

SURVIVALIST PREPPER

THE MEMBERS ONLY MAGAZINE



PREMIER EDITION

THE WILD WEST
LEARNING
FROM THE
PIONEERS

PREPARING
THE RIGHT WAY

Q&A

YOU ASKED
WE ANSWERED

FOOTCARE
*WHY IT
MATTERS*

WHAT'S NEW
AT THE ACADEMY

PLANTS OF THE
NATIVES

BY DALE GOODWIN



PREMIER ISSUE //



| 15 PLANTS THE NATIVES USED

While the natives did have some strange customs, there is a lot to be learned from them.

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| PREPAREDNESS PATCHES

Introducing our newest design, the preparedness triangle.

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| WHAT IS THE ACADEMY

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| LISA'S CORNER STORE

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THIS MONTHS ISSUE

A FEW WORDS FROM DALE...

So here we are, the first issue of the Survivalist Prepper monthly magazine for members only. If all goes well (and I think it will) I will be publishing an issue quarterly, and possibly monthly in the future.



As of right now Lisa and I are trying to figure out a format that everyone likes, so if you have any ideas please feel free to let us know.

After all this is what this magazine is all about, sharing ideas with each other and opening up the channels of communication to make the academy better.

by Dale Goodwin



EXCLUSIVE

MEMBERS MAGAZINE

GET UPDATED MONTHLY ABOUT WHAT'S GOING ON AT THE ACADEMY AND LET YOUR VOICE BE HEARD...

This is the first issue of the Survivalist Prepper Academy magazine and if all goes well it won't be the last. As time goes on the magazine will get better and better as we grow and get feedback from our current and future members.



// Lisa & Dale

SURVIVALISTPREPPER

The website, the pod-cast and the Academy

I'm going to do my best to explain what my vision for this magazine will be in the coming months, please keep in mind that this will change as I get more feedback and we get better ideas about what the academy members want.

First and foremost Lisa and I want this to be something everyone looks forward to each month. For this reason we will be testing different ideas and asking for your feedback

to see what works and what is just a waste of time.

We are also going to use this magazine as a way to communicate with the members of the academy. We will be

doing a Q&A segment in every magazine, because we all seem to have similar problems and others might need the answer as well.

We will also be adding updates about current and past contests, updates about what we are working on at the academy and invitations to live events we plan on in the future.

Along with all this we will be adding articles that are written just for this magazine. For now these will be written by us, but in the future we might even have other prepared bloggers write for us.

If you have anything you would like us to add or write about please let us know? You can email us at... survivalistprepperdale@gmail.com



4 WING SALTBRUSH //

Most common in the southwest states this plant provided minor nutrients in the American Indians diets. It was used for both food and flavoring in cooking. A poultice of blossoms was also used for ant bites.



INDIAN RICEGRASS //

Also a food source and high in starch, the Seed of the ricegrass was gathered and ground into meal or flour and made into bread. The Zuni people used the ground seeds as a staple before the availability of corn.



SAGEBRUSH (WORMWOOD) //

Also called wormwood, used as a ceremonial herb the leaves were burned as incense to purify lodges, utensils or people.

15 PLANTS

USED BY AMERICAN INDIANS IN THE WEST...

When we think about what the Native Americans ate we usually think about buffalo and deer. Along with hunting they were also great foragers, and we can learn a lesson or two from them about living off the land.



// DALE

AN EXCLUSIVE ARTICLE
FOR SURVIVALIST
PREPPER ACADEMY
MEMBERS

It's a little ironic that I have walked around these plants for years now and never given them a second thought. Here in Colorado mixed in with the prairie grass are all sorts of plants that most people these days think of as weeds.

To the Native Americans these were far from weeds, these were needed supplies that Mother Nature had given to them. From color dyes, to medicine, to food sources over the years the Indians figured out how they could use everything around to help them survive sometimes harsh conditions.

Some of the uses of these plants solely on Indian folklore, but there are quite a few of them that could still be used today if we weren't so handcuffed by regulations and prescription medication corporations.

There are far more plants that the natives used than the 15 in this article, but these are some of the less common plants they used.



DESERT 4 O'CLOCK //

Desert 4 O'Clock was used by the plains indians for reducing swelling and was used by the older members of the tribe for dental problems and arthritis relief.



