7 Natural Remedies to Stockpile for a Crisis

By Joshua Corn and Mina Shahriary
We are living in very uncertain times. From global financial instability, civil unrest in major US cities, the increasing frequency of horrific weather events, severe water scarcity beginning to affect the state of California, ongoing concerns about Iran’s nuclear program and the potential for a power grid collapse, as well as the constantly looming threat of a deadly pandemic — there’s no reason for anyone put off taking steps to prepare for the worst!

This doesn’t mean we should all become “hardcore preppers,” but we need to understand what it means to be prepared to take care of our families and ourselves. Millions of Americans are simply living in denial, somehow believing that the government will be there to provide food, water and medical handouts when disaster strikes.

So when we’re talking about emergency preparedness, it’s important to consider not only whether you will have adequate food, water and shelter, but how you will provide basic first aid, support your immune system and stay strong and healthy — whatever the circumstances may be.

Here’s a list of 7 natural remedies that everyone should stockpile in addition to food and basic first aid supplies:

1. **Nascent Iodine and Kelp:**
   **Safe Sources of Iodine to Protect Against Radiation**

   In the wake of the 2011 nuclear crisis at the Fukushima Daiichi power plant in Japan, Americans began buying up potassium iodide pills, which help block the absorption of radioactive iodine by the thyroid gland. In fact, fears that a radioactive cloud of nuclear fallout could reach the West coast and continue to spread on an unknown trajectory actually led to a real shortage of potassium iodide.

   The fact is there simply will not be enough potassium iodide to go around in the event of a nuclear disaster, and many experts have raised concerns that potassium iodide may actually pose more risks than benefits. Fortunately, there are other — and better — ways to get the iodine you need to avoid being poisoned by radioactive iodine.

   **Nascent iodine** is a supplemental form of iodine thought to be safer, more absorbable and more effective than potassium iodide. Preliminary research is showing that it works by naturally balancing thyroid function, and it’s generally safe for daily consumption, making it a great preventative measure.

   Another way to protect yourself from the effects of radioactive fallout is by consuming sea vegetables such as kelp, which is naturally high in iodine and other minerals. They are also high in sodium alginate, which can help chelate (remove) other toxic metals from the system. You can find **kelp** in pill form, which may be the most practical way to store sea vegetables for an emergency. In addition to supporting healthy thyroid function, kelp is a rich source of nutrients that can be valuable in a survival situation. Since all sea vegetables can easily absorb radiation in the environment, you will want to make sure any that you purchase have been screened for radiation.
2. **Activated Charcoal: A Potentially Life-Saving Antidote**

With no poison control hotline to call and no emergency room to rush to, being prepared in the case of accidental poisoning can be a life-or-death matter. It may sound strange, but charcoal is a potent age-old remedy for counteracting poisons in the body by helping them to get flushed out before they are absorbed into the bloodstream. Made by burning a source of carbon such as wood, activated charcoal is a pure and highly adsorbent substance with millions of tiny pores that capture, bind and remove toxins from the intestines before they have a chance to harm your body.

It can save you from a lot of misery — and even save your life — in the event that you get food poisoning, unknowingly ingest a chemical toxin or are bitten by a venomous snake or spider. Toxicology studies have shown that activated charcoal is harmless to human health, and it’s been used as an antidote to hundreds of poisons, including heavy metals like arsenic and mercury, pesticides like strychnine and microbes like *E. coli*.

It's important to administer the proper amount as quickly as possible — within an hour of ingestion. According to the University of Michigan Health System, 50 to 100 grams (not milligrams) is the dose to use in cases of poisoning in adults, and 10 to 25 grams is the dose to use for children. In the case of a snake or insect bite, you’ll need to apply dampened activated charcoal powder directly to the bite marks on the skin as soon as possible, and use a bandage or anything else that is available to firmly hold the dampened charcoal on the wound.

Taking activated charcoal on a regular basis can also be a great way to detoxify in an overly toxic environment. If you plan to use it this way, it’s best to take lower doses (in the 1,000 – 2,000 milligram range), and to take it between meals and a few hours after using any medications or supplements, as it can interfere with the absorption of these into your body. It’s important to consume plenty of water in conjunction with activated charcoal.

3. **Echinacea: More Than Just an Immune-Booster**

Native Americans introduced European settlers to the properties of this perennial American wildflower, which is best known for speeding recovery times from illness, providing relief and stimulation to the immune system and lessening the severity of cold and flu symptoms.

