

Chicory

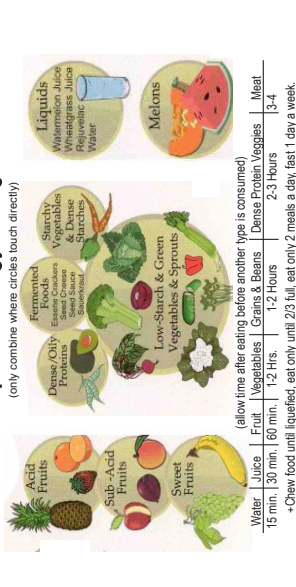
Chicory grows everywhere, all parts of it are edible and it has no poisonous lookalikes. The roots can be roasted and then boiled as a caffeine-free coffee substitute. Chicory cleans toxins from the blood and parasites from the digestive tract. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	3000IU Vitamin A	90mg Vitamin C	4700mg Potassium
Chicory (100g)	5717IU	24mg	420mg
Arugula (100g)	2373IU	15mg	369mg



Optimal Energy Eating

(only combine where circles touch directly)



Nature's Medicine Cabinet

ALL-PURPOSE CLEANSER - Crush black wood charcoal and water can be used as an antibacterial wash, first-aid poultice, poison oak poultice, poison control elixir, mouthwash or emergency toothpaste/bush using your finger. Wood Ash can be used periodically as a natural tooth whitener, and typically to help stop a bleeding wound.
BAND-AID - P - Cane can be eaten raw in large doses or applied directly as a quick poultice to treat any infection.
FEMININE PAD - A clean, cotton cloth can be folded into 8 and used as a tampon pad.
FOOT ROT REMEDY - Quickly passing fire under a socked foot will help prevent and heal foot rot.
HEALTHY STOMACH - Chew 3-4 pieces of fresh, organic, unprocessed, organic, whole-grain, organic bread or daily products: Bakery Mix, Cereals, Chrysanthemum, Lavender, Mint, Mullein, Bay leaf, Rosemary, or Basil can be mashed for their juice and applied on the skin as a mosquito repellent. Salt water repels fleas, black pepper repels ants, and the juice from mashed red ants will repel both ticks and lice. The smoke from Sage, Mint, Rosemary, Celtic, Yarrow, Juniper, Cedar, and Cypress is also effective for mosquito repellent.
MEDICINAL TEAS - Alder leaf tea for poison ivy, poison oak, stings and burns | Birch leaf tea for insect bites | Catnip tea for lice and fleas | Dandelion flower tea for pain, depression and lactation | Elder leaf tea for colds, influenza, and sore throats | Echinacea for colds, flu, allergies, and infections | Lavender leaf tea for nausea, headaches, stomach aches, kills bad bacteria in intestines | Lemon balm leaf tea for colds, flu, and sore throats | Peppermint leaf tea for colds, flu, and sore throats | Sage leaf tea for mouthwash and dandruff | Shepherd's Purse leaf tea for menstrual cramps | Stinging nettle leaf tea for arthritis | Tansy leaf tea for dandruff | Yarrow leaf tea for headaches, mouthwash, douch | Rosemary leaf tea for mouthwash
POISON REMEDY - Wood charcoal poultice can be applied to the puncture and large amounts of vitamin C consumed to easily prevent tetanus.
TEETH WHITENER - Wood charcoal poultice can be used as an impromptu toothbrush.
TOOTHBRUSH - Birch, Cedar, Elm, Juniper, or Oak pegs can be used as an impromptu toothbrush by chewing the end until frayed then rubbing it on the teeth and gums.



These Scientists' position.

Group Decision-Making

Consensus is a way of making decisions that combines the input of everyone in a group. A problem is discussed, solutions are proposed, and a solution is chosen. A solution is voted on for consensus. Participants can vote, agree, disagree, or stand aside for each proposed decision.



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Participants must be present to make the process run more effectively. All participants agree minus two (90% of participants, 90%, 80%, 75%, two-thirds, and 60% are common). Superior majority thresholds are designed to make the process run more effectively. Participants are designated as roles varies from group to group, the most common are:

Miners Lettuce

Miners lettuce grows everywhere, all parts of it are edible raw and it has no poisonous lookalikes. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

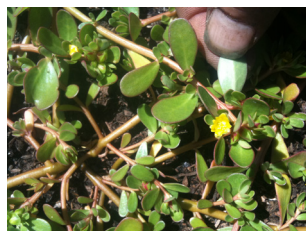
Recommended Daily Intake	3000IU Vitamin A	90mg Vitamin C	4700mg Potassium
Miner's Lettuce(100g)	660IU	120-860mg	50mg
Orange(100g)	225IU		



Purslane

Purslane grows everywhere, all parts of it are edible raw and it has no poisonous lookalikes. The leaves are uniquely identifiable by their lack of veins and shimmery bottomsides. Purslane contains more omega-3 fatty acids than any other leafy vegetable plant. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	90mg Vitamin C	1300mg Calcium	4700mg Potassium	18mg Iron
Purslane(100g)	21mg	65mg	494mg	2mg
Spinach(100g)	28mg	30mg	167mg	1mg



