

# Posse+Plus, Wood County Texas

## Survival Medicine

This class on survival medicine is based on the book "***The Survival Medicine Handbook: The Essential Guide For When Help Is NOT On The Way, Fourth (4th) Edition***" Joseph Alton MD and Amy Alton APRN. YouTube videos are available at: <https://youtu.be/74q0302TzhA>

We will practice using this book as a medical resource when hospitals and doctors are no longer available. In a TEOTWAKI scenario there will likely be no access to modern medical care, and there is no potential for such access in the foreseeable future.

The following information was taken in a recent survey. It compares the expectations of the public verses the realities in a TEOTWAKI scenario with a true collapse.

<b>Expectations</b>	<b>Reality</b>
50% of the public expect the government to take care of and protect them	55%-65% of police would not report to work because of concerns for their family
60% of the public expect to rely on first responders to help them in the early going	30%-70% of firefighters would not report to work because of concerns for their family
	35% of essential medical workers would not report to work because of concerns for their family

This means that you are the end of the line when it comes to your family's well-being in a long-term disaster. It also means that law enforcement personnel, firefighters, and essential medical workers need to prepare physically, mentally, emotionally, and spiritually for them to be relied upon during a TEOTWAKI scenario with a true collapse.

### **Making the Case for Antibiotics**

*The Survival Medicine Handbook*: page 620. Information is provided on using veterinarian antibiotics during a TEOTWAKI scenario with a true collapse. (note: Page numbers are from the spiral bound edition)

The numbers, letters, or other text that you see on a pill are its "imprint code," a feature that helps you identify it. The FDA requires most OTC and prescription drug tablets and capsules to have an imprint. This code combined with the pill's size, color, and shape helps you tell it apart from other medications.

In many cases veterinarian antibiotics and human antibiotics are the same. For example, human amoxicillin is a red and pink capsule with the letters and numbers WC 731 on it. Fish-Mox Forte (amoxicillin) is a red and pink capsule with the letters and numbers WC 731 on it.

There are pill identifier phone apps available. One that works well is the “Pill Identifier” by Drugs.com. When you enter WC 731 in the app the pill is identified as 500 mg amoxicillin. There is not a distinction between human and veterinarian applications. The website link <https://www.drugs.com/imprints.php> can be used as well.

*The Survival Medicine Handbook*: page 624 provides a list of helpful antibiotics. Pages 625-634 provides information on which antibiotics should be used with different infections and dosages.

When choosing pills for purchasing make sure the antibiotic is the only active ingredient in the pill. One internet supplier is called FishMoxFishFlex. Several of their antibiotics are listed below.

