine is also very effective in treating insect bites, irritation from plants (like poison ivy), skin tumors, or abnormal growths. It beautifies and softens the skin, reduces wrinkles, and increases moisture content. ... For topical application, either old or fresh urine is effective. However, only normal (not dark or cloudy) urine should be used. ... Older urine is acceptable for topical application because it has a higher ammonia content, which is often more effective in treating chronic skin conditions. ... It can be applied by hand, with a clean cotton pad, as a spray, or as a compress. ... The urine will be rapidly absorbed into the skin and this can be followed by repeated applications. ... In each of these cases, the treated area of skin can be gently washed with warm water following the treatment if desired. No soap should be used.

Offered by [Mike](#).



# Troubled Times



## Sore Throat

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From an e-mail correspondence:

My son sings and one day he had a concert and he had a horse throat and it was sore also and his teacher told him to drink a small amount of his urine before the concert and he thought his teacher was crazy but he did it because he couldn't talk the morning of the concert and to my disbelief, *it worked*. We were told that a lot of singers do this when their throats act up before a concert. Just a thought on urine.



# Troubled Times



## Glassful

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Excerpts from Vol. 5, No. 14 August, 1994 *Alternatives For the Health Conscious Individual*  
**Just when you think you've heard it all, Urine for another surprise**

### Oral Application ...

Don't get me wrong. I'M not trying to get everyone to start consuming or using their own urine. It's a very personal thing, but it's an option you should be aware of. If you have health problems that don't respond to other therapies, or God-forbid, you find yourself in a hopeless situation, urine therapy (UT) could prove to be an absolute miracle. Your urine is probably the most specific customized medicine you will ever have available. It contains a complete cross-section of all the hormones, nutrients and compounds circulating in your bloodstream. It also contains the corresponding antibodies currently being produced against all the bacteria, viruses and fungi in your body. Research has shown that the reintroduction of these antibodies into the body, even in the most minute amounts, can have profound effects on your health.

Offered by [Mike](#).



# Troubled Times



## Sterile Wash

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Human urine is sterile, to my understanding. You can also drink it. I've seen instruments washed in it in the field while in Vietnam.

Offered by [Ron](#).

My neighbor, a naval photographer, and I were discussing last evening how he was instructed to urinate on a gut wound if needed to prevent drying of the wound.

Offered by [Aron](#).

In desert countries children are taught to pee on wounds to disinfect them if no fresh water is around. Yup, many uses for the remarkably undersold product.

Offered by [Stephen](#).

Actually, healthy urine is naturally sterile. Just as most of our food and drink is not sterile, a mild infection (stress mild) of the urinary tract would be taken care of by the natural hydrochloric acid content of the stomach.

Offered by [Cass](#).



# Troubled Times



## Sick

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My current understanding is: As long as there is no Urinary infection the urine is sterile. If an infection of the urinary tract is present then bacteria can be passed in the Urine. This may or may not be accompanied by blood in the urine, and/or painful urination. As a general operating basis: The sick person could urinate in with the solids. A well person could urinate so as to add to the fertilizer liquid nutrients. Another approach would be to pass all urine past a strong ultraviolet light to kill any possible pathogens. In this case one would need to filter out solid particles to about 3 micron before exposure to the light. Bacteria can hide behind dirt particles.

Offered by [Mike](#).

Urine is perfectly safe unless very dark or contains pus (cloudy).

Offered by [Jan](#).



# Troubled Times



## Pros

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Urine drinking is a good way of surviving if you are out of water. The following is a true story. A miner caught in the mine survived for 7 days (yes, seven) by drinking his own urine and eating a wooden stick from his tools. He was able to signal the rescue team by hitting with his tools against the wall. He was very weak but could communicate when the rescue party got him out.

Offered by [Chris](#).

From what I've read on the Internet, the idea is that your body *does* need the stuff contained in urine, but if there is excess then it will immediately make room for more food or drink, since your blood couldn't handle an overload once you start eating and drinking again. I've read some things saying that the small amounts of toxins can strengthen your immune system, but you still never know. I intend to stay away from the stuff, I tried it internally and externally to try to help acne. I didn't go regularly with the internal method, but the external method does relieve itching.

Offered by [Joe](#).

Chemical and Pharmaceutical companies know the secret of pee power (they harvest from hospitals and specially designed public urinals) and guard the knowledge because if everyone knew the free benefits they would lose an avid market (or even worse have to buy it). Urine is a skin moisturizer as well as a sterile solution and is used in many medications, creams, and cosmetics as well as in farming (that's what urea is). If there are concrete workers out there, pee on your hands after having them in cement it will counteract the harsh action of the lime and damaging components of the cement.

Urine is clean, is not a waste product, it is manufactured from your blood and contains only ingredients that you would normally find in food e.g. vitamins B1, B2, B5, B6, B12 and Inositol, and minerals Calcium, Copper, Iodine, Iron, Magnesium, Manganese, Molybdenum, Phosphorus, Potassium, Sodium and Zinc, 11 Amino acids, Aldosterone, Peptides, Dopamine and Antibodies, and it is 95% water so if out in the desert without fluids, don't pee in the sand.

Offered by [Jan](#).

A friend recently forwarded to me an MPG movie of a monkey happily drinking his pee and going back for more.

Offered by [Aron](#).



# Troubled Times



## Cons

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Urine is sterile *until* it makes contact with the genitalia. Then it becomes contaminated. Depending on where your genitals have been and what has been in contact with them. Well, I wouldn't count on drinking sterile urine straight from the source. Now, if you insert a urinary catheter to drain directly from the bladder, then you will have sterile urine. However, you must clean the genital area with iodine first and must use aseptic technique when inserting said catheter. In other words, it is not a one-person job unless one had lots of practice.

As far as urine containing chemicals your body needs - if your body needed them, they would not be excreted unless you have a major illness or are on some med that prohibits absorption. Urine contains many waste products that the body cannot use and can be toxic if not excreted - products such as urea, ammonia, uric acid and creatinine. The largest urine content (besides water is urea (which is derived from the breakdown of proteins and amino acids in the diet and in the body itself).

So you drank some piss! I don't think it will kill you (had an alcoholic patient who drank 700 cc of the stuff in two or three gulps because he thought it was beer and it did not kill him). As long as your body can get rid of these chemicals, you're OK. If it can't, then you have some problems that you really don't want.

Offered by [Lyn](#).



# Troubled Times



## Autouro-Therapy

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From *Your Own Perfect Medicine*, by Martha Christy,  
published by **FutureMed, Inc.** of Scottsdale, Arizona, USA  
(602) 661-7914 or (800) 800-8849. \$19.95 + \$4.00 Shipping in USA, \$7.00 foreign

Scientists have discovered that urine, because it is actually extracted from our blood, contains small amounts of almost all of the life-sustaining nutrients, proteins, hormones, antibodies and immunizing agents that our blood contains. "Urine can be regarded as one of the most complex of all body fluids. It contains practically all of the constituents found in the blood." *Urinalysis in Clinical and Laboratory Practice*, **CRC Press, Inc.** USA, 1975, pp 13-17.

This summer, Enzymes of America plans to market its first major urine product called urokinase, an enzyme that dissolves blood clots and is used to treat victims of heart attacks. The company has contracts to supply the urine enzyme to Sandoz, Merrell Dow and other major pharmaceutical companies.

Urea has also been proven to be an extraordinary antibacterial and antiviral agent and is one of the best natural diuretics ever discovered. Urea was discovered and isolated as long ago as 1773 and is currently marketed in a variety of different drug forms.

An article, titled *Autouro-Therapy*, published in the **New York State Journal of Medicine** (vol 80. no. 7, June 1980), written by Dr. John R. Herman, Clinical Professor of Urology at Albert Einstein College of Medicine in New York City, points out the general misconceptions regarding urine and its medical use: "Autouropathy (urine therapy) did flourish in many parts of the world and it continues to flourish today .. There is, unknown to most of us, a wide usage of uropathy and a great volume of knowledge available showing the multitudinous advantages of the modality."





# Troubled Times



## Advocates

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I tried this method personally, and I can say that the result is good for eczema or other skin problems, but I think that it's necessary to drink your own urine. The Iso-urinary Korsakovian Method is a sort of deep decontamination and energy reprogramming. It clears up dead tissue from old diseases and the after-effects of inoculations. It cleans our body of chemical and medicinal poisons. It restarts immune defenses which are weakened. It is a precious help in serious pathologies. Finally, though it is a very distressing way, it stops very efficiently the process of psychosomatic reactions. *Our body is our best chemist.*

Urine use is one of the oldest health secrets used all over the world in many different eras. In India, this method, named Amaroli, is above all used as a regeneration program. By now, more than 2,000,000 Japanese are drinking a bit of their urine every morning, because of its marvelous effects on serious illness. In fact, urine has all the biochemical, bio-electrical and vibratory information from our bodies - poisons, excessive hormones, and dead tissue from viral and bacteriological fights, regulation of mineral salts and all the result of metabolism. Urine might be said a truly a memory and an exact evaluation of our whole biological history and even a psychological one. A lot of survival stories tell about drinking urine (shipwrecks, soldiers, concentration camps, deserts, natural disasters etc.)

### Advantages:

- True growth of energy
- Recycling of mineral and hormonal leaks in a personalized way
- Increase of diuresis (in case of obesity)
- Cleaning and deconstipating the intestine
- Reprograming all biological drifts

### Inconveniences:

- Possible crisis of the kidneys during diarrhea, fever, vomiting
- Toxic recycling of adrenaline in hyperactive persons
- Psychological mental block because of our education or our attitudes

Offered by [Gerald](#).



# Troubled Times



## Effectiveness

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Excerpts from Vol. 5, No. 14 August, 1994 *Alternatives For the Health Conscious Individual*  
**Just when you think you've heard it all, Urine for another surprise**

Urine therapy works. However, the pharmaceutical giants and a lot of physicians would be less than thrilled if everyone started curing their own problems with something so simple. Enormous profits and millions of jobs would be lost. ... Just how well does urine therapy work? Honestly, it probably works too well. It works so well that you'll probably start seeing a lot of negative stories about it in the next couple of years.

Complaints like the flu, sinus infections, allergies, colds, headaches (migraines and others), ear infections, insomnia, yeast infections, and rheumatoid arthritis can often be alleviated through the use of urine.

Both in China and India, many believe that regular consumption of urine can promote longevity and improve one's looks.

Even one of the former Prime Ministers of India (Morarji Desai in the late 1970's) candidly credited a daily glass of his own urine and five cloves of garlic each day for his youthful energy and ability to run the affairs of his country at the age 82.

Offered by [Mike](#).



# Troubled Times



## Published

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Dr. David G. Williams says *Just when you think you've heard it all, urine for another surprise.*

Offered by [Mike](#).

Get the book *Your own Perfect Medicine* by Martha M. Christy or *The Water of Life, a Treatise on Urine Therapy* by J.W. Armstrong. Its all about urine therapy and quite amazing. Gandhi drank a pint of his own piss daily, as is common in ayurvedic medicine (of course in his case it was unfortunately no cure for a lead deposit).

Offered by [Kraige](#).



# Troubled Times



## Dosage

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Excerpts from Vol. 5, No. 14 August, 1994 *Alternatives For the Health Conscious Individual*  
**Just when you think you've heard it all, Urine for another surprise**

### Getting Started ...

Collection of the urine is the first order of business. Under most circumstances it should be collected first thing in the morning. To maintain the sterile nature of the urine, females can gently cleanse the genitalia before collection.

The urine collected should be a mid-stream specimen. In other words, you should allow the urine to flow very briefly before collection. The best urine is neither at the beginning nor at the end of the flow.

For internal use, only fresh urine should be used. (As I mentioned earlier, older urine is okay for external use. In cases of psoriasis or eczema, it may even be more beneficial due to its higher ammonia content.)

### Starting Dosages ...

[Note: Up to 10 ounces of urine daily have been used effectively however current research indicates much smaller doses were just as effective.]

This is the generally recommended method of therapy:

1. On the first day, place 1 to 5 drops under your tongue with an eye dropper first thing in the morning.
2. On the second day, also first thing in the morning, increase the dose to 5-10 drops.
3. On the third day, take 5-10 drops twice during the day (first thing in the morning and just before bedtime.)
4. From this point forward, the amount can be maintained until your particular problem is resolved, or the dosage can be increased as needed.

### Maintenance Dosages ...

Ms. Christy's personal maintenance dose consists of just 3 drops, three times daily. Others I've spoken with think that 5-10 drops a day is adequate for maintenance purposes.

### Special collection and dosing techniques ...

In treating food and chemical allergies some researchers have demonstrated the a slightly modified approach to collection and dosage seems to be more effective.

The dosage was determined by the absence of taste and temperature that occurred after repeated drops were administered sublingually (under the tongue). In this case, the urine was collected between meals and given before the next meal. The patient was given a mirror and shown how to administer the drops. The drops were given one after the other until the sensation of taste and temperature of the urine could no longer be detected by the patient. The researchers stated that the phenomenon of diminishing taste is based on an immune system reaction and therefore provides a reliable method of finding what they called a

"neutralizing dose" (Med Hypotheses 83;12:143.)

Offered by [Mike](#).



# Troubled Times



## Salt

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If we end up far from an ocean salt will be a challenge. No wonder it is reported to have been used as currency in the past. Modern medical opinion has folks pretty much panicked about excessive salt intake, but the word I get is that if one impugns sugar in any way then research funds mysteriously disappear. Salt is essential. In our desert trip this summer I once again was physically reminded of what my body does when it runs low on salt. Contrast that with sugar. I feel great when I stay off of sugar, even better when I eat no carbs at all. No such thing as an essential carbohydrate acid I guess, eh? So has anyone openly discussed drinking one's own urine? The practice saves salt, and supplements enzymes, which are sorely lacking if you eat cooked food. I did it for a few months after getting over the emotional hindrances.

I had no ill effects, and discovered that the flavors involved became a remarkable way to find out what had been going on in my bloodstream. Urine is made of things that already passed into the bloodstream via the G.I. tract. If your intestines are working right then you are not absorbing toxins into the bloodstream. The kidneys simply are balancing all the nutrients by letting the surplus go in urine. Then why drink it if it is extra stuff of what you have already? I decided that since most of my food was cooked the addition of extra enzymes would be a friendly boost to the little flora and fauna making their home in my insides. Perhaps a tiny assist for the intestinal immune system, where mucous but no blood is normally allowed.

Bring up autourine ingestion in polite company however, and let's say that my spouse leaves the room. It is emotional. How emotional is drinking nutrasweet? That gets me emotional. Go figure. Consider anecdotal reports of folks trapped in caves for longer than a few weeks who survived by drinking their own extra nutrients. I have fantasized escaping from my rest home on foot when I am really old and just seeing how far I can make it, moving at night and sleeping under piles of leaves in the day. If you want to distill urine as my wife does you can still save any extra salt via methods recently described. Be forewarned that salt does not magically appear. If I don't eat it then there is no salty urine flavor at all.

Offered by [Steve](#).



# Troubled Times



## Sea Salt

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Does anyone know how to render sea salt to make it edible? I did a search and find no instructions.

Offered by [Mary](#).

I do not know all of it. However, you take sea-water and drain it into a shallow flood plain. You let it evaporate until it becomes thick with salt (high concentration). At this point the water turns pink. You then sift the water with special spade/sieve that lifts out the crystallized salt. You put this into a heap and allow it to dry. Viola, you have sea salt.

Offered by [Stephen](#).

With the absence of sunshine and in the midst of high humidity (slow evaporation), this process could take forever! But my guess is that you'd be able to produce what you needed. Now what happens is you live nowhere near a body of brine?

Offered by [Michael](#).

I do not know about the USA. In Australia, our rugged and dry interior has so many salt pans that we virtually can make salt at any of these pans, even many hundreds of km from the sea.

Offered by [Stephen](#).



# Troubled Times



## Dr. Dellyn Hansen

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Report by Dr. Dellyn Hansen of Orem, Utah, as formerly reported by the *Radiant Living* web site.

### Report on Colloidal Silver

Silver is a powerful, natural prophylactic/antibiotic, used for thousands of years, with no side effects. It is a catalyst, disabling the particular enzyme that all one-celled bacteria, fungus and virus, use for their oxygen metabolism, they suffocate. Yet it is of no harm to human enzymes or any part of the human body chemistry. And it kills all disease-causing organisms, in six minutes or less, upon contact, even those pleomorphic, no matter how they mutate. Resistant strains fail to develop, and the body doesn't develop a tolerance. Colloidal Silver is both a remedy and a prevention of infections of any kind. Having sufficient Colloidal Silver in your body is to have a superior, second immune system. It was in common use until 1938. Great Grandma put a silver dollar in the milk, to keep it fresh at room temperature. (Ref-1,9)

### Established Usage

Oral Formula (4-oz. bottle): After taking one teaspoon daily for four days take one half-teaspoon daily, as adults, (and proportional, by body weight, for children), or apply directly to cuts, scrapes and open sores, or put a few drops on a small Band-Aid and wear over warts, cuts, abrasions, or any open sore, or dab directly onto eczema or such itchy areas, or acne, mosquito bites, or any skin problem. Water is purified by adding one half-teaspoon per gallon, shake well, wait six minutes, and shake again, wait six minutes, and drink. Mix it this way, it's tasteless, and drink two quarts, over a day's time, especially with meals, as a great digestive aid, because it eliminates fermentation. It is the ideal food preservative, because it is also good for you. Use in canning at one-quarter teaspoon per quart. Those already using Colloidal Silver report that they catch milder, and fewer if any, colds or flu. The emphasis is on the prevention of all infections. There are *never* any side effects. It *never* does any harm to the liver, kidneys, any other organ, system or any part of the body. No-one has ever overdosed, regardless of the amount, as it is not at all an allopathic poison. The Intravenous Formula, (1/2 oz. bottle/adult, proportional), is often preferred as it is more long lasting and for some people, works better. Syringes are available from veterinary suppliers, like IFA. (Ref-1,7,9,11,12,d)

### Recognized Remedies

The following is a partial list of the more than 650 diseases that Colloidal Silver has been used successfully against: acne, acne rosacea, AIDS (Ref-2), allergies, appendicitis, arthritis, athlete's foot, tuberculosis, bladder inflammation, blood parasites (cause gray hair), blood poisoning, boils, bubonic plague, burns, cancer (Ref-7,8), candida, chilblains, cholera, colitis, conjunctivitis, cystitis, diabetes (Ref-1), dysentery, eczema, fibrositis, gastritis, gonorrhea, hay fever, herpes, impetigo, indigestion, keratitis, leprosy, leukemia, lupus, lymphangitis, lyme disease, malaria, meningitis, neurasthenia, parasitic infections both viral and fungal, pneumonia, pleurisy, prostate, pruritus ani, psoriasis, purulent ophthalmia, rhinitis, rheumatism, ringworm, scarlet fever, septic conditions of the eyes, ears, mouth and throat, seborrhea, septicemia, shingles, skin cancer, staph infections, strep infections, syphilis, thyroid, tonsillitis, toxemia, trachoma, trenchfoot, dermatitis, all forms of virus, warts, whooping cough, yeast infection, stomach ulcer, and also canine parvovirus and other veterinary uses. Also in all bacterial, fungal and viral attacks on plants. Simply spray diluted Silver on the leaves and add to soil water. (Ref-1,2,3,4,7,8,11,12).



## Additionally

There has *never* been a drug interaction with any other medication. Colloidal Silver has been found to be both a remedy and a prevention for all colds, all flu, all infections and all fermentation due to any bacteria, fungus or virus, especially staph and strep, which are found present in every disease condition. Through simple high school biology studies we learn that all living things exist in the colloidal form. The body can more readily use medications already in the colloidal form, as opposed to crystalline. Colloidal Silver is the most useable form of the most effective disease fighter there is. The body actually needs Colloidal Silver to fight disease-causing organisms, and to aid healing. The adult RDA for Silver is 400 milligrams. Taken orally each day, it's like having a second immune system. Older folks feel younger because their body energies are used for something other than fighting disease, and digestion is better. Medical research has proven that Silver promotes rapid healing, with less scar tissue, even in the case of severe burns. Silver aids the developing fetus in growth, health, and eases the delivery and recovery. Fantastic successes have been reported in many cases previously given up by establishment doctors. Colloidal Silver is tasteless and won't sting, even Baby's eyes and won't upset the stomach.

It is produced today by a modernized original process, at a tiny fraction of the pre-1938 cost, and is more concentrated. Contains no free radicals, as the Silver acts only as a catalyst, and is stabilized. This is not a chemical compound containing Silver, but pure metallic silver of submicroscopic clusters of just a few atoms, held in suspension, in pure water, by the tiny electric charge on each atom. It is absolutely non-toxic, (except to one-celled plants and animals), and non-addicting. Colloidal Silver is the remedy for all infections, even the non-apparent, low-grade general body infections most people have. Parasites are also killed, as they have an egg-stage in their reproductive cycle, which is one-celled and therefore killed in six minutes or less). Keep from freezing, and in a cool, dark place. (Ref-1,2,9,12)

### Ref-1

*Use of Colloids in Health and Disease.* Colloidal Silver is proven particularly effective in cases of intestinal troubles. Dr. Henry Crooks found that silver in the colloidal state is highly germicidal, quite harmless to humans and absolutely non-toxic. Rather than in a chemical compounds the Silver, in the Colloidal state, may be applied in a much more concentrated form, with correspondingly better results. All fungus, virus, bacterium, streptococcus, staphylococcus, and other pathogenic organisms are killed in three or four minutes; in fact, there is no microbe known that is not killed by Colloidal Silver in six minutes or less, at a dilution of as little as 5 parts per million, though there are no side effects whatsoever from high concentrations.

### Ref-2

*Provo Herald* 13 Feb. 92, pg.D1: **Colloidal Silver as a cure for AIDS.**

### Ref-3

*American Drug Index*, section on **Inorganic Pharmaceutical Chemistry**, recognized Silver for its germicidal action, calling a stabilized form: **Mild Silver Protein**. There are several forms of Mild silver Protein.

### Ref-4

*The Condensed Chemical Dictionary 6th Edition:* **Mild Silver Protein** is listed for medical use, (the "Protein" is the trace used as a stabilizer).

### Ref-5

The FDA has stated that because Colloidal Silver is (by fifty years) a pre-1938 drug, it may continue to be marketed. A 13 Sept. 1991, letter received from consumer safety officer, Harold Davis, **U.S. Food and Drug Administration**. Moreover, the FDA has no jurisdiction regarding a pure, mineral element.

### Ref-6

**Environmental Protection Agency's** Poison control Center reports no toxicity listing for Colloidal Silver, considering it harmless in any concentration.

Ref-7

Dr. Robert Becker *The Body Electric*, recognized a correlation between low Silver levels and sickness. He said the Silver deficiency was responsible for the improper functioning of the immune system. Dr.Becker's experiments conclude that Silver works on the full spectrum of pathogens without any side effects or damage to any cells of the body, (being tissue and not single cells). He also states that the Silver was doing something more than killing disease-causing organisms. It was also causing major growth stimulation of injured tissues. Burn patients and even elderly patients noticed more rapid healing. And he discovered that all cancer cells change back to normal cells. All strains of pathogens resistant to other antibiotics are killed by Silver. Yet at that time he couldn't find a Silver supplement on the market.

Ref-8

Dr.Bjorn Nordstrom, of the **Karolinska Institute**, Sweden, has used Silver in his cancer cure method, for many years. He says the whole thing is quite simple. This brought rapid remission in patients given up by other doctors.

Ref-9

**Silver Our Mightiest Germ Fighter** *Science Digest* March 1978. As an antibiotic, Silver kills over 650 disease-causing organisms; resistant strains fail to develop. Silver is absolutely non-toxic. Silver is the best all around germ-fighter we have. Doctors are reporting that, taken internally, it works against syphilis, cholera and malaria, diabetes and severe burns. Richard L. Davies, executive director of the Silver Institute, which monitors Silver technology in 37 countries, reports: "In four years we've described 87 important new medical uses for Silver."

Ref-10

**Colloidal Preparations of Silver in Pharmacy** *British Medical Journal*, Feb 1923 , Pure silver is entirely non-irritant. In tests, at very high dilution rates, exceeding two-hundred to one, it has been shown repeatedly that the rapidly exerted disinfectant action is of considerable therapeutic value.

A very important note: There are some manufacturers who have come out with a Colloidal Silver product of greater concentration in an attempt to improve it's effectiveness. They are operating under a false premise, the reverse is true. It is less effective and in some cases can even lead to toxicity. Please don't be fooled by claims of the benefits of greater concentration. We don't carry these products for this reason.

**Disclaimer: This article on Colloidal Silver has been written and presented strictly for informational and educational purposes only. ... The information conveyed herein is based on pharmacological and other records both ancient and modern. ... No claims whatsoever as to any specific benefits accruing from the use of Colloidal Silver.**



# Troubled Times



Steve LaFontaine

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Report titled **Suppressed Miracle Drug Re-Discovered**, by Steve LaFontaine

Silver has been used in healing as far back in recorded time as 4000 BC. Persian records mention the practice of keeping water in silver vessels. The ancient Babylonian and Greek civilizations were aware of silver's ability to disinfect. Colloidal Silver was used as a remedy as far back as ancient Egypt. It continued to be used in the Middle Ages to treat wounds.

The Romans reported the use of silver compounds for medical treatment. Before the days of refrigeration, silverware or a silver coin was kept in the drinking water and the milk to prevent spoilage. Silverware became prized for the preparation, serving and storage of foods because it was recognized that food processed in silver vessels stored longer and was less likely to cause illness.

The March 1978 issue of *Science Digest* had an article called **Silver Our Mightiest Germ Fighter** in which they stated that more than half of the world's airlines use silver treated water as the method of choice for protecting passengers from water-borne diseases.

It is accepted fact that the best, and usually the most expensive, water treatment system filters contain silver. Additionally, the article quoted Dr. Harry Margraf, St. Louis Missouri, as saying "Thanks to eye opening research, silver is emerging as a wonder of modern medicine. An antibiotic kills perhaps half dozen different disease organisms, but silver kills some 650. Resistant strains fail to develop...silver is the best all around germ fighter we have." Indeed no known bacteria have developed an immunity to silver.

According to the encyclopedia " The element silver exhibits bactericidal properties not fully understood, although these are thought to be a result of its ability to absorb oxygen. Colloidal silver is used as an antiseptic, germicide, astringent, caustic and for water sterilization and to arrest hemorrhaging by coagulating the blood. Astringents act by shrinking tissues and reducing the permeability (passage of gas or liquid) of membranes. They may be used internally to diminish mucous secretion in a sore throat, check diarrhea, or reduce stomach acid secretion. Externally, they are used for conditions such as cold sores, poison ivy, or hemorrhoids and as antiseptic deodorizers eliminating odor-causing microorganisms." As recently as 1953 the official *Handbook of the Hospital Corps of the United States Navy* stated;

Silver compounds have a wide variety of uses as caustics, astringents, antiseptics, and germicides. Their activity resides in the silver ion, which is a protein precipitant. It is toxic to bacteria by precipitating the protein in the bacteria protoplasm. Colloidal silver preparations, in which the silver does not exist to any large extent as free ions, act by the milder and sustained antiseptic effect brought about by the formation of a protein silver compound which slowly liberates small amounts of ionic silver. Colloidal silver compounds, contain very little ionizable silver . Use of any silver preparation over a long period may cause permanent blue discoloration of the skin and mucous membranes, (particularly the lips and under the fingernails) known as Argyria. There are no known adverse health effects of Argyria. The colloidal silver preparations contain high concentrations of silver, largely in non-ionized form. Their antiseptic value depends on the activity of the free silver ions and not on their content. They do not precipitate protein but penetrate the tissues. Those mentioned here are silver proteins and silver halides.

Colloidal silver preparations are used as antiseptics, particularly for application to the mucous membranes of the eye, nose, throat, urethra, bladder, and colon. They are commonly used for infections of the upper respiratory tract. They are also effective as prophylaxis against gonorrhea, in urethral irrigations about 1 hour after exposure. They are prepared in the form of solutions, ointments, swabs, suppositories, and tampons.

Bacteria are developing immunities to modern specialized antibiotics at an alarming rate. The medical community has acknowledged this publicly for years. The *Los Angeles Times* reported in an article titled **Arsenal of Antibiotics Failing as Resistant Bacteria Develop** October 23, 1994 "But in the last decade, a broad resistance to antibiotics has begun to emerge. And because bacteria can transfer genes among themselves experts only expect the resistance to grow. The potential nightmare is an Andromeda strain, a super-microbe immune to all antibiotics that could wreck havoc." UCLA Medical Center has reported that "colloidal silver ... killed every virus that was tested in the lab."

Colloidal silver is considered by the **Food and Drug Administration** (FDA) to be a pre-1938 drug. The drug companies lobbied for this and were successful, because it was more profitable to manufacture 'designer' antibiotics that only killed six to eight "bugs." It is known that prior to 1938, colloidal silver was administered in just about every way that modern drugs are used today. These uses included intravenously, orally and topically, i.e. throat gargle, eye drops, douche, open wounds and burns, for which it is particularly effective due to its combined disinfectant and astringent properties. It protects the highly susceptible burn tissue from infection while promoting rapid healing.

Contemporary medical tests indicate no known adverse effects from the use of properly prepared colloidal silver, and there has never been a recorded case of drug interaction or reaction with any other medication. It successfully reduces the length and severity of infectious disorders. This is of immense importance in view of recent reports that infectious disease is the third largest killer on the planet.

