

## Prescription for Survival

### How to Prepare for the Coming Breakdown of Our Medical System

*A reputable financial expert with a proven track record for forecasting the future has predicted “everything is in the process of breaking down:” food production, trucking, **health services**, millions will get very sick and many of them will die, the military breaks down, political system breaks down and the financial system will suffer a horrible unfixable crash.*

- **How to survive the coming medical meltdown.**

1. Purchase a Rife functional generator: The GB 4000 unit has 871 pre-programmed treatments. Basically it's a Doc in a box.
2. Modify your diet: eat more fresh vegetables, fresh poultry, meats, raw dairy whenever possible.
3. Drink filtered water: especially a system that removes fluoride, chlorine, heavy metals, and other toxic chemicals.
4. Reduce white sugar, white bread, and table salt.
5. Read up on basic homeopathic remedies for common issues:
  - a. **Trauma:** Arnica Montana: 30 C potency
  - b. **Pain:** Hypericum perforatum: 30 C potency
  - c. **Sudden onset of swelling:** Apis melifica 9C potency
  - d. **Salivary stones:** Calcarea renalis: 6 C potency (five pellets 2x/day); complement with Calcarea carbonic 30C potency single doses of five pellets 2x/weekly.
6. **Puncture wound:** Ledum 30C potency 3 to 5 pellets every hour until symptoms abate.
7. **Toothaches:**
  - a. **Belladonna:** when the toothache is accompanied by throbbing pain and is worse from motion, touch or chewing. 30X potency 3 pellets every half to one hour.

b. **Magnesium Phosphorica**: when the toothache is worse with cold and relieved by heat. 7C potency; five pellets every 30 minutes.

c. **Coffea Cruda**: when the toothache is worse with heat and relieved by cold. 7C potency five pellets every 30 minutes.

d. **Aconitum Napellus**: pain is unbearable accompanied by anxiety, restlessness that comes on suddenly and where movement worsens the condition. The pain is sharp and tearing in nature. Represents a severe pulpitis (inflamed pulp) 7C potency - 5 pellets every 20 minutes.

8. **Cold sores or Fever Blisters (Herpes labialis):**

a. Naturum Mur: 30C potency; 5 pellets 3x/day.

b. Rhus Tox: 30C potency; 5 pellets 3x/day.

9. **Panic attacks**: Severe, sudden onset, triad of symptoms: restlessness, anxiety, unbearable pain (sharp and tearing. Aconite napellus - 5 C three to five pellets every half hour until symptoms abate.

10. **Sudden Onset of an Abscess**: Periodontal or tooth abscess that is accompanied by redness, inflammation and throbbing which is aggravated by the slightest touch. **Belladonna**: 6C potency 3 to 5 pellets every half hour to one hour until symptoms subside.

11. Hydroxychloroquine: 2 for a two weeks

12. Ivermectin: 1cc per 100 pounds alternate weeks with Hydroxychloroquine.

13. Meditation: will increase circulation, reduce distress and cortisol which tears down the body. It is actually better than physical exercise.

• **What items will I need to weather the coming shortages?**

1. Stock up on toilet paper and paper towels.

2. Pasta

3. Canned fish (tuna no mercury), salmon, sardines, clams, etc.

4. Frozen vegetables, meat, chicken, fish

5. 6 five gallon containers of spring water

6. Shortwave radio or satellite phone (inmarsat Phone 2) \$1100/year.
7. Generator that runs on propane or natural gas to keep your refrigerator cold.
8. Junk silver (dimes, quarters pre 1964) 90% silver; Gainesville Coin
9. Good water filter: Berkey (3.25 gal- \$317); Adya (\$130)
10. Good flashlight and plenty of candles.