PRAIRIE CONEFLOWER //

(Mexican Hat) Cheyenne Indians boiled prairie coneflower leaves and stems to make a solution applied externally to draw the poison out of rattlesnake bites. These were also used to treat headaches, fevers and poison ivy rash.



ROCKY MOUNTAIN BEEPLANT //

Also known as "stinkweed" this was used as a food, medicine, and dye and is one of very few wild foods still in use. Its seeds can be eaten raw, cooked, or dried and ground into meal. The leaves, flowers and shoots can be cooked and eaten as a vegetable.

NATIVE WISDOM



Treat the earth well: it was not given to you by your parents, it was loaned to you by your children. We do not inherit the Earth from our Ancestors, we borrow it from our Children. - UNKNOWN TRIBE -

The environmental wisdom and spirituality of North American Indians was the backbone of their society, something all of us can learn a little about these days.

Contrary to what most of the people today think, the Indians were not an alien race of impossibly wonderful people. They were human just like the rest of us...And in that lies hope.

Animals were respected as equal in rights to humans. Of course they were hunted, but only for food and clothing, and the hunter first asked permission of the animal's spirit. Among the hunter-gatherers the land was owned in common, or rather, was not owned at all. There was no concept of private property, and the idea that it could be bought and sold was unheard-of. Many Indians had an appreciation of nature's beauty as intense as any Romantic poet.

Sitting Bull Hunkpapa Teton Sioux -

"Behold, my brothers, the spring has come; the earth has received the embraces of the sun and we shall soon see the results of that love!"

PURPLE CONEFLOWER



5 MORE PLANTS USED BY THE NATIVE AMERICANS...

Also known as Echinacea this plant was used for more ailments than any other plant. Medicine men also used it to create confidence in their ability to heal. Echinacea is still used today to fight infections, especially the common cold and other upper respiratory infections.

GAY FEATHER PLANT



Also known as blazing star, button root or button snakeroot this plant has three medicinal uses: as a gargle for sore throat, and internally to treat gonorrhea (clap) and kidney disease.

Medicinally, the parts used are the root, harvested in the fall, and the leaves, harvested in summer; both can be used fresh or dried.

NAVAJO TEA, COTA



Also known as GREENTHREAD this plant was used to make a tea-sometimes used medicinally-by several Native American tribes, particularly those in the southwest.

Navajo Tea is reputed to be beneficial for the kidneys (mildly diuretic), to alleviate digestive problems (especially stomach cramps), and to purify the blood.

SCARLET PENSTEMON



Also known as Beardtongue, this was traditionally used as a poultice for swellings, gun and arrow wounds, eyewash; a tea drunk for constipation, stomach ache, internal injuries, bronchitis, kidney problems and whooping cough.

Penstemon was used by the Dakota Indians, in a decoction of roots to treat chest pains and to treat stomachaches.

RED FALSE MALLOW



The leaves of this plant are somewhat slimy. Native Americans rubbed the chewed plant on their hands and arms to protect the skin from burns while cooking.

The whole plant was employed to relieve a myriad of ailments, as well as to make a sweet tea with which to take medicine with.



LAST BUT NOT LEAST //

1. (Above left) Silvery Lupine

Is a legume related to the garden pea and alfalfa. The leaves were made into a lotion to treat poison ivy.

2. (Above right) Mountain Mahogany:

This hardwood was used to make items like hair brushes, weaving forks, baskets and handles.

3. (right) Sweet Sand Verbena:

Is another medicinal herb. It was used to treat insect stings and poisonous spider bites.

4. (Bottom right) Serviceberries:

These edible berries were a major food source. Pemican, a staple food, was made from the crushed berries, animal fat and dried meat.





THE PREPAREDNESS TRIANGLE

The Universal Preparedness Icon

This open ended triangle is an adaptation of the Civil Defense emblem universally recognized by preppers... but the average person would have no idea what it is.

The three open triangle sides symbolize Water, Food, Shelter, the basic survival necessities.

[FOR MORE DETAILS
CLICK HERE AND
GO TO THE
SHTFSHOP.COM](#)

ON SALE NOW!



THE WILD WILD WEST

LEARNING FROM THE POINEERS

As preppers we are always thinking about different ways to become more self-reliant and live like they lived 100 years ago.

