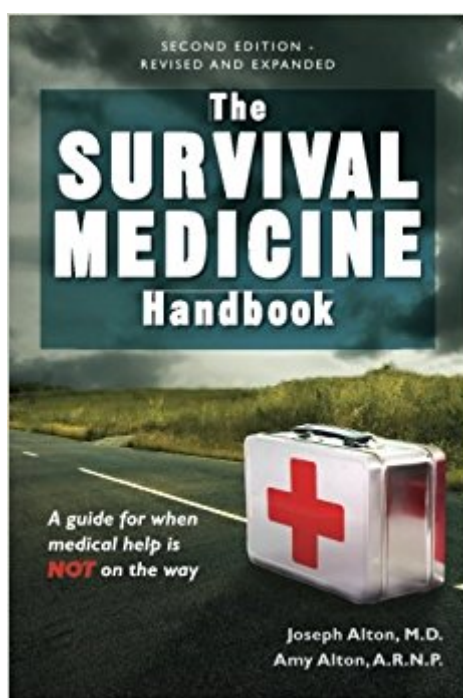


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# The Survival Medicine Handbook: A Guide For When Help Is Not On The Way



## Synopsis

The 2nd edition Survival Medicine Handbook(tm) is a guide for those who want to be medically prepared for any disaster where help is NOT on the way. This book is written by Joe Alton, M.D. and Amy Alton, A.R.N.P., the premiere Medical Preparedness Professionals from the top ten survival website dooandbloom dot net. This book is available in print and kindle, and print book buyers can take advantage of Kindle's matchbook program to also buy the digital version for just \$2.99 (normal retail \$24.99). The expanded second edition of the 3 category bestseller (Survival Skills, Disaster Relief, Safety/First Aid) is geared to enable the non-medical professional to deal with all the likely issues they will encounter in catastrophic scenarios. The Survival Medicine Handbook (tm) is not your standard first aid book. It assumes that no hospital or doctor is available in the aftermath of a catastrophic event. This book will give you the tools to handle injuries and illness for when YOU might be the end of the line with regards to your family's medical well-being. In circumstances where medical personnel are overwhelmed and access to modern technology is limited or non-existent, The Survival Medicine Handbook(tm) is the essential reference book for every library. Written in plain English, you'll find step-by-step instructions on how to identify and treat over 100 different medical issues. The second edition also covers alternative remedies for almost every possible medical condition in situations where modern healthcare is inaccessible. Here's just some of the topics covered: • MEDICAL PREPAREDNESS BECOMING A MEDICAL RESOURCE • THE EFFECTIVE SURVIVAL MEDIC • FACTORS TO CONSIDER WHEN PREPARING • LIKELY MEDICAL ISSUES YOU WILL FACE • MEDICAL SKILLS YOU WILL WANT TO LEARN • MEDICAL SUPPLIES NATURAL REMEDIES • ESSENTIAL OILS • THE MEDICINAL GARDEN • THE PHYSICAL EXAM • THE MASS CASUALTY INCIDENT • PATIENT TRANSPORT • HYGIENE-RELATED MEDICAL ISSUES • LICE, TICKS, AND WORMS • DENTAL ISSUES • RESPIRATORY INFECTIONS • FOOD AND WATER-BORNE ILLNESS • DIARRHEAL DISEASE/DEHYDRATION • DEALING WITH SEWAGE ISSUES • FOOD POISONING • APPENDICITIS/ABDOMINAL PAIN • URINARY TRACT INFECTIONS • HEPATITIS • PELVIC AND VAGINAL INFECTIONS • WOUND INFECTIONS • ABSCESSSES • TETANUS • MOSQUITO BORNE ILLNESS • FUNGAL INFECTIONS • HYPERTHERMIA (HEAT STROKE) • HYPOTHERMIA • ALTITUDE SICKNESS • WILDFIRE PREPAREDNESS • TORNADO PREPAREDNESS • HURRICANE PREPAREDNESS • EARTHQUAKE PREPAREDNESS • ALLERGIC REACTIONS ASTHMA • POISON IVY, OAK, AND SUMAC • RADIATION SICKNESS • BIOLOGICAL WARFARE • MINOR WOUNDS • MAJOR AND HEMORRHAGIC WOUNDS

SOFT TISSUE WOUND CARE WOUND CLOSURE/OPEN WOUNDS LOCAL ANESTHESIA AND NERVE BLOCKS HOW TO SUTURE/STAPLE SKIN BLISTERS, SPLINTERS, AND FISHHOOKS NAIL BED INJURIES BURN INJURIES ANIMAL BITES SNAKE BITES INSECT BITES AND STINGS HEAD INJURIES SPRAINS AND STRAINS DISLOCATIONS FRACTURES AMPUTATION THYROID DISEASE DIABETES HIGH BLOOD PRESSURE HEART DISEASE AND CHEST PAIN ULCER AND ACID REFLUX DISEASE SEIZURE DISORDERS JOINT DISEASE KIDNEY AND GALL BLADDER STONES SKIN CONDITIONS VARICOSE VEINS CPR HEADACHE EYE PROBLEMS NOSEBLEED EARACHE HEMORRHOIDS BIRTH CONTROL, PREGNANCY, AND DELIVERY ANXIETY AND DEPRESSION SLEEP DEPRIVATION ESSENTIAL OVER THE COUNTER DRUGS A PRIMER ON PAIN MEDICATIONS NATURAL PAIN RELIEF STOCKPILING MEDICATIONS HOW TO USE ANTIBIOTICS, EXPIRATION DATES

