

## **The Red Book no. 1**



### **Primary Survival: the means to survival and related exercises**

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## **1. Introduction**

This booklet provides information about and describes what is required for primary survival in addition to coping with the will to live.

Some advice is preventative in nature. This includes advice directed at physical complaints and behavioural norms.

The most basic and primary will to live is concerned with physical survival. The basic requirements are adequate food, clean drinking water, sufficient oxygen and maintenance of a comfortable temperature.

The essential message of this booklet is that survival is an integral part of the will to live.

This means that the persons will to survive/live is not achieved at the expense of another person.

Information in this booklet is provided to enhance the primary need to survive.

## **2. Water**

### **a. Water shortage**

### **b. Contaminated water, water purification and revitalisation**

### **c. Distribution of available water**

### **d. Preventative stocking of water**

- a.** A shortage of water exists when there is less than 2 litres of water available per adult person per day. On average an adult person requires 3 litres of water per day. People consist of 70-80% water thus a shortage of water quickly leads to health problems.

This is especially truer for babies who dehydrate very quickly!!

Small children and babies are dependent upon their elders especially to profit from the following tips.

It is highly recommended to have a preventative stock of fresh water available equal to 2 litres per person per day for at least 7 days. (This stock should be kept, if possible, in sealed dark coloured containers to retain freshness, e.g. spring water. Dark containers allow less light penetration that in turn preserves the water quality for a longer period of time. Water kept in plastic bottles is also possible.)

**a. Tips where a shortage of water exists:**

- Place cold water or ice in the persons mouth as this dissipates the thick saliva in the mouth.
- Rinse the mouth out with a small sip of water, gargle for a while then spit it out.
- When you retain the next sip of water in the mouth a little bit longer a minimum amount of water is ingested more effectively.
- Subsequently take small sips of water and swirl this in the mouth for a while. You will require less water to feel satisfied.
- When the mouth is dry, increase the flow of saliva by gently biting the tip of the tongue or sucking on a small stone or pebble. Sucking on a small stone or pebble produces minerals in the saliva of the mouth. Sucking on a stone or pebble is not suitable for babies!

**b. Water contamination**

By **water contamination** we understand that certain elements are present in the water that negatively affect human health.

Drinking contaminated water can lead to illnesses and symptoms of poisoning. Illnesses such as intestinal disorders and worse can result with or without a fever.

For treatment of these ailments refer to the list of homeopathic medications in the rear of the Red Booklet.

Applying pressure to **acupuncture points** can assist the detoxification process (refer to Chapter 5g).

**b.Tips where contaminated water is present:**

- Where possible cook rain water or slightly contaminated water (for at least one hour) and then filter it.
- Use water purification installations and/or portable water filtration systems. (These may be found by consulting the Internet camping equipment sites).
- Use purification solvents such as colloidal silver, similar to that used in water containers for boats and caravans. Silver is a natural antibiotic.
- Water purification tablets may be used.
- Where no purification systems are available, dirty water may be filtered through muslin cloth (very fine), but this is not a very effective method.
- A small yet useful instrument to purify water is the Kiss 2000 (Keosan Instant Superior System) made by Keo San. This is easily transported and very beneficial when applying First Aid in disaster areas. (This should form part of the basic First Aid kit.)
- Energetically uploading water. Purchase, for example, the "Grander Stick" that assists in revitalising water (Refer to page 5).



**More information in water purification techniques can be found on the Internet. Kiss 2000 is an example thereof.**

Information from the Internet concerning the Kiss 2000:

Always and every where drinking water on hand

People often get sick by the drinking of impure water. There are generally 4 causes.

**Protozoa:**

These single celled organisms nestle in the intestines. They are the easiest to filter out of the water as they have a diameter of more than 1 micron (1/1000mm).

They cause stomach- and intestinal cramps and diarrhoea. They occur in nearly all sources of natural water.

**Bacteria:**

These microorganisms are smaller than protozoa measuring between 1 and 0,2 micron. Examples are Cholera, Typhus and Legionella disease and are found worldwide.

**Viruses:**

These are the smallest measuring less than 0,1 micron, that can cause illness. Examples are influenza, measles, Hepatitis A and Polio.

**Chemicals:**

These elements are found in various sources for example in pesticides, insecticides, industrial waste, the presence of lead in water supply pipes and chlorine in the water. As an example chlorine is used in the water of, amongst others, hotels and camping's.

With the **KISS (Keosan Instant Superior System) 2000** you have a portable water filtration system that will produce clean drinking water where ever you are.

Keosan have developed a method whereby carbon is compacted under high temperature and pressure thus forming a compact filter that filters organisms measuring 0,2 microns out of the water.

Due to this small aperture it filters out Protozoa, Bacteria and **a certain amount of viruses**. In addition it filters out some chemicals and heavy metals.

Take the Kiss 2000 with you wherever you go and utilise it on site where contaminated water is present. All you require is a water source such as a river, stream or tap and by duly filtering the water you obtain fresh drinking water.

Each unit filters approximately **2000 litres of water** (at a cost price of +/- 1,5 Euro cent per litre).

The filter is impregnated with silver to **prevent bacterial action.**

## **Energetic uploading water**

As mentioned earlier we need to drink a lot of water, especially during stressful periods, as we need to retain clear thinking to cope with the difficult situation as effectively as possible.

Purification of water is therefore imperative to prevent damaging elements from penetrating the body. Where water is insufficiently purified it is very difficult to avoid its consumption.

Impure or contaminated water can negatively affect the rational and clear thinking processes and negatively impact all other physical and emotional processes of the body. Prevention is important to increase the effectiveness immune system where epidemics are lurking and exhaustion is a real threat.

It is recommended that prior to consuming water you upload it with a high-energy frequency (refer to The Indigo Booklet 6;6) and to take adequate time in preparing the water so that viruses and bacteria cannot thrive there in.

The water needs a good energetic balance to adequately feed the needs of the organs.

To achieve this we can utilise the research developed by Grander. He has developed, amongst others, a type of rod that you stir in a spiral motion in a glass of tap water. Water treated in this manner is revitalised and in a manner of speaking is "enlivened".

This rod is known as: "Grander Penegizer", and can be found on Google at the following address: [www.waverecycler.com](http://www.waverecycler.com)

Here follows an abbreviated version of the information available on the Internet:

### Origin and work principle

The Grander Water Product is drinking water with exemplary purity that is enlivened by the natural vibrations that originally exist in water. All unnatural frequencies/vibrations that the water has taken in over a period of time are eliminated. It brings water to a higher level of healing frequency, and increases the human immune system.

The water originates at a source in the Alps that is 500 metres deep in a former copper mine. It trickles through 2000 metres of many different earth layers that filter and cleanse the water to perfection. The water is caught in barrels and transported to the surface and re-enlivened by the Johann Grander process. By drinking the water the natural vibrations/frequencies are transferred to the body. This acts as an important stimulus to the process of self-cleansing and increasing the effectiveness of the immune system. This, in turn, forms the basis, for the recovery of the inner balance of the body and the orderly course of the bodily processes.

In 1991 the Hand Grander "water enliveners" first appeared on the market. Due to the many enthusiastic users the GRANDER technology has become a well-known concept worldwide in many homes and companies. The "Penegizer" is the smallest "water enlivener" in the product mix. It is the size of a pen and made from precious metal and easily carried on your person wherever you go to revitalise your drinks.



