

KEYS TO SURVIVAL

Experts Reveal Secrets to Disaster Preparedness

INFOWARS.COM

TABLE OF CONTENTS

Introduction.....1

Mental Preparedness.....5

Back to the Future: In Preparation for an Impending Crises - Take it Easy and Put on Some Axl Rose of "Guns and Roses" - "Paradise City"

-Dr. Steve Pieczenik M.D. Phd.

Financial Collapse.....11

Celente's 3 Gs - Guns, Gold and a Getaway Plan

-Gerald Celente

Societal Breakdown.....17

How to Prepare for and Survive a Riot or Social Unrest

-Joel M. Skousen

Medical Crisis.....23

Essential Steps and Supplies for Surviving a Health Emergency

-Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM

INTRODUCTION



One need only take a mere glance at the day's financial and political headlines to see historic events unfolding all around us. Whether it be elites escaping to armored compounds in exotic locations, financial market uncertainty or mass government stockpiling of ammunition and supplies, the foundations of global stability are eroding at a quickening pace.

The recent stock market plunge in both China and the United States revealed just how vulnerable the world economy is. While expert analysts warned of volatility, pundits in establishment circles boasted of a booming recovery.

The unfolding migrant crisis, fueled by Western intervention in the Middle East and the toppling of secular governments with jihadist proxy armies, has added even more pressure to the United States and European countries struggling under the tyranny of EU dictatorship. As Americans' rights are eviscerated

under the guise of safety, declassified Homeland Security documents obtained through the Freedom of Information Act show that the Obama administration altered federal law in 2014 to allow more than 1,500 known terrorists, most connected to the migrant crisis, into the country.

Racial tensions stirred up by the Obama administration, the Justice Department and George Soros-backed protest groups have turned countless cities into virtual powder kegs, resulting in unprovoked racial violence against innocent people of all backgrounds.

The rise of antibiotic-resistant super bugs and rare viruses continue to show just how unprepared, or perhaps unwilling, the federal government is in combating a major disease outbreak. As the failure of Obamacare spreads and denigrates quality medical

REGARDLESS OF POLITICAL AFFILIATION, MORE AND MORE PEOPLE ACROSS THE GLOBE ARE BEGINNING TO QUESTION NOT ONLY THEIR OWN FUTURES, BUT THE FUTURES OF THEIR FRIENDS AND FAMILY AS WELL.

care, many Americans for the first time are having to rely on other means to protect and preserve their health.

Regardless of political affiliation, more and more people across the globe are beginning to question not only their own futures, but the futures of their friends and family as well. In fact, a recent poll conducted by Chapman University found that 58 percent of Americans view rising government corruption as their number one fear followed only by cyber-terrorism and government tracking of digital communications.

In light of these uncertain times, Infowars has reached out to numerous experts in the fields of finance, health and more to bring you, the Infowarriors, exclusive information on preparing for potential disaster.

Obtain the keys to survival and unlock the secrets of disaster preparedness!

MENTAL PREPAREDNESS

Back to the Future: In Preparation for an Impending Crises - Take it Easy and Put on Some Axl Rose of "Guns and Roses" - "Paradise City"

Dr. Steve Pieczenik M.D. Phd. - stevepieczenik.com



Dear fellow citizens, I have had the distinct pleasure of being asked by Alex Jones' "Infowars" to write something profound or unique for preparing yourself in case of a future crisis. Well, let me be frank right up front: I am not going to give you an 'aha moment'. What I will tell you is something along the reasoning

that for the most part of one's life should consist of a quasi-state of situational awareness and possible crises management. What do I mean?

A crisis, whether created by your own actions as

a self-induced bankruptcy or an external threat like a terrorist threat, all have the same common denominator for both assessment and response. Above all else maintain your composure. In simple terms, that means you do not become hysterical or raise your arms in an expression of complete defeat. Then assess your ongoing situation. Is it threatening to you? To others? And how can it be defused, if at all?

The recent episode on the French Train where two American U.S. soldiers were able to pre-empt a Moroccan terrorist from committing mass murder is not a typical occurrence.

