



Prepper World Summit 4



Prepare - Protect - Survive

Join 24 of the World's Leading Prepping and Survival Experts as they reveal their best strategies to prepare for any threat!

Consider this: your worst fears have come true, disaster is here and there's nothing you can do to protect your family ... The truth is that natural disasters, terrorist attacks, rouge governments, economic collapse, martial law, home invasions, loss of electrical power can strike at any time and without warning. What will you do when the moment comes?

Don't be caught unprepared and stand by thinking "this can't be happening" to me as you watch your family and loved ones suffer. Get smart! Learn for our 24 world-class prepping & survival experts as they reveal how you can avoid common prepping mistakes, take your preparedness to the next level and create a survival plan that works for you and your family.

Dennis Diaz will host Prepper World Summit 4 coming June 24th - 30th, 2017. If you have an internet connection, you can be a part of this event FREE. During the event, the training sessions will be broadcast online for everyone that signs up. Just login with your personal link and listen online from the comfort of your own home.

Get your FREE ticket here: [Prepper World Summit 4](#)

Ask Billie

Q. How can I learn how to use my SunOven®?

A. We offer online classes regularly hosted by many of our friends in the preparedness world. If you haven't had an opportunity to watch one, we have a video lesson posted on our website. Watch this free, 40 minute lunchtime class to get expert advice on how to harness the power of the sun to cook, pasteurize water, dehydrate, be better prepared for emergencies, and much more. You can listen [here](#).

What is your Most Burning Question about Food Storage or Emergency Preparedness?

Send your questions to editor@sunoven.com

Billie Nicholson



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Ouch! How Do I Soothe a Sunburn?



Getting to be outdoors in spring and summer cures everyone of the seasonal affective disorder (SAD) also known as winter depression. As we get to enjoy warm sunshine, clear skies and fun, games and even working outside, we need to be cautious to not over do exposure. Too much exposure to the sun's ultraviolet rays can cause skin burns resulting in redness and pain. Sunburn can lead to peeling and blistering skin and also increases the risk of developing melanoma, a deadly form of skin cancer. [1]

In order to avoid sunburn, wearing proper clothing that covers your skin as well as a wide brimmed hat and sunglasses are recommended. Apply a sunscreen to exposed skin, too.



If you do get sunburned, try these natural remedies for quick relief. Always be gentle to sunburned skin. If your skin blisters, keep it clean and watch for any signs of infection.

- Aloe Vera - gently wash affected area and apply the gel of an aloe vera leaf. Split an older leaf lengthwise and scoup out the amount you need to spread over the burn. Chilling the gel in the refrigerator for half an hour will provide added comfort. Aloe vera is a skin smoother and moisturizer. It also acts as an herbal antibiotic. It does form a stiff, tacky coating on your skin so apply a thin coat. Reapply several times a day. No plant at home? Aloe vera gel is available for purchase, but pay attention to the list of additives and pick one with a short list of ingredients.[2]
- Lukewarm bath - take a soaking bath for 15-20 minutes. Add oatmeal (to reduce itching - use 1 cup in an old sock, squeezing out the milky water into your bath). Add chamomile (also bagged), brewed tea, or lavender or bermagot oil. Essential oils diluted in a carrier oil (20 drops to 4 ounces of carrier oil) can help speed healing. Baking soda can be added to a soaking bath as well. Or you can mix four tablespoons of soda with enough water to make a paste, apply it to the sunburn using a cotton ball, rinse off after 10 minutes with tepid water. [2]
- Apple cider vinegar - will soothe sunburn and speed healing. Add one cup to your bathtub filled with tepid water. Soaking for thirty minutes will help balance the pH level of sunburned skin.[3]
- Honey - apply to blistered skin and cover with a gauze bandage. Honey seals in the good tissue fluid, provides nutrition to tissue and decreases inflammation.



References



Materia Medica - Sage

Botanical name: *Salvia officinalis*

Common name: Sage

Family: Labiatae

Parts used: Leaves, whole herb in culinary and medicinal recipes

Native Region: its natural habitat being the northern shores of the Mediterranean. Sage is found in its natural wild condition from Spain along the Mediterranean coast up to and including the east side of the Adriatic. It has been cultivated for culinary and medicinal purposes for many centuries in England, France and Germany, being sufficiently hardy to stand any ordinary winter outside.

