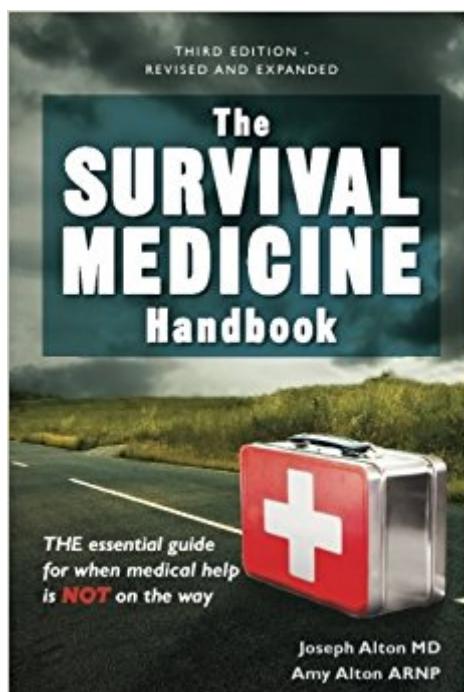


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# The Survival Medicine Handbook: THE Essential Guide For When Medical Help Is NOT On The Way



## Synopsis

If you had to deal with an injury or illness in a disaster, would you know what to do? The Survival Medicine Handbook is a 670 page detailed 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 [www.doomandbloom.net](http://www.doomandbloom.net). The expanded third 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 short or long-term scenarios. The third (2016) edition of The Survival Medicine Handbook is not your standard first aid book: Unlike other so-called "survival" medical books, it assumes that a disaster, natural or man-made, has removed all access to hospitals or doctors for the foreseeable future; you, the average person, are now the highest medical resource left to your family. The Survival Medicine Handbook will give you the tools, in plain English, to competently handle injuries and illness for any situation that leaves you as the end of the line with regards to your family's medical well-being. Here are just some of the over 150 topics (175 illustrations) covered:

PRINCIPLES OF MEDICAL PREPAREDNESS-HISTORY OF PREPAREDNESS-USING ALL THE TOOLS IN THE WOODSHED-SPIRITUALITY AND SURVIVAL-MODERN MEDICINE VS. SURVIVAL MEDICINE-THE IMPORTANCE OF COMMUNITY-HOW TO BECOME AN EFFECTIVE MEDIC-LIKELY MEDICAL ISSUES YOU'LL FACE-MEDICAL SKILLS YOU'LL WANT TO LEARN-MEDICAL BAGS, KITS, AND SUPPLIES-HOW TO STERILIZE MEDICAL SUPPLIES-NATURAL REMEDIES, LIKE OILS, TEAS, TINCTURES, AND SALVES-THE MEDICAL HISTORY AND PHYSICAL EXAM-THE MASS CASUALTY INCIDENT-THE ACTIVE SHOOTER EVENT-PATIENT TRANSPORT-HYGIENE-RELATED MEDICAL ISSUES-LICE, TICKS, AND WORMS-DENTAL ISSUES AND PROCEDURES-RESPIRATORY INFECTIONS-GUIDE TO PROTECTIVE MASKS-FOOD AND WATER-BORNE ILLNESS-WATER STERILIZATION-DIARRHEAL DISEASE AND DEHYDRATION-DEALING WITH SEWAGE ISSUES-RODENTS AS DISEASE VECTORS-FOOD POISONING-PATHOGENS (DISEASE-CAUSING ORGANISMS)-HOW INFECTIONS SPREAD-APPENDICITIS AND OTHER ABDOMINAL INFECTIONS AND CONDITIONS-HEPATITIS-URINARY TRACT INFECTIONS-INFECTIONS CAUSED BY YEAST-CELLULITIS-ABSCESSES-TETANUS-MOSQUITO-BORNE ILLNESSES-PANDEMICS-THE SURVIVAL SICK ROOM -HYPERTHERMIA (HEAT STROKE)-HYPOTHERMIA-FROSTBITE/IMMERSION (TRENCH) FOOT-COLD WATER