The GRANDER PENEZIGER can be used in glasses cup and watering cans. To re-enliven coffee, tea, water and alcoholic drinks a quick stir is required. The effect can be immediately noticed by an improved taste. Letting the drink stand for a few minutes increases the effect.

### **c. Distribution of available water**

#### **c. Tips for the division of available water**

- An inventory needs to be made how much clean water is required per person and per family
- A previously mentioned cognisance needs to taken of the number of vulnerable children, the elderly and the sick.
- This inventarisation requires the skill of a good co-ordinator (refer to The Green Booklet no. 4; 2 and 3, and The Turquoise Booklet no. 5; 6).

### **d. preventive waterstocks**

#### **d. Tips for the preventative stocking of food:**

- At least 1 week's supply of food should be available in each household.
- Dried food should form part of this supply, as this may be taken with when one needs to relocate or evacuate the area.
- Store tinned food with fluids as clean water may be scarce or in the event that you cannot leave the home.
- Take into account diets and the allergies of persons in the household.
- Enquire at the local authority whether emergency food transport is available in the event of a calamity.

### **3. Food**

#### **a. Preventative food supply**

#### **b. Distribution of the available food**

##### **a. Tips for the preventative stocking of food**

- At least 1 week's supply of food should be available in each household.
- Dried food should form part of this supply as this may be taken with, when one needs to relocate or evacuate the area.
- Store tinned food with fluids as clean water may be scarce, or in event that you cannot leave the home.
- Take into account diets and the allergies of persons in the household.
- Enquire at the local authority whether emergency food transport is available in the event of a calamity.
- Dried food may be stored for a long period of time  
Dried fruit like dates, figs, apricots etc. and muesli can be stored and contain all the necessary vital nutrients.
- In general the food supply needs to be planned for in advance as too often we assume that what we eat or find important is also good for another person. This is not always the case e.g. when we need to cater for vegetarians and people with specific diets.

#### **b. Distribution of available food**

Once again, as with the distribution of available water, a modus operandi is established to cater for the specific feeding patterns of the group, at least as far as possible.

What needs to be done for people who have not stored food in advance even if they should have known better or were warned? This needs to be discussed with the leaders of the group. The most important input here is that the decision is made *from an open heart without prejudice*.

#### **4. The need for suitable clothing and adequate sanitation at the disaster site**

Suitable clothing is imperative

People in need require protection and adequate warmth. In the first instance suitable clothing but also blankets, towels and similar items.

Care should be taken that these are available.

##### **Tips concerning the need for suitable clothing**

- People can help each other by redistributing available clothing where possible.
- Sharing of blankets, towels etc.
- Ensure that extra underwear and t-shirts are packed in the "evacuation suitcase".
- Also important is to pack personal sanitary wear such as tampons, sanitary towels, panty shields or any other personal sanitary requirements that are commonly in use in the culture.

##### **The need for good sanitary facilities**

People who are confronted with a feeling of losing their identity where a calamity has arisen will lose their self-respect if they have to live with excrement of themselves and others.

##### **Tips concerning sanitation facilities**

- The regular first aid services take care of sanitary provisions.
- Important note for attention: Cognisance should be taken of rules pertaining to religious groups. For example the placement of latrines. Muslims cannot use a latrine where the rear is placed in an easterly direction.
- Are the sanitation requirements adequate for the needs of the group? Should there be a shortage this will have a negative effect on the whole group.
- Ensure good disinfectant(s) are available e.g. Dettol or Chlorine.

#### **5. Increasing resistance of the immune system**

- a. Preventative increasing of individual resistance
- b. Substances to increase the effectiveness of the immune system
- c. The importance of unrestricted breathing



### **a. Tips for preventative increasing of individual resistance**

- It is essential that to let the body function at it's best. This may be achieved by, for example, eating biological food, fresh fruit and vegetables, clean water, sufficient *vitamins, minerals* and *vitamin supplements*.
- Avoid as far as possible chemical food additives.
- Eat regular meals at least three meals per day.
- Avoid too much sweetness, minimise sugars.
- Daily at least 1 hour exercise is required in a responsible manner.
- Adequate sleep is essential. Each person knows his or her sleep requirements. Care should be taken that children go to bed at a reasonable hour!
- Think in terms of possibilities! Negative or doom thinking weakens the bodily systems.

### **Which vitamins/minerals/ vitamin supplements?**

Each person has a different metabolic rate. It is important to consult a qualified nutritionist should you wish to take preventative action.

In any event Vitamin C 1000 is important. Choose a "time release" tablet. These tablets are slowly released for ingestion to the body during a 24-hour period. Information may be consulted on the following site: [www.natuurdietisten.nl](http://www.natuurdietisten.nl)

A populations health may be lowered considerably when the nutritional value of food is inadequate as well as the quality of water and oxygen is poor (refer to, amongst others, the website [www.natuurlijkleven.nl](http://www.natuurlijkleven.nl)).

Increasing our immune system to withstand illness and exhaustion that may be caused due to a calamity when food shortages, nutritionally sub-standard food and impure water are available will protect us.

The above tips are also applicable when epidemics break out whether their nature is bacterial, viral, chemical or radioactive.

### **Acupressure:**

#### **Acupressure as a possibility to detoxify.**

Acupressure has been developed from the principles of acupuncture. The method utilises the same points and meridians where acupuncture needles are inserted. Instead of needles the thumbs and forefingers are used to apply pressures, sometimes with light pressure, sometimes hard.

When this method is used on the correct points many complaints can be reduced. It is, in addition, a *self-help method*.

Acupressure helps reduce pain, shortens illness processes, and reduces the negative results of haste, fear and stress. Refer to paragraph no. 10 (in the book: "Vingertop 2" written by Dr. Hans Ewald as well as the book from the series "Ankertjes no.28, small and clear").

There are many other books in circulation on this subject that are more advanced.

With prevention in mind it is recommended to purchase one of these books.

**b. Tips concerning the usage of substances, acupuncture and massage, that strengthen the effectiveness of the immune system**

- Refer to the *list of homeopathic remedies* in the rear of this booklet. This also includes detailed explanations.
- Use Echinacea Force in combination with Vit C. This remedy is especially valuable where there is a *strong negative temperature change* and is meant to avoid influenza and colds.
- Bach Blossoms (refer to The Yellow Booklet no. 3;2).

Support of the digestive tract:

- **Constipation:** Symptoms of constipation increase where dry food is consumed that is normally prepared with water. Digestion of the food is therefore more difficult.

*Acupressure helps:*

To relieve symptoms of constipation apply acupressure lightly and consistently with the forefinger on the **point** between the navel and the top of the pubic bone.

Treatment should be performed with the lying on his/her back and should last approximately 5 minutes.

Light circular massaging of the lower stomach with both hands can have a stimulating effect.

*Acupressure* is the light rhythmic pressure on a specific spot (point) with the forefinger.

In addition light massaging of the coccyx, the stomach, the heel and foot may prove beneficial.

- **Stomach and intestinal cramps:** The **point** between the navel and the sternum needs stimulation. Place four interlocked fingers under the sternum with the patient lying on their back and applying light fluctuating pressure.
- **Diarrhoea:** Where constant diarrhoea is experienced an ORS salt-sugar solution may be used and is obtainable from a chemist e.g. Imodium. Simple, but helpful: add a teaspoon of sugar to a half glass of Coca Cola; let the fizz settle then drink.

Why it is important to maintain optimal functioning of the digestive system?