Botanical Description: Sage generally grows about a foot or more high, with wiry stems. The leaves are set in pairs on the stem and are 1 1/2 to 2 inches long, stalked, oblong, rounded at the ends, finely wrinkled by a strongly-marked network of veins on both sides, greyish-green in colour, softly hairy and beneath glandular. The flowers are in whorls, purplish and the corollas lipped. They blossom in August. All parts of the plant have a strong, scented odour and a warm, bitter, somewhat astringent taste, due to the volatile oil contained in the tissues.

Growing Sage: It is a hardy plant, but though a perennial, does not last above three or four years without degenerating, so that the plantation should be renewed at least every four years. It is propagated occasionally by seed, but more frequently by cuttings. New plantations are readily made by pulling off the young shoots from three-year-old plants in spring, generally in the latter end of April, as soon as they attain a sufficiency of hardness to enable them to maintain themselves on the moisture of the ground and atmosphere, while the lower extremities are preparing roots.[2]

Harvesting Sage: Harvest sage before it blooms. After the dew dries in the morning, cut the stems, leaving a leaf or two at the bottom. I air-dry my sage, stringing the stems on a strong thread and hanging it in a breeze. It will dry leathery rather than crisp, because the leaves are so thick. Strip the dry leaves from the stems and place the leaves into a jar. Chop or rub the leaves into powder when you need to use them.

To use fresh sage, clip off enough of a branch to get the number of leaves you need, strip off the leaves, and chop them up if desired.

Medicinal Uses: Sage is a legendary herb well known for its phenomenal health promoting and disease preventing properties. It is one of the top antioxidants herbs and can provide powerful protection from degenerative diseases such as diabetes, arthritis, cancer, heart disease, macular degeneration, inflammatory bowel disease, osteoporosis, prostatitis, Parkinson's disease and Alzheimer's disease. Sage has anti-microbial and anti-bacterial properties and is an excellent natural remedy for fungal, viral, and bacterial infections.

Healing Recipes: *Home remedies can cause problems in certain circumstances so be sure to consult your healthcare provider before using.* As a relief of congestion during a cold, add boiling water

[Read More](#)

Situational Awareness: A Key to Your Safety

Robert Nicholson

In simple terms, Situational Awareness is just plain old paying attention of what's going on around you.

Since the dawn of the human race we have been programmed to survive by using our intuition. The center of our brain is where our basic bodily functions reside, that part of the brain that connects to the spinal cord. The brainstem controls the functions basic to our survival, such as heart rate, breathing, digesting foods, sleeping and so on. It is also where our instincts for "Fight or Flight" reside.

People with children or grandchildren automatically increase their awareness when accompanying them to public places such as playgrounds, the circus or other venues. But when it comes to themselves they do not do as well.

Put down that electronic device that you're staring at that has grown into part of your hand. Take those earbuds from your ears and actually hear what is actually happening around you.

A few years ago a person, staring at his cellphone, fell to his death by falling into an open manhole. Other stories abound, but you get the idea, he simply was not aware of his surroundings. I retired from a thirty-year carrier in law enforcement. Because of my job I developed a keen sense of awareness and observation. Even today, when in public I always observe. At restaurants I always sit so that I can see the main entrance and who is coming in and out. I always check for alternative exits. When parking our car in lots, I always back into the space for ease of leaving or heaven forbid, for a speedy removal from a trouble spot.

Part of being aware is also seeing and feeling what is missing. Has a busy area or street suddenly become empty? Do you enter a convenience store and there are no people in it including the cashier? Or do you see something and get a gut feeling that something is wrong? Have you walked into a restaurant and gotten an immediate sense that you should leave? Are you about to step into an elevator with a stranger and something stops you? These are just a few examples of things that would make me alter my course or retreat to another area.

Using your peripheral vision, seeing around you by using reflective surfaces, stopping from time to time, looking confident, establishing persona boundaries, dressing without all that flashy jewelry so you don't stand out, observing other people and using your own intuition will serve you and your family well. To help your family become more aware, play an "Awareness Game" with them, questioning things they remember about going into a restaurant, for example.

The next part of situational awareness is thinking about what is normal and what activities might be an anomaly. Then ask yourself the question, "What would I do if I saw a problem?" Come up with a plan of action. Seconds count in these situations. The point is when you are out and about, be proactive and not reactive. The US Marine Corps has a term for this, "Left of Bang." On a threat timeline, starting at the left, what happens leading up to a bad event is all left of Bang; Bang being the bad event. Everything right of Bang is reactive. There are volumes written about this subject.

Enjoy life, have fun, but be aware to stay safe.