Usually, floods, droughts and storms are far more common expressions of impending disasters. If you live in the Florida region as I do, then one has to perform the yearly ritual preparations for an impending hurricane where life and limb can be lost. So from that perspective of the impending physical/mental storm, I usually

ONCE YOU ARE ON THAT EVEN KEEL, THEN YOU CAN PREPARE YOURSELF TO AMP UP YOUR ADRENALINE AND RESPONSE TO ANY GIVEN IMPENDING CRISES.

prepared myself to be self-sufficient. Most of you know what that means.

You buy extra water for one to two weeks in plastic bottles. Make certain that you have enough canned foods that you can immediately access for some form of a regular routine of eating. Then you have to be completely ready for having your own light source, be it batteries or back-up generators. Make certain that your car has extra fuel stored in a safe place and not necessarily in the back of your car [for fear of an explosion]. Then make certain that you are situated in an area which will not be physically destroyed by the impending storm - be it high ground or some underground shelter. Necessary medicines should be pre-stocked for emergencies so that there is no need to go out to a local pharmacy, if one exists. It would be helpful if you also had a basic emergency medical kit with an oxygen tank, antibiotics and bandages in case you have to act as an EMT. In terms of protection, I am as most of you know a strong advocate of the Second Amendment. Therefore, whatever your preference for defensive protection of choice should be available to you at will.

Those aforementioned factors are ones that are obvious and I am certain ones that most of you have

already thought about. But I would want to add one more variable that for me has been the most important factor in my life to keep me in even keel. It happens to be Rock N' Roll. Today it may involve listening to Axl Rose of Guns N' Roses singing either "Knockin' On Heaven's Door" or "Sweet Child Of Mine." The point is that for most of life I have found that Rock N' Roll, be it Chuck Berry or Bo Diddley, happens to make me feel quite relaxed and ready to meet any type of crisis. For other people, Rock N' Roll might make them too agitated and a Bach Cantata and Fugue might suit them best. The point is simple. Everyday life should be filled with the certain small pleasures that you happen to enjoy because it keeps you on an even keel. Once you are on that even keel, then you can prepare yourself to amp up your adrenaline and response to any given impending crises.

By the way, most crises are not very dramatic and do not descend upon you as a hurricane or a forest fire. A crisis can be insidious. It can come on slowly without your realizing it and suddenly you feel helpless and hopeless. Those feelings will make you act in a way that is often self-destructive or futile.

So, the ability for you to calm yourselves down, relax and take a deep breath before acting in a crisis will be paramount. Then only if you can help to save

yourself can you hope to help others in your family or neighborhood.

Once you are in a particular crisis, be prepared to pace yourself accordingly. Don't suddenly rush into a situation that might take more time than you originally assessed. Then keep a mental note in your mind about how much mental and physical energy you have exerted. Titrate your energy and time during a crisis. They can last from a few seconds, minutes to days and months. You will have to be prepared to posture yourself accordingly. In any case, remember whatever you do in any situation, be it a crisis or some event, please remember to take it easy on yourself and others.

There is no such concept as being successful in a crisis. There is only the basic rule to get through it as best as you can. Be as helpful to others and make certain that you take care of yourself well before attempting to resolve an imminent future crisis. A crisis is just another way that the day has to be resolved. Make it as simple as you can... and try to enjoy it and see it as a test of your mental and physical capabilities.

The best advice I can really give you is to go back to the future and live your life in the least complicated and enjoyable way possible so that no one crisis – be it

personal or external – throws you off balance mentally and physically.

In Dr. Steve's simple terms – Keep on Rock N' Rollin!!!
And the rest of the crises resolution will fall automatically in place!!! Good Luck!!!

FINANCIAL COLLAPSE

Celente's 3 Gs - Guns, Gold and a Getaway Plan

Gerald Celente - trendsresearch.com



Depending on the circumstances, survival strategies come in many shapes and sizes. There are strategies that require immediate action - such as a violent street attack, being trapped in a burning building or an unfolding home robbery while you're at home - and there are survival strategies that require long-term planning such as preparing for economic calamity, extended social unrest, civil war, terror strikes, dirty bombs, nuclear bombs, or chemical warfare.

The survival strategies I will address fall in the category of immediate action plans: proactively responding to unfolding events and reacting to immediate threats.

To prepare for the worst of times I developed "Gerald Celente's (GC's) 3 Gs: Gold, Guns and a Getaway plan." I

forecast that if current trend lines are not reversed, the worst of times will soon be upon us.