Colloidal Silver consists of molecules or pure silver suspended electrically in clean drinking water. Today it is made by driving lightning into fine silver. This process tears the silver molecules apart and deposits them with a high electrical charge into the water. The highest grade colloidal silver is made from .999 silver in 99% distilled water. Colloidal Silver destroys bacteria and simple infections, viruses, yeast, fungi and parasites while protecting the natural enzymes of the body.

Colloidal Silver has been used successfully against 650 diseases, including, arthritis; athlete's foot; bacterial pneumonia; bladder infections; blood parasites; boils; cancer; candida; diabetes; hay fever; herpes; leukemia; lupus; Lyme disease; psoriasis; rheumatism; ringworm; staph and strep infections; septic conditions of the eyes, ears, mouth and throat; shingles; skin cancer; ulcers and tonsillitis.

Colloidal Silver can be applied to cuts, scrapes, bug bites, and skin conditions such as acne and eczema and is so safe that it is a common practice in American hospitals for doctors to put a few drops in the eyes of newborn babies to kill bacteria that can cause blindness.

While analyzing hair samples Dr. Robert Becker noticed a correlation between low silver levels and sickness. He believed that a silver deficiency was the reason for the improper functioning of the immune system. Dr. Becker's experiments concluded that silver works on a wide range of bacteria without any adverse side effects and without damage to the cells of the body.

Dr. Becker also states that in the presence of the silver ion, cancer cells change back to normal cells, regardless of their location in the body.

Today, with advances in technology the manufacture of colloidal silver is far advanced and superior to the antiquated grind method that was most popular pre-1938. The most advantageous and highest quality colloidal silver is a result of the electro-colloidal non-chemical procedure using the electric-arc technique. This method allows for the concentration of colloidal silver to be measured in parts per million (PPM). The best way to ascertain if a product is a true colloidal silver is by reviewing the ingredients. Additives or

stabilizers may make the product unsuitable. Refrigeration may indicate that there is an ingredient (additive) that might spoil at room temperature. Long term stability is an important aspect of colloidal silver. Trying to impress the public, some companies go for a higher concentration of the silver, but then necessity requires that they use stabilizers or a protein to bond the silver. The major problem with the use of stabilizers and proteins is that they reduce the antimicrobial benefits by bonding to the silver, and so therefore contain higher levels of silver to compensate for this reduced effectiveness. This is where great caution should be taken. Consuming hundreds of times the recommended amount of stabilized silver may result in Argyria (the discoloration of the skin due to silver deposits). There are no known documented cases of Argyria from the use of pure (no stabilizers or additives) electro colloidal silver. Of special note, there is an inherent electrical charge in the hydro-carbon molecule of plastic containers. This draws the silver out of solution, binding it to the walls of the container.

It is also sensitive to light and heat. Therefore, storage of colloidal silver should be in colored glass, in a cool dark place but not in the refrigerator.

Colloidal silver is not "germ specific" like the prescription antibiotics available today. It has a long shelf life (as long as it is stored properly) and, possibly the best thing about Colloidal Silver is that it is available without a visit to your doctor !!



# Troubled Times



## Gangrene

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I'm glad you brought this up because just over a week ago my girlfriend stubbed her toe causing a fracture and small cut. Well within 48 hours she had cellulitis and the doc's had her getting antibiotics through an I.V. for two days. Now for those who don't know cellulitis is just before gangrene sets in at which point you have to cut the flesh infected out to even have a chance. Anything you can learn or supplies saved will be invaluable and may just save your life. The docs said one more day with out treatment and probably she'd have lost her foot. This for just a stubbed toe. Cellulitis is an infection mostly caused by staph. It's very painful, involves redness, swelling, and hot flesh. If you ever cut yourself and it gets infected and you see red line start moving towards your lymph glands get help quick or you can die.

Offered by [Yahbo](#).

I have first hand experience of colloidal silver sorting out cellulitis, taken in 8 to 14 ounces at a time.

Offered by [Ian](#).



# Troubled Times



## Laboratory Results

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As you can see from this report, there is a narrow range where the concentration of colloidal silver works the very best. If the concentration is a bit too low, then as one can see with the *Staphylococcus aureus*, the growth is a bit higher at 9 PPM than it is at 15 PPM. Similarly, there is a point above the 15 to 25 PPM level where the effectiveness of the colloidal silver goes down as well. Clearly, the adage, more is better, is not necessarily true when it comes to the effectiveness of colloidal silver. It is interesting to note that the early-part-of-century reports have pretty much the same results as the report from Molecular Biologics. There is an optimum concentration range (15 to 25 PPM) for colloidal silver.

This study by Molecular Biologics is one of the most recent laboratory studies acquired. There have been many other similar studies conducted. Some have been done in the last five or six years. However, the majority of studies on the effectiveness of various concentrations of colloidal silver were conducted before 1938. In fact, it has been the 1916's to the 1919's in which we find the greatest number of reports on the subject.

Offered by [Pat](#).

March 6, 1996 - California, **Molecular Biologics Laboratory** Report

Using Colloidal Silver solution as a disinfectant against *Salmonella thyphi*, *Staphylococcus aureus*, *Pseudomonas aeruginosa*, and *Escherichia coli*.

### A. Culture Media

The nutrient broth for growing the microbes contained 5.0 grams of beef extract and 20 grams of peptone in one liter of purified water. 5 mls of broth was pipetted into test tubes and autoclaved.

### B. Microbes

Using four regular nutrient broth test tubes, one disk of each microbe was added to each one. All four test tubes were incubated for 24 hours at 35 degrees Celsius. A blank control of the broth was also incubated.

### C. Reagents

Using a 1.0% silver solution and nutrient broth, dilutions of silver solution were made: 0.10%, 0.05%, 0.025%, 0.005%, and 0.0025%. Four sets of the dilutions were made and inoculated with each microbe. The four sets of inoculated silver solution dilutions were incubated at 35 degrees Celsius for 24 hours.

### D. Results

Silver content and a microscopic exam using a hemacytometer was done on each dilution for each microorganism. The blank nutrient broth showed no growth.

*Salmonella thyphi*: Microscopic exam of the control showed >25 colonies per counting square.

10, 13 and 24 PPM Silver... no growth

84 PPM Silver... >2 colonies per counting square

179 PPM Silver... 5 colonies per counting square

**Conclusion:** Results showed luxuriant growth without silver and a 80 to 100% reduction of microbes with silver.

*Staphylococcus aureus*: Microscopic exam of the control showed >30 colonies per counting square.

9 PPM Silver... 3 colonies

15 PPM Silver... 1 colony

43 PPM Silver... >1 colony

84 PPM Silver... 8 colonies

139 PPM Silver... 5 colonies

*Conclusion*: 73 to near 100% reduction of microbes with silver.

*Pseudomonas aeruginosa*: Microscopic exam of control showed >30 colonies per counting square.

18 PPM Silver... >1 colony

44 PPM Silver... 2 colonies

89 PPM Silver... 3 colonies

178 PPM Silver... 3 colonies

*Conclusion*: 90 to near 100% reduction in microbes with silver.

*Escherichia coli*: Microscopic exam of the control showed >15 colonies per counting square.

10, 40, and 44 PPM Silver... No Growth

70 PPM Silver... 2 colonies

89 PPM Silver... 1 colony

*Conclusion*: 87 to 100% reduction with silver.





# Troubled Times



## Antiseptic

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*Acting as a catalyst, it reportedly disables the enzyme that one-celled bacteria, viruses and fungi need for their oxygen metabolism. They suffocate without corresponding harm occurring to human enzymes or parts of the human body chemistry. The result is the destruction of disease-causing organisms in the body and in the food.*

From the [All Natural](#) site

Here is an excerpt from an **FDA** research paper. I believe the report says 650 organisms.

"And now it's (colloidal) silver that is finding wholly new uses as a wonder in modern medicine... perhaps it soon will be recognized as our mightiest germ fighter." (*Science Digest*, March 1978.) Silver is considered to be one of the most universal antibiotic substances known. Jim Powell reported in the *Science Digest* article quoted above, that an antibiotic kills perhaps 7 different disease organisms, but silver kills some 650. Resistant strains fail to develop. Moreover, silver is non-toxic!

Offered by [Brian](#).

An article in *Science Digest* (March 1978) titled **Silver, Our Mightest Germ Fighter** was the original source to conclude that colloidal silver kills over 650 disease-caused conditions. The authors called colloidal silver the best all-around germ fighter we have.

Offered by [Educate-Yourself](#).



# Troubled Times



## Friendly Flora

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Yes, the body has lots of healthy flora or bacteria, mostly in the GI tract but also benign bacteria and viruses on skin and other areas. This is why so often when we take an antibiotic, we can get a superinfection or overgrowth of other harmful bacteria, because the antibiotic wipes out the healthy bacteria that the body uses to aid digestion among other things. A long-held view is that you should increase your intake of live yogurt culture when using an antibiotic, which is one way of reestablishing the healthy flora. Does anyone know if this is necessary with Colloidal Silver therapy, i.e. replenishing the healthy flora? Does Colloidal Silver just kill off harmful bacteria?

Offered by [Craig](#).

From my own experience Colloidal Silver does kill off intestinal flora to some extent depending on how much Colloidal Silver you take. Not as much so as antibiotics. It is always safe to recommend taking additional intestinal flora supplements when taking Colloidal Silver. Use the type with the most different types of intestinal bacteria. I use a brand that has up to 7 different types of intestinal flora. I am currently taking 1.3 oz/day of 100+ PPM or the equivalent of 13 Oz/day of 10 PPM Colloidal Silver. I have gone for long periods of time without taking intestinal flora and have not noticed any detrimental effects that would indicate a major loss of intestinal flora. Without supplemental flora I have in the past noticed some drying of the stool at each increase of Colloidal Silver amount, then it recovers and balances out after awhile.

Offered by [Mike](#).

My girlfriend and I take large quantities of Colloidal Silver and it has never upset our stomachs or produced any ill effects. What it has done is completely cured my girlfriend's cystitis. She had suffered with this for a year and a half . We had seen every consultant, tried every antibiotic (which made her very ill), and finally we tried the Zapper and it cured the attacks overnight. However it didn't stop them from coming back. It just stopped the infection in its tracks. That's when we tried Colloidal Silver and she now has been free of attacks for 7 months (which is as long as she has been on it). I have supplied over 1000 zappers and sell mostly to doctors and clinics and I have not had one bad report back. I also sell Colloidal Silver generators. The US Government is trying to make Colloidal Silver illegal so making it yourself will soon will be the only way to get it. I'm not trying to sell these items as you can get them wherever you live.

Offered by [Ian](#).



# Troubled Times



## Comeback

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Colloidal silver is making a comeback for people who are taking charge of their own health and safety in fighting back infectious diseases. There is a wealth of information on the subject along with making/buying your own generator. A must for the end times! One can find excellent write-up on colloidal silver and the [Manufacturing Devices](#) used plus details on what to look for.

Offered by [Pat](#).



# Troubled Times



## Purifying Water

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To the best I can tell we have no dosage amounts recommended for purifying water. Next I did a search for the information on the Web and found the following usage recommendation:

### To Purify Water

Add one ounce per gallon, shake well, wait six minutes and shake again; wait six minutes and drink. (note: This is talking about a 5 ppm source)

### For Plants

For all bacterial, fungal and viral attacks on plants, simply spray diluted silver on the leaves and add to soil water. Mix one teaspoon per quart.

While look through my hard copy file folders I did find the following from *Unusual Alternatives* Date Apr/May 1995:

### The Heritage Institute

Box 174 Plainfield, WI 54966:

We're often asked how as little as a teaspoon of colloid can 'purify' a gallon of water if the colloid only contains 3-5 parts per million of silver to start with. Wouldn't the other 128+ ounces of water dilute it to the point where it wouldn't contain enough silver to do much good at all? As mystifying as it sounds, the answer is "no". Medical researchers have discovered that weak solutions can be made stronger by vigorously shaking them for a few seconds, then letting them stand for about 5 minutes before use.

Note: 1 Ounce = 2 Tablespoons = 6 Teaspoons. If anyone has access to more or better data, please submit it. I think we should at least have a bottom line recommendation of how to use silver to purify water.

Offered by [Mike](#).

This information is accurate. It really takes very little silver to sterilize water and the shaking info is true also. Of course, more silver is not going to hurt anything, but it isn't necessary.

Offered by [Educate-Yourself](#).



# Troubled Times



## Chlorine

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Colloidal silver can be used to replace bleach. I recommend adding colloidal silver before and then again adding some after the storage time. Depending on the length of storage time the small silver particles may settle out of solution and thus not be as effective. Thus, putting some more in after taking the water out of storage would solve this. If there is any chlorine in the water before storage don't add silver as it goes into storage. In this case add silver only after the storage time. The chlorine will be gone by then. Silver and chlorine make a poisons compound. The swimming pool industry found silver to be superior to chlorine for water purification, but had to abandon it because the tap water used to fill the pool had chlorine in it. Another way would be to put the water in the sun for a day or so and the chlorine will come out of solution. Then add silver and then put the water into storage.

Distillation does remove the chlorine. It will come out of solution before it boils. To be absolutely safe you may want to dump the first little bit of water that comes out of the distillation process for each batch. This is a good practice anyway. It cleans the condensation pipe. There is a slight chance some chlorine can re-dissolve back into the hot water condensing during the start of the condensation cycle. However, I doubt this quantity would be enough to hurt anything. But, just to be safe you could toss the first little bit of water that comes out.

Offered by [Mike](#).



# Troubled Times



## Turning Blue

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Stories about your skin turning blue (or silver) from using colloidal silver are misleading. In fact, this story about skin discoloration is the premiere scare tactic used by organized medicine and the pharmaceutical industries to scare people away from using colloidal silver. Colloidal silver is nothing but pure (99.99%) elemental silver particles suspended in water. The skin discoloration problems are caused by compounds that are molecularly bound to silver (usually protein compounds). There's a *big* difference in the two! Colloidal silver does not cause argyria.

Offered by [Educate-Yourself](#).



# Troubled Times



## Herx Effect

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The Herxheimer effect is addressed in a quote from Bruce Marx, N.D.

Offered by [Michael](#).

*Herxheimers (Herx) basically can be a side effect of any antibiotic, be it pharmaceutical, herb, or colloidal silver. When it kills the bugs faster than your eliminatory system is able to remove them from the system, it manifests itself generally with flu like symptoms. These can include headaches, soreness/swelling in joints, swollen glands, bloating, constipation, and numerous other discomforts.*

*Many people are in good enough physical/systemic condition to not have any noticeable indication of Herx. Those who are generally well, (but not totally healthy, and many do not realize this), are usually surprised by and anxious to get rid of the discomfort. Relief will generally come within a few hours of stopping the medication/therapy and drinking large amounts of distilled water to help the system flush the toxins out. Hopefully they will resume the treatment at a lesser dosage, again slowly increasing. I call these the bouncers. However, many who have experienced long term chronic illnesses look forward to these side effects, as an indicator that what they are doing/taking is working, and try to maintain a tolerable level of discomfort until they effect submission/remission of their condition. I call these people stringers.*



# Troubled Times



## Theory

Tiny particles of pure silver are made to deposit into water by simple electrolysis. Two silver wire electrodes, placed in a glass of water, are attached to the positive and negative terminals of a source of Direct Current (DC) electricity.

For our colloidal silver generator, square 9 volt batteries provide the easiest source of DC current. We'll be using three 9 volt batteries hooked up in series. This means that the positive terminal of one battery is hooked up to the negative terminal of the next battery, etc., so that the individual voltage of each battery is added to the next battery. The sum effect being the total of all the battery voltages added together. Three 9 volt batteries will give us a working voltage of 27 volts. This is very near the ideal voltage of 30 volts used for making colloidal silver, that Peter Lindemann mentions in his recent article, *A Closer Look At Colloidal Silver*. After the three batteries are hooked up in series, we're still left with an unattached negative terminal on the first battery and an unattached positive terminal on the third battery. We'll attach a silver electrode to each of these terminals.

The negative (-) terminal attached to the silver electrode provides an excess of electrons. Those electrons would like to get to the positive (+) terminal electrode since it has a deficit of electrons. Everything in Nature wants to balance out and exist in a state of equilibrium, including electrons. The water solution that the electrodes are placed in provide a path through which some of those electrons can get back to the positive terminal. While electrons are flowing through the water solution from the negative silver electrode to the positive silver electrode, other things are happening.

Silver atoms have a net positive charge, or plus valence. As the electrons which left the negative silver electrode arrive at the positive silver electrode (also called the anode, since it receives electrons), they "push off" clusters of silver atoms, who don't appreciate being 'crowded' by these extra electrons. These silver atoms go into the water solution and remain suspended there. Since these atoms have a net positive charge, they repel each other as best they can and create a colloid solution. A small number of these silver atoms are also attracted to, and cluster around, the negative silver electrode as well. In addition, because of the electron movement through the water, some of the water molecules (H<sub>2</sub>O) will break down-thereby releasing hydrogen and oxygen atoms. Most of the released hydrogen will bubble up out of the water as hydrogen gas.

Some of the oxygen will form oxygen gas (O<sub>2</sub>) and bubble out, some will go into solution, and some oxygen atoms will combine with the silver atoms and form a silver oxide (2AgO<sub>4</sub>) on the positive silver electrode. This will blacken the positive silver electrode. This undesirable buildup of silver oxide reduces the flow of silver atoms into the solution. In addition, if the buildup of silver oxide is allowed to go on too long, the excess oxide will break off from the electrode and drop to the bottom of your solution, contaminating it. The oxide buildup can be controlled by either periodically cleaning the electrodes or reversing the electrical polarity to the electrodes., thus reversing the role of which silver electrode acts as the anode.

By following the technique outlined next, we'll be able to produce very small sized particles of silver (on the order of .001-.005 microns) which will turn the solution a golden yellow. These ideal sized particles provide the greatest biological benefit as well. Larger sized particles will turn the solution different colors. There is a precaution, however, that you must observe. If you don't monitor the reaction, the current flow will rise to excessive levels, and you'll wind up with a murky grey/black solution that usually has puddles of clumped silver floating at the top. If that happens, just throw it out and start over again, after cleaning off the electrodes and the glass.

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# Troubled Times



## Brownian Movement

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*Held in true solution, instead of actually dissolving, the "aqueous metallic silver" particles remain suspended in the liquid. They can remain in suspension almost indefinitely, animated by what is called the Brownian Movement. The colloidal particles have phenomenal mobility and velocity. They can move many thousands of diameters in a fraction of a second. Their stability depends on the size of the particles, the medium used and the process of manufacturing. The number of particles varies according to their size, so that if the size of a particle is reduced by one half, its number is multiplied by eight. The smaller the size of the particles, the more active they are and the longer they stay in solution.*

*The addition of a stabilizer to the solution inhibits this energy. In addition, sunlight, cold temperature, magnetic fields, and time can cause the Colloidal Silver to lose its charge and fall out of solution. This "falling out" or "plating out" shows that the electrical charge, although long lasting, is not permanent. Falling out occurs when the metallic silver particles either attach themselves to the sides of the container or settle on the bottom of the container. The problem with this is that it renders the solution less potent, or worse, inert.*



# Troubled Times



## Ionized Water

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We want the water solution to be as pure as possible to prevent the suspended silver particles from forming into undesirable silver compounds with minerals and other matter found in tap water, well water, spring water, etc. Therefore, use Distilled Water when making colloidal silver. It's available in most supermarkets. Using distilled water creates one difficulty though. In order for electrolysis to readily occur, the solution is usually ionized. An ionized solution allows the electrons to easily and quickly move through the solution. Sometimes a small amount of table salt is added to a solution to increase its ionization, but ordinary tap water or well water already contains enough dissolved minerals and salts to make an ionized solution, but if we decide to use tap water or well water, we'll also get those undesirable silver compounds.

The Solution? Simple Heat up the distilled water. Boil it, in fact. The heated water will permit enough electron movement to get the electrolysis started. As silver particles begin to become suspended in the solution, these particles themselves will act as ionizing agents and will further increase the conductivity of the solution. However, as more and more silver particles become suspended in the solution, two things begin to happen:

1. the silver oxide on the positive electrode will build up faster than in the beginning of the process and
2. the current flow of electrons will increase as the solution becomes more ionized with each passing minute.

Therefore, you need to monitor the reaction very carefully after the first 10 or 12 minutes in order to control excessive oxide buildup on the positive electrode, and prevent runaway current flow which will result in a larger sized silver particle going into your solution.

Merlin Wolf pointed out to me that a current flow of around 50 milliamps (50ma) at 30 volts is just about perfect for making colloidal silver. When the current flow starts getting substantially above that figure, the silver particles become larger than desired and change the color of the silver colloid from the ideal golden yellow to green, red, or worst yet, grey and black-which usually contains a lot of silver oxide residues.

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# Troubled Times



## Merlin's Magic

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I originally found out about making your own colloidal silver and tips for usage from physicist/inventor, Dr Bob Beck. Tips on improving the colloidal silver generator and Bob's technique for making really pure colloidal silver -every time- were given to me by health researcher/inventor, Merlin Wolf.

Merlin Wolf gave me a *great tip* for making superlative colloidal silver, with less concern for oxide buildup and runaway current flow. He suggested placing *one tiny drop* of honey into the solution at the beginning of the process. Honey is a saccharide (sugar) which structures the electrical and magnetic properties of water in a very unique way. This structuring allows the silver colloid to form at a *faster rate*, while at the same time reducing the buildup of silver oxide that would normally occur without the addition of the honey. Why this happens, I am not sure-but it works! You wind up with a higher density silver concentration (measured in parts per million {ppm}), made in a shorter period of time, with *less buildup* of silver oxide on the positive electrode! What a guy!

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# Troubled Times



## Generator

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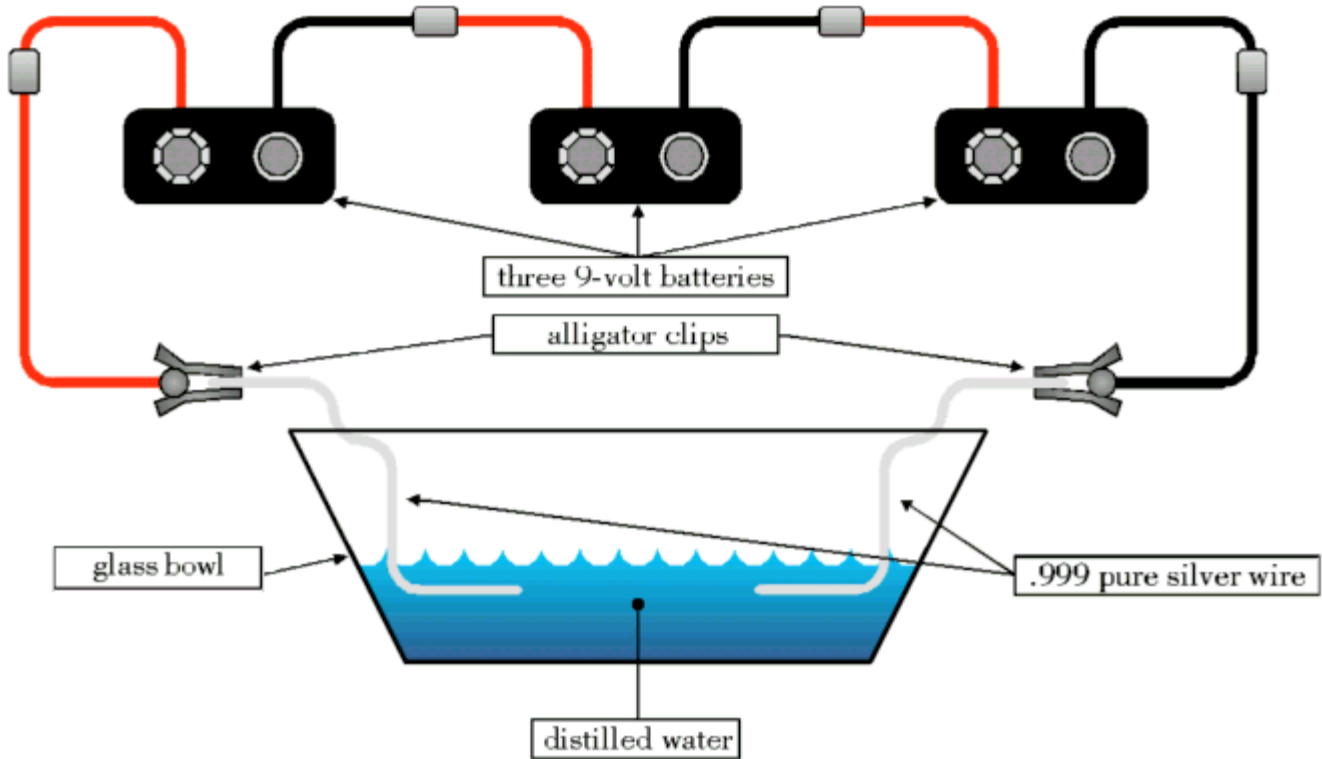
Merlin told me that he had successfully produced colloidal silver with DC voltages ranging from 5-130 volts. Therefore, in an emergency situation, you only need a single 9 volt battery (Mallory MN 1604) and 2 pieces of pure silver wire to make colloidal silver. Everything else mentioned in this section on generator construction is useful and convenient, but not essential.

A typical generator uses three 9 volt batteries hooked up in series because it works well, it's convenient, and provides a high enough voltage that allows the reaction to take place in a reasonable span of time (lower voltages would require more time to make an equivalent batch of colloidal silver. Higher voltages work too, but you get a more rapid buildup of the silver oxide on the positive anode, and somewhat larger particles). In a pinch, you could connect your batteries with ordinary hookup wire, but using three of those snap-on caps with wire pigtails designed for 9 volt batteries is much easier (Philmore Battery Connect, 3" Leads-9V. Flat, No. BC9). You can buy a package of 5 snap-on battery connects with wire leads at any electronic store for a buck. The red wire coming off the snap-on is connected to the positive terminal of the battery and the black wire is negative. For convenience, we'll label our batteries A, B, and C.

The simplest (and cheapest) set up is as follows, resulting in a circuit configuration that looks like figure 1:

1. Connect the red and black wires of the three snap-on caps as follows: after stripping off a ¼" of insulation, take the red wire from battery A's snap-on and connect it with the black wire from battery B's snap-on (twist and solder together).
2. Take the red wire from B's snap-on and connect it to the black wire of battery C's snap-on.
3. Finally, take a pair of wires (approx. 20 - 24 gauge stranded copper) and connect one end to the black wire of battery A's snap-on.
4. The opposite end of this wire is either soldered or alligator clipped to one of the silver electrodes.
5. Do the same with the remaining wire, connecting it to the red wire of battery C's snap on (see figure 1) and attaching the opposite end to the remaining silver electrode.
6. After you place the electrodes in a glass of heated distilled water, you will have a complete circuit which will allow electrons to flow from the negative terminal of battery A to the positive terminal of battery C and set the electrolysis in motion.

# Colloidal Silver



A more sophisticated generator design could include the following:

1. A SPST (Single Pole, Single Throw) tiny (on/off) toggle switch (Augat Inc part #70001)
2. A small 24volt, 40mA sub-miniature incandescent 'grain of wheat' indicator lamp to help indicate the amount of current flow and condition of the batteries (Precision Lamp, Inc part #10238)
3. A 'mini' mono plug and jack (2.5mm or 3.5mm) for plug-in electrode convenience (Switchcraft Audio Connectors: 2.5mm "Mini-Plug" part # 850, 2.5mm chassis mount "Mini-Jack" part #800, 3.5mm Phone Plug part #750, 3.5mm chassis mount Phone Jack part #650)
4. A DPDT (Double Pole, Double Throw) miniature flat toggle switch (Augat Inc part #75003-AG) used to reverse electrical polarity to the electrodes (optional).
5. A 2¼" x 4" x 1" plastic 'project' box to house everything.

(For those who tinker with electronics, you could always add more bells and whistles like an a/c adapter, low battery voltage indicator, current limiting circuitry, etc.)

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Graphic by [Joe](#).



# Troubled Times



## Parts & Supplies

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The toggle switches, mini jack and plug, snap-on caps, project box, indicator lamp, etc. can easily be obtained at any electronics store. The silver wire should be at least 99.9% fine silver wire (labeled as .999 fine silver {"three nines"} in the precious metal business). # 14 gauge round wire is a good choice. Do not use sterling silver wire. It contains nickel and copper. Nickel can be toxic to the body. Many dealers and refiners of precious metals can be found in The Yellow Pages or Business to Business directories.

One of the biggest dealers in precious metals is **Handy & Harmon** (1100 Nerge Road, Suite 211, Elk Grove Village, IL 60007 Tel 800-410-5272, Fax 630-893-3721). They will sell you any purity of silver that you want out to "six nines" which is 99.9999% pure silver. They quote the cost of silver based on the troy ounce. Depending on who you get over the phone, you may be able to purchase a small amount (below 10 oz) and not be charged an additional "sample fee" of \$100, but it's not guaranteed. Orders of 500 or 1000 oz silver wire is priced cheaper than smaller lots. The price changes daily, so you'll have to call to get the current quote.

In southern California, **David H. Fell & Company, Inc.** (6009 Bandini Blvd., City of Commerce, CA 90040 Tel 213-722-9992, 800-822-1996, Fax 213-722-6567) will sell you 99.9% fine silver with a minimum order of \$35.

Peter Lindemann recommended **Academy Metals and Supply** (3201 Th St. NW, Albuquerque, NM 87107 Tel 505-344-8323) in his article on colloidal silver mentioned earlier.