• **What news outlets are valid sources today?**

- a. Alex Jones Infowars
- b. Dr. Charlie Ward
- c. Mel K
- d. Mike Adams (Health Ranger)
- e. Simon Parks (UK)
- f. Scott Mckay
- g. Cristen Weldon
- h. Gene Decode (Cosensei)
- i. Michael Jaco
- j. Pete Santilli Show
- k. Greg Hunter Show
- l. Paul Craig Roberts (assistant secretary to the treasurer under Reagan)
- m. Epoch Times (Josuha Philipp)
- n. Newsmax
- o. X-22 Report (Dave Nazipsode)
- p. Jeffrey Prather (CEO/FOUNDING MEMBER at GRIN-X)
- q. **toresays.com** (blog on Twitch - 7:30pm - Mon thru Fri)
- r. Peter Shiff (**shiffgold.com**)
- s. Lynette Zang (**learn.itmtrading.com/lynettezng**)

**Precious Metals Resources**

1. Gainesville Coin
2. JM Bullion
3. ITM Trading

- **10 basic nutritional supplements to keep you healthy?**

- a. **Pure Synergy** (teaspoonful with each meal): best general nutrient formula
- b. **Cordyceps** (one tablespoon before breakfast): boost immune system
- c. **Quercetin** (three caps with each meal): anti-inflammatory
- d. **AMLA-C**: (two caps with each meal): anti-inflammatory, anti-viral, antibacterial, and anti-fungal.
- e. **Zinc orotate** (one tab with each meal): stops replication of viruses.
- f. **Clinician's Preference** (omega 6: omega 3 in an 11:1 ratio) two with each meal. Repairs the cell membrane, dissolves out arterial plaque, and acts as a magnet to pull oxygen into cells.
- g. **D<sub>3</sub>**: ten drops directly into mouth before breakfast.
- h. **Resveratrol**: one teaspoonful with each meal.
- i. **Nucleo Immune** (Premier research): one with each meal. Antiviral.
- j. **Cyruta Plus** (Standard Process Labs): repairs blood vessels and helps oxygenate blood.

- **When will this crash start?**

It has already started:

- a. Increased inflation.
- b. Supply chain break down both in the US and globally.
- c. Gas prices increasing.
- d. Scarcity of certain foods: gator aid, gallons of water, deli and bakery items.  
Sysco, says it's going to have trouble stocking grocery store shelves.
- e. Car production has stopped because of a lack of semiconductors; GM to Toyota are shutting their factories.
- f. Scarcity of appliances: refrigerators, washers, air conditioners
- g. Lack of truck drivers and other workers.
- h. We went from oil independence to oil dependence
- i. High unemployment
- j. Suppression of free speech: bumped off of YouTube, Facebook, Twitter
- k. Suppression of freedoms: "vaccine" mandates

- l. Politicians have abandoned the US Constitution
- m. Government bullying citizens: cannot attend sporting events, attend colleges fly, concerts, plays without vaccine certificate.
- n. Flood of illegal immigrants with no vetting of criminal background or infection with COVID.
- o. Hardened criminals released from jails.
- p. Small businesses strapped with severe restrictions and help that are collecting more money to stay home than work.
- q. Real estate sector is telegraphing a collapse.
- r. China ran out of coal and is now rationing power to a grid that is on the verge of collapse.
- s. Severe shortage of healthcare workers because of firings due to non-compliance to the “vaccine” mandate.

• **How long will this transition take?**

Unfortunately, what we are experiencing is a worldwide crisis. Someone analyzed the major pandemics starting with:

1. ANTONINE PLAGUE (165 AD): killed 5 million people.
2. The Athenian Plague of 430 - 426 B.C.: Killed 25% of the population.
3. PLAGUE OF JUSTINIAN (541-542): killed 25 million people
4. THE BLACK DEATH (1346-1353) that started in China in 1334: Killed 75 - 200 million people.
5. THIRD CHOLERA PANDEMIC (1852–1860): killed one million people.
6. FLU PANDEMIC (1889-1890): killed one million people.
7. SIXTH CHOLERA PANDEMIC (1910-1911): killed 800,000 +.
8. SPANISH FLU PANDEMIC (1918): Killed 20 to 50 million people.
9. ASIAN FLU (1956-1958): Killed 2 million people.
10. HIV/AIDS GLOBAL PANDEMIC -1981: KILLED 40 MILLION PEOPLE worldwide.

The key factor is that it took 35 to 40 years to economically recover from each of these MAJOR pandemics. Today's manmade "Plandemic" was designed specifically to destroy the world's economy and thin the population via the "vaccine." Until the Deep State is defeated including the central banking system, the world cannot begin to recover from this catastrophe.

## **Questions and Answers**