



## The Survival Doctor's Complete Handbook: What to Do When Help Is Not on the Way (Paperback)

By M D James Hubbard

Reader's Digest Association, 2016. Paperback. Condition: New. Language: English . Brand New Book. 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...



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