For example, the global equity markets are on the verge of collapse. The signals are clear. Commodity prices are at 16-year lows. From iron ore to copper, from milk to corn, the prices are falling as the global economy contracts. As a result of the slowing economies across the globe, there is too much product (both raw material and finished goods) and not enough people with enough money to buy them. As a result, currencies are crashing among resource-rich nations whose exports are dramatically declining. Therefore, as equity markets fail, economic conditions will deteriorate and social unrest will follow. Under such conditions we forecast that gold, and to some extent silver, will prove safe-haven currencies as declining nations' paper money continues to devalue.

Stockpiling protective gear and weapons makes sense for those who fear that, as economic systems cave in, violent crime will inevitably rise. Even people who would never have considered committing a crime will



snap under severe economic pressure. As I've often noted, "When people lose everything and have nothing left to lose, they lose it." Beyond the developing new class of "lose it" criminals, street gang recruitment will rapidly grow as the lower rungs of the ladder of success become more difficult to climb among the socially and economically underprivileged.

Therefore, among the survival minded, learning basic self-defense techniques and how to use weapons will be on the minds of citizens who never before gave it a thought.

A heightened sense of danger and the signs of social dissolution will provide the impetus for serious thinking about developing a realistic getaway plan. Such a plan comes in two main forms:

Should terror strike, a nuclear plant melt down or a natural disaster occur, having an emergency getaway

SHOULD TERROR STRIKE, A NUCLEAR PLANT MELT DOWN OR A NATURAL DISASTER OCCUR, HAVING AN EMERGENCY GETAWAY PLAN IN PLACE COULD MEAN THE DIFFERENCE BETWEEN LIFE AND DEATH.

plan in place could mean the difference between life and death. Knowing what to do and where to go is essential.

Suppose a nuclear power plant either gets whacked by a terror strike, hit by an earthquake or has a melt-down. There will be mass panic. People will behave in manners of desperation so repugnant and violent that they are beyond the current mindset of comprehension. Major highways, packed with cars, will be at a standstill. Do you know what remote roads less-traveled to take? What will you bring with you? Jerry Jugs of gas, motor oil, seeds, nuts, dried fruits, water, appropriate shoes and clothing - easily packed and easy to carry. Gathering essentials to protect and sustain yourself for as long as the emergency lasts cannot be accomplished without preparation. Another Celente saying is, "If you don't plan for the worst and the worst happens, you've lost everything. But if you plan for the worst and nothing happens, you've lost nothing."

Suppose you have your gold in a safe-deposit box in the bank and suppose the government calls a bank holiday. They did it before and they can do it again. you don't have the gold, but you have the guns and a getaway plan, you may not get too far. The stories are

If you don't have a getaway plan, you may not get too far. The stories are legend of how people bought their freedom across borders and bought food and necessities with a few gold coins while those with worthless paper money were held hostage in their war-torn, ravaged nations.

It's happened before and will happen again. Nations become economically depressed, socially intolerable or politically hostile and leaving one's home, land permanently becomes a realistic goal for those willing and able to pull up stakes and start over. Have you identified possible safe-haven nations? As we view the worst migrant/refugee crisis since World War II unfold before our eyes, as equity markets rattle once stable lands and as commodity prices collapse worldwide, former promising safe haven choices are not as inviting as they were just a few years ago. In the truest sense, it's a small world after all.

SOCIETAL BREAKDOWN

How to Prepare for and Survive a Riot or Social Unrest

Joel M. Skousen - joelskousen.com



The Watts area of LA experienced a massive riot in 1965 which raged for six days, causing more than 40 million dollars worth of damage (1965 dollars). It started out with racial overtones but quickly degenerated into criminal mayhem with massive looting. One story from the Watts riot stands out - the picture of armed store owners and friends on top of an urban store roof successfully using armed force to stop the looting of their particular store. Everyone who relied on the police for the protection of their property came up with huge losses.

The recent Ferguson, Mo., riots, though not as large in scope, had many similar racial and criminal characteristics, including rioters that were bussed in to cause even more problems. As in Watts, only those who used their Second Amendment rights to bear arms, or who hired protection, avoided looting of their commercial property outside of the police cordon - and even inside

the cordon, police rarely intervened to arrest looters even when criminal behavior was right in front of them.