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## Box Construction

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Open the box, and drill the appropriate sized holes for the toggle switches, indicator lamp, and mini jack in the short end of the project box. Attach the toggle switches and mini jack with the threaded rings supplied. Glue the indicator lamp in place (from inside the box) with silicon caulk. Wire up the battery snap-ons as indicated above. Wire all the components together as shown in figure 2. To connect components, use a low wattage, 25-30 watt soldering pencil and standard 60/40 electronic rosin solder. Use a small dab of silicon caulk for insulation where you've soldered the battery wires together (or wrap with a small piece of electrical tape).

After you've soldered everything together, place the three 9 volt batteries inside the box and keep them in place with plastic dividers slid into the box's preformed circuit board slots. Screw the box cover back in place. You can check the condition of the batteries by plugging in the electrodes, turning the unit on and momentarily touching the electrodes together. The indicator lamp will light brightly if the batteries are in good shape. When the lamp is pale or dim yellow, it's time to change the batteries.

(figure 2 to follow)

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## Production

It's best to boil the distilled water in either a glass (E.g. Corning's Visionware) or Pyrex pot. If you don't have a Pyrex pot, stainless steel is OK, but don't use any other type of pot. After boiling, pour the hot water into a tall glass (no other material) and place the glass inside an insulated sleeve to try and keep the water as hot as possible during the procedure. I use a large plastic mug that's designed for hot or cold drinks as an insulated sleeve, but you could make your own by hollowing out a Styrofoam block from discarded packing material. I use a small ceramic bowl that fits neatly as a top, but Styrofoam block could be cut to serve the same purpose. Before starting, clean the silver electrodes using Scotchbright™ so they are shiny and free of sediment. Bend the electrodes into a 'J' shape and place inside the glass, shaping them parallel to each other about 1½" apart. The silver electrodes should extend about an inch above the top of the solution.

If you wish to use Merlin's honey trick, take a toothpick or a chop stick and dip it in honey. Let the majority of the honey drip back into the honey jar. The small glob that remains on the end of the toothpick will fall off as a tiny droplet when you hold it an inch over the steaming hot glass of water. You want the smallest drop of honey possible.

Be sure the electrodes are not touching each other and place your ceramic or Styrofoam cover on top, fitting the wires under the lip of the bowl. Turn the unit on. If the indicator lamp lights up brightly, it means the electrodes are touching each other and short circuiting. Rearrange the electrodes so they don't touch and the lamp should go out. Check your watch, write down the time, and come back in 10 or 12 minutes. Upon returning, take the top off and pull the glass up so you can see the electrodes and the color of the solution. If the solution is still completely clear and the positive electrode has only slightly discolored, you can let it go for another 3-5 minutes and recheck. When the solution has begun to turn a very light shade of yellow, the positive electrode will begin to darken. The negative electrode will also begin to "grow" a fuzzy, brownish residue around it. At this point you can do one of two things:

1. You can turn the unit off, remove the electrodes and clean them both off using a small square of Scotch Brite and wiping clean with a paper towel. Reinstall and start the unit again. Repeat the cleaning process as soon as the brownish fuzz begins to build up again .... Or
2. If you had installed the optional polarity reversing toggle switch, you should flip the polarity switch now (with the unit still on). The brownish fuzzy stuff around the negative electrode will seem to vanish in a puff as the electrodes reverse their polarity. Continue to monitor the reaction and when the brownish fuzz just starts to build, hit the reversing switch again. Continue this process until the solution reaches a golden yellow color. If your electrodes get too black before you're done, take a moment to clean them off, and continue until you get a golden color.

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# Troubled Times



## Quality Control

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To make a really nice colloidal silver solution, you have to prevent the silver oxide and the brownish residue from building up to a point where they will migrate into your solution. You accomplish this by diligently monitoring the reaction after the first 10 or 12 minutes into the procedure. As the solution starts turning more yellow, the cleaning or switch reversal process takes place in shorter and shorter intervals because the current flow is steadily increasing as more silver particles go into the solution. If you don't use Merlin's honey trick, you usually have to clean the electrodes 4 or 5 times for a given batch of colloidal silver. The process can take anywhere from 15 to 40 minutes.

As Peter Lindemann points out in his article on colloidal silver, there are other unknown factors affecting the rate at which colloidal silver will form, even when the water temperature, voltage, etc. are standardized. As the solution begins to take on the yellow color, you will notice that your indicator lamp will begin to glow very slightly and gradually become brighter as the solution turns more yellow. This is normal, since the glow of the lamp is dependent upon current flow. As already mentioned, the current flow is steadily increasing as more and more silver particles go into solution. After you've achieved a nice golden color, turn off the unit, remove and clean the electrodes, and store the generator.

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## Density

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You can learn to judge the relative concentration and purity of your solution by viewing the back-scatter of a laser beam as it passes through your finished solution. It's known as the Tyndall/Rayleigh effect. You can buy a laser pointer that will demonstrate this for about \$30. at a discount computer store. You'll need a 1 to 5 milliwatt laser diode pointer of 630 to 670 nanometer wavelength. The unit looks like a fat ink pen with a shirt pocket clip. This is a true laser pen. Don't confuse it with a mere "light emitting diode".

Shine the laser beam through your solution and view it from about a 15 degree angle. Never point a laser pointer pen directly into anyone's eyes. It can cause injury. Point the beam through the glass containing your solution, and let it hit the wall or some other non-living surface. Observe the portion of the beam that is running through the solution. The greater the back scatter (the more 'solid' looking the beam appears), the denser is the concentration of silver particles. With practice, you can become quite adept at judging relative concentration.

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# Troubled Times



## Storage

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Over time, strong light will react with the silver particles and cause them to gradually lose their positive charge . Therefore, after making your solution, pour it into a brown or cobalt blue glass bottle or jar (photography supply stores) and store in a dark, cool place (do not refrigerate or freeze). If only plastic is available, you can use cleaned brown plastic bottles that 3% Hydrogen Peroxide is sold in. However, other types of plastic bottles should be avoided. Never store the colloidal silver in a metal container or use a metal pump mechanism. Label and date the bottles. Bob Beck recommends to always shake the container thoroughly before using. Merlin's honey-drop colloid seems to degrade much slower than regular colloid in the presence of strong light. He once told me that he put a clear glass quart of golden colored, honey-drop colloid out in the full southern California desert sun for over two weeks straight and didn't get any change in color or fallout of silver whatsoever!

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# Troubled Times



## Commercial

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It utterly rankles the commercial producers of colloidal silver when people like Dr Bob Beck tell others how easy it is to make their own colloidal silver at home for pennies-to-the-gallon using their own homemade generators. You will read or hear the most preposterous statements from these producers decrying the “inferiority” or “sub-standard” quality of homemade colloidal silver. Most of them are really angry because they are rapidly losing the ability to gouge the public for this marvelous product, which in fact is extremely cheap to produce. The truth is that homemade colloidal silver is every bit as good, and in most cases, *better* than commercially purchased colloidal silver! Why?

Many producers will add yellow food coloring to low density colloid to make it appear that it is a high density, small particle product. Other producers will charge exorbitant prices for what they claim is a highly concentrated solution (E.g. 300-500 ppm) but is often, upon analysis, a low concentration solution (E.g. 3-5ppm). Bob Beck once analyzed a group of 8 different colloidal silver products purchased at a health expo. He found the majority of them to be of extremely poor quality, low concentration, and with undesirable additives such as EDTA, coloring, and gelatin for suspension.

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# Troubled Times



## Usage

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The list of minor and serious conditions that can be resolved using colloidal silver is practically endless. Colloidal silver has the capacity to help you rid yourself of an untold number of infections, disease conditions, or environmental concerns caused by or aggravated by the growth of bacteria, viruses, parasites, fungus, or molds that are either inside or outside of your body, or in your living environment. Paradoxically, this extremely wide breadth of applications has the tendency to overwhelm most readers. The list is so long that people tend to de-focus and unwittingly minimize the full range of therapeutic possibilities that colloidal silver offers. They might rinse their gums with colloidal silver before swallowing, but not think about using it for anything else!

So, besides drinking it, put it into a small atomizer pump bottle (2 or 4 oz size) and carry it in your pocket. I obtained mine by rinsing out a bottle that originally had eyeglass cleaning solution in it, but there are dozens of products utilizing this type of fine sprayer bottle that are found in any drug store. By spraying it externally, you can clear up everything from **Acne** to **Athlete's Foot & Diaper Rash** to **Poison Ivy**. You'll be amazed and pleasantly surprised by the results. The ideas listed below are designed merely to stimulate your imagination. Don't limit yourself by assuming that this list is exhaustive. It's only the beginning! Remember, you need to try it in order to see for yourself what silver colloid can do.

If you're a mother with young children, watch how quickly diaper rash, eye infections and ear infections clear up with colloidal silver. For diaper rash, spray directly on the body and into the fresh diaper. You can apply it with an eye dropper for any type of eye infection. **Ear infections** quickly heal after spraying colloid in the ear, saturating a small piece of cotton for an earplug and then periodically re-spraying. Spray it on band-aid pads to shorten healing time. Spray immediately on **burns** (sunburns too) to prevent infections, lower pain, and promote faster healing with less scarring. Add to bath water, gargles, colon irrigation and Water-Pic solutions. Added to douches, women will find that it will rapidly clear up **vaginal/yeast infections** and most cases of cystitis.

Older folks who are bedridden can especially benefit from silver colloid. Rinse all sheets, pillow cases, towels, blankets, etc by pouring a large cupful into your washer during its rinse cycle. Naturally, spray it directly on festering **bed sores, skin rashes, psoriasis**, etc. and watch what happens! Add to soaks for dentures and dental appliances.

Allergic reactions to certain foods or other irritants can cause **hives or welts** to appear on any area of the body of susceptible people shortly after exposure. Instead of running off to the doctor's office for a steroid prescription of topical Cortisone or worst yet, Prednisone, spray colloidal silver on the affected area and watch the hives completely disappear in 15 minutes or so!

I never come down with a bug after long plane trips because I always spray silver colloid in my mouth and inhale the mist through my nose and lungs every 30 minutes or so while on the plane. Oral spraying also eliminates bad breath and reduces **gum inflammation** or abscess pain.

Pet lovers need to add a cupful to their pet's drinking water and spray inside opened cans of pet food that are stored in the refrigerator. Add a cupful to birdbaths, the dog's bath or your bath. Of course, spray it into Fluffy's fur and skin if she has any type of **eczema, skin sore**, abrasion, or a wound that won't heal, etc. Spray bedding and let it dry.

Put the colloidal silver in a larger pump bottle for use around the kitchen and bathroom. Mist sponges,

towels, counters and cutting boards to eliminate odors (especially when preparing sea food), **salmonella**, **E.Coli** 0157:H7, (the tainted beef bug that you've been reading about in the newspapers lately) and other food-borne pathogens. Spray on fruits and vegetables before storing. Use when canning, preserving or bottling. Add to milk to slow **spoilage**. Spray garbage cans and refrigerator shelves to eliminate unpleasant odors. Add to dishwasher and mopping solutions.

In the bathroom, spray shower stalls, toilets, bath mats, and pour a couple of cups into hot tubs or Jacuzzi. Add to water poured over saunas rocks or utilized in steam baths. Use in gymnasium foot dips. Spray it on urinals, bidets, toilet seats and sinks.

Around the house (or barn or survival area), add a capful to a gallon of water and use as a plant spray to stop **fungi, molds, rot**, and most plant diseases. Eliminate unwanted organisms in planter soils (E.g. Square Foot Gardening) and hydroponics systems. Add it to suspected drinking water when traveling or camping. It will neutralize all disease causing pathogens within six minutes. Spray it in your shoes or sneakers to eliminate **foot odor**. Household repairmen can add it to water based paints, wallpaper glues, and sizing compounds and never worry about mildew and mold again. If you live in a humid environment, spray it on carpets, drapes, and stored clothing and free yourself of musty odors and mildewed clothes.

Dr Bob Beck has repeatedly pointed out in his many lectures, that there are literally thousands of other beneficial uses for colloidal silver that need to be attempted and explored. So this is your chance. Do your part and experiment with this marvelous gift of Nature.

This information is for educational purposes only and is not to be construed as medical advice. Consult the physician of your choice for medical care and advice.

Offered by [Educate-Yourself](#).



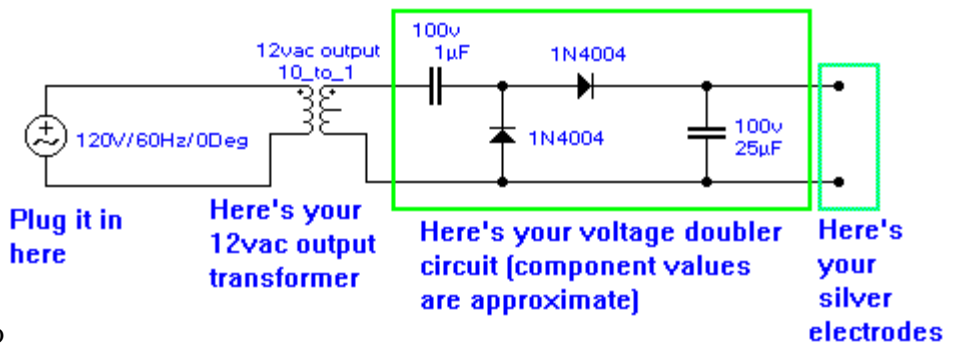
# Troubled Times



## Spare Parts

You can get .999 fine silver wire at a lapidary or rock shop or jewelry makers supply shop. Having made my own colloidal silver solution, might I recommend flat bezel material instead of wire. Bezel has more surface area and is easier to work with. Also, instead of three 9V batteries, I used a small plug in transformer and used a very simple voltage doubler. Batteries are fine if you have nothing else but we still have the grid and I'm using it. For now, 12V AC supplies are plentiful, most people have one or two in their homes left over from old answering machines or tape players. The circuit consists of two capacitors and two diodes and puts out suitable current and voltage for the purpose of making fine golden colored colloidal silver solution.

Here's a schematic of the doubler, a colloidal silver generator circuit which I have built out of junk parts for free which produces a beautiful golden colored solution in a few hours or less. Be aware that various oxides form around the electrodes and must be filtered out (I use coffee filters) before you use the solution. So far, I have only used it topically on myself. The solution does seem to impede the formation and growth of mold on bread. I'm still experimenting with it.



Save your batteries. I built this out of scavenged parts for free!  
Find an electronic tech or go to radioshack (or equivalent) for parts.  
The parts should cost under ten dollars. **from bigfoot/misohapy**

Offered by [Gordon](#).





# Troubled Times



## Color

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I have been producing HVAC CS since the summer of 1998. HVAC and DC CS are completely different in their appearance. HVAC CS is clear (due to extremely small particle size) and remains clear for over two years. Discussions of color do not apply to CS produced by the HVAC method.

Offered by [Michael](#).



# Troubled Times



## Effectiveness

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Current thought on colloidal silver, as well as all colloidal solutions, is that particle size is the more determining factor in effectiveness. With smaller particle sizes comes increasing bio-availability, hence greater effectiveness. In other words, a 10 PPM solution at .001 to .004 micron may be just as effective as a 100 PPM solution at .01 to .04 micron. PPM by itself is a measure of the weight of silver in the water and NOT the particle size. Unfortunately, the only method of which I'm aware to determine particle size is through scanning electron micrograph. Not exactly cheap.

Any discussion of PPM is meaningless without a corresponding measure of particle size. Under the circumstances, it would be safe to assume that PPM could be used as a general guideline, however, the body's reaction should be the ultimate factor in determining dosages of a particular CS solution. When giving dosages, the user should allow the body to be the ultimate judge of proper dosages.

Offered by [Michael](#).



# Troubled Times



## Lead

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**Lead Safety Information** site offers information on the following Lead topics:

- Lead Leaching From Submersible Well Pumps
- Hazards of "Do It Yourself" Lead Removal
- Heavy Metal Toxicology
- Inorganic Lead: Safe Habits
- Lead and It's Inorganic Compounds
- Arnot Ogden Medical Center
- Lead Exposure in Construction
- Lead Poisoning Prevention Tips
- Food and Drug Administration
- Lead in the Home
- Lead Based-Paint in Your Home
- Air Sampling Methods
- Lead Hazard Control

Hosted by [Bob Farmer](#)



# Troubled Times



## Symptoms

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The symptoms of chronic lead poisoning vary within very wide limits, from colic and constipation up to total blindness, paralysis, convulsions and death. They are thus [described](#) by Dr J. T. Arlidge (*Diseases of Occupations*) The poison finds its way gradually into the whole mass of the circulating blood, and exerts its effects mainly on the nervous system, paralysing nerve-force and with it muscular power. Its victims become of a sallow-waxy hue; the functions of the stomach and bowels are deranged, appetite fails and painful colic with constipation supervenes. The loss of power is generally shown first in the fingers, hands and wrists, and the condition known as "wrist-drop " soon follows, rendering the victim useless for work. The palsy will extend to the shoulders, and after no long time to the legs also. Other organs frequently involved are the kidneys, the tissue of which becomes permanently damaged; whilst the sight is weakened or even lost.

Offered by [Mike](#).



# Troubled Times



## Lead Intake

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The lead burden coming from bone demineralization of undernourished survivors will add to the volcanic lead intake. The lead blood level of the population is already so close to the toxic threshold that even well prepared communities could be affected. To avoid poisoning, lead should be prevented from entering the body. Dust mask can be used to reduce inhalation of lead containing volcanic dust particles. Drinking water will certainly be a major source of lead poisoning and will require to be depleted of lead. Although there are several ways to achieve this, distillation is probably the easiest method. When it is not possible to treat water to remove lead, filtered mineral rich water, containing calcium, magnesium and not acidic is preferable. There are many ways to reduce ingestion of lead from food.

Offered by [Jean](#).



# Troubled Times



## Diet

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An appropriate diet can minimize lead bio-availability. Food rich in vitamin C, iron, calcium, and magnesium reduce lead assimilation. Weeds or plants containing these chemicals can be identified and selected from existing databases. Dietary supplements of these components are a good way to reduce assimilation and to help the body to get rid of absorbed lead. If the first measure to prevent contamination is avoidance of exposure to lead, the second one is to use mineral supplementation. Mineral supplements and vitamins should be stocked and more importantly, natural sources should be identified. Alimentary chelator, either synthetic (EDTA, Succimer) or found in plants (citric acid, oxalic acid) could be used as oral additives to prevent lead poisoning.

Additional steps to prevent lead contamination, which is always possible in high tech, hydroponics type, food production systems, can be implemented without too much difficulty. In indoor recycling food production systems, lead biosorption using plants or microorganisms can be used to keep the system safe. A plant or microorganism biosensor, also compatible with this kind of food production system is useful to monitor the lead level of the system.

Offered by [Jean](#).



# Troubled Times



## Farming

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Gardening practices and plant selection in outdoors lead contaminated environment can minimize lead incorporation in crops. The addition of organic matter to the soil as well as a pH higher than 6, decreases lead incorporation by vegetables. Fruiting crops should be preferred to root crops and leafy vegetables should only be grown inside. Lead concentration in soil will be higher than in plants, therefore, vegetables should be carefully washed before consumption. Animal food tends to have lower lead levels than plants. Lead is more or less incorporated depending on animal species. When eating animals, poultry should be preferred; pigs, goats and rabbits come next, and finally cattle and sheep.

Adult animals are also safer, since young animals concentrate more lead than adults. Lead concentrating organs such as bones, liver, kidney, bone marrow, brain and testes should be avoided. Lead in seawater is very dilute and the concentration of lead in seafood should remain low.

Offered by [Jean](#).



# Troubled Times



## Treatment

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Lead blood tests will not be available after the pole shift. Recognition of lead poisoning will essentially be based on the observation of the symptoms. Several forms of treatments will be possible. Provided that the appropriate compounds (such as DMPS and DMSA which are administered orally) have been stocked, chelation therapy will be possible. There are also alternative treatments such as essential metal ions supplementation, heat depuration and homeopathy. Medicinal plants (rich in essential metal ions or natural chelators) might also be effective. Since the body has, to some extent, the ability to get rid of the lead it has assimilated, avoidance of any additional incorporation is the first treatment that should be applied. Ideally, every individual presenting symptoms of lead poisoning should be treated, especially when life is threatened but to avoid permanent neurological damages, children should be treated in priority. Some lead poisoning genetically susceptible individuals will also require special attention.

Offered by [Jean](#).





# Troubled Times



## Lead Testing

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**Suburban Water Testing Labs, Inc/**, (800)433-6595, will test for lead, but they assume that you will send them samples to test. [Hach](#) sells a standalone unit requiring power that gives a digital readout for \$399 (ouch!). Remembering back to high school days, I recall testing water samples in class for different elements using reagents only. I was thinking lead was one of them. Does anybody know the reagents needed to test for lead (without the need for powered equipment)?

Offered by [Steve](#).

This may not be the best way but it is a way to test for presence of lead.

**Lindsay Publications** 815 935-5353, item 4198

Blowpipe Analysis \$10.95 Shows how one can use a candle, oil lamp, or Bunsen burner, a blowpipe, charcoal, and/or Borax. From the color and the properties one can tell if lead is present. Can't tell the percentage but can tell the presence of lead. One would need to get the book and practice, looks like a bit of detailed observation is needed.

Money spent on a good filter is probably more appropriate than a lot of money spent on testing equipment. One simple way would be to use a series of reverse osmosis filters. A pre-filter for small particles would be used. For example with a Seven stage filter and an activated charcoal filter before the last stage one can get very pure water, often times much better than commercially available distilled water. One only needs to use as many stages as necessary to get the PPM level down below what one wants. Often times this is much less than 7 series filters. One can assume on an average about 5x reduction in mineral content for each filter. 2 filters would give about 25x reduction. 3 filters 125x and 4 filters 500x, 5 filters 2500x, and so on. Reverse Osmosis filters waste a lot of water at each stage. One could use the full 7 stages for distilled water equivalent. and one or 2 or 3 stages for drinking and plant water. This approach would only be practical if one had a lot of water to waste. As far as I can tell right now rebuilding these filters is not practical. One would need to stock up on a life time supply. The membrane is prone to leak if too much pressure is applied. There may be other filters that are better.

However, having said all this if one can find an easy way to test for lead then we will definitely want to use it. So keep your eyes open.

Offered by [Mike](#).



# Troubled Times



## Live Earth

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### Toxic Metal Elimination by [Mineral Substitution](#)

*Lead, mercury, cadmium, and aluminum are toxic metals to which we are becoming increasingly exposed. Lead is considered the most dangerous due to the extent that it is distributed in the environment as a polluting element. A regimen of Formula ACX, taken three ounces per day is effective in reducing body loads of lead, mercury, cadmium, and aluminum, as evidenced by repeated hair analysis. Formula ACX is a proprietary colloidal suspension of natural minerals found in humic shale. The product supplies over 40 grams of minerals per quart of product. In addition, it contains one gram of vitamin C per ounce, a broad spectrum of vitamins and free amino acids with supplemental amounts of calcium, magnesium, and potassium.*

**Live Earth™** Animal Mineral Feed Supplement, is an all-natural humic shale ore source derived from prehistoric plant matter.

Offered by [Mike](#).



# Troubled Times



## Chelation

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There are different methods for riding the body of lead. Natural methods include certain herbal blends and Vitamin C. But this process is *slow*. The fastest way is using a product called EDTA (Ethylene-Diamine-Tetra-Acetic Acid) which is in a solution, applied intravenously, that consists mostly of distilled water and a few additives (Vitamin C, Magnesium, heparin, among others) in a process known as Chelation therapy. Chelation therapy grew out of German industrial research in the 20's looking for a way to make water really free of minerals for the electroplating and metal-etching industries. Later in the 50's in Detroit, a physician named Dr Clark who was treating lead-poisoned auto workers, found that Chelation with EDTA not only removed lead, but also freed many of his auto-worker patients from their symptoms of cardiovascular disease! EDTA has the ability to bind with metals in the blood and soft tissues and allows the body to excrete them, thus detoxifying the patient.

Offered by [Educate-Yourself](#).



# Troubled Times



## Epsom Salts

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Acute lead poisoning results from ingesting soluble lead compounds. The symptoms were called "painter's colic" since painters, covered with white lead, were at risk. The damage appears to be mainly to the nervous system, and the effects not as acute as those of mercury poisoning. Lead is an accumulative poison, building up until it reaches a toxic level.

An [antidote after swallowing](#) a soluble lead salt is a stiff drink of Epsom salts,  $MgSO_4$ , which precipitates insoluble  $PbSO_4$ .

There is no risk at all in handling lead metal. It cannot be absorbed through the skin or the respiratory tract. Dilute hydrochloric acid has little effect on it, so the lead would pass through the stomach before any damage was done. Eating lead is probably safe, but not encouraged. Carbonated water dissolves lead to some degree. Food and drink should never touch lead, since organic acids, such as acetic acid, may dissolve lead. Lead is, on the whole, very much less a hazard than mercury. It was made dangerous by its widespread use in paint and motor fuel, and that is now past.

Offered by [Mike](#).



# Troubled Times



## Distillation

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Most heavy atoms, like Lead, can be eliminated through conventional distillation processes to remove it from your drinking water.

Offered by [Educate-Yourself](#).



# Troubled Times



## Coffee Grounds

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I just read a short article about a university study showing that coffee grounds filter 78-90% of lead and copper from water. That could make a good element for any water filtering system.

Offered by [Steve](#).



# Troubled Times



## KDF Filter

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There is a substance called KDF which is used in filters to remove lead and other heavy metals. It is readily available, and not too expensive. Something to stock up on. Look it up on Google, and you will find heaps of references. A KDF filter could be a lot simpler in the early pole shift days than trying to fuel a distiller.

Offered by [Ian](#).



# Troubled Times



## Will to Survive

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From the *U.S. Armed Forces Survival Manual*,  
Edited by John Boswell, published by **Rawson, Wade Publishers, Inc.**, New York, 1980.

Track and field athletes talk of "The Bear" that haunts middle- and long-distance runners. After going some distance the runner, in a matter of a few yards, will break stride, will pull up out of the running crouch, and will perceptibly begin to slow. Overcome with pain or cramps or fatigue, he has lost the will to win.

The same phenomenon often occurs in survival situations, only the stakes are far greater than winning or losing a track event. There are reported incidents of people who have been rescued and treated for all maladies, and who have then died in the hospital. They had lost the will to live. The experiences of hundreds of servicemen isolated during W.W.II, Korea, and Vietnam combat prove that *survival is largely a matter of mental outlook*. The will to survive is the most important factor.

Whether you are with a group or alone, emotional problems resulting from shock, fear, despair, loneliness, and boredom will be experienced. In addition to these mental hazards, injury and pain, fatigue, hunger, or thirst tax the will to live. If you are not prepared mentally to overcome all obstacles and to expect the worst, the chances of coming out alive are greatly reduced.

### **Where the Mind Leads ...**

Interviews with thousands of survivors of W.W.II German prison camps have demonstrated the amazing resiliency of the human body when guided by the human spirit. Our bodies are highly complex machines, yet even when subjected to the most harsh and degrading conditions, the will to live can sustain the living process. The body's demands for energy from food sources can, over a period of time, be reduced to practically zero. Survivors of German concentration camps have reported that life, even under inhuman circumstances, was worth living. In many cases, this spirit alone was credited for their survival.





# Troubled Times



## Panic and Fear

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From the *U.S. Armed Forces Survival Manual*,  
Edited by John Boswell, published by **Rawson, Wade Publishers, Inc.**, New York, 1980.

Almost everyone who has ever found himself lost, isolated, and cut off from civilization has experienced fear - fear of the unknown, fear of pain and discomfort, fear of one's own weaknesses. Under such conditions fear is not only normal - it is healthy. Fear heightens one's senses and attunes one to potential dangers and hazards. Fear is the natural surge of adrenaline, present in all mammals, that acts as a defense mechanism against hostility or the unknown.

But fear must be harnessed and properly channeled or it can lead to panic. *Panic is the most destructive response to a survival situation.* Energy is wasted, rational thinking is impaired or destroyed altogether, and positive steps to one's survival become impossible. Panic can lead to hopelessness, which can begin to break down one's will to survive.

Several positive mental steps can be taken to make fear an ally and panic an impossibility. As mentioned above, preparation and knowledge of survival techniques instill confidence and lead to control of one's self as well as one's environment. In addition, it is important to *occupy your mind immediately* with an analysis of the situation and the survival tasks at hand. It will help you to remember the word S-U-R-V-I-V-A-L and use it as a memory device. The interrelated survival tips keyed to the individual letters of the word will provide you with an initial survival checklist. More important, it focuses the mind on the tasks at hand, sublimating fear and the danger of panic.

### S-U-R-V-I-V-A-L

- S = Size Up the Situation ...
- U = Undue Haste Makes Waste ...
- R = Remember Where You Are ...
- V = Vanquish Fear and Panic ...
- I = Improvise ...
- V = Value Living ...
- A = Act Like the Natives ...
- L = Learn Basic Skills ...

Survival is a positive mental attitude toward yourself and your surroundings. By memorizing, then analyzing, the survival tips keyed to the letters of the word, you will have already established a direction for your survival actions and some worthwhile tasks to perform.



# Troubled Times



## Loneliness and Boredom

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From the *U.S. Armed Forces Survival Manual*,  
Edited by John Boswell, published by **Rawson, Wade Publishers, Inc.**, New York, 1980.

These are the stepsisters of fear and panic. Unlike the latter they do not come upon one suddenly and savagely, but quietly and unexpectedly, usually after all the basic survival tasks have been performed and the basic survival needs - water, food, shelter, and clothing - have been provided for. Loneliness and boredom can lead to depression and undermine the will to survive.