Optimal retention of food and nutrients is of essential importance to ensure health. Where there is a shortage of food it becomes even more important that the intestinal tract optimally ingests the nutrients in the food that is eaten.

Saliva in the mouth plays an essential role in the digestive process.

A shortage of moisture reduces the amount of saliva produced and causes an increase in the concentration of waste materials in the body. In addition to emotional stress also slows down the production of saliva. Think of the feeling of a dry mouth as a result of fear.

Refer to the section mentioned under “ Water” where the promotion of saliva is discussed (Chapter 2 a).

### **c. Tips to promote unrestricted breathing**

- Tight fitting clothing has to be avoided. For example do not wear a bra (brassiere) with a hard support or tight elastic bands, necktie, waist belt etc.
- Enhance breathing through the nose by rubbing eucalyptus or peppermint oil on the upper lip. This clears the airways and promotes breathing that in turn relaxes the head and makes thinking clearer.
- Rubbing eucalyptus and peppermint oil into the back of the neck increases relaxation and promotes the flow of energy.
- *For further information on the importance of unrestricted good breathing and exercises promote relaxation and breathing refer to The Turquoise Booklet no. 5;2.*

## **6. Physical care of the body and of wounds**

- a. Skin care**
- b. Care of the feet**
- c. Care of wounds**

### **a. Tips for taking care of the skin**

- Use skin care products such as Calendula-, Hamamelis- and Arnica cream.
- In the event of excessive exposure to water use Calendula cream, Vaseline and/or udder cream serve as a good protection due to their fatty nature. You can rub these onto the whole body.
- Arnica cream is good to control swelling.
- Rescue creams like Bach’s Blossom Therapy (refer to The Yellow Booklet no. 3;2) helps with contusions, but should not be administered to open wounds.

### **b. Tips for care of the feet**

- When you need to evacuate wear comfortable footwear.
- To ease the feet use creams based on natural ingredients such as Calendula cream, or esthetical oils such as lavender. Should these not be available sunflower oil or olive oil may be used. Vaseline can be used but tends to seal the skin more.
- Due to transpiration dry cleavages may form between the toes. To relieve this painful symptom timeously apply Tea Tree oil or Crème Bio force by Vogel or VSM between the toes.
- A footbath of salt or lemon may be used. Note: this can be used where one is confined to the home for a longer period of time and dependant upon water availability.
- Massaging and rubbing the toes.
- Massaging the lower back and sacrum on a daily basis can invoke relief (refer to The Green Booklet no.4;4 for more explicit information).

When the feet are relaxed and feel more comfortable this focuses the attention from the head to the feet. This can have a beneficial effect in the event of headache and reduce pain.

Furthermore, the feet are the conduit to release negative into the earth (refer to grounding exercises in The Red Booklet chapter 12).

**Young children** are bombarded during stressful situations with impressions that they cannot understand. So long as the child finds it pleasant, gently massage of stroke the toes as this promotes the blood- and energy stream in addition to the emotions/feelings of the child and also bowl movement. A positive and wholesome approach is required in the contact with children.

**Adults** can also benefit from this treatment.

A good flow of blood, energy and emotions/feelings can positively influence the psychological well being of the person. Where possible take time in applying this treatment.

Giving one another such treatment enhances the feeling of solidarity, mutual support and consolation.

(For more information about massaging consult The Green Booklet no.4;4).

### **c. Tips for the treatment of wounds**

- Use Calendula cream on abrasions, burn wounds and sunburn.
- Rescue cream, like Bach's Blossom Therapy (The Yellow Booklet) helps with injuries but should not be applied to open wounds.
- Application of toothpaste also helps on light burn wounds.
- For contusions, painful muscles, joints and injuries use Arnica cream or drops.

Refer to the list of Homeopathic remedies (in the rear of The Red Booklet no.1 and Bach remedies in The Yellow Booklet no.3;2).

- 7. Disasters and resulting negative influences of:**
- a. air pollution**
  - b. light pollution**
  - c. radio active contamination: symptoms and care aids**

**ad a: Air pollution**

The greatest areas at risk of contamination are the skin and the respiratory system. People are constantly exchanging materials with the environment. For this reason we are at risk of contamination via the skin and the air passages (respiratory system). All bodily orifices such as the mouth, nose, eyes and genitals, have an increased risk of contamination and are vulnerable to penetrating materials.

*Be alert to changes in the body!*

Blink the eyes more often and cough more. Blinking of the eyes occurs more frequently in a polluted environment as they dry out more quickly and tear fluid ensures that the eyes are cleansed.

The automatic frequent blinking of the eyes indicates that the environment is polluted.

Unusual and frequent coughing in an environment that appears to be in order to the eye may indicate insufficient ventilation (pollution/contamination).

**a. Tips: Remedies to reduce eye irritation and impediment to breathing through the nose due to certain substances present in the air**

- Apply eye drops, preferably homeopathic eyedrops.
- Cleansing of the eyes with a mild solution of salt water:
- 1-½ cups of water/150cc. Dissolve 1/3 teaspoon of salt in the water. This will not burn the eyes.
- This solution may also be used to cleanse the nasal passages. (Saline solution is also available at a Chemist).
- Dust masks and mouth caps.
- Dust masks are not suitable in moist conditions.
- Dust masks are available at a reasonable price to prevent dust- and soot particles entering the respiratory system. In the event of fire or an explosion resulting in concomitant air pollution, these masks are very beneficial.
- Adequate ventilation. Ensure that the ventilation is adequate but prevent draughts especially those that flow over the floor as they disturb bacteria and viruses making them airborne thereby placing children and animals at greater risk of infection as they are closer to the ground.
- Eventually these bacteria and viruses reach the upper levels where they become active thus increasing the risk of infection. Draughts flowing over the floor are the most treacherous.

## **ad b: Light pollution**

Avoid unnatural light waves.

The frequency of the light is important. Flickering lights, such as neon lights, are more prone to infections than normal evenly spread light waves that distribute themselves in waves.

Natural light is preferable. Candlelight is good.

LED light is more restful as they form transparent light without a pattern of interruption. LED light is therefore good to utilise.

Explanation: Bacilli that are present in an environment with instable or flickering light are prone to increased reproduction as the flickering effect activates then deactivates them with the result that their immune system is strengthened.

This is comparable to humans taking a cold bath immediately followed by a warm bath to stimulate the immune system. This thus increases the bacilli's vitality and makes them increasingly resistant to medication.

## **ad c. Radio active contamination, symptoms and care aids**

### **Radioactivity, radioactive contamination and contagion of radioactive particles**

- I. What essentials should form part of a First Aid Kit for radioactive contagion?
  - a. For internal usage in tablet form:
    - Magnesium
    - Homeopathic Iodine
    - Manganese
    - Potassium iodide
    - Vitamin B5
    - Lecithin
    - Clay as a healing balsam and protective layer (For example "Luvos Heilerde")
  - b. For external use:
    - Medicinal clay for radioactive wounds
    - Honey as an anti-bacterial medication
- I. Description of psychological and physical processes at nuclear explosions
- II. First line psychological and energetic help
  - a. Visualisation of fluorescent ultra violet light as protection for the individuals aura (Refer to The Lilac Booklet no. 7; 6h)
  - b. Mechanisms to test the soul: to remain alive or not (Refer to The Lilac Booklet no.7;7 Chapter II)
  - c. Dealing with hopelessness (Refer to The Green Booklet no.3;5)
  - d. Possibilities of distance collective energetic assistance (Refer The Lilac Booklet no.7;6b)

## **Ia. Remedies for internal use with radio active fall out (radiation)**

Fall out is the English terminology used to indicate the radiation that is released into the atmosphere immediately to days after a nuclear explosion including radio active particles that descent to the earth round the point of explosion. These particles may also be carried far from the point of origin in the air of by wind.