Be forewarned, however: Your chances of success in dealing with a riot are slim, even if armed, unless you are defending a hardened building with elevated views of the mob. Large groups of men armed with sticks, bats, or other makeshift weapons can overwhelm even a small armed force by sheer numbers.

Naturally, your best defense is avoidance - stay clear of areas that are in a threat of riot or social unrest. That includes not driving through unsafe urban areas where you might be targeted for racial reasons. You don't want to get stuck in a traffic jam where you can't escape the mass of people that are coming forward and pulling people out of their cars and assaulting them.

Avoidance also means having an escape plan - someplace to retreat to. While criminal rioting and looting mostly happen in run-down or blighted urban areas, social unrest can threaten even peaceful suburban areas. Although many people have to live in metropolitan areas to have access to employment, they should develop retreat contingency plans to get out of town before any major social unrest (see Strategic Relocation for more details). That may involve

a vacation cabin some miles away or just having a prior arrangement with friends or relatives that live outside the city. But, you have to get there before you get blocked in by traffic. The key threat during large scale social unrest is panic and the resulting traffic nightmare may keep you from making a timely exit. Always determine to leave earlier rather than later - and to do so you need to have a plan to round up all your family in a quick manner.

Make sure you have alternatives to cellphones, which may be overloaded during a crisis. Having a written plan about where to meet in case of a crisis is essential. Review it often so children know it by memory. Make sure you have a bug-out-bag prepared for each person to throw in the car and include spare fuel, tools and paper maps (cell service may render your phone GPS inoperable). It's important to make sure you map out several exit routes out of the city, avoiding the main thoroughfares which most people use. Take special care to avoid being trapped by freeway belt routes that surround most urban areas. These freeways are like massive fenced barriers that can only be crossed where roads go over or under the beltways. Make sure you know where the roads go over or under these freeways which don't pertain to an exit or on ramp - which may well be blocked with traffic trying to get on or off the freeways. If you know the overpasses that have no

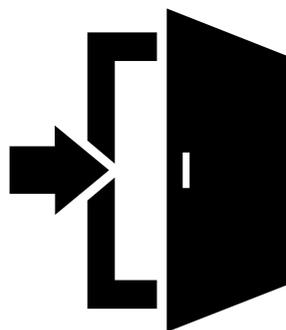
connection to the freeway, you'll bypass all the traffic problems.

Always be prepared to hunker down in your home in case you can't make a timely exit. If the roads are already jammed with traffic you're better off staying put - as long as you're prepared. Here are the essentials for holding out in your home.



1) You've got to have at least a week's supply of food and water - two weeks is better. That's not too hard, but you'd be surprised how few have more than a few day's supply on hand.

2) You need to construct some type of safe closet or safe room in the home that can withstand forced intrusion. If you have a basement, harden one of the rooms in the corner with gravel wall construction, a steel door and a metal jamb. Include a bathroom if you can. If you don't have a basement, harden a master bedroom walk-in closet and/or bathroom and provide a trap door exit down into the crawl space.

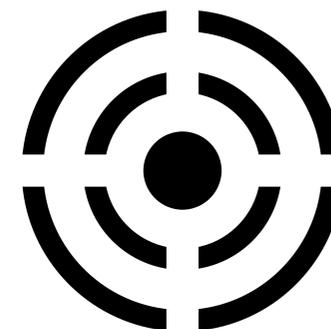


3) You always need a way to get out of the house in case rioters set fire to your home. This is often a common criminal reaction to a homeowner who decides to defend his home with armed force, so be prepared to make a

quick exit before you get trapped by fire.

4) Have an ample supply of pepper spray canisters on hand. Before entering your safe room, spray the house around entrance areas with pepper spray so that looters are deterred from staying inside your house. Leave the doors unlocked so they don't break windows in order to gain entrance. They'll leave quick enough once they get their eyes full of capsicum (red pepper).

5) Have some small arms for self-defense and know how to use them. A pump or autoloading shotgun is your best defense against rioters. But you also need a few semi-auto pistols that you can easily carry on your person. And, have your spare ammo inside the safe room where you need to retreat to. I'd also have a can of pepper spray handy for a non-lethal response to a close encounter.