The psychological antidote for loneliness and boredom is the same as for fear and panic: Keep the mind occupied. Set priorities and tasks that will minimize discomfort, enhance the possibility of rescue, and provide for survival over an extended period of time. Consider unexpected yet possible emergencies as contingency operations and devise plans and tasks to deal with them.

- Set a schedule. A schedule not only provides a form of security; it occupies the mind with the business at hand.
- Set large tasks, such as building a "permanent" shelter, and establish tasks that must be repeated every day, such as keeping a diary.
- Loneliness and boredom can only exist in the absence of affirmative thought and action. In a survival situation there is always plenty of work that needs to be done.



# Troubled Times



## Survival in Groups

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From the *U.S. Armed Forces Survival Manual*,  
Edited by John Boswell, published by **Rawson, Wade Publishers, Inc.**, New York, 1980.

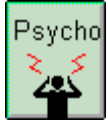
Group dynamics can be both a help and a hazard to individual survival. Obviously, there are more hands to perform the necessary tasks, and contact with another human being can be psychologically supportive. Still, a chain is as strong as its weakest link, and the survival difficulties encountered can be multiplied by the number of people encountering them. Group survival also introduces an additional potentially destructive factor: dissension. Dissension must be avoided at all costs.

As individual reactions to survival situations become automatic, so must those of the group. Groups (such as squads or platoons) that work together and have leaders that fulfill their responsibilities have the best chance for survival. If there is no designated leader, elect one. If your group considers the following factors, the odds of returning to friendly control are greatly improved:

1. Organize group survival activities.
2. Recognize one leader. The leader should delegate individual duties and keep the group apprised of overall survival activities.
3. Develop a feeling of mutual dependence within the group.
4. When possible, the group should make decisions under the direction of the leader. Otherwise, no matter what the situation, the leader must make the decisions, and his orders must be followed.



# Troubled Times



## Overwhelmed

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The Straight Jacket scenario describes more than the seemingly unending grind of problems, it also describes how normal people in a panic operate. Yell "fire" in a crowded theater and see how the average human reacts. Every police department reports that most violence is domestic, and *most* murders or acts of violence occur *within* family groups. Teens routinely run away from home a situation known in every neighborhood. Post Traumatic Stress afflicted individuals are hyper vigilant and imagining attack where there is none. We hear the stories of Vietnam vets suddenly holing up in shacks with guns and shooting everything that comes near, including their loved ones, when something triggers their buried memories of trauma.

Offered by [Nancy](#).

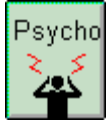
One should never underestimate what hunger, pain, and desperation can do to anyone. When hunger, pain, suffering, disorientation, fear of death, and desperation drives someone into a panic, watch out. An ugly escalation of events that includes 19 casualties out of 30 people is not unrealistic. During war there re rules and the ability to retreat to safe areas and there is the sanity of continuing civilization as a anchor point. What we are going into with the pole shift is much more than any war experience. We are taking about the end of civilization as we know it. Utter global chaos. The pressure of events will cause every man or woman to feel the basic urges of survival for self. No retreating to a safe spot, the only way out is the way through - whatever comes up. Our basic survival ethics level will be asserted. A new civilization will be built on what wins as a result.

I want caring conduct to win over self centered conduct. How do we do this? By looking at average, and worst case scenarios and being prepared to handle it. The scenario that Nancy paints is what can be expected from an average to above average group under the pressure of the times. This will be in any group, no matter how careful chosen. We need to prepare for the worst - confront it now - determine what to do - then because of confront and competence (knowing what to do) - all situations we are involved in will not be that bad and we can as a result help build the better future civilization we all have as a goal. Nancy's look at what could happen to a group takes a high level confront to see, it is a deep level look at reality and what is likely to happen. One can go into denial and say it will never happen or one can confront it.

Offered by [Mike](#).



# Troubled Times



## Death

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Death is a fact of life we dare not ignore. In the times ahead, death is going to be in our face. We need to be prepared to comfort the bereaved and to deal with our own losses. Here is a book-list with a couple of short stories found on the web that pertain to "death counseling":

At **Counsel of Spiritual Therapy**, *Counseling, Peak Experiences and the Human Encounter With Death: An Empirical Study of the Efficacy of DPT-Assisted Counseling in Enhancing the Quality of Life of Persons with Terminal Cancer and Their Closest Family Members* by Richards, William Alan.

At **Innersource**, *Learn the Alchemy of Transmuting Grief to Creativity* by Elisabeth Kubler-Ross

At [CCI Journal Bookstore](#) You Can Help Someone Who's Grieving:

- *A How-To Healing Handbook* by Victoria Frigo, Diane Fisher, Mary Lou Cook
- *Give Sorrow Words: A Father's Passage Through Grief* by Tom Crider
- *The Mourning Handbook: A Complete Guide for the Bereaved* by Helen Fitzgerald
- *Death and Dying: Life and Living* by Charles Corr, Clyde Nabe, Donna Corr
- *On Death and Dying* by Elisabeth Kubler-Ross
- *The Loss That Is Forever: The Lifelong Impact of the Early Death of a Mother or Father* by Maxine Harris, Ph.D.
- *How to Survive the Loss of a Parent: A Guide for Adults* by Lois F. Akner, Catherine Whitney
- *Motherless Daughters: The Legacy of Loss* by Hope Edelman
- *The Grieving Child: A Parent's Guide* by Helen Fitzgerald
- *After the Death of a Child: Living With Loss Through the Years* by Ann K. Finkbeiner
- *Empty Cradle, Broken Heart: Surviving the Death of Your Baby* by Deborah Davis, Ph.D.
- *Gentle Closings: How to Say Goodbye to Someone You Love* by Ted Menten

*The Final Transition* by Richard A. Kalish

Short Storys: [Bedtime-Story](#)

- *Collector of Tears* by Jeff Meyers
- *Mommy Make The Feather Dance!* by Cynthia Gurin

Offered by [Charles](#).



# Troubled Times



## Suicidal

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From: Benny J Peiser <b.j.peiser@livjm.ac.uk>  
To: cambridge-conference@livjm.ac.uk <cambridge-conference@livjm.ac.uk>  
Date: 19. maj 1998 11:56  
Subject: CCNet DIGEST 19/05/98

### **Suicide After Natural Disasters**

E.G. Krug, M.J. Kresnow, J.P. Peddicord, L.L. Dahlberg, K.E. Powell, A.E. Crosby, J.L. Annest:  
Suicide after natural disasters. *New England Journal of Medicine*, 1998, Vol.338, No.6, pp.373-378  
Ctr Disease Control & Prevention, Epidem Intelligence Service, Natl Ctr Injury Prevent & Control,  
Atlanta, Ga 30341

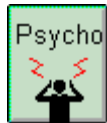
**Background:** Among the victims of floods, earthquakes, and hurricanes, there is an increased prevalence of post-traumatic stress disorder and depression, which are risk factors for suicidal thinking. We conducted this study to determine whether natural disasters affect suicide rates. **Methods:** From a list of all the events declared by the U.S. government to be federal disasters between 1982 and 1989, we selected the 377 counties that had each been affected by a single natural disaster during that period. We collected data on suicides during the 36 months before and the 48 months after the disaster and aligned the data around the month of the disaster. Pooled rates were calculated according to the type of disaster. Comparisons were made between the suicide rates before and those after disasters in the affected counties and in the entire United States.

**Results:** Suicide rates increased in the four years after floods by 13.8 percent, from 12.1 to 13.8 per 100,000 ( $P<0.001$ ); in the two years after hurricanes by 31.0 percent, from 12.0 to 15.7 per 100,000 ( $P<0.001$ ); and in the first year after earthquakes by 62.9 percent, from 19.2 to 31.3 per 100,000 ( $P<0.001$ ). The four-year increase of 19.7 percent after earthquakes was not statistically significant. Rates computed in a similar manner for the entire United States were stable. The increases in suicide rates were found for both sexes and for all age groups. The suicide rates did not change significantly after tornadoes or severe storms.

**Conclusions:** Our study shows that suicide rates increase after severe earthquakes, floods, and hurricanes and confirms the need for mental health support after severe disasters.



# Troubled Times



## Straight Jackets

What would a surviving group should half their members be are not only out of their heads but violent, suicidal and not just thinking about it, and about to run off into the night in a panic? Today many rely upon calling for help, going to the hospital, and the use of drugs rather than the old fashioned straight jacket to control those likely to harm themselves or others. The situation described below will be typical of a group of people who did not prepare well for the coming cataclysms, but also for those who did plan. The shock of loss and injury, the continuous grinding of problems, will produce more than the usual number of individuals quite out of their head, temporarily. Imagine the scenario described below with and without straight jackets, and compare the outcome. Here's the situation.



30 folks comprised of 5 families group ahead of the shift.



During the shift 3 old timers die of a heart attack, 7 members suffer broken bones most needing only a splint for a crack but 1 member having a compound fracture which gets infected and within a week they have stopped moaning and die. The wife of this man tends his dead body and everyone else is too busy to care, but when the smell finally gets to them they bury the man and his wife sits on top of the grave, refusing to eat. They have bigger worries and let her go her way, to death.



3 teen agers in the group are discovered missing one morning, taking the batteries and lights and canned goods with them. The group now has no food or light.



The father of one had hidden a gun and now brings this out and says he is going to hunt them down. He is purple with rage. The father of another of the teenagers says he can't allow that, that the kids will be back and in any case killing them solves nothing. Father 1 shoots father 2 in the face, killing him after a few minutes of writhing in pain which the group must watch. Most of the remaining men in the group, and a few of the women, wrestle the gun from father 1 and restrain him, but he raves endlessly from that moment on, morning and night.



One woman who thought her stomach cramps anxiety has been getting worse, and internal injuries are suspected, or appendicitis. She now quietly moans, continuously, and after a week of not being able to eat and scarcely drinking, dies.



The group has been eating a stew made of anything edible in the surrounding fields, taking the cleanest water they can find. Since all ground water is polluted with dust, they let the water stand and pour off the top part, as best they can get. Many in the group begin having stomach aches and throwing up whatever they try to eat. The rest of the group feels it is only a matter of time for these individuals, and despairs of even understanding what is wrong or what to do.



The group begins to stay awake in shifts, as howling dogs have been heard and they fear attacks. They keep a fire going continuously, but the constant drizzle makes fire tending difficult and the group fears the day when no more wood, much less dry wood, will be available.



A number of the group begin so act shifty eye's sitting in corners with their backs to the walls, and fingering what could be described as weapons. One of them starts muttering warnings to others in the group who are utterly benign, such as small children or old women. One suddenly stands up and swinging a long stick, decapitates a toddler, or virtually so. Clearly out of his head, the group restrains him, and decides to restrain anyone else who is muttering threats also. The mother of the decapitated toddler is found dead, having opened her veins at the wrist. No one had time to notice her grief.



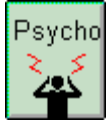
Most in the group talk only of food, constantly, with the others yelling at them to shut up about it.

Offered by [Nancy](#).





# Troubled Times



## Afflicted

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The medical facilities of today, which as a matter of fact *do not* care for the mentally ill any more than they care for the physically ill, will not be available. Health care in the US goes to those with the money to buy it, in the main. This may be the idea, but the reality will be something like the aftermath of the Kobe earthquake where folks sat on the curb waiting to be rescued for days. In the case of the pole shift, this will be forever, as help will *not* come. The rescuers themselves will be sitting on some curb. Here's the situation: Now, outside of sharing each other's emotions, i.e. *talking about it all*, which I'm sure the group has been doing, what would you have these folks do? Do they have padded cells? Do they have access to a shrink? Do they have drugs, tranquilizers? At what point does the group protect itself from violence or others from hurting themselves? Remember, they are starving, scared, and beset with dozens of problems all at once.

Offered by [Nancy](#).

I can only think of this one addition to the above picture. It is likely part or all of the group will turn to cannibalism of the dead. Some will have more problems with this than others. From the continuing stress of the situation the group has many opportunities of becoming divided and fighting each other or separating going there own way. The technology of how to form strong "true groups" becomes important.

Offered by [Mike](#).

Having served in both wartime and "peacetime" (natural) disaster settings, may I humbly suggest that "experience" indicates that human beings have more capacity for resilience, solidarity and unity than you are giving them credit for.

Offered by [Granville](#).

So all those people who find their houses open to the elements, water mains broken, phone lines dead, electric lines without a spark, food in the cupboard gone and the stores raided, cars can't take them anywhere as the roads are heaved and broken and the bridges down, and the injuries and starvation and lead poisoning I described very much a part of their lives - these folks are all going to be calm, wise, mature, not panic, and act like saints?

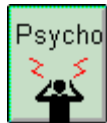
Offered by [Nancy](#).

Realistically, I think that these situations will be dealt with on an individual basis when the time comes. That is what seems to happen anyway. Some mentally ill will be lovingly integrated into the groups, some will be tortured and killed, some will be abandoned, some will commit suicide, some will be prayed over, some will be counseled, some will be restrained.

Offered by [Lyn](#).



# Troubled Times



## Caregivers

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If the sun sets over our breakfast cereal, we might *all* be cookoo for a while. All kinds of unusual events can add to stress levels; especially if they come close together. The impact of post-traumatic stress is minimized by a procedure called Critical Incident Stress Debriefing, which involves a person in a counseling role facilitating the victim's sharing and cathartic responding of the experience(s). Mental and emotional preparations are essential, but none of us can know how effectively prepared we are in this area until the contents of the trench hit the windmill blades.

Offered by [Granville](#).

Well for starters you keep everyone busy so as to take their mind off the situation. You must have someone in a leadership role who can keep the group working. If people just sit around they will dwell on their situation instead of working to better it. If you prepare ahead of time and plan for various scenarios so you know what to expect that might help; it's those who never saw it coming who will be in the worst shape.

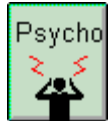
Offered by [Mike](#).

This is one of the most important things we do here in Troubled Times, in my opinion, provide practical solutions that folks *can do* and therefore they mobilize rather than agonize.

Offered by [Nancy](#).



# Troubled Times



## Mental Trauma

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As we all know, as the catastrophe's begin, there will be an enormous amount of trauma plaguing many individuals that survive. These individuals will be in shock, depression, and may have suicidal tendencies. We, as individuals must take it upon ourselves to help these victims through the grief that they will be experiencing. These guidelines were prepared to inform others of symptoms of these cases and the care to be given. It will all be upon all of our shoulders as to who survives, and who doesn't. Without help from us, these victims will not be capable of dealing with such stress.

### Symptoms of Depression

1. Loss of energy
2. Difficulty sleeping, waking up or daytime sleepiness
3. Reduced sex drive
4. Loss of pleasure in usual activities
5. Poor appetite or unexplained weight loss
6. Overeating and weight gain
7. Feelings of excessive guilt over minor or imaginary misdeeds, worthlessness, self- reproach
8. Decreased ability to think, concentrate or make decisions
9. Recurrent thoughts of death, suicide or suicide attempt
10. Crying, tearfulness, unexplained crying bouts
11. Decline in social activity or talkativeness
12. Hallucinations
13. Loss of interest
14. Irritability
15. Various pains, such as headaches or chest pain, without evidence of disease.

### Treatment

See Suicide Treatments

### Postpartum Depression

Many women will be expecting or already given birth to infants. This will make our jobs tougher, for some women automatically get thrown into depression after giving birth. These are some of the signs that one can grasp while talking to women that have just given birth.

1. Appetite and weight loss
2. Sleep disturbances or frightening dreams
3. Loss of energy; fatigue
4. Slow speech and thought
5. Frequent headaches and other physical discomfort
6. Confusion about one's ability to improve life.

### Risk Increases With

1. Stress, in which there will be much of
2. Lack of sleep.
3. Poor nutrition, which might already be a problem with the coming destructions
4. Lack of support from one's partner, family or friends
5. Pre-existing neurosis or psychosis

### **Possible Complications**

1. Lack of bonding between mother and infant, which is harmful to both
2. Serious depression that may be accompanied by aggressive feelings toward the baby, a loss of pride in appearance and home, loss of appetite or compulsive eating, withdrawal from others or suicidal tendencies.

### **Treatment**

1. Don't feel guilty if you're having mixed feelings about motherhood, especially during this time.
2. Walking
3. Have your baby sleep in a separate room. You will sleep more restfully.
4. Ask for help with the infant
5. If you feel depressed, share your feelings with people around you

### **Suicide Warnings**

1. Talking about committing suicide
2. Having trouble eating or sleeping
3. Experience drastic changes in behavior
4. Lose interest in hobbies, etc.
5. Withdraw from friends and/or social activities
6. Prepare for death by making out a will and final arrangements.
7. Giving prized possessions away
8. Having attempted suicide before
9. Taking unnecessary risks
10. Have had a severe loss, such as death of a loved one, which will be common during this time.
11. Becoming preoccupied with death and dying
12. Loss of interest in their personal appearances
13. Increase their use of alcohol or drugs if any can be found during this time

### **Treatment**

The idea that those who threaten suicide do not commit it is dangerously erroneous. It is equally dangerous to dismiss suicide attempts as mere gestures to appeal for help or communicate hostility; 1 in 10 of those who attempt suicide finally takes his life. The desire to die is often ambiguous, and each act of self-injury, however trivial in its physical effects, represents a cry for help or one of protest and frustration from a person who is under stress and needs treatment. Another important aspect in attempted suicide is the element of "Russian roulette," in which the person decides to let fate determine the outcome. Although some suicides are a surprise and shock even to close relatives and associates, in most cases clear warnings were given, most often to relatives and friends or to organized medical or lay voluntary organizations. Each depressed person should be questioned carefully about any thoughts of suicide. The fear is baseless that such inquiry, even in a tactful and sympathetic form, may implant the idea of suicide in the patient. The questioning will not only aid the physician in obtaining a clearer picture of the depth of the patient's depression, but it will also encourage constructive discussion and convey to the patient of your awareness of his deep despair.

1. Establish a relationship with the patient and open communication with him.
2. Remind him of his identity, use his name repeatedly and help him identify the problem that has brought on the crisis.

3. Offer constructive help with the problem and encourage the patient to constructive action
4. Involve the patient's family, (if any are left) and friends, reminding the patient that others care for him and want to help him
5. Place yourself in this person's shoes, and relate to his problems. Discussing your own with him, might in fact help both instead of just one.

## **Panic, Anxiety Attacks**

In battle and in periods of civil catastrophe, anxiety is a normal state, but individuals who are subjected to particular severe stress or who are perhaps especially vulnerable may be incapacitated by terror. They may manifest tremors or dissociate symptoms and bizarre or dangerous behavior. In less stressful times attacks of acute anxiety occur in susceptible patients; a phobic anxiety state commonly underlies those attacks. Many attacks are brief. In most cases the anxiety is generalized, but diagnostic problems may arise if various body systems are affected to different degrees, so that cardiovascular manifestations are prominent in one patient, and gastrointestinal symptoms in another. If overbreathing (hyperventilation) is the salient feature, the patient may complain of dizziness, loss consciousness, or show signs of tetany. Reassurance may be sufficient to allay distress, and it may be helpful to reassure any relatives or bystanders as well. Hyperventilation will usually stop if the patient's attention is drawn to it, and is given quiet and supportive reassurance.

## **Stress**

In health care, the term denotes the physical and psychological forces that are experienced by individuals. It is generally believed that biological organisms require a certain amount of stress in order to maintain their well-being. However, when stress occurs in quantities that the system cannot handle, it produces pathological changes. The amount of stress humans can withstand without having a pathological reaction to it varies from individual to individual and from situation to situation.

### **Symptoms**

1. Recent death of a loved one-spouse, child, or friend.
2. Loss of anything valuable to you
3. Injuries of severe illnesses
4. Getting fired or changing jobs
5. Recent move to a new home
6. Sexual difficulties between you and your partner
7. Business or financial reverses, or taking on a large debt, such as purchasing a new home.
8. Regular conflict between you and a family member, close friend, or business associate.
9. Constant fatigue brought about by inadequate rest, sleep or recreation

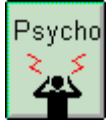
### **Self-Help Tips for Coping**

1. Learn meditation technique and practice it regularly-daily if possible.
2. Take a short period of time away from any stressful situation you encounter during a day. Practice a muscle-tensing and muscle -relaxing technique. Close your eyes, take a series of deep breaths, then start with the muscle groups in your face. Consciously tense them and hold the contraction for a few seconds. Then continue through all major muscle groups in the body: neck, shoulders, hands, abdomen, back and legs.
3. Adopt an exercise program.
4. Avoid taking your problems to bed with you. At the end of the day, spend a few minutes reviewing your entire days experiences, event by event, as if you're replaying a tape. Release all negative emotions you have harbored. Relish all good energy or emotions. Now you are ready for a relaxing and emotionally healing sleep.

Offered by [Debra](#).



# Troubled Times



## Anticipatory Grief

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### Definition

Response to loss before it actually occurs.

### Characteristics

- Sorrow
- Guilt
- Anger
- Choked Feelings
- Denial of potential loss
- Expression of distress at potential loss
- Alterations in activity level
- Sleep patterns
- Changes in eating habits
- Altered Libido
- Potential loss of significant object
- Altered communication patterns
- Crying
- Hyperventilation
- Shock and disbelief

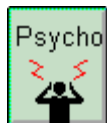
### Treatment

These symptoms may last over a year, but with care can be sooner, depending on the person and the importance of the person who may be dying.

Offered by [Debra](#).



# Troubled Times



## Fear

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### Definition

Primitively, the emotional reaction to an environmental threat.

### Characteristics

- Ability to identify object of fear
- Panic
- Scared
- Jittery
- Increased tension
- Apprehension
- Frightened
- Terrified
- Impulsiveness
- Decreased self- assurance
- Associated physical symptoms
- Nausea
- Heart beating fast
- Attack/fight behavior-aggressive
- Fight behavior-withdrawal
- Wide-eyed
- Increased alertness
- Concentration on source
- Pupil dilation
- Vomiting
- Diarrhea

### Treatment

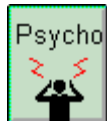
See Social Isolation

Offered by [Debra](#).





# Troubled Times



## Relocation Stress

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### Definition

Psycho-social and/or physiological disturbances resulting of transfer from one environment to another.

### Related Factors

- Decreased physical health status
- Losses involved with decision on moving
- Moderate to high degree of environmental change
- Past, concurrent, and recent losses
- Feeling of powerlessness
- Impaired psycho-social health status
- Little or no preparation for the impending move
- Lack of adequate support system

### Defining Characteristics

- Anxiety
- Loneliness
- Depression
- Apprehension
- Increased confusion
- Withdrawal
- Weight change
- Restlessness
- Lack of trust
- Dependency
- Change in eating habits
- Gastrointestinal disturbances
- Verbalization of unwillingness to relocate
- Sleep disturbances
- Insecurity
- Vigilance

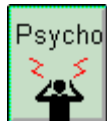
### Treatment

Communication and understanding the fears within the patient. Daily reassurance will eventually ease these symptoms.

Offered by [Debra](#).



# Troubled Times



## Spiritual Distress

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### Definition

Disruption in the life principle that pervades a person's entire being and that integrates and transcends one's biologic and psycho-social nature.

### Related Factors

Separation from religious and cultural ties; challenged belief and value system, results of moral or ethical implications of therapy or result of intense suffering.

### Characteristics

- Expresses concern with meaning of life and death and/or belief systems.
- Verbalizes inner conflict about beliefs, concerns about relationship with deity.
- Questions moral and ethical implications of therapeutic regimen.
- Description of nightmares or sleep disturbances.
- Unable to accept self.
- Engages in self-blame.
- Anger towards God.
- Questions meaning of suffering.
- Questions meaning for own existence.
- Seeks spiritual assistance.
- Unable to choose/or chooses not to participate in usual religious practices.
- Displacement of anger toward religious representatives.
- Regards illness as punishment.
- Denies responsibilities for problems.
- Alteration in behavior or mood evidenced by anger, crying, withdrawal, preoccupation, anxiety, hostility, apathy, etc.

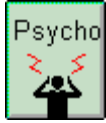
### Treatment

The individual accepts his or her past life and whatever life has in store in the future.

Offered by [Debra](#).



# Troubled Times



## Social Isolation

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### Definition

Aloneness experienced by the individual and perceived as imposed by others and as a negative or threatened state.

### Risk Factors

- Delay in accomplishing developmental tasks
- Alterations in mental status
- Altered state of wellness
- Immature interests
- Alterations in physical appearance
- Unaccepted social behavior
- Inability to engage in satisfying personal relationships
- Unaccepted social values

### Defining Characteristics

- Expresses feeling of aloneness imposed by others.
- Expresses values acceptable to subculture, but unable to accept values of dominant culture.
- Expresses feelings of rejection
- Expresses feelings of difference from others
- Insecurity in public
- Sad, dull affect
- Absence of supportive significance toward family, and friends
- Uncommunicative, withdrawn, no eye contact.
- Preoccupation with own thoughts, repetitive, meaningless actions
- Projects hostility in voice, behavior
- Seeks to be alone or exists in subculture

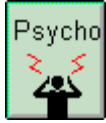
### Treatment

Relaxation therapy. Adapting the individual to the social customs of society; in the process he or she becomes a useful member of society.

Offered by [Debra](#).



# Troubled Times



## Hopelessness

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### Definition

A subjective state in which an individual sees limited or no alternatives or personal choices available and is unable to mobilize energy on own behalf.

### Factors

Prolonged activity restriction, creating isolation; Failing or deteriorating physiologic condition; Long term stress; Abandonment; Lost belief in transcendent values/God.

### Characteristics

- Verbal cues (despondent content, "I can't," sighing.)
- Passivity, decreased verbalization
- Decreased affect
- Lack of initiative
- Decreased response to stimuli
- Turning away from speaker
- Closing eyes
- Shrugging in response to speaker
- Decreased appetite
- Increased/decreased sleep
- Lack of involvement in care/passively allowing care
- Withdrawal from environs

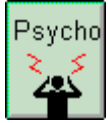
### Treatment

Understanding and conversations with daily reassurance. On a continued basis, the patient will overcome Hopelessness.

Offered by [Debra](#).



# Troubled Times



## Post-Traumatic Stress

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### Description

The development of characteristic symptoms after a psychologically traumatic event that is generally outside the range of usual human experience.

### Symptoms

- Re-experiencing the traumatic event
  - Avoidance of stimuli associated with the trauma
  - Numbing of general responsiveness
  - Symptoms related to increased arousal
  - Insomnia
  - Recurrent nightmares
  - Hyper-vigilance
  - Exaggerated startle response
  - Changes in aggression.
- 
- Anxiety(severe to panic) fear may be related to current memory of past traumatic life event, threat to self-concept/death, change in environment, and negative self-talk, possibly evidenced by increased tension/wariness, sense of helplessness, apprehension fearfulness, uncertainty/confusion, restlessness, somatic complaints, sense of impending doom, and sympathetic stimulation with cardiovascular excitement/palpitations.
  - Powerlessness may be related to being overwhelmed by symptoms of anxiety and lifestyle of helplessness/poor coping skills, possibly evidenced by verbal expression of lack of control over present situation/future outcome, reluctance to express true feelings, dependence on others, passivity and/or anger, and non-participation in care or decision making when opportunities are provided.
  - Violence, high risk for; directed at self/others which may be related to a startle reaction, an intrusive memory of an event causing a sudden acting-out of a feeling as if the event were occurring, use of alcohol/other drugs to ward off painful effects and produce psychic numbing, breaking through the rage that has been walled off, response to intense anxiety or panic state, and loss of control.
  - Coping, ineffective individual may be related to personal vulnerability, inadequate support system, unrealistic perceptions, unmet expectations, overwhelming threat to self and multiple stressors repeated over period of time, possibly evidenced by verbalization of inability to cope or difficulty asking for help, muscular tension/headaches, chronic worry, and emotional tension.
  - Grieving, dysfunctional may be related to actual/perceived object loss (loss of self as seen before the traumatic incident occurred as well as other losses incurred in/after the incident), loss of physio-psycho-social well being, thwarted grieving response to a loss, and lack of resolution of previous grieving response, possibly evidenced by verbal expression of distress at loss, anger, sadness, labile affect, alterations in eating habits/sleep and dream patterns/libido, reliving of past experiences, expression of guilt and alterations in concentration.
  - Sleep pattern disturbance may be related to psychological stress (anxiety, depression with recurring disruptive dreams), possibly evidenced by verbal complaints of difficulty in falling asleep/not feeling well-rested, insomnia and reports of sleep disturbance (nightmares, dreams of personal death, disaster-related dreams, flashbacks,

intrusive/trauma images, hyper- somnia.)

- Family processes, altered may be related to situational crisis, possibly evidenced by expressions of confusion about what to do and that they are having difficulty coping, family system not meeting physical/emotional/spiritual needs of its members, not adapting to change or dealing with traumatic experience constructively, and ineffective family decision-making process.

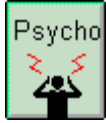
### **Treatment**

This disorder may last for decades. Re-assurance and learning to cope with this are the only treatments. Medications are available.

Offered by [Debra](#).



# Troubled Times



## Help Children Cope

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### Helping Children Cope With Disasters (based on Red Cross info)

Disasters associated with the pole shift will strike quickly and without warning. These events are frightening and traumatic for both children and adults. In order to survive the disasters, you and your family will more than likely have to leave your home or at least modify it for survival. Your daily routines and lifestyles will also be changed dramatically after the pole shift. There will be much destruction, death and injuries that are typically associated with major multiple disasters.. Thus, you and your children are apt to be anxious, confused and frightened.