People who lived during the turn of the century lit their homes with kerosene and oil lamps, heated their homes with fire wood and if they wanted new clothes, they had to buy fabric and make them.



THE TOOLS OF THE TRADE...

Learning skills like welding are great, but without electricity or fuel welding might not be an option. Learning how to repair, forge and shape metal will be valuable not only to you, but to the many people who will need your services.



THE OLD WEST COMMUNITY...

As people began to move west with the hopes and dreams of striking it rich or just staking a claim to give themselves an opportunity for a better life it couldn't have been done without the help of a group of people with different skill sets.



GENERAL MERCHANDISE
and DRY GOODS

SCHMIDT'S
CASH
STORE

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A VISIT TO THE GENERAL STORE //

A general store was probably more like a Walgreens than a Walmart, while they did have the main supplies you might need, they didn't have everything you might need.

You could get grain for planting, thread and fabric, some premade cloths (if they fit), medicine and probably even some snake oil.

We don't need to become proficient cobblers or become post collapse fashion designers, but having some general skills could become helpful not only for ourselves, but for bartering and trade as well.

TOOLS OF THE TRADE MANUAL LABOR

AHH POWER TOOLS... WHAT WOULD YOU DO WITHOUT THEM...



// MAN POWER

The Livery: Because cars hadn't quite made it out to the West yet, a livery was an integral part of western life, going to the livery was basically like taking your car to the mechanic, except you were getting your horse detailed, not your car.

Medieval nobles provided specific colors of matching clothing to their servants. Initially "livery" referred to providing food and these clothes to your servants. This was extended to include feeding and sheltering the horses.

Household Tools: Not all tools belong in the garage, most of our household appliances require energy. From our washing machines to our can openers, without electricity we would be scrambling to get things done. Believe it or not, you can still buy washboards, cloths washing plungers, Oil lanterns and even hand powered drills on the internet. Last but not least, guns were also one of the tools of the trade. Guns were not only used for hunting and security, there was a reason they called it the Wild West. Unlike today, guns were a way of life, and just like today, not having one puts you at a disadvantage.

Just like our advances in medicine, is our advances with tools since the advent of containing electricity. I LOVE my power tools but I think it's necessary to not only have tools that require man power, it's important to actually use them.

The Blacksmith: From the shoes you put on your horse, to the plows you pull behind them a blacksmith was a very important part of surviving in the west. Blacksmiths don't usually specialize in one area or another, they had a general knowledge of how to make and repair many things, from the most complex of weapons, to simple things like nails or lengths of chain.



PICTURES BY LISA GOODWIN//



“ Doctors are just the same as lawyers; the only difference is that lawyers merely rob you, whereas doctors rob you and kill you too.
-Anton Chekhov

OLD WEST RX

DOCTORS, DENTISTS AND MEDICAL NEEDS...

////////////////////
 NEXT TIME YOU COMPLAIN ABOUT YOUR DENTIST, JUST IMAGINE
 WHAT THESE PEOPLE HAD TO GO THROUGH...



MEDICAL TOOLS
 These tools are very similar to the tools used today.

We have made some great advances in medicine over the last decade, but if everything goes down the drain we might find ourselves in a similar situation as the people of the old west.

They didn't have all the fancy pharmaceuticals we have these days so people died of infection and common illnesses that we take for granted all the time. As far as pain killers go the drugs they used were Cocaine, morphine and a whole lot of alcohol...that's if you could afford it.

The medical professionals also used some pretty basic tools and the conditions were not very sanitary at all. People don't like to go to the doctor's office today, I can't imagine how bad it would have been back then.

The sound of a dentist drill is almost enough to make you run out of the dentist's office today, could you imagine how frightening it would be if your dentist rubbed some cocaine on your teeth and started drilling away with his foot powered drill? I think I would tell him "just yank that sucker out!"

Doctors & morticians were one and the same, especially in the pioneering days of the west. I'm not exactly sure how the payment system worked, but I assume that payment was made before they started slicing and dicing.



HOW IT APPLIES NOW...

While we have made huge advancements in medicine, in a post collapse environment it could look a lot like this. Clean rooms and equipment will be "as clean as we can rooms" and the drugs we currently have available will be highly guarded and given on a priority basis.

Stocking up on prescription medication (if possible) and even stocking fish antibiotics might be a good idea, as well as making sure you have a good supply of first aid supplies on hand.



