

SEPTEMBER EDITION

SURVIVAL LIFE

MAGAZINE

**TRAVEL
SAFETY
TIPS:**
STAYING
SAFE &
HAVING FUN

AN EXCLUSIVE
INTERVIEW WITH
DR. BONES & NURSE AMY

TRAINING
WITH YOUR
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11

Ways To Keep
Scorpions At Bay

How To Prevent
Catching Diseases
From Your Chickens

AUTUMN AT THE HOMESTEAD

SAFETY & TIPS FOR THIS BEAUTIFUL SEASON

REMEMBER
TO STAY
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HURRICANE SAFETY

Before, during
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SURVIVAL LIFE EXCLUSIVE: AN INTERVIEW WITH DR. BONES & NURSE AMY

By: Tara Dodrill

FROM THE EDITOR

DEAR SURVIVALISTS,

Autumn is on its way, and now is a great time to double-check your preps. It's time to pull out your summer survival gear and start getting ready for the cooler weather!

I have a question for you. How confident are you that you can carry your gear 50 miles? How about 25? 10?

This month we discuss a few common exercises for training with your gear. Remember, even if you have the best, most well stocked bug out bag possible ... It won't

do you any good if you can't even carry it.

For those of you that live near our nation's coastlines, it's also a time to take a good look at your hurricane emergency gear. The NOAA expects this year's hurricane season to be the most active since 2012. Be sure to check out our hurricane survival tips!

September is also a great time for travel. Unfortunately, your stay at that five-star hotel might not be as safe as you think. If you travel often ... make sure you know these 7 safety tips to keep your

family safe while on the road. (Can you guess the safest floor to be on?)

If you're a homesteader that prefers to be a homebody and you also raise chickens ... you might want to check out our article on the four human diseases that are spread by chickens. You'll learn what they are how to protect yourself from them and how to prevent them from spreading.

You'll discover all of that and much more in this month's issue of the Survival Life Magazine!

So read on and remember,

WE'RE ALL IN THIS TOGETHER!

"Above Average" Joe

Editor-in-Chief
Survival Life Magazine



HEALTHY HOMESTEADER:

4 HUMAN DISEASES CAUSED BY CHICKENS & HOW TO PREVENT THEM

By: John Walker

Jordan Walker is a pet lover who does not limit himself to learning about how to connect with pets. He also makes it a point to inform others about pet-related illnesses. In this post, the curator of Coops and Cages writes about four that are caused by chickens.

1. SALMONELLA

Salmonella is a germ that avian life usually carry. Commercial farm chickens, backyard chickens, and organically-raised chickens could all carry Salmonella. This bacterium does not cause any illnesses on the avian carrier, but it has harmful effects on humans. It can be contracted by coming into contact with chickens and their immediate environment.

The Salmonella germs can attach to anything that the chickens touch. In turn, the germs cling on to people that get close. These people are likely to become

infected if they place their hands close to their mouths. That's why, after touching or getting anywhere near the chickens, it is advised that you should immediately wash and scrub your hands vigorously. That would lessen the chances of you getting sick because of Salmonella.

2. URINARY TRACT INFECTION

As if humans weren't already susceptible to urinary tract infection or UTI, chickens have to get into the picture too. It has been found out that a bacterium found in the chickens' intestines can be transmitted to humans. *Enterococcus faecalis* is the bacteria that causes UTI.

Just like the Salmonella, *E. faecalis* is thought to be transmitted to humans by way of their feces. The bacterium would then spread in the surroundings, even into the water. And any human that comes into

contact directly with the poultry or with the dirt would become a likely victim.

If no proper preventative steps are taking, a person carrying the bacteria on their hands could handle food that would then become contaminated, and from which the next unwary victim could develop UTI. That's why the next time you want to drink from an outdoor water source, you should be careful.

3. HISTOPLASMOSIS

Histoplasmosis is a disease caused by *Histoplasma capsulatum*. This fungus usually affects the lungs, but symptoms can also occur in other parts of the body. Vulnerable parts include the eyes, skin, adrenal glands, nervous system, and liver.

H. capsulatum can live happily in moist places, but will most likely be present in environments where chickens are kept, particularly their coops. That is because this specific fungi come also from the droppings of chicken. They populate in the air as spores, and enter the human body through the respiratory system.

At first, the symptoms it causes are not severe, but in actuality histoplasmosis is acute. To



give you an idea how bad it is, histoplasmosis is very similar to tuberculosis.