In addition, echinacea has antibacterial and anti-inflammatory effects, making it a useful treatment for abscesses, infected wounds and even cases of sepsis in which the bacterial infection has actually entered the bloodstream and become systemic throughout the body.

And there’s yet another reason to consider stockpiling this herb: Echinacea also inhibits the destruction of tissue by the venom of snakes in the pit viper family (rattlesnake, copperhead and water moccasin), hobo spiders and flesh-eating bacteria. It does this by inhibiting the tissue-dissolving enzyme that all of these things contain called hyaluronidase. In doing so, it also stimulates the production of hyaluronic acid, which promotes healing of damaged joints, ligaments and cartilage, making it helpful in the repair of various injuries.
4. Vitamin D3: Sunshine in a Supplement

While most people need to supplement with vitamin D3 year-round, your need for this nutrient would increase dramatically if you were forced to spend a prolonged period of time indoors or even underground, due to a crisis situation.

Leading experts estimate that up to 75% of all adults are deficient in vitamin D, despite growing awareness of the role it plays in maintaining optimal immune system strength and overall health. The fact is, unless you are taking steps to maintain healthy vitamin D levels, you are most likely vitamin D deficient.

Vitamin D deficiency may be symptomless at first, but as it progresses it often causes depression, cognitive problems, chronic pain, fragile bones and a weak immune system. Even more troubling is that studies have linked low vitamin D levels to increased risk for serious health conditions that can result in premature death.

There are only two ways to get vitamin D in the amounts you need for optimal health: sun exposure and vitamin D supplementation. You can’t get it from food, despite what the dairy industry might like you to believe. While some products like milk are fortified with vitamin D, in almost all cases, the amount used is far too low to correct a deficiency. According to Dr. John Cannell, Director of the non-profit Vitamin D Council, healthy adults should supplement with 5,000 IU of vitamin D3 daily to avoid deficiency and achieve superior health.

5. Oregano Oil: Nature’s Antibiotic

These days, antibiotics are most doctors’ weapons of choice against almost every complaint their patients present them with. However, antibiotics have a wide range of truly horrible side effects that range from destroying the good bacteria in your gut to promoting the development of new strains of highly virulent antibiotic-resistant bacteria.

The good news is that there’s a natural antibiotic that works to combat infections without causing undesirable side effects. While you might be more familiar with it as a seasoning for pizza, wild oregano, a member of the mint family, contains highly potent medicinal oil that has been a precious commodity for over 2,500 years in folk medicine around the world. Its most active healing constituent, carvacrol, is referenced in over 800 scientific studies.

A recent study found that oregano oil had antibacterial activity against 5 different types pathogenic bacteria. Interestingly, the highest activity was observed against E. coli, which suggests that oregano oil could be used to treat or prevent food poisoning.

Many other studies confirm the fact that oregano oil is a powerful natural antibiotic worthy of a place in your emergency preparedness stockpile.
6. **Medicinal Mushrooms: An Effective Way to Increase Your Immunity**

Maintaining a strong immune system will serve you in many ways, not only in the event of a pandemic or exposure to high levels of radiation. And taking medicinal mushrooms is one of the most effective ways to build up your immune defense.

Medicinal mushrooms have a long history of use in both traditional Chinese medicine and modern Western herbalism. But it’s only in just the last decade or so that scientific studies have validated much of what herbalists throughout the world have long known about their immune boosting, stress relieving and disease fighting benefits. The amazing health benefits of mushrooms are primarily attributable to two classes of nutrients: triterpenes and polysaccharides.

Triterpenes are compounds with powerful adaptogenic properties — they help the body deal with stress by regulating and normalizing bodily functions. Triterpenes also increase oxygen uptake and support liver health and detoxification.

Research has shown that certain polysaccharides found in medicinal mushrooms, called beta-glucans, have the ability to modulate the immune system by lowering the overactive (auto-immune) immune system, and stimulating the under-active (immuno-deficient) immune system. When used for a period of time, beta-glucans build, strengthen and balance the immune system. Beta-glucans have received a lot of attention recently for their anti-cancer potential, as the connection between immune function and cancer has become increasingly accepted in the medical world.