**Important comment: Use all the following remedies with reserve.**

**Magnesium** *is categorised under remedies for general contraction and stiffness of the muscles.*

Magnesium acts as a muscle relaxant. When under stress people very often get cramp. Cramps can occur in the body due to the increased storage of lime by the body to protect itself. Magnesium helps deactivate this process.

Dosages of 200 to 1000mg are not uncommon; whereby 1000mg is considered a high dosage.

Where the patient does not have diarrhoea the use of magnesium does not pose a problem. Furthermore, magnesium helps to avoid intestinal cramps. Usage of too high a dosage of magnesium can lead to diarrhoea.

*Stiffness and cramps are a clear indicator when to dispense magnesium to the patient.*

Magnesium is well tolerated by the stomach. When taken prior to a meal being consumed magnesium neutralises the stomach acids. Digestion of the food is then difficult as there is not enough stomach acid present. It is therefore advisable to take magnesium between meals to allow the stomach time to produce new digestive acids to assist in digesting the next meal.

Various dilutions of magnesium are found. Magnesium is only available with added dilutants (additives), for example magnesium sulphate. The taking of magnesium sulphate causes severe diarrhoea.

*Magnesium nitrate* is an example of magnesium that has great success in treating people. In general this remedy is well tolerated. It may occur, although infrequently, that a person does not tolerate it. In fact there is not one product that is tolerated by all people as this depends on the individual's specific constitution.

You can obtain magnesium in various salt solutions, for example magnesium iodide.

In conclusion: magnesium is a terrific anti-cramp remedy, restoring the body to its pervious healthy condition. Magnesium binds poisonous toxic particles and carries them to the body's exits for excretion.

**Potassium iodide** is highly recommended. This is freely available as salt. High dosages of potassium (salt) are not recommended as it affects the heart pumps balance of potassium and sodium.



**Iodine** stimulates the functioning of the thyroid gland. It invokes the thyroid gland to re-evaluate the situation. It is the opposite of manganese in the basis chakra, the coccyx. It assists to better judge situations.

Note: too much iodine tends to make the thyroid over active.

**Homeopathic iodine** plus a **supplement of manganese**.

A combination of these two elements reduces the amount of iodine in the body due to radioactive radiation (homeopathic iodine) and increases the amount of manganese in the body, which is the opposite pole of iodine.

N.B. Where radiation has occurred do not give normal iodine as this element can raise the heat generation in the body leading to agitation and weight loss.

**Manganese** restores rest. Manganese has basic protective qualities and should, in fact, be distributed to all people worldwide who have a shortage thereof. This element increases the body's resistance to radiation.

An over dose of manganese can reduce the effectiveness of the thyroid gland, thus the balance between iodine and manganese needs to be controlled.

Tiredness, retention of fluids and weight gain may indicate reduced activity of the thyroid gland in which event the body requires more iodine. Thus it is important to adhere to the prescribed dosage.

In addition manganese plays a protective role in the psycho mental well being of a person and in effect gives them more "guts".

**Lecithin** opens the lymph glands and activates the brain. It is also a fat solvent. It also has a high vibration count and activates the heart. It is one of the elements that are important to help cleanse the body.

**Vitamin B5** is another valuable element to detoxify the body and should be present in sufficient amounts.

**Clay (Argile) and sea weed**, also have a healing effect.

Seaweed contains has high iodine content. Clay also has inherent great cleansing properties. The thyroid gland benefits iodine extracted from the sea and that, which is found in sea salt.

Various types of clay exist: As purified earth, white loam and green clay and may be utilised both internally and externally for cleansing purposes.

Clay naturally absorbs harmful elements and acids in the body when used for internal cleansing, and exit the body via the normal excretion process.

Where too much is ingested it may lead to constipation and in certain cases dry out the skin. Should this occur the taking of Vitamin D would restore the skins condition.

Thus clay is good, **but used in moderation**.

The use of **Norit** has a cleansing effect on the stomach and intestines, in addition to helping control diarrhoea.

**Other fall out elements:**

Many other important fall out elements exist. Iodine has already been discussed. Many others exist, of which most of these elements live in nature for a short period of time and are therefore inconsequential to us. Iodine, amongst others, has a long life span. Plutonium is a fall out element that is extremely toxic, as is



uranium as a basic ingredient of plutonium. Only in certain specific types of bombs that explode with a nuclear explosion is uranium found and spread to cause destruction. Certain types of bullets also contain uranium. Uranium has the propensity to emit radiation indefinitely, even in small quantities, which make it extremely dangerous. Once ingested by the body it always remains in the body. Refer to the homeopathic remedies at the rear of The Red Booklet no.1

## 1b. Remedies for external use

### **Tips for care of the body where severe air pollution is present: In this case for example nuclear and/or chemical disasters**

- Sprinkle the body with *talcum powder* and rub in using a circular motion. Dispense of excessive powder and apply a new layer with circular movements. The powder layer on the body prevents negative materials present in the air being ingested by the body
- In the event of a nuclear disaster it is imperative to take *Kelp tablets* as quickly as possible, as many as 3 to 4 tablets per day. This protects the body from absorbing too much radioactive iodine. The effect of Kelp tablets is to saturate the body with healthy iodine found in the kelp; this in turn prevents the absorption of the negative iodine elements. Radioactive iodine damages the thyroid gland over a period of time.
- *Cover the hair* with a cloth and replace this often, as hair quickly absorbs materials.
- *Wear mouth caps and dust masks.*
- Where air contamination is present blink the eyes more often and *cough* regularly.
- *Use eye drops* regularly, preferably homeopathic eye-drops
- Use *saline* (weak salt solution) solution to cleanse the eyes.
- Refer to the *homeopathic remedies* at the rear of The Red Booklet no.1
- *External use of clay in the event of wounds resulting from radiation.* A paper thin layer of clay provides protection when placed over radiation wounds and increases the defences against radiation during the period that it is still active. Preferably mix the clay with spring water, if possible. Such a thin layer placed over open wounds prevents more radiation from entering the wound, as an open wound literally sucks in the radiation. The thin layer of clay reduces the penetration of radiation. The radiation sensitivity is thereby reduced in the wound. The layer needs to be paper thin so as to avoid the clay caking. The clay **should not be mixed with a metal spoon.**
- *Honey as an anti-bacterial remedy* is as old as the hills and effective for 2<sup>nd</sup> and 3<sup>rd</sup> degree burns. Administer the honey onto and around the wound. When viewing pictures of the Hiroshima blast with peoples skin hanging in layers peeling off the body due to the over dose of radiation, honey could have played an important role. The advantage of honey is that it can easily be stored anywhere and always. Different types of honey exist: *cold processed lime honey has the strongest anti-bacterial power.* Where skin has peeled off the body the chance of infection is the greatest. Infection is very high greatest risk after a burn wound has been caused. Thus, as quickly as possible, cover with honey and bind with cloth/bandages

## **Chapter II**

### **Description of the psychological and physical processes of a nuclear explosion**

Here follows a description of what occurs when there are simultaneous physical and psychological harm caused by a nuclear explosion. Both the physical and psychological well being of the person(s) are attacked simultaneously, this is a horrific experience.

