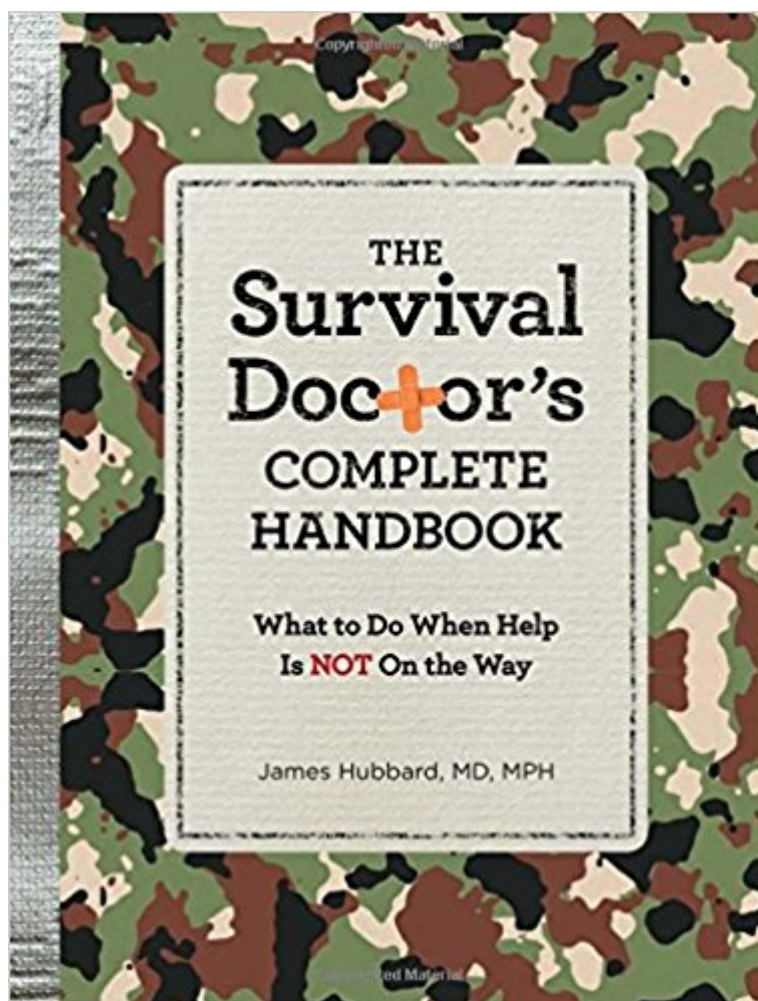


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The Survival Doctor's Complete Handbook: What To Do When Help Is NOT On The Way



Synopsis

The essential guide to take care of your family's health when you can't get medical help or answers right away. It's the worst snowstorm you can remember. The ice-covered streets are abandoned. You hear a boom in the distance, and your computer screen goes blank. Darkness. A crash and another bang from inside the house. In the hallway, your husband sits on the floor, soaked in blood. You dial 911, and all you get is a busy signal. Would you know what to do next? The Survival Doctor's Complete Handbook will teach you just what you need to know to take care of yourself and your loved ones in the event you aren't able to get professional medical help right away. Encompassing but going well beyond immediate first aid, the book covers: how to put a dislocated joint back into place how to prevent hypothermia when your heat has gone out what to do for asthma when you don't have your inhaler whether you can really drink your own urine if you run out of water what to feed your toddler if he has a fever and you have no medicine and much more Featuring more than 100 illustrations, along with quick quizzes and real-life examples, The Survival Doctor's Complete Handbook will take you step by step through the essentials of medical care during a crisis. Perhaps you've been stranded by a sudden storm when out camping. Maybe you live alone in a rural area, and can't easily get to a doctor when you hurt your arm. Or you just want to make sure you and your family are prepared to safely weather the next Superstorm Sandy, polar vortex, tornado strike, heat wave, earthquake, or other natural disaster. Whatever your situation and your health needs, The Survival Doctor's Complete Handbook is your must-have medical resource.

Book Information

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Customer Reviews

After more than 30 years of practicing family medicine in Mississippi and Colorado, James Hubbard, MD, MPH, combined his medical training with his outdoors experience to become one of the nation's top survival-medicine experts. You can find more of his practical, evidence-based tips on his website, TheSurvivalDoctor.com. The author of *Living Ready Pocket Manual: First Aid*, among other books, Dr. Hubbard now runs a private practice in Oxford, Mississippi.

I am so excited to see the new book. I have enjoyed the "Duct Tape 911" book by Dr. Hubbard, and, although I have several first aid books, and even one called "What to Do When There Is No Doctor" (which really focuses more on medicine in far off places), I found them lacking. I have been a nurse working ER and Critical Care Units (among other areas) over a period of 46 years, which might be why I see so much missing from the other first aid type books I have. What I especially like about this new book is the practical approach, using clinical assessment in the absence of diagnostic testing, to figure out the problem. I am seeing doctors today who seem to lack clinical assessment skills (or just don't use them). This book is quite comprehensive addressing many conditions not even mentioned in other such books. Another important point is that Dr. Hubbard gives practical advice but recognizes that some conditions really, really need a doctor, and he makes the recommendation when it is indicated. I also like the visual aids and myth alert components, which are very helpful. I might add that, despite my extensive experience in managing injury and critical illness, I learned much from this new book!!

This is a great resource to use in emergencies; kind of like a well written, easy to read First-aid manual. There are thoughtful ideas for alternative natural medicines when a pharmacy is not available. The author discusses supplements and home remedies. There are choices for treatments, depending on your situation. The drawings are easy to understand. This book is fun to read and amazing! I'm a High School Biology teacher and plan on using one of the pop quizzes about the heart with my students!

Dr. Hubbard has thought of almost everything (short of surgery, of course) in this book. I feel like the topics covered in this book are what Paramedics have to learn and recall on a daily basis.

For my husband who's headed to Argentina for a bird shoot. I send a small medic kit with him too.

Every book this Dr writes I buy. They all are well written, easy to navigate, and understand. Buy them.

Excellent, practical advice if you ever find yourself in an emergency situation with no immediate access to a doctor or ER. So many of us assume that our day to day life will never change and that the resources we have will always be there. This book is for those of you who want to be prepared for the day that YOU are the only resource. An easy and nicely illustrated emergency manual.

Very well thought out and useful handbook.

great

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