Yet, as an adult, you will need to cope with these disasters in such a way that will enable your children to cope effectively. This is because children tend to look to the adults around them for help. How you react will influence how they react. The following is some suggestions on how to help both you and your children cope with these disasters. For example, if you are hysterical, they may become even more hysterical because they see that:

1. a real danger has occurred and
2. you are out of control.

Thus, if possible, provide some level of reassurance. Also, be honest with the child(ren). Explain the situation as you see it and enlist their assistance. Children have wonderful imaginations and are very creative. Utilize these resources - they could be vital. By utilizing a child's creativity, you are forcing him/her to focus on what has to be done - otherwise, their idle imaginations may invent a much worse situation.

Preparation is a big help also. Enlist the child in planning the family's pole shift disaster plan. If the child is somewhat prepared for what is about to happen, it will be easier to cope with the resulting disaster.

According to the Red Cross, that after a disaster, children are most afraid that-

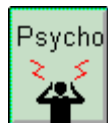
- the event will happen again.
- someone will be injured or killed.
- they will be separated from the family.
- they will be left alone.

Unfortunately, many children will be separated from their families and will be alone. Many of their loved ones will be killed. As a survivor, you may come across these children. The best thing to do is to care for them as if they were your own - after all, should your children became separated from you, you would want someone to care for them. These children will need your reassurance that you will do everything you can to help them survive and possibly locate their families. Keep all children with you at all times. This will help reduce their fear and anxiety by knowing that they are not going to be abandoned. Also, calmly and firmly explain the situation as best you can. Get down to their eye level when you talk to them. Encourage them to talk and describe what they are feeling.

Offered by [Lyn](#).



# Troubled Times



## On-Line Forum

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The DisastMH e-mail discussion forum serves as an ongoing conference of Disaster Mental Health Professionals On-line. Topics are brought to a roundtable of colleagues to discuss mental health issues in disaster preparedness, disaster response, and disaster recovery. Individuals needing professional assistance are asked to seek mental health professionals in their own geographic area.

Relevant topics may include but are not limited to the following:

- Planning, development, and operations of Disaster Mental Health
- Volunteer issues of solicitation, maintaining interest, recognition
- DMH and interfacing with agencies, schools, government, etc.
- Construction of protocols for disaster response
- Handbook preparation and maintaining records
- Training issues including American Red Cross training, Critical Incidence Stress Debriefing, and other models
- Issues of risk management (referral systems, liability, safety, etc.)
- Ethical considerations
- Media and public relations issues
- Debriefings and interventions for disaster response
- Communication trees and classification of volunteers
- DMH leadership issues at local, state, national levels in the mental health disciplines
- Clinical issues for disaster response
- Clearinghouse for material available in Disaster Psychology
- Peer consulting for disaster mental health services
- Communication regarding DMH during an ongoing disaster

If you are a mental health professional or invited associate in disaster psychology, your presence is welcome on the forum. There is a simple process to subscribe. Send the following to

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In the body of the message put:

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in the body.



# Troubled Times



## Sense of Loss

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### **Elderly Ousted by Spring Floods Suffer Loneliness, Depression**

Copyright © 1997 *Nando.net*

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ADA, Minn. (November 1, 1997 01:46 a.m. EST <http://www.nando.net>)

Gurdon Ingberg was among the first to die. He had survived the great flood - by all accounts, he never even got his feet wet - but was dead two weeks later, his spirit utterly broken. More residents of the John Wimmer Nursing Home would follow, their health rapidly deteriorating after they fled rising floodwaters one frenzied April night. Seven months later, 15 of the 47 evacuated residents are dead, a mortality rate nursing home officials call unprecedented. Typically, barring a flu epidemic, two or three residents among that number might die in a six- or seven-month period, they say. Fifteen is unheard of. The flood that killed not a single soul in little Ada is now being blamed for taking some of its most helpless seniors. "I think he just decided he'd had enough," Richard Ingberg said of his 74-year-old brother. "The whole thing was just not very pleasant for him." "I truly believe he died of a broken heart," concurred Brenda Wagner, the nursing home activities director. "He always was so happy. It just changed when he had to move."

When icy floodwaters began threatening Ada in early April, the nursing home was forced to empty its beds, sending confused and startled residents to five other nursing homes spread around western Minnesota. The closest was 15 miles away, the farthest 60 miles. The stress of being uprooted in the middle of the night and deposited in unfamiliar places far from their families has simply been too much for many of the old people, already weakened by age and disease, said Charlie Hicks, director of nursing at John Wimmer. Officially, most of the 15 deaths are due to natural causes and age-related illnesses. But Hicks said stress, loneliness and despair have been the real killers. "There's never been a question of the quality of care they're getting" at their new nursing homes, he said. "It's a question of whether their spirit has been taken away. I think for many it has, and it was the last straw for a lot of them." Things are grim for many of the survivors, too. They remain refugees of sorts, with the John Wimmer home in ruins, still awaiting the wrecking ball, and construction of new buildings more than a year in the offing.

Many of those still living have slipped into deep depression since the flood, Hicks said. They have withdrawn, lost weight and suffered one ailment after another. Albin Stene, 79, no longer even asks his wife when he can return. Hearing his question over and over used to sadden Marjorie Stene. Not hearing it at all tears at her soul. "He really doesn't care anymore," she said from her Ada home, 35 miles from her husband's bedside in Fertile, the nearest nursing home officials could find for Stene. "He just wants to be done with it all." Stene had been at John Wimmer since suffering a stroke in 1995. Before the flood, he'd been in fairly good shape. But since moving to Fertile, he's become despondent and was hospitalized for a bleeding ulcer and pneumonia. Mrs. Stene visits him three times a week but said her husband of 51 years "isn't really there anymore." Richard Ingberg said his brother, who was born with cerebral palsy, had a few minor health problems before moving but seemed to give up any will to live after being moved to an unfamiliar place.

Barbara Kramer, coordinator of the Disaster Outreach Center in Grand Forks, N.D., said elderly people, wherever they live, have had a particularly difficult time recovering from the disastrous spring floods in North Dakota and Minnesota. Financially, they're often without the resources to rebuild their homes or their lives, Kramer said. Their families may be hundreds of miles away and unable to help, giving the

elderly a true sense of isolation, she added. "They have fewer resources, certainly less energy, to fight this whole thing," she said. "And financially they are the most vulnerable." The elderly also are frequently set in their ways. Even minor changes in routine can upset them emotionally and physically, Kramer said. "Most of these people do not need professional psychiatric care," she said. "They need someone to visit with them, sit down and have coffee with them once in a while."

Lately, she said, her staff have been getting a lot of calls from elderly residents. "We're going out quite a bit just to check on them and say, 'We remember you, we're still here for you if you need someone to talk with.'" Wagner, the activities director, travels to each of the five nursing homes every week to check on her charges, many of them longtime Ada residents who still have family in town. Most are slowly adapting to their new surroundings, she said, but still ask constantly when they can come back to Ada. It is a tough question to answer. The new home isn't expected to be completed for at least 18 months -- a lifetime for many of the residents. The nursing home held a residents' reunion last month, bringing the survivors together one day in Fertile. "It was a real healing event for a lot of them," Hicks said. "It lifted their spirits just to see some familiar faces."



# Troubled Times



## Suicide

### Suicides Rise After Natural Disasters

Reuters, February 5, 1998

Suicide rates tend to increase in local areas in the years following natural disasters, according to a US study appearing in the current issue of *The New England Journal of Medicine*. Researchers at the Centers for Disease Control and Prevention (CDC) say their study shows that "suicide rates increase after severe earthquakes, floods, and hurricanes and confirms the need for mental health support after severe disasters." They focused on the suicide statistics of 377 US counties hit by a major natural disaster during the years 1982-1989. Suicide rates for each county were tracked for the four years following each disaster.

According to the researchers, the overall suicide rate for affected areas "... increased by 13.8% during the four years after a severe natural disaster," compared with just a 1% increase for the nation as a whole. Suicide patterns varied depending on the type of disaster. Increases in the rate of suicide in flood-stricken communities continued to rise each year after the event. Suicides in the 308 counties affected by flood climbed 13.8% overall, the researchers say, with the highest annual increase, 24.3%, occurring during the fourth post-disaster year. Hurricanes were associated with an overall 18.9% increase in suicides, but the researchers note that "this rate was elevated only for the first two years after hurricanes ... and was followed by a decline to the (pre-hurricane) level for the remaining two years." Earthquake-associated suicides rose by nearly 63% during the first post-disaster year, but then quickly returned to pre-quake levels. Tornadoes and severe storms had no noticeable effect on local suicide rates.

The researchers note that "victims of floods report four times as many injuries and three times as much financial loss as the victims of hurricanes and earthquakes," which might help explain the comparatively prolonged effect of floods upon local-area suicide rates. In the aftermath of many cataclysms, "stores, bars, clubhouses, or churches - places where people found friends and support - may have been destroyed," according to the study authors. They say previous studies have revealed that rates of depression and hopelessness inevitably rise among communities which have recently faced sudden, destructive events. The CDC experts believe their study confirms that "mental health support is needed after severe disasters, (and) that it should be available for varying periods."

SOURCE: *The New England Journal of Medicine* (1998;338(6):373-378)  
 Copyright 1998 Reuters Limited.



# Troubled Times



## Familiar Places

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I was very grateful that my mother, who lived to a ripe old age, could live in her own home until a year or so before her death. I knew she was a *fuller person* living in the home she had shared with her husband, raised her children in, and where she knew the neighbors. Every nook had memories, and stirred her. She related. She was oriented. When she was out of her familiar surroundings, she tended to be confused, detached, without a sense of purpose. She also continued to save and give small change to her grandchildren, even after they were grown! I took this to be a sign of her needing to feel she had a role.

An important aspect of survival will be organizing the survivors so that each *does* feel they have a role, a purpose, are important to the others in that what they do affects the others positively. I've read that men more often die shortly after retirement than women, who continue to feel they have a purpose in that they tend house and attend to the comfort of family members. Feeling no sense of purpose or importance, men die! In this regard, men were advised to plan for retirement, develop activities, etc. In this regard, we should plan for survival after the cataclysms, too.

Offered by [Nancy](#).



# Troubled Times



## Reaction

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I recall that not this long ago the news presented us in 1997 with the images of earthquake ravaged churches over there in Italy, where priceless art was reduced to rubble. What the most saddening moment for me was when I saw the collapsed walls of elder people's homes. The loss of that old building was the destruction of a lifelong connection between an elder woman and her memories of the place she called home. It struck me the most that she could not stop crying, could not stop expressing the hurt within her heart, trying to express that. Her sadness closed her up from outside influences.

It was investigated a month later what the effects of such destruction were on the villagers struck by it. I thought the conclusion might be beneficial if I shared it now with you for building an understanding (and from there a basis on which to build an individual inner-guide), to answer the question of how to help the people who will have lost too much during the cataclysms and cross our path in life. The conclusion of the investigation was that the villagers who were struck by the destruction in a devastating personal way - as losing one's home - were all on differing but close levels unable to find the time to relax themselves and so they were unable to de-stress, they were unable to find a moment of peace in their mind!

Offered by [Michel](#).



# Troubled Times



## Agitation

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Following this logic you might understand why cataclysm-victims will be unable to sleep in an ordinary fashion, everything in this future-out-of-the-ordinary situation is reflected in out-of-the-ordinary but still natural action. One builds a wall which equals the forces which one wishes to keep out, or in other words: For the cataclysm-victim extreme action is the only choice, and a healthy sign it therefor is. These extremities will look even more extreme to outsiders, so do understand the situation or any useful interaction may be fruitless. Remember that the wall which the cataclysm-victim has build are not against you but against the hurt of the reality of it all and it's horror that they experienced. Share what you know about what happened, then the victim might get motivated to start asking you themselves about what happened, and eventually this might prove a useful distraction and a healthy one. As the road to understanding is paved with experience(shared-) and information and leads to spiritual growth, a peace of mind. Those who have had this peace of mind since they can remember are the best guides for the victims, and those who travel the same road as the victim -or most recently did- serve as a helping hand by example and in sharing their experience(s).

Then, from that state on we can start to talk about the experiences with the cataclysm-victim, in an understanding and interactive way. This might be more easy than it seems to you as more often than not a cataclysm-victim is a fellow cataclysm-victim, and a touch of humanity is all it takes in most of the cases! Help means intimate contact on the mental level, a bond is made, this might be enough to scare some from helping, rather giving another volunteer the control. This is not bad, as long as you try to overcome this as one day you might be the only one that is left to help a stranger in dire need of assistance. But next to that reason it of course must not be the case that such a little step must keep you from helping someone, no matter your state of mind, no matter of there are other volunteers. Next to that we can reach for solutions like giving someone St. John's Wort, but that is just merely an AID, not a solution!

Offered by [Michel](#).



# Troubled Times



## Resolution

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I understand that every situation will be different as we are dealing with individuals here, human beings instead of soleless matter. Therefore it is best to be guided by intuition if you want to help, or better let another of your group help who is more empathic and telepathic than the rest and who is strongly equipped emotionally. Such a person is likely to volunteer.

I have thought about this to see if I could come up with ways of helping in a situation where a cataclysm-victim is so occupied by thinking about their personal trauma that he/she is disabling him/herself in their own functioning. I understand if you would pose the question of: why not leave him/her alone to ponder what he/she has gone through in order to let him/her come to an inner-resolve and acceptance? But, letting that rule them is not the most healthy solution for above all they are ruled by the process instead of them ruling the process, and the process we are dealing with here is about loss through violent destruction, there is no peace in that. As long as such a process of images, sounds and such from the victim's memory rules his/her mind there is no true resolve to this problem. In other words: How could one find resolve in something that needs to be resolved? It is like looking for the 'B' in 'A'. There is no true resolve because of that, and as long as that is continued by the ongoing process the probability of coming to a peace of mind is very dim, the troubled mind stays put.

Because it is an ongoing situation it needs to be intervened by distractions of a kinder nature. If the victim no longer finds him/herself occupied by the thoughts of destruction and loss then no longer will it stress his/her emotional stability, which by that is enabled to return to a state of balance (nature is a dynamic evolving system which evolves by continually seeking up the balance, it does this on every scale, as balance can only be achieved when everything is accounted for on the scales). Eventually, when the individual returns slowly but steadily to a state where the diversions become more interesting than the destructive process (which is destructive as it eventually causes deep depression - the most negative state of being for a human and is the opposite - naturally - of what will be achieved by intervening) that what was only hope then now becomes a reality, and they too return to normalcy! (not too often I think it can be stressed that everything is related, that we are all connected and that this can be found in that everything is literally reflected in everything else.) Normalcy? That is, a state where the relaxation of the mind becomes a matter of choice instead of a state where it is an impossibility

Offered by [Michel](#).





# Troubled Times



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troubled times

*In our confusing, scary, pre-millennium world, today's young people who are aware of the pole shift may feel isolated. Most of all, the news about the future of the earth can be extremely upsetting. That is why one of the Troubled Times members started Aftertime Generation, a support group for this special group of people. Aftertime Generation is both a support center and a forum for those involved in the times ahead.*

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# Troubled Times



## Emotion

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In all civilizations, music has played an essential part. Certainly its influence can probe deeply into the human psyche: it can soothe a bad mood into one of peacefulness; it can inflame a person to commit violence; cause gaiety and dancing with its up-beat rhythm; bring listeners to tears with sad melodies. It does not even need words to help it do this, but can, by itself, create dreams and positive concepts, nightmares and negative concepts, taking the imagination of the listener to great heights, or abysmal depths. Together with art and literature, music speaks volumes about the culture by which it was created, ergo, much of it is certainly worthy of preservation for posterity, and for use during the Aftertime.

Passive listening to music can be a great comfort. Like reading a book, listening to a piece of music can act as an escape; and during the after-time there may be much need for temporary respite from the trauma and the changes which the pole shift will bring. However, having said that, this page is much more concerned with the active making of music, the writing of original songs. My advice to every group and community which is forming must be: collect up your song-writers, your musicians, your instrument-makers; for singing in harmony, playing in concert and just plain old improvisation, can bring a joy which can transcend the effects of even the most unbearable of situations ... and into this category definitely falls the pole shift.

In ancient times, and probably still today, men sang while working; now, in our offices, we play our radios while performing jobs we might otherwise find unbearably boring. And in the future times, we must play and sing our way through the bloody and tormented aftermath of the pole shift, and attempt to attain a little peace and harmony, however temporary that may turn out to be.

Offered by [Helena](#).



# Troubled Times



## Health Benefits

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Sounds can heal or at least affect our health. For example, think of the impact music has on our emotions, and thus our physical health. Upbeat music prompts us to engage in physical activities such as dancing or jogging. These activities strengthen our cardiovascular systems! Conversely, a slow, relaxing melody helps us obtain much needed rest. Even deaf people are affected by music and other sounds - they respond to the vibrations thereof.

Given all this, certain sounds and tones *must* affect the human body in certain predictable ways. The trick is, which sounds promote healing? Are the sounds the same for each person and each ailment? My thoughts are that they are individualized and the "healer" instinctively knows which tones to use and when - much like the tones that a mother uses in communicating with her infant.

Offered by [Lyn](#).



# Troubled Times



## Hemi-Sync

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Words from the [Monroe Institute](#):

### **Hemi-Sync Auditory-Guidance Programs** Residential Programs

The **Monroe Institute** programs encourage the evolution and growth of human consciousness through personal exploration of profound states of expanded awareness. Many who attend programs develop a different overview, a changed perspective from which life's experiences seem to take on new significance. Temperament may play a role in determining those willing to explore the realms of their own consciousness. There are five week-long residential programs offered at the Institute. To find out when you can come to a program, check the program schedules.

1. Gateway Voyage
2. Guidelines
3. Lifeline
4. Exploration 27
5. Heartline



# Troubled Times



## Great Loss

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Post Traumatic Stress syndrome develops when people are unable to discuss the trauma they have undergone openly. When denial occurs the trauma is buried but does not go away. Depression, suicidal tendencies, and PTS result, and are much more difficult to deal with later than allowing the traumatized individual to react to the trauma openly shortly after it occurs and make their adjustments. The individual does not heal until they deal with it, accepting what has happened to them but also first expressing grief and rage. *Then* they can put it behind them and get on with their life.

The song below is intended to help those traumatized during the pole shift to talk openly about their trauma in a group setting. Medical care will be scarce, and survivors may need to spend all their time on subsistence, but songs can be sung during work, and when this occurs in a group setting, group therapy results. The song - *Still One Hell of a Guy (or Gal)* - is intended to encourage creative lyrics, each person talking about their particular loss or injury. The focus is not only on expressing the loss, perhaps crying a bit during this process, but also on realizing that scars and lost limbs or lost lives *do not* mean that life is over! For those who have been traumatized, living among others with scars can in fact be an opportunity to love others with more empathy, sharing grief and comforting each other.

### Still One Hell of a Guy

I may have lost my **arm**  
But I've learned to use my toes  
And when anyone comments, I just say  
That's the way it goes.

But I'm still one hell of a guy  
Yes he's still one hell of a guy (*answering chorus*)

I may have lost my **pep**  
And I can't seem to rise and shine  
But when anyone comments, I just say  
This is all due to pass in time.

But I'm still one hell of a guy  
Yes he's still one hell of a guy (*answering chorus*)

I may have lost an **eye**  
And greet the world with a sigh  
But when anyone comments, I just say  
My good one gets me by.

But I'm still one hell of a guy  
Yes he's still one hell of a guy (*answering chorus*)

I may have lost a **child**  
Would give my life in his stead  
But when anyone comments, I just say  
I'll love the orphans that aren't yet dead.

But I'm still one hell of a guy  
Yes he's still one hell of a guy (*answering chorus*)

I may have lost my **leg**  
And walk with a funny gait  
But when anyone comments, I just say  
It gets me from place to place.

But I'm still one hell of a guy  
Yes he's still one hell of a guy (*answering chorus*)

Lyrics by [Nancy](#).



# Troubled Times



## Fragile Instruments

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There are several instruments which I am sure would survive the pole shift, but I am uncertain how they would hold up in the after-time. The reed instruments, for instance; most of these are fairly small, and would therefore survive if well packed. But would there be a source of reeds in the Aftertime? How long would reeds last? Would they keep, if people got hold of a lot of them before the shift, then hoarded them somewhere? If so, what would be the best method of storage? What kind of temperature would be necessary to best preserve them, until they were needed?

Then there are the stringed instruments - violins, and their relatives; guitars, banjos, ukuleles. Would strings keep all right, if a lot of them were stored? What would be a source for strings in the after-time? I'm sure these instruments would survive, if packed really carefully, in something bolted down to a safe foundation. But would it really be worth the effort, for the limited time they would be able to be used, if we can't store parts properly?

The great thing about these kinds of instruments (apart from some guitars) is that they don't need electricity or batteries. Some of the smaller keyboards would probably survive but they, of course, need power to operate them. Exceptions to this are things like the piano accordion, which has a nice, full sound, and if properly packed and protected, might be a perfect instrument to take into our future. Not only does it sound nice, but it does not need power for its operation. At the date of writing, however, I am unsure whether parts could be obtained to keep it going.

Offered by [Helena](#).



# Troubled Times



## Strings

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String instruments do not like great changes in temperature. If too dry, they crack. If too damp, they swell (especially the pegs) and are extremely difficult to tune. So, keep them in a climate-controlled environment, if possible. Clean excess rosin off the instrument and strings. Keep the bow well rosined and be sure to loosen the hair when not in use. (And no, the strings aren't made of horse hair - the bow hair used to be that. Strings are made from different metals and I've never had one rust. They usually break long before that if put to good use.)

Offered by [Michael](#).





# Troubled Times



## Reeds

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I am pretty sure that any instrument could survive as long as it was well packed. Instruments like saxophones, clarinets, and oboes are called woodwinds, because they require a small piece of wood to play - a reed. The flute is also considered to be a woodwind, but does not use a reed. I am pretty sure reeds can withstand cold and warm temperatures, within reason, at least. Probably the most important thing would be to keep the reeds dry, otherwise they will warp. The only other problem with reeds is that they are extremely fragile. A person could easily break one in everyday wear and tear. I haven't played for many years now, but I am quite sure that they now make plastic reeds. They are a bit more expensive, but much more durable. I would say that if you don't pack plastic reeds you may as well not pack the instrument at all. The instrument will not play right if the reed has been damaged and it doesn't take too much damage to completely disable it.

Offered by [Michael](#).



# Troubled Times



## Stored Kits

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This subject is way out of my league, but I wonder if musical instrument kits could be ordered, and stored to be constructed after the pole shift? There are some companies out there that sell kits of stringed instruments, like harps and guitars. Also, with enough correspondence with a piano company, you might be able to persuade that piano company to just sell you the parts, for later assembly.

Offered by [Granville](#).



# Troubled Times



## Brass

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The easier instruments to save would be what they call the brass section, that is, trumpets, trombones, tubas (pretty big, though), baritones, and French horns. They are made completely with metal, no wood. For any kind of instrument the most important thing of all is to keep it dry. Too much moisture will cause problems. Even from normal play you must clean out your instrument every month or two, because of build-up of moisture from your breath.

Offered by [Michael](#).



# Troubled Times



## At Hand

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Music and dance, or whatever movement one is capable of at that time will definitely assist in easing pain, and bringing people together. If you don't have any musical instruments available to preserve I suggest a return to childhood. A little more primitive, perhaps, but still effective. I remember banging on pots and pans, or sometimes shaking an empty coffee can filled with beans, or beads. Toy xylophones and recorders seem fairly indestructible. I also have some kazoos - and the noise-making part seems to be a small piece of waxed paper. Pretty much everyone can play one of those. I'm sure wind chimes could easily become instruments afterwards also. Here in the US there is a performing dance group called "Stomp" which accompanies the performance with music made from found objects such as trash can lids, brooms, basketballs and body parts.

The most versatile instruments seem to be the piano and the guitar - but both of these are comparatively fragile. I think it is important to remember that instruments evolved before, and will again. Written music helps us to jog our memories, and a wealth of songs can be found in expensive Christmas caroling books, on the web, and in church hymnals. We may not be able to reproduce current music exactly, but I don't see that as a priority. A more positive outlook is that as long as we can make a sound and share it, I think we will be fine, musically.

Offered by [Kathi](#)

Music comes from the soul, not from instruments. I'm a bit of a percussionist and the strive for a percussionist is to make music, with any object available. I've heard people making great music with some old railroad tracks, or the inside of a washing machine.

Offered by [Jeroen](#)

You forgot the first and best instrument, the voice. If you survive, at least we'll be able to sing together!

Offered by [Gerard](#).



# Troubled Times



## Clay Ocarina

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I want to become a music therapist so I can show others how to go on, despite all the odds. I suppose in the after times we might have Aeolian harps, which are beautiful, and make Celtic harps, and have clay ocarinas. A clay ocarina is a little turtle-shaped object made out of clay or pottery, that fits in the palm of your hand. It has six finger-holes in it on top, and a mouth opening where the turtle's head would be; and on the underside are a thumb hole and kind of face like where slit openings are. It plays amazingly complicated songs; flute-like in sound, absolutely beautiful. It comes from the Mayans, and Aztecs, and Incas, I believe. Pan pipes are beautiful. Anybody heard Zamfir?

Offered by [Kristy](#).



# Troubled Times



## Whistles

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Don't forget penny whistles or the tin whistles of Ireland. They are relatively cheap, around \$7.50, and are easily made from rolled tin. They come in different keys, D, G, C, etc., but the most popular D. They have only 2 sharps, F and C. One has to learn how to transpose songs and how the breath works, etc. but it is easily carried in a pocket, unlike a piano.

Offered by [Kristy](#).



# Troubled Times



## Oil of Cloves

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A small toothache kit consisting of **Oil of Cloves** and little cotton wads would help with cavities until teeth can be pulled.

Offered by [Lyn](#).



# Troubled Times



## Cleaning

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Though there won't be any kind of toothpaste available it still will be possible to care for your teeth. If you stock a calculated amount of toothbrushes then all will be okay, as they are very cheap. Why will it be okay? Because brushing your teeth will remove plaque and bacteria, as long as it is done just after eating. Brushing your teeth cleans them and at the same time massages the gums, so they will stay strong and vital. If you do that regularly than most bacteria which live on the plaque for instance won't get a chance at destroying your teeth.

Naturally not all will be removed and so after brushing one does the following: Boil some water, let it cool down to the degree that it is still hot but drinkable (or make a tea) and drink from it. Let the hot water wash your mouth and teeth by using your cheek muscles. The heat kills the leftover bacteria.

Offered by [Michel](#).

Use a small syringe (like a needle syringe, but without the needle) to shoot water between teeth and inside tooth crevices where toothbrushes often miss. The force of the spray will more than likely free any "hidden" food particles from said teeth.

Offered by [Lyn](#).





# Troubled Times



## Toothpaste

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Plain baking soda can be used for toothpowder. A mixture of baking soda and salt is better, say  $\frac{2}{3}$  baking powder,  $\frac{1}{3}$  salt. Both are easily stored for post pole shift. Adding some glycerin, a few drops of essential oil flavor, say spearmint or wintergreen, with a few drops of water makes a good toothpaste. I have a small plastic bag of prickly ash bark, which was used by Native Americans for oral hygiene (they chewed on it) or mix with tooth powder, Edgar Cayce style. I have some Tempanol, which I bought from Walmart, to replace lost crowns or broken fillings and a small dental first aid kit which I also bought from Walmart. I like Anbesol for pain relief. Oil of cloves is good, too.

Offered by [Toni](#).



# Troubled Times



## Toothbrush

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When I grew up in rural Georgia and there were places with no electricity, phones, or plumbing, I observed the following. People would walk by a bush, elderberry I think, and break off a twig and start scrubbing their teeth and gums with it. I was told at the time that certain twigs were better for toothbrushes than others. Also people brushed their teeth with salt and/or baking soda. Some of the people I knew were in their 90's and still had their teeth. Of course, it might have been just genetics. But my point is, that aren't we making this too difficult?

Offered by [Terry](#).



# Troubled Times



## Miswaaks

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Miswaaks (twig toothbrushes) from the following (poisonous) trees are not permissible:

1. Pomegranate
2. Bamboo
3. Raihaan
4. Chambelie

The following types of Miswaaks are recommended:

1. Peelo tree
2. Zaitoon or Olive tree
3. Bitam
4. Any bitter tree
5. Walnut tree

Doesn't the idea of the rough looking (ouch!) miswaak inspire you to stockpile as many "unnatural" toothbrushes as you can afford?

Offered by [Di](#).

Bamboo shoots are edible; and I have, by the way, made a toothbrush from Bamboo ... and am here to say so 25 years latter.

Offered by [Ron](#).



# Troubled Times



## Distillation Residue

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What will post pole shift survivors substitute for toothpaste? I don't know, except that I've been using something that I have around our house with seeming success. There's some liquid that remains after boiling water for distilled water. It's usually colored lightly brown and heavy in lime. I retrieve this from a small Sears water distiller. The water distiller makes one gallon of distilled water. From that gallon, I get several tablespoons of residue. I rinse my mouth with 1 tablespoon of the residue after I brush my teeth. This few seconds rinsing in the mouth will neutralize acids that cause tooth decay.

The reason I thought the residue might be good for teeth is that the high concentration of minerals in the residue might bond to teeth and thus strengthen them. Yes, my teeth need the help. After a month, I'm not 100% convinced that it works in this way, but my teeth seem to stay cleaner during the day even after meals, and I'm experiencing less pain from some of my weaker teeth. The residue is also antiseptic because of the extreme high density of ions in the solution. When I wake up in the morning, I have the sensation of a clean mouth, even more so than when I use a store-bought antiseptic mouthwash.

In other words, using this residue could offer an additional solution to oral hygiene for those people in a pinch, as so many will find themselves post pole shift.

