
SURVIVAL IN THE END TIMES

Spiritually and Physically



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HOW TO PREPARE: SPIRITUALLY, PHYSICALLY AND EMOTIONALLY

(From the Book of Truth)

Prepare: Physical Signs

Rejoice, smile and welcome Me when the **Sign appears in the sky**. Raise your arms and sing praise to God the Father, for allowing Me this last chance to save you. - [August 10th, 2011 @ 23:00](#)

Homes and food.

Prepare your homes with blessed candles and a supply of water and food to last for a couple of weeks. - [January 11th, 2012 @ 15:37](#)

Do not forget My instructions to have food which lasts ten days, candles which are blessed and holy objects in your home. - [July 9th, 2012 @ 23:00](#)

Holy Protection: Holy bible, Holy Water, Candles; The Seal; Crucifix

They must sprinkle every corner of their home with Holy Water, wear a Benedictine Cross and keep Rosary beads close. - [September 30th, 2011 @ 21:15](#)

This is why I must urge you all to sprinkle your home with Holy Water and have blessed candles everywhere. You must keep yourselves protected. - [October 2nd, 2011 @ 15:00](#)

Ensure that you keep Holy Water in your homes and a Benedictine Cross from now on along with the Seal of the Living God hanging in your home. All of these will protect your family. - [July 17th, 2012 @ 23:18](#)

Emotional preparation

The aftermath [the Great Warning] will be difficult but you must not be frightened. Instead be relieved, for the suffering is to be offered in thanksgiving for the eternal life. - [September 29th, 2011](#)

Prepare always, every day, as if The Warning were tomorrow, for it will come upon you suddenly. - [January 31st, 2014](#)

By simply accepting that this event may take place, they can survive it. Turn to Me and say: "Please guide me towards the Light and Goodness of Your great Mercy and forgive me for my sins." and I will pardon you instantly. Then after The Warning you will experience a deep peace and joy in your soul. - [April 16th, 2011 @ 10:00](#)

Rejoice. Pray, give thanks to God the Father, for this Great Warning. Embrace this Gift with love and joy in your hearts. - [October 2nd, 2011](#)

Tell others:

My children will need to tell as many of their friends and family of this Great Event in order to save their souls. No matter if they smile and ridicule your claims, for afterwards, they will thank you. Tell them the Truth. Ask them to open their minds. They should be made aware of what they will witness, because when they see My Cross in the sky they will be prepared. That is all they need to understand. Then they will accept the discomfort they will endure when their past lives are played out before their eyes. Tell them to review their life and remind them of the harm that they may have inflicted on their fellow brothers and sisters. - [June 8th, 2011 @ 16:45](#)

Tell those who do not believe in Me or My Eternal Father, that this event will happen. - [June 26th, 2011 @ 18:00](#)

Inform all those priests, nuns, bishops and other denominations, who believe in My Eternal Father, to listen to My Word. - [September 30th, 2011 @ 21:15](#)

After the Great Warning - Many parents will need to instil, in their children over the age of 7 years, the importance of prayer and repentance from then on. Parents, you have a duty to teach your children the Truth. Their hearts will be open to My love after The Warning and you must keep guiding them in spiritual matters. - [July 17th, 2012 @ 23:18](#)

Prayer and Confession

Pray also to St. Michael the Archangel. - [September 30th, 2011 @ 21:15](#)

For Catholics among you, you must receive the Sacrament of Confession every two weeks if you wish to remain in a state of Grace. In this way your pain, during The Warning, will be mild and you will have the strength to help your brothers and sisters who will suffer a terrible pain and guilt as they try to come to terms with the illumination of their conscience. - [July 9th, 2012 @ 23:00](#)

Your own confession is important and you must try to get this once every week from now on. - [July 17th, 2012 @ 23:18](#)

Say, "Jesus, I feel lost. Open my heart to accept Your Love and show me the Truth, so that I may be saved." - [November 22nd, 2010 @ 02:00](#)

Finally I would like to ask all My followers to recite the [Divine Mercy](#) at every opportunity as the times gets closer now for My Great Warning. - [January 12th, 2012 @ 15:30](#)

I call on all those who love Me to pray hard for the global conversion I desire. - [May 21st, 2012 @ 20:15](#)

You must begin by meditating on all the wrong-doing you are guilty of against yourselves and your neighbours. - [July 9th, 2012 @ 23:00](#)

Pray for others

Look to each member of your own family, those among your midst, who do not follow My Teachings. Look amongst you for those souls lost to Me, who outwardly reject Me. Then I ask that you pray hard for them at this time. You must beg for Mercy for their souls. Your prayers and sacrifices can save them from a terrible suffering during the Purification at The Warning. - [June 14th, 2012 @ 18:15](#)

In the lead up, I ask of you this. Pray for all those who cannot find it in their hearts to accept the Truth of My Teachings. Pray especially for those who go to tremendous efforts to deny Me, although they are aware of My Crucifixion to save them. - [October 2nd, 2011 @ 15:00](#)

Pray, pray, pray for all souls now and in particular for those who will be so fearful that they may not be strong enough to accept My Hand of Mercy. - [November 11th, 2011 @ 16:00](#)

Help those who will not listen through the daily recital of My Divine Mercy Chaplet. - [June 14th, 2012 @ 18:15](#)

Offer a sacrifice, to Me your Jesus, in reparation for the sins of your families. - [June 14th, 2012 @ 18:15](#)

Those, including children who forsake Me, are in desperate need of your prayers. - [June 14th, 2012 @ 18:15](#)

Please heed My call to pray hard for those poor, lost children during the month of August, designated Salvation of Souls Month. - [July 28th, 2011 @ 15:30](#)

Souls

Prepare your souls beforehand for healthy souls will find The Warning a Joyous Event. They will not suffer because they will be in a state of grace, especially if they receive the Sacrament of Confession regularly. - [June 14th, 2012](#)

When your sins are revealed you must ask Me to forgive you and bow in humble thanksgiving for this Divine Gift which is your passport to eternal life in the New Paradise on earth. Remember there is not one sin, no matter how serious, which cannot be forgiven once true remorse is shown. - [July 9th, 2012 @ 23:00](#)

I urge all of you, that when you have seen My Presence and shown how sin, not only offends Me, but propels you down the pathway to Hell, that you must not turn back to your old ways. - [June 22nd, 2011 @ 19:00](#)

Let The Warning bring you as one in Me. When you do this and pray for guidance, you will be rewarded with the New Paradise on Earth where you will want for nothing. - [June 22nd, 2011 @ 19:00](#)

WHY WE NEED TO PREPARE

We need to Prepare for a darkness of evil that will overtake the earth on multiple fronts including: economic collapse, world war, global famine, apostasy, schism of the Catholic Church ...

God will reply with storms that will last weeks, earthquakes that will be felt across multiple countries, volcanoes shifting weather patterns and the occasional comet. It has already begun!

The world has embarked on a path that has never been witnessed before. **God always warns his people**, such as in the prophets of the Old Testament. Today nothing has changed. He still warns His people through the various saints and appearances of Our Blessed Mother. (See <https://remnantdisciples.wordpress.com> for details of these prophecies – biblical and others.

PREPARING FOR YOUR HEALTH NEEDS

Prepare to look after your health

This might be difficult - especially for those who refuse the chip (or the 'mark of the beast' as it is named in Scripture). If we are part of the remnant, we will be on the outer of society.

We may not have access to our normal medications. Some things you can stock up on, but others you can't get without a prescription, and (at least here in our country) you can't fulfil prescriptions ahead of time and keep them in the cupboard. We have to start researching and planning now - to look for natural remedies or health store products that we can store.

Below is the advice from our "Raising Awareness" friend.

Special health needs

Do you or a family member have specific ailments? Asthma, allergies, etc. Assess the needs of those in your family and do your best to have what is needed for as long as possible. Renew prescriptions as soon as

refills are available. Ask your doctor for prescription to cover more days to minimize dispenser fees.

Medications & First Aid

Each home should have a *standard first-aid kit* with the usual bandages and gauzes. What is needed beyond that will vary according to individuals and family. Answer the following and use your answers as a guide:

Are you prone to illness?

Do you need prescription medications?

Is a member of the family prone to injuries?

Consider what you have purchased medication for in the past 12 months.

Are these illnesses that recur time after time, seasonally, or genetically?

Research Natural health remedies for common illnesses such as colds, flu, bronchitis, sore throat; and for Remedies for stings, bites and itches

Stock up on Vitamin C tablets, Garlic and horseradish tablets, etc.

Personal Hygiene and Toiletries

Here are **checklist** items for toiletries and personal hygiene:

soaps to wash self and to wash clothing;

toothpaste and toothbrushes;

shaving cream and razor, if applicable;

toilet paper, towels, and

method and tools to wash clothing. etc

NATURAL ANTIBIOTICS

Oregano and Oil of Oregano

Beyond its antibacterial properties, oregano can help with digestion and aid in weight loss.. The oil of oregano has been found to treat digestive infections, and even one particular yeast infection.

Raw Apple Cider Vinegar (ACV)

Daily doses of apple cider vinegar (ACV) include antibiotic and antiseptic properties, It can also be used to disinfect and sterilize.

