

When Meds Disappear: the Survival Crunch of the Ill

2014-04-02 14:40:51 By Theresa Crouse

"I'm a 47 years old single disabled mom* of 2 children (1 of who is special needs). I've spent hundreds on food prepping, guns and ammo, etc. plus several "survival programs" (...) but here's the #1 answer I've been seeking in every survival program I've read, but with no success....HOW TO GET A STOCKPILE OF MY PRESCRIPTION MEDICATION?? (...) With my insurance, I can only get a month's supply at a time. None of the survival experts so far, have been able to advise how I can do that. I'm desperate for the answer. Unless I loot a pharmacy (not an option, as I'd probably be killed and/or arrested)..."

* For privacy reasons, name and diagnosis of our reader have been removed.

Not having enough meds is perhaps the biggest health issue known to a lot of people who are preparing for long-term survival after a catastrophic event.

It's easy to stockpile over-the-counter medications such as fever reducers, pain relievers and allergy medications but if you suffer from a chronic life-threatening condition such as diabetes, heart disease, or cancer, you'll have a much more difficult time hoarding prescriptions.

So how you may be able to survive with your illness in a post-SHTF situation?

Hoard What You Can

Know now that managing to stockpile your medications is the best thing that you can do; they're tried and true treatments for your illness. They're also closely regulated and nearly impossible to stockpile. You have a set amount that's supposed to last you for a designated period and you're likely not permitted to refill them until you're nearly out.

If you can hold back a few days' worth each time that you refill, do so. After all, a month's worth might get you through a disaster, and maybe the pharmacies will get back on track and functioning again.

Ration Your Medications

If you're due a refill on your meds when (and if) news of pending disaster is announced, get your refills. At that point, be prepared to ration them and supplement them with some alternative therapies that we've found for you.

We're not doctors, but we ARE survivors. If you can skip a dose of your medications or take your meds twice per day instead of three or four times without suffering life-threatening conditions, then do so.

”Every month... and I mean EVERY month, I have to go to my doctor, get a new prescription, and get it filled. If I go early, I can’t get it filled until 28 days from my last script. Also, we can’t “lose” out meds, and if they are stolen, there MUST be a police report.

How do I say to my doctor, “Hey Doc, I know the rules, but can you give me three extra weeks’ worth this month in case the SHTF”?

”Why? What kind of S will HTF? Are you talking about the zombies”, he says with a giggle.

”No, I mean if there’s an economic collapse, or if we lose power, or a natural disaster. What would have happened to me if I lived in New Orleans when the hurricane came through and the levy broke?” I reply, sounding as sane as possible.

”Oh, I see. You’re one of those “prepare for the end of the world” nuts. Sorry, there’s nothing I can do”, he smilingly replies.

”So if something does happen, I’m going to die?” I ask, keeping the panic buried as far as I can.

”Well, I mean, really... what’s going to happen?” the doctor asks, looking to me for answers.”

Caitlyn de Ambra, disabled.

Alternative Therapies for Diabetes

These treatments are likely going to be more successful for Type-2 diabetics but may also be of some assistance to those of you with Type-1 diabetics. As always, controlling your diet is going to be crucial to survival regardless of what type you have.

Because your disease is caused by your body's inability to produce enough insulin to manage glucose, the first thing to do is eat as little extra refined sugar or starch as possible. Your body uses sugar for energy but it can also use proteins and fats if sugar is limited. However, you may also be hypoglycemic, which means that you don't have ENOUGH sugar. Fortunately, this is easy enough to treat.

Discussing symptoms is outside the scope of this article; you know your illness. If your sugar gets too low and you begin to experience symptoms, eat a pack of sugar or a glucose tablet. To maintain manageable levels of glucose, eat plenty of fiber with your carbohydrates. This helps your body to digest the sugar slowly.

There are several alternative substances that have been shown in some studies to increase insulin sensitivity. They include:

- Aloe Vera

- Alpha-lipoic acid
- Caffeine
- Cassia cinnamon
- Chromium
- Flaxseed
- Ginseng
- Glucomannan
- Gymnema
- Guar gum
- Magnesium
- Oat bran
- Zinc

The amounts that you need to take depend upon your individual condition. Do your research and have a plan in place BEFORE SHTF!

Alternative Therapies for High Blood Pressure

As with type-2 diabetes, it's likely that your high blood pressure can be controlled by diet. If you can, gain control of it and get your blood pressure back within normal limits, which is your best option. If, however, you can't, here are a few alternative treatments that you may try. They have been shown in various studies to actually reduce blood pressure in varying degrees.

- Cat's Claw
- Garlic
- Hibiscus, often studied in tea form
- Magnesium, if you're deficient
- Vitamin D, if you're deficient
- Green Coffee Extract
- Hawthorn (this is a primary treatment that's been used for 1000's of years in Chinese medicine)
- Exercise, especially meditative exercise such as yoga

In addition, there are also some substances that you should avoid because they can increase your blood pressure. These include salt, caffeine, nicotine, and alcohol.

Alternative Treatments for Alzheimer's Disease

How Common are Specific Disabilities?



Source: Americans with Disabilities: 2010, from Survey of Income and Program Participation



U.S. Department of Commerce
Economics and Statistics Administration
U.S. CENSUS BUREAU

This one is a tough one because once you're diagnosed with Alzheimer's, it's likely already spread to the point that treatment success is limited.

Recently, this tragic disease has actually been labeled as Type-3 Diabetes because it's been shown to be caused by ineffective insulin usage in the brain.

Therefore, controlling your diet now may reduce your chances of developing Alzheimer's later.

There are also some alternative treatments for Alzheimer's that may help you live through a SHTF situation. They include:

- Coenzyme Q10
- Omega-3's
- Caprylic Acid
- Ginkgo Biloba

These are just a few illnesses that you may be facing heading into a SHTF scenario. Research now so that when something bad happens, you're already prepared to survive as well as you can. These suggestions are just meant to be springboards that give you a place to start in your research. Do your homework and have a plan before you need it.

The bottom line is that if you have a debilitating illness that required medication in order to keep you from dying, your chances of survival when SHTF are severely reduced.

However, some of the suggestions that we've made may help you extend your life by at least something. The best option that you have is to get a handle on your health now, before you NEED to be healthy in order to survive. Of course, you'll significantly extend your lifespan even in today's reality!

If you have a disease that you'd like for us to research, or you have please ask us about it in the comments section below. We'd love to help out if we can.

The data contained in this article are for informational purposes only, and do not replace by any

means professional advice.

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