The bigger a man's gun
the smaller his doodle-
wick.

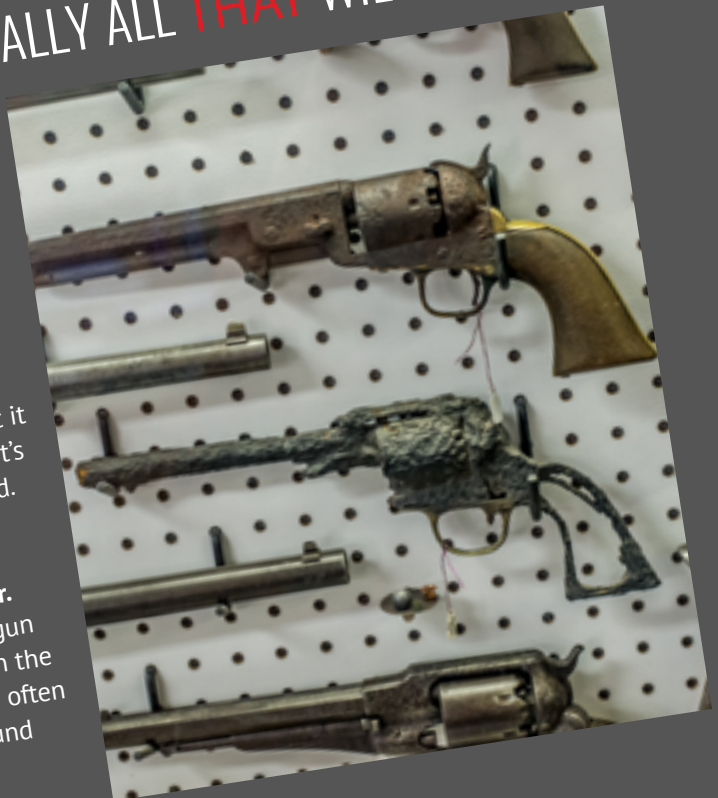
- Calamity Jane

WAS THE WILD WILD WEST REALLY ALL THAT WILD? //

Guns were also one of the tools of the trade. Guns were not only used for hunting and security, there was a reason they called it the Wild West. Unlike today, guns were a way of life, and just like today, not having one puts you at a disadvantage.

So was the wild west as wild as they would like us to believe? Actually it's all part of the lore of the Wild West: men armed to the teeth ready to shoot it out with one another on Main Street at a moment's notice. And it's an image, bolstered by Hollywood.

Guns were obviously widespread on the frontier. Out in the untamed wilderness, you needed a gun to be safe from bandits, natives, and wildlife. In the cities and towns of the West, however, the law often prohibited people from toting their guns around town.



// THE DARKER SIDE OF THE WEST //



| GAMBLING //

Today we have Las Vegas that do the same thing as saloons, they keep you happy, drunk and occupied until you stumble out and find your pockets completely empty.

| PROSTITUTION //

It's called the world's oldest profession for good reason. Throughout history some women have done what it takes to survive, and it was no different in the old west or early 1900's.

| BEER & WHISKEY //

Safer than drinking water Because depending on where you lived it was safer than drinking water because the fermenting process kills the harmful bacteria found in dirty drinking water.

THE MORE THINGS CHANGE... THE MORE THEY STAY THE SAME

IN JUST ABOUT EVERY TOWN GAMBLING & PROSTITUTION WERE AS IMPORTANT AS THE GENERAL STORE.

*These might not have been absolutely necessary for survival,
but just like today we all have our vices and need to unplug for a little bit.*



Saloons were designed for 1 purpose, to take people's money, and everything in them was geared around this. Everything poker tables to whisky to the girls upstairs was geared to separate you from your hard earned money.

Prostitution: Another misconception given to us from Hollywood is that the working girls would be hanging out in the saloons draped over the men and joining in on the fun. In reality a saloon was considered a man's place and the women stayed upstairs behind locked doors.

It makes you wonder if there was a little gambling involved with getting a "bed with pleasure" and for what it's worth, \$1 back then was worth around \$30 today.

Home Breweries: Back in the west you could get whisky delivered from the east by train, but home brewing was vital to keeping the supply replenished.

