

SURVIVING THE  
**ZOMBIE**  
**APOCALYPSE**

FIRST AID KIT BUILDING AND

**MINI MED SCHOOL**



**...FOR PREPPERS**  
**DR. RYAN CHAMBERLIN**

*Dr. Ryan Chamberlin*

## **Surviving the Zombie Apocalypse: First Aid Kit Building and Mini Med School for Preppers (The Prepper Pages)**



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THIS IS YOUR Reserve OF SECRETS The main one ensuring your survival!" - Shar It's about treating accidents and illnesses once and for all. "Literally the very best prepper medical guidebook I have found yet! By covering a huge selection of conditions known to occur regularly in disasters, this publication is going to leave you confident with the way you'll react in medical emergencies." - Steven Trumbo (Emmaus, PA)

"Full of truly useful details on where to get and, also better, how to use items in your emergency medical kit. By reducing the excess and expanding the fundamental, we've combined the most crucial sections from our Survival Medication series, The Prepper Pages, & developed this Mini Med College - simply for preppers. Whether you're buying what to create a comprehensive medical kit, or have discovered yourself in a tragedy without one, this reserve will teach you exactly what to do. We'll present you how to scavenge what you'll need, and instruct you hundreds of medical and surgical skills you will not find elsewhere. With sections on constructing triage and dealing with pandemics, we'll demonstrate how exactly to diagnose and deal with Ebola, SARS, and also another Zombie Virus. An apocalypse is certainly inevitable, because the term "Zombie Apocalypse" is normally a metaphor for expecting the unforeseen. Done well! No nonsense and no defeating around the bush. Personally i think as if I've learned something. It isn't about stabilizing accidental injuries until help arrives. This is one book that is definitely an absolute must have! If you've been scared of what's arriving, rest easy, those days are over!



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IN THE EVENT THAT YOU Could Have JUST ONE SINGLE Survival Medicine Book.. it's a massive topic. I have already been a prepper for many years, yet the medical part of prepping has always been my weak point - as I suspect it is for some other preppers. I have been stockpiling medicines and medical supplies, but I have usually experienced like my medical understanding and confidence had not been up to par with where it must be. How to treat poison ivy, poison oak, and poison sumac..18.. That was before I purchased this fantastic book. This is actually the best prepper medical survival book for me, and I have many of them.28. You can find three books that I today carry in my own Bug-Out bag, plus they are: 1) Mini Med School: Surviving the Zombie Apocalypse, 2) SAS Survival Handbook, and 3) Edible Wild Plants. This book is indeed a Mini Medical School for Preppers. It'll teach you a huge selection of medical and medical skills needed for a post apocalyptic Doomsday event. It's also useful information you can use in everyday life, because it teaches you how exactly to respond to common medical emergencies. Taking fish and bird antibiotics. It will also show you how to deal with hundreds of medical conditions & How to treat 1st, 2nd, and 3rd degree burns.32. In addition to the best overall content in one medical survival book, this is where Dr. Chamberlin differentiates himself. He writes in a straightforward and easy-to-comprehend fashion a person without a medical background will easily understand. NO INDEX! How to treat ear infections. The reserve is written to enable you to treat injuries and ailments definitively. It's about providing care throughout a time when there will be no medical services or doctors.21. A few of the treatments and procedures could be beyond your capabilities until you take appropriate training. I can't overstate the value of the knowledge within Mini Med School.29. Abilities which are invaluable in building your self-confidence prior to a disaster. How exactly to treat sinusitis. Five Stars fantastic! Once again, I cannot recommend this book enough. As mentioned before, furthermore book Dr. Chamberlin has a great blog page and YouTube channel both named "ThePrepperPages. How to diagnose and deal with lung conditions that preppers can expect to obtain. His how-to movies demonstrate a variety of procedures: suturing lacerations, injecting anesthetics, and cauterizing wounds to avoid bleeding. Here are a few items become familiar with about in this reserve: 1. The thing you need for a medical package (instruments and materials) whether you scavenge a few of these items from your own house or loot them from a Pet Shop or Pharmacy after Doomsday, or simply purchase them in advance.19. These include Betadine, Quikclot, Mole foam, duct tape, Israeli bandages, Steri strips, Albuterol, gloves, bandages and numerous other supplies). 1b. How to use creative substitutes like using package cutters or X-Acto knives for scalpels. 1c.63.2.60. The guidelines on suturing are great. How to setup your treatment service.3. What mineral deficiencies to consider. How exactly to drain abscesses.4. splints. I highly recommend this publication.10. How to use glucose and honey to take care of infections.7. Where to obtain and how exactly to use anesthetics. How to proceed if you do not have anesthetics.67.19. How to handle flesh and bleeding control.6. traumatic injuries which will be most prevalent in a disaster.11. How to treat projectile and bullet wounds.12. How exactly to assess and treat pleurisy, pneumothorax & 13. How exactly to deal with an Appendicitis.. Field sterilization and sanitation techniques.15. How exactly to treat food poisoning.16. How exactly to treat warmth exhaustion & warmth stroke.17. How to treat hypothermia, frostnip and frost bite.. How exactly to manage fear. 1a. How exactly to treat wet and dry gangrene.20. How to treat quality 1, 2, and 3 strains/sprains. Most of the procedures and remedies are within the capabilities of a non-medical professional. How exactly to adjust your feet arches to remove back, knee, and foot pain.22. Preventing back, knee, and feet pain caused by backpacks.23. How exactly to treat runner's toe. The explanations were simple, correct, and matter of fact. How to treat an injury if you don't know if it is a broken bone or just soft injury.52. How to recognize and treat the four fracture types.26. How to avoid getting and how to treat acute mountain sickness and high-altitude pulmonary edema (HAPE).27. How to avoid liquid buildup in the lung sacs and pneumonia whenever there are lung contusions. I previously believed the very best were: Special Functions Forces Medical Handbook, The Doom and Bloom Survival Medicine Handbook, Where There Is No Doctor - just to name a few. How