Uses of Lavender Essential Oils



Photo: [Commons.Wikimedia](#)

Lavender is one of the most used essential oils in the world. It has had a long history of use for over 2,500 years both medicinally and for religious purposes. Egyptians used it in mummification and as a perfume. Romans used it for bathing, cooking and for “freshening” the air. It is believed by some to be the herb that Mary used to anoint Jesus feet (John 12:3). To learn more information about lavender plants, check out our article [Materia Medica - Lavender](#).

Today, lavender oil benefits your body in the following ways:

- Reduces anxiety and emotional stress
- Heals burns and wounds
- Improves sleep

- Restores skin complexion and reduces acne
- Slows aging with powerful antioxidants
- Improves eczema and psoriasis
- Alleviates [headaches](#)

[Dr. Axe](#) has collected 7 benefits of using lavender essential oils based on research. They include:

1. Anti-oxidant Protection - most of our bodies have become deficient in anti-oxidants because of poor diet and high exposure to toxins. Breathing diffused lavender oil has been shown to help your body produce three types of anti-oxidants within 22 hours of using lavender essential oil.
2. Lavender oil treatment protected the body from the following symptoms of diabetes:
 - Increase in blood glucose (the hallmark of diabetes)
 - Metabolic disorders (especially fat metabolism)
 - Weight gain (ever wonder why as diabetes continues to rise, so do our waistbands!)
 - Liver and kidney anti-oxidant depletion (one of the reasons diabetes is lethal)
 - Liver and kidney dysfunction (ditto)
 - Liver and kidney *lipoperoxidation* (when free radicals “steal” necessary fat molecules from cell membranes)

Surprisingly, the radical-scavenging anti-oxidant activity of lavender was actually more robust than ascorbic acid (Vitamin C)!

3. Improves mood and supports brain - Traditionally, lavender has been used to treat neurological issues like migraines, stress, anxiety, and depression so it’s exciting to see that the research is finally catching up to history. Just last November, for instance, an evidence-based study was published by the *International Journal of Psychiatry in Clinical Practice*. The study found that supplementing with 80 mg capsules of lavender essential oil alleviates anxiety, sleep disturbance and depression. Additionally, in the study there were no adverse side effects from using lavender oil to treat anxiety, insomnia and depression. Whereas we know pharmaceutical drugs like prozac have dangerous side effects. And according to research, lavender essential oil benefits don’t stop there, it has also been shown to reduce symptoms and development of Alzheimer’s disease!
4. Lavender heals burns and cuts - we have found that lavender oil speeds the healing of burns, cuts, scrapes and wounds and a big part of this is because of it’s anti-microbial properties. For burns or eczema, mix lavender oil with [coconut oil](#) in 1:5 ratio for rapid healing.
5. Lavender oil benefits skin - lavender essential mixed with aloe or coconut oil has profound benefits on your skin. Just 10 drops per 1 ounce of lavender oil will sooth the worst sunburn and bring rapid healing to dry skin, minor cuts and scraps.
6. Lavender oil for headaches - According to new medical research, lavender oil may just be that natural cure those who suffer from migraines and tension headaches are looking for.
7. Lavender oil for sleep and insomnia - making a mixture of lavender oil, roman

[For More Details](#)

Eat More Flaxseed

Flaxseed may be one of those long overlooked super plant foods. There has been reported evidence that they may help reduce the risk of heart disease, cancer, stroke, and diabetes as well as protect against radiation toxicity and treat carpal tunnel syndrome. If just one of these reasons appeals to you, it is time to eat more flaxseed!

Flaxseeds are nature's ingenious design to protect healthy chemicals: highly therapeutic, though fragile polyunsaturated fatty acids, amino acids, and other fat soluble vitamins. Storing a supply of flaxseeds in seed form is preferred over ground flax meal. The meal, once ground begins to oxidize and degrade. Most people just grind what they need to use when they are ready to use it. If grinding your own is too much trouble, be sure to keep your flaxseed flour refrigerated and sealed in an air-tight container. Make sure that the manufacturer has nitrogen-flushed the container at the time of manufacture.[1]

Flaxseed oil is also available. Rich in monounsaturated and polyunsaturated fatty acids, flaxseed oil is prone to enhanced oxidation (getting rancid) when heated. Do not cook with flaxseed oil. Use it to augment or replace olive oil as a salad dressing.[1]

Whole seed can be consumed. Chew them thoroughly to get the nutrients or they'll pass right through the digestive tract undigested. Presoaking overnight will soften the seed coat as well.

In case you haven't noticed, flaxseeds are in all kinds of today's foods from