Remember, beer and alcohol was not just used for recreation, it was used as a painkiller for doctors and dentists,

MEMBERS QUESTION & ANSWER //

1



PREPARING ALONE //

I am getting older, I live alone and I don't have much family. Is it pointless to even prepare? And what can I do?

There comes a point when we need to come to the realization that we can only do what we can do. Some of us are better equipped physically to handle certain situations than others.

This doesn't mean all is lost, and it certainly doesn't mean to just give up. As we get older we lose some of our physical ability, but we gain knowledge, as the saying goes "those who can't... teach."

If you have skills like blacksmithing, canning or auto mechanics and someone else needs that knowledge you become valuable.

Nobody has a crystal ball, and a disaster can take many forms. You just never know who or what will be needed, all we can do is guess and hope.

2



PLAYING ON YOUR FEARS //

There is so much information out there about prepping, how do I know what is real, and what is fake?

There is much more to this than I can put into a couple of paragraphs, but remember to look for simple websites with text as the title (no logo) This is not true for 100% of websites but a good rule of thumb.

I wrote this article with a video here. [Click Here](#)

Look for scraped content. People who don't take the time to write their own articles are probably not taking the time to research their validity.

Look for a date on the article, some people will take an old video/article and republish it as if it were new.

You can also copy and paste the first paragraph into Google and see where else that same article has been published and when.

3



WHY BUG OUT BAGS? //

Just about everything I read tells me I need a bug out bag, I don't plan on going anywhere, do I really need one?

[I recently wrote this article](#) about why bug out bags are important, but having a bug out bag doesn't mean you plan on bugging out at the first sign of danger.

There are a couple of reasons why a bug out bag and/or get home bag are important, the first is that it gives you an idea about the supplies you will need on a larger scale.

And the second is that we are always on the go and having these supplies will help us when we are away from our base of operations...our home.

I always keep my bag in my truck, and bug out bags are not just for bugging out, I'm always digging into mine in minor emergencies.

THE ACADEMY

WHAT EXACTLY IS THE SURVIVALIST PREPPER ACADEMY AND HOW CAN IT HELP ME...

Before I explain what the Survivalist Prepper Academy is I want to explain why we created it, and why Lisa and I decided to create the Survivalist Prepper website and podcast.

If you've ever been frustrated because you didn't know if someone was giving you good information or feeding you a line.

If you've ever been frustrated because you purchased something only to find out it was general information that you could have gotten for free, or the quality wasn't what they promised.

Or if you've ever been taken by someone playing on your fears, then you will understand where I'm coming from.

Lisa and I have felt that frustration and fallen for the same scams. Because prepping at its core based on fear, we become easy targets...especially in the beginning.

Most of the time these people (or websites) are not really preppers at all, these people laugh at us all the way to the bank because they think we are out of our mind.

If you ever watch a video that says **"Watch this now or you'll hate yourself later"** or **"If you can't handle this information, leave now"** do yourself a favor and LEAVE NOW! These videos and sales pages are set up to scare the crap out of you, and take your money before you have time to think about it.

Go ahead and Google "Jason Richards survival expert" and see what I mean. I know Dave Canterbury, I know Cody Lundin and I know Les Stroud, but I've never heard of this Jason guy...and I've been doing this for a while.

If you even watch one of these videos and feel like you need answers, do yourself a favor and join the academy, or just send me an email, I will answer your questions for free!

I have more free information at Survivalist Prepper than all of these "survival courses" put together, and so do many other great prepping websites out there.

OK, so let me get off my soapbox here. My point is that we got tired of all this misinformation and fear based marketing from people who aren't even prepping, and we decided to join the other **preparedness experts who REALLY do want to help** you become more prepared.

Just ask the thousands of people who listen to our podcast on a weekly basis, you won't hear Mr. Richards on any podcast.

Prepping shouldn't be about fear, prepping should make you feel more confident because you are opening your eyes and doing something about it. Yes, there is a whole bunch of bad stuff that can happen, but all we can do is try to increase our chances for survival and hope for the best.

PREPPING A to Z AND ALL OUR OTHER PREPAREDNESS BOOKS FREE //

We have the books that we have written (Lisa has 6 and I have 1 so far) which are available on Amazon, but are free to members of the Academy. Lisa's Prepping A to Z series is going to be 26 book, A thru Z, and my book Be Prepared for Anything goes through the basics of prepping.



