

3 Critical Items that are NOT in your home today--which you MUST have to Survive a Crisis

Minnesota medical doctor urges Americans to act now, because once a crisis starts, these important provisions will be impossible to get.

Dear Fellow American,

Hi, my name is Dr. David Eifrig Jr.

I'm a medical doctor originally from Minnesota, and today I want to share with you an amazing story.

It's about what actually happens and how people react in a REAL crisis situation.

I think this story will be a real eye-opener.

Because it not only explains human nature... but also the importance of preparation... and how having one small device at home (which is no bigger than a flashlight) could have made life much, much easier for millions of people.

I hope this story will be a wake-up call.

And after seeing it, I hope you'll take a few simple steps I'm recommending, to protect yourself and your family.

Here's the story I want to share...

On May 1, 2010, at about 10am, two sections of a 10-foot pipe ruptured in the town of Westin, Massachusetts.

Westin, by the way, is a small suburb, located 15 miles west of Boston.

The failure of these large pipes disrupted the area's main water supply and sent as much as 8 million gallons of water per hour spilling directly into the Charles River.

Almost immediately, the drinking supply for millions of area residents was contaminated.

As a result, Governor Deval Patrick issued a "state of emergency." And the city also used its "reverse 911" system, placing phone calls to affected residents' homes.

Ultimately, the governor issued a "boil-water order," explaining that tap water should be boiled for one minute before drinking.

Obviously, this was a problem requiring urgent attention... but in the grand scheme of things, it should have been a pretty minor inconvenience, right?

After all... water (even though it was potentially contaminated) was still flowing from faucets and toilets still flushed. The electricity still worked.

So this shouldn't have been a very big deal, right?

Well... wait till you see how the local residents reacted.

Immediately upon hearing Governor Patrick's announcement, millions of residents flooded local stores to scoop up all the available bottled water.

Supplies were wiped out almost immediately.

At the Market Basket supermarket in Chelsea, manager Jay Amado said all the store's bottled water was sold out 90 minutes after the governor went on the air.

Another manager of a different grocery store reported, "An hour and a half after we opened, we were back to square one with no water."

And of course, with no drinkable water, other items disappeared from store shelves too. Paper and plastic plates, cups, and utensils were quickly wiped out.

But even this is all to be expected, right?

We've all been to a grocery store or a Wal-Mart the night before a big snowstorm... or before a hurricane is predicted to make landfall... or during a power outage.

It's no surprise that certain store shelves empty very quickly.

After all, the average store has only three days of supplies on hand. When everyone wants the same items, they disappear fast.

To me, none of that is surprising.

But the amazing – and scary – thing about this incident is not how quickly supplies disappeared...

But how quickly the residents of this small community turned into animals, literally fighting over these limited supplies.

After fleeing the scene of one chaotic store to the safety of his car, one man reported: "Don't bother going to the super market, it's crazy. It's like a big brawl... it's all gone."

Another resident at the same store added, "And they're fighting over it... *literally fighting* over water."

Another customer, after making it out of a local store to the relative safety of the parking lot, stated: "I had to fight my way through the aisles, because it's crazy in there."

A fourth resident said from the safety of a parking lot bench, "Everybody just kept grabbing cases and cases."

If you want to see just how quickly a seemingly civilized society can completely break down, watch this 13-second video clip, from inside one local store...

With so many people fighting over such limited supplies, the government got involved...

State officials brought in 2.5 million gallons of drinkable water on tractor-trailers.

The National Guard and fire departments were put in charge of distribution. Lines of cars stretched more than 2 miles in some places.

People waited hours... to get ONE case of bottled water. And many were turned away

when supplies ran out.

To me it's simply incredible... and quite scary.

Many of these folks probably would not have survived without the help of the government and the National Guard.

And what's so disturbing is that this was a VERY MINOR CRISIS, isolated to only a fraction of the Massachusetts population.

It ended very quickly.

The spill was stopped within one day. Clean water was again flowing out of faucets within three days.

And remember, throughout nearly the entire event, there was *still* running water. The electricity was still on. The sewage system still worked.

In other words: Tens of thousands of people completely freaked out — yet all they had to do was boil water for a minute before drinking. That was their only real inconvenience!

Even so, most people couldn't deal with even this relatively minor disruption to their normal way of life. They'd made no preparations at home to ride out even a minor crisis such as this... and they were at the mercy of the government to rescue them.

Now... imagine if this had been a REAL crisis...

Imagine if this had gone on, not just for a few days... but for weeks, or even several months.

And imagine if it wasn't just drinking water that disappeared, but all running water, so you couldn't flush your toilets. And imagine if the electricity grid went down too... and it was the middle of summer or the dead of winter.

It would have been a very, very ugly situation, to say the least.

This complete lack of basic preparedness is all too common in America today.

And as a medical doctor, I've put together this short presentation because I want to make sure that you NEVER, EVER put yourself or your family in a life-threatening situation such as this, which can be easily prevented with a little foresight.

After all, YOU are the one your family is counting on.

YOU are the one they'll look to for answers if anything goes wrong. Do you really want to

have to look your family in the eye and say, "There's nothing we can do... we'll just have to hope the National Guard gets us the supplies we need."

The point is, take a few simple steps today, and you won't have to wait in line in the hot sun for a handout from the National Guard. You won't have to explain to your family how you failed to take the necessary steps to protect them.

In short, I want to show you how having a few CRITICAL items and small gadgets in your home (which I can practically guarantee you do NOT have right now), can help you survive almost any natural or manmade crisis, no matter how long it lasts.

Don't worry...

I'm not going to tell you to stock up on hundreds of gallons of water or massive amounts of freeze-dried food, or anything like that.