#### **Physical:**

This drama can only be described in graphic detail.

It is a drastic exploding mass of air that collides with all in its path activating everything it comes in contact with vehemently. As a result everything is shifted including whatever is outside the body as well as within.

All atoms and molecules are activated and shifted by this wave of energy.

This engenders the feeling that floating gas passes through your entire body. The exterior environmental atoms and molecules collide with the body and continue the process within the body making these collide with each other, like a gaseous system, leaving the body at the opposite point of entrance as the wave continues its progress.

This results in an enormous psychological need similar to clouds of sadness. The entire human system, both physical and psychological, is impacted by this great wave of super propelled air that crashes into all solid or semi-solid material.

The entire internal system is hit, right up to the smallest atoms of the body including the oxygen in the persons system. No part of the body is spared.

#### **Psychological:**

The psychological distress feels like all pent up feelings that all break loose at the same instant. This, in turn, increases the feeling of sensitivity ten fold (refer to The Yellow Booklet no.3;5 ). The huge calamity causes all the subconscious traumas and experiences of the persons entire life is loosened in one foul swoop burdening the psychological and emotional balance of the person to the extreme. This is just like all psychological subconscious experiences, that have up till now been denied or repressed by the individual, come to the fore simultaneously in the current physical and psychological state increasing the desperation.

Not only do the subconscious and repressed feelings surface but also the person at the same time sees and experience with all his/her other senses the might of the calamity.

This unleashes an extreme feeling of desolation and rejection just like being in hell. This desperation displays itself by screaming, shouting and weird behaviour, that may be viewed by others as over powering, and may be likened to hell fire and purgatory.

The exterior wave of air is not separate to the internal airwave. All emotions and feelings literally and figuratively are displaced as a result.

The entire atmosphere, the air or ether, which one cannot normally physically perceive is displaced. Also internally in the body the ether is displaced with great risk to the unphysical feelings and emotions of the person are also activated and upset/relocated in the same way as the external environment. A hellish experience!

## Chapter III

### Initial psychological and energetic help

What can be done at a psychological and energetic level to restricted the disastrous effect of a nuclear explosion?

#### **Tips:**

- **The manner and use of the Bach Remedies will be dealt with in detail in The Yellow Booklet no. 3; 2, it is important here to mention three remedies:**
- **Rescue** helps keep a person clear and alert. It prevents feelings of hopelessness. The person can then more effectively deal with and judge the current situation as well as recognise what the future will bring.
- **Walnut** is a remedy that can offer support to better accept changes in the person's current life circumstance and helps one deal with these.
- **Olive** is recommended when there is long-term mental and physical exhaustion and tiredness.
- The first defence against the external intrusion is to reconnect the person's feelings (refer to The Yellow Booklet no. 3; chap 5).
- People in times of such great turmoil should as a fall back their own spiritual qualities and power of the soul (refer to The Lilac Booklet no.7;8).
- Visualisation of a flickering fluorescent ultra violet light on the periphery of your aura field to reflect radioactive radiation (refer to The Lilac Booklet no.7;6h).

## 8. Illnesses

### a. Infectious diseases

### b. Complications due to infectious illnesses

**Note: These cases are required to be treated by a medical practitioner!**

But which complementary aids are available?

- **Tips: Naturopathic principles that can have a positive effect**
  - Cleansing of the liver with Curcuma as this stimulates the liver. This herb is available in powder form and can be brewed as tea or as a food additive in, for example, soup, rice and stews.
  - Consume lots of water to cleanse the kidneys. Tea may be brewed with the Solidago plant.
  - Ample transpiration
  - Eat light foods such as fruit, juices and vegetables. Eat very little dairy products from cows but, instead, dairy products such as yoghurt, buttermilk and/or dairy products from goats and sheep. Eat no sugars or fat.
  - Use remedies that stimulate bowel movement like natural herbs as discussed in the homeopathic list in the rear of this booklet.
  - Where people are severely emaciated it is important to add pure oils to their food.
  - Some Naturopaths advise the use of Ibuprofen to control infection. Adult dosage: 3 400mg tablets daily for 2 to 3 days. Not to be taken on an empty stomach! Some people's stomach does not tolerate this medication.
  - Children should not use Ibuprofen. A children's aspirin or paracetamol is preferable

When such a light diet is maintained to cleanse the intestines, kidneys and the skin by transpiration, supplemented by lots of rest and good breathing, the intake of lots of water and vitamins it reduces the infectious disease in half the time with less associated complications.

**b. Complications associated with infectious diseases** occur, when waste materials that are produced or where already in existence are not adequately

excreted or gotten rid of. Waste materials usually ejected by the kidneys now remain in the system and stop intestinal activity. This can result in a second infectious intoxication of the intestines should they not be cleansed quickly. Such an infection heals more quickly when naturopathic remedies are used.

## **9. Pain management, symptoms of illness due to exposure to cold, heat, stress, fear and when enormous physical exertion is required**

### **Remedies**

#### **d. Care of the body and spirit** (refer to the following booklets)

##### **ada. Tips for the use of remedies and medication for pain relief or reduction**

- Paracetamol is a relatively safe medication.
- Read the attached for the medical insert correct dosage.
- For the use of Ibuprofen the principles discussed 6a above are applicable.
- For further information refer to the *Homeopathic list* at the rear of this booklet and, of course, to a physician.

The control of pain and fever is essential.

When less energy is used to battle pain and/or fever the person is better able to face the stressors and tensions that are ongoing in the environment. People can then also direct their attention to the *helping of others*.

Where **children** suffer from pain/fever a children's paracetamol is the correct choice.

These tablets should preferably be administered orally as the body better absorbs them. Ibuprofen is equally effective but the chance of unwanted effects is greater. It has been established that children with signs of dehydration have a higher risk of kidney problems.

**ad b. Tips for the care of the body and spirit in the event of pain** (Refer to the other booklets for more information.)

- Ensure the patients gets adequate rest, sleep and relaxation.
- Ensure that food contains sufficient protein.
- Prevent as far as possible cooling of the body where there is water inundation.
- Ensure that there is *an isolation blanket* available to wrap patients with that are too cold or too warm. These thin foil based isolation blankets are available at the local Automobile Association (AA) Shop of camping equipment outlet.
- The silver side provides a cooling effect whilst the gold side provides warmth.
- (Refer to the inside or outside as described below in the text).
- Ensure that there is sufficient warmth and dry circumstances.
- This care plays a large role in the mental well being of the patient. What other methods are applicable for this will be discussed in the next booklets.
- Experiencing human care, support and comfort can be life saving.



Information on the isolation blanket:

Where under cooling is applicable, the gold side should be on the outside.  
(Warming effect.)

Where burns wounds are present, the silver side should be on the outside.  
(Cooling effect.)

Where clothes are soaked and no dry clothing is available the isolation blanket is very effective!

When a person is wet it effectively provides 40% more cooling.

Wrapping a person with the isolation blanket reduces evaporation and loss of warmth.

Adding a warm woollen blanket around the isolation blanket increases the effect.

## **10. Shock**

### **a. Cause**

### **b. Symptoms**

### **c. What needs to be done?**

Shock due to a calamity can block the physical functioning of the body and feelings thereby bringing into danger adequate ability of the body to function properly.