WHOLESALE SURVIVAL AND PREPAREDNESS SUPPLIES //

We have wholesale prices on survival supplies and long term food storage. A couple of our suppliers are Legacy foods and Moteng which carries Maxpedition Bug Out Bags and other survival supplies. The savings you get from these will pay for your membership over and over again.



PRIVATE FACEBOOK GROUP AND BUG OUT LOCATION MEMBERS ONLY FORUMS //

We have the private Facebook group and forums for you to interact with other people with the same mindset. This is another way to learn from people who have been there before.



DOWNLOADABLE PDF'S AND GUIDES ONLY AVAILABLE AT THE ACADEMY //

We have multiple PDF's and downloadable files like our beginning preppers shopping lists and Personal Threat Assessment. We also have links to other helpful preparedness resources.



OVER 48 HOURS OF AUDIO LESSONS FROM OUR PODCAST ARCHIVES //

We have our audio archive that has all of our past podcast. We have over 100 podcasts and most audio players only list the most recent, at the academy you have access to them all. Just download them and take them with you on the go.



JOIN TODAY!

[CLICK HERE AND FIND OUT WHAT CURRENT MEMBERS ARE SAYING...](#)

Take Charge Of Your Life

Discover everything it takes to protect yourself and your family by becoming more self reliant and building a better future.

Get started today. Check out our plans & pricing.

[JOIN TODAY...](#)

And most importantly we are real people who really are preparing. I even offer free consultations to our lifetime members, and if you email me you will get an answer from someone who has been there, and done that.

The Survivalist Prepper Academy is a great resource for anyone trying to become more prepared, but even if you don't join just remember, don't fall for the hype and do your research.

NEW AT THE ACADEMY

PREPPERS SHOPPING LIST'S...

We just added a few shopping lists for anyone who is just starting out. These lists go through food, first aid and general preparedness supplies, and you can even change them to fit your needs.

FIRST AID COURSE...

OK, I know we have been slacking a little bit with the first aid course, but we plan on getting this done by the end of the year. Keep checking though, because we will be working on the 3 levels of first aid next month.

AUDIO ARCHIVES (PODCAST)

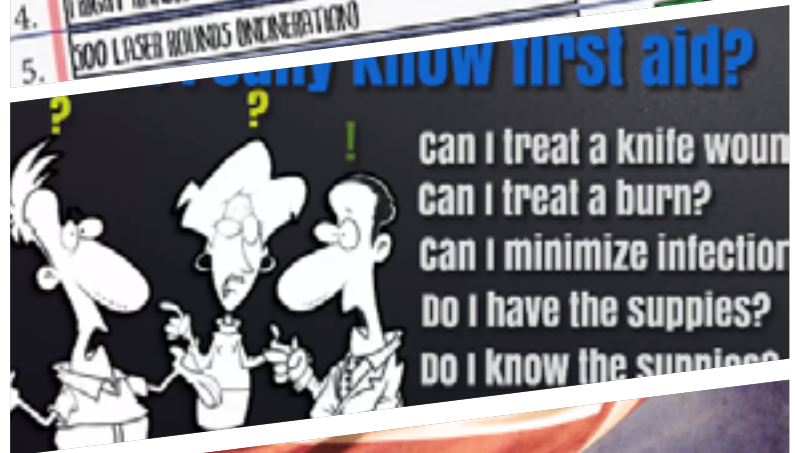
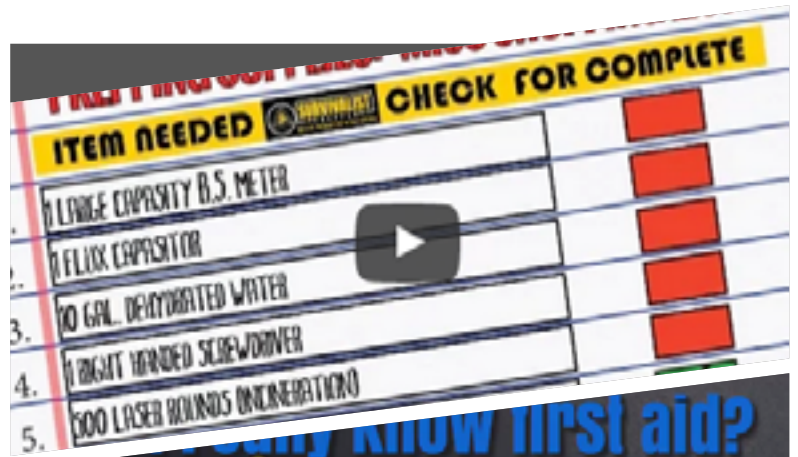
Because most podcast players only show the latest podcasts we decided to add a page at the academy that lists every one of them in order. Download them and listen whenever you want, or listen on the website.