And I'm not going to bore you with mundane, common-sense recommendations like having extra flashlights, batteries, and a first-aid kit.

We've all heard these recommendations a thousand times before... and there's no use in me repeating such basic information.

Instead...

What I want to tell you about are three cheap, clever, and critical items, which I can practically guarantee you DO NOT have in your house right now.

These items are very easy for you to get today, but will immediately become impossible to find in the event of any crisis.

Now keep in mind: I don't sell or supply any of these things. I don't make a penny if you decide to get them. I've simply done a fanatical amount of research on this subject over the past few months, and I believe there are some really critical, but overlooked, items you must have.

For example...

The first ingenious item I want to tell you about could have prevented hundreds of thousands of people in Westin, Massachusetts from wasting dozens of hours of their time... fighting at the local grocery store... and potentially drinking toxic water.

Here's what I mean...

"Innovation of the Year"

- *Esquire Magazine*

We all know that clean water is THE most critical item in any emergency situation.

You need it for drinking, cooking, and cleaning.

And yes, you should keep some extra water stored at home — just don't store it on a cement floor, because that can cause a chemical reaction that contaminates your supply.

But most people don't know there's an even easier way to make sure you have access to clean water, no matter where you are in the world, and how bad the situation gets.

You see, a few years ago, a Swiss company developed an incredible little device, which can quickly and easily turn even the dirtiest and most contaminated water into perfectly fine, drinkable water.

You can use this tiny little device in your home, or put it in your back pocket (it weighs about one-eighth of one pound), and take it with you wherever you go.

It involves no pills, no electricity, no sunlight, no heating... and works instantly (in five seconds or less).

This little device meets all the EPA guidelines for filtering potentially contaminated water. In fact, according to a study done by the University of Arizona, it filters particles that are twice as small as what the EPA requires to be removed.

This amazing little device first came on the market about eight years ago, and since then has been used all over the world by humanitarian groups seeking clean drinking water in places such as Africa, Pakistan, Haiti, and South America.

As a result, it has received numerous awards and rave reviews...

Time magazine named it "best invention of the year." *Forbes* said it is, "One of The 10 Things That Will Change the Way We Live." *Esquire* magazine named it the "Innovation of the Year" the first year it came out.

You get the point.

This is an incredible, life-saving device, yet it only became available in North America in 2011, so very few people in this country know anything about it.

But I believe EVERY American should have one of these devices at home.

Yes, it's great to have with you if you're on a humanitarian trip to Zimbabwe... but it's even better to have with you for emergency situations at home!

And I haven't even told you the best part.

How much do you think an incredible invention like this should cost?

\$200? \$500?

Access to clean water is worth at least that much, and certainly much more during a crisis, right?

But get this...

You can buy one of these critical, potentially life-saving inventions for less than \$20... and you can get as many as you want, right on Amazon, or dozens of other websites.

When you buy it on Amazon, take a minute to check out a few of the reviews. It has 249 total reviews. 81% of the purchasers give this product a perfect, "five out of five star" rating. I'm not sure I've ever seen a product with that many reviews score that highly on Amazon.

In just a second, I'll tell you exactly how to get this device on Amazon.

And remember, I don't make a penny for recommending it. I simply think it's a great little emergency preparedness device that EVERY American who cares about his family should have in his home.

And that brings me to the second critical item you should have in your house, but probably don't...

It's something that can keep your family safe, no matter what is going on in the world around you...

Better Than a Gun?

One of the first things you need to do in any crisis, is make sure your family is safe from other people who could do you harm.

And herein lies a huge mistake most people make...

Most people think that the best way to protect your family is to be armed to the gills with guns and knives.

But the truth is, you actually want to **avoid** confrontation as much as possible.

This is true in general... but especially true during a crisis.

If you are involved in any type of altercation, not only could you get hurt, without access to good medical care... you could also get in a lot of trouble with local authorities.

If you think the local police use little common sense in normal times, wait till you see how they react in a crisis!

It's always, "lock them up... and deal with the situation later." And the last place you want to be in a crisis is locked in jail, while your family fend for itself.

So here's what I recommend...

What most people don't realize is that there are actually two ways to stop any threat.

The first is to convince a perpetrator they don't want to be in fight with you. The second is to use force and weapons.

Obviously, the first method is more desirable, especially in a crisis.

And that's why I recommend you have one very clever safety device in your home.

It's super-cheap, extremely safe, comes in a small can, and fits in the palm of your hand. (Please note: This has nothing to do with mace or pepper spray or anything like that—it's very different, and much safer.)

I learned about this technique from a guy named Jack MacLean.

MacLean was a notorious jewel thief and when he went to jail, he interviewed more than 300 fellow burglars to figure out how to stop them.

What he found was that the No. 1 thing that would scare off every single one of these incarcerated burglars was not an alarm system... a dog... or light timers... but rather something much safer and cheaper, which comes in a bottle that fits in the palm of your hand.

Now look, I'm not saying you shouldn't have a gun or other self-defense weapons. I own guns, and I think it's smart to own one.

But you must remember that you should use guns only as a last resort. The first thing you should try is this simple little bottle that fits in the palm of your hand.

Remember: Looting and robbing are very much about psychology.

Most people will only attack others when they are very confident they'll get away with it. The safe and nonviolent technique I'll show you will work about 99% of the time.

I'll show you how and where to get this little device for less than \$20 as well. Again, I have no personal affiliation with this product whatsoever and will not benefit financially in any way whatsoever if you buy it.

I just want you to know about it... how to use it... and to have it in your own home.

But before I get into more specifics, I want to show you one more thing most people don't have in their home, which can help you and your family survive a crisis.

The Best Way to Avoid Being an Innocent Victim

One more thing you absolutely must know how to do in any crisis is to be able to keep your family healthy...