For infection to be prevented, before you go anywhere near chickens, you have to make sure that you are wearing protective gear, especially face masks. Another thing you can do is to clean your chickens' coops regularly.

4. CAMPYLOBACTER INFECTION

Campylobacter has effects on humans similar to those of Salmonella. Infected humans would suffer severe symptoms like diarrhea, abdominal cramps, vomiting, and fever. Exposure to them could also cause lessened immunity which could lead to more complications.

As with Salmonella, Campylobacter is abundant in chicken droppings. It could also be transmitted to humans due to eating chicken or eggs that were not thoroughly cooked.

To protect yourself against these infection, you have to take care that you have to cook your chickens to a crisp first.

And while the above-listed diseases are mostly common in domestic or commercial farm settings, you must not forget that there are other avian lifeforms that carry these. For example, in the wild, bats too can transmit similar diseases to humans. You may unknowingly inhale infected air, or come in contact with something that has been contaminated. So it's best

to be on your guard against these diseases especially when you're out enjoying the outdoors.

Don't let these dangers deter you from raising chickens. A dedicated chicken farmer who raises healthy birds and follows the right safety protocol will not have to worry about contamination. Healthy chickens start with healthy coops!



TRAINING WITH YOUR SURVIVAL GEAR: COMMON EXERCISES

By: Alden Morris

In today's world, survival gear is everywhere and abundant. Many people purchase bug out bags, SHTF bags, weapons, equipment, chest rigs and plate carriers, but very few actually go out and thoroughly train with them. The type of training that does occasionally occur is during a shooting event where most of their new tactical gear can be worn but not necessarily utilized to discover the gear's potential or shortcomings. Instead, the gear is worn for a day only being used for basic movements and drills never getting the proper field training every individual needs to take.

The idea behind purchasing any sort of survival gear is to rough it in the woods so that the fullest potential of the gear can either be utilized, or traded off for a better piece of equipment that is more ideal for the wearer. This can be done by creating a list of different exercises, drills, and tactics that will test the gear, no matter what it is, to discover if the wearer should part for something better or to adjust and prepare their current gear to their standards.

PLATE CARRIERS, CHEST RIGS, & COMBAT BELTS



One of the first most important factors that will need to be properly tested when buying equipment such as plate carriers, chest rigs and combat belts is maxing out the weight capacity. Many people buy plate carriers and never purchase ballistics plates, therefore they do not know what their body is capable of when it comes to eventually carrying excruciating weight. Many individuals do not fully load all the munitions on their chest rigs or combat belts which doesn't allow them to discover the shortcomings that might occur when they finally do.

The best piece of advice is to purchase all the needed gear and equipment beforehand. For example, purchase ballistics plates so that the body can adjust to the full weight when utilized. For chest rigs and combat belts, load every magazine and test the max weight of the gear while running two mile drills, five mile hikes, or getting down from prone position to crouch several times over while training to see where the gear snags, catches, or doesn't comply. Some basic exercises also include:

- Small hikes building up to multiple miles
- Urban and outdoor tactical drills
- Crawling, running and even swimming





PLATE CARRIERS, CHEST RIGS, & COMBAT BELTS

Your bug out bag, no matter which kind you have, should be loaded to fit your physique. It is too easy to overload a bug out bag and regret it once you begin to carry it around. In case a real world event did occur, that time would be too late to discover that you are not capable of carrying your own supplies for long distances.

Pack and repack your bug out bag with your essential items. Once comfortable, start with small hikes lasting for only one mile slowly building your way up. The idea would be to be able to cover a five mile journey with your bug out bag and not be prone to extreme sore muscles or fatigue. It is crucial to train with your bug out bag and to keep your body in top physical shape in order to carry your own survival supplies. Other exercises can include:

- Running and jogging with fully loaded BOB
- Pushups and pull-ups

PRIMARY & SECONDARY WEAPONRY

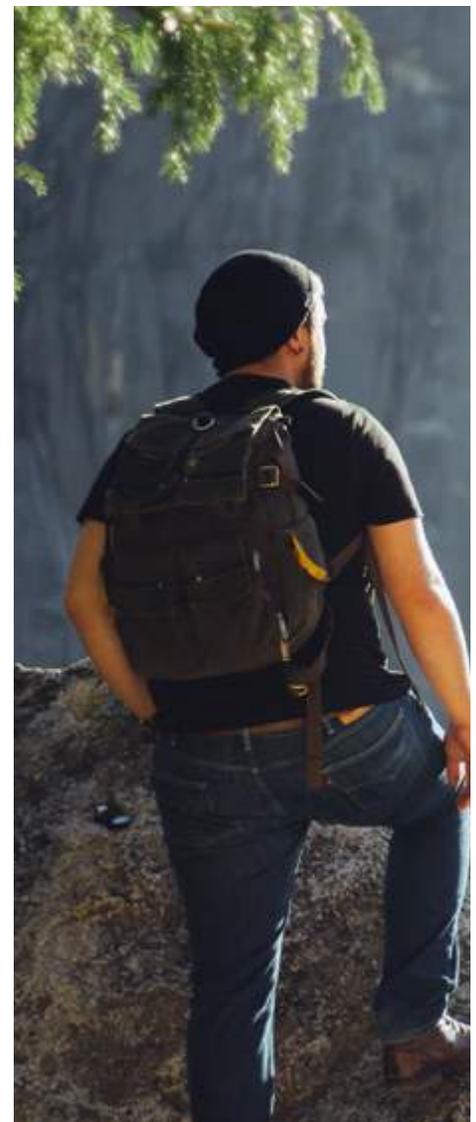
All too often, weapons such as primary rifles and secondary sidearms are only taken to the shooting range and not thoroughly trained with. Training with your weapons includes a variety of exercises, but most importantly long distances need to be covered while carrying your weapons of choice. Have you ever traveled two to three miles in rough terrain while shouldering a primary rifle, carrying a secondary sidearm on your hip and a shotgun on your back? Without the proper exercise and physical training any individual would have a hard time doing this, let alone carrying survival gear simultaneously.

Always carry your weaponry when training with any other survival gear. This is the best way to hone in this skill while honing in on others. Include rough terrain such as hills and brush while on hikes training. As well as be sure to continuously involve yourself in tactical training drills in both the urban environment and the outdoor. Much like dedicating yourself and your body to the gym so too must you dedicate your body to survival skills. Include exercise like:

- Climbing steep hills with all weaponry
- Climbing urban environments such as walls and fences
- Swimming
- Long hikes with sprints and running



- Crawling and lying prone for extended periods of time
- Perfecting your stances for long periods of time while crouched



11 WAYS TO KEEP SCORPIONS AT BAY

By: Stacy Bravo

5 STEPS TO HELP PREVENT SCORPIONS FROM ENTERING YOUR HOME

ELIMINATE EXCESS MOISTURE

Scorpions enter homes looking for water. Keep floors, corners, closets, and crawl spaces dry and free of leaks. Refrain from allowing water to stand in puddles or containers near the exterior of your home.

GET RID OF OTHER INSECTS IN YOUR HOME

Scorpions feed on insects, so if you have an issue with roaches, ants, or other bugs in the house, you'll need to solve that problem before the scorpions will go away. Here are a few good ways to keep the insect population down in your home:

-Clean up crumbs and wash dishes promptly so bugs don't have a food source.

-Sprinkle borax or diatomaceous earth around the baseboards and

under the sinks in your home; these natural substances kill insects.

-Keep the insect population down outdoors as well, since scorpions prefer to live outside.

REMOVE SCORPION SHELTERS

Scorpions like to hide in dark places, especially during the day. Get rid of structures in and around your home that could be used as a convenient hiding place by a scorpion. Take the following measures to keep scorpions from hanging around:

-Store cardboard boxes on shelves instead of the floor



-Don't keep clutter around your home or under the beds

-Keep your closets and bedrooms neatly organized. Scorpions like to hide in shoes and piles of clothes on the floor -Outdoors, trim back bushes and foliage that scorpions can hide under. Get rid of piles of wood, rocks or yard clippings. Trim back vines and other potential hiding spots.

SEAL YOUR HOME

Scorpions can slip through an opening the size of a credit card. Sealing your home is an important method for keeping them from invading. In order to make sure your home is secure, take the following measures to seal the doors, windows, and foundation:

-Use caulk to fill in holes and cracks in your walls, baseboards, or the foundation of your home.

-Make sure your windows close tightly and the screens are sealed so scorpions can't climb in.



-Get door seals to prevent scorpions from coming in under the doors.

KEEPING A WATCHFUL EYE — *USE EXTREME CAUTION*

The best way to get rid of scorpions as fast as possible is to hunt for them at night, when they're most active. It's not for the faint of heart, but killing them one at a time is a good way to reduce the scorpion population around your home, fast. To hunt scorpions, you need the following equipment:

-A black (ultraviolet) light. They glow in the dark, so you'll be able to see them clearly by using a black light to search them out. Get a flashlight or headlamp with a black light bulb.