Honey

Honey is one of the best natural antibiotics, antimicrobials, anti-inflammatories, and antiseptics known to man after thousands of years. New Zealand's Manuka honey has been proven to have the highest levels of antioxidants and curative powers.

An enzyme found in honey releases helps your body fight infection and prevents the growth of bacteria.

It is soothing to the digestive system, and removes toxins from the blood and helps your liver operate more efficiently.

As a great boost to the immune system, combine honey with cinnamon to strengthen your white blood cells!

Raw, organic honey is the best option since most pasteurization methods kills the antioxidant effects.

Turmeric

Turmeric can be both consumed and applied externally, making it a great choice for fighting against bacteria. For extra benefit, you can mix turmeric with honey and create a paste to apply to infected areas on your skin. Protect your body without the use of prescription drugs by using honey, oregano, garlic, echinacea, and turmeric.

Garlic

Garlic can fight such simple infections as the common cold, pushing the germs away before they have a change to disrupt your life. Garlic protects against yeast, parasites, bacteria, and more.

Echinacea

The consumption of this herb has been proven to reduce the amount of colds that a person deals with in their life, and shorten the colds that the person does have to face. This herb is a great choice when taken as a preventative measure.

Cabbage

There are sulphur compounds found in cabbage – a member of the cruciferous family that includes broccoli and kale – that have been shown effective as cancer fighters.

One cup of cabbage provides 75% of the vitamin C t you need every day. Naturally antibacterial, eating shredded raw cabbage in your salad, as a side dish in the form of slaw, or drinking fresh cabbage juice (with honey added to sweeten) is an excellent way to improve digestion, and prevent disease.

Extra Virgin Coconut Oil

Coconut oil has naturally occurring anti-fungal and anti-microbial properties and is packed with antioxidants you can't find anywhere else in nature.

Use it to boost your immune system, balance thyroid, cholesterol, and blood sugar levels, and even improve brain function.

It is safe to use internally and externally,

Fermented food

Unpasteurized cabbage, homemade pickles, kefir and probiotic yogurts, all of these renew our intestinal flora, protects us from cancer and keeps our body fit to fight off infections.

<http://worldtruth.tv/12-natural-antibiotics-that-our-ancestors-used-instead-of-pills/>

This Tonic Is Made With Ginger, Garlic, Honey, Lemon Juice & Apple Cider Vinegar

Garlic Health Benefits:

Reduce Blood Pressure,
Anti Block (heart),
Reduces Cholesterols,
Anti Bacterial Properties,
Reduces Sugar Level,
Treats Skin Infection,
Reduces Weight,
Treats Respiratory problems and many many more..

Ginger Health Benefits:

Preventing and curing heart disease, increase blood flow, reduces weight, increase energy, Good for cold, cough and many many more..

Lemon Health Benefits:

Regulates Heart Beat, Helps in Proper Functioning of Heart, Reduces Weight and many many more..

Apple Cider Health Benefits:

Remove Toxins from body, contains minerals, potassium, vitamins and enzymes.

Honey Health Benefits:

Reduces Cholesterols, Fights Bacteria, Energize Body, Anti Oxidants, Reduce Risk of Cancer & Heart Disease.

How to Consume:

Drink 1 tblspn of this tonic, Empty Stomach in Morning. You can also have 1 tblspn in afternoon and night.

How long can this be stored:

This can be stored in fridge for 1 to 2 months. Use clean dry spoons when handling.

Preparation Time : 30 mins

Cooking Time : 30 mins

Makes : 5 cups of Drink

Ingredients:

Ginger Juice - 1 cup

(Peel and chop the ginger, puree it in a blender, adding a little water if necessary; put it through a sieve so that all juice is extracted)

Garlic Puree - 1 cup

(Peel cloves of garlic and puree)

Lemon Juice - 1 cup

Apple Cider Vinegar - 1 cup

Organic Honey - 3 cup

(YOU CAN USE ANY CUP, USE THE SAME CUP TO MEASURE ALL THE INGREDIENTS)

Method:

Take ginger juice, garlic juice, lemon juice, vinegar in a sauce pan and cook on medium heat for 30 mins. Keep mixing.

Take it off heat, cool it completely.

Add in 3 cups of honey and mix well.

Pour this in a clean bottle and store in fridge.

<http://secretrecipesaarathi.blogspot.com.au/2015/01/heart-blockage-cure-apple-cider-vinegar.html>

HERBAL CURES

Oregano uses

1. Can be Used to Treat the Common Cold

Oregano is a powerful antioxidant and has antiseptic properties that flush out your system, making it an excellent treatment for the common cold.

When you feel a sore throat coming on, add three drops of oregano oil to a glass of orange juice or water. Drink it once a day for up to five days until the symptoms are gone. You can also use dried oregano in tea and drink it two to three times a day.

2. Breaks up Nasal Congestion

Oregano is a completely natural and safe antihistamine that few people know about.

To clear out a stuffed nose and throat, add two or three drops of oregano oil to one half-cup of boiling water. Cover your head with a towel and inhale the vapor that comes up from the mixture. Do this twice daily and you will be breathing freely. Also, you can add oregano oil to a glass of juice or water, as outlined above

3. Treat the Flu

Oregano can even be used to treat the flu! It has antiviral properties that can effectively shorten the duration of flu symptoms such as high fever, cough, sore throat, headache, and aching in the joints and muscles.

An effective treatment for some of the flu symptoms is to mix a few drops of oregano oil in a glass of water and drink it once daily for three to five days.

4. Ease Menstrual Cramps

Oregano is also an effective pain reliever and can be a great treatment for those that suffer from menstrual cramps.

Chew fresh oregano leaves three times a day to reduce the pain. You can also drink oregano tea for quick relief. To make the tea, mix one-half teaspoon of dried oregano in one cup of water and bring it to a boil over the stove. Strain it and add sugar to taste. Drink this tea three to four times daily.

Oregano oil can also be used to regulate the menstrual cycle, can reduce the negative effects of menopause and even prevent premature menopause.

5. Kills Intestinal Parasites

Intestinal parasites are those unwanted inhabitants of the gastrointestinal system that can cause you discomfort and increase your risk of contracting various diseases. Dried oregano effectively kills off these parasites because they become volatile and antiparasitic.

Oregano also contains two antimicrobial agents called thymol and carvacrol which have been proven effective in treating intestinal parasites.

Add two to three drops of oregano oil to water along with some freshly squeezed lemon juice and drink up to three times a day.

6. Can Improve Heart Health

Oregano is also a great source of potassium, which is a component of our cell and body fluids that helps control rapid heart rate and blood pressure. Using these remedies can counteract high intakes of sodium and other substances that are dangerous to heart health.

The antioxidants in oregano are believed to prevent and repair oxidative stress and heart disease, among a number of other heart conditions. It is also a source of omega-3 fatty acids that help reduce inflammation in the body and lower the risk of heart disease.

Drink one cup of oregano tea (recipe outlined above) daily to improve your heart health.

7. Control Asthma Attacks

Rich in lung-cleansing elements like carvacrol, flavonoids and terpenes, oregano clears the respiratory tract to provide relief from asthma attacks.

When suffering from an asthma attack, drink oregano tea sweetened with honey four to five times a day. You can also extract the juice from the oregano leaves (using a blender) and take one teaspoon of it every hour to relieve asthma and chronic coughing.

9. Maintains Body Weight

Anyone looking to shed pounds or maintain a healthy weight should surely add oregano to their daily diet. The herb is free of cholesterol and is a rich source of dietary fiber. Fiber helps you manage your weight and can keep the body fit and free of disease.

Oregano actually helps dissolve fat build up in areas like the liver, gallbladder, lymph system and more. This is because oregano contains carvacrol which is capable of dissolving fat into droplets.

10. Protect Against Cancer

Because oregano is a good source of fiber, it removes bile salts and cancer-causing toxins from the colon and other areas of the body. This then forces the body to break down cholesterol to make more bile salts, thus lowering high cholesterol on the way.

Oregano is also antibacterial and anti-inflammatory, and it can be used to slow down the progress of some cancers like breast and prostate cancers.

Now that you know about all the health benefits oregano has in store - don't be shy with it in your cooking or on your pizza, and don't forget to get some oregano oil

Acid Reflux – Apple Cider Vinegar

If heartburn constantly plagues you, you can stop them with apple cider vinegar. By adding just a tablespoon of apple cider vinegar to a cup of water before every meal can prevent acid reflux within 24 hours.

Salt:

An **ingrown toenail** is a common ailment that affects millions of people around the world.

Luckily, it's easily treatable by using **salt-water**. Stanford University researchers found that soaking your feet in salt water can heal ingrown-related infections in just four days.

Salt is antibacterial and anti-inflammatory, so adding just a teaspoon to a cup of warm water, and

then add it to your foot bath twice a day until the infection is gone.

Additionally, dentists recommend gargling with salt water to **treat and prevent gingivitis**.

Finally, gargling with salt water can also help when you're suffering from a throat infection.