<https://fishmoxfishflex.com/collections/in-stock-fish-antibiotics>



FISH MOX FISH FLEX.COM

**(Fish Mox Equivalent) Aqua Amoxicillin 250 mg - 100 count**

\$25.95 USD  
~~\$27.95 USD~~



FISH MOX FISH FLEX.COM

**(Fish Mox Forte Equivalent) Aqua Amoxicillin Plus - 500 mg - 100 Count**

\$38.99 USD  
~~\$42.99 USD~~



FISH MOX FISH FLEX.COM

**Aqua Zithro - Bird Zithro Equivalent - Azithromycin 250 mg Tablets (30 Count)**

\$99.99 USD  
~~\$109.99 USD~~



FISH MOX FISH FLEX.COM

**Fish Flex Forte Equivalent - Aqua Cephalexin Plus - 500 mg - 100 count**

\$52.99 USD  
~~\$55.99 USD~~



FISH MOX FISH FLEX.COM

**(Fish Sulfa Forte Equivalent) Aqua Sulfamethoxazole/Trimethoprim Plus - 30 count**

\$39.95 USD  
~~\$45.99 USD~~



FISH MOX FISH FLEX.COM

**(Fish Flex Equivalent) Aqua Cephalexin 250 mg - 100 count**

\$29.99 USD  
~~\$30.99 USD~~



FISH MOX FISH FLEX.COM

**(Fish Doxy Equivalent) Fish Aqua Doxy Doxycycline 100 mg - 30 count**

\$46.99 USD  
~~\$59.99 USD~~



FISH MOX FISH FLEX.COM

**Fish Pen Forte Equivalent - Fish Biotic Penicillin 500 mg - 30 count**

\$52.99 USD  
~~\$55.99 USD~~



FISH MOX FISH FLEX.COM

**(Fish Flox Forte Equivalent) Aqua Cipro Ciprofloxacin Plus - 500 mg - 30 count**

\$63.99 USD  
~~\$68.99 USD~~



FISH MOX FISH FLEX.COM

**Aqua Zithro - Fish Zithro Equivalent - Azithromycin 250 mg Tablets (12 Count)**

\$42.95 USD  
~~\$44.95 USD~~



FISH MOX FISH FLEX.COM

**(Fish Flucon Equivalent) Fish Biotic Fluconazole 100 mg - 10 count**

\$54.99 USD  
~~\$57.99 USD~~



FISH MOX FISH FLEX.COM

**(Fish Zole Forte Equivalent) Aqua Zole Metronidazole Plus - 500 mg - 60 Count**

\$68.99 USD  
~~\$69.99 USD~~



FISH MOX FISH FLEX.COM

**(Fish Mox Equivalent) Aqua Amoxicillin 250 mg - 100 count**

\$25.95 USD  
~~\$27.95 USD~~



FISH MOX FISH FLEX.COM

**(Fish Mox Forte Equivalent) Aqua Amoxicillin Plus - 500 mg - 100 Count**

\$38.99 USD  
~~\$42.99 USD~~



FISH MOX FISH FLEX.COM

**Aqua Zithro - Bird Zithro Equivalent - Azithromycin 250 mg Tablets (30 Count)**

\$99.99 USD  
~~\$109.99 USD~~



FISH MOX FISH FLEX.COM

**Fish Flex Forte Equivalent - Aqua Cephalexin Plus - 500 mg - 100 count**

\$52.99 USD  
~~\$55.99 USD~~



FISH MOX FISH FLEX.COM

**(Fish Sulfa Forte Equivalent) Aqua Sulfamethoxazole/Trimethoprim Plus - 30 count**

\$39.95 USD  
~~\$45.99 USD~~



FISH MOX FISH FLEX.COM

**(Fish Flex Equivalent) Aqua Cephalexin 250 mg - 100 count**

\$29.99 USD  
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FISH MOX FISH FLEX.COM

**(Fish Doxy Equivalent) Fish Aqua Doxy Doxycycline 100 mg - 30 count**

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~~\$59.99 USD~~



FISH MOX FISH FLEX.COM

**Fish Pen Forte Equivalent - Fish Biotic Penicillin 500 mg - 30 count**

\$52.99 USD  
~~\$55.99 USD~~

## Antibiotics from JASE Medical

Another source of antibiotics is JASE Medical. <https://jasemedical.com/case>  
JASE Medical is for adults who desire an emergency supply of medication to have on hand in the event of a serious emergency or when professional medical help is not available. JASE Medical contracts with physicians who are licensed to prescribe medicine and treat patients in your area, and complies with all governing medical laws.

JASE Medical physicians are not meant to replace your primary care provider. In order to safely prescribe medication, we require that you have been seen by a health care provider for a general exam within the past 2 years. Your consultation for an emergency supply of antibiotics with a board-certified physician is included. If the physician determines that a prescription for antibiotics is appropriate and safe you will be shipped an antibiotic bundle by one of our partner pharmacies.

Prescribing antibiotics or other medications to have on hand for future use in the event of travel or emergency is a common practice among providers. With modern telemedicine technology we are able to provide this service to patients via online encounters while also complying with all governmental regulations. Our goal is to provide all patients the ability to prepare for their health and safety against the unexpected.

### Emergency Antibiotic Kit includes:

- Unlimited physician follow-up for any questions relating to the use of any medication prescribed
- Emergency Antibiotic Guide written by board-certified physicians as a companion to the use of your prescribed antibiotics
- Amoxicillin-clavulanate 875 mg tablets (28 tablets)
- Azithromycin 250 mg tablets (6 tablets)
- Ciprofloxacin 500 mg tablets (28 tablets)
- Doxycycline 100 mg capsules (120 capsules)
- Metronidazole 500 mg tablets (30 tablets)

Each medical bundle is intended as an emergency supply for **ONE ADULT**.

### Pricing:

For US patients: **\$259<sup>95</sup> USD\***

For Canadian patients: **\$339<sup>95</sup> USD\***

## Drug Expiration Dates

*The Survival Medicine Handbook*: page 640

The Shelf Life Extension Program tested more than 100 drugs that had been expired for 1 to 15 years and found 90% of them were still fully potent and considered safe. These medications were mostly the ones in pill or capsule form. Notable exceptions were nitroglycerin, insulin, epinephrine, and antibiotics in liquid form.