SAFETY-FALLING THROUGH THE ICE-AVALANCHE PREPAREDNESS-ALTITUDE  
SICKNESS-WILDFIRE PREPAREDNESS-SMOKE INHALATION-TORNADO  
PREPAREDNESS-HURRICANE PREPAREDNESS-EARTHQUAKE PREPAREDNESS-FLOOD  
PREPAREDNESS-MARITIME SURVIVAL-NEAR-DROWNING-VOLCANO  
PREPAREDNESS-ALLERGIC REACTIONS-ASTHMA-ANAPHYLACTIC SHOCK-POISON IVY,  
OAK, AND SUMAC-RADIATION SICKNESS-BIOLOGICAL WARFARE-INJURIES TO SOFT  
TISSUES- MINOR WOUNDS-HEMORRHAGIC WOUNDS-PHYSICAL EFFECTS OF BLOOD  
LOSS-HEMORRHAGE CONTROL-TOURNIQUETS-COMMERCIAL BLOOD-CLOTTING  
AGENTS-KNIFE AND BULLET WOUNDS-BODY ARMOR-THE MEDIC UNDER FIRE-SOFT  
TISSUE CHRONIC WOUND CARE-HOW TO SUTURE SKIN-HOW TO STAPLE SKIN-LOCAL  
NERVE BLOCKS-BLISTERS, SPLINTERS, AND FISHHOOKS-NAIL BED INJURIES-BURN  
INJURIES-ANIMAL BITES-SNAKE BITES-INSECT BITES AND STINGS-HEAD  
INJURIES-SPRAINS AND  
STRAINS-DISLOCATIONS-FRACTURES-PNEUMOTHORAX-AMPUTATION-THYROID  
DISEASE-DIABETES-HIGH BLOOD PRESSURE-HEART DISEASE-ULCER AND ACID REFLUX  
DISEASE-SEIZURE DISORDERS-JOINT DISEASE-KIDNEY AND GALL BLADDER  
STONES-SKIN RASHES-VARICOSE VEINS-HEMORRHOIDS-AIRWAY  
OBSTRUCTION-TRACHEOTOMY-CPR IN THE UNCONSCIOUS PATIENT-HEADACHE-EYE  
TRAUMA AND INFECTIONS-NASAL TRAUMA-EAR INFECTIONS-PREGNANCY AND  
DELIVERY-ANXIETY AND DEPRESSION-SLEEP DEPRIVATION-OVER THE COUNTER  
DRUGS-PAIN RELIEF-ANTIBIOTICS- EXPIRATION DATES When medical personnel are  
overwhelmed and modern technology is non-existent, The Survival Medicine Handbook is THE  
essential book for your library.

## **Book Information**

Paperback: 700 pages

Publisher: Doom and Bloom, LLC; 3 edition (June 7, 2016)

Language: English

ISBN-10: 0988872552

ISBN-13: 978-0988872554

Product Dimensions: 6 x 1.6 x 9 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 49 customer reviews

Best Sellers Rank: #28,690 in Books (See Top 100 in Books) #16 in Books > Sports & Outdoors > Survival Skills #25 in Books > Politics & Social Sciences > Social Sciences > Disaster Relief #26 in Books > Medical Books > Medicine > Internal Medicine > Emergency

## 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".

This is the third edition and I have bought every edition. They are always adding to the amount of knowledge and useable information. I am a former paramedic and I can say this is a great textbook for disaster medicine. It is easy to understand and easy to use a reference. This would be a huge asset to anyone's library!

This is a great book and source of information for anyone who might find themselves in an emergency. Very comprehensive and very well written. Definite thumbs up!

If you follow all the recommendations in this book you would have your own hospital. just storing all

the supplies would take a small warehouse.

Good for your prepper library! must have!

This is great for anybody even if you don't have medical experience. This is a very well written book with valuable information.

Excellent!

Dr. bones and nurse Amey are very good at teaching those things that we may need to know.

Great informative reference book highly recommended for everyone

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