Backaches – Grapes

In a study conducted at the University of Ohio, researchers found that one cup of fresh grapes per day can help improve blood flow to the damaged tissue in the back, sometimes within as little three hours. The spine is highly dependent on the nutrients and oxygen in the blood, making eating grapes a highly beneficial act.

Baking soda and honey homemade remedy that destroys even the most dangerous diseases

Wednesday, December 16, 2015

<http://beforeitsnews.com/alternative/2015/12/baking-soda-and-honey-homemade-remedy-that-destroys-even-the-most-dangerous-diseases-3259384.html>

How Baking Soda/Maple syrup or Honey Homemade Remedy can help you fight cancer?

Cancer cells love sugar – and mixing and heating alkaline bicarbonate of soda (BS) with sugar-rich maple syrup or honey, binds the two together such that the maple syrup targets the “sugar hungry” cancer cells (which consume 15x more glucose than normal cells), and thus “sneakily” also carries the baking soda into the cells, as if inside a proverbial maple syrup “Trojan horse”. The alkalinity of the baking soda either kills the cancer microbe (or reverts it to its hibernation form) inside the cancer cell, such that the cell reverts to normal. Or, it has an alkalizing effect forcing a rapid pH shift that kills the cell. The shock wave of alkalinity allows more oxygen into the cancer cells than they can tolerate. Cancer cell is reverted or eliminated before the sugar delivery can cause cancer cell growth. Here is the recipe of this amazing homemade remedy.

Ingredients:

- Baking Soda
- Honey or Maple Syrup

HEAVENLY REMEDIES

In the times to come, natural medicines will aid us alongside Faith, Prayer, the Sacramentals and Holy Water.

Two excellent antibiotics: Our Lady has revealed that when plagues come, we should ingest a **raw clove of garlic** every morning or **oil of oregano**.

If you are sick, sprinkle the food with **Holy water**.

Blessed salt should be used in cooking and to sprinkle on food.

Oil of the Good Samaritan: (prevents contagion)

This does not cure diseases but is an excellent prevention for sore throats or sneezing;

It is good for contact with people who have contagious diseases by bacteria;

For airborne virus, tonsillitis or the flu

How to use:

To purify the air, apply with a spray bottle or diffuser or a few drops in a pan of boiling water;

Do not use for children under 3 years, or pregnant women.

Don't apply pure oil directly to the skin.

Also can be put on a piece of cloth, dust mask or a few drops on the pillow.

A few drops can be applied to the temples, throat, behind the ears, arm[pits, abdomen, joints of sole of foot.

Preparation of Oil of Good Samaritan

Mix 5 essential oils:

Cinnamon (use only a half measure, because it is irritating);

Lemon; Clove; Rosemary and Eucalyptus.

Then add **5 times this amount** of a **base oil** such as:

Olive oil, almond oi, or mineral oil.

Mix together with a wooden spoon until all are evenly mixed.

Prepare in a cool place, wear gloves and use a glass bowl.

Try a little of the mixture on your forearm.

If skin reddens, wash with plenty of water and lavender oil. Gradually, the redness will disappear.

If this happens add more base oil.

Before Use:

Do not expose oils to the air for any length of time, keep them in a **tightly closed amber glass container** to prevent evaporation. Keep out of reach of children.

Before each use, **move the container softly to mix oils**. Do not shake vigorously!!!

Mary's Balm – a worthy cause: necessary for the end times.

This is a natural herbal ointment that is thousands of years old.

Some excerpts from the site:

“Knowledge of this balm has been passed down ...”

“These herbs have been well researched for their medicinal properties...”

Please go to the website at <http://www.marysbalm.com.au/> to find out more.

USES FOR COCONUT OIL

Coconut oil is incredibly popular, and for good reason.

It offers many health benefits, has a delicate taste and is widely available.

It's also an extremely versatile oil with a number of uses you may not be aware of.

Here are 31 clever uses for coconut oil.

1. Protection From Sun

Coconut oil may protect your skin from the sun's ultraviolet (UV) rays, which can cause wrinkling, brown spots and raise your risk of skin cancer. In fact, one study found that it blocks about 20% of the sun's UV rays. However, keep in mind that it doesn't provide the same amount of protection as conventional sunscreen, which blocks about 90% of UV rays. On the other hand, it contains none of the potentially harmful chemicals found in commercial sunscreens.

2. Cook Safely at High Temperatures

Coconut oil has a very high saturated fat content. In fact, about 87% of its fat is saturated. This feature makes it one of the best fats for high-heat cooking, including frying. There is no reason to fear the saturated fats in coconut oil. New studies show that they have no link to heart disease risk.

3. Improve Your Dental Health

Coconut oil can be a powerful weapon against bacteria, including *Streptococcus mutans*. This is the bacteria in the mouth that causes dental plaque, tooth decay and gum disease. In one study, swishing with coconut oil for 10 minutes (known as oil pulling) reduced these bacteria as effectively as rinsing with an antiseptic mouthwash.

4. Relieve Skin Irritation and Eczema

Research shows that coconut oil improves dermatitis and other skin disorders at least as well as mineral oil and other conventional moisturizers. In a study of children with eczema, 47% of those treated with coconut oil had major improvements.

5. Improve Brain Function

The MCTs in coconut oil are broken down by the liver and turned into ketones, which can act as an alternative energy source for the brain. Several studies have found MCTs to have impressive benefits for brain disorders, including epilepsy and Alzheimer's. Some researchers recommend using coconut oil as a source of MCTs to increase the production of ketones.

6. Moisturize Your Skin

Coconut oil makes a wonderful moisturizer for your legs, arms and elbows. It can also help repair cracked heels. Simply apply a thin coat to your heels at bedtime, put on socks and continue on a nightly basis until your heels are smooth.

7. Fight Infections

Virgin coconut oil has strong antibacterial properties that can help treat infections.

One study found that it helped stop the growth of the intestinal bacteria *Clostridium difficile*, commonly known as “C. diff,” which causes severe diarrhea.

It also appears to fight several other bacteria and yeasts — an effect generally attributed to lauric acid, the main fatty acid in coconut oil .

8. Increase Your HDL Cholesterol

Coconut oil has been shown to increase in HDL cholesterol, which is known as the “good” cholesterol.

9. Provide Relief from Insect Bites and Stings

Coconut oil’s anti-inflammatory properties can help relieve the pain or itch caused by insect bites or stings. It may also reduce swelling and decrease risk of infection. To try this, gently rub a small amount onto the bite and cover with a bandage.

10. Massage Your Newborn

Massaging newborns with oil has been shown to promote normal weight gain and growth. One study suggests that coconut oil may be the best type of oil to use for this purpose. Premature babies who were massaged with coconut oil for 30 days gained significantly more weight than those massaged with mineral oil for the same time period .

11. Decrease Hunger and Food Intake

The medium-chain triglycerides in coconut oil may help reduce hunger, leading to a spontaneous decrease in calorie intake .

12. Improve Wound Healing

To speed healing of minor cuts or scrapes, apply a little bit of coconut oil directly to the wound and cover it with a bandage.

13. Boost Bone Health

Animal research suggests that the antioxidants in virgin coconut oil may protect bone health by neutralizing free radicals, which can damage bone cells.

A 6-week study of rats showed that the group receiving 8% of their calories from coconut oil had significantly more bone volume and improved bone structure.

14. Make a Nontoxic Insect Repellent

Some essential oils may be a natural way to keep bugs away and avoiding bites and stings. However, rather than applying these oils directly to your skin, they need to be combined with a carrier oil. In one study, combining Thai essential oils with coconut oil provided over 98% protection from the bites of certain mosquitoes.

15. Combat Candida

Candida albicans is the fungus responsible for yeast infections, which commonly occur in warm, moist areas of the body such as the mouth or vagina. Test-tube studies suggest that coconut oil may help fight candida infections. Researchers found coconut oil to be as effective as fluconazole, the antifungal medication typically prescribed for candida infections.

16. Remove Stains

Coconut oil can be used to get rid of stains, including spills on carpets and furniture. Combine one part coconut oil with one part [baking soda](#) and mix into a paste. Apply to the stain, wait 5 minutes and wipe away.

17. Reduce Inflammation

Several animal studies show that eating coconut oil provides strong anti-inflammatory effects. Human studies suggest eating coconut oil may reduce markers of oxidative stress and inflammation, especially when compared to highly unsaturated oils.

18. Natural Deodorant

Sweat itself has no smell. However, the bacteria living on your skin can produce undesirable odours. Coconut oil's strong antibacterial properties make it a great natural deodorant that contains no chemicals.

19. Quick Energy Source

Coconut oil contains fats called medium-chain triglycerides, which are digested differently than the long-chain triglycerides found in most foods.

These fats go directly from the gut to the liver, where they can be used as a quick source of energy that won't raise blood sugar levels.

20. Heal Ragged Cuticles

Coconut oil can be used to improve your cuticles, including hangnails.

Simply apply a small amount of coconut oil to your cuticles and massage for a few moments. Do this several times a week for the best results.

21. Relieve Symptoms of Arthritis

Arthritis is characterized by pain and immobility of the joints due to inflammation. Animal research suggests that antioxidants called polyphenols found in coconut oil may be able to relieve some symptoms of arthritis. A study of arthritic rats found that treatment with polyphenols from coconut oil reduced swelling and several inflammatory markers.

