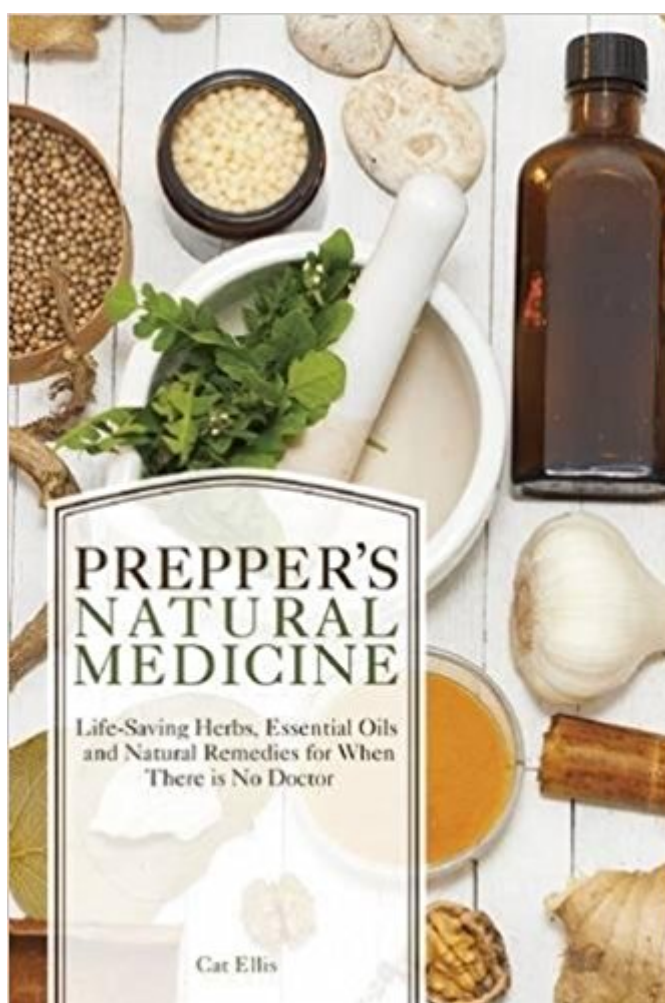


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# Prepper's Natural Medicine: Life-Saving Herbs, Essential Oils And Natural Remedies For When There Is No Doctor



## Synopsis

### A DEFINITIVE GUIDE TO HEALING ANY AILMENT HOLISTICALLY WHEN DISASTER

**STRIKES** When disaster strikes and you lose all access to doctors, hospitals and pharmacies, natural medicine will be your family's best hope for survival. Prepper's Natural Medicine is the definitive guide to creating powerful home remedies for any health situation, including: Herbal Salve for Infections Poultrice for Broken Bones Natural Ointment for Poison Ivy Infused Honey for Burns Essential Oil for Migraines Soothing Tea for Allergies Nutritional Syrup for Flu With easy-to-read herbal charts, a breakdown of essential oils, tips for stockpiling natural medicines and step-by-step instructions for creating your own elixirs, salves and more, this book offers everything you need to keep you and your loved ones safe.

## Book Information

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## Customer Reviews

Cat Ellis is a practicing herbalist and avid prepper. Her love of herbs began with "pretty things", like sachets and scents. After using herbs to recover from a severe bout with influenza in 1999, however, her focus became fixed upon the medicinal properties of plants. Cat's interest in prepping began in 2008 when her household faced a loss of income due to the failing economy. Both interests melded together earning her the nickname, "The Herbal Prepper". Cat Ellis is a homeschooling mom who teaches herbalism, aromatherapy, and food storage techniques in New England. Cat regularly blogs and podcasts on her website, HerbalPrepper.com.

Found book to be somewhat interesting to certain degree but lacking critical info. and basically ignoring the entire world of traditional Native American and Appalachian folk medicine. Native Americans often used live plants as-is with very little preparation beyond a little cutting, grinding and squeezing. Most of the herbs discussed in this book have to be purposely grown or purchased -- something that may not be a viable option in a prepper / survival situation where mobility is a factor. You gotta use whatever is in your immediate environment. Likewise, most of the remedies covered in the book require days, if not weeks, to prepare -- also not an option for someone on the move. Major pet peeve: the book fails to mention widely-available North American wild plants like Yellow Mustard, Garlic Mustard, Alfalfa, American Mistletoe, Antelope Sage, Aspen, Hops, Mint and Bloodroot, just to name a few. I pulled these from a list of traditional Native American medicinal plants; the kinds of plants a survivalist / prepper can easily find growing along country dirt roads, fallow fields and forested areas throughout most of North America. Yeah, space is limited and, as a writer, you have to draw the line somewhere -- you can't cover them all -- but a lot of this stuff grows wild all over the place and just wasn't mentioned in the book. Your typical old fallow field or open natural grassland can literally be a drug store if you know what to look for and how to use it. The author did a fairly good job of showing how to prepare the various medicines and remedies mentioned but I felt the focused too much on complex preparations as opposed to plants and herbs that can be used as is or with minor preparation work. If you're into doing this kind of stuff at home, then I suppose the book could be a passable how-to reference guide. Big disappointment: this isn't a "prepper" book per se. When the "Big One" hits there won't be ANY functioning stores. The traditional market economy will have fallen completely apart; no Walgreens, no Walmart, no internet, no , no Home Depot, no health food stores and no place to buy herbs or anything else. If you live in an urban area, you're going to have to move to the country. We're going back to basic pioneering days my friends, it's going to be Woods-Craft 101! You're going to be focused on living day-to-day, there'll be no time to grow herbs or make your own alcohol and apple vinegar. If I'm traveling through the countryside, what essential plants should I grab along the way to put into my medicine bundle? With that mindset, I had all kinds of questions while reading, for example: in a pinch could one use plain old common red clay in place of Bentonite? Would that work? The author did a decent job covering the preparation for each remedy; that's fine, but what if I'm out in a simple cabin in the woods and don't have access to apple vinegar, grain alcohol and a fully-functional kitchen? I don't have time to mix up a batch of XYZ and let it cure / ferment for two weeks, I need something NOW! What could I find in a couple of hours of tromping around a typical field, wet land

