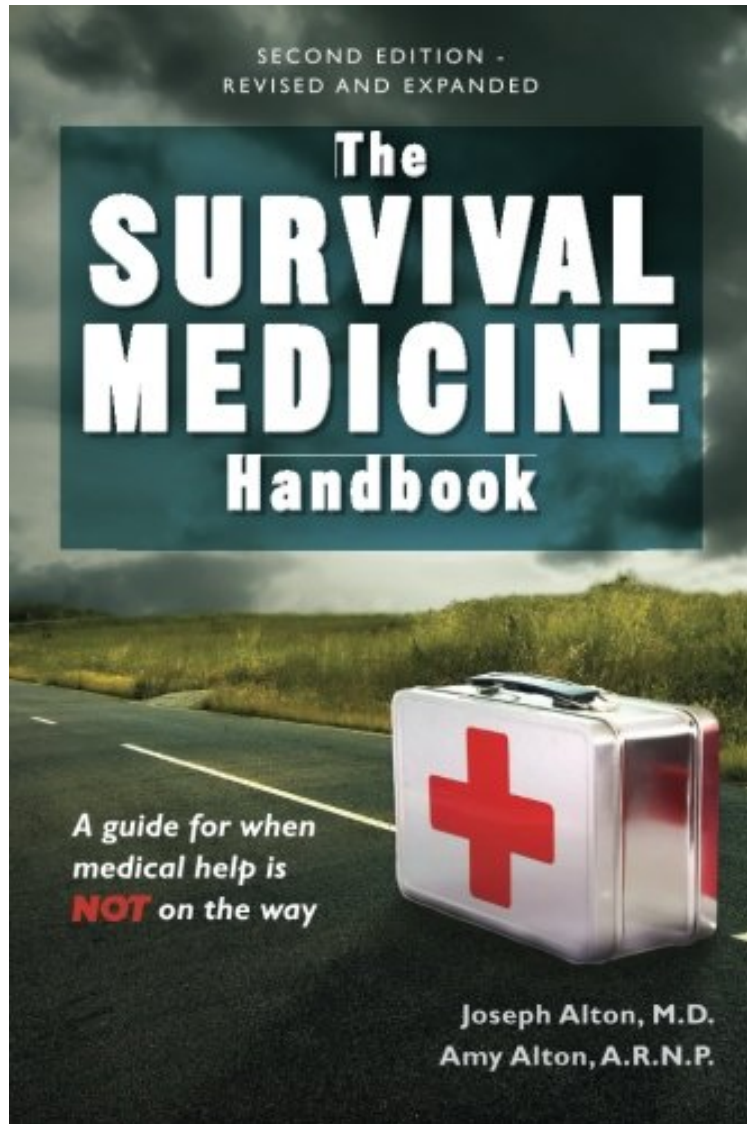


# The Survival Medicine Handbook: A Guide for When Help is Not on the Way

Joseph Alton, Amy Alton

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**Joseph Alton, Amy Alton : The Survival Medicine Handbook: A Guide for When Help is Not on the Way** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Survival Medicine Handbook: A Guide for When Help is Not on the Way:

278 of 286 people found the following review helpful. "EXTREMELY USEFUL, INFORMATIVE, AND CONCISE!"By Author/Reviewer Geri AhearnWithin the last 30 years, after working in the health field as a medical

professional and obtaining a copy of the first edition of this very helpful guide, this book is outstanding in every aspect as a valuable reference to emergency situations, where no other help is available. Although I have collected hundreds of books that cover this topic, I felt this one is extremely useful for my daughter to have in her home. This handbook outlines several conditions for one to identify with as it offers step-by-step instructions, with solutions for unexpected health problems. This informative guide also prepares for any disaster, where help is not on the way. It is specifically designed for the non-medical professional to help deal and cope with unexpected issues during emergencies. Some of the topics covered are fractures, nosebleed, chest pain, and much more. Dr. Joseph Alton highlights several medical conditions, covering over 100 medical issues. In addition, he provides information on how to handle different situations, what to look for, and how to treat. This is a valuable, essential reference book for every home. Highly recommended! 1 of 1 people found the following review helpful. Too darn bad! By Timothy J. Turnipseed Too many books written on this subject assume help is within one to two days walking distance away. This book is honest, what to do if there is NO help. And if it is a situation a normal, non doctor person without modern medical equipment can't handle? Too darn bad! 1 of 1 people found the following review helpful. Exactly What I Was After By Customer An excellent resource, as was anticipated. Truly written in "plain English" with a host of relevant topics covered at a level of detail that would be useful under the conditions for which the text was written. What sets this book apart for me are the discussions of both traditional and natural treatments options side-by-side, and an appropriate balance between presenting real medical "what to do now" information and cautions that many of the included treatments are not appropriate when any kind of traditional medical assistance is available. I was not disappointed in breadth of topics or in the depth of detail in the book, and Alton provides an extensive list of additional resources for readers to acquire. This one goes in the medical reference library and the accompanying Kindle version is already on the device.