22. Improve Liver Health

Animal research has found that the saturated fats in coconut oil can help protect the liver from damage due to alcohol or toxin exposure.

In one study, mice treated with coconut oil after exposure to a toxic compound had a decrease in inflammatory liver markers and increased activity of beneficial liver enzymes (40).

23. Soothe Chapped Lips

Coconut oil makes an ideal natural lip balm. It glides on smoothly, leaves your lips moist for hours and even provides some protection from the sun. (From: <https://authoritynutrition.com/31-coconut-oil-uses> By Franziska Spritzler, RD, CDE; May, 2016)

HEALING TEAS

How to Make Tea

If using fresh leaves: Add 2 to 3 teaspoons of fresh leaves to each cup of boiling water.

If using dried leaves: Add 1 to 2 teaspoons of dried leaves to each cup of boiling water. Let steep for at least 5 minutes. Strain and serve.

Tip: Keep the lid on the teapot to prevent beneficial essential oils from being lost by vaporizing.

Daily Prevention

Drink a cup of *Hawthorn tea* every day and enjoy the following benefits:

- Lower blood pressure
- Increase the effectiveness of the heart's pumping action.
- Strengthen the heart muscle
- Slow the heartbeat
- Dilate coronary arteries
- Prevent heart disease, heart attack, and stroke
- Help those healing from heart surgery
- Support the immune system.
- Increase longevity
- Reduce anxiety

RECYCLE:

Uses for Plastic Containers

From: <http://prepforshtf.com/survival-and-other-uses-for-metal-and-plastic-coffee-cans/>

As with any item the uses are only limited by your imagination, so put your thinking cap on, while in the meantime here is a list to get you started.

1.) Scoop

The plastic ones with the indents for your hand to grip the container are ideal for food scoops just as they are. No need to cut or shape anything. Just grab and scoop dog food, flour, sugar, or even water. A 50 pound bag of flour is hard to handle so why not break it down into containers such as plastic coffee cans for easier handling, and transportation.

2.) Planter

Cut the can in half (save the cut off piece) and bore some holes in the bottom from inside the can for water drainage. Fill with potting soil and plant herbs for your windowsill, or use the containers for seed starters in the garden or sunroom.

3.) Use to Protect the Stem or Trunk of Small Trees or Plants

Use the cut off piece to protect the stem/trunk of certain plants by cutting the piece so it can open up around the stem of a plant to keep rabbits and other pests from gnawing the bark or stem. Squeeze the piece together to fit the trunk and secure with Zip Ties, duct tape, or twine.

In some cases, you may need to cut the bottom off a full sized plastic container and use it to protect the stem and/or truck of bigger fruit trees, for example. Once the container is around the plant stem or trunk you can fill loosely with mulch or newspaper to keep the roots warm or to retain

moisture during hot summer months. Ensure you do not enclose the leaves of the plant within the container.

4.) Fill with Ice Melt For Easier Spreading

Scoop out enough for the job and carry the can with you to spread the ice melt instead of trying to dump or scoop from the bag. You can store ice melt in the cans and put in the garage out of reach of children and pets. Store sand or cat litter in the cans, as well, (used for traction), and keep one or two filled and in your vehicle.

5.) Store Used Cooking Oil with Newspaper

Once you have gotten all of the cooking use out of cooking oil what do you do with it. You can pour it off (after cooling) into a plastic coffee can that has shredded or wadded up newspaper in it. The paper will of course, absorb the oil. The soaked paper can be used as a fire starter. Just pull a piece out and ignite along with some dried tinder. You can also store the oil to use as a biofuel.

Uses for Metal Cans

1.) Rocket or a So-Called Hobo Stove

There is any number of ways to make a stove from a metal coffee can. However, certain rocket stoves may be hard to transport in bug-out bags, or survival kit. You can obtain gravel and sand used for insulation from your environment in some cases, so carrying, a metal coffee can and several smaller metal cans along with the tools needed may be worth the effort, so you can construct the stove along the trail.

The field expedient way to use one is to put some ventilation holes or slits in the sides near the bottom and build a small fire inside the can. Other designs would include the use of a fire chamber made from a small metal can placed inside the larger coffee can.

You would need to cut a hole in the side of both cans and insert a fuel feeder that reaches the inner chamber. You would also need an insulator such as sand or gravel to fill in around the fire chamber. This method is more complicated, and it may be difficult to transport, and it would require tools to cut and shape the metal.

A burning candle inside a metal container, such as a coffee can, can provide some heat in an emergency. This is particularly true in a confined space such as inside a vehicle.

2.) Bake Bread

Some cans may have a lip that would make baking bread more difficult. You can use the can as is or snip the rim in several places and push out of the way or simply use cans without the lip. Use your favorite bread recipe and prepare the dough as you always have. You will have to thoroughly grease the inside of the can. Use the wax paper cover from butter sticks, use Crisco, or even a cooking spray. Let the dough rise in the can, and once proofed bake the bread near a fire, or inside of an oven. If you bake using a campfire you will have to turn the can to ensure even baking.

3.) Survival Kit

You can store a number of items inside the can and keep in your vehicle or carry in a pack. Put the most used items on top so you do not have to remove items to get to the ones you use most frequently. Duck tape, cordage, fishing line, tackle, folding knives, matches and so on can be stored in the can. Have one in every vehicle.

4.) Wash Small Items

Wash socks, undergarments and bandanas, for example, in a metal coffee can. Add soap and water and the clothing and then cap and gently shake, or put in your vehicle while driving or pack while hiking. The agitation will work the soil and grime out, and then rinse well.

5.) Boil Water and Cook Food

Add a handle using wire or even cordage and hang over a fire to boil water for purification and to cook foods. A metal cooking container is invaluable in a survival situation, so always make sure you have one in your bug-out bag or survival kit.

FOOD NEEDS: GROW YOUR OWN FOOD

Seeds

Our Lord has indicated that to survive these end times, one should have their own seeds and grow their own foods.

“Grow your own food now. Buy the seeds that will not be available for sale in the future, now. This will feed your family as the global famine takes place.” -Jesus to Maria Divine Mercy, Nov 23, 2010

“Have peace, [store extra food and water](#), [plant your gardens](#) and [purchase only what you need, not want.](#)” **Jesus to Anna Marie of Green Scapular**

There are numerous online vendors of seeds. Purchase seeds of vegetables, fruits and herbs that can grow in your growing zone. **Seeds purchased now will germinate in 3 or 4 years, provided they are kept cool and dry.**

If you **buy heirloom seeds**, then you can dry the seeds from your harvest and use the seeds to plant in your garden the following year. The problem with heirloom seeds is they are more prone to disease.

Avoid GMO seeds. Hybrid seeds are fine, though you cannot dry hybrid seeds from your harvest for sowing in subsequent years.

Fruits and vegetables offer little in way of calories, but are essential for your well-being thanks to their vitamins and nutrients.

SAMPLE SEEDS CHECKLIST TO ENSURE SUFFICIENT QUANTITY FOR FAMILY OF FOUR FOR ONE YEAR:

bush beans: 500g;

broccoli: packet;

carrots: 2 packets

cauliflower: packet

sweet corn: 500 seeds

cucumbers: packet

eggplant:

packet kale,

lettuce: packet of each

cooking onions: 1,000 seeds

peas: 500g

potatoes: 10 lbs

tomatoes: packet

turnip/rutabaga:

packet summer squash:

packet each of 1 type winter squash

: packet each of 3 or 4 types Winter squash keep well for months into the winter.

GARDENING TIPS

Sprinkle Holy Water on your garden plants once in a while, not to water them but to bless them, that they may grow and provide their bounty.

Companion planting.

Some plants do better with certain other plant varieties as neighbours. This link gives a good chart on what to plant together and what to keep apart. https://en.wikipedia.org/wiki/List_of_companion_plants

Feeding your plants.

Used tea bags can be put into a watering can and let to steep. The water will gain some nutritional value that can be used by plants. When buying fertilizer is no longer an option, this method, when done regularly, will help your plants. 3 or 4 tea bags at a time will do. Replace with newer tea bags when 3 or 4 newer bags are available and discard the old ones by putting them in your compost.

Adding nutrients to your soil.

To minimize waste that is discarded, put fruit and vegetable waste in your compost, along with egg shells [crumbled up], grass trimmings, ashes from wood stove, newspaper [tear into smaller pieces] and leaves from fallen trees. Avoid placing meat products or any prepared foods to minimize turning the compost heap into a buffet for scavenging wildlife.

A worm farm is a good way of composting - it is all contained in a neat container. The "worm juice" is a very beneficial fertilizer to your plants, as is the decomposed soil.

If keeping **a compost heap** is not possible, mix your compostable materials and dig it into your garden immediately. This is accomplished by digging down 8 to 12 inches and placing a layer of the compostable material in the trench [where next year's row is going to be] and covering with the soil you dug up.

Earthworms will get to work to convert that into a composted material that is an excellent growing medium for your plants.

GARDENING TOOLS

There are many tools for gardening purposes.

The essentials are as follows:

gloves, round shovel, hoe, rake, watering can, leaf rake and hand trowel.