## Book Information

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## Customer Reviews

Joseph Alton, MD practiced as a board-certified Obstetrician and Pelvic Surgeon for more than 25 years before retiring to devote his efforts to his new mission: To put a medical prepared person in every family for any disaster. He is an actively-licensed Life Fellow of the American College of Obstetrics and Gynecology and a retired fellow of the American College of Surgeons, has served as department chairman at local hospitals and as adjunct professor at local university nursing schools. He is a popular speaker at survival and preparedness conferences on the subject of medical

readiness in austere times. A member of MENSA, Dr. Alton collects medical books from the 19th century to gain insight on off-the-grid medical protocols. Amy Alton, ARNP is an actively licensed Advanced Registered Nurse Practitioner and a Certified Nurse-Midwife. She has had years of experience working in large teaching institutions as well as smaller, family-oriented hospitals. Amy has extensive medicinal herb and vegetable gardens and works to include natural remedies into her strategies. She is also the designer of an entire line of medical kits and supplies, which can be found at [store.doomandbloom.net](http://store.doomandbloom.net). Dr. and Ms. Alton are regular contributors to American Survival Guide, Backwoods Home, Survival Quarterly, Prepare, Disaster Survival, Survivor's Edge, and Survivalist magazines. Their website at [www.doomandbloom.net](http://www.doomandbloom.net) has over 800 articles, podcasts, and videos on medical preparedness. As "Dr. Bones and Nurse Amy", they host a blog, YouTube channel, and radio program and are the designers of the board game "Doom and Bloom's SURVIVAL".

Within the last 30 years, after working in the health field as a medical professional and obtaining a copy of the first edition of this very helpful guide, this book is outstanding in every aspect as a valuable reference to emergency situations, where no other help is available. Although I have collected hundreds of books that cover this topic, I felt this one is extremely useful for my daughter to have in her home. This handbook outlines several conditions for one to identify with as it offers step-by-step instructions, with solutions for unexpected health problems. This informative guide also prepares for any disaster, where help is not on the way. It is specifically designed for the non-medical professional to help deal and cope with unexpected issues during emergencies. Some of the topics covered are fractures, nosebleed, chest pain, and much more. Dr. Joseph Alton highlights several medical conditions, covering over 100 medical issues. In addition, he provides information on how to handle different situations, what to look for, and how to treat. This is a valuable, essential reference book for every home. Highly recommended!

No book can replace actually getting good training. Yet, this book serves as a good guide and refresher for those that have gotten training. The book serves as a nice reference book especially for those with little EMS/medical background. As good as this book is on covering many basics and talking about wound care and even antibiotic use, this book doesn't replace good hands on training.

The love this book - (and as the author admits) this is a huge book of everything you need to consider and prepare for; IF YOU ARE GOING TO BE A CAMP OR COMMUNITY MEDIC. It is a

great planning guide with lots of considerations. This is not a how to practice or administer survival medicine. You will need a much more comprehensive book for that. This a a guide for all you to have a list of all the things you have to be ready for. I have to redo a lot of what I had and have to add a bunch of things I had not considered before. Great guidebook!

Too many books written on this subject assume help is within one to two days walking distance away. This book is honest, what to do if there is NO help. And if it is a situation a normal, non doctor person without modern medical equipment can't handle? Too darn bad!

This book walks you through the basics of survival medicine. It's a go to book for any home. It's easy to understand and gives you the information you need to know to diagnose and treat basic health emergencies.

I haven't finished this, but it's huge, it'll take me a while. However, it's indexed well enough that it could also be used to look things up when needed. Not it blood is gushing, of course, but you know what I mean ;) It also has info about what things might be that you can't treat, so you can have that info for troubleshooting. I also find it to be very well written.

Book is well written and easy to read. Book is great for basic emergency treatments. Think of it like an advanced Boy Scout Handbook for medicine. It is not a how-to guide to be looking at while you are trying to perform aid on a screaming, bleeding patient. It's a book to read, learn, and know before you need to use it so you know what to do "just in case".

A great guide for preparing to deal with a "grid down" scenario that would essentially throw us back to the early 20th and later 19th centuries. It offers good advice on what you should consider bringing with you if you had to go back to those times to serve as the "doc" of a group. The book covers at least some of the things that need to be addressed for the common good of a group such as the many aspects of sanitation which is essential for good health. It may become your responsibility only because you know (after reading the book) what's involved and how important it is. It's a must-have guide in your library.

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