Without the "normal" social support services, such as police, fire department, doctors, and hospitals.

Remember that in any crisis event, you could be on your own for several days or perhaps several weeks.

Hospitals could be impossible to get to. In fact, if we have a bioterrorism, plague, or viral outbreak, going to a hospital could be even more dangerous than staying home.

Your town could be without running water for a month or more.

No washing. No flushing toilets. No way to shower, clean dishes, or cleanse wounds.

Every year, poor sanitation kills more than 2 million people around the globe. We don't see the effects of this very often in the United States, but in a real crisis, poor sanitation is deadly.

As a medical doctor, I can tell you that one of the most important things you must have in your home is a good supply of antibiotics.

Now... how do you get antibiotics when you're not sick, and which ones should you keep on hand?

Let me explain...

In short, there are four (4) prescription drugs I strongly recommend you have at home.

One of these drugs is an often-overlooked antibiotic, called Doxycycline. Like all antibiotics, it treats bacterial infections.

But the reason you want to have Doxycycline is because it also treats "atypical" bacteria such as Rickettsia, which causes Rocky Mountain spotted fever and typhus.

I'm not sure how much you know about typhus, but it's extremely deadly (without treatment) and is sometimes referred to as "camp fever" or "hospital fever" because it affects large populations living near one another in poor sanitary conditions.

Typhus epidemics have actually changed history.

Typhus killed 3 million Russians during WWI... and during one dark period in Britain, it killed 10% of the entire population.

The point is, in a city or town with no electricity or running water, and generally poor sanitary conditions, typhus and similar epidemic diseases could definitely strike again.

So Doxycycline is something you should definitely have around. And it's a lot cheaper and easier to get than most people think. A 10-day generic for Doxycycline shouldn't cost much more than \$10 at any pharmacy.

And in addition to Doxycycline, you definitely should also have three other drugs on hand.

These drugs can be used to treat things like pneumonia, bronchitis, sinus infections, skin problems, and dozens of other deadly infections... even exposure to the most common bioterrorism agent: anthrax.

So which other drugs should you get? How do you acquire these drugs safely and legally? And how should you store these drugs so they last as long as you might need them?

Here's what I recommend...

The Doctor's Protocol

The details on everything I've described here... and so much more, are included in a brand new book I've just finished putting together.

As I mentioned earlier, I'm a medical doctor, originally from Minnesota. But what I didn't tell you is that over the past half-dozen years, I've built an incredible research team that has been very successful tackling one big challenge after another.

Our most recent project:

Creating what we believe is by far the best "field manual" for Americans who want to prepare themselves and their families to survive any natural or manmade crisis that comes our way.

We call it the ***Doctor's Protocol Field Manual***, and it contains the full and complete details on everything I've described to you so far.

The award-winning \$20 water device is detailed on page 55 of my Field Manual.

The \$20 device that safely stops burglars, and fits in the palm of your hand (remember this has nothing to do with mace or pepper spray or anything like that) is found on page 51 of my Field Manual.

And all the details on the four (4) antibiotics you must have in your home—plus the specifics on how to legally get and store them—are found on page 48 of the Field Manual.

Of course, these survival secrets are just the beginning. The ***Doctor's Protocol Field Manual*** is packed with dozens and dozens of techniques and secrets you aren't likely to hear about anywhere else.



You see, although I'm a medical doctor, I want to make one thing very clear from the outset.

I am NOT a "survivalist" or a "prepper." At least not in the way you see these people typically portrayed on TV or in the mainstream media.

For example...

I do not have an underground bunker. I do not own a second passport. I do not carry a concealed weapon, or own a generator.

I do not believe civilization is coming to an end, or that a solar flare is about to wreak havoc on Earth. And I definitely DO NOT believe America's best days are behind us.

That said...

As a scientist who studies the facts and the science behind everything... I definitely DO believe you are 100% responsible for protecting your own family.

And I think only a fool would not take these simple preparations, especially when they are so cheap and easy to do... as long as you act ***BEFORE*** a crisis hits.

Sure, we all hope that no one in our family will ever have to deal with a life-threatening disaster or a complete breakdown of civil order. But why on Earth would you possibly risk it?

That's why the question I always ask is...

How valuable is your life?

And how valuable are the lives of your spouse, your children, and your grandchildren?

Is it worth taking a few really simple steps today to protect your family from potentially catastrophic problems?

I'm sure you already know the answer.

And I ask this question because I know it is 100% certain that we will once again experience major crises in America.

It's not a matter of "if" but simply "when."

As a Los Angeles fireman named Kevin Mason (who teaches emergency preparedness classes) points out: "Every year in this country, there are twenty-five thousand disasters. You have to get that through your head."

According to the Uniform California Earthquake Forecast, California has a 99.7% chance over the next 30 years of experiencing an earthquake registering 6.7 or greater on the Richter scale.

And there's a 100% chance we'll have major tornadoes, hurricanes, floods, and forest fires.

We're certainly going to experience major disruptions to the economy and the banking system. The way our government is borrowing and recklessly spending, there's now a very real chance we'll have a major currency crisis in America, which will disrupt EVERYTHING.

And what about terrorist attacks?

I'd say there's a 100% certainty we'll continue to see terrorist attacks around the globe.

Remember, Al-Qaeda spokesman Suleiman Abu Gheith went on record stating Al-Qaeda's objective is: "to kill 4 million Americans — 2 million of them children — and to exile twice as many and wound and cripple hundreds of thousands."

And even if by some miracle there aren't any more epic terrorist attacks, we're certainly going to see major disease outbreaks and localized epidemics.

Think about the famous flu epidemic of 1918, for example. More than 20 million people died around the world.