6) Have a portable police scanner type of radio receiver so you can monitor with police where the threats are and if police are able to deal with them. It's also good to have a ham-band radio that is tuned to the local ham repeater where you can ask for help from other ham operators who are always active during a crisis.

MEDICAL CRISIS

Essential Steps and Supplies for Surviving a Health Emergency

*Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM -
globalhealingcenter.com*



Major disasters can kill, injure and displace tens of thousands of people. Healthcare providers play a central role in dealing with disasters - and with so much at stake - it's vital to learn as much as possible to prepare for emergencies.

One of the key components to disaster preparation is a health-based, well stocked, emergency survival kit. Let me be clear that I'm not advocating the \$14.99 first aid kit from the local drug store - a few bandages isn't going to cut it. You can be sure that a true survival situation is going to require much more than the basic food, water, and first aid supplies. Although we can't trust that FEMA will save us, they, and other organizations, have made survival kit checklists available and those are a good place to start for knowing what you need to have on

hand.

Here we'll look at some of the absolute essentials that I personally have in my own survival kit, and recommend that you have as well. Keep in mind that this may not be exhaustive and the individual needs of yourself and your family may be different. When assembling your emergency preparation kit, it's crucial that you consider everyone. Kids, infants, people with disabilities and seniors may all need special considerations. Does anyone in your family require special medication or equipment? If anyone requires special care, does your kit contain the necessary instructions in case someone else needs to take over? Do you have pets? Do you have the necessary provisions for them?

Before we get into the individual items, let's discuss what it means to be prepared. Being prepared is more than just having an adequate cache of supplies, it also means living a healthy lifestyle and keeping your body in the best state of health that you can. Survival can be tough and it's not the time to wish you'd kept your health in check, strengthened your immune system, avoided toxic foods and the like. If you haven't adopted a diet largely based on whole, organic foods - start. If you haven't started to regularly cleanse your liver and colon

- start. If you haven't taken the time to learn CPR, first aid and other life saving skills - start.

If there's a societal collapse, there's a good chance the hospital will be overrun at best and completely closed or destroyed at worst. Nobody will be at the 911 call center to pick up the phone and even if there was, it's unlikely an ambulance will be available for immediate dispatch. You have to be responsible for yourself and those who depend on you. How tragic would it be if someone in your camp choked to death and all that was required to save their life was knowing the Heimlich maneuver? It's a grim thought but that's the nature of pure survival.

My own emergency preparation kit contains all the essentials that FEMA, the Red Cross and other organizations recommend. But I've also included other items that you won't find on those checklists. Below is a list of what I've got and why.

1) Water Filtration and Purification Devices

Water is mandatory to stay alive. If you don't have an adequate reserve of water, you're not going to make it more than a few days - it's just that simple. Most of the time you'll hear that a three day supply is adequate

- I disagree. Obviously, if you're able to store a month's worth of clean drinking water and have it immediately available, that's going to be the best defense. But what if you don't have the storage space? What if the disaster is longer than three days and you run out?

A water purification device, or even several water purification devices, can be a lifesaver. You might find yourself in a situation where dirty water is the only option and consuming it will most assuredly lead to illness or even death. Water purification is a massive subject in and of itself and there are a number of methods. The most basic, boiling water, is an effective way to kill pathogenic bacteria, viruses and protozoa if you have access to a stove or a way to start a fire. In some situations, that will work. In other situations, such as if you're in an enclosed area for an extended period of time, there may not be adequate ventilation to start a fire. In which case, you're going to need to filter or otherwise purify water before consuming it. Understand that not all water purification devices are the same and not all remove viruses, bacteria or radioactive particles. These are the things to consider.

I personally have a 30 day supply for each member of my family and I also have a Life Straw if worse comes to worst and that runs out.

2) Iodine

Your thyroid gland is one of your body's key control centers for regulating hormones, your metabolism and other vital processes. Iodine is the nutrient your thyroid depends on the most. It's possible, albeit difficult, to get enough iodine in your diet. But, if you're relying on emergency rations, there's a good chance the portions will be small and not contain the full spectrum of nutrition your body needs, much less enough iodine. An iodine deficiency can make an already difficult situation much worse and there's absolutely no reason to be unprepared.