Offered by [Charles](#).

I would not recommend using the distillate residue from a boiler for a mouth rinse. For one thing, you're gonna get a whole boatload of *metals*. Metal from the boiler and every other metal that was dissolved in the water will be in that distillate - in *high* quantities. Beyond that, you might be getting harmful compounds that sometimes require high temperature and high pressure in order to form. My advice? Analyze first; then consider whether you want to put it in your mouth.

Offered by [Educate-Yourself](#).



# Troubled Times



## Calcium

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Furthermore your teeth need calcium and other minerals too, but calcium is very important for strong bones and teeth. Eggs, cheese and milk are high in calcium, as most know already.

Offered by [Michel](#).

Preventive maintenance should be our main thrust. Maintaining the health of the body is primary. Keep the teeth clean. Supply minerals and trace minerals for strong teeth and bones. Most gum shrinkage is due to the bone dissolving away at up to 1 mm/year, due to lack of intake of proper amount and type of calcium and other synergistic trace minerals. The body maintains the blood at a given pH, and this is senior to having the calcium stored in bones, so if the body doesn't get enough calcium to maintain the proper blood pH, calcium is pulled out of bones and they shrink in size. Then gums recede, and teeth get loose.

Offered by [Mike](#).

The primary reason for calcium deficiency (which requires the body to get its serum calcium from the bones, teeth, etc.) is due to excessive calcium being *excreted* in the urine! Why?

1. Most of us are eating far *too much protein* . Protein cannot be stored like carbohydrates or fats. It's either used or gotten rid of. The body needs to use the calcium in order to excrete the by-products of protein breakdown.
2. The Calcium/Phosphorous Ratio: Phosphorous is another macro mineral closely associated with calcium. The ratio of calcium to phosphorous is kept within very tight limits by a hormone from the parathyroid gland. If you are consuming excess phosphorous from sources such as soft drinks, meats, or grains, your pee is going to be very calcium rich.

Offered by [Educate-Yourself](#).



# Troubled Times



## Gum Disease

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I'm assuming that post pole shift, dentists will be few and far between! I know from my medical background that dental enamel is actually the hardest substance in the body. Often it is not the teeth, but the gums that will let us down! I have found that gums are the most important thing to maintain (so says my dentist). I can see that it is going to be easier to keep the teeth themselves going in the years ahead, but the gums are a challenge! Lots of flossing and all that stuff. Waterpics are great for gums but can I see using one post pole shift? I think not! I think the key is preventing buildup and yucky pockets and promoting good oral flora. Its a pretty mundane topic, but just one more thing we should think about.

Offered by [Craig](#).

I have found if one has bacteria of the gums that one to two drops of **Tea Tree oil** put on a tooth brush (with or without tooth paste doesn't matter) while brushing your teeth, will get rid of bacteria in one to several applications. For maintenance one can use Tea Tree oil once every several weeks to once every 3 days. Any more frequent may be slightly irritating to the gums, but this all depending on the person. Brushing occasionally with Tea Tree oil, I have found, will handle gum bacteria, completely reversing the condition to the amazement of my dentist. According to Dr. Schulze - An infection of the gum can be handled by slicing a **garlic clove** in half and putting it on the gum over night. One can sleep with it between the lip and the gum. This will blister the outer part of the gum but who cares if it saves the tooth and kills the infection.

I recommend you pick up your own set of dental tools. The way to do this. Keep an eye on the shape of the tools your dentists uses to scrape the tarter off when you go in for cleanings. Get interested in what he is doing, ask questions. You can get these **scraping tools** cheaply at large swap meets and some discount tool places. You may need to sharpen your own from what you find. Practice from time to time scraping your own teeth. Note: Be sure to get the stainless steel ones so they will not rust. There are plated steel ones that are not as good.

Colloidal silver will not stay in the mouth long enough to get deep into an infected gum. If one is only putting it on the gums then it probably will not work vary well. One would need to take it internally in the proper dosage and have the circulation system deliver it to the site. Again both methods (garlic and silver) have their place and proper use.

Offered by [Mike](#).

Tea Tree Oil has its place, but it's a highly volatile oil that easily destroys the surface layer of sensitive tissue like the gums. If you were in an emergency situation and had nothing else, OK. But why use a Model T Ford to do this job when you have a Ferrari sitting in the garage? **Colloidal Silver** will clear up *any* oral infection (including cancer) without any damage to healthy cells at all!

Offered by [Educate-Yourself](#).



# Troubled Times



## Oil of Oregano

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Some time back we were discussing the uses of Oil of Oregano for health maintenance and healing. Here's a personal report. I ran right out and got some of the stuff after we talked about it a couple of months ago. Since then I have been using a drop or two a day like this: A drop on my toothbrush along with the toothpaste. I had to get a filling replaced in December and the dentist told me everything looked really good, including my gums. Apparently the Oil of Oregano goes after those little bacteria that cause gingivitis. A drop under my tongue and swish with a swallow of water.

Offered by [Martha](#).



# Troubled Times



## Poor Man's

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I remember reading something a long time ago about something I call poor man's glasses. Basically, regardless of whether you are near or far sighted and don't have glasses you can make one out of paper or cardboard. Cut out glasses with the eye pieces completely covered over. Next poke little pin holes through the eye piece area. You should be able to see with perfect clarity through these holes. It is something about the light rays going in a straight line without the need for focusing. In a pinch [pun], pinching your first finger and thumb of both hands and putting them together you can make a small hole to look through where all 4 finger nails touch (simple but difficult to describe in writing). I used to use this technique in elementary school, since I was too self conscious about wearing glasses and my eyes hurt from squinting trying to see the board. Just a little tidbit to consider.

Offered by [Steve](#).

This is also a strengthening exercise. My mom purchased a couple of pairs of glasses made with a solid piece of plastic where the lens should be. There are hundreds of small holes punched in the plastic lenses. The holes in the purchased ones are about a millimeter square. There are rows of them covering the entire face of the surface and they are spaced about a millimeter apart. She wears hers when watching TV to strengthen her eye muscles. She says she can see better with them than with her contacts!

Offered by [Leila](#).





# Troubled Times



## Dr. Dean O'Dell

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I am slightly near sighted and wear bifocals. I have purchased cheap reading glasses at the local bargain center (or Dr. Dean O Dells at most pharmacies). Then you go to the local thrift store and find a pair of good metal frames that look like they will fit your cheap glasses, transfer the lenses into the frames and you have a good sturdy set of glasses for emergencies. I have several pairs in progressively stronger strength for future use. I cannot read without glasses and by stockpiling various strengths I should be able to find at least one set that will work for me. Besides, if I can't use them I can always pass them along to someone that will be needing them.

Offered by [Mary](#).



# Troubled Times



## Joshua Silver

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This man, [Joshua Silver](#), has developed eyeglasses that are adjustable to any prescription. You simply put the glasses on, and on each side are adjustable knobs that will bring the lenses into focus. When they are adjusted, the knobs lock into place.

Offered by [Bill](#).



# Troubled Times



## Common Foods

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The following are ways to "spice up" foods with cancer preventatives while making food more palatable according to *The Phytopia Cookbook*, 1998:

1. Add garlic to stir fry dishes, pilaf and marinades.
2. Add onions to sauces, soups, stews, casseroles, or salad dressings.
3. Puree black beans with cumin, jalapeno pepper and chili powder, misc. with salsa and spread it on pizza crust. Top with peppers, onions, corn kernels and nonfat cheese for a healthy southwestern style pizza.
4. Add beans to pasta sauce, soups, salads and stews.
5. Puree vegetables (tomatoes, peppers, eggplant) and add them to sauces or pasta or use them as a pizza topping.
6. Add fruits to dry or cooked cereals.
7. Add lemon or orange peel to muffins, cakes, fruit salads, marinades(incidentally, orange peel is also a great cleaner of almost anything!)
8. Substitute mushrooms for meat in sauces, stew, stuffings.
9. Mix fruits and vegetables into salsas.
10. Use tea to flavor marinades and vinaigrettes.
11. Poach fruit like peaches and pears in sweetened red wine. Thicken the liquid with cornstarch for a dessert sauce.

There are many more, but these seemed to be the most realistic in a situation of limited food availability.

Offered by [John](#).

*The Doctors Book of Food Remedies* states that Harvard Medical School found that women who regularly drank cranberry juice were 60% less likely to develop urinary track infections. Of women who already had such infections, those who drank the juice were nearly 75% more likely to see their infections clear up. Gout - eating 6 cherries a day or drinking black cherry juice will relieve symptoms. Cherries also have the ability to help block the formation of a variety of cancers. Avocados help lower cholesterol and keep blood sugar disorders under control. Garlic lowers cholesterol, block growth of cancer and is a natural antibiotic. Honey contains 3 ingredients ideal for healing wounds. It's very high in sugar, so it absorbs much of the moisture inside wounds, making it hard for bacteria to survive. Second, many honeys contain large amounts of hydrogen peroxide, used to disinfect wounds. Finally some honeys contain propolis, a compound in nectar that kills bacteria. Celery can lower blood pressure an average of 12-14%. Eating nuts can cut heart attack risk in half. Watercress helps reduce smokers lung cancer risks by 50%.

Offered by [Steve](#).



# Troubled Times



## Foods that Fight Disease

Home remedies are definitely going more mainstream. This is from the February 15, 1997 issue of *Foodservice Director*. Phytochemicals in foods that fight disease:

FOOD	PYTOCHEMICAL	MAY HELP PREVENT/TREAT
<b>Apple</b>	Ellagic acid	Cancer
	Octacosanol	Parkinsonism
	Pectin	High blood sugar; cholesterol & blood pressure
<b>Artichoke</b>	Cynarin	High blood cholesterol, liver
<b>Dry Beans</b>	Lignans	Colon cancer
	Soluble fiber	Diabetes, high cholesterol
<b>Blueberries</b>	Anthocyanosides	Diarrhea, heart disease
	Pectin	High cholesterol, sugar & blood pressure
<b>Broccoli</b>	Indoles	Cancer
	Isothiocyanate	
<b>Cabbage</b>	Genistein	Cancer
	Indoles	Colon cancer
<b>Carrots</b>	Carotenoids	Lung cancer, stroke
<b>Celery</b>	Psoralens	Psoriasis
	3-n-butyl phthalide	High blood pressure
<b>Chili pepper</b>	Capsaicin	Arthritis, asthma, bronchitis
<b>Fig</b>	Benzyaldehyde	Cancer
	Psoralens	Lymphoma
<b>Flaxseed</b>	Lignans	Cancer
	Soluble fiber	Diabetes, high cholesterol
<b>Garlic</b>	Allylic sulfides	Cancer
	Terpenes	
<b>Grape juice &amp; Red Grapes</b>	Resveratrol	High cholesterol
<b>Orange</b>	d-limonene terpenes	Cancer (breast, lung)
<b>Pineapple</b>	Bromelain	Cancer, inflammation
<b>Pumpkin</b>	Carotenoids	Cancer
<b>Soybeans</b>	Genistein	Cancer (breast, brain, prostate)
<b>Spinach</b>	Carotenoids	Cancer

<b>Strawberries</b>	Ellagic acid	Cancer
	Pectin	High cholesterol
<b>Green tea</b>	Polyphenols	Cancer, high cholesterol; high blood pressure
<b>Tomato</b>	Lutein	Cancer
	Lycopene	Cancer
	gamma-amino butyric acid	high blood pressure



# Troubled Times



## Natural Remedies

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Thought some might like this.

Offered by [Stephen](#).

**HEADACHE? EAT FISH!** Eat plenty of fish -- fish oil helps prevent headaches. So does ginger, which reduces inflammation and pain.

**HAY FEVER? EAT YOGURT!** Eat lots of yogurt before pollen season.

**TO PREVENT STROKE - DRINK TEA!** Prevent buildup of fatty deposits on artery walls with regular doses of tea.

**INSOMNIA (CAN'T SLEEP?) HONEY!** Use honey as a tranquilizer and sedative.

**ASTHMA? EAT ONIONS!** Eating onions helps ease constriction of bronchial tubes.

**ARTHRITIS? EAT FISH, TOO!** Salmon, tuna, mackerel and sardines actually prevent arthritis.

**UPSET STOMACH? BANANAS - GINGER!** Bananas will settle an upset stomach. Ginger will cure morning sickness and nausea.

**BLADDER INFECTION? DRINK CRANBERRY JUICE!** High-acid cranberry juice controls harmful bacteria.

**BONE PROBLEMS? EAT PINEAPPLE!** Bone fractures and osteoporosis can be prevented by the manganese in pineapple.

**PMS? EAT CORN FLAKES!** Women can ward off the effects of PMS with cornflakes, which help reduce depression, anxiety and fatigue.

**MEMORY PROBLEMS? EAT OYSTERS!** Oysters help improve your mental functioning by supplying much-needed zinc.

**COLDS? EAT GARLIC!** Clear up that stuffy head with garlic.

**COUGHING? USE RED PEPPERS!** A substance similar to that found in the cough syrups is found in hot red pepper.

**BREAST CANCER? Wheat, Bran, Cabbage.** Bran and cabbage help maintain estrogen at healthy levels.

**LUNG CANCER? EAT DARK GREEN AND ORANGE VEGGIES!** A good antidote is beta carotene, a form of Vitamin A found in dark green and orange vegetables.

**ULCERS? EAT CABBAGE ALSO!** Cabbage contains chemicals that help heal both gastric and duodena ulcers.

**DIARRHEA? EAT APPLES!** Grate an apple with its skin, let it turn brown and eat it to cure this condition.

**CLOGGED ARTERIES? EAT AVOCADO!** Mono unsaturated fat in avocados lowers cholesterol.

**HIGH BLOOD PRESSURE? EAT CELERY AND OLIVE OIL!** Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers pressure, too.

**BLOOD SUGAR IMBALANCE? EAT BROCCOLI AND PEANUTS!** The chromium in broccoli and peanuts help regulate insulin and blood sugar.



# Troubled Times



## Onion

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Onion (*Allium cepa*): If you dislike the smell and taste of onions, or have problem digesting them, or if you won't have well lighted facilities to grow plants in - then growing onions is ill advised. Only for those who will have lighted facilities in the Aftertime, as the onion normally prefers a spot in the light of sun. Of course it doesn't require much light, though the dimmer the light, the lower the health of the plant, the less medical value, and the less taste.

Why so much fuzz over the onion? Because it has so many uses.

1. Some American Indians have always used the juice of a piece of onion to ward against insect bites (insect will be everywhere in the Aftertime).
2. Grated onion is used externally to treat rheumatoid pains in joints.
3. A piece of cotton-wool with onion juice eases ear- and toothache (dental care won't be professionally available in the Aftertime).
4. Urinary infections and infections of the airways give way to treatment with honey and onions.
5. Onion lowers the blood pressure.
6. Onion stimulates the digestive track.
7. Onion heals wounds.
8. Onion eases coughing and colds.
9. Onion, in the earlier ages of long ocean travels, was used to treat scurvy. The onion is very rich in vitamin C and other vitamins and minerals.
10. It was also used to keep infections in general at a distance.
11. Onion contains a lot of phosphorous which of itself has a positive effect on memory, the ability to concentrate and to think creatively.
12. And last but definitely not least, onion makes for a great food additive in the kitchen.

The onion plant itself lives only for two years, but don't be sad, as many small bulbs grow from the parent, as it were.

Offered by [Michel](#).





# Troubled Times



## Garlic

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Gathered from *CNN Online*, 7/21/97

While the medicinal powers of garlic have been acclaimed for more than 2,000 years, it has only been recently that scientific studies have demonstrated that chemical compounds in garlic are good for you. One study, at the Mercy Cancer Institute in Pittsburgh, showed that garlic helped slow the growth of tumors. "We have shown that some of these compounds prevent cancer in animals, and we hope that's the case in humans," said Shivendra Singh of the institute. The researchers in Pittsburgh hope to launch experiments involving humans next year. Studies at West Virginia University have found that garlic can inhibit the growth of breast cancer. Researchers at the university think garlic may also help boost the immune system in laboratory mice, thereby reducing the growth of cancerous cells. Whether it works on humans remains to be seen. "Garlic very significantly reduced the growth of bladder tumors in mice," added Dr. Donald Lamm of West Virginia University. Other studies show that garlic may prevent everything from heart disease to the common cold.

Offered by [Stephen](#).



# Troubled Times



## Cabbage Family

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### Mayo Clinic Health Oasis

Cruciferous (krew-SIH-fer-uhs) is the scientific name for a group of plants whose four petal flowers resemble a cross. These vegetables are a part of the cabbage family and include arugula, bok choy, broccoli, broccoli sprouts, Brussels sprouts, cabbage, cauliflower, Swiss chard, collards, kale, kohlrabi, mustard greens, radishes, rutabaga, turnips, turnip greens and watercress.

About 20 years ago, epidemiologic studies found that consumption of this group of vegetables was associated with decreased risk for cancer. In the early 1990s, two organic compounds in cruciferous vegetables containing sulfur (dithiolthiones and isothiocyanates) were found to increase the activity of enzymes involved in detoxifying some carcinogens. In addition, a compound called indol-3-carbinol was found to affect estrogen metabolism and is thought to be protective against estrogen-related cancers such as cancer of the breast and uterus. Other beneficial substances found in cruciferous vegetables include fiber and the antioxidants vitamin C and beta carotene.

The chemical composition of this group of vegetables is complex, making it difficult to isolate which compound or group of compounds provides benefit. For now, the strongest evidence indicates that individuals who eat five servings of fruits and vegetables - including cruciferous vegetables - daily cut their risk for cancer by half when compared to those who consume one serving or less. There is a wide choice of cruciferous vegetables. Eat plenty.



# Troubled Times



## Potato

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Mashed potato used topically draws out toxins from boils. Raw juice improves function of digestive system and alleviates constipation, heartburn and gout, diluted with warm water and taken in the morning alleviates peptic ulcers. Raw slices applied to the skin can relieve eczema and alleviate red, swollen, puffy or sore eyes. But more importantly the skins, (cleaned of all pulp after boiling) can be used as a dressing for burns, even severe and deep burns. It is being used in hospitals in India with great success.

Offered by [Jan](#).



# Troubled Times



## Pineapple

For effective treatment for High blood pressure, clotting, heart conditions, stroke, and much more, eat 2 slices (about 1" thick each) of *fresh* pineapple (the core included as it is enzyme rich in Bromelain). I am including some technical data that has been scientifically evaluated.

*Bromelain is a dietary Proteolytic Enzyme (it is actually a group of closely related Proteolytic Enzymes).*

*Bromelain effectively treats Angina (by stimulating the breakdown of Fibrinogen). Bromelain breaks down the Atherosclerotic Plaque that is implicated in Atherosclerosis. Bromelain inhibits abnormal Blood Clotting (by stimulating the breakdown of Fibrinogen and Fibrin via the process of fibrinolysis) - this can prevent Thrombosis. Bromelain helps to prevent and treat Cardiovascular Diseases (by inhibiting Fibrinogen that is implicated in the abnormal Blood Clotting that is implicated in most types of Cardiovascular Diseases). Bromelain is an excellent treatment for persons who have had a Heart Attack (due to its ability to inhibit further abnormal Blood Clotting that may cause a second Heart Attack).*

*Bromelain helps to "dissolve" the foreign Proteins (Antigens) that are responsible for many Allergies. Bromelain interferes with the growth of the malignant Cells of many forms of Cancer (by helping to stimulate the body's endogenous production of anti-Cancer compounds such as Interleukin 1, Interleukin 6 and Tumor Necrosis Factor (TNF). Bromelain helps to reduce Inflammation.*

*Bromelain (160 mg per day) accelerates the healing of Bruising (Bromelain treatment must be commenced as soon as possible following injury for this treatment to be effective). Bromelain (1,200 - 1,800 mg per day) reduces the Inflammation associated with Rheumatoid Arthritis. Bromelain (160 mg per day) alleviates the Edema and Inflammation associated with Wounds.*

Offered by [Jan](#).



# Troubled Times



## Beets

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Beet; Garden Beet; Red Beet; Table Beet

*Beetroot (juice) alleviates Anemia. Beetroot stimulates the production of Red Blood Cells. Beetroot (juice) alleviates Constipation. Beetroot helps to prevent Gallstones. Beetroot (juice) alleviates disorders of the Bladder. Beetroot (juice) alleviates many Kidney disorders. Beetroot prevents and possibly reverses some forms of Cancer: Beetroot helps to prevent Lung Cancer; Beetroot helps to prevent Prostate Cancer. Beetroot improves the function of the Liver by stimulating the regeneration of Liver tissue and by stimulating the metabolism of dietary Fats within the Liver. Beetroot alleviates Jaundice. Beetroot alleviates Gout. Beetroot (juice) alleviates Lumbago. Beetroot (juice) alleviates ailments of the Nervous System. Beetroot (juice) alleviates Amenorrhea (suppressed Menstruation).*

*Beets Contains these Substances: Betaine, Betanin, Calcium, Copper, Potassium, Sodium, Iron, Oxalic Acid, Succinic Acid, Fumaric Acid, and Folic Acid.*

Offered by [Jan](#).



# Troubled Times



## Avocado

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I can vouch for the use of Avocado to counter high cholesterol. My father was diagnosed with very high cholesterol and chose, among other dietary changes, to replace butter with Avocado. His cholesterol levels are right back to normal now. It tastes fine on bread and toast and stuff, although you wouldn't mix it with anything sweet.

Offered by [Gino](#).



# Troubled Times



## Kill E.coli

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About spices that kill E.coli. Testing during and after cooking has not been done, but if the germ dudes are dead before cooking, they would not be resurrected during cooking (unless improper food handling was used!). I suppose their testing will be to determine if the spices will kill newly introduced E.coli even after cooking.

Offered by [Roger](#).



# Troubled Times



## Garlic

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This might be of interest. Information forwarded by [Alishaa Asakura](#).

The Garlic Information Center in Britain indicates that deadly Anthrax is most susceptible to Garlic. Garlic is a broad-spectrum antibiotic that even blocks toxin production by germs. [*Journal Nutrition*, March 2001]. In one test garlic was found to be a more potent antibiotic than penicillin, ampicillin, doxycycline, streptomycin and cephalexin, some of the very same antibiotic drugs used in the treatment of anthrax.

Garlic was found to be effective against nine strains of E. coli, Staph and other bugs. [*Fitoterapia*, Volume 5, 1984] Freshly cut cloves of garlic or garlic powder may be beneficial. The antibiotic activity of one milligram of allicin, the active ingredient in garlic, equals 15 units of penicillin. [*Koch and Lawson, Garlic: The Science and Therapeutic Application*, 2nd edition, Williams & Wilkins, Baltimore 1996]

Garlic capsules that certify their allicin content are preferred and may provide 5-10 milligrams of allicin, which is equivalent to 75-150 units of penicillin.

Offered by [Stephen](#).





# Troubled Times



## Vitamin C

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This might be of interest. Information forwarded by [Alishaa Asakura](#).

The anthrax bacterium's toxicity emanates from its ability to kill macrophage cells which are part of the immune system. Studies have shown that sulfur-bearing antioxidants (alpha lipoic acid, N-acetyl cysteine, taurine) and [Vitamin C](#), which elevate levels of glutathione, a natural antioxidant within the body, counters the toxicity produced by anthrax. [*Molecular Medicine*, November 1994; *Immunopharmacology*, January 2000; *Applied Environmental Microbiology*, May 1979] The above sulfur compounds can be obtained from health food stores and taken in doses ranging from 100-500 mg. Vitamin C should be the buffered alkaline form (mineral ascorbates) rather than the acidic form (ascorbic acid) and should be combined with bioflavonoids which prolong vitamin C's action in the blood circulation. The powdered form of vitamin C is recommended to achieve optimal dosing. A tablespoon of vitamin C powder (about 10,000 mgs) can be added to juice. Good products are Twinlab's Super Ascorbate C powder and Alacer's powdered vitamin C.

Offered by [Stephen](#).



# Troubled Times



## Melatonin

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This might be of interest. Information forwarded by [Alishaa Asakura](#).

**Melatonin**, a sleep-inducing hormone available at most health food stores, has been shown to help prevent lethal toxins from anthrax exposure. [*Cell Biology Toxicology*, Volume 16, 2000] It could be taken at bedtime in doses ranging from 5-20 mg. Melatonin boosts glutathione levels during sleep. Of additional interest, one of the methods by which Mustard Gas works is its ability to bring about cell death by depleting cell levels of glutathione [*Medicine Journal*, April 9, 2001] So glutathione is also an antidote for mustard gas poisoning. Virtually all bacteria, viruses and fungi depend upon Iron as a growth factor. [*Iron & Your Health*, T.F. Emery, CRC Press, 1991] Iron-chelating (removing) drugs and antibiotics (Adriamycin, Vancomycin, others) are effective against pathogens. The plague (*Yersinia pestis*), botulism, smallpox and anthrax could all be potentially treated with non-prescription metal-binding chelators. For example, iron removal retards the growth of the plague. [*Medical Hypotheses*, January 1980] The biological activity of the botulinum toxin depends upon iron, and metal chelators may be beneficial. [*Infection Immunology*, October 1989, *Toxicon*, July, 1997].

Offered by [Stephen](#).



# Troubled Times



## Rice Bran

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This might be of interest. Information forwarded by [Alishaa Asakura](#).

Phytic acid (IP6), derived as an extract from [Rice Bran](#), is the most potent natural iron chelator and has strong antibiotic and antioxidant action. [*Free Radical Biology Medicine*, Volume 8, 1990; *Journal Biological Chemistry*, August 25, 1987] IP6 has been found to have similar iron-chelating properties as desferrioxamine, a drug commonly used to kill germs, tumor cells or to remove undesirable minerals from the body. [*Biochemistry Journal*, September 15, 1993] IP6 rice bran extract (2000-4000 mg) should be taken in between meals with filtered or bottled water only (no juice).

Offered by [Stephen](#).



# Troubled Times



## Oregano

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This might be of interest. Information forwarded by [Alishaa Asakura](#).

The antibacterial, antiseptic action of plant oils has been described in recent medical literature and may be helpful in fighting biological toxins. [*Journal Applied Microbiology*, Volume 88, 2000] A potent natural antibiotic, more powerful than many prescription antibiotics, is oil of **Oregano**. One study showed that oregano completely inhibited the growth of 25 germs such as *Staphylococcus aureas*, *Escherichia coli*, *Yersinia enterocolitica* and *Pseudomonas aeruginosa*. [*Journal Food Protection*, July 2001] Oregano has been shown to be effective in eradicating intestinal parasites in humans. [*Phytotherapy Research*, May 2000] **Wild Oregano**, which is quite different than the variety on most kitchen spice racks, has over 50 antibacterial compounds. Just one part wild oregano oil in 4000 dilution sterilizes contaminated water. [*London Times*, May 8, 2001]

Oregano powder from whole leaf oregano is available as Oregamax™ capsules (North American Herb & Spice Co.). A spectacular development in natural antibiotic therapy is the manufacture of oregano powder from 100% pure oregano oil, producing one of the most potent antibiotics known. It has recently become available under the trade name Oregacin™ (North American Herb & Spice Co.). It costs about \$1 per pill, but this is a far cry from the \$16 per pill for Vancomycin, known as most potent prescription antibiotic.

Offered by [Stephen](#).



# Troubled Times



## Chinese Club Moss

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This might be of interest. Information forwarded by [Alishaa Asakura](#).

Nature also provides nerve gas antitoxins. Nerve gas interrupts the normal transmission of nerve impulses by altering levels of acetylcholinesterase, the enzyme that degrades the nerve transmitter acetylcholine. Huperzine A, a derivative of [Chinese Club Moss](#), has been suggested as a pre-treatment against nerve gases. [*Annals Pharmacology France*, January 2000] The Walter Reed Army Institute of Research conducted studies which revealed that huperzine A protects against nerve gas poisoning in a superior manner to physostigmine, a long-standing anti-nerve toxin drug. [*Defense Technical Information Center Review*, Volume 2, December 1996] Huperzine A is available as a food supplement at most health food stores. Suggested dosage is 150 mcg per day. Pretreatment is advised prior to nerve gas exposure.

Offered by [Stephen](#).



# Troubled Times



## Parasite Delimma

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Parasites that can cause trouble in humans can be one of hundred to thousands of types of bacteria, protozoa, round worms, flat worms, viruses, fungi such as yeast and molds, and amoebas. Some of these are very small and cannot be caught with filters. Other parasites survive drying as very small and extremely numerous eggs live through the drying process. Some sewage plants render human waste harmless by the use of special bacteria. I heard a story once of a tour guide at a sewage plant proving its effectiveness by scooping up a glass of water just separated from digested human waste and drinking it. Possibly through the use of such a mini-sewage plant one could de-parasite the human waste enough so it could be safely used to feed worm beds, algae ponds, and hydroponics beds.

There are good parasites and bad parasites. The body in and of itself has lots of good parasites or intestinal flora, i.e. bacteria of many types, that is necessary for its survival. Some parasites used in the food growing process can overcome some bad parasites. It gets complex to understand and develop an ecosystem that can take care of any bad parasites that get into it. A semi-closed food loop that stays intact for 10-30 years and doesn't mutate or get infected with an outside pathogen will take some understanding. We need to understand how to develop a balanced ecosystem and not let anything from outside contaminate it, overwhelm it, or throw it out of balance. We need to be able to determine the technology of how to toughen up the ecosystem so it can't easily go out of balance. We need to be able to determine how to bring an out of balance ecosystem into balance.