But guess what?

Most people didn't die from the flu.

The National Institute of Health has concluded that most people died because of bacterial pneumonia, following the flu virus. In other words, antibiotics could have saved millions, which is why you need your own stockpile at home.

And even if we're somehow lucky enough to avoid all of these things, we're still going to have life-altering events like water-main breaks, electrical-grid failures, and large, temporary disruptions to our food supplies.

And despite what most Americans believe...

Nobody is coming to your aid in a disaster.

Look at what happened during hurricane Katrina in New Orleans. Look at what happened to the folks in New York after hurricane Sandy. Look at what happened to the folks in Westin, Massachusetts after the water main broke.

Sure, the National Guard showed up, but no matter how well meaning they are... no matter what kind of modern equipment they have... there's nothing the National Guard, police, or fire department can do when so many people need help!

In a real crisis, these folks will all have their hands full simply trying to restore order.

In other words: You are on your own, and your family's safety is ENTIRELY up to you. So you have to take some basic preparations.

It's a simple fact of life that every American should have the basic ability to take care of himself, in any situation, without the help of the police, the government, or social services.

After all, we are a nation founded on self-reliance, but now most Americans seem completely incapable of caring for themselves, right?

But here's the thing...

Over the past few years, I've done a tremendous amount of work studying the fields of disaster preparedness. And what I've found is that the more I studied these areas, the more I realized just how much misinformation is out there... and how little scientific understanding there is, as far as dealing with a crisis.

That's why I've developed a simple and scientific approach to surviving just about any crisis. And that's why I put everything you need to know in my ***Doctor's Protocol Field Manual***.

Of course, you may be wondering... why should you pay attention to anything I have to say?

After all, there are lots of people out there today writing books and giving television interviews on how to prepare for a crisis, right?

Well, there's really just one simple reason you should listen to me:

Unlike every other survival plan out there, my Protocol is based on facts, numbers, probabilities, science, and medicine... not hype.

You see, almost everything you read or watch today as far as preparing for a crisis is based on half-truths... hype... fear... and emotion.

As a medical doctor, I understand the scientific method. I understand what happens to the human body during a crisis, and what our bodies truly need in every situation.

And remember, I'm not selling any of the supplies and devices I recommend you have. I don't get any kickbacks or commissions for recommending particular products.

I simply tell you what works best in the real world.

My Field Manual is simply a collection of proven ideas, strategies, and techniques. It is based on a combination of scientific knowledge, plus the survival systems that have been proven to work in the real world.

My research team and I have spent literally thousands of hours identifying only the most critical, most important information you need.

Let me tell you a little more about this incredible book. **And I want to share the full details on three of the valuable secrets it contains.**

I suggest you grab a pen and paper if you have them handy, nearby. We're going to cover a lot of really good, practical information. If you can't take notes, don't worry, I'll show you at the end how to access this information in even greater detail, free of charge, online.

You can begin putting these techniques and ideas to work for you starting immediately, even if you decide my book is not for you.

The Safest Place to Sit on Any Airplane

For starters, my *Doctor's Protocol Field Manual* is packed with very simple strategies and techniques, which can save your life. Including:

** The safest place to sit on any airplane, and the biggest mistake most people make in every crash. I guarantee you will never board a plane the same way again after you read this potentially life-saving information. (page 78)

** What to do every time you check into a hotel, to dramatically increase your chances of surviving any crisis. It's free and takes about 2 minutes. (page 77)

** How people move out of large buildings in a crisis. It's not the way you think, and it doesn't make any rational sense. This is something you must understand, in case you are ever in a large building when disaster strikes. (page 9)

** What to do if you are in a public area and someone starts shooting. Odds are you'll never need to use this technique, but don't you think everyone should understand this technique, especially since it takes less than 30 seconds to learn? (page 84)

And much, much more.

I honestly think that knowing these techniques, strategies, and secrets could actually save your life.

But most importantly, they will immediately improve your life, even if you never experience any type of crisis in your lifetime. These ideas will make you richer... healthier... stronger... more confident... and a better parent and role model. You'll see what I mean and why in a minute.

Plus, becoming more self-reliant will make you better at just about everything you do... including investing, parenting, working, and even being a good friend.

You'll better understand the fabric of society, and how the world really works.

You'll also learn:

** The best way to prevent a serious injury in a car crash. This has nothing to do with airbags or seatbelts. (page 79)

** What to say to your children and grandchildren so they are not afraid, and are ready to handle a crisis situation. Hint: The worst thing you can tell them is that there is "no danger" and "no reason to be afraid." (page 81)

** The one thing you almost never find in people's homes, which could truly save you in a fire. (page 76)

** The absolute best food for emergency situations? I've never seen this written about anywhere, but there's one simple, long-lasting item that will give you all the nutrients you need. It's the only surplus food supply I keep in my

home. (page 34)

And this brings me to the first secret from my Field Manual that I want to share the full details on, with you, right now. You can start using it right away.

Let me explain...

What to do immediately after any crisis hits

One thing most Americans don't understand is that you will NOT respond to a crisis situation in at all the same way you behave in normal life.

For example, paramedics say it's common for people dealing with a loved one's emergency to get a neighbor to dial 911 for them because they simply can't perform the task themselves.

The rush of chemicals and adrenaline, coupled with the complete unfamiliarity with the situation, makes it impossible for many people to pick up the phone and hit three digits. In the scientific community, this is known as "Negative Panic."

People basically "freeze" when confronted with crisis situation they've never experienced before. The good news is, there are several ways to deal with this.

For example, one technique every American should know is a simple approach that can help even an untrained person overcome just about any extremely stressful situation.

