

This book provides practical information on surviving emergency situations. Specific areas covered include nuclear fallout, chemical poisoning, biological warfare and natural disasters such as earthquakes. Remedies are suggested for post-traumatic stress. A full description is included of how to make and use homœopathic and herbal remedies and there is a materia medica of the most useful remedies.

Surviving with Natural Remedies has been written by a natural health practitioner with many years of experience and is an invaluable guide for all those facing emergency situations in the modern world. It will be especially useful for aid workers, health care workers, practitioners, parents, travellers and concerned citizens.

5% of the cover price is donated to Frontline Homeopathy, a registered charity that provides homœopathic treatment and education in developing countries suffering the effects of war, natural disaster and poverty.  
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# Surviving with Natural Remedies

Practical solutions for emergency situations



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Susan Curtis has worked with natural medicines since 1979. She originally trained as a homœopath, and has since studied and used other forms of natural healing including herbs and essential oils. Susan practices homœopathy professionally at a clinic of natural medicine in London. She is a co-author of *Neal's Yard Natural Remedies* and *Natural Healing for Women* and author of *Homœopathic Alternatives to Immunisation*. Susan has two children and lives in Kent.



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**This book is presented as a collection of natural remedies and as an aid in understanding their use. It is not intended to replace or supersede professional consultation or treatment and no guarantee can be given as to the efficacy or appropriateness of a remedy in an individual case without professional advice.**

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# INTRODUCTION

This book was written out of the thought, "what happens when there are no reliable emergency services or effective medical help". There are a number of reasons why that situation may arise. In developing countries, there may simply not be the resources available. Even in more affluent countries a serious disaster may swamp the emergency services, at least for a time. Or people may want to supplement what is offered by the authorities with complementary remedies, such as herbs or homœopathy. There are also those who choose to live in a more self-reliant way, and prefer to avoid orthodox medicine and its links with pharmaceutical corporations.

The book was started before the terrorist attacks of September 11th 2001 and the events that followed, but all of that has certainly brought home the fact that none of us are immune to the times we live in.

This is in no way meant to be a book that further contributes to the fear that is prevalent, rather it is a practical guide for those people that choose not to feel helpless however dire the situation. There are always those people that find the strength to make the most of their own situation and to help others, even in extreme circumstances.

You may find this book helpful to have "just in case" you need it for yourself and your family, although I hope it will be most useful to those people actually working in disaster situations, for example, relief workers open to using natural remedies, teachers and anyone whom people come to for help. It will also be of use to qualified practitioners who may not have much experience in treating during disaster situations, but find they need to adapt their skills to meet more extreme needs when they arise.

In many poor parts of the world, medical and pharmaceutical resources are extremely limited for most of the population because they are too expensive or simply not available. One of the great advantages of natural remedies is that they are relatively inexpensive (herbs and homœopathy) and ecologically sustainable (especially homœopathy).

One of the beauties of herbal medicine is that the raw materials may be found in virtually every part of the world. Medicinal herbs can be found in urban, suburban and rural environments, in hot and cool countries. When researching this book, I interviewed someone who was employed by the Royal Marines during the conflict

in former Yugoslavia, to teach his colleagues about the use of such herbs as calendula and yarrow that were growing in the area. The SAS Handbook has a section on plants for wild food and medicine in survival situations.

When looking at the alternatives to pharmaceuticals, one has to ask, "how effective are natural remedies", and, "how far can we rely on them"? Few reliable trials have been carried out to determine exact efficacy rates for natural remedies. There are an increasing number of trials showing the efficacy of herbs, notably in Germany, but there are very few satisfactory trials on homœopathy. There have been some studies done using homœopathic prophylaxis for preventing contagious diseases, eg. an eminent homœopath, Dorothy Shepherd, states that the homœopathic remedy Pertussin was given daily for 2 weeks to 364 cases after contact with whooping cough and not one child contracted the disease. There are also several accounts in current farming journals of homœopathic vets getting excellent results by giving farm animals homœopathic nosodes to prevent common farm diseases.

As always with alternative medicine there is a lot more anecdotal evidence for cures than there are trial results. For example, thousands of children have been treated with homœopathy in Russia since the Chernobyl disaster and several homœopaths have written of their experiences in homœopathic journals. Similarly, a number of charities, including Frontline Homeopathy, have trained health care workers in using homœopathy to treat post-traumatic stress disorder following disasters, and this has well-reported successes.

The US Government has considered the use of homœopathy when discussing medical care for the victims of biological warfare. Dr Wayne Jonas MD, former director of the Office of Alternative Medicine at the National Institute of Health, is among those who have testified before a House Government Reform Committee set up to coordinate medical care during attacks with biological weapons. He said they should consider the use of homœopathic medicines for both viral and bacterial illnesses associated with bioterror. The same committee also considered the use of homœopathy for anthrax following the anthrax attacks of 2001. Sales of the homœopathic remedy *Anthraxinum* multiplied after September 2001, and Joyce Frye DO, MBA, President-Elect, American Institute of Homœopathy described case histories for the homœopathic treatment of anthrax in humans (see Footnote 1).

There is a strong bibliographic tradition of the use of herbs and homœopathic remedies for treating conditions that were prevalent in the past and particularly from the 19th and early 20th cen-

turies. First aid conditions are well covered and also some of the epidemic illnesses that it is feared may reemerge again, such as smallpox and cholera. In other instances, such as poisoning with chemicals, there is little direct experience to draw on but the principles for the appropriate approach to take are similar to previously encountered and well-recorded situations.

It may be that you use the natural remedies suggested in this book in conjunction with orthodox treatments. That indeed could be the best option in certain situations. If accident and emergency treatment is available, for example after a bomb blast, then the best results will be obtained by receiving attention from the paramedics and taking Arnica and using other natural remedies as appropriate.

A study from Germany on pig herds, particularly susceptible to infections due to their crowded growing conditions, showed that a homœopathic combination remedy was just as effective as prophylactic doses of antibiotic. Full doses of antibiotic were more effective, but carry the risk of greater side effects and bacterial immunity developing (see Footnote 2). This could indicate that in low risk categories the sensible approach would be to use homœopathic prophylaxis, but in high risk categories, eg. following confirmed contact, high doses of antibiotics may be advisable if available. After the disease has been treated, then natural remedies may again be used to relieve the side effects of high dose medication.

The point is that survival is all about adaptability, and there is a wealth of information about natural remedies that can be useful to us for modern day survival. There are conditions where natural remedies may be the only available form of treatment in an extreme situation, or they may be used alongside conventional medical treatment to enhance its effects. I have been fortunate to have worked with natural medicine for more than 20 years, and seen first hand the amazing effectiveness of natural treatment of very serious conditions both in the UK and in places such as India and North Africa. Natural medicine can become part of your everyday life but also an incredible resource to improve health, welfare and survival in extreme situations.

#### Footnotes

1. "Germ Warfare: Can Homeopathy Protect", CAM Magazine, January 2002, Issue 6.
2. Schutt, A., "Homeopathy versus Antibiotics in Metaphylaxis of Infectious Diseases", *Alternative Therapies*, 1999, 5:64-68.

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