PREPPING 101 UPDATES...

The prepping 101 course was the first course we added to the Academy and we feel like it's time for a makeover. We want to make the videos better and add some tests to the modules as well.

PREPPING CONSULTATIONS

I am currently offering lifetime members free consultation, but if other members feel like they really need help, I won't turn anyone down. These are not "professional" consultation, these are more conversation that help you get a game plan together and get answers to your questions.



[CLICK HERE AND FIND OUT MORE ABOUT THE ACADEMY...](#)

IS THERE REALLY A “RIGHT WAY” TO BECOME... BETTER PREPARED

PREPPING IS PERSONAL. HOW WE PREPARE WILL BE DIFFERENT BECAUSE OUR SITUATIONS ARE DIFFERENT...

With all the different disaster scenario's to think about, and with all the different variables that go into preparing for them, is it realistic to think that there is the perfect solution to preparedness?



// DALE

In each issue I give you my opinions in my “For What it’s Worth” segment.

If you paid attention to everything you saw on the internet and bought everything you needed to be completely prepared for any disaster that would tell me a couple of things.

One, you have way more money than me, and two, you should just buy an uncharted island, grow your own crops and live off the land.

Also, you are going to need some help, so let me send you my resume because I would love to go with you.

Truth being told, not many of us have this option, and I don’t want to leave

this country. I love living the U.S.A. and I love the life I am able to live because of this country. There is no denying though that what makes this country great is slowly getting whittled away, and what makes this country great also makes us a target to those who hate us...or rather, those who hate the leader who speak for us.

So with that being said, is there really a right way to become more prepared, or a one size fits all approach? The answer is yes, there is a right way, but no, there is no one size fits all approach.

Each one of us is different, and while all the disaster scenarios are the same, they will affect us differently. Where you live, your financial situation, your family status, your age and health all play a role in how you prepare.

FACTORS TO CONSIDER //

The first factor in how we prepare is almost always financial.

If we put ourselves in debt preparing for something that may or may not happen we run the risk of creating other disasters for ourselves...like losing everything.

Second is our family status

because the decisions we make need to have the approval of the entire family. If you are the lone prepper in the house, sometimes this approval is just to pacify you, but it is approval none the less.

The size of our family plays a role as well,

the more people we have in our family, the more supplies we need to have. On the flip side, the more people in the family, the more support and “man power” we have.

Teenage children will come in handy for manual labor tasks in disaster situation, but they also need to be fed.

The third factor is your age as well as your family’s age.

Most of the articles we read are aimed at the average person, but if we take these articles about bugging out or bug out bags at face value it might not work out

so well with grandma or the baby.

While all these articles are great, and can give you an idea about what you should have, if you put a 30lb bug out bag on grandma she is not going to get very far. You will either ditch the supplies, or you will be carrying them for her.

Fourth is your health. Like it or not as we get older we lose some of our physical ability, and this will be a factor in how much we can do.

For example, if walking long distances to forage, hunt or bug out is not an option because of respiratory issues or physical limitation you will need think about alternatives.

At the very least you need to understand these limitations and either have people around you that can help in these areas, and/or stockpile more food and water to overcome these limitations.

The fifth factor is your knowledge. The more you know about something, the less supplies you need. Now there are supplies you will need like food and water, but knowing how to find these, where to find these and what to do when you find these all increase your chances if you find yourself with absolutely nothing.

Depending on how bad a situation gets, we could find ourselves with only the shirt on our back, and like it or not we will need to use the skills we have in our head to survive.

The best part about having this knowledge is that you don't need to buy it from Amazon and you don't need to worry about where to store it.

And finally, your location, this might play the biggest role of all. Not only does your geographic location matter because of natural disasters, there are other factors as well.

Is your home in an urban or rural area?

Is your home near any military bases or nuclear plants?