exactly to treat hematomas. And this book is not just a book, in conjunction with the author's YouTube Channel it's also a series of YouTube video clips that walk you through practicing methods like investing in stitches using a pig's foot. How exactly to treat infections & 5.30. How to best remove ticks.31. How to treat tick borne diseases and Tumaria with doxycycline.I really like the design of this author. How to treat head and body lice, scabies, fleas, and chiggers.33.68.34.55.35. How exactly to deal with spider and scorpion bites.40. How exactly to deal with cellulitis and flesh eating bacteria.37. How to tell if your neighbor offers Ebola.38. In the end.39. How exactly to remove thorns and cactus needles.36. This book will let you know what specific products you need to purchase for your medical kit and why. How exactly to treat stress pneumothorax & How to treat eye accidental injuries such as pink eyesight, corneal abrasions, and subconjunctival hemorrhages.42. How exactly to deal with snake bites.43. Preventing and deal with colds, sore throats, and common infections.44. You do need to prepare as much as you can in advance.45. Chamberlin gets straight to the point of exactly what you have to know and perform.46. When to apply casts vs. conditions that block the upper airway such as epiglottitis, dyspnea, and croup.53. How exactly to treat severe allergic reactions and airway edema.48. How to treat urinary tract infections.49.The gear and items recommended are inexpensive and easily available.50. How to make potable water.51. How exactly to treat a lightning hit victim with respiratory only CPR.25. How to treat or cope with carbon monoxide poisoning.47.56.54. How to approach pandemics and airborne infections with personal protective equipment. How exactly to treat ringworm, jock itch, and athlete's foot. What's best and how exactly to disinfect surfaces. How exactly to treat cyanide poisoning (caused by burning fiberglass insulation). How to gain access to and treat dehydration.57.” It is simple to find them by doing a browser or YouTube search. I have no idea if this book will probably be worth buying as We am returning it simply because I can't see through the truth that there is absolutely no index behind the book! Kudos to the Writer/Publisher. wheezing.59. How exactly to deal with bronchitis and pneumonia. Learning how to sew friends and family back jointly using sutures whether you get them or improvise them. How to deal with pulmonary edema & CHF. one-method valves that you'll make. How to deal with rib fractures.62. How exactly to deal with and manage penetrating abdominal wounds. well crafted and easy to understand!61. How to use medical instruments such as for example Stethoscopes, Pulse Oximeters, and Peak Expiratory Flow Meters.41. sucking or open chest wounds.64. Alternative strategies are protected to closing wounds such as for example very gluing and stapling.65. How to set up triage & avoid the spread of infection. ARE YOU SET? I am delighted I came across this book, despite the fact that I hope I never have to utilize it to survive an apocalyptic event.8. How exactly to disinfect linens, bedding, & clothes. How exactly to deal with anaphylactic shock or milder allergic reactions from ants, bees, and wasps. How exactly to to improvise light for your triage.69. How to treat major depression.70. How to treat Chilblains, pernio, and trenchfoot. This book gives you the knowledge which medical supplies you will need and how to use them. It is a must have in my opinion. Excellent Laypersons Guideline to Emergency Medicine As a current practice Nationally Registered Paramedic, I found this reserve both approachable in laypersons terminology, and in its descriptions of various medical problems.Advantages:The sections on suturing were great.The diagnostic equipment and techniques will be the same I take advantage of daily.24.The tips for when to give/withhold antibiotics is great. How to tell if a bladder contamination has pass on to the kidneys and how exactly to treat it.Downsides:Kinda rambles for a step-by-step guide... Begins with how exactly to procure and build medical kit, but hardly ever quite finishes with concept before getting into owies and ailments.For each ailment or condition, Dr.58. There's far too much information in this book to not have one! I cannot scroll through almost 500 pages merely to find 1 matter! They def dropped the ball leaving that part out! This book could save your life This is purely and simply a must have book for just about any Prepper. But remain valuable to learn about so you can pursue those areas if you're into expanding your medical capabilities. How to create mask, glove, and isolation protocols. It could save your existence or the life span of someone

you care about. AN ABSOLUTE MUST HAVE, if your looking. This book is simply as the reviews state. Right now my family doctor wants one. How to treat asthma, bronchospasm & This is real, USABLE, details. How to deal with human and pet bites. Four Stars Lots of good reference materials, presented good, and how to put together kits and packs.14..Some supplies will be essential and not easily found after a SHTF situation.! How exactly to irrigate and clean wounds. pleural effusion using needle decompression & Five Stars good tips Amazing book! This book is packed full of knowledge. I couldn't stop reading it! I would recommend everyone read this reserve. Kudos to the writer.66. Excellent reference book.



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