In 2012 researchers at the University of California School of Pharmacy found cases of 14 different medications in a retail pharmacy in their original, unopened packaging. These cases were labeled with expiration dates 28-40 years old. When analyzed, 12 of the 14 active

ingredients persisted in concentrations that were 90 percent or greater of the amount indicated on the label.

## **Food Borne and Water Borne Intestinal Infections**

In a TEOTWAKI scenario the lack of treated water and sanitary cooking conditions will lead to wide spread water borne and food borne intestinal infections within a few days.

### **Cholera**

*The Survival Medicine Handbook: page 280*

Perhaps the most dangerous infectious disease associated with contaminated food and water is cholera. Cholera is caused by the marine and freshwater bacterium *Vibrio Cholerae*. Cholera toxins produce a rapid onset of diarrhea and vomiting within a few hours to two days of infection. Victims often complain of leg cramps. Bowel movements are liquid and take on the appearance of the water left in the pot after boiling rice.

The water loss with cholera is so extreme that, if untreated, it is associated with a **sixty per cent death rate**. Aggressive efforts to keep up with fluid loss, however, drops the death rate to only one percent. Antibiotic therapy with doxycycline or tetracycline seems to shorten the duration of illness.

Common symptoms include:

- Sudden onset of diarrhea
- Nausea and vomiting
- Fever
- Rapid weight loss
- Fast heart beat
- Dry mouth
- Dizziness
- Low blood pressure 90/50

### **Doxycycline Antibiotic Treatment**

*The Survival Medicine Handbook: page 628*

The recommended doxycycline dosage for most types of bacterial infections in adults is 100 mg to 200 mg per day for 7-14 days. When appropriate, children will receive 1-2 mg per pound of body weight per day.

### **Treating Diarrhea and Other Symptoms of Cholera**

*The Survival Medicine Handbook: page 291*

Over-the-counter Pepto-Bismol or Kaopectate (Bismuth Subsalicylate) will help diarrhea. So will Imodium (Loperamide). These drugs will help slow down the number of bowel movements and conserve water. In tablet form these medicines can last for years if properly stored.

A good prescription medicine for vomiting is Zofran (Ondansetron). Ibuprofen or acetaminophen is helpful to treat fevers. “

Half a clove of crushed garlic and one teaspoon of raw honey four times a day is thought to exert an antibacterial effect in some cases of diarrhea.

## **Oral Rehydration**

*The Survival Medicine Handbook*: page 289

A person that is dehydrated is often nauseous. Always start therapy by giving your patient small amounts of clear fluids. Clear fluids are more easily tolerated than solid food and include water, clear broth, gelatin, sports drinks, diluted fruit juices and Pedialyte.

You can produce your own homemade rehydration fluid very easily: To a liter (quart) of water (2 liters/quarts for children) add:

- 6 level teaspoons of sugar (sucrose).
- ½ teaspoon of salt (sodium chloride).
- ¼ teaspoon of salt substitute (potassium chloride).
- A pinch of baking soda (sodium bicarbonate) or sodium citrate to decrease acidity.

As the patient shows an ability to tolerate these fluids, their diet can be advanced to puddings and thin cereals like grits or farina (cream of wheat).

*The Survival Medicine Handbook* also has information on **cryptosporidium, Cyclospora, dysentery, E. Coli, giardiasis, norovirus, rotavirus, trichinosis, typhoid and typhus.**

## **Heat Cramps, Heat Exhaustion, and Heat Stroke**

(note: Elderly people often have difficulty sweating adequately making them more susceptible to heat cramps, heat exhaustion, and heat stroke.)

*The Survival Medicine Handbook* page 123

Heat cramps are painful muscle spasms seen in those exerting themselves in hot weather. They most often involve the back, arms, and legs. Discomfort in the affected area is usually associated with heavy perspiration. Simply having muscle cramps or even a fainting spell does not necessarily signify that a major heat-related complication is imminent.

To make the diagnosis of heat exhaustion, a significant rise in the body's core temperature is required. A thermometer should be a component of your medical supplies.

Heat exhaustion is characterized by:

- Confusion
- Rapid pulse
- Flushing
- Profuse sweating
- Nausea and vomiting

- Headache
- Body temperature elevation up to 105 degrees Fahrenheit (40.5 degrees C)

If no action is taken to cool the victim, heat stroke may ensue. In addition to all the possible signs and symptoms of heat exhaustion, heat stroke will manifest as loss of consciousness, seizures, vomiting, or even bleeding in the urine. You may note that breathing becomes rapid and shallow. If not dealt with quickly, shock and organ malfunction will result, leading to a fatal outcome.