Of the approximately 300 identified species of medicinal mushrooms, a select few are known to possess some of the most powerful healing compounds found in nature. Some of the most medicinal species include shiitake, cordyceps, reishi and maitake. The most effective delivery methods for the beneficial compounds found in these mushrooms are extracts (what you’ll find in most mushroom supplements) and decoctions (long-simmered teas).

7. **Spirulina: The Most Nutrient-Dense Food on the Planet**

In terms of bang for your buck when it comes to concentrated nutrient sources, you can’t beat spirulina. This freshwater blue-green algae has been consumed as part of traditional diets throughout the world for centuries and is incredibly rich in vitamins, minerals, amino acids and other micronutrients. In fact, many experts consider it the most nutrient dense food on the planet.

Spirulina is the most concentrated natural source of protein known. Gram for gram, it contains 334% more protein than beef and 556% more protein than tofu! Spirulina also offers the full profile of all the essential amino acids the human body needs in a form that is extremely easy to absorb, which makes it an incredibly valuable food source.
Here’s an overview of the array of nutrients found in spirulina:

• **Essential amino acids** in a highly-digestible, easy-to-absorb form
• **Chlorophyll**, which supports cellular detoxification and body alkalinity
• **Carotenoids**, including beta-carotene and zeaxanthin, which protect the skin and eyes
• **Phycocyanin**, a unique antioxidant that provides powerful immune and healthy aging benefits
• **Vitamin B12** and other B vitamins that support brain and heart health
• **Trace minerals**, including magnesium, selenium, zinc, calcium and others
• **Essential fatty acids**, including hard-to-get gamma linoleic acid (GLA)
• **Superoxide dismutase (SOD)**, an important antioxidant enzyme

In addition, spirulina is a good supplement to have on hand for protection from radiation poisoning due to its iodine content, and there is scientific evidence that it works. Spirulina was actually used to treat children exposed to chronic low-levels of radiation after the Chernobyl nuclear disaster. The high levels of chlorophyll it contains can also help to detoxify the body of harmful radiation after exposure.

Spirulina is widely available as a freeze-dried powder that can be mixed into water or smoothies. You can also get it in naturally coated tablets that help to make it more palatable and convenient for consumption. Spirulina can easily absorb radiation in the environment, so you will want to make sure any that you purchase has been screened for radiation.

**Are You Prepared to Survive Whatever the Future May Hold?**

Some experts are saying that the US is just one catastrophe away from being thrown into a state not unlike what Haiti faced in 2010 after a devastating earthquake struck. Not only were food, water and electricity scarce — there simply weren’t enough medical resources to help all the sick and injured.

The bottom line, regardless of how you may view it, is that your health — and your very survival if it comes down to it — are your responsibility. Knowledge is power! Take this information and take action now so that you will be able to feel at ease, knowing that you will be prepared to keep your family safe and healthy when a crisis arrives.
About Live in the Now

Live in the Now is your guide to living a happier, healthier and more natural life. Our mission is to educate, empower and inspire you, so you can make the most of every day, and live life to its fullest potential. Here’s a quick overview of some of the things we believe in:

• Living in harmony with the natural world is the best way to maintain superior health
• A proactive approach to preventing illness is always better than treating it after the fact
• Reducing exposure to environmental toxins is an imperative of modern life
• Eating nutritious, sustainable food is fundamental to sustained health
• The more information people have concerning their health, the better decisions they make
• Pharmaceutical drugs and high-risk medical interventions should always be a last resort
• Natural healing options should be legal, accessible and affordable for all people
• The present moment is the gateway to health, happiness and enlightenment

We write about the things we are passionate about — natural solutions to health challenges, political issues that directly affect human health and the environment, green living, conscious consumerism, food and nutrition, the mind-body connection, personal development and awakened spirituality.

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About Joshua Corn, Editor-In-Chief and CEO

Joshua Corn is a health freedom advocate who’s been involved in the natural health movement for over 20 years. He’s dedicated to promoting health, longevity and natural living, and has co-written three books with Dr. Kevin Passero, The Drug-Free Acid Reflux Solution, 4 Weeks to a Better Brain and Beat the Diabetes Trap. In addition, Josh is an avid outdoorsman, organic gardener, animal lover and enjoys “living in the now” with his wife and two sons. In addition to serving as Editor-In-Chief of Live in the Now, Joshua is also CEO of Stop Aging Now, a company that has been formulating premium natural health products since 1995.
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