If there are fruit trees or bushes to keep pruned, then add pruning shears, loping shears and a pruning saw.

The pruning saw can also serve to cut small branches for firewood.

HOW TO PLAN YOUR EMERGENCY FOOD STORAGE

From "Raising Awareness" (contributed from a crusader)

Sources of Food

Farmers' markets

Find a farmers' market near you...go once or twice a week...**become a regular customer** of one or more vendors...because should the supply chain that delivers produce to your grocer be halted for whatever reason, you'll have better chance of getting produce from someone local who 'knows your face' because you supported his family than fighting with the stampedes at the grocery store fighting over empty shelves.

Farmers who sell directly to customers appreciate regular customers and because of that, you increase your chances of access to produce.

Local butcher

Similar to the farmers' market reasons presented above, find a local butcher and **become a regular customer**. Show your face every month.

Hunting

Is hunting an option, whether small game or large game?

Any fresh meat obtained this way helps extend any stored food rations.

If it is possible to hunt and there is wildlife to be had, do you have the equipment and skill needed? If you have the tools and the skill, do you have the knowledge to eviscerate and butcher your meat?

Depending on **hunting tool**: bow, crossbow, gun, rifle, trap; the accessories needed vary. Ensure you have the strings, arrows, bullets needed to make use of the equipment. The **proper knife along with a sharpening stone** will make a world of difference in butchering the meat.

Fishing

Similar to the 'hunting topic', if fishing is an option where you are, as an activity to put food on your table, do you have the **equipment, the tools and the know-how** to catch dinner?

Ensure a decent fishing line, net, some spare line, hooks, knife and sharpening stone.

Complete that with having the knowledge of what is available in your nearby watercourse.

Raise your own poultry

Consider raising your own poultry as a source of fresh eggs and/or meat.

Laying hens do not need a rooster to produce eggs. A rooster is only needed if you wish to fertilize the eggs and have a hen sit on the eggs until they hatch.

One chicken will lay roughly 6 eggs per week.

Once a year for a period of three weeks or so, hens moult which means lose their feathers. During this time, they do not lay eggs. As hens get older, they will lay fewer eggs though in most cases they will become larger.

A three year old hen will lay 3 or 4 eggs per week on average. It is important to ensure **minimum 12 to 14 hours of daylight**, supplement with artificial light in order to keep a hen laying eggs. **Fewer than 14 hours of light and the hens will stop laying eggs** until such time as daylight/light is available for 14 hours.

If you are going to raise your **chickens for meat**, have the info to **know how to eviscerate and process the birds**.

Raise your own rabbits

Rabbits is one type of meat that is **easy to raise and fast to produce**. It takes less feed and water to produce rabbit meat than any other animal meat. Rabbit meat is lean and all white meat.

<http://homestead.org/ReginaAnneler/Rabbits/PuttingFoodontheTable.htm>

<http://rabbitbreeders.us/raising-rabbits-for-meat> <http://www.wikihow.com/Raise-Rabbits-for-Food>

STORING FOOD: PRESERVING YOUR HARVEST – CANNING

Editor's note:

Canning food or making simple preserves is not something I have ever tried. I remember my mum used to make jam. I was inspired after reading this article and after watching a you-tube video. It seemed easy enough. One of our prayer group members has all the equipment and has commenced storing food - including fish, beef, etc. For my birthday, my granddaughter bought me a starter book and a funnel (just from a department store). My aim is to invest in some equipment - the pressure canner itself and lots of jars.

My only concern is to find a room that is cool enough for storage - obviously the kitchen pantry will not be ideal, according to the advice given below. Down under most people don't have basements.

I think the idea is to start now, so that we can become familiar with the processes involved and to start consuming the food within 12 months as suggested and rotating the stored supplies; then gradually building it up. Needless to say my son has called me a doomsday prepper.

Canning

Canning is the process of preserving foods in glass mason jars. The only downfall of canning is to keep the jars from freezing. Keep cool and above freezing by storing in a **cold storage, underground room, basement pantry** and keep jars **out of direct sunlight**.

There are two methods of canning. The most common one is water bath canning where the jars are **processed in boiling water** for a specified time. This method is suitable for items that have enough acidic content that botulism is not a concern. This is typically used for **jams, jellies, fruit in syrup, pickles, relishes and tomato sauces.**

The other method is called **pressure canning** and makes use of higher temperatures in a pressure canner to properly process the food items. This method is used for items with less acidity where boiling would be insufficient to ensure there is no risk of botulism. **Meats, fish, soups and many vegetables** must be processed this way.

The advantages of canning are the long shelf life and the knowledge that you know exactly what ingredients were used. Most health agencies suggest eating the contents within 12 months. Yet they do last much longer than that and your canned preserves **could see you through the 3 or 4 years of the Great Tribulation if the jars are stored as indicated previously.**

There are many online sources and books to help with canning including the jar manufacturers themselves. Here are a couple sources:

<http://www.simplycanning.com>

<http://www.bernardin.ca/pages/recipes/3.php>

<http://www.freshpreserving.com/recipes>

HAVE AN EMERGENCY PANTRY IN CASE AND BE PREPARED FOR SHORT AND LONG TERM NEEDS:

- In times of natural disasters and calamities
- In times of general famine and money shortage

Make sure that you cater for your family's nutritional needs to stay healthy. You will need a variety of canned and pickled food - meats, vegetables, fruit. See previous posts in "Preparation" and "Food" sections of the main menu on the home page of this site.

Rotate your supplies.

If you budget 3 jars of peanut butter for your two-week stash...then when you open a jar, **open the oldest**. And replace it with a new jar

Task:

Determine the needs of your family (first) **-for a two week period...**

What do you eat? How many mouths to feed?

Figure out what it takes to give you two weeks' worth. Buy it, place it in its own shelf, pantry, etc. When one item is consumed, replace it the next time you do grocery shopping.

(Secondly) for the long term:

Keep in mind what your family likes to eat within a reasonable budget and foods that keep well.

Think beyond relying on refrigerated or frozen foods as a way to store foods.

Strategy – determining portions

A breakfast can be one grain portion [example: cereal, oatmeal, 2 slices of bread] and one fruit portion.

A lunch can be a bowl of soup and sandwich.

A dinner can be a vegetable portion, a protein such as meat/poultry/fish portion and a starch portion [example: potato, rice, pasta, noodles].

The following are examples of what a portion is:

- 2 slices of bread,
- 2 pancakes,
- 2 ounces of dry oatmeal,
- 1 fruit,
- 3 ounces of vegetable,
- 4 ounces of meat/fish [before its cooked] or 3 ounces of cooked/canned meat/fish,
- 4 ounces of rice, pasta or noodles,
- 2 ounces of pasta sauce,
- one potato,
- one muffin,
- 1 large bun,
- 2 small rolls,
- 2 tablespoons of peanut butter,

- 1 pastry,
- 1 slice of pie,
- 12 ounces of soup,
- 4 ounces of legumes/beans and so on...

Calculate how many portions per week that you need for your family.

For this example, we will use 2 portions for breakfast, 2 portions for lunch, 3 portions for dinner and 2 portions for snacks per day.

Then each person in this example consumes $[2+2+3+2]$ 9 portions of food per day.

Multiply by number of family members.

For a family of 4 that is 36 portions of food per day. Multiply by 7 and that is $36 * 7 = 252$ portions of food per week.

Worksheet - example

For those who would like some idea on how to get started. You may consult the example shown below for you to log your own pantry diary.

The purpose is to log what you have accumulated so you have an idea of how many days of food you have and what meals the food is suitable for. You don't want to end up with 100 lbs of pasta noodles and no sauce.

Decide how much food for each meal. You decide what is in each portion according to your family likes and typical foods you eat. And you decide how many portions are needed for each meal.

Once you've decided what is a portion and how many portions is a meal for your family...document your purchases in your worksheet so you can monitor what areas are stocked and what areas are lacking.

Name of Item	Comment	Quantity purchased	Portion per each jar	Quantity available	Total Portions	Breakfast portions	Lunch Portions	Dinner portions	Drink portions	Water portions	Snack portions
						2 portions per person per day	2 portions per person per day	3 portions per person per day	4 glasses	12 glasses	2 portions per person per day
e.g. -tins corn,		12	4	12 cans	48			1			
flour	making bread										
Bottled water											

Example 1, if you look at the example, it lists 12 cans of canned corn. You determine that each can has 4 portions. For this line, you multiple 12 cans * 4 portions/can and that means this case of canned corn is adding 48 portions to the pantry. The 48 portions will be used for dinner meals so the 48 is added in the column 'dinner portions'

Continue in this way to complete the table/spreadsheet according to your own needs.

Example 2 - lists 2 x 20lb bags of flour.

Each 20-lb bag of flour will make about 21 loaves of bread.

Each loaf will provide 16 slices and we determine that **2 slices of bread is one portion.**

To calculate the number of portions: 2 bags * 21 loaves * 16 slices per loaf / 2 slices per portion = 336 portions. You could place the 336 in one column as in the example or break it out with some portions for breakfast, some for lunch and some for dinner. Whatever works for you and your family.