-A tool you can use to kill them. In parts of Arizona, long-handled tweezers used to break the scorpions' exoskeletons are the weapons of choice. You can also use a long knife or wear a pair of heavy boots to step on them.

TO HUNT THEM OUTSIDE:

Look on exterior walls, at the bases of walls, fences, under bushes and other foliage, under rocks, and other outdoor cracks and crevices

close to your home. Shine your black light in all of these areas to set scorpions aglow.

OTHER PLACES TO LOOK:

-Indoors in your attic

-Along baseboards

-In any other areas where you've seen a scorpion.

ALL NATURAL SCORPION REPELLENTS

LAVENDER PLANTS / LAVENDER OIL

-Planting a lavender bush around the perimeter of your house or in a pot by your door can help.

-You can also use 10-20 drops of lavender essential oil mixed with about 2 cups of water or apple cider vinegar in a spray bottle. Spray this mixture around the perimeter of your doors, windows, or the inside of your home.

CEDAR OIL / OTHER CEDAR PRODUCTS

Cedar is a highly aromatic wood and carries an oil that is also fragrant and repels scorpions.

-Mixing about 10-15 drops of cedar oil in 2 cups of water or apple cider vinegar in a spray bottle and spray around windows, doors, and inside your home.

-Another option is to add cedar chips to the flower beds around the perimeter of your house.

-Any cedar products like flower pots or boxes placed near the doors and windows should also help.

OTHER REPELLENT METHODS

-Use diatomaceous earth and sprinkle it around the perimeter of your house. This destroys their underbelly.

-Sprinkle ground cinnamon around the perimeter of your home.

-Grow and spray citrus essential oils around the doorways and windows.

-Save the spiders as they are predators to scorpions.

HURRICANE SAFETY TIPS: BEFORE, DURING & AFTER THE STORM

• • • • • By: Stacy Bravo

Hurricane season is upon us. Being prepared and knowing what to do in the event of a hurricane, as with any type of storm, is the key to staying alive.

The damage left behind after a hurricane can be devastating and very costly. The most important thing to remember with any type of storm: you and your family's safety is the number one priority! Material possessions can be replaced — a human life cannot.

To understand just how important hurricane safety is, let's go over just a few of the most memorable hurricanes in recent history.

CHARLEY (AUGUST 2004)

At a category 4 classification, Charley was the strongest storm to hit the U.S. since 1992's Andrew, which clocked in at category 5. In Punta Gorda, Florida, where the hurricane made landfall, winds clocked in at 112 miles per hour — before they destroyed the

measuring equipment, that is. Damages amounted to \$14 billion in Florida, South Carolina, and North Carolina.

KATRINA (AUGUST 2005)

This category 3 hurricane is the costliest in U.S. history, with damages estimated at \$81 billion. It's also one of the deadliest, with deaths exceeding 1,800 in Florida, Louisiana, Mississippi, and Alabama. Winds reached a maximum of 175 miles per hour, but most of the storm's devastation resulted from levee failure in the low-lying city of New Orleans.

IKE (SEPTEMBER 2008)

Although it was classified as a category 2 storm, Ike remains the third costliest hurricane in U.S. history after Katrina and 1992's Andrew. Total damage was \$25 billion — mostly in Florida, Texas, Louisiana, and Arkansas.

SANDY (OCTOBER 2012)

Hurricane Sandy was the deadliest and most destructive hurricane of the 2012 Atlantic hurricane season, and the second-costliest hurricane in United States history. Estimated damage of about \$75 billion — a



total surpassed only by Hurricane Katrina. At least 233 people were killed along the path of the storm in eight countries.

THE DEADLIEST HURRICANE TO EVER HIT THE UNITED STATES? THE GREAT GALVESTON HURRICANE OF 1900

This storm caused between 8,000 and 12,000 deaths. The storm reached the Texas coast south of Galveston on September 8, 1900 as a category 4 hurricane with a storm surge of 8 to 15 feet. The lack of proper warning in 1900 made this storm the deadliest in U.S. history.