**a: Shock is *caused* by too little blood circulating in the body.**

There are 3 main causes of this phenomenon:

- Loss of blood volume due to, amongst others,
- bleeding,
- an allergic reaction,
- burn wounds,
- standing for too long a period of time.
- Loss of blood circulation due to heart rhythm defects due to a heart attack, blocked circulation, to little intake of fluids.
- Shock as a result of a traumatic experience, emotional shock.

**b. Symptoms could be**

- Increased circulation (The body attempts to compensate for an interrupted circulation.)
- Reduced blood circulation due to, for example, cold hands, coccyx or feet.
- The person displays signs of fear and confusion due to the lack of blood circulation to the brain.
- Relaxed muscle tone.
- Feeling cold.
- Increased heart beat and breathing.
- Losing consciousness usually occurs at a later stage.

**c. Tips for help**

**Requesting help:**

- Requesting help from doctors or First Aid personnel.
- Accepting psychological help in the event of shock caused by a psychological trauma.
- Should the person experience it as pleasant the loving touch of another human being.

**What you yourself can do when confronted with shock:**

- Take rescue drops every 10 minutes. (Bach Blossom, as referred to in The Yellow Booklet no.3;2).
- Massage the ear lobes.
- Gently bite your tongue.
- Do some earthing or grounding exercises (refer to the following paragraphs).
- Touch yourself in a soft, loving and supportive manner.
- Focus your attention to your breathing without judgement as this provides a feeling of peace.  
Let your breath flow naturally as this is not a breathing exercise.

## 11. Controlling the temper

It is understandable that when one is confronted with a disaster that one is focussed on survival and that one survives at the expense of another. This booklet wishes to clarify that survival at all levels should be focussed on **communal survival** by each contributing assistance to each other. In the end the results can be better dealt with than when the person is only concerned with his or her own survival. Surviving at the expense of others may leave one stranded with many unanswered problematic questions, like:

Whom have you lost?

What do you do with the feelings of guilt?

How do you experience your own self-worth and self-image?

We are people that possess a free will. We can make our own choices. When you choose to act in favour of communal well-being and the moment arrives when you are confronted with impulsive, egotistical behaviour the following may help:

- stand still for a while
- count to 10
- breath deeply
- react from the heart (refer to The Green Booklet no.4); react from the essence of compassion.

## 12. A short survey of possible exercises and massages that can be applied during a calamity

To different situations may arise that each require a different approach:

1. Do you need to move or relocate?
2. Do you remain where you are? At the place where the crisis occurred like the home, work place, school, outside, in transit etc.

The following suggestions exercises may be used in various situations according to the current situation and to that which you feel you are comfortable with at the time.

**It is important and as far as possible to assist each other in what exercises or other remedies that are available at that moment. Eventually exercises can be performed together.**

### 1. During transit (walking, cycling, running)

- Movement should take place in your own comfortable rhythm.
- Concentrate on your *breathing*. Try to breathe calmly. To remain breathing is important even when you are busy with practical solutions.
- Do not hold in your breath, this disturbs the energy flow in your body.
- Ensure that there are periods of rest including sleep!
- This increases your immunity, increases the strength of your immune system and makes you stronger psychologically.



## 2. During the short moments of rest

- Apply body massage especially to the back, arms, legs, feet and toes as well as facial and head massage (just like washing hair at the hairdressers).
- You can massage yourself or each other.
- Even a short period of massage is beneficial as it promotes blood flow that in turn increases the energy flow through the body.
- Be alert when time presents itself to apply massage.
- For more detailed information on massage refer to point 3.

## 3. Staying on one spot for a longer period of time

Apply body massages and grounding exercises.

### Grounding

Remain in contact with the ground, the earth, however difficult this may be. The earth provides us with energy in addition to draining off negative energy from the body.

- Take a well-balanced seat on a *stool/chair* or do the exercise *standing*.
- Do not cross the legs.
- Place the feet firmly on the ground.
- Feel your feet by concentrating your attention on them.
- Visualise long deep roots growing out of your feet into the ground.
- Next, visualise a symbolic cord (grounding cord) extending from your spinal column via the coccyx into the ground.
- Take deep breaths in and out through your feet and the grounding cord.
- Judge what percentage of yourself is present in your body.
- Ask someone near to you to help you. For example holding your feet firmly on the ground and thereby also grounding themselves.

Performing the exercise in a **lying** position:

- Feel the earth make contact with your body as you lay there. The earth carries us and pulls us towards it with gravity. Try to totally give in to this feeling. Try to feel the support this can give feelings of rest and even a certain feeling of peace.
- Imagine deep within yourself when breathing in that you suck in the earth's energy and that the energy flows throughout your entire body. When you exhale (breath out) all the tension and feelings of pain are excreted into the earth. In this manner the earth is helping you to recycle, just like what happens in a compost heap, waste is transferred into good.
- You may also imagine when breathing in that the air is a specific colour that feels good to you.

### Body massages:

#### 1<sup>st</sup> Massaging yourself

You massaging your own body is very beneficial.

- Concentrate on the parts of your body that require extra attention. All resources for self-massage can be supportive: (wooden) rollers of various types: back rollers, hand rollers, scalp rollers, facial rollers. These are used so as not to tire the hands should a lot of massaging be required.

Feet rollers are available in different types and sizes; there are different shapes and sizes that all have a specific function that you may desire at that time. (These are available at various stores selling beauty and wellness products). Mark names mentioned in the text are related only to Holland.

It is effective if done thoroughly.

- It may help to purchase books on self-massage especially those for facial massages. When able to relax your face 100% you will prevent worrying that in turn makes a world of difference to your well being.
- Rubbing the ear lobes between your thumb and forefinger stimulates the acupuncture points that are lodged here and stimulates the body's energy flow.

## **2<sup>nd</sup> Massage of the hand and frequent yawning to free the head**

When the head is filled with impressions a hand massage can work wonders.

- This entails the massaging and stretching of the fingers, the palm of the hand and gently massaging the wrist. The result is that you start to yawn.
- The intention is to promote yawning to such a degree, that it feels like you cannot stop.  
Yawning is an emotional safety device. The mind clears and tension in the body is released. This can give a great sensation of release (ventilation) and relief.

## **3<sup>rd</sup> Rubbing the coccyx to warm up**

- Make a fist with your dominant hand and in circular movements rub the coccyx, placed at the bottom of the spinal cord.
- Keep up the motion till you feel the flesh warm up.
- Concentrate your breathing towards this place and visualise that negative energy flows out down the legs and into the earth.

## **4<sup>th</sup> Massage the occipital region at the back of your head by applying pressure**

- Massage the occipital region with both hands while the head falls backward. Massage from the dent under the occipital bone with sideways movements until this area feels warm.
- Thereafter use the fingers to apply point pressure at the rim of the occipital bone round the head. This region is full of acupuncture points (refer to the booklet dealing with acupuncture pressure points).

## **5<sup>th</sup> Rubbing your body**

- Wash your hands, if possible.
- When using this exercise whilst standing do this with loosened knees. This exercise may also be done sitting or lying down.
- With two hands rub sideways and down from your crown. Also hold the hair in this region and rub them down as lots of negative energy clings to hair.
- Rub down in turn the face, the back of the head, neck, shoulders, arms and trunk, both in front and at the rear, proceeding to legs and downwards to the ground.