Example 3 shows 5 bags of pasta.

Each bag is 2 lbs or 900 grams.

One portion is 3.25 ounces or 85 grams. So **one bag of pasta is 10 portions.**

The number of portions for 5 bags * 10 portions/bag is 50. We add 50 to # portions and then show it under 'Dinner portions' as this family will use pasta for dinner meals.

Example 4 shows 25 cases of 24 bottles of water.

Each bottle of water is 16 ounces [or 500ml] and that is 2 glasses.

For number of glasses, we multiply 25 cases * 24 bottles * 2 servings per bottle = 1200 servings. We insert the value 1200 in the column “# Water servings”.

Continue in this manner and it will give you an idea of what foods you have and what foods you wish to consider adding. Adopt an approach that works for you. Maybe your budget allows you to purchase a little bit each week...adding 7 days’ worth of food each week. Maybe you can get a few days of food once a week. Regardless, of how little or how much, keep making progress by setting achievable goals whether that is one week, one month or one year’s worth of food at a time. Make use of sale items to get more portions for the same number of dollars.

A blank worksheet you can use to keep track of your own food needs :

TOTALS -->											
Name of Item	Comment	Quantity purchased [number of cans, jars, bags, boxes, jars, cases]	# portions per EACH can, jar, bag, box, etc	Multiply Quantity by # portions	Ttl Portions/ Glasses	# Breakfast Portions	# Lunch Portions	# Dinner Portions	# Drink Servings	# Water Servings	# Snack Portions
Information						2 portions per person per day	2 portions per person per day	3 portions per person per day	4 glasses per person per day	12 glasses per person per day	2 portions per person per day

NUTRITIOUS FOOD THAT WILL KEEP EASILY

Foods That Don't Spoil Easily *By Sarah Lewis, RD /February, 2016*

Original Post: : <http://authoritynutrition.com/22-healthy-foods-that-dont-spoil/>

1. Nuts

With so many options to choose from, nuts are a great source of protein, fat and fibre that offer a lot of variety. Most types of nuts last for about a year, even longer if frozen.

2. Canned Meats and Seafood

Canned meats and seafood can last for 2-5 years in many cases. They are an excellent source of protein, and a fantastic source of omega-3 fatty acids in the case of canned fish.

3. Dried Grains

Grains can typically be stored for years, as long as they are kept dry and sealed tightly. If you're gluten-free, consider rice, buckwheat and gluten-free oats.

4. Dark Chocolate

Dark chocolate that's stored in a cool, dry place can last 4-6 months past the "best by" date on its label. It is an excellent source of fibre, magnesium and many other important nutrients.

5. Canned Fruits and Veggies

Canned fruits and vegetables that have been fermented or pickled are sold in airtight containers. Because they're usually packaged in an acidic solution, they can last for years.

6. Dried Fruit

Dried fruit is loaded with various nutrients, such as fibre. However, it should only be consumed in moderation because of the high sugar and calorie content. The dehydration process will prevent the fruit from moulding easily.

7. Canned Coconut Milk

Coconut milk is high in saturated fat, but this type of fat tends to be stable and doesn't go rancid easily. When canned coconut milk is sealed properly, it will resist spoiling for over a year.

8. Dried Beans

Beans are one of the easiest sources of protein to store long-term. They have a naturally low moisture content and can last for years. Additionally, beans are among the most nutritious foods you can eat. They are loaded with protein, fibre and various important minerals, such as magnesium.

9. Jerky

Just like dried beans, jerky can be a great choice if you need high-protein options.

Pretty much any meat can be dried or dehydrated and stored for up to a year or more, as long as it's stored in airtight packaging.

10. Protein Powders

You might not have considered protein powders, such as whey protein.

These are easy-to-store protein sources that can last up to 5 years.

11. Dehydrated Milk

Similar to protein powder, dehydrated milk powder stores easily and lasts even longer, or up to 10 years.

12. Honey

Honey is a natural antibiotic because of its high sugar and surprisingly low moisture content....

13. Hard Cheese Encased in Wax

When hard cheese is sealed in a waxy outer coating, it can last up to 25 years before beginning to spoil.

14. Ghee

Ghee is clarified butter, from which all the non-fat solids are removed.

Because it consists largely of saturated fats, it can last a very long time at room temperature if it's well-sealed.

15. Coconut Oil

Similar to ghee, coconut oil has a highly saturated fat content and can last for years on a shelf at room temperature. It's also handy to keep around for a variety of health reasons.

16. Extra Virgin Olive Oil

Just like coconut oil, olive oil can keep for a year or more if kept in a dark, cool location. It also has many impressive health benefits.

17. Canned Olives

Olives are a healthy source of fat and can last for over a year if canned properly.

18. Seeds

Many different kinds of seeds provide a little protein, a little fat and a lot of fiber. Try flax, chia, sunflower and pumpkin seeds for some variety.

19. Vinegar

Because vinegar is a mild acid, as long as it remains sealed, it can theoretically last indefinitely. Apple cider vinegar also lasts indefinitely, as long as it's kept in a cool, dry place.

20. Red Wine

...Red wine, can have some impressive health benefits when consumed in moderation. Shelf life may vary depending on how it's produced. Most commercially bottled wines are on a shelf for 1-3 years, but fine wine can often last for decades.

21. Salt

.... Pure salt is a very inhospitable environment for bacteria and will never spoil.

22. Dried Herbs and Spices

...As long as they are kept dry, they can often last for years.

SUSTAINABILITY: USING ALL YOUR LEFTOVERS

Vinegar using Fruit peels and cores.

You will need to have enough apple peels and cores to make the vinegar.

Apple Scrap Vinegar

Yields about 7 cups

Ingredients

- Peels and cores from six large apples
- 1 tablespoon of sugar
- 2 quarts dechlorinated water

Directions

1. Combine apple scraps, water and sugar in a large, wide-mouth glass or ceramic vessel and stir. Cover with a thin cloth.
2. Over the next several days, stir your fermentation several times a day when you think of it. After a few days, your concoction should start to bubble and begin to smell slightly alcoholic.
3. Once the ferment starts bubbling, stir it once a day.
4. Continue to stir daily. Fermentation times vary, but your vinegar will likely start to taste sour after about a week. At this point you may strain the fruit out and compost the spent scraps.
5. Bottle your vinegar IF YOU DETECT ZERO FIZZ. Although you may see no evidence of bubbling, and believe the fermentation has ended, this may not be the case. To avoid messes—or worse, explosions—burp your stored vinegar regularly.

This vinegar will keep for at least a year.

MORE WAYS OF USING LEFTOVERS:

You will need a freezer for the following:

Chicken bones.

Save the bones from meat or poultry for broth until you have enough. Simmer water and the bones in a slow cooker for twenty-four hours. This is very nutritious and is a "grandmother" natural remedy for keeping well and avoiding illness.

Roasted tomatoes.

Buy in bulk tomatoes from the farmer's market. Halve or quarter these into bite-size pieces, roast them at about 225°F for an hour and a half or two and then freeze them in jars.

Leftover whey.

Making ricotta cheese produces an alarming amount of whey. Freeze this in ice-cube trays and then transfer the frozen cubes to glass jars. A few cubes of whey adds some nice tang to soup.

Vegetable peels and scraps.

Save the ends of carrots, celery, onions, green beans and store them in glass jars in the freezer. After accumulating a large pile of scraps simmer them in water to make broth. From: zerowastechef.com

HEALTHY FOODS THAT DON'T SPOIL EASILY

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Shelf life may vary depending on how it's produced. Most commercially bottled wines are on a shelf for 1-3 years, but fine wine can often last for decades.

21. Salt

.... Pure [salt](#) is a very inhospitable environment for bacteria and will never spoil.

22. Dried Herbs and Spices

...As long as they are kept dry, they can often last for years.(From:

<http://authoritynutrition.com/22-healthy-foods-that-dont-spoil/> By [Sarah Lewis, RD](#) | Feb, 2016)

*****Take Home Message*****

The best foods to store for long periods of time are those that have little or no moisture content and are not temperature sensitive.

Foods that have a higher moisture content can be stored long-term in many cases, but require special procedures to keep them from spoiling.

GROWING YOUR OWN FOOD

Gardening tips

Basic Gardening Tools

There are many tools for gardening purposes. The essentials are as follows: gloves, round shovel, hoe, rake, watering can, leaf rake and hand trowel. If there are fruit trees or bushes to keep pruned then add pruning shears, loping shears and a pruning saw. The pruning saw can also serve to cut small branches for firewood.

Gardening Tips

Sprinkle Holy Water on your garden plants once in a while, not to water them but to bless them, that they may grow and provide their bounty.

Companion planting.

Some plants do better with certain other plant varieties as neighbours. This link gives a good chart on what to plant together and what to keep apart.

https://en.wikipedia.org/wiki/List_of_companion_plants

Feeding your plants.

Used tea bags can be put into a watering can and let to steep. The water will gain some nutritional value that can be used by plants. When buying fertilizer is no longer an option, this method, when done regularly, will help your plants. 3 or 4 tea bags at a time will do. Replace with newer tea bags when 3 or 4 newer bags are available and discard the old ones by putting them in your compost.