Lamb's Quarter

Lamb's Quarter grows everywhere, all parts of it are edible raw and it has no poisonous lookalikes. The leaves can be identified by the white "dust" that grows on them (cultivated variety is magenta). Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	50g Protein	3000IU Vitamin A	90mg Vitamin C	1300mg Calcium
Lamb's Quarter(100g)	4.2g	11,600IU	80mg	309mg
Spinach(100g)	3g	9377IU	28mg	99mg



Duckweed

Duckweed grows everywhere, all parts of it are edible and it has no poisonous lookalikes. Duckweed can reproduce itself every other day and provide protein all winter long by simply setting a bucket of it inside a window. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	50g Protein		
Duckweed(100g dried)	15-25g		
Tofu(100g extra firm)	10g		



American Brooklime

Brooklime grows everywhere, all parts of it are edible and it has no poisonous lookalikes. The leaves can be used to make a medicinal tea that alleviates lung congestion. Women can eat brooklime to lessen the chance of pregnancy or induce miscarriage. Wild edible plants are often times just as nutritious as garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	90mg Vitamin C	
Brooklime(100g)	46mg	
Oranges(100g)	50mg	



Wild Broccoli

This wild broccoli grows everywhere, all parts of it are edible raw and it has no poisonous lookalikes. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

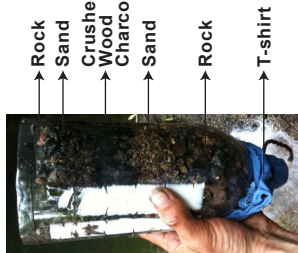
Recommended Daily Intake	3000IU Vitamin A	7000IU Vitamin C	2500IU Calcium
Wild Broccoli(100g)			
Broccoli(100g)			



SURVIVAL
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Survival Water Filter

- 1) Cut off bottom end, the caprock and flip the water drains clear it over bottle neck.
- 2) Fold t-shirt and tie it over bottle neck.
- 3) Pack layers in and pour water through.
- 4) Filter water through container on a partly-sunny day for at least 6 hours before drinking.



It becomes a record of your survival resources.

Botanicals

Survival Spanish

PRONUNCIATIONS	SUBJECTS	DESCRIPTIONS	DIRECTIONS	QUESTIONS
a = ah e = eh o = oh u = oo ll = ll ñ = nyeh qu = kwe	1 You 2 Them 3 Us 4 This 5 At 6 Who 7 She 8 Do 9 How	Free Cheap Trade Buy Sell Prize Bargain Large Good Bad Dangerous Hot Cold Hurt Dislike Tomorrow Yesterday Flu season	Stop Go Right Left North South East West Over there Lost Eat Drink Sleep Nothing End	Who? Where? When? Why? How to say? Can you? Your name? Excuse me? Thank you? Please?
NUMBERS	THINGS	QUESTIONS	ANSWERS	
1 -uno 2 -dos 3 -tres 4 -cuatro 5 -cinco 6 -seis 7 -siete 8 -ocho 9 -nueve 10 -diez	Water Food Shelter Fragrance Tools Poles Insects Work Teach Fire Time Hour	Free Cheap Trade Buy Sell Prize Bargain Large Good Bad Dangerous Hot Cold Hurt Dislike Tomorrow Yesterday Flu season	Stop Go Right Left North South East West Over there Lost Eat Drink Sleep Nothing End	Who? Where? When? Why? How to say? Can you? Your name? Excuse me? Thank you? Please?

Vegetable Kraut Preserving

1. Fill large jar 3/4 full with finely chopped vegetables, add salt and work it into the vegetables with a fork which will draw the juices out. It should be noticeably salty but not unpleasantly salty.
2. Then place the smaller jar in and pour enough water into the smaller jar to give it enough weight to hold the veggies below the level of their own juice.
3. Put in a dark place at around 70°F for at least 3 days, then remove anything discolored off of the kraut surface. Store closed jar in a cool place (below 60°F) and eat it for as long as it tastes good (several months)



Common Mallow

Mallow grows everywhere, all parts of it are edible raw and it has no poisonous lookalikes. All parts of mallow can be diced and added to soups as a thickening ingredient. The mashed leaves can be applied directly on external or internal wounds as an anti-microbial and anti-inflammatory poultice. Mallow seeds are as much as 21% protein and 15% fat. Wild edible plants are often times just as nutritious as garden variety vegetables and they also garden themselves naturally.



Recommended Daily Intake	2500	3000	50g
Calories	360	71g	12g
Carbs	374	71g	17g
Protein	374	71g	17g

Salsify

Purple and yellow Salsify grow everywhere, all parts of them are edible raw and they have no poisonous lookalikes. The flowers change into large seed globes like the flowers of dandelion. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.