It's a very simple strategy, used by the Green Berets, the FBI, and police officers around the country... and it's called "Combat Breathing" in some circles... and "Tactical Breathing" in others.

I'll teach you how to do it right now. You can master this approach in just a few minutes.

Here's how it works...

Breathing, as you may know, is one of the very few actions that can be controlled by both our somatic nervous system (the things we can consciously control, like moving your arm or sticking out your tongue) and our autonomic nervous system (which includes things we can't typically voluntarily control, like heart rate, perspiration, and digestion).

In other words, you breathe automatically, without thinking about it... but you can also change the way you breathe consciously, at least for a brief period of time.

So breathing is a bridge between these two nervous systems... and because that's so, you can essentially alter the way your entire body responds in a crisis... simply by altering your

breathing.

If you find yourself freezing up... starting to panic... or if you are having a hard time focusing... figuring out exactly what to do next in any crisis situation, the first thing you should do is try this simple "Combat Breathing" technique.

Here's how to do it.

First, breathe in for a regular count of four.

Next, hold your breath for a count of four.

Then, exhale for a count of four.

And finally, count to four before starting the sequence over again.

That's it.

I know, it sounds incredibly simple, but the next time you feel highly stressed... or even the slightest bit panicked, give it a shot for just a minute.

I guarantee it will change the way your body is responding. It will calm you down... and help you think much more clearly. It is basically impossible for your body and your brain to NOT calm down when doing this.

As one Oklahoma police officer, who swears by this technique after having to deal with being shot 10 times in his career, told Amanda Ripley in her book, *The Unthinkable*:

"It keeps you very calm. You don't start to hyperventilate or panic. Everything just kind of goes in slow motion for you. You say, OK, here's what's going on, I can handle this... it's not that bad."

How can something so simple be so effective?

Well, as I mentioned, because breathing is a bridge between your somatic and your autonomic systems, it allows you to calm many of the automatic stress inducers like rapid heart rate, sweating, and the adrenaline rush, which typically kick in.

Obviously, this is a very simple but powerful technique – yet outside the police, the military, and the FBI, it's not widely taught.

But I think it's something everyone should know. And it's one of the critical steps I teach in my *Doctor's Protocol Field Manual*. (page 19) There are advanced-level breathing techniques you should know and practice too. (page 79)

Again: EVERY American should know how these simple crisis techniques work.

That's one of the secrets from my Field Manual you can begin using right away.

Of course, my new Field Manual is loaded with scientifically proven ways to keep your family healthy and alive, even in bad times, including:

- * I'll show you the three most important life-saving techniques every adult in your house should know. Yes CPR is one of them... but there are several others you should know too. You can learn these techniques in about 30 minutes, without taking any classes. (page 50)

- * The most important thing you **MUST** do when anyone in your family is injured (even a minor injury), and you can't seek medical attention. (page 47)

- * An easy way to get all the nutrients you need when food supplies are short. (page 47)

- * The one medical book you must have on hand. There are dozens of home health books out there, but this is the one you want to have on hand to help you deal at home with any medical problem. (page 47)

- * Ingenious ways to stay warm when it's cold... and how to cool off, when it's hot... even if you don't have electricity or a generator. (page 54)

- * The best way to prevent your family members from dying of a heart attack. (page 82) And much, much more...

This brings me to the second survival secret I want to share with you, right here in this presentation. It has to do with food storage, and simple scientific principals called thermodynamics and heat and mass transfer.

It's a simple but life-saving concept...

How to Make Food Last Without Electricity

Do you know how to double the length of time your food will remain edible in your freezer?

The strategy is simple... and is based on the proven scientific principles of thermodynamics and heat and mass transfer.

In short: The best way to keep your frozen food safe when the electricity goes out, is to make sure it is packed with as many frozen items as possible.

If you know a big storm is coming with the potential for long power outages, pack your

freezer as full as you can get it.

If you don't have a full freezer of food, fill sealable plastic bags or Tupperware containers most of the way with water (remember water expands when frozen), and store them in your freezer.

As a result of doing this, food kept in a full freezer will last literally twice as long as a half-full freezer, when the electricity goes out.

And remember: If the power does go out for several days, you want to open the fridge and freezer doors as little as possible. Know exactly what you are going to get before opening the door.

Then, be sure you follow this basic protocol:

1. Eat food in your refrigerator first.
2. Then food from the freezer.
3. And only when all of those supplies are gone should you dip into canned goods and finally, emergency supplies.

You'll find my full food protocol on page 33 of my Field Manual... plus another secret that will make food in your freezer last even longer during a power outage.

My field manual also covers:

* By far the cheapest, most nutritious way to have a food supply for the next 20 years. This has nothing to do with conventional gardening or farming, but is a very convenient and unconventional way for you to get all the food you need, for as long as you need it. (page 35)

Of course, surviving a crisis is not just about having the right supplies on hand, but also knowing what to do and how people behave AFTER a crisis hits.

That's why my Field Manual also details...

* Something called the "Invisible Man" technique.

You see, what most people don't understand is how to travel during and after a crisis.

I will show a handful of very clever techniques I've learned in recent years, including one fascinating technique that can allow you to move around in any situation and pretty much go wherever you want, whenever you want, without being bothered by anyone. The "Invisible Man" technique is explained on page 64 of my Manual.

* The best way to safely and cheaply create an "Escape Hatch." If the situation where you live does not improve after a month or more, you might want to look for a better place to go. These strategies allow you to always have a nice Escape Hatch – a safe place to go, without spending a lot of money. (page 58)

** What to do if you are ever caught in a panicked crowd. Most people don't realize that people die in crowd mobs, not because they are trampled, but because of asphyxiation. The compounded force of just five people pressing against you is enough to kill you... and you can lose consciousness after being compressed like this for just 30 seconds. I'll show you what to do if you're ever caught in this type of situation. (page 83)

* The most valuable type of money you can have in any crisis. I'll show you how you can safely (and LEGALLY) move unlimited amounts of money, without ever notifying a bank – even if banks are closed. (page 41)

And speaking of money, that brings me to the third valuable secret I want to share the full details on today.

