



## Surviving With Medical Issues

with Dr. Bones from [www.DoomAndBloom.net](http://www.DoomAndBloom.net)

### The Scope Of The Problem

Almost half of Americans have used at least one prescription drug in the past 30 days. More than 10% of us is on 5 prescription drugs. More than 133 million Americans (45% of us) have at least ONE chronic condition. The CDC estimates this as 6 in 10, with 4 out of 10 adults having two or MORE chronic conditions.

### Surviving With Pain Issues

Chronic pain is a huge issue.

- Stockpile as much of your own medication as you possibly can.
- You might be able to ask a sympathetic doctor for an extra prescription. Get a 90 day supply if you can.
- Natural plant substances are the only other alternative. Dr. Bones can't recommend growing poppies because Opioids have a huge addiction potential.
- Marijuana and CBD oil may help with pain, but there is no quality control for CBD oil.
- The herb kratom is not an opiate; it's a member of the coffee family. It is, however, very helpful for pain.
- The green under-bark of willow, poplar, and aspen trees can be used to make tea or to chew. The active ingredient was first used to make aspirin. The issue is that there's no way to control the quality or the dose, really.

### Surviving With Diabetes

This is especially problematic for survival.

- Medications used for diabetes often don't retain their potency for long periods of time.
- Most states allow the purchase of insulin without a prescription. Keep a good supply, and keep it chilled (vehicle cooler?) to maintain it for as long as possible. Potency

drops rapidly when not refrigerated. You'll have to take more to get the same effect.

- Stockpile diabetic test strips, too.
- Keeping your glucose below 200 will help prevent emergency conditions while extending your supply. This is unhealthy advice for "normal" times, though.
- Physical exertion may help somewhat.
- Cinnamon is not as effective as insulin.

### Surviving With High Blood Pressure

Heart disease is incredibly common.

- Maintain a normal weight. This is the single best way to control blood pressure.
- Avoid sodium, alcohol, nicotine, caffeine.
- Eat tree nuts, whole grains, fish, poultry, vegetables, while avoiding red meat, sweets, and sugar. This may help reduce pressure.
- Avoid added fats, too.

### Surviving With Respiratory Issues

Are you just dead without an inhaler?

- Avoid trigger allergens, like smoke, chemicals, pet dander.
- Maintain open airways and stockpile inhalers/epi pens/etc.
- Studies on expired epi-pens have found that many are still effective for years after their use date. Don't throw them away!
- Various breathing methods are thought to help in controlling the "panic response."
- Mouth breathing, exposing the lungs to cooler, dryer air, can trigger attacks.
- Shallow breathing at a controlled rate can help. Inhale through your nose; exhale as if whistling. Steam inhalation, coffee and certain herbal teas may help, too.

*Prepare. Train. Survive.*

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