- For extra measure rub over the coccyx downwards towards the ground.
- Shake off the hands loosely.
- Shake off the hands 3 times in a row.
- Ensure that you also rub down your arms and legs on the outside and the inside.
- Shake each leg in turn with feet loose.
- If you are able, squat on your haunches.
- Place your hands on the ground in front of you.
- Breathe in through your pelvis and all body orifices and send with your mind all the waste materials into the ground when exhaling.

**Equipment to use in self-massage and to massage others:**

- Foot rollers, head-, hand- and back rollers made from wood or other materials. Look on Google for massage rollers.
- They may also be found in Eco-shops, health shops, pharmacies, chemists etc. There is a large variety available.



### **13. Introduction to Homeopathic Remedies**

Our body has the ability to heal itself. This means that when someone feels tired or sick, the body will try to regain its healthy balance again. Sometimes the body succeeds, sometimes not. When it does not succeed it requires an external input, in this case, a homeopathic remedy.

Homeopathic remedies do not repress symptoms but instead treat the cause resulting in the restoration of the balance in the physical, emotional or mental condition. In addition it starts such a great energetic flow of energy that the higher light bodies are also fed.

In normal situations one would consult a classic homeopath and, which dependent upon the findings constituted during the consultation, will prescribe a homeopathic remedy.

The information that you are now reading is enclosed with the First Aid Kit for use in Disasters, which concentrates on Complementary Aid and Assistance. In the event of a disaster we want to offer you the opportunity that you can choose a homeopathic remedy for your own personal use. The remedies present in this First Aid Kit are of a specific strength that these may be taken without the prescription of a homeopath.

Each remedy is described in together with the associated complaints/symptoms that may occur during a disaster or calamity. You can judge what symptoms are applicable to you by the complaints that you are experiencing.

The various homeopathic medications may be obtained in globular format (little round balls) in the First Aid Kit that you may wish to purchase (refer to the list at the rear of this Booklet). The method for use is to place such a globule under the tongue until it has completely melted. In this manner the homeopathic remedy is ingested (taken up) by the mucus membranes in the mouth. When the correct remedy is chosen an immediate reduction in the symptoms/complaints should be noticeable. Sometimes, however, a slight increase in the symptoms/complaints may occur where after improvement follows.

When the symptoms/complaints return after a while the remedy should be repeated.

In acute situations you take these remedies every 15 minutes. Where the complaints are lighter 3 dosages should be sufficient. Sometimes the taking of one globule brings with it the necessary relief and is therefore enough. When the complaints are gone you should stop taking the homeopathic remedy. If you do not, you may call up a worsening (anti reaction) of the remedy.

Homeopathic remedies work fairly quickly when they are properly administered. With some symptoms it is difficult to determine which remedy to take, but you will notice this when the remedy has no positive effect.

We therefore recommend that you follow a short course on homeopathic first aid should you be interested to gain more information and/or knowledge thereof.

During such a course you will learn what you need to concentrate on when observing complaints and to determine the changes after the dosage has been given. Furthermore, you will learn more about the potentials and the dilutions that are required or what you can do when there is an anti reaction to the remedy. It is not the intention that the complaints of a person who is already sick, increase before alleviation of the symptoms set in. In some cases this can even prove to be dangerous.

You will also be taught to coach others and acquire a bit of knowledge of The Materia Medica. All in all, this course will ensure that you are better equipped to deal with a calamity should one occur.

In some cases it is preferable to do nothing as the victim's soul chooses this.

By tuning in to your internal feelings you will be able to differentiate between dealing or handling from your intellect or by letting the soul make its wishes known to you. This may require some experience.

There are various Homeopaths who offer courses in Homeopathic First Aid and sell homeopathic remedy book(s) including descriptions.

You may also seek information on Google.

## 14. List of Homeopathic Remedies

Complaint	HOMEOPATHIS REMEDY	C30
<b>Abscesses</b>	Hepar of Lachesis	C30
<b>Bites:</b>		
* cat, dog, rat, mosquito, scorpion	Ledum	C30
* jelly-fish sting	Apis	C30
<b>Haemorrhaging (Bleeding):</b>	Hamaemelis	C30
* combined with a feeling weakness	Ferrum Phosphoricum	C30
* combined with nausea	Ipecacuana	C30
* combined with heavy bleeding	Phosphorus	C30
<b>Blood Poisoning:</b>		
* threatening	Lachesis	
<b>Throwing up:</b>		
* with stomach flu	Arsenicum	C30
* with headache	Pulsatilla of Ipecacuanha	C30
* with drowsiness	Ipecacuanha	C30
<b>Burn Wounds:</b>		
* external	Burn cream diluted with 10 drops water to 1 drop Urtica	
* with fast growing blisters	Cantharis	C30
<b>Stomach flu:</b>	Arsenicum	C30
* home remedy:	1 glass of lukewarm Coca Cola possibly with a pinch of salt	
<b>Shock:</b>		
* extreme fear	Aconitum	C30
* with bleeding wounds	Arnica	C30
* stunned, lying motionless, pale, cold, and a blue colour with cold sweat	Carbo Vegetalis	C30
* with ice cold skin and cold sweat on the forehead	Veratrum	C30

**Diarrhoea:**

* mostly watery and burning	Arsenicum	C30
* painful and exhausting, consistency of rice water or green in colour	Veratrum	C30
* green diarrhoea with children	Chamomilla	C30
* due to moist cold, sudden change of temperature, after sweating then sudden cooling	Dulcamara	C30
* due to emotions	Gelsemium	C30
* with nausea	Ipecacuanha	C30
* with slimy, bloody excretion	Mercurius	C30

**Drenched or soaked to the bone:**

* complaints caused by ...	Rhus Toxidendron	C30
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**Fainting:**

* at sight of blood	Nux Vomica	C30
* with exhaustion	Veratrum	C30

**Mood swings:**

* strong variations, extreme sadness, heavy sighing	Ignatia	C30
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**Tendons:**

* torn ...	Ruta Graveolens	C30
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**Coughs:**

* dry ...	Bryonia, Drosera, Spongia	C30
* loose	Hepar	C30
* hefty, till throwing up	Ipecacuanha	C30
* tickling ...	Phosphorous	C30
* suffocating	Aconitum ( with fear of death)	C30
	Spongia, Hepar	C30

**Headache:**

* beating ..., with red face	Belladonna	C30
* beating ..., made worse by movement	Bryonia	C30
* desperation	Coffea	C30
* with heavy eyelids and apathy	Gelsimum	C30