or woods in North America? How would I extract oil from Birch bark to make mosquito repellant?. How would I use skunk Cabbage to heal some nasty briar cuts?. That's the kind of stuff I was expecting, but the book came up short. Some color illustrations of the various herbal plants would have been helpful for those of us new to the hobby. Maybe a short section on how to create & maintain a herb garden? This book seems oriented more towards your typical home-gardening DIY herbalist as opposed to a prepper / survivalist forced to live in the wild. If you come across a copy at your local library (as I did), I'd say it'd be worthwhile to bring home for a quick peruse but can't recommend buying it. Most of this info. is available at various internet sites, the book doesn't really add anything radically different unless you want to add another cookbook to your kitchen library. Here're a couple of interesting sites dedicated to traditional Native American medicine: [www.legendsofamerica.com/na-herbs.html](http://www.legendsofamerica.com/na-herbs.html) [nativeamericanherbalism.com/](http://nativeamericanherbalism.com/)

Great book!. You will learn about common herbs that you can grow or wild-craft and how to use them if the SHTF, and what herbs that you might not be able to get post-SHTF that you can get and prepare as a tincture now. Along with a plant/herb identification book or two an invaluable resource

Honestly, this is the first book I've gotten on this subject. I wouldn't know if there's anything amiss or incorrect. Bearing that in mind, I'm looking at this from a prepper's perspective. I found it to be a well-laid-out, very inclusive, and pertinent to a no-doctor-available scenario. Practical info for infections, burns, broken bones, etc. A very nice list of herbs/ingredients with comprehensive info on what part of the plant to use, what effects it's for, uses, how to prepare it, dosing, and contraindications. All very very useful and easy to understand. Mind you, there are a lot of medical-ish words that are used that you aren't going to be able to avoid in a book on this subject, but all the definitions are in a glossary you can just flip to and check if needed. Extremely thoughtful and sensible. There's also an appendix at the back that's a chart of herbs/plants appropriate by symptom or use. So you can look it up that way. Also very thoughtful. The book is not huge, but imo is an excellent size, and is light, so would definitely be worth the space to pack if you needed to. All in all, very impressed with this book.

I love this book. I always prefer alternative medicine over our drug happy Western one. Don't you, especially when our physicians never tell us about a drug's side effects when prescribing a medication. One doesn't have to be a prepper to find this as a useful and informative book. Is it correct about everything? No. I found that out by reading other such Herb books and finding

conflicting information, but medicine isn't that different, is it? Read it and take from it what you want. Research everything and then go from there. This one is pretty comprehensive. I have no hesitation recommending this book to anyone. I bought this with another beginner's Herb book.

This book is the next best thing to having Cat Ellis sitting in your living room or better yet, helping you make some of the tinctures, extracts or salves with you in person. From start to finish this is written for a time you might not have access to conventional medicine but need it. That said, you will realize as you begin reading you will be gathering materials soon after reading. The only thing that would be better would be having every one of these salves, tinctures or extracts already made up in a corner cupboard ready to use. This book is written as though Cat Ellis is talking to you. She has done her research and not only has she covered ingredients, how-to instructions, when various things might be appropriate to use, she obviously knows human physiology and anatomy, the herbs she speaks about and their effects on the body. She has backed up her work with resources and studies, and is very specific about how to prepare nature's medicines for use safely. What I appreciate is the way Cat Ellis talks to you throughout the book. She draws from real life experience and hours of research and hard work. She also brings home the fact that this is not always a substitute for conventional medicine. Some things cannot be helped by herbal preparations and require immediate hospital care- if it's available. If not, this is a book I will be happy to have with me and hopefully I will be able to gather enough ingredients to start making my own 'Nature's First Aid Kit' right away. I won't be sorry. If I had to want anything more, I'd want a plastic cover for this book because it's going to get handled quite a bit.

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