## **Treating Heat-Related Illness**

*The Survival Medicine Handbook: page 124*

When overheated patients are no longer able to cool themselves, it is up to their rescuers to do the job. If hyperthermia (overheating) is suspected, the victim should immediately:

- Be removed from the heat source (for example, the sun).
- Have their clothing removed.
- Be drenched with cool water (or immersed in an ice bath, if available).
- Be wrapped in cool wet sheets.
- Have their legs elevated above the level of their heart (the “shock position”).
- Be fanned or otherwise ventilated to help with heat evaporation.
- Have moist cold compresses placed in the neck, armpit, and groin areas.

## **Diabetes**

*The Survival Medicine Handbook: page 560*

Diabetes is a devastating disease characterized by high sugar (also called “glucose”) levels in the bloodstream. One in ten Americans suffer from some form of the disease. If uncontrolled, diabetes is known to cause damage to various organs, such as the kidneys, eyes, and heart. Given the frequency of the disease in the U.S., the off-grid medic can expect to care for group members who have this condition.

Diabetes is especially problematic in long-term survival because the medications used to treat the worst cases are unlikely to be manufactured. Many diabetic medications come in liquid form and lose potency over time much faster than pills or capsules. Therefore, an alternative strategy to keep diabetics from losing complete control of their blood sugar will have to be formulated.

## **Symptoms of Diabetes**

*The Survival Medicine Handbook: page 561*

The three classic symptoms of diabetes are:

- Excessive thirst.
- Excessive hunger
- Frequent urination

Weight loss may occur despite excessive hunger and the consumption of more food. This is because the body can't access the glucose in the blood for energy to maintain body mass.

A number of other physical effects ensue due to prolonged high glucose levels. Uncontrolled diabetes causes eye and kidney problems, leading to blindness and renal (kidney) failure. It worsens coronary artery disease, increasing the risk for heart attacks and other cardiac issues.

Cuts and scrapes, especially in the extremities, are slow to heal in diabetics. Over time, nerve damage occurs which causes numbness, pins and needles sensations, and in the worst cases, gangrene. Many uncontrolled diabetics require amputation of a toe, foot, or leg due to circulatory failure.

## Treating Diabetes Off The Grid

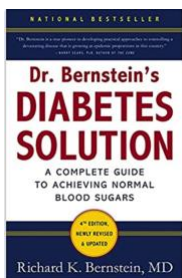
*The Survival Medicine Handbook*: page 561

As type 2 Diabetes is often seen in older, heavier, and less active individuals, weight control and **limiting the amount of carbohydrates** (*note: sugar, honey, fruit, potatoes, pasta, bread, rice, beans, beer, snack food, cereals, grains in general*) in the diet is important. (*note: Increased protein and fat consumption found in meat, fish, eggs, and high fat dairy is needed to replace the reduction in carbohydrates.*) Frequent small meals and regular exercise may help.

Weight loss from increased exertion and **lack of availability of high-carbohydrate foods may be part and parcel of survival scenarios. As a result, the medic may find that their type 2 diabetics don't worsen, and a few may even improve.** The lack of access to tobacco and alcohol will also help.

Type 1 Diabetes requires the lifestyle changes mentioned above but is more problematic, as many with this condition produce little insulin at all. They may experience large swings in their sugar (glucose) levels, especially if not closely monitored.

## ***Dr. Bernstein's Diabetes Solution, A Complete Guide To Achieving Normal Blood Sugars***



If you or a love one is diabetic it is strongly suggested that you purchase the book *Dr. Bernstein's Diabetes Solution, A Complete Guide To Achieving Normal Blood Sugars*. It is about treating diabetes "on" or "off" grid.

Dr. Richard Bernstein was diagnosed with type 1 diabetes when he was twelve. While he was a successful business executive and engineer he worked out a way to normalize his blood sugars. This in turn reversed many of the long-term complications he had suffered for years.

At the age of forty-five, he entered medical school in order to publish his findings and eventually treat other diabetics. Today at the age of 88 he is still treating diabetics and believes he is the oldest type 1 diabetic living. He also has an active YouTube channel helping diabetics navigate their diabetes. One of his latest videos can be seen here:

<https://youtu.be/KdnCZE3f3Ds>

The following information is from *Dr. Bernstein's Diabetes Solution*.



Much of what I will cover in this book is in direct opposition to the recommendations of the American Diabetes Association (ADA) and other national diabetes associations. Why? Because if I had followed those guidelines, they would have killed me long ago.