Nascent iodine is cheap, it's readily available and has a long shelf life. In terms of must have items, it provides a huge bang for your buck. Not only will it help keep your thyroid functioning properly, but in the event of radiation exposure, saturating your thyroid gland with iodine can help prevent your body from absorbing harmful, and often fatal, radioactive particles. Additionally, iodine can help purify water.

I personally have 24 bottles of nascent iodine in my survival kit.

3) Vitamin D3

Vitamin D is one of the most important nutrients your body needs. There aren't many good food sources of vitamin D. You either need sunlight exposure or supplementation - that's it. Depending on the type of disaster that occurs, it may be unsafe to go outside. Or, depending on what's happened, what if most of the sunlight has been blocked out? What if you're stuck inside for a month? If you're already on survival mode and overall nutrition is sparse, a vitamin D deficiency can make you weak, leave your bones brittle and negatively affect your mood at a time when you need to be extra mentally strong. Don't put yourself at risk.

I personally have 12 bottles of vitamin D in my survival kit.

4) Colloidal Silver

Colloidal silver is one of the best all-around health support items available and a strong supply of colloidal silver is an absolute must for everyone. What if there's a disease pandemic? Think it's just an exciting storyline for apocalyptic movies? Think again. Antibiotic resistant viruses and bacteria already exist and warnings are

routinely issued by the CDC. The local drugstore is likely to be looted and burned to the ground, so running down and picking up a box of Emergen-C packets will not be an option.

In a survival situation, you need to be vigilant, on guard, and realize that normally minor situations can easily spiral out of control. What if you got a bad cut? How would you keep that wound clean? What would you do to encourage it to heal? How would you safeguard against a nasty infection? Colloidal silver has incredible antimicrobial properties and topical application can be a fantastic defense against a runaway infection that could have grave results. Topical application is just one of the many ways to use colloidal silver. Ingesting just a few tablespoons a day is an amazingly effective tonic that will help keep your body in balance and reduce your risk of succumbing to a viral or bacterial illness. What if pink eye became a problem in your survival camp? Left unchecked, you might face a situation where literal blindness is a real threat. But, if you have a supply of colloidal silver, you can take care of that problem. What if you get a nasty cold, the flu, or even worse, pneumonia? Colloidal silver can be an effective defense against all those situations.

I personally have five gallons of colloidal silver in my

disaster kit.

5) Additional Items

In the interest of space, I won't go into each of these in depth at this time, but other items I would seriously recommend you have an adequate supply of include oregano oil, MMS (miracle mineral supplement), at least one bottle of 99% pure DMSO, a supply of digestive and systemic enzymes, nano-masks to isolate and destroy viral and bacterial contaminants, Chinese Star Anise Oil (which is the herb used to make Tamiflu), zinc orotate (enough for 2 tablets twice daily to increase lysosome activity and attack viruses), 35% food grade hydrogen peroxide and oleander extract capsules.

I feel it's also important to mention that, while you can have all the emergency rations in the world, one thing that often gets overlooked is the incredible mental stress that accompanies a survival situation. Make no mistake — being caught in the middle of a natural disaster or societal collapse is an incredibly traumatic event. History is littered with innumerable catastrophes and disasters. Realize that it can happen to you. Few people expect - and no one wants - to be involved in a disaster. But you may find yourself in the middle of one at any time. Emergency planners emphasize that to stay

prepared you should assume it's not a matter of if, but when, a disaster will strike.

Meditation, communicating with the people in your camp and some form of physical exercise are just a few things you can do to stay mentally strong during a very challenging time. Read, play games and have a few activities to help pass the time. Other strategies for minimizing stress include maintaining as normal a routine as possible - eat when you normally would and sleep when you normally would. Although you should keep abreast of the situation you're in and any developments or warnings, I would suggest ignoring the 24-hour news coverage (if it's even in existence). Ninety-nine percent of the time, that sort of media influx is negative and does absolutely nothing but create unnecessary stress.

In closing, remember that having your emergency preparation kit assembled and ready to use is an absolute must. Everything needs to be in one location, not scattered around the house, and everyone in your family needs to know where it is and what the emergency plan is. Put a reminder on your calendar to check your preparation kit every 6 months to make any updates and check that all supplies are still in good shape and not expired. Having a disaster plan and performing actual practice drills a few times a year with

your family will ensure that, should the situation arise, everyone already knows what to do. Go-time is not the time to stand around wondering what to do.