SAFETY MEASURES WE'LL COVER

Before the storm

- Staying up-to-date with weather alerts and warnings
- 72 hour emergency kits
- Family meetings on emergency safety

During the storm

- Evacuation – what to do if you evacuate (or if you don't)
- Flood safety measures
- What to do in the event of a power outage



After the storm

- Returning home and what to do next
- First aid
- Things to watch for
- Assessing damage

BEFORE THE STORM

Unlike a tornado, a hurricane can be tracked for days or even weeks before it hits, giving you time to prepare your home, your family and yourself for the storm. Here are a few things you can do to get ready before a hurricane

1. Know where to tune in for weather updates when a hurricane watch or hurricane warning has been posted. Watch the weather reports on your television or check the weather reports online at Weather.com. Having a weather radio is a great backup resource in the event of a power outage. Make sure to have plenty of batteries.
2. Always have your cell phone charged completely. If you know bad weather is headed your way, charge your phone and try to keep it charged at a 100%. In the event of an evacuation, make sure to have a waterproof way to carry your cell phone.
3. Have a 72-hour emergency kit packed and ready to grab on your way out to safety. Every member of the family should have one. Check out this great article on how you



can assemble the perfect 72 hour kit.

4. Have a family meeting to discuss what you and your family will do in the case of an evacuation. It is important to include EVERY family member, even the little ones.

DURING THE STORM

You may think that once a storm hits there's nothing you can do, but that's just not true. Here are a few actions you can take to keep yourself and your loved ones safe in the midst of a hurricane.

1. If you are advised to evacuate, don't wait! The longer you wait the more hectic traffic becomes. Being stuck in traffic can propose a whole new emergency situation.
2. Avoid flooded roads. Six inches of water is all it takes to float a car. Keep an eye out for flood compromised or washed out bridges.
3. Make sure someone outside the storm area knows where you will be and how to reach you.
4. If you do not evacuate, stay indoors and off the roads. Stay away from windows and doors.
5. If power is lost, unplug all electrical appliances to prevent damage from power surge when service resumes.



6. Keep emergency supplies (your 72-hour kit) ready to go.

7. Listen to local radio for changes in the weather situation and instructions.

8. If flooding occurs, move valuable property to higher locations in your home, if time permits. Move yourself and your pets to higher ground or shelter.

9. Be sure to lock your home and take emergency supplies, clothing, and bedding with you.

AFTER THE STORM

After the hurricane comes time to assess the damage, provide aid to the injured and figure out how to proceed in the aftermath of the storm. With any luck, your preps before and during the hurricane will help to mitigate the damage. Here's what you should do after a hurricane.

1. Continue to monitor local radio for information.

2. Return home only after authorities have announced it is safe to do so. When you reenter your home, do so cautiously. Check for displaced wildlife such as snakes. If necessary, open doors and windows to ventilate and help dry your home.

3. Give first aid where necessary. Do not move a seriously injured person unless they are in imminent danger. Call for emergency help.

4. Watch for and avoid downed power lines.

5. Avoid using the phone except in emergency. This will keep the phones free for authorities and those in more dire straits.

6. Check for damaged electrical wiring. Look for sparks or frayed wires. Hot or melting wiring insulation cause an acrid smell. If you notice any damage, cut off the power at the fuse or circuit breaker box, but do not touch the box if you have to stand in water. In the latter case you should check with an electrician.

7. Avoid using candles, kerosene lamps, or other open flame sources for heat or light. Candles cause more fires after a disaster than any other source. If you must use a candle or open flame lamp, take extreme care to keep pets, children, and combustibles away from the flame.

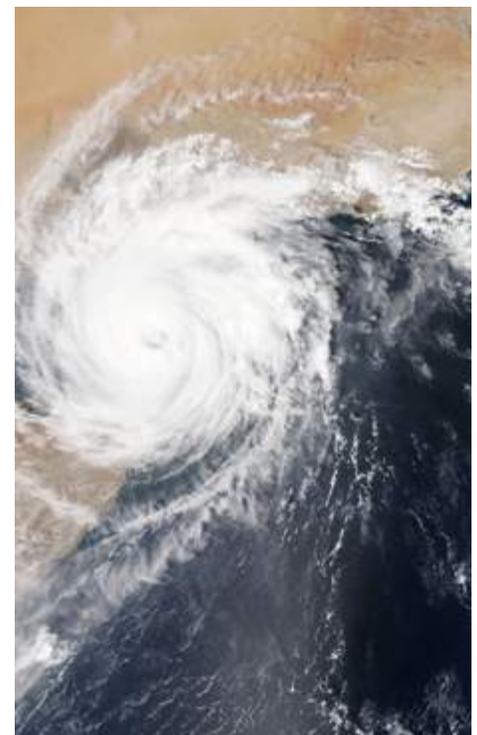
8. If you smell or hear the hiss of leaking gas, leave the house. If you can, turn off the gas line at the cut off valve outside your home. Call the utility company from your cell or from another location.