**Skin:**

* dry and red	Aconitum	C30
* swollen red with stinging pain	Apis	C30
* gall bumps	Apis of Rhus Toxidendron	C30
* contusions (black and blue)	Arnica	C30
* red, hot to touch and moist	Belladonna	C30
* skin infection	Mercurius	C30
* blisters	Rhus Toxidendron	C30
* dry and itchy	Sulphur	C30
* rash after moist cold or sudden		

cooling	Dulcamara	C30
<b>Insect bites:</b>		
* bee sting on face with swelling	Ledum	C30
* insect bite on the face	Ledum	C30
* insect bite in the eye	Ledum	C30
* insect bite on tongue with swelling	Aconitum	C30
* mosquito bite, heavy swelling/stinging pain	Apis	C30
* poisonous insect bite	Arsenicum	C30
* wasp sting	Arnica	C30
<b>Throat infection:</b>		
* painful swollen, asphyxiating	Apis	C30
* acute red infected	Belladonna	C30
* irritated, seeking comfort and lots of attention	Pulsatilla	C30
* sudden lowering, change in temperature	Dulcamara	C30
<b>Coal dust poisoning:</b>		
* other chemical poisoning via the air	Carbo Vegetalis	C30
<b>Temperature:</b>		
* fearful unrest, acute high temperature, thirstiness, dry red skin after cold or wind	Aconitum	C30
* acute, cold hands and feet, red skin can be hefty, also anger	Belladonna	C30
* in children high temperature, little thirst, acute	Belladonna	C30
* continuing temperature and weakness	Ferrum Phosphoricum	C30
* worsened by under cooling	Nux Vomica	C30
<b>Injuries:</b>		
* in 1 <sup>st</sup> instance apply reduces shock/fright, reduces swelling	Arnica	C30
* periosteum, sinews, cartilage	Ruta	C30
* sprains	Rhus Toxicodendron	C30
* injured sinew	Hypericum	C30
* bruised fingers or toes	Hypericum	C30
* bruises, black & blue discolouration	Arnica	C30
* broken bones	Symphytum	C30
<b>Stomach and intestinal ailments:</b>		
* with nausea	Ipecacuahna	C30
* with stomach ache	Carbo Vegetabilis	C30
* caused by fruit	Arsenicum	C30
<b>Nausea:</b>		
	Ipecacuahna	C30
<b>Nose bleeds:</b>		
	Hamamelis or Phosphorous	C30



**Eye injuries:**

* blue eye (bruised)	Arnica	C30
* eyeball injured by blunt object	Symphytum	C30
* eyeball with bleeding	Arnica	C30

**Eye infection:**

* acute, lots of burning and tears	Euphrasia	C30
* subdural with thick yellow pus	Pulsatilla	C30
* after moist cold, sudden temperature drop	Dulcamara	C30
* foreign object in eye or dry cold wind	Aconitum	C30

**Pain:**

* best pain killer for children	Chamomilla	C30
* Burning pain	Arsenicum, Phosphorous, Sulphur	C30
* burning pain with lots of urination	Cantharis	C30
* Stinging pain aggravated by movement	Bryonia	C30
* Stinging pain with eye injury or broken bones	Symphytum	C30
* pain in limbs or bones	Eupatorium Perfoliatum	C30
* pain due to cold/wet weather or over exertion	Rhus Toxicodendron	C30

**Travel sickness:**

* nausea and vomiting	Coccolus, Petroleum or Tabacum	C30
* fear of flying	Aconitum	C30
* sea sickness	Tabacum or Petroleum	C30
* restless children due to travel	Chamomilla	C30
* exhaustion after jetlag/air flight journey/ night vigil	Arnica	C30

**Mucus membranes:**

* red swelling with stinging pain	Apis Mellifica	C30
* pale swelling	Ferrum Phosphoricum	C30
* infection	Mercurius	C30
* infection with yellow/green excretion	Pulsatilla	C30

**Gums:**

* infection	Mercurius	C30
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**Tetanus:**

* preventative or due to injury by rusty object	Ledum	C30
* with 1st symptom like, lock jaw, muscle cramp	Hypericum	C30

**Constipation:**

* with babies	Nux Vomica	C30
* during breast feeding	Veratrum	C30
* hard dry excrement, lots of thirst	Bryonia	C30
* Whilst travelling, feeling cold	Nux Vomica	C30

**Wounds:**

* wound developing into abscess	Hepar	C30
* wound with damaged sinew	Hypericum	C30
* infected wound/discolouration blue red	Lachesis	C30
* wound due to sharp object	Ledum	C30
* wound with swelling	Apis Mellifica	C30
* wound remains bleeding	Phosphorous	C30

**Blood poisoning:**

* putrefied meat or fish	Carbo Vegetalis	C30
* bad or unripe fruit	Arsenicum	C30
* after stomach ache and vomiting double vision results, eye lids start to close (Botulism)	Gelsemium	C30

**Sunstroke:**

* face changes colour, gnashing of teeth, rolling with the tongue, frightened and scared	Aconitum	C30
* hot dry skin with red face, trembling limbs, dilated pupils, head bent backwards, deep sleep	Belladonna	C30
* preventative	Gesemium	C30

## 15. A short survey of purchases required

### Preventive purchases as per the suggestions mentioned in The Red Booklet no.1

Stock of clean water, food for at least 1 week	page
Water purification systems/discs and/or colloidal silver (if available)/ water purification tablets	page
Grander rod	page
Echinacea Force, Vit. C, for general immune system promotion	page
Vitamin B5	page
Magnesium tablets	page
Manganese tablets	page
Potassium iodide	page
Homeopathic iodine	page
Lecithin	page
Medicinal clay	page
ORS sugar-salt solution (saline)	page
Ethereal oils, lavender, eucalyptus, rose oils (also the Internet)	page
Tea Tree Oil, crème Bio force by Vogel	page
Calendula-, Hamamelis-, Arnica-, Rescue cream	page
Kelp tablets	page
Talcum powder	page
Mouth caps/dust masks	page
Eye drops by Heel, saline solution for cleansing eyes	page
Sea salt	page
Curcuma herbs	page
Olidago tea	page
Paracetamol for children and adults	page
Ibuprofen 200 or 400mg	page
Rescue drops, Olive and Walnut by Bach Blossom remedies	page
Isolation foil (a few packets)	page
Massage rollers	page
LED light	page

#### Recommended books:

Acupuncture pressure points 2 (Ankertje)	ISBN: 90-202-0586-2
Handbook of Survival Medicine	ISBN: 978-90-389-1855-6
Handbook on Self-survival	ISBN: 978-90-389-1951-5

**This is a small selection out of many other possibilities. When you are ready to preventatively prepare yourself for a possible calamity you can make up your own library of useful books and can use this as a base.**

## **16. Types of disasters.**

**Please refer to the general description of the various types of disasters discussed in the Introduction of this booklet.**

**These below are as discussed in The Red Booklet:**

### **Natural disasters:**

The Red Booklet deals with primary survival.

We cannot do otherwise but subject ourselves to natural disasters.

This entails that the primal fear element is touched and you as a person can suddenly and totally be destroyed and literally disappear. Total annihilation has occurred to many peoples on the earth in the past. The fear of this is imprinted in our genes and hidden in our psyche. The significance of human existence becomes apparent and primary survival strategies are mostly based on this premise (concept).

Thus: Where possible keep a clear head to perform whatever survival strategies there are available for yourself as well as others. Pay attention to weaker individuals that require more assistance.

### **Disasters caused by human failure:**

Save your energy to survive rather than concern yourself with the person(s) who caused the calamity. All energy reserves should be employed to help yourself and others.

When you realise that you have also often made mistakes, especially in situations wherein you had little responsibility, it is easier to forgive. Should you continue to blame others your behaviour becomes less effective.

Thus: Save your energy and bear and suffer together.

### **Disasters caused by a self-chosen terrorist deed:**

When survival is at stake it makes sense to remain in a state of revulsion, fear and anger that such a deed invokes!

Try to save your energy to perform the tasks necessary to help yourself and others to survive. Revenge actions seldom deliver little if any benefit. This is a short-term solution. The same principles apply as in the previous category.

Save your energy for the tasks that you can perform. It may possibly be possible in a few isolated cases to help prevent an act of terrorism.

Temper control is crucial! (Refer to Chapter 9.)

It is preferable to let the National or Local Authorities deal with the matter than undertaking impulsive one-man action based upon anger.