I do know that we will not want to use heat to boil or cook everything we eat. This would include boiling fresh vegetables and killing the good enzymes. Plus, many will simply not have the continuing resources to cook everything. Wood will soon run out, till trees grow back. Unless one has an abundant electrical source, near water or continuing wind power, I doubt much cooking will be done. It might be wiser to manage the parasites from the start. I think it possible to eat hydroponically grown vegetables raw. It should also then be possible to drink blue-green algae or filter-strain it from the tank for direct consumption? Don't want to cook it, losing all the nutritional value. Enzymes are lost at about 160-180 degrees Fahrenheit.

I do know that if we use human waste without an effective de-parasite treatment that sooner or later nearly everyone eating the food or in the vicinity, just being nearby affected by airborne types of disease, will be sick. Parasites in a feed back loop of body/waste/food/body/waste/food will multiply and cause a problem unless we break the chain every chance we get. If you will notice, there is no cooking in the manufacturing of super quality foods such as chlorella and blue-green algae. It has also been carefully tested for mutation, parasites and other things that could have grown into it in the process. If need be, fish can even be eaten raw if it is grown in a non-parasite environment. Some say eating meat is much healthier if eaten raw too.

Offered by [Mike](#).



# Troubled Times



## Giardia Lamblia

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### FDA's [Bad Bug Book](#)

*Giardia lamblia* (intestinalis) is a single celled animal, i.e., a protozoa, that moves with the aid of five flagella. In Europe, it is sometimes referred to as *Lamblia intestinalis*. Giardiasis is the most frequent cause of non-bacterial diarrhea in North America. Organisms that appear identical to those that cause human illness have been isolated from domestic animals (dogs and cats) and wild animals (beavers and bears). A related but morphologically distinct organism infects rodents, although rodents may be infected with human isolates in the laboratory. Human giardiasis may involve diarrhea within 1 week of ingestion of the cyst, which is the environmental survival form and infective stage of the organism. Normally illness lasts for 1 to 2 weeks, but there are cases of chronic infections lasting months to years. Chronic cases, both those with defined immune deficiencies and those without, are difficult to treat.

The disease mechanism is unknown, with some investigators reporting that the organism produces a toxin while others are unable to confirm its existence. The organism has been demonstrated inside host cells in the duodenum, but most investigators think this is such an infrequent occurrence that it is not responsible for disease symptoms. Mechanical obstruction of the absorptive surface of the intestine has been proposed as a possible pathogenic mechanism, as has a synergistic relationship with some of the intestinal flora. *Giardia* can be excysted, cultured and encysted *in vitro*; new isolates have bacterial, fungal, and viral symbionts. Classically the disease was diagnosed by demonstration of the organism in stained fecal smears.

Several strains of *G. lamblia* have been isolated and described through analysis of their proteins and DNA; type of strain, however, is not consistently associated with disease severity. Different individuals show various degrees of symptoms when infected with the same strain, and the symptoms of an individual may vary during the course of the disease. Major outbreaks are associated with contaminated water systems that do not use sand filtration or have a defect in the filtration system. The largest reported foodborne outbreak involved 24 of 36 persons who consumed macaroni salad at a picnic.



# Troubled Times



## Entamoeba Histolytica

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### FDA's [Bad Bug Book](#)

This is a single celled parasitic animal, i.e., a protozoa, that infects predominantly humans and other primates. Diverse mammals such as dogs and cats can become infected but usually do not shed cysts (the environmental survival form of the organism) with their feces, thus do not contribute significantly to transmission. The active (trophozoite) stage exists only in the host and in fresh feces; cysts survive outside the host in water and soils and on foods, especially under moist conditions on the latter. When swallowed they cause infections by excysting (to the trophozoite stage) in the digestive tract.

Infections that sometimes last for years may be accompanied by 1) no symptoms, 2) vague gastrointestinal distress, 3) dysentery (with blood and mucus). Most infections occur in the digestive tract but other tissues may be invaded. Complications include 4) ulcerative and abscess pain and, rarely, 5) intestinal blockage. Onset time is highly variable. It is theorized that the absence of symptoms or their intensity varies with such factors as 1) strain of amoeba, 2) immune health of the host, and 3) associated bacteria and, perhaps, viruses. The amoeba's enzymes help it to penetrate and digest human tissues; it secretes toxic substances.

Human cases are diagnosed by finding cysts shed with the stool; various flotation or sedimentation procedures have been developed to recover the cysts from fecal matter; stains (including fluorescent antibody) help to visualize the isolated cysts for microscopic examination. Since cysts are not shed constantly, a minimum of 3 stools should be examined. In heavy infections, the motile form (the trophozoite) can be seen in fresh feces. Serological tests exist for long-term infections. It is important to distinguish the *E. histolytica* cyst from the cysts of nonpathogenic intestinal protozoa by its appearance.

Amebiasis is transmitted by fecal contamination of drinking water and foods, but also by direct contact with dirty hands or objects as well as by sexual contact. The infection is not uncommon in the tropics and arctics, but also in crowded situations of poor hygiene in temperate-zone urban environments. It is also frequently diagnosed among homosexual men. In the majority of cases, amoebas remain in the gastrointestinal tract of the hosts. Severe ulceration of the gastrointestinal mucosal surfaces occurs in less than 16% of cases. In fewer cases, the parasite invades the soft tissues, most commonly the liver. Only rarely are masses formed (amoebomas) that lead to intestinal obstruction. Fatalities are infrequent.





# Troubled Times



## Acanthamoeba

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### FDA's [Bad Bug Book](#)

Naegleria fowleri and other amoebae are members of the two genera named above are the principal examples of protozoa commonly referred to as pathogenic free-living amoebae. These organisms are ubiquitous in the environment, in soil, water, and air. Infections in humans are rare and are acquired through water entering the nasal passages (usually during swimming) and by inhalation. PAM occurs in persons who are generally healthy prior to infection. Central nervous system involvement arises from organisms that penetrate the nasal passages and enter the brain through the cribriform plate. The organisms can multiply in the tissues of the central nervous system and may be isolated from spinal fluid. In untreated cases death occurs within 1 week of the onset of symptoms.

Prior to 1985 amoebae had been reported isolated from diseased eyes only rarely; cases were associated with trauma to the eye. In 1985-1986, 24 eye cases were reported to CDC and most of these occurred in wearers of contact lenses. It has been demonstrated that many of these infections resulted from the use of home-made saline solutions with the contact lenses. Some of the lenses had been heat treated and others had been chemically disinfected. The failure of the heat treatment was attributed to faulty equipment, since the amoebae are killed by 65 degrees C (149 degrees F) for 30 minutes. The failure of the chemical disinfection resulted from insufficient treatment or rinsing the lenses in contaminated saline after disinfection.



# Troubled Times



## Cryptosporidium Parvum

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### FDA's [Bad Bug Book](#)

Cryptosporidium parvum, a single-celled animal, i.e., a protozoa, is an obligate intracellular parasite. It has been given additional species names when isolated from different hosts. It is currently thought that the form infecting humans is the same species that causes disease in young calves. The forms that infect avian hosts and those that infect mice are not thought capable of infecting humans. Cryptosporidium sp. infects many herd animals (cows, goats, sheep among domesticated animals, and deer and elk among wild animals). The infective stage of the organism, the oocyst is 3 um in diameter or about half the size of a red blood cell. The sporocysts are resistant to most chemical disinfectants, but are susceptible to drying and the ultraviolet portion of sunlight. Some strains appear to be adapted to certain hosts but cross-strain infectivity occurs and may or may not be associated with illness. The species or strain infecting the respiratory system is not currently distinguished from the form infecting the intestines.

Intestinal cryptosporidiosis is characterized by severe watery diarrhea but may, alternatively, be asymptomatic. Pulmonary and tracheal cryptosporidiosis in humans is associated with coughing and frequently a low-grade fever; these symptoms are often accompanied by severe intestinal distress. Intestinal cryptosporidiosis is self-limiting in most healthy individuals, with watery diarrhea lasting 2-4 days. In some outbreaks at day care centers, diarrhea has lasted 1 to 4 weeks. To date, there is no known effective drug for the treatment of cryptosporidiosis.

Cryptosporidium sp. could occur, theoretically, on any food touched by a contaminated food handler. Incidence is higher in child day care centers that serve food. Fertilizing salad vegetables with manure is another possible source of human infection. Large outbreaks are associated with contaminated water supplies. Direct human surveys indicate a prevalence of about 2% of the population in North America. Serological surveys indicate that 80% of the population has had cryptosporidiosis.

The extent of illness associated with reactive sera is not known. Since 1984, cryptosporidiosis has been associated with outbreaks of diarrheal illness in child day care centers throughout the United States and Canada. During 1987 a waterborne outbreak in Georgia produced illness in an estimated 13,000 individuals, and exposure to contaminated drinking water was the major distinction between those that were ill and those that were not. This was the first report of disease transmission by a municipal water system that was in compliance with all state and federal standards.



# Troubled Times



## Anisakis Simplex

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### FDA's [Bad Bug Book](#)

*Anisakis simplex* (herring worm), *Pseudoterranova* (*Phocanema*, *Terranova*) *decepiens* (cod or seal worm), *Contracaecum* spp., and *Hysterothylacium* (*Thynnascaris*) spp. are anisakid nematodes (roundworms) that have been implicated in human infections caused by the consumption of raw or undercooked seafood. Some evidence exists that the nematode larvae move from the viscera to the flesh if the fish hosts are not gutted promptly after catching. The life cycles of all the other anisakid genera implicated in human infections are similar. These parasites are known to occur frequently in the flesh of cod, haddock, fluke, pacific salmon, herring, flounder, and monkfish.

In North America, anisakiasis is most frequently diagnosed when the affected individual feels a tingling or tickling sensation in the throat and coughs up or manually extracts a nematode. In more severe cases there is acute abdominal pain, much like acute appendicitis accompanied by a nauseous feeling. Symptoms occur from as little as an hour to about 2 weeks after consumption of raw or undercooked seafood. One nematode is the usual number recovered from a patient. With their anterior ends, these larval nematodes from fish or shellfish usually burrow into the wall of the digestive tract to the level of the muscularis mucosae (occasionally they penetrate the intestinal wall completely and are found in the body cavity).

In cases where the patient vomits or coughs up the worm, the disease may be diagnosed by morphological examination of the nematode. (*Ascaris lumbricoides*, the large roundworm of humans, is a terrestrial relative of anisakines and sometimes these larvae also crawl up into the throat and nasal passages.) Other cases may require a fiber optic device that allows the attending physician to examine the inside of the stomach and the first part of the small intestine. These devices are equipped with a mechanical forceps that can be used to remove the worm. Other cases are diagnosed upon finding a granulomatous lesion with a worm on laparotomy. A specific radioallergosorbent test has been developed for anisakiasis, but is not yet commercially marketed.

Severe cases of anisakiasis are extremely painful and require surgical intervention. Physical removal of the nematode(s) from the lesion is the only known method of reducing the pain and eliminating the cause (other than waiting for the worms to die). The symptoms apparently persist after the worm dies since some lesions are found upon surgical removal that contain only nematode remnants. Stenosis (a narrowing and stiffening) of the pyloric sphincter was reported in a case in which exploratory laparotomy had revealed a worm that was not removed.



# Troubled Times



## Diphyllbothrium

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FDA's [Bad Bug Book](#)

*Diphyllbothrium latum* and other members of the genus are broad fish tapeworms reported from humans. They are parasitic flatworms. Diphyllbothriasis is characterized by abdominal distention, flatulence, intermittent abdominal cramping, and diarrhea with onset about 10 days after consumption of raw or insufficiently cooked fish. The larva that infects people, a "plerocercoid," is frequently encountered in the viscera of freshwater and marine fishes. *D. latum* is sometimes encountered in the flesh of freshwater fish or fish that are anadromous (migrating from salt water to fresh water for breeding). Bears and humans are the final or definitive hosts for this parasite.

*D. latum* is a broad, long tapeworm, often growing to lengths between 1 and 2 meters (3-7 feet) and potentially capable of attaining 10 meters (32 feet); the closely related *D. pacificum* normally matures in seals or other marine mammals and reaches only about half the length of *D. latum*. Diphyllbothriasis is rare in the United States, although it was formerly common around the Great Lakes and known as "Jewish or Scandinavian housewife's disease" because the preparers of gefillte fish or fish balls tended to taste these dishes before they were fully cooked. In persons that are genetically susceptible, usually persons of Scandinavian heritage, a severe anemia may develop as the result of infection with broad fish tapeworms. The anemia results from the tapeworm's great requirement for and absorption of Vitamin B12.



# Troubled Times



## Nanophyetus

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### FDA's [Bad Bug Book](#)

Nanophyetus salmincola or N. schikhobalowi are the names, respectively, of the North American and Russian troglotrematoid trematodes (or flukes). These are parasitic flatworms. Knowledge of nanophyetiasis is limited. The first reported cases are characterized by an increase of bowel movements or diarrhea, usually accompanied by increased numbers of circulating eosinophils, abdominal discomfort and nausea. A few patients reported weight loss and fatigue, and some were asymptomatic.

There have been no reported outbreaks of nanophyetiasis in North America; the only scientific reports are of 20 individual cases referred to in one Oregon clinic. A report in the popular press indicates that the frequency is significantly higher. It is significant that two cases occurred in New Orleans well outside the endemic area. In Russia's endemic area the infection rate is reported to be greater than 90% and the size of the endemic area is growing.

Nanophyetiasis is transmitted by the larval stage (metacercaria) of a worm that encysts in the flesh of freshwater fishes. In anadromous fish, the parasite's cysts can survive the period spent at sea. Although the metacercaria encysts in many species of fish, North American cases were all associated with salmonids. Raw, underprocessed, and smoked salmon and steelhead were implicated in the cases to date.



# Troubled Times



## Eustrongylides

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FDA's [Bad Bug Book](#)

Larval Eustrongylides sp. are large, bright red roundworms (nematodes), 25-150 mm long, 2 mm in diameter. They occur in freshwater fish, brackish water fish and in marine fish. The larvae normally mature in wading birds such as herons, egrets, and flamingos. If the larvae are consumed in undercooked or raw fish, they can attach to the wall of the digestive tract. In the five cases for which clinical symptoms have been reported, the penetration into the gut wall was accompanied by severe pain. The nematodes can perforate the gut wall and probably other organs. Removal of the nematodes by surgical resection or fiber optic devices with forceps is possible if the nematodes penetrate accessible areas of the gut. These large worms may be seen without magnification in the flesh of fish and are normally very active after death of the fish.



# Troubled Times



## Prions

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Prions now have been shown to exist in all domestic livestock. As I mentioned before, when diseased animals are killed, they are fed to other animals. This is particularly scary because chickens are fed to chickens, and to sheep and to cows, etc. Diseased cows are fed to cows, and fed to chickens, etc. It has now gone across species, as farmers feed them in this sick manner. Chickens would not naturally eat meat, let alone dead chickens, or cow meat. It is mixed in with their feed, to pump up their diets, and save the farmers a buck!

If the contamination of meat did not exist, I would not have mentioned any of this to the group. I am not a politically oriented vegetarian, nor am I an animal-rights type activist. Yes, I love animals, and all, but I don't hold people's diets against them. I just want people to be aware of how bad it has gotten. The latest news column of *New Age Journal* this past month mentioned a blurb about British people turning vegetarian. According to the statistics, 5,000 people per week are now turning vegetarian, every week. The numbers are expected to climb. I suspect this could be an answer to Mad Cow disease!

Offered by [Alanna](#).



# Troubled Times



## Salmonella

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A couple of weeks ago, I had a hamburger at a Wendy's. It tasted good. By the time I went to the grocery store my stomach was cramping terribly. I didn't know if I would vomit, faint, or have diarrhea all at once, but I managed to get home. My stomach still wants to cramp some after I eat. I don't care how well it is cooked, doesn't totally take away poison in some meat.

Offered by [Ivy](#)

Salmonella can get on or in anything given the right circumstances. Since Oil of Oregano and Colloidal Silver are anti-parasitic, wonder if it would help to wash whatever we are going to eat raw in a solution of either one? Oil of Oregano is highly concentrated, so presumably you could put a drop in a couple of gallons of water and swish your vegies around in that. It would probably "brighten" the flavor of the vegies even in solution that weak, but if you didn't want any lingering oregano subtleties, one could rinse it again afterward in plain water. Actually, I like to put a drop in the water I swish my lettuce in. It leaves a barely detectable spicy undertone. Same should apply with a dropper full of colloidal silver in a couple of gallons of water.

Offered by [Martha](#).

I'm surprised that *more* people don't get poisoned at Wendy's or MacDonald's. Use an internet search engine to look up "food toxins" and look at where they accumulate. And the moral is: don't *ever* eat at Wendy's again.

Offered by [Jenny](#).





# Troubled Times



## Microb Fix

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In order to get rid of your microbes, you have to purge your complete digestive system. Go to your local health food store and get two things:

### **Laci Le Beau** tea, any flavor

Sold as dieters tea, it's actually a laxative. Each night, right after you eat supper, drink a cup of Laci le Beau. It works much better when you are horizontal; that is why you drink it at night when you are about to retire to bed. You will eliminate like crazy in the morning; three days of this should eradicate the problem.

### **Acidophilus** powder

It will probably be in the refridgerator at the store. Take it home quickly and place it in your *own* fridge, because it contains fragile live organisms, the same ones that make yoghurt from milk. These are beneficial to your colon and crowd out the ones that make you sick. Stir spoonful of this powder into at least one cup of water, milk or whatever, morning and night, and drink it.

The plan is to eradicate the bad organisms and replace them with good ones.

Offered by [Jenny](#).

Food poisoning happened to me several times, once when I ate some raw fish. I recommend getting some good intestinal flora source the more different types of bacteria it has in it the better. This will replenish your intestinal bacteria, the immune system's first line of defense. Several types of intestinal bacteria (*L. Salivarius* is one) are senior to the bacteria *ecoli* and *Salmonella* and will eat them up. Within 20-30 minutes of taking several of these gel caps you will be resting normally and back to normal in a few hours or over night, depending on how long you waited before taking the pills. I currently flip flop between the following two types:

### **Flora Source**

(800) 741-4137 has in it 14 types of intestinal bacteria

### **Flora Grow**

Arise and Shine (916) 926 0891, has 6 types of intestinal bacteria.

Another good source I have used in the past is: **Inner Garden Flora** (R'Garden) 800 800-1927

Offered by [Mike](#).



# Troubled Times



## Definition

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A parasite is usually defined as an organism that lives in or on another organism, called the host, from which it gets its food and sometimes shelter. The word "parasite" comes from an ancient Greek word that literally means "a person who sat down to dinner uninvited". The parasite is always harming the host by slow or fast eating out of house and home. If it eats and grows fast then it becomes know as a disease or plague. If it eats slow we currently don't pay that much attention and accept all kinds of degenerative diseases as normal old age. We accept death at 60-80 and think that is normal when it could be at least twice that.

Offered by [Mike](#).



# Troubled Times



## Information

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Selected Parasite reference information on the Internet: There is a lot of data in these links, so I doubt one could get through it in one seating. I recommend coming back to it several times.

- A very detailed and educational page with lots of graphics that describes Protozoa Parasites and how they effect us.
- Different types of worm parasites that effect humans
- Detailed [Pictures and Descriptions](#) of Cryptosporidium parvum, Entamoeba histolytica, Giardia lamblia, and others.
- The [Bad Bug Book](#) by U. S. Food and Drug Administration. This handbook provides basic facts regarding foodborne pathogenic microorganisms and natural toxins. Has many kinds.
- [Cryptosporidium Research](#) by the division of biology at Kansas State University.
- NY State Health Dept. information on how the [Giardiasis](#) (beaver fever) parasite is spread and how it effects us.
- Stop kissing your dog, or cat, or gerbil, or ... pet related parasites.
- Dr. Hulda Clark. Dr. Clark is a biophysicist with a Doctorate in cell physiology who had been working on government funded research has since made a startling discovery that has resulted in what can only be described as a Poor Man's Rife Unit!

Offered by [Mike](#).



# Troubled Times



## Approach

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We need to develop:

- Ways of handling parasites in drinking water: chlorine, colloidal silver, iodine, filtering, ultraviolet light, O-zone treatment, heat sterilization, distillation, grape fruit seed extract, etc.
- Ways of de-parasiting pumped nutrients for hydroponics: Aeration, filtering, o-zone treatment, heat sterilization, rife unit, zapper, ultraviolet light, etc.
- Ways of de-parasiting humanoid waste: Bacterial digestion, composting, bury it, heat sterilization, etc.
- What to do if you find your self in a plague situation: Prevention, Handling, and Preparation - how to.

Offered by [Mike](#).



# Troubled Times



## Types

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America is supposed to be clean and have a low amount of parasites. Researchers are beginning to report between 80% to 92% of the American population whether rich or poor has parasites. This is due to a host of factors - increased use of antibiotics (suppresses immune response), increase of toxins, increase of processed low nutrient foods, preservatives, and antibiotics used in meats get into the food chain. Parasite testing is also not very reliable. Reports of doctors and others seeing worms in the stools only to have it come back from the lab as negative or normal. The fact is America is now worse off than almost every other country and Americans don't recognize it yet. It has not come to light yet -- too hard to confront that one or more parasites is taking over our bodies.

Parasites take the form and size of:

- Bacteria
- Protozoa
- Worms - round
- Worms - flat
- Virus
- Fungi (yeasts, molds)
- Amoebas

Offered by [Mike](#).



# Troubled Times



## Symptoms

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The parasites that live in man have successfully adapted themselves to hide from view. For the most part they don't broadcast their presence. They can live up to 30+ years in the body undetected. Only when they get too numerous or greedy does their presence show up as one or more symptoms. For example:

- Chronic fatigue, depression
- Skin Problems
- Allergies
- Headaches
- Constipation
- Arthritis
- Gas and Bloating
- Loss of Appetite
- Sexual Dysfunction
- Uncontrollable Weight
- Itchy Ears, Nose, and Anus
- Blurry or unclear vision
- Premature Aging
- Forgetfulness, unclear thinking
- Menopause
- PMS
- Slow reflexes
- Loss of appetite
- Yellowish face
- Fast heartbeat
- Heart pain
- Pain in the navel
- Eating more than normal, still feeling hungry
- Pain in the back, thighs, shoulders
- Lethargy
- Numb hands
- Burning sensation in the stomach
- Drooling while sleeping
- Grinding teeth while asleep
- Bed wetting.

Offered by [Mike](#).



# Troubled Times



## Contraception

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There will be several factors working to increase procreation. Farmers know that well-fed cows don't procreate, to get cows to breed you just starve them a bit. After the pole shift, we will certainly have a lot of starving people and this will lead to the basic survival urge to procreate to save the species. Want more proof? Take a look at primitive countries - logic says they should have a low birth rate. Is this the case? No, just the reverse. The second factor is no one is looking. With chaos everywhere with no police force, with no government. With everyone on their own. Many will toss personal ethics out the window. To put it bluntly, I believe more sex will be the order of the day independent of the logic of the situation or the logic of the consequences. This will lead to all manner of complex situations for those who take on treating the sick and ill, with those about to give premature birth. No matter how unpopular or controversial this subject is in this society at this time, some knowledge of birth control in primitive conditions is definitely needed.

Offered by [Mike](#).

Having "spent my 20's between the sheets" like the song says and having put four/five souls on this planet- I have these thoughts --- pregnancy, childbirth, and infancy are very high-intensity activities. In a world where resources are restricted we will have to think and consider the consequences of our fornicating very carefully. I hate to sound imperialistic, but we will have to make sure that there are the resources available to sustain a pregnant woman in the Aftertime. There will be no resources for difficult pregnancies or births. Sex for sex is one thing. Putting another soul on the planet is another. We will have to differentiate between sex and procreation. What purpose to become pregnant when there is not enough food to sustain a healthy pregnancy? In the Aftertime every pregnancy should be a community affair. We will all have to make sure that every mother has enough nutrition to produce a healthy child. The loss of a newborn or a fetus will mean so much more when there are so few less children. Do we want to repeat history and have our children starve in front of us?

Birth control must be a very high priority and not a "morality" bound stigma like it is today. The whole community must be devoted to the health and welfare of every pregnant woman and her child. That in my mind is where "modern" society cuts it's own feet out from under us. We don't recognize the fact that every child is a unique and precious gift. We think that they are somebody else's child when in fact they are all a part of our very own souls. To watch a stranger's child suffer is to watch your own suffer. To me, personally, this is the hardest aspect of modern life. 17 years ago my first child watched a TV show about starving children and broke into tears. She threw herself at me and said "Mommy fix it!". I have never had the money to even sponsor a foster child but I have never sent a child away from my house hungry and I have *never* forgotten her order. We are all responsible for the well-being of every child that we come in contact with. I believe with all my heart that every child is a precious gift and the laws of my country reflect that in that if I suspect child abuse and do not report it I am legally liable. Beyond that there are millions of children starving and suffering all over the world while so many people have so much more than they can even use in one lifetime. *This* to me is the worst crime of modern society.

Offered by [Regina](#).



# Troubled Times



## Starving

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As grim as it sounds, starving women will not conceive. The danger is in settlements, where they are not starving but need to hold down a population explosion. Nursing babies for a long time also is a natural contraceptive, but not a certain one. Nature assumes that if a mother needs her nutrients for the nursing one, it's too soon to ask her to do double duty.

Offered by [Nancy](#).





# Troubled Times



## Herbal Methods

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A doctor heard from a traveler of a method used by Central American Indian women by which they took a wild yam and pressed it with a particular mushroom between hot rocks, and then ate it. This prevented unwanted childbirth! A while back I did some searching on contraceptive methodology. There were several places that mention wild yams as a contraceptive, but no details on how to use it. The other most common result was Queen Ann's Lace or wild carrot. Used since Babylonian times, it contains a substance that has abortive properties. Apparently the practice was for the young ladies to pick a seed head while returning home the next morning and munch on the seeds. I'm fairly certain that domesticated (edible) carrots retain this substance in their seeds, but could not verify it. The primary differences in QAL and the modern carrot are in taste and root development. In fact, when culturing carrots for seed harvest, one needs to be sure that no QAL is growing within a mile of the crop. I did find information on the use of vinegar and citric acid fruits. There were cautions against the use of these acids related to comfort, especially the citrus fruits, but no apparent proof against their efficacy.

Offered by [Roger](#).

Queen Annes Lace also known as Wild Carrot.

Offered by [Liai](#).

Apparently, the Essenes used rosehips for contraception. Lemon pulp has a similar effect - creating an acidic environment which is inhospitable to the sperm.

Offered by [Jennifer](#).

The Universe in it's wisdom has supplied every continent with plants and herbs to control procreation. The common poplar tree is an excellent menses stimulator. It was not until the "witches" were burnt and the patriarchal societies became dominant that common usage of these herbs fell into disuse and women were encouraged to stay "barefoot and pregnant".

Offered by [Regina](#).

In some parts of India, they use cow dropping as birth control. From what I heard its quite effective.

Offered by [Kurt](#).

EEEWWWW! My guess is that cow droppings would act as a repellent to keep males at a distance! Another more hygienic method of birth control is to soak a piece of sponge in vinegar and place it into the vagina prior to intercourse. A string tied around the sponge is used to pull it out several hours later. The acid creates a hostile environment for the sperm.

Offered by [Cas](#).



# Troubled Times



## Queen Ann's Lace

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### Using Queen Anne's Lace (QAL)

**Disclaimer:** If you try this you do so at your own risk.

The seeds, collected from the flower head in fall are thoroughly chewed, swallowed and washed down with water or juice. The taste is heavy and oily, not very pleasant, but doesn't taste terrible. It is the volatile oils contained within the seed that prevent implantation. Chewing them releases the oils. If you simply swallow them they will pass right through your system, without releasing their oils and not be effective.

One teaspoon is taken per day. The most important time to take them is just before ovulation, during ovulation and for a week following. In Ms Bennet's study, women took the seeds orally and chose from three different time frames, depending on which fits their situation. Some took them every day throughout the cycle (though this might not be good on a long term basis, but should be ok for the first few months). While others, who might have unprotected sex infrequently might take them only after intercourse and for the following week. Then those who are sexually active, might take them before, during and after the fertile time, which would mean taking them for 10 to 14 days in the middle of the cycle around the time of ovulation and being familiar enough with your cycle to know when you are fertile.

It is very important to use a back up method of contraception particularly during the first two months of using the QAL. It takes time for the body to adjust, as well as for you to develop confidence in such an unconventional method. Queen Anne's Lace prevents a fertilized egg from implanting in the uterine wall. Some herbalists believe it makes the walls of the uterus "slippery" so that the egg is unable to implant. Scientific studies have shown that QAL blocks progesterone synthesis in pregnant laboratory animals. Progesterone is what prepares the uterus to receive a fertilized egg. If the uterus is not ready the fertilized egg will break down and be washed away with the next menstrual period.



# Troubled Times



## Birth Control

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Depending on frequency storing a few years of birth control is not difficult. 48 condoms would take up less space than a small roll of toilet paper. At 3-4 times a month a 4 year of condoms supply would take up the space of a box of kleenex. When bought in quantity from mail order suppliers cost is also reasonable. A year supply of contraceptive pills take up the same space as a 16 oz jar of peanut butter so storing a decent supply of contraceptives is possible. The only proven methods of birth control are the modern methods and abstinence. All other methods fail quickly and repeatedly when vaginal sex is an ordinary part of hetero intercourse. Sponges and condoms are cheap and readily available now. Storing a supply of contraceptives is as important as storing a supply of food if your going to be sexually active with a fertile partner. If I was female I would insure that some methods of modern birth control were available to me for post-pole shift use or make sure that child producing coitus does not occur.