This one is a bit different... and certainly more involved. But for those with the time and the money to pull it off, it could certainly be a real lifesaver.

How to LEGALLY hide money from the U.S. government

As we've all seen many times throughout history... broke and desperate governments do incredibly desperate things.

They'll institute new taxes... trump up ridiculous charges... basically do anything they can to grab as much money as possible from honest, hard-working citizens.

And while the techniques I'll show you in my Field Manual are completely, 100% legal, they are definitely **NOT** widely known. So I recommend you DO NOT tell anyone but your immediate family what you are doing.

One of the first things you should know about protecting and hiding some of your money is this...

There are a handful of ways to legally hide money and assets from the government. The details start on page 63 of my Field Manual.

And by "hide," I mean you don't ever have to tell the government or anyone else – and there's essentially no possible way for them to take it from you, no matter how bad things get.

For example, one way to legally hide money and assets from the U.S. government is to buy real estate, located beyond U.S. shores.

If you own a house, apartment, condo, or piece of land in Ireland, the Bahamas, Canada, or the Caribbean, for example... you NEVER, EVER have to tell the U.S. government or report the purchase of a property to anyone, unless you rent it out for more than two weeks each year.

Now... I know... this might sound risky and complicated, owning real estate beyond U.S. shores.

But it's actually a lot easier, safer, and cheaper to do than most people think.

For example, I can show you several enclaves started by very wealthy friends of mine, in some of the beautiful places on Earth... not far from the U.S.

You can buy raw land, condos, houses, or even ranch land in these spectacular developments, and secretly get some of your money beyond the reach of the U.S. government.

Again, I don't receive a penny for recommending these spots. I have no affiliation with these places whatsoever.

But I visit these spots on a regular basis, and they are wonderful places with world-class beaches, golf, vineyards, fitness centers, spas, horseback riding, libraries, restaurants, and more.

I know, this is definitely not right for everyone. But if you've ever dreamed of owning a little piece of paradise... and you like the idea of getting some of your money completely beyond the reach of the U.S. government, this is a great way to do it.

Plus, if making a small real estate purchase beyond U.S. shores is not for you, I'll also show you three (3) more ways to get some of your assets beyond the reach of the U.S. government.

Foreign real estate is one such opportunity, but there are several other simpler and more convenient ways to do it too. You'll find all this information beginning on page 63 of my Field Manual.

Like I said, I believe my Field Manual is by far the best resource in the world for preparing you and your family for ANY crisis that comes our way.

There's so much more too... in addition to what I've already described, including:

- * The best way to put out a fire in your home. Most people, even those who have fire extinguishers on hand, don't have a clue. Without this knowledge, a

fire extinguisher is basically worthless. I'll show you exactly what to do (page 76). Plus, the one OTHER thing top fire experts keep in their homes. This has nothing to do with fire extinguishers or smoke detectors. (page 76) * The strongest survival skill you can develop. As Massad Ayoub, a veteran police officer and instructor says, this is the single most important technique to have in place in any crisis. (page 16)

* The single biggest "daily life" change survival experts make in their own lives. (page 76)

* The Psychology of Crisis. As I mentioned earlier, people do not react in crisis situations the same way they behave in real life.

You will put you and your family in a very favorable position, if you understand in advance how most people will react.

For example, did you know that in a true crisis, most people don't freak out... they simply freeze. This is known as "negative panic," and it's why many people in burning buildings and crash planes die... because they simply can't deal with what's happened, and never make any attempt to save themselves . I'll show you how to deal with negative panic personally, and recognize it in others. (page 11)

* The 15 most important items that always disappear right away from every grocery store in a crisis. It's always smart to have a small extra stockpile of these items at home, because they are guaranteed to be the first to go in any crisis. (page 36)

And much, much more.

Again, I think you are honestly crazy if you don't take a few simple steps today to prepare. Remember, when after a crisis situation occurs, it's too late. Everyone always thinks they'll have time to do these things, as long as they act quickly, but believe me, it never works out that way.

Now I realize... maybe you think I'm paranoid... or a pessimist... because I've been talking so much about what could go wrong.

But the truth is, I'm an optimist.

I simply recognize that crisis and the occasional disaster are just a part of life.

You have to accept that fact. And when you are prepared, these things become merely a minor nuisance, rather than a life-changing event.

I consider myself an eternal optimist, because I know that I can personally handle

anything that goes wrong. I'm going to be able to deal with it. So I don't lose a minute's worth of sleep thinking about these types of problems. And being prepared in this way also gives me an incredible amount of confidence... and lets me truly live life to the fullest.

With my *Doctor's Protocol Field Manual*, I think you'll feel exactly the same way.

When you have this type of confidence and knowledge, it really is liberating.

So how do you get your very own copy?

Well, you can buy a copy of my ***Doctor's Protocol Field Manual*** on our website for \$29, plus shipping.

Or you can get a much better deal.

You can actually get a real, paperback copy sent to your home, absolutely free.

Let me explain...

How to get my Doctor's Protocol Field Manual, Free of Charge

As I mentioned earlier, I'm medical doctor. I was trained at the University of North Carolina, and Duke University.

But what I didn't mention to you yet is that medicine is actually my "second" career.

My first career was on Wall Street.

I thought I wanted a career in the financial world, and worked my way into the most powerful bank in the world, Goldman Sachs, where I made lots of money as a derivatives specialist.