Adding nutrients to your soil.

To minimize waste that is discarded, put fruit and vegetable waste in your compost, along with egg shells [crumbled up], grass trimmings, ashes from wood stove, newspaper [tear into smaller pieces] and leaves from fallen trees. Avoid placing meat products or any prepared foods to minimize turning the compost heap into a buffet for scavenging wildlife. If keeping a compost heap is not possible, mix your compostable materials and dig it into your garden immediately. This is accomplished by digging down 8 to 12 inches and placing a layer of the compostable material in the trench [where next year's row is going to be] and covering with the soil you dug up. Earthworms will get to work to convert that into a composted material that is an excellent growing medium for your plants.

EASY TO GROW VEGETABLES.

Perennial vegetables

These don't have to be planted each year. After becoming established these plants will continue to produce an edible return, year after year.

Advantages of perennial vegetables

- Less work in the garden- easy to grow
- More resistant to pests and disease
- Take care of themselves
- More reliant producers
- They are usually well on their way to harvest when you are just getting around to planting the annual vegetables in the spring.
- Can provide a good hedge,

- Can provide groundcover or shade for insects and/or pollinators
- Enhance the health of the soil
- Can increase the beauty of the landscape

Some disadvantages:

- Can take a few years to get established and [produce a good yield
- Can have a stronger flavour which may take some getting used to
- Can spread quickly and take over the garden

List of perennial vegetables:

- Wild onion
- Wild garlic
- Asparagus
- Rhubarb
- Jerusalem artichokes (similar taste to a potato)
- Alpine strawberries

EASY TO GROW PLANTS



Wild onion.

Most gardeners are familiar with annual vegetables. These are the one you plant every year, reaping their harvest all season long until the first hard frost comes in the late fall. Many flower gardeners, on the other hand, are familiar with perennial flowers.

These are the plants that you plant once and that will continue to return year after year. Lesser known to both vegetable and flower gardeners, though, are the perennial vegetables! After becoming established in your garden or landscape, these plants will continue to produce an edible return, year after year.

Aside from decreasing the amount of work in the garden, there are many reasons to plant perennial vegetables. Once established, perennial vegetables literally take care of themselves. Established perennials are usually more resistant to pests and diseases, making them much more reliant producers. Additionally, perennial vegetables extend the harvest window. Since previously planted perennial vegetables are already established at the beginning of the

growing season, they are usually well on their way to harvest when you are just getting around to planting the annual vegetables in the spring.

Perennial vegetables can also serve multiple purposes. Many perennial vegetables are also beautiful, serving as an ornamental plant for your landscape. Some perennial vegetables can act as a hedge or groundcover, while others can provide shade and habitat for insects and pollinators. A few perennial vegetables can actually enhance the health of the soil for themselves and surrounding plants, increasing the health of your garden as a whole. While the benefits of perennial vegetable are certainly something to be celebrated, there are a few considerations to keep in mind prior to planting. Some of the perennial vegetables are slow to establish and may take a few years before they produce a significant yield. With that being said, once established, perennial vegetables can quickly spread and take over a garden area. It is important to thoughtfully consider where you are planting perennial vegetables and to maintain a regular harvest schedule. Additionally, perennial vegetables do tend to have a stronger flavor than many of the annual vegetables we usually enjoy. While this may indicate that they pack a nutritional punch, it may take your taste buds awhile to adjust.

The following is a list of some perennial vegetables that will enhance your garden and provide an edible output year after year.



1. Asparagus. Asparagus is probably one of the most well-known perennial vegetables. It takes a few years until it begins producing at its best, but once established you will be enjoying a plethora of fresh shoots every spring. Although it is possible to start asparagus from seed, you can speed up the harvest timeline by planting asparagus crowns.

2. Rhubarb. Although most people know of rhubarb in pie form, it is in fact a perennial vegetable with beautiful leaves (although toxic to humans) and an edible stalk. Like asparagus, rhubarb is best planted from crowns and should be allowed to establish for a few years before harvesting.

3. Horseradish. This is a must-grow vegetable for those who love spice, sushi or mustard greens. The large underground root of the horseradish

plant is the source of the strong, spicy flavor that has been known to clear sinuses. If you want to control the spread of this plant, it is important to harvest the entire root in the fall and only replant what you will need for the following year.

4. Sunchokes (Jerusalem Artichokes). Sunchokes are in the same family as sunflowers and are grown for their underground tuber. The plants have yellow flowers that attract beneficial insects to the garden. When cooked, they have a similar taste and consistency to a potato. Sunchokes are vigorous plants, spread quickly, and once planted in a location are difficult to eradicate.

5. Sorrel. Sorrel leaves are tart, lemon-flavored leaves that are delicious in soups and sauces. Sorrel tastes best in early spring and will become bitter in warmer weather. Sorrel grows similar to other garden greens and is not as vigorous of a spreader as other perennial vegetables.

6. Wild garlic. Plant a patch of wild garlic for the first fresh garlic taste of the season. Wild garlic looks and tastes similar to cultivated garlic and loves moist soil and lots of shade. Both the leaves and bulbs are edible with a sharp garlic flavor when raw and a more mild onion flavour when cooked.

7. Scarlet runner beans. While most beans are known to be annuals, if you reside in zone 6 or above scarlet runner beans can be planted as a nitrogen-fixing perennial. As the name suggests, scarlet runner beans will vine and climb up any sunny trellis you provide. They can be eaten fresh like green beans, or allowed to mature and dry to be cooked later in soups and stews.

8. Alpine strawberries. Although not technically a vegetable, alpine strawberries are worth planting as a perennial fruit that also acts as a great groundcover. Similar to cultivated strawberries, alpine strawberries can be planted as crowns, and make a great edible addition to an otherwise ornamental garden. While not as productive as the cultivated variety, once ripe these berries are deliciously sweet garden treats.



9. Hops. While not typically considered a vegetable by many, hops are useful perennials to plant for a number of reasons. The young shoots can be cooked and eaten similar to asparagus, and the cones can be used for beer brewing and as an antibacterial addition to homemade soaps. Hops are a beautiful climber in the garden and exude a delightful smell as well.

HOW TO GROW AN ORGANIC GARDEN FOR FREE.

An internet documentary called “Back to Eden” tells the story of a God-fearing man – Paul Gautschi and his home garden.

His gardening methods, are contrary to traditional techniques.

For example, he hasn’t watered his garden in 34 years.

He doesn’t rotate his crops.

Pests and weeds don’t seem to be a problem for him.

He doesn’t ever till his soil.

His only gardening tools are a rake, a shovel and a wheelbarrow.

And yet, the food he grows is juicier and sweeter than anything

Best of all, his methods are completely free.

According to Paul, covering his garden with wood chips is not only the secret behind his low-maintenance, high-yield gardening technique, but it is also the reason his produce is so juicy and sweet. Paul doesn’t use fertilizers, only compost from his chicken pen and free wood chips from his local tree service, who are in need of a place to unload their scraps...

Paul says tilling the soil each year does more harm than good, as it disrupts the thriving ecosystem in the soil. With wood chips, the soil never compacts. And so doesn’t need tilling. In fact, it retains the perfect amount of oxygenation and moisture, without ever watering it. His soil is rich, black and loose

His methods imitate the ways of nature. ...

Read more at : <http://thenaturelifeproject.blogspot.com.au/>

For Detailed Instructions On How To Build This Garden Go To::

<http://www.backtoedenfilm.com/how-to-grow-an-organic-garden.html>

10 BENEFITS OF FERMENTED FOODS

December 17th, 2015

From sauerkraut in Germany to kimchi in Korea, fermented foods are



represented on a global scale. And there's good reason – fermented foods have some excellent health promoting benefits. Here's 10 reasons why it's a great idea to include them in your diet regularly.

1. Contains beneficial bacteria for your stomach

Many people get their probiotics through pill supplements, but it's even better to get them fresh from a natural source. By balancing your good gut bacteria, probiotics help ensure your body will be better equipped to stave off disease.

2. Helps digestion

With the help of probiotics, food can move through your digestive system more efficiently. In fermented foods especially, the live bacteria works to partially break down the food to a certain extent *before* you eat it, so the body has to do less work to digest the food all by itself. This makes the foods extremely gentle on your system.

3. Fights and destroys microbial pathogens

Harmful bacteria find it difficult to survive during the fermentation process, so fermenting a food kills off potentially harmful pathogens before you can ingest them. Once inside you, the probiotics continue battling for you. Compare that to doctor-prescribed antibiotics, which destroy the bad bacteria, yes...but also kill the good bacteria, leaving you more open to another infection.

4. Reduce inflammation

Fermented foods can actually help prevent inflammation before it even hits. Especially for people suffering from a chronic inflammatory disease like diabetes or pancreatitis, they can be lifesavers. But don't reach for your favourite fermented beverage: alcohol is an exception to this rule, as it can worsen inflammation in other ways.

5. Build up your immune system

Fermented foods help your body build up a good defence against intruding diseases. If you drink kefir for breakfast and then have an e.coli-contaminated spinach salad a few hours later, the beneficial bacteria from the kefir will fight the bad bacteria from the spinach.