The first couple of years are not going to be conducive to child birth for first/second world women. Third world women are already having children in post-pole shift conditions and are the most qualified to continue having children in the post-pole shift time. They realize the risks and accept them as a part of life. Most first world woman take our modern obstetrics for granted but there will not be that type of professional support available after the shift for some time. Because of this I choose to include birth control as a significant part of my preparations, even though it does use a portion of resources that could have been used for something else. Don't forget in the states its quite possible to get free contraception from the Planned Parenthood centers so cost is far less of an issue. If you have any problems just send in any teenager you know. They are happy to give them a free lecture and a bag of fresh condoms that you can store. Course the teenager may not like being lectured but your going to have to set them straight anyway, might as well get something for it that helps your preparations for free.

Offered by [Ray](#).

Birth control in the Aftertime can only be done through those idiotic measures brought forward by today's religions (e.g. refrain from sex) as the pill or condoms will not be around, and I for one will not take up valuable space and resources storing this for the aftertime. You may be perfectly right about that storing birth control items may not be taking much space, or be costly or difficult. I still maintain what I said though, that I feel this would not be the right way to go spiritually. What is the purpose of our survival if we do nothing but survive ourselves, and are not capable of creating a post-pole shift society where the children would be welcome? In a proper post-pole shift community, the children will be the responsibility of all, not only the biological mother and father.

Offered by [Jan](#).

There is another obvious form of birth control which nobody has mentioned yet: Sterilization. I plan to get 'fixed' in the near future. Of course, I already have seven children. Permanent, yes, but as effective as abstinence, and more fun!

Offered by [George](#).



# Troubled Times



## Over-Population

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I feel that this is as much a solution set as knowing how to build a sturdy shelter. Because what good is our sturdy shelter if we don't have enough food to feed everybody? There's no doubt in my mind personally in the Aftertime we'll have to be practicing birth control in a big way. At first we will need it due to lack of resources, and later, when the resources become more abundant - we'll still need it as an expression of an individual's control of self and care for the community. This will involve a major change of outlook for many people, this is very true. This change of outlook will come about as they see that caring for others involves not overpopulating the world. The very real lives of those already living are much more important to consider then the theoretical lives of the yet-unborn. I'm sure people noticed that this is exactly what the Zetas say as well.

You're absolutely right, that one of the big problems in today's individualistic society is that we don't recognize every child as belonging to everyone's future, and view only kids of our own blood as the ones we should care about. While in fact, if the neighbor's kids are not nice enough - then the ones who suffer will be our own kids, and so the neighbor's kids are in a way our business too. This is absolutely out of the question now, of course, but it will become a major priority in the aftertime communities, where kids will probably be raised together by everyone, and not have to spend their time only with the people who physically bore them. This is what has been predicted by the various "utopia" writers, and it's the ultimate "communal" model. There will be no such thing as "somebody else's child", in the same way as there won't be a "somebody else's problem". If one member of a community has a problem - it's everybody's problem, because if it's not taken care of, it sure will *become* everybody's problem when it gets bigger. That's how things work in the small communities that we expect to exist in the Aftertime, where all members supposedly care for others more than for them selves.

Offered by [Sol](#).



# Troubled Times



## Toilet Paper

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What about toilet paper? Ever tried the Arab way? Do you know why the **left hand** is considered unclean in the Arab world? Diapers?

Offered by [Jan](#).

From **Usenet Archives**:

In remote areas in summer, my second wipe is always with water at the lake's edge. Then, with wet hands, I go roll them around in the cooled off ashes from the fire (that's where soap comes from, remember), and come back to the water's edge for final cleaning. On a trip to India, I noticed that all poor people would wipe their bums with their **left hand** and water this way, then use soap for washing. The worst insult made to thieves in the past was to cut off their right hand, forcing them to eat and wipe with the same hand.

[Andre Bourbeau](#)

For lack of anything at all, you can always use "ranger wipe". With ranger wipe you wipe twice. First you wipe your butt, then you wipe your finger. It is for this reason that in many undeveloped countries the people customarily eat with only one hand - the other one! If you "wipe twice" then be sure to sterilize your hands afterwards by vigorously rubbing with aromatic/antiseptic herbs like sage, juniper, or yarrow. Just about any highly aromatic plant will have antiseptic properties. As long as you can identify the most dangerous plants in your region, then you can safely use any others with aromatic properties.

[Thomas J. Elpel](#)

thomas@hollowtop.com



# Troubled Times



## Menstruation

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Have you woman already thought about how to solve the problem of not having the products which you do have today? It's not really nice to walk with a rag between your legs filling up with blood, then you need to wash it and use it again, and again, and again until you won't have your periods any longer. That is a long time. I am talking about a problem for which a solution is needed. Tampons won't be laying around unless you have some stocked, but this will deplete in numbers and eventually you will have to resort to another solution when you are having your periods. And it won't be only tampons but every little thing of the throw away consumer products line won't be available in the Aftertime. A rag is not the most humane solution!

Offered by [Michel](#).

The inhabitants of the Biosphere 2 project struggled with the problem of feminine hygiene. Remember, one of the goals if the experiment was to maintain a closed environment for two years, the amount of disposable feminine hygiene products use by the four female biospherians would have generated an un-manageable amount of waste for the tiny ecosystem. The following is a quote from *Life Under Glass, the Inside Story of Biosphere 2*

We found an Ohio company called The Keeper that produced a **plastic cup** which catches the menstrual flow and is reusable. All you do is wash it out.

This is just a presentation of material I have come across, not a recommendation. What about using **water jets**? You're a brave man Michel.

Offered by [Steve](#)

There are products on the market that can replace tampons. There are sponges, cups, and **washable liners**.

Offered by [Pat](#).

This is a gruesome subject but instead of the normal devices for the woman's cycle, how about a **rubber cup**. Reuseable forever. No waste to fill up the landfills.

Offered by [Debra](#).

I bought mine 10 years ago and it comes in handy instead of having the husband run to the store for supplies. I found out they advertise them [On the Internet](#).

Offered by [Karla](#)



# Troubled Times



## Safer

Although it is about a feminine product, guys, I urge you to read on, as you can pass this information along to your female companions, wives, mothers, sisters, friends, etc. This is serious business. This was forwarded to me by my sister-in-law.

Offered by [Alanna](#).

Many tampon makers would include asbestos in the tampon. Why? Because asbestos makes you bleed more. If you bleed more, you're going to need to use more. Why wasn't this against the law since asbestos is so dangerous? Because the powers that be, in all their wisdom (not), did not consider tampons as being ingested, and therefore this practice wasn't illegal or considered dangerous.

This month's [October, 1998] *Essence* magazine has a small article about this and they mention two manufacturers of a cotton tampon alternative. The companies are **Organic Essentials (800) 765-6491** and the Black-owned **Terra Femme (800) 755-0212**. 7th Generation brand tampons and pads are also available through **Whole Foods** and other natural foods stores, or through the **Harmony** catalog (800) 869-3446.

A woman getting her Ph.D. at University of Colorado at Boulder sent this: (here's the scoop) tampons contain two things that are potentially harmful: rayon (for absorbency) and dioxin (a chemical used in bleaching the products). The tampon industry is convinced that we, as women, need bleached white products - they seem to think that we view the product as pure and clean. The problem here is that the dioxin produced in this bleaching process can lead to very harmful problems for a woman.

- **Dioxin** is potentially carcinogenic (cancer-associated) and is toxic to the immune and reproductive systems. It has been linked to endometriosis as well as lower sperm counts for men - for both, it breaks down the immune system. Last September the Environmental Protection Agency (**EPA**) reported that there really is no set "acceptable" level of exposure to dioxin - given that it is cumulative and slow to disintegrate, the real danger comes from repeated contact (Karen Houppert *Pulling the Plug on the Tampon Industry*). I'd say using about 5 tampons a day, five days a month, for 38 menstruating years is "repeated contact", wouldn't you?
- **Rayon** contributes to the danger of tampons and dioxin because it is a highly absorbent substance and therefore when fibers from the tampons are left behind in the vagina (as usually occurs), it creates a breeding ground for the dioxin, and stays in a lot longer than it would with just cotton tampons. This is also the reason why **TSS** (toxic shock syndrome) occurs.

What are the alternatives? Using feminine hygiene products that aren't bleached (which causes the dioxin) and that are all cotton (the rayon will leave fibers and "breeding grounds" in the vagina). Other feminine hygiene products (pads/napkins) contain dioxin as well, but they are not nearly as dangerous since they are not in direct contact with the vagina. The pads/napkins need to stop being bleached, but obviously tampons are the most dangerous.

So, what can you do if you can't give up using tampons? Use tampons that are made from 100% cotton, and that are unbleached. Unfortunately, there are very, very few companies that make these safe tampons. They are usually only found in health food stores. Countries all over the world (Sweden, Germany, British Columbia, etc.) have demanded a switch to this safer tampon, while the US has decided to keep us in the dark about it. In 1989, activists in England mounted a campaign against chlorine bleaching. Six weeks and 50,000 letters later, the makers of sanitary products switched to oxygen bleaching (one of the green methods available) (*Ms.* magazine, May/June 1995).



# Troubled Times



## Corn Cob

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From Usenet Archives:

I've heard that the use of dry corn cobs was a fairly popular choice before the advent of toilet paper. It may not have been used by the Natives but it was apparently practiced by early settlers in North America. Once the kernels have been taken off and the cob allowed to dry, the remaining kernel husk, or what ever it's called, on the cob is fairly soft. I don't know how comfortable it would have been, but it sounds a lot more pleasant to use than a rock, smooth stick, or snow!

[Michael Teal](#)

I think old timers soaked them in wood ash and water which caused them to swell. They then dried them and they would be soft and fluffy.

[Benjamin Pressley](#)

[benjamin@perigee.net](mailto:benjamin@perigee.net)

Heh, now this brought up memories that made me laugh! Although pretty much raised a city boy myself, my grandparents lived in the country and used kerosene lamps, a wood burning stove in the kitchen, outside water pump, and yes, the little shack out back for making water and steamers (did I get the turd, er, term, correct for that? ;^) There was never any toilet paper out there, but that's where I learned the meaning of "too hard and too slick", by personal experimentation with the occasional Sears and Roebuck catalog that was in there. It has to do with why the plain white pages were all getting ripped out and the glossy colored pages were left!

But, to the point, when the catalogs were all gone, there was always a couple of buckets of cobs. Most of the cobs were a reddish-brown color, but some were a creamy white. I asked my grandpa what the difference was and with a wink he told me, "First you use a brown one and then you use a white one to see if you need to use another brown one." I was mortified at the time, but have since seen packages of 2 brown and 1 white cob packaged with that saying, for sale in some cheesy tourist shops. Anyway, I'd pick an old cob over a pine cone any day!

[Glen Monaghan](#)

[bmonagh@DAYTON.NET](mailto:bmonagh@DAYTON.NET)





# Troubled Times



## Leaves

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From Usenet Archives:

In the Idaho Pacific Northwest we have a nifty bush called the **Thimbleberry** (Rosaceae, *Rubus canadensis* L.). It pretty much ranges from Coast to Coast in North America. Grows together with Huckleberry. Thimbleberry leaves are shaped like oversized **Maple leaves** and though the tops are a little prickly, the broad undersides are quite soft and perfect as field-expedient toilet paper. I almost never use anything else on walkabout. Couple of leaves on a splurge.

[Chris Smith](#)

[chriss@NIDLINK.COM](mailto:chriss@NIDLINK.COM)

Here in the southwest, mullen leaves work just fine.

[John Wither](#)

The easiest and best way to wipe your bum out there (in my humble opinion) is to grab the base of a small leafy sapling and drag your hand up along it. This leaves you with a huge wad of leaves in your hand which you can use to do the job. There are very few leaves in the wilderness which are large enough or strong enough to do the job alone! The problem is that when you use the one leaf method, the finger always ends up besides or through the leaf. Then you try to shake off the "merde" and accidentally hit your finger on a protruding stump. Ouch! and the finger automatically comes to your mouth for relief.

On the serious side, the huge wad of leaves does work very well, and even in the winter, there are always some types of trees (such as beech - *Fagus grandifolia*) on which **dried leaves** persist. Don't forget, it doesn't matter how small the leaves are, as long as you've got *lots* of them. Failing that, **cattail heads** will work if they are still solid enough not to fall apart. Bundles of grass work but leave little bits stuck as "willnots" (Will not want to be removed from there). Same problem with moss, it works but you end up with willnots. Birchbark is no good, it's too stiff, fingers go through it, and millions of willnots, especially if the white layer is used.

In Africa, the standard way of the Hausa people I visited is to use a long thin **millet stalk**, stick it between the legs, hold one end in each hand, and turn slowly while pulling back. This technique works with cattail stalks and other plant stalks. If you have a knife, you can whittle a smooth long stick also. Round **smooth rocks** from river beds, especially oblong ones, are pretty good. I've done all of this many many times and it works well. I've also used snow, but not loose snow. Make an **oblong snowball** first. Usually, I use leaves, grass or stick methods for first wipe, and snow for the final wipe.

[Andre Bourbeau](#)



# Troubled Times



## Moss

From Usenet Archives:

I have used **sphagnum moss** a couple of times but only the sanitized kind right off a tree limb. It does have a tendency to leave some residual particles of plant matter behind, but it seems to get the job done and I believe it has medicinal values.

[Howard Barker](#)

My personal favorite is the **lichen** that grows in spruce and fir trees. I am not sure what it is called. In fact I have been trying to find out it's name for quite some time. Out west it is called Old Man's Beard or Usnea. I don't know the scientific name or even if it is the same stuff for that matter.

[Jeff Stevens](#)

Anyone please correct me if I'm wrong but I think there are two kinds; one is light colored and one is dark. (sometimes they grow together) Your right, out west we call it **old mans beard**, Their scientific names are Usnea and Alectoria but not sure which one is which. Has several uses; medicinal, edible and utilitarian (aside from your suggested use which I am going to try).

[Kelly Harlton](#)

kharlton@AGT.NET

It can be used as is, but what I generally do is grab a handful, squeeze out as much water as I can, and then use it. If I was in a long term camp (more than overnight, at the least) I might be bothered to dry some inside my shelter or on a stick near the fire. Oh, and do make sure to pick out at least \*most\* of the pine needles that is mixed up with the moss. Makes good field dressings, if nothing else.

[Par Leijonhufvud](#)

Par.Leijonhufvud@LABTEK.KI.SE



# Troubled Times



## Moss Diapers

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From Usenet Archives:

Related question: I am told that women can use wads of (washed and dried) sphagnum as a **sanitary napkin** during their period. Anyone who has actually used this? I sometimes get questions when I teach courses, and being male it is all out of books for me, with no opportunities to experiment.

[Par Leijonhufvud](#)

Par.Leijonhufvud@LABTEK.KI.SE

The Indigenous folks in this area used sphagnum to pack **baby diapers**. It absorbs moisture better than most sponges I've seen.

[Mark Zanoni](#)

I have a wolf (coyote?) skin diaper made to use **moss** as the absorbent. I have pictures of me wearing it. Can I vouch for it's effectiveness or comfort? No way! But I can say that I was cute!

[Barent Parslow](#)

parslowb@CFW.COM

Of course, when **animal skins** were available, especially rabbit, that was certainly used also, maybe even washed and dried for the purpose. I know rabbit fur was used as a sanitary pad for Indian women. (They also used finely tanned **buckskin tubes** filled with **sphagnum moss** for this purpose.) I obviously have not tried this.

[Andre Bourbeau](#)



# Troubled Times



## Pine

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From Usenet Archives:

Another obvious wipe I use that I haven't seen posted yet is; **Spruce boughs**. (they rank right up there with Pine cones and corn cobs) Actually this "directional" wipe does work not too bad as you can 2 hand (one in front and one behind) and draw them through, they feel quite soft. Biggest disadvantage is some of the needles fall off into your underwear and you get "needled" periodically through the day. If you want to be enviro (we all do) and if the branches are low enough you can leave them attached to the tree. (Be careful where you collect your needles for your spruce needle tea or you may be in for a nice hot "steamer" cup of tea. Gulp!)

[Kelly Harlton](#)

kharlton@AGT.NET

**Fir cones** are remarkably soft - as long as you wipe *with* the scales.

[Thomas J. Elpel](#)

thomas@hollowtop.com



# Troubled Times



## Bent Sapling

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From **Usenet Archives**:

While on this subject, a green tree about 3 inches in diameter, bent over, makes a great seat. After the job is done, the seat flies back up into shape, waiting for the next customer. Another very important technique is to place your heels on a piece of wood 2 inches high. Try it. It is infinitely easier to squat that way.

[Andre Bourbeau](#)



# Troubled Times



## Shower

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To make a simple and effective shower, fix a faucet tap into the middle of a piece of pipe about 6" long, fix the pipe with tap to a shower head, weld (or screw) this contraption to the bottom of the bucket. put a rope onto the handle of the bucket so it can be hauled over the branch of a tree or rafter, to the required height to stand under, while still being able to reach the tap. Fill the bucket with warm to hot water, raise it up, don't forget to secure the rope in such a way you don't have to toss it over the branch etc. every time it is lowered for filling. When you use the shower stand underneath in a tub and turn the faucet on just long enough to wet yourself, turn off tap and soap yourself, turn on tap to rinse. This saves you having to have someone to pour the water over you, and a two gallon bucket is enough water to give two people a quick shower, or one a luxurious one (hair etc).

One shower per week is sufficient. Water plants with the run off water, and if you have almond oil stored, a rub with a wad wetted with the oil (many other oils could be used as well) between toes, under armpits and on other delicate parts of the anatomy, a couple of times a week will keep your skin healthy and smelling fresh. We use this method when camping, or staying in holiday cabins.

Offered by [Jan](#).



# Troubled Times



## Alternatives

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Several years ago I lived for about a year in a wooden cabin I built on a mountain side in the Gallilee, far from the city, without running water or electricity. There was a whole community living around that mountain, mostly families with kids, and each one built himself a house of sorts. Of course, like most places in the Middle East, there was no creek or river nearby, other than draining rain water in the winter, and we had to either wash in one of the deep pools in which this water collected, which involved going down a rope six or seven meters underground, or haul many containers of water from the nearby town of Safed (Zefat). We'd then fill them from the main cistern that stood above the dwellings and provided water to each family through gravity pressure. Needless to say, hauling the water was not our most pleasurable exercise, and since in that hot climate everyone had to drink at least several liters of water a day, showers were somewhat of a luxury. I noticed several things about this:

1. When you spend most of your time outdoors, like we did there, you don't tend to smell bad even after working hard all day, probably because the wind airs you out. Most of the people there could easily do with one shower in a week or ten days in the winter, perhaps twice or three times a week in the summer, when it's over 40 degrees C at noon. You can also wear the same clothes for many days without offending those around you with your smell, as long as you have several layers on.
2. You can very effectively cut down on the amount of water used for each shower when a person pours water on you, rather than using a faucet.
3. When you don't wash every day the body develops an additional covering layer over the skin, that changes daily and sort of refreshes the way we smell.
4. Under these conditions, living, as it were, close to nature, body odors that we would normally find repulsive in the city actually smell different, because of this outer layer. Our smell can be even perfumed if we hang around a fire which is scented by incense or dried flowers, or just regular eucalyptys bark and leaves.
5. Every time during that period that I had to come to the city for several days, I immediately had to go back to showering and changing my clothes every day because I could tell I stank, as if the city was causing my body to smell differently. Perhaps a city actually does something to our body chemistry, and makes us produce a different, more offensive smell. More likely it's the pollution and the automobile exhausts and all the other smells of the city that cling to your clothes and body, and the fact that in the city you hardly ever stand in the wind for more than an hour at a time to get aired out.
6. One more important thing I noticed, is that when I tell people from the city about how we washed and changed clothes once a week, they all think I'm odd, to say the least. I guess if you haven't experienced a thing yourself, you just find it hard to believe.

Offered by [Shaul](#).

I lived in a very primitive cottage in Spain for 2 months once - no toilet or running water, so no showers. We did find, however, that a daily strip wash from a basin of water made us feel quite refreshed and it didn't use up much water.

Offered by [Cass](#).

My family lived for eight years in our cabin near town with no running water and an outhouse. You would be surprised how fast you snap into a routine. A trapper friend of mine said that after 30 days with no showers you just don't stink anymore, or at least you just don't care.

Offered by [Clipper](#).





# Troubled Times



## Indoors

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Here's a [Jeff Rense](#) article that claims NASA images are being doctored to cover up chemtrails.

Offered by [Mike O.](#)

Just hang around under the chemtrails for a while and see for yourself what the stuff does to your physical mechanism. They have a system; they drop the stuff on clear days when the upper atmospheric winds are blowing in the direction that they find favorable and appropriate for whatever region they want to affect. I've watched them. The stuff disipates soon after ejection. If you're living, for example, in the eastern sector of a state and they want to *hit* that region they will drop the stuff into the westerly winds. They cloak the results of the poison to humans by blaming the rush to the pharmacy's on rising allergenic conditions, and the medical profession couldn't be happier. When I see the stuff coming I stay indoors and watch the direction of the wind. But then, they do it at night too; watch on a full moonlit night sometime.

Offered by [Mike H.](#)



# Troubled Times



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*Aftertime Generation* is a continuously growing group of concerned young people: young adults who are concerned with what the future has in store for them. If you are interested with what the future has in store for you... if you are scared of the upcoming Pole Shift, hard times ahead, or even extraterrestrial beings... if you have been fighting a private battle with depression, depression caused by worry over what you know to be true about your future - you have friends in *Aftertime Generation* who understand what you are going through.

This part of the web site will be for discussing issues and answering questions that I receive via e-mail. Much information concerning the millenia can be accessed throughout the internet, but there needs to be a place for an open discussion of these topics - the pole shift, zetas, government involvement, densities, orientations, etc.

Our purpose isn't to prove to the world that what we believe is real - time will do that for us. Our job is to prepare and be there for one another as friends during this tough time. And the tough times are approaching fast. Just open your eyes and see for yourself. We only have a few years left to prepare. For more on what is happening, visit [zetatalk](#). For information on how you can prepare, visit [Troubled Times](#).

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# Troubled Times



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This is a supportive community, mainly of (though not restricted to) 16-24 year olds. It is important that those who are concerned with the PS and the Earth's transformation seek each other out. I myself am 19 years old and fought my own battle with depression. I literally worried myself sick, mostly because I was all alone - I had no one I felt I could talk to about what I knew. None of my friends or my family could possibly understand. Talking with a therapist helped and I received treatment for my depression. Yet, I still felt I was alone in this. But surfing the web, I found Nancy and *Zetatalk*. Through ZT I found others from all walks of life who were going through the same thing. What was even more comforting was these were normal, intelligent people. Finally, my concern over cataclysmic events and zetan contact with humans was finally "validated".

I understand the importance of such support. Here, you can find out just how many people like yourself are on the internet, what they are like, what they are concerned with most at the moment, and what they plan to do. Of course, the advantage of doing this on the net is the confidentiality. People aren't as hesitant to talk about their true feelings through IRC (especially in the cyber sex channels). Here, people are a lot more free to be themselves, hiding behind the mask of a computer screen. Remember, there are many of us out there, many you encounter on a daily basis. It's finding out who we are that makes things difficult. Use this page to make friends and to remind yourself that you aren't alone: There are others going through the exact same shit.

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# Troubled Times

aftertime generation  
introduction

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## *The Most Important Weather Balloon in History*

For those unfamiliar with them, a weather balloon looks like a balloon with a sheet of tin foil hanging from it. In 1947, any soldier would have no problem identifying one, especially in Roswell, NM. There, they were launched everyday by the army. One July, a high ranking army official investigated the site of one that had crashed and somehow had mistaken it for a weather balloon. --Of course, the rest is history.

Why such a fuss over a weather balloon?

Let's suppose for a moment that the army was testing a top secret weapon in the New Mexico desert and it crashed in the desert. That would explain the obvious cover-up. But surely anything that was top secret in 1947 would be obsolete technology today. It is policy to release government documents and files concerning such secret weapons of the past.

Then why hasn't the government come clean?

The Roswell Incident was the first step in a process of desensitization. Over the years, the world has been gradually desensitized to the idea of an alien presence through abductions, sightings, crop circles, etc. But still, many refuse to accept the reality. There are others who neither deny nor accept. They ask simply "Why?"

## *No, Virginia, Santa is a Big Fat Fake.*

*Scenario: It is a turbulent time in history. Fear of nuclear war has gripped the nation and at the same time a secret government agency is operating under it's own authority. These select few are the ones that have been chosen to "deal" with matter concerning an alien presence, whom they are in constant contact with, and to keep it a secret from the rest of the world until they determine when not to. The President at the time is a man who feels this is information the world deserves to know. He plans to tell the public of this. The secret government cannot have this. The President is assassinated.*

It all happened. Almost everyone knows about it but few know the whole story. It is referred to as the Kennedy Assassination. It would have remained a mystery if it weren't for the work of Bill Cooper. Mr. Cooper worked for the military and had *Top Secret MAJC* security clearance (higher than Top Secret). He felt this was information people needed to know. It felt he was risking his life by talking about it. Today, he lectures on the subject of JFK and the government's involvement with alien intelligence.

So why did they have to kill Kennedy? To come on television one night and say, "Good evening, this is your President. I'm here tonight to tell you that we are not alone in the universe. Aliens from outer space are among us. Goodnight and God bless America" would have caused mass hysteria and collapse of social institutions. This was not in the best interest of the public, according to MJ-12. An equivalent bombshell would be telling a child, "Santa is dead, the immaculate conception was actually performed by aliens, and don't put money on the Easter Bunny being real, either."

## *Little Grey Men and a Cosmic Toilet Bowl*

*Ancient Chinese Curse - "May you live in interesting times."* Boy, those ancient Chinese dudes were right about EVERYTHING! The twentieth century is by far the most interesting time period in all of history...and it's not over yet. In man's past, the coming of a new millennia has often caused great anxiety, and for good reason. But what happened in the past is of little importance when compared to what is about to happen in the next few years. The Earth and

humanity is about to undergo a transformation. This will be both a physical and spiritual change brought about by a pole shift. Every 4,000 years, the Earth's rotation stops, the continents are shaken up, and the poles change location. This is caused by a 12th planet in our solar system on a ~4,000 year elliptical orbit around the sun. The planet is huge and is pulling with great force on the Earth as you read this, causing the great increase in earthquakes, volcanic eruptions, etc. by heating the Earth's core.

This may sound extremely farfetched to some. But the proof is out there, it only need be heard. Take for instance the puzzling crop circles (and sand circles, snow circles, and ice circles). Perfect geometric patterns in fields of wheat - hundreds of meters long with wheat woven, not broken. What is more extraordinary is that there are magnetic differences in the regions where these circles are formed. And even more, a few inches beneath the ground, the earth is scorched.

The term "circle" isn't even accurate any more. For having started out as circles, the designs have now evolved into complex geometric patterns. Such designs would take a team of men a whole day to construct one. But in the dark of night? Without a sound? Without footprints? Without breaking a single shaft? But how would they fake identical patterns in snow without leaving footprints? Or on frozen lakes with ice less than an inch thick?

These are the questions that crop circles are meant to raise. Furthermore, they speak to our subconscious. In a recent circle, the solar system is depicted, with the Earth's orbit missing.

There is so much that I could explain here, but I'd best leave that to the expert, Nancy. If you haven't already, visit her web page [zetatalk](#) and read more about it. But what is essential to know is that this impending catastrophe is part of the Earth's "plan". For in times of natural disasters, people are at their best. They do as much as possible to help others, thinking of others first and themselves last. Right now, humankind is at a crossroads. The problems of overpopulation, AIDS, pollution, etc. are out of the hands of man. There is little that can be done to solve these problems of the modern world. But soon, humanity will be "born again" into a new Earth, a new spiritual density - flushing the cosmic toilet, so to speak. This is part of the evolution of humankind. That is why the Zetas are here. They are helping us prepare for what is coming.

It would be easy to dismiss this as nonsense and go about our lives, laughing at such an idea. It would be convenient to say that the people saying these things and the people who claim to be abducted by aliens are crazy, looney. And that is what so many people have been doing. The first stage is denial. If one were to look at all the facts, it would be clear that what has been said is true. And when one does that, they become scared. Right now there's a whole generation of scared young people who see no hope for their future. What they do not know is that they will either perish in the pole shift or survive and live in the Aftertime - the new Earth. For those people who have had to deal with this issue of the pole shift, particularly the contactees, a common part of the process is depression. Anyone who has suffered from this "pre-distressed" state will tell you that they wish that - with all their hearts - all that they believed about the future was not true. They wish there was something out there to convince them "that everything was going to be OK". But that is not the case. If they find a way to deal with their depression (with therapy, antidepressants, etc) they come to the final stage - acceptance. They accept their future with an attitude that they can and will survive.

This is exactly what this page is about. And it's more than just a web page. Web pages are an excellent method of communication, as is the Internet as a whole. Aftertime Generation is a community of concerned, intelligent individuals. We are not wackos. No one should feel that they are crazy for believing in something they see to be true. You have two choices: you can either not believe it or believe it. For those that do believe, understand that you are not alone. There are thousands of people from all walks of life that have the same beliefs as yourself. For those who think that Aftertime Generation is a bunch of bullshit, I respect your opinions and your beliefs. And I appreciate you respecting mine. After all, you wouldn't harass or criticize someone who believed in God would you? I know I wouldn't. I understand what it means to believe in something without any substantial evidence. Many of my own beliefs are like that, it's just that I have evidence backing up one of them.

Aftertime Generation is a web page specifically for young adults. It is here for the sole purpose of communicating a supportive atmosphere and creating a community of like-minded people through the bandwidth.

-M.G. aka Pioneer

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