I also worked at Chase Manhattan, and one other big financial firm, Yamaichi, the "Goldman of Japan" before it went bankrupt...

I saw it all, but after a decade of learning how Wall Street really works, I became disillusioned by the hypocrisy and greed... so I left to become a doctor (I'm still a board-eligible eye surgeon).

I busted my tail to get through medical school, and spent more than a decade in this field as well. But again, I ran into a stifling system, filled with special-interest groups, doctors cheating on their boards, and wasteful bureaucracy.

So now, even though I'm still very passionate about both finance and medicine, I don't practice either profession anymore, at least not in the traditional sense.

Instead, I've embarked on a third career. It's my "retirement job."

You see, after retiring twice already in my career, I have developed a very different outlook and approach on the subject of retirement in America today.

I've made discoveries and have found ideas that I think can help EVERY person in America, who is already retired, or planning to retire anytime soon.

So I'm on a mission to help people like my mom, my sisters, my aunts and uncles, my friends, my colleagues... all hard-working Americans... to have a better retirement.

I've been an "insider" in what are probably the two most important sectors of the economy for retirees today: Finance and Medicine.

And I've been hard at work developing a new approach and new ideas about what "retirement" really means in America.

That's why a few years ago I hooked up with a publisher friend of mine and started publishing my ideas and research in a one-of-a-kind monthly newsletter called *Retirement Millionaire*.

And so what I'd like to do today is send you my *Doctor's Protocol Field Manual* free of charge, when you try a no-risk subscription to my *Retirement Millionaire* newsletter.

What else comes with my *Retirement Millionaire* newsletter, and is it right for you?

Let me very quickly give you the details...

Is this right for you?

Over the past few years, my *Retirement Millionaire* newsletter has grown to become the largest publication of its kind, as far as I know.

We now have readers in EVERY U.S. state, and dozens of countries around the globe.

I think the reason for our success so far is simple: I've put together a completely independent research organization, which delivers very valuable ideas that you simply won't find anywhere else.

Believe me: You may have subscribed to a financial, health, or retirement newsletter before, but I guarantee you've never read anything like *Retirement Millionaire*.

As you'll see, I am very skeptical of conventional wisdom. And I am always looking for better ways to travel, stay healthy, have fun, and pay for retirement.

Over the past few years, we've shown readers literally hundreds of opportunities to improve their retirement years, including:

* How to legally maximize what you receive from the Federal Government's retirement income program, and put \$1,000's of extra dollars in your pocket for retirement. We spoke with one retiree from Virginia, who took advantage of a strategy we recommended to our readers, and was able to pocket an extra \$1,000 EVERY SINGLE MONTH. "It's like free money," he told us.

* How to get real, hold-in-your-hand silver from any bank in the country... basically for free. This is an incredible "loophole" in the U.S. banking system. I can pretty much guarantee you will not hear about this idea anywhere else. It's certainly never been written about in any newspaper, or other mainstream source... yet hundreds of our readers have taken advantage of the situation. As one reader from Tyler, Texas said:

"I never thought this would work. But it did! I tried it, and to my surprise, I got 34 silver coins from a single bank. Needless to say, I'm going back for more! Thanks for the great idea!"

* How to take a 1st-class, luxury cruise, for 80% off the regular rates. I know that a very important part of enjoying a great retirement is having fun, and being able to travel. That's why I was very excited to find what is easily the biggest "loophole" in the cruise industry. There's a way for you to potentially take great cruises, around the world, at drastically reduced prices. One subscriber, who recently took advantage of this approach, told us: "We are currently on a 14-day cruise around Asia that would have cost around \$18,000 for the package we have... our price was \$910! Yes, that was less than one thousand dollars! What a wonderful experience, thanks to you!"

The point is, I make sure we pack every *Retirement Millionaire* issue with great ideas, secrets, and techniques that will guarantee you a better retirement.

Like I said, you may have subscribed to an investment or travel newsletter before, but I guarantee you've never seen anything like *Retirement Millionaire*.

When you subscribe to *Retirement Millionaire*, you'll receive a full report from me, delivered to you by e-mail on the 2nd Wednesday of every single month. You'll also receive a hard copy via regular mail, soon after.

Also, within minutes of starting your subscription, you'll have immediate access to every *Retirement Millionaire* Report I've ever written.

Just one of these ideas could pay for your subscription price many, many times over.

For example, as soon as you start your no-risk trial subscription, I recommend you check out some of the other ideas I've uncovered, including:

* ***The Best Way to Make Sure You Never, Ever Run Out of Money.***

Again, this could save you and your family, in the event of a bad economic downturn or crash. Most retirees I meet tell me their greatest fear is running out of money. This misunderstood investment basically guarantees that will never happen to you, no matter what happens to stocks, real estate, bonds, etc.

* ***Get Some Money Off the Financial Grid.*** I believe every American should get at least a little bit of your money out of the corrupt Wall Street financial banking and investing system. Desperate governments do desperate things, and this report shows you by far the best ways to get some of your money out of the normal financial system.

* ***The Retirement Guide to Freebies.*** I've found dozens of freebies most Americans don't know about, including: free coffee every day at one of the most popular coffee chains in the world... free golf at the best courses in your town... free wine country vacations, and more.

* ***The Free Silver Loophole.*** I recommend that everyone keeps a little bit of silver around, in case there's a currency crisis with the U.S. dollar. And here's the best part: Last fall, I came across an incredible opportunity, which allows you to walk into almost any bank in America, and potentially walk out with several ounces of free silver. I know this sounds impossible to believe, but it's absolutely true. As one reader who took advantage of this great secret recently told me:

"Doc, you're a genius! I never thought this would work. But it did! I tried it, and to my surprise, I got 34 silver coins from a single bank. Needless to say, I'm going back for more! Thanks for the great idea!"

