

Crisis and Disaster Preparedness

Medical Missionary Training Natural Pain Relief and Management

By Gwen Shorter

Natural Disaster (as in climate change)

1. Tornadoes and severe storms
2. Hurricanes, Cyclones and Typhoons
3. Conflagrations (Wild fires)
4. Winter Weather (Blizzards)
5. Volcanoes
6. Landslides and Avalanches
7. Tsunamis
8. Heat Waves
9. Drought
10. Floods
11. Earthquakes
12. Thunderstorms
13. Sinkholes (Natural Mining erosions)
14. Solar Flares - (Largest ever recorded - Nov. 2003 - x28 on the Solar Richter Scale i.e. like 25 on the Earthquake Richter Scale. When the sun suddenly releases a great amount of solar radiation usually disrupts electrical grid.)

Man Made Disasters

1. Oil and Chemical Spills
2. Economic Collapse
3. Nuclear Accident
4. Terrorist Attack
5. Power Outage
6. Dam Failure
7. Biological Threat
8. War
9. Chemical Threat
10. EMP - Electromagnetic Pulse
(Can seriously bring down the entire power grid of a nation and the entire infrastructure)

Crisis Preparedness for Man Made Disasters - Food, Water and Heat

With all of these possible disasters, do you think it would be wise to have some type of preparation?

Examples of - 15 effective & Natural Home Remedies

1. **Potato** - Externally applied: reduce itching, swelling and pain for insect bite and gastrointestinal pain
2. **Cabbage Juice** - Heals stomach and, Cabbage Compress for wounds, infection, inflammation and pain
3. **Onion** - Inflammation and ear infection w/onion earphones and poultice w/1 onion and 1/2 cup Epsom Salt
4. **Green Beans** - Tea or Juice - 2 cups green beans juiced or 2 lbs. of juice to boil 2 cups in 1 qt. water, steep 15 min - Drink 2-3 cups per day for regulating blood sugar
5. **Plantain** - wound healing properties, cuts, scrapes, anti-inflammatory, halts bleeding, itching and pain
6. **Castor Oil** - Cramps, low back pain, prostate abdominal pain, swelling, ulcers, surgery healing, shingles
7. **Cayenne** - Stops bleeding, improves circulation, relieves pain, as in home-made cream for joint, muscle pain
8. **Aloe Vera** - Healing of the gut, as in autoimmune disorders, burns, cuts, repairs skin and hair, boosts alkalinity and immunity
9. **Manuka Honey** - Acid reflux, low stomach acidity, acne, eczema, staff infections, wounds, ulcers, sore throats and allergies
10. **Water** - Can be applied many ways to relieve congestion, pain, coughing, sore throat, and check disease
Hydrotherapy: Cold Mitten and Friction, Ice Massage, Tent Inhalation, Cold Compress for the throat, Hot and Cold shower, Hot Foot bath, internally the best blood thinner and cleanser, water with a pinch of salt (Celtic or Himalayan)
11. **Activated Charcoal Poultice** - back, abdominal pain, plantar fasciitis, eyes, knees and hand pain, poisonous insect and snake bites, severe swelling, indigestion. Alcohol poisoning and mold cleansing, water filtration, gas and bloating, detoxification, whitens teeth
12. **Tumeric** (Curcumin) - Inflammation, pain, free radical damage, reduces aging, painful joints, protects cognitive health
13. **Pine Sap PAV** - For deep cuts, wounds, scratches, warts, is flammable may be used to start a fire

14. **Therapeutic oils** - Peppermint and Eucalyptus, Olbas, anti-bacterial, anti-septic, anti-inflammatory, muscle and joint pain, skin problems, cuts, burns, bites, sinus and breathing issues
15. **Clay** - Green, White and Red - Draws out impurities, soothes skin irritation, exceptional for pain

BONUS: White Sugar - dampened and placed on boils, ulcers, infections, etc. with bandage

Be Smart - Start Now!

Sunshine

Nutrition

Temperance

Oxygen

Always Exercise

Water

Rest

Trust in the Creator God

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