Recommended Daily Intake	50g	300g	90mg	1300mg
Protein	4.4g	35g	11mg	80mg
Carbs	2.1g	27g	3mg	40mg
Vit. C	4.4g	35g	11mg	80mg
Calcium	2.1g	27g	3mg	40mg

Amaranth

Amaranth grows everywhere, all parts of it are edible raw and it has no poisonous lookalikes. The green seed pods (pictured) can be collected summer-fall to rub between the hands and collect the small black seed grain. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.



Recommended Daily Intake	50g	300g	9000U	90mg	1300mg
Protein	3g	4g	297IU	43mg	215mg
Calcium	14g	66g	99g	15mg	159mg
Vit. C	14g	66g	99g	15mg	159mg
Iron	8g	77g	-	-	23mg

Plantain

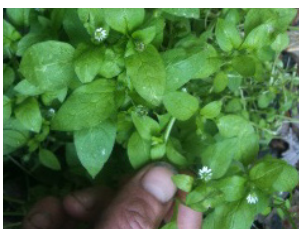
Plantain grows everywhere, all parts of it are edible raw and it has no poisonous lookalikes. The leaves can be mashed for their juices and directly applied on wounds to soothe pain, stop bleeding, prevent infection and heal the skin. Soak the dried leaves in cool water to make a first-aid drink for sore throats, congestion, stomach ulcers and internal bleeding. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.



Recommended Daily Intake	3000U	90mg
Vit. A	11000IU	19mg
Vit. C	7404IU	18mg

Chickweed

Chickweed grows everywhere, all parts of it are edible raw and it has no poisonous lookalikes. The stem is uniquely identifiable by the single line of fine hairs that grow up its side. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.



Recommended Daily Intake	90mg	1300mg	4700mg
Vit. C	375mg	1200mg	1840mg
Calcium	28mg	99mg	559mg
Protein	28mg	99mg	559mg

Stinging Nettle

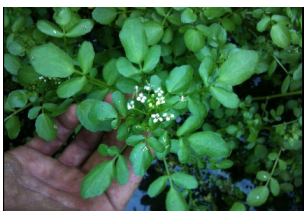
Nettle grows everywhere, all parts of it are edible raw and it has no poisonous lookalikes. The bottom-side of the leaves have stinging hairs that can be easily avoided by rolling the leaves under themselves into a tube that can then be eaten raw. Nettle leaves contain serotonin and melatonin which are helpful for relieving stress, fear, nervousness, depression, insomnia and chronic fatigue. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.



Recommended Daily Intake	50g	3000U	90mg	1300mg
Protein	6g	2011IU	75mg	481mg
Vit. A	6g	9377IU	28mg	99mg
Calcium	6g	9377IU	28mg	99mg

Watercress

Watercress grows everywhere, all parts of it are edible and it has no poisonous lookalikes. Watercress contains high amounts of the rare mineral iodine that is needed for normal thyroid function and the prevention of goiter. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.



Recommended Daily Intake	90mg	1300mg
Vit. C	43mg	120mg
Calcium	28mg	99mg

Familial Survival Food

Recommended Daily Intake	2500	55g	50g	300g	2300mg	4700mg	1300mg
Carbs	104	4g	57g	3g	1189mg	3639mg	1211mg
Protein	121	6g	5g	4g	5g	5g	48mg
Iron	352	21g	60g	4g	60g	60g	29mg
Calcium	73	1g	13g	3g	3g	3g	23mg
Vit. C	81	1g	16g	2g	70mg	382mg	170mg
Protein	613	31g	54g	5g	100mg	100mg	57mg
Iron	45	3g	3g	5g	3g	3g	167mg
Calcium	14	1g	3g	5g	3g	3g	167mg
Vit. C	407	21g	2g	3g	3g	3g	167mg
Protein	182	9g	2g	3g	3g	3g	167mg
Iron	618	59g	24g	10g	120mg	120mg	47mg

Constitutional Rights

- 1) Protects the people's right to practice religion, to speak freely, to assemble (meet) to address the government and of the press to publish.
- 2) Protects the right to own guns.
- 3) Guarantees that the army cannot force homeowners to give them room and board.
- 4) Protects the people from the government improperly taking property, papers, or people without a valid pretext based on probably cause (good reason).
- 5) Protects people from being held for committing a crime unless they are properly indicted, that they may not be tried twice for the same crime, and that you need not be forced to testify against yourself. It also contains due process guarantees.
- 6) Guarantees a speedy trial, an impartial jury, and that the accused can confront witnesses against them, and that the accused must be allowed to have a lawyer.
- 7) Guarantees a jury trial in federal civil court heard in federal court.
- 8) Guarantees that punishments will be fair, and not cruel, and that extradition/large fines will not be set.
- 9) Simply a statement that other rights aside from those listed may exist, and just because they are not listed doesn't mean they can be violated.
- 10) Says that any power not granted to the federal government belongs to the states.