6. Increase a food's nutritional value

Much like the human body is able to synthesise some of its own vitamins and amino acids, the bacteria in fermented foods can create additional vitamins (especially B vitamins and vitamin K) as they partially digest sugars and starches.

7. Enhances the absorption of nutrients

Beyond creating more nutrients in the foods themselves, fermented foods also are rich in enzymes that enable your body to absorb and use them more completely.

8. Are safer to eat than their raw versions

Millions of people suffer from food-borne illnesses every year, often from raw vegetables. Now, don't take this to mean that you should cut out raw vegetables! However, incorporating fermented vegetables or other fermented foods will lessen your chances of being hit by one of these unpleasant bugs.

9. Enrich food flavour

Fermented foods, with their unique, tangy flavour, can be an acquired taste – but it's a taste worth acquiring. Fermented foods taste richer and more complex than the original food; it's like eating something you've never tried before!

10. Can be preserved for a long time

Do you like to stock up on food for emergencies or use throughout the year? Fermented foods are a perfect candidate: unlike raw vegetables, which usually spoil in a week or two, **they often last a year or more.** If you opt for probiotic yoghurt or kefir, try to avoid varieties with added sweeteners, which can undo the good that the healthy bacteria do. Fermented vegetables are a prime place to start experimenting. Try cabbage, carrots, pickles, celery, and more

They often begin as whole foods, and with the help of microorganisms, their sugars and carbs are converted into compounds like lactic acid—the stuff that gives pickles and sauerkraut their signature sour taste. The process also turns these foods into probiotic powerhouses that boost levels of good bacteria in

your digestive tract, improving the health and balance of your body's collective microbiome, or bacterial community. A healthier microbiome, in turn, has been shown to aid in digestion, increase immunity, prevent disease, and—according to some preliminary studies—reduce blood pressure and keep you slim. What's more, fermented foods are also easier to digest because they're already partially broken down by bacteria, says Dana White, RD, a culinary nutritionist. And whatever nutrients are in there—say, vitamin C, in the cabbage that turns into sauerkraut—are actually enhanced during the fermentation process.

Veggies that are preserved via natural lacto-fermentation, as opposed to being brined in vinegar, are highest in probiotics. These include sauerkraut and kimchi (both made from vitamin C- and fiber-rich cabbage), and traditional sour or dill pickles. Pasteurized versions of these products, which include most mainstream brands, don't contain probiotics because they're heated to a temperature that destroys all good and bad bacteria. To ensure you're getting the real deal, look for terms on the label like "unpasteurized," "naturally fermented," "raw," or "contains live and active cultures." Of course, as with any unpasteurized food, your risk for foodborne illness is a bit greater, so be sure to refrigerate these products after opening and consume them by the date on the label. Some great probiotic-packed options include Real Pickles Organic Dill Pickles; Jacob's Raw Organic Caraway Kraut made from cabbage, apples, and caraway seeds; and Farmhouse Cultures Organic Spicy Wakame Ginger Kimchi.

Yogurt

Yogurt has been used for centuries to cure bowel troubles and diarrhea. In addition, regular yogurt (not the low-fat kind) contains the hormone-like substance called prostaglandin E2, which can prevent ulcers. But the type of yogurt you eat makes a difference. To make sure you choose the right one:

- Be sure the label says the product has "active cultures." Some companies pasteurize the product after it's been made, and this kills off the remaining beneficial bacteria, making it useless.

- Look for products made from *L.acidophilus* bacteria cultures. They will have the greatest benefits. Most yogurts are now made using *L.bulgricus* or *S thermophilus*.
- Avoid yogurts containing sugar. (Usually the yogurts with fruit are loaded with sugar.)
- Add your own fruit. Bananas give yogurt a sweet taste and counteract the sourness. For a more consistent sweetness, try blending the banana into the yogurt in the blender.
- You can also make your own yogurt. (And yes, you can use pasteurized milk.)

Cottage Cheese

The traditional fermented food cottage cheese is an excellent source of protein, calcium, and to a lesser degree, beneficial bacteria. Look for low-salt products.

Whey

Whey is the liquid remaining after the curds and cream have been removed from clabbered milk. You can use it in soups, add it to steamed vegetables, or mix it into fruit juice or blender drinks for extra zip.

Kefir

Kefir is an excellent milk-based beverage that you can make by adding kefir grains to milk. (The grains are actually colonies of yeast and bacteria that look like cooked rice clumps. Sounds appetizing doesn't it?) In 12 hours, about four ounces of grains added to one quart of milk will produce the beverage.

Non-Dairy Fermented Foods

If you have a bacterial imbalance in your bowels but can't handle soured milk products, try some of these other traditional fermented foods:

- Sauerkraut
- Pickled cucumbers
- Pickled garlic
- Pickled beets
- Pickled radish
- Pickled corn relish
- Korean kimchi

- Natto
- Miso
- Tempeh
- Soy sauce
- Fermented tofu
- Naturally fermented and unpasteurized beers

It's also easy and affordable to make your own fermented vegetables at home. Here's how I do it:

1. Choose a selection of your favorite vegetables. Organic vegetables like carrots, peppers, kale, seaweed, collards, and broccoli are good choices.
2. Create a brine by juicing stalks of celery. Celery contains natural sodium and keeps the vegetables in an anaerobic environment, which encourages the growth of bacteria.
3. Put the vegetables and celery brine in a canning or jam jar (fill to the brim to eliminate any trapped air). You may add some aromatics like garlic and rosemary for taste. Completely cover the mixture with a cabbage leaf.
4. Seal the jar and keep in a warm, slightly moist place for 2 to 4 days. You can use a portable cooler filled with warm water to store the jars, or you can cover them with warm wet towels and set them in a casserole dish filled with warm water. Maintain a temperature range between 68 to 75 degrees Fahrenheit.
5. After several days, move the jars to the refrigerator to be stored until consumption.

Chopped into bite-sized pieces, fermented vegetables are great as side dishes, a garnishes, or in salsa.

CURRENCY: SILVER, GOLD

<https://bullionmoney.com.au/products/silver/silver-coins>

Silver and gold coins/ bars Website shows \$Aust. and \$US.

Don't leave it too late as there could be a shortage and this will drive the prices up.

“Your money will be worthless and the only way to trade will be in gold or silver.” -Jesus to Maria Divine Mercy, Jan 1, 2011

Silver/gold

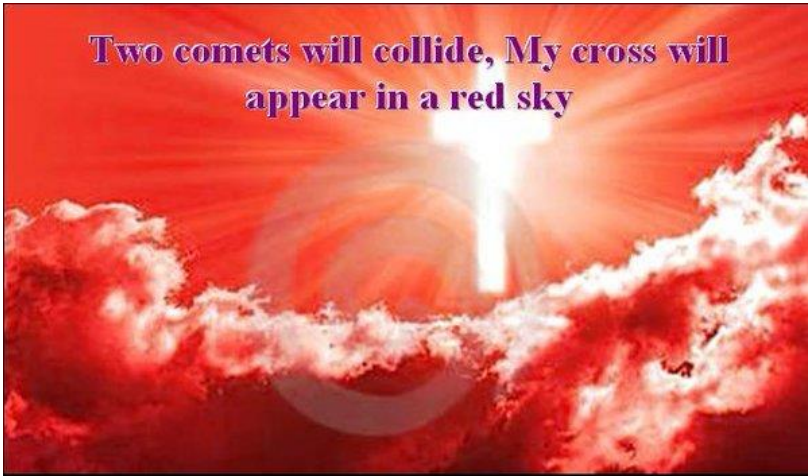
Transfer some of your wealth to bullion. Bullion, gold or silver, is an international trading currency that has value in the precious metal it is made of. Do NOT purchase certificates of gold or silver. Purchase physical bullion in coins or bars. No matter what happens with dollars, euros, yen and yuan, gold and silver will stand through the upcoming trials as an international currency. It is most likely that they will substantially increase in value. Silver in mid-2015 can be purchased at prices that barely cover the mining companies' extraction costs. Do NOT purchase collector coins. Collector coins are sold at a premium price for their decorative value. Stick to bullion bars and coins.

Since making change with silver or gold is not as simple as getting change with currencies, vary the size of the coins/bars you purchase. Start with one ounce bars or one ounce silver coins. As you accumulate more bullion, go 70% silver and 30% gold in varying sizes of silver bars and single gold ounces.

There are many private dealers out there. Purchase within your country.

Do not wait! If you cannot purchase much, purchase some. Do not wait until you have a specific amount, some months or years into the future before transferring wealth to bullion.

**Two comets will collide, My cross will
appear in a red sky**



They will see great signs in the skies, before The Warning takes place. Stars will clash with such impact that man will confuse the spectacle they see in the sky as being catastrophic. As these comets infuse, a great red sky will result and the Sign of My Cross will be seen all over the world, by everyone. Many will be frightened. But I say rejoice, for you will see, for the first time in your lives, a truly Divine Sign that represents great news for sinners everywhere. (...) Jesus Christ King of Mankind. Message " The Warning " Sunday, June 5th, 2011
More on: <http://thewarningsecondcoming.com>

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You can download this booklet from remnantdisciplesjtm.com