Are there any places around you that terrorists might see as a target?

All of these will play a huge role in not

only what supplies you need, but what your overall preparedness plan will be.

WHAT IS THE RIGHT WAY? //

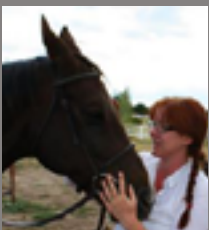
As you can see, the right way to become better prepared really depends on your situation. Preparedness is such a personal thing that one size does not fit all.

So when you hear all the keyboard warriors out there telling you that everything you are doing is wrong, just trust your gut because you know your situation better than anyone on the internet.





WHY FOOTCARE MATTERS



// LISA

Registered Nurse

And contributor to the website and co-host of the podcast.

In an everyday normal world, how often do you think about foot care? My guess is probably not very often, especially if you do not have diabetes, or a condition called neuropathy. The reason I am pretty confident in my opinion to be able to tell you that you don't pay attention to your feet is because they don't hurt, right now. But when you do end up with sore feet, I bet you pay attention to it.

However, when your feet are not hurting, in order to keep them pain free, it is important to take care of your feet now, before the problems start.

Keep in mind, you should be wearing shoes all the time. Yes, there are those who feel it is best to go barefoot, and then there is even one survivalist who chooses to go barefoot, even when he is in the middle of rugged and mountain-ness terrain. For him, this may work ok, but it

isn't a good idea. If you don't believe me, I can give you about 12 different examples where people were going barefoot, and we met after they had surgery. Ultimately it is your decision but there are consequences for our actions, including going barefoot. Even Jesus wore Jerusalem cruisers, so if it is good enough for him, it is good enough for me!

Footwear

The most important thing you can do to keep your feet in good shape is to wear good shoes. Good shoes will support your foot, and prevent pressure points from happening. For most people, if pressure points to develop your feet will become sore. You can find pressure areas of your feet by inspecting them on a daily basis. If you have diabetes, or neuropathy (you cannot feel a certain area) it is imperative to check your feet at least twice a day for pressure areas. But the smart thing to do is to look at your feet every day, even if you don't have problems.

You want to look for any calloused or red areas. If the area is red, this is the first sign of pressure.

FOOTCARE CONTINUED...



If you have calloused areas of your feet, this is from continual pressure, and the skin is building up. If there is a blood blister, or an open area that you see, but it doesn't hurt, this is a sign of neuropathy, and you need to seek out the care of a professional, either a podiatrist or foot and ankle specialist. The reason this is so important is because pressure points can develop into wounds, which can become much bigger problems in the future. So by keeping an eye on your feet daily, you will develop the habit before any problems occur.

If you do notice pressure points, it may be due to your shoes. You want your shoes to provide lots of support, and offer enough room for your feet. You do not want them very loose, because they will slop around, and can cause pressure by rubbing, nor do you want them too tight, because this could cause pain along with pressure areas.

You want your shoes to be comfortable for whatever task you are doing. A wide shoe with a wide base of support, and also a wide toe box (the area where your toes go) is best. You want to have space in the toe box so your toes are not hitting the edge of the shoe.

Another thing to keep in mind, is when you get new shoes, or even inserts, you want to break them in slowly. For the first day, wear them for an hour, the next day, two hours, and so on until you get to eight hours. After you have worn them for an hour or two, and if they feel good, check your feet for pressure points. After a week or so, they should be comfortable enough for you to wear as you normally would.

A LITTLE TOO BROKEN IN...

Have you ever broken in new shoes like this before? Trust me, you should! Also, don't buy shoes because they are cheap, or cute. You want to make sure to buy your shoes for comfort. And if you are going to be putting inserts into your shoes...



THE UNDERAPPRECIATED FOOT

you want to allow room for them as well. In most cases, you would remove the inner liner, and replace it with the new insert. If you are just adding something like odor eaters, or something for a little more cushion, make sure to add some room in your shoe size. You don't want to cram your foot into a shoe that is too tight because you added inserts. You want the shoes to feel comfortable, and give your foot support and protection.

Shoes are a very important thing to consider when you are thinking of staying healthy and being able to get your job done. It is also important to think about the care you give your feet. In the next segment, we will discuss what you can do to keep your feet healthy, and beautiful all at the same time.