Diabetes is the third leading cause of death in the United States. It is estimated that 66 million U.S. citizens already have “pre-diabetes,” which I would treat as diabetes. Some studies suggest that in some regions, the incidence of type 2 in children has jumped from less than 5%, before 1994, to up to 50%. Ninety to ninety-five percent of diabetics have type 2 diabetes.

If you’re like most diabetics-or virtually everyone who lives in an industrialized society-you probably eat a diet that’s mostly carbohydrate. Grains. Fruit. Bread. Cake. Beans. Snack foods. Rice. Potatoes. Pasta. Breakfast cereal. Bagels. Muffins. They look different, but dietarily speaking, they’re essentially the same.

It is, therefore a myth that Americans are overweight due to excessive fat consumption. Americans are fat largely because of sugar, starches, and other high-carbohydrate foods.

As stunning as it sounds-and unbelievable, given the popular media’s recent love affair with a high “complex carbohydrate,” low fat diet-**you can quite easily survive on a diet in which you eat no carbohydrate.**

As I discovered in my years of experimentation on myself, and then in my medical training and practice, the real dietary problem for diabetics is not only fast-acting carbohydrate but also large amounts of any carbohydrate. In either case, the result is high blood sugars requiring large amounts of insulin to try to contain them.

## Exercises

The following exercises are designed to help you become familiar with many of the subjects discussed in *The Survival Medicine Handbook*.

When starting a search for a particular topic it is best to start with paging through the **Table of Contents** at the beginning of the book. With time the Table of Contents will become more familiar to you.

The **Glossary of Medical Terms** beginning on page 649 can be very helpful in understanding the terms used in the book.

The **Index** begins on page 656 but it is difficult to use. Many subjects in the index have references to a multitude of page numbers forcing the reader to look up every page.

There is a list of **Print References** starting on page 647. These are typically recommended books that can further a person’s understanding on a variety of subjects.

## **Snake Bite Exercise**

Use *The Survival Medicine Handbook* to locate the answers to the following questions on snake bites.

What are the identifiable characteristics of pit vipers?

Page \_\_\_\_\_

What are the symptoms when venom is injected by a pit viper into a victim?

Page \_\_\_\_\_

What is the difference in a pit viper bite and a coral snake bite?

Page \_\_\_\_\_

How do you treat a snake bite?

Page \_\_\_\_\_

What are the precautions you can follow to lessen the chance of a snake bite?

Page \_\_\_\_\_

## **Food Poisoning Exercise**

Use *The Survival Medicine Handbook* to locate the answers to the following questions on food poisoning.

What are the symptoms of food poisoning?

Page \_\_\_\_\_

What is the “berry rules” or guidelines when berries are safe to eat?

Page \_\_\_\_\_

How do you treat food poisoning?

Page \_\_\_\_\_

## **Radiation Sickness Exercise**

Use *The Survival Medicine Handbook* to locate the answers to the following questions on radiation sickness.

How do you prevent radiation sickness?

Page \_\_\_\_\_

What is the treatment for radiation sickness?

Page \_\_\_\_\_

## **Bladder/Urinary Tract Infections Exercise**

Use *The Survival Medicine Handbook* to locate the answers to the following questions on bladder infections.

What are the symptoms of a bladder/urinary tract infection?

Page \_\_\_\_\_

Which antibiotics are effective to use for bladder/urinary tract infections?

Page \_\_\_\_\_

What are the basic hygienic methods in avoiding bladder/urinary tract infections?

Page \_\_\_\_\_

What are the natural remedies for bladder/urinary tract infections?

Page \_\_\_\_\_

## **Miscellaneous Exercise**

Use *The Survival Medicine Handbook* to locate the answers to the following questions on a variety of ailments.

What are the natural treatments for joint pain?

Page \_\_\_\_\_

What are the steps for treating a gun-shot wound?

Page \_\_\_\_\_

What are the symptoms of and the techniques used to treat “situational” depression?

Page \_\_\_\_\_

What are the natural remedies for asthma?

Page \_\_\_\_\_

Describe the risks associated with pregnancy and child birth in survival scenarios.

Page \_\_\_\_\_

What are the symptoms that lead to diagnosing a stroke?

Page \_\_\_\_\_

Find the list of useful herbs to grow in your garden.

Page \_\_\_\_\_

Find the list of applications for rosemary oil.

Page \_\_\_\_\_

What should be in an IFAK (Individual First Aid Kit)?

Page \_\_\_\_\_