* ***Easy Money Without Working or Investing.*** It's no secret the more money you have, the easier it will be for you and your family to survive any crisis. And over the years, I've found a handful of really clever ideas, which basically allows you to get more money in retirement, without working or investing. I've put my current favorite "easy money" loopholes in this report. One of the ideas I'll detail for you in here allows you to potentially collect \$2,000 or more every month, thanks to a government "clean energy" program I can just about guarantee you've never heard of.

* ***How to Instantly Increase the Power of Your Retirement Savings by 300%.*** This one's a bit unusual... but it's the most fascinating financial

product I've ever seen. It essentially allows you to take a small amount of cash you've got saved up, and quadruple the value of that money for future use, in case of emergencies. I've seen a lot of incredible deals for retirees over the years, but this one might take the cake. Be sure to check it out right away, as soon as you start your subscription.

Keep in mind: You can't buy these reports anywhere. They're not for sale. Not at any price. You can only receive access to them as one of my subscribers. They're yours to keep as soon as you start your trial subscription.

Again: As soon as you start a no-risk, trial subscription to my monthly letter, called *Retirement Millionaire*, you'll get full access to EVERY SINGLE research report I described here, plus many more.

And remember, I'm not asking you to commit to anything right now. I'm just asking you to TRY my research to see if you like it.

Here's what I mean:

Try *Retirement Millionaire* and EVERYTHING I've described here.

You'll have 120 days (4 full months) to check everything out. If you decide for any reason within those 4 months it's not for you, just give my customer service group in Baltimore a call on our toll-free line, and we'll immediately refund your payment.

Even if you decide my research is not right for you, please keep everything you've received... every issue and special Research Report described here, my compliments.

A one-year subscription includes:

** 12 issues (one full year) of my *Retirement Millionaire* newsletter, delivered by e-mail on the 2nd Wednesday of every month. Remember: you'll also receive a hard copy, in the regular mail, soon after.

** Plus a printed, physical copy, and an electronic, digital copy of my 88-page ***Doctor's Protocol Field Manual***. Again, I believe EVERY American should know these basic preparation steps. Please do yourself and your family a favor and learn these simple techniques.

** Plus access to all of my other valuable Research Reports on topics such as how to safely boost your income... how to get free silver... how to legally hide money and assets from the government, and more in the following volumes:

** ***The Best Way to Make Sure You Never, Ever Run Out of Money***

** ***Get Some Money Off the Financial Grid***

**** *The Free Silver Loophole***

**** *Easy Money Without Working or Investing***

**** *How to Instantly Increase the Power of Your Retirement Savings by 300%***

**** *The Secret 24% "CD"... and more.***

How much does this all cost, you're probably wondering?

Well... that's probably the best part...

Even though many people have paid \$99 for a one-year subscription to my work, **you can start a trial subscription today for 60% OFF the price... just \$39 for a full year.**

And remember: I'm not asking you to make any commitment of any kind whatsoever. I'm asking only that you TRY my research to see if it's right for you.

You'll have the next 120 days (4 months) to review everything listed here. Print it out. Save it to your computer. Then, even if you decide my work is not right for you, for whatever reason, you'll still be able to keep everything you've received up until that point mentioned here, my compliments. And you'll still get a copy of my Doctor's Protocol Field Manual, delivered to your home, FREE of charge!

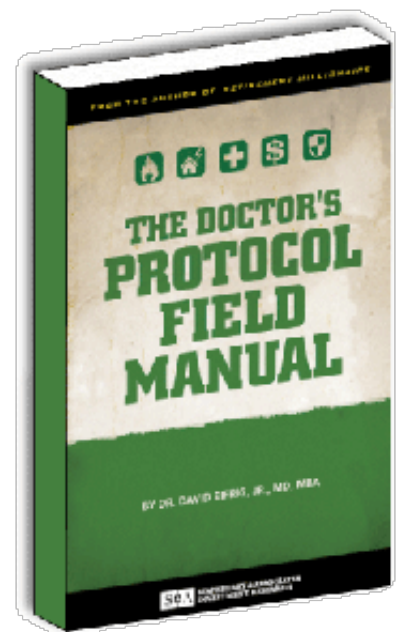
Why would I make such an offer as this?

Well, I hope you'll try my research and that you'll then become a subscriber for a long time. But I realize you've got to see everything for yourself first, before you can make a decision about whether or not my work makes sense for you.

That's why I always make it so easy and inexpensive to give our work a no-risk look. If you don't like what you see... no problem... you can keep everything you've received, and we'll simply part as friends. I know my work is unconventional —and it's just not right for some people.

I hope to hear from you soon. Start your subscription now, and you'll have access to EVERYTHING I've described here, in a matter of minutes.

Remember, just like my family is counting on me, YOUR family is counting on you to know



what to do in any crisis situation.

My team and I have done an incredible amount of work, sorting through thousands and thousands of pages, interviews, and real world tests of the best survival techniques and ideas out there.

We've boiled it all down to only the best stuff — exactly what you need to know. You can get access to all the work we've done by simply making a no-risk payment of \$39 today.

If you don't take advantage of this situation today, I feel very confident saying that you will almost certainly regret it when the next financial crisis, natural disaster, or man-made crisis hits.

Believe me, when the next crisis inevitably hits, you'll wish you could get access to this information at 100-times the current price. But if you don't act today, it won't be possible. It will be too late.

Click on the link below and it will take you to a secure Order Form. There, you'll be able to review everything once more, before submitting your order.

To your health, wealth, and a great retirement,



Dr. David Eifrig Jr., MBA, MD

August 2013

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