The 2nd edition Survival Medicine Handbook(tm) is a guide for those who want to be medically prepared for any disaster where help is NOT on the way. This book is written by Joe Alton, M.D. and Amy Alton, A.R.N.P., the premiere Medical Preparedness Professionals from the top ten survival website doomandbloom dot net. This book is available in print and kindle, and print book buyers can take advantage of Kindle's matchbook program to also buy the digital version for just \$2.99 (normal retail \$24.99). The expanded second edition of the 3 category Amazon bestseller (Survival Skills, Disaster Relief, Safety/First Aid) is geared to enable the non-medical professional to deal with all the likely issues they will encounter in catastrophic scenarios. The Survival Medicine Handbook (tm) is not your standard first aid book. It assumes that no hospital or doctor is available in the aftermath of a catastrophic event. This book will give you the tools to handle injuries and illness for when YOU might be the end of the line with regards to your family's medical well-being. In circumstances where medical personnel are overwhelmed and access to modern technology is limited or non-existent, The Survival Medicine Handbook(tm) is the essential reference book for every library. Written in plain English, you'll find step-by-step instructions on how to identify and treat over 100 different medical issues. The second edition also covers alternative remedies for almost every possible medical condition in situations where modern healthcare is inaccessible. Here's just some of the topics covered: MEDICAL PREPAREDNESS BECOMING A MEDICAL RESOURCE THE EFFECTIVE SURVIVAL MEDIC FACTORS TO CONSIDER WHEN PREPARING LIKELY MEDICAL ISSUES YOU WILL FACE MEDICAL SKILLS YOU WILL WANT TO LEARN MEDICAL SUPPLIES NATURAL REMEDIES ESSENTIAL OILS THE MEDICINAL GARDEN THE PHYSICAL EXAM THE MASS CASUALTY INCIDENT PATIENT TRANSPORT HYGIENE-RELATED MEDICAL ISSUES LICE, TICKS, AND WORMS DENTAL ISSUES RESPIRATORY INFECTIONS FOOD AND WATER-BORNE ILLNESS DIARRHEAL DISEASE/DEHYDRATION DEALING WITH SEWAGE ISSUES FOOD POISONING APPENDICITIS/ABDOMINAL PAIN URINARY TRACT INFECTIONS HEPATITIS PELVIC AND VAGINAL INFECTIONS WOUND INFECTIONS ABSCESSSES TETANUS MOSQUITO BORNE ILLNESS FUNGAL INFECTIONS HYPERTHERMIA (HEAT STROKE) HYPOTHERMIA ALTITUDE SICKNESS WILDFIRE PREPAREDNESS TORNADO PREPAREDNESS HURRICANE PREPAREDNESS EARTHQUAKE PREPAREDNESS ALLERGIC REACTIONS ASTHMA POISON IVY, OAK, AND SUMAC RADIATION SICKNESS BIOLOGICAL WARFARE MINOR WOUNDS MAJOR AND HEMORRHAGIC WOUNDS SOFT TISSUE WOUND CARE WOUND CLOSURE/OPEN WOUNDS LOCAL ANESTHESIA AND NERVE BLOCKS HOW TO SUTURE/STAPLE SKIN BLISTERS, SPLINTERS, AND FISHHOOKS NAIL BED INJURIES BURN INJURIES ANIMAL BITES SNAKE BITES INSECT BITES AND STINGS HEAD INJURIES SPRAINS AND STRAINS DISLOCATIONS FRACTURES AMPUTATION THYROID DISEASE DIABETES HIGH BLOOD PRESSURE HEART DISEASE AND CHEST PAIN ULCER AND ACID REFLUX DISEASE SEIZURE DISORDERS JOINT DISEASE KIDNEY AND GALL BLADDER STONES SKIN CONDITIONS VARICOSE VEINS CPR HEADACHE EYE PROBLEMS NOSEBLEED EARACHE HEMORRHOIDS BIRTH CONTROL, PREGNANCY, AND DELIVERY ANXIETY AND DEPRESSION SLEEP DEPRIVATION ESSENTIAL OVER THE COUNTER DRUGS A PRIMER ON PAIN MEDICATIONS NATURAL PAIN RELIEF STOCKPILING MEDICATIONS HOW TO USE ANTIBIOTICS, EXPIRATION DATES

About the Author Joseph Alton, MD practiced as a board-certified Obstetrician and Pelvic Surgeon for more than 25 years before retiring to devote his efforts to his new mission: To put a medical prepared person in every family for any disaster. He is an actively-licensed Life Fellow of the American College of Obstetrics and Gynecology and a retired fellow of the American College of Surgeons, has served as department chairman at local hospitals and as adjunct professor at local university nursing schools. He is a popular speaker at survival and preparedness conferences on the subject of medical readiness in austere times. A member of MENSA, Dr. Alton collects medical books from the 19th century to gain insight on off-the-grid medical protocols. Amy Alton, ARNP is an actively licensed Advanced Registered Nurse Practitioner and a Certified Nurse-Midwife. She has had years of experience working in large teaching institutions as well as smaller, family-oriented hospitals. Amy has extensive medicinal herb and vegetable gardens and works to include natural remedies into her strategies. She is also the designer of an entire line of medical kits and supplies, which can be found at [store.doomandbloom.net](http://store.doomandbloom.net). Dr. and Ms. Alton are regular contributors to American Survival Guide, Backwoods Home, Survival Quarterly, Prepare, Disaster Survival, Survivors Edge, and Survivalist magazines. Their website at [www.doomandbloom.net](http://www.doomandbloom.net) has over 800 articles, podcasts, and videos on medical preparedness. As "Dr. Bones and Nurse Amy", they host a blog, YouTube channel, and radio program and are the designers of the board game Doom and Blooms SURVIVAL.