9. Inspect your water lines and other plumbing. If you think there has been any damage, avoid using toilets and do not drink the tap water.

10. Check your freezer and refrigerator for spoiled food.

11. Don't burn charcoal in an enclosed area. Doing so can cause buildup of deadly carbon monoxide.

12. Take photos of any damaged items. Place damaged items outside if they cannot be salvaged but try to avoid discarding them until they have been looked at by an insurance adjuster.





TRAVEL SAFETY TIPS: KEEPING YOUR FAMILY SAFE IN A HOTEL.

By Stacy Bravo

Whether you're a businessman passing through town or you're on a family vacation, your hotel room is your "home." It's a place where you and your family should feel safe.

Just like homes, hotel rooms are also subject to a break-in. If you have ever been a victim of a burglary of any kind, you're left feeling violated. A complete stranger has stepped foot into your personal space, your sanctuary, and has stolen your personal property. It leaves you in a state of mind of total insecurity.

In this day and age, crime is at an all time high. Being in an alert state of mind at all times is a way of life...for all of us. The days of leaving the doors unlocked, the days of letting your kids walk to school, and the days of feeling completely safe in public are, unfortunately, a thing of the past.

Learning safety procedures in every aspect of your life is an



important step for you and your loved ones to remain safe. Now, I'm not saying walk around in permanent karate chop mode, but learning various safety measures to protect yourself, your loved ones, and your possessions (that you work hard to pay for) are important!

Hotel rooms are a way of life for some and an occasional luxury for others. In either case, you want to be safe and secure and you want your possessions to stay just that – YOURS!

In my research, I came across CrimeDoctor.com and found some excellent advice regarding hotel safety. These safety measures could save you and your loved ones a world of hurt.

Here are some of the safety measures and tips we'll go over in this article:

- Floor and room selection – What are the safest choices?
- Door security – How secure is your hotel room door?
- Possible entry points for an intruder
- Elevator safety measures
- Parking lot safety
- Occupancy Cues – How to make a possible intruder think the room is occupied
- Hold a family meeting to discuss hotel room safety
- Let's get started with the basics.

How should you choose where to stay in the hotel?

FLOOR AND ROOM SELECTION

According to Crime Doctor, upper floors are safer from crime, but worse for fire rescue. Emergency rescue is best below the fifth floor. You can compromise by picking a modern fire-safe hotel.

Always request a room on an upper floor to reduce crime exposure. Ground floor rooms are more vulnerable to crime problems because of access and ease of escape. In a high-rise building, rooms above the fifth-floor are usually safer from crime than those below because of lesser accessibility and ease of escape.

Also, rooms not adjacent to fire stairs are safer from room intruders because they use the stairs for escape. Criminals do not want to be trapped on an upper floor inside a high-rise hotel. By design, high-rise buildings usually have fewer ground level access points and are easier for the hotel staff to monitor who passes through the lobby after hours.

DOOR SECURITY

Hotel rooms should be equipped with a solid-core wood or metal door for best protection.

Doors should be self-closing and self-locking. Room doors should have a deadbolt lock with at least a one-inch throw bolt.

If the lock appears worn or there are pry marks around the lock area, get another room or move to another



hotel. The knob-lock should be hotel-style where you can push a button on the inside knob and block out all keys. This feature is designed to prevent a former guest or housekeeper from entering the room once you are safely inside.

Hotels with electronic card access have the advantage of being able to disable former keycards issued to previous guests and unauthorized employees. Electronic locks will also block out most room service keys when you set the deadbolt. The room door should have a wide-angle peephole so you can view who is at the door before opening.

POSSIBLE ENTRY POINTS FOR AN INTRUDER

Make sure all windows and sliding doors are secured, if they are accessible from the ground. It is a good idea to test all windows and glass doors to see if they are secure.

Beware of balconies where someone can climb from one to another and enter through an open window or sliding door. If the windows or sliding doors are not securable, ask for another room or find another hotel.

If your room has an adjoining door to an adjacent room, check it to see

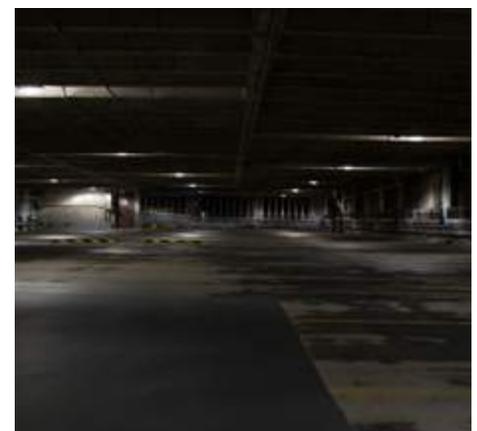
that it is secured with a deadbolt lock. If it is questionable, ask for another room.

ELEVATOR SAFETY MEASURES

Be aware of possible intruders on elevators. One tactic that an intruder will use is to select a victim in the lobby and ride up in the elevator with them. They will get off on the same floor as you and pretend to walk behind you as if going to their own room. Once the guest opens their door, the intruder will force his way in behind you and make his demand.

PARKING LOT SAFETY

If you are a woman traveling alone or with small children, take advantage of car valet service (if available) to avoid the parking lot. After checking in, ask the bellman or desk clerk to escort you to your room.





After unlocking the room, quickly inspect the closets, under the bed, and bathroom including behind the shower curtain before the bellman leaves. It's courteous to tip the bellman for his efforts.

OCCUPANCY CUES

Put the Do-Not-Disturb sign on the doorknob even when you are away, as this deters possible intruders (it may affect housekeeping service, however.)

Turn on the TV or radio just loud enough to hear through the door to give the appearance that the room is occupied.

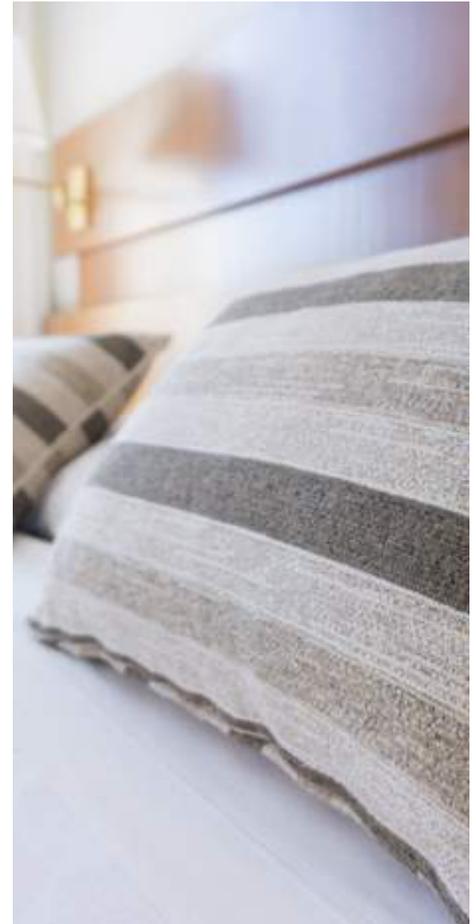


While away from your room, leave one light on inside the room. This helps you see upon re-entry and gives the room the appearance of occupancy from the outside.

HOLD A FAMILY MEETING

Following entering and immediately inspecting the room, conduct a family meeting to discuss safety measures for your entire family. Keep it short and simple so it's easy to remember.

No matter what, if at all possible – stick together! In a hotel safety type scenario, never walk the hotel parking lot, elevator, and hallways alone! There is ALWAYS strength in numbers – in any situation.





SURVIVAL LIFE EXCLUSIVE: AN INTERVIEW WITH DR. BONES AND NURSE AMY

By Tara Dodrill

The “we’re all in this together” prepping mantra was definitely not lost on Doctor Joe Alton and his wife, Amy – better known as Doctor Bones and Nurse Amy. The two learned medical experts are on a mission to educate the masses in the hope that their words and guidance will help save lives after the SHTF.

Doctor Joe Alton is an M.D. and fellow of the American College of Surgeons and the American College of OB/GYN. His wife, Amy Alton, is an Advanced Registered Nurse Practitioner.

Doctor Bones and Nurse Amy just released the third edition of their potentially life-saving best-selling book, *The Survival Medicine Handbook*.

The *Survival Medicine Handbook* has grown by several hundred pages and now includes some information which will most likely help readers survive active shooter situations and the rapidly growing number of possible pandemic



diseases around the planet. And, it is written in plain English so we can all understand the text and learn how to follow the mountain of survival medicine data contained inside.

When talking with Doc Bones about the release of the third edition of the book, the conversation was once again an enlightening one. Joe and Amy fully understand that medical preps are the most difficult aspect of living off grid or preparing for a disaster.

your own groceries, and raise livestock to prep for a TEOTWAWKI scenario all take time, effort, and money. But, these skills can be accomplished without many years spent in medical school – making the survival training advice in the *Dr. Bones and Nurse Amy’s* new book simply priceless information to possess.

“The third edition of the *Survival Medicine Handbook* is a major expansion,” Doctor Bones told *Survival Life*. “A lot has changed during the last three years and we wanted to update the book so the reader could better prepare to treat likely wounds and illnesses they may face.”



book will likely be a favorite among readers, whether or not they have read the first two editions of *The Survival Medicine Handbook* or not.

The Orlando shooting merely highlighted the threat we all face on a daily basis from mass shooters now, before a TEOTWAWKI situation occurs. During a long-term disaster when society breaks down within weeks, perhaps even days, the likelihood of being faced with the barrel of a gun pointed in your face increases substantially.

Doc Bones shared a multitude of information about dealing with mass casualty incidents in the active shooter section of the third edition of the best seller. The new chapter also deals with, and strongly encourages, enhancing situational awareness skills. Readers will learn in greater detail how to treat both gun and knife wounds, and even changes to military procedures regarding how to stop bleeding when dealing with ballistic wounds.

“If you have been chosen to pick up the flag, your first assignment is to get some medical training. Some of it will be book learning, and some will be hands-on; the more you learn the better your chances of acting quickly and effectively,” Doctor Bones and Nurse Amy advise readers. “In order to get a good start, you’ll have to study basic first aid and put together a library of medical information that you can refer to. Books on survival medicine/first aid, anatomy, and physiology will be useful. Anatomy is the blueprint of the body, and



physiology is the operating manual. With a working knowledge of these two subjects, you’re in a better position to understand disease and injury. They’re essential for you to become a successful medic for your group.”

Some of the other medical preps discussed in the latest version of the book include items that can be used to stop bleeding, how to react if you find yourself in the role of a medic under fire, and the myriad of infectious diseases which are showing up more frequently across the globe right now.

“You don’t have to be a medical professional to get a lot of use out of this book,” Doctor Bones also told *Survival Life*. “The book also focuses on natural remedies. Many medical conditions could be aided by herbal remedies – the supply of conventional medications will quickly come in short supply during a long-term disaster.

Doc Bones and Nurse Amy also recently released a Zika virus handbook and an Ebola handbook to help others prepare for and prevent the spread of the evolving infectious diseases. The threat of

Zika is far from over, according to Doctor Bones. As with Ebola, the virus can remain in a male’s body far longer than it can in a woman. An infected man’s sperm can cause birth defects in a pregnant woman up to a year after the bite from an afflicted mosquito.

“Zika has now been found in 44 states, up from just 12 states a decade ago,” Dr. Alton said. “The mosquitoes can live underground in the winter – now in places like New York, where they never could survive before.”

The good doctor also pointed out the expected 500,000 tourists for the Olympics in Brazil, which is





basically ground zero for Zika, has the potential to cause an even larger spread of the virus. He questioned the wisdom of encouraging so many people to attend the epicenter of the outbreak, fearing an epidemic could stem from the infected tourists traveling back home after the festivities in Rio end.

Dr. Alton noted the ongoing exercise in futility being undertaken in Brazil to stop the Zika virus before the Olympics begin. Armed soldiers are currently going house to house and forcing residents to allow spraying inside their homes. The likelihood of the effort to succeed is nearly zero.

The medical preparedness skills you can learn from Doctor Bones and Nurse Amy do not end with the printed work. The enigmatic couple also shares health and safety information and medical

prepping advice on their website, Doom and Bloom. They also create highly detailed and easy to follow videos on their companion YouTube channel, and share their own knowledge and that of other prepping experts on the The Survival Medicine Hour podcast.

Joe and Amy are also popular presenters at preparedness events, such as the massive 3-day hands-on training offered at the annual Prepper Camp in the hills of North Carolina. On their American Survival radio show Doctor Bones and Nurse Amy discuss the pressing events of the day which can impact both our Constitutional rights and very existence – now and into the future.

The Alton's took their prepping education goals old school last year when they created the Doom and Bloom Survival board game.

“It [Doom and Bloom Survival board game] takes place in a post-pandemic world where the survivors are few and the dangers are many. Your mission is to have your character accumulate supplies like food, fuel, weapons, and medical supplies, as well as recruit followers. You’ll travel to scout locations that may serve as a haven in which to start over. There are tough decisions to be made along the way, and there are others that want to take what you have,” Doctor Bones and Nurse Amy shared.

Time spent watching, reading, or listening to Joe and Amy Alton will NEVER be time wasted. The tips you learn and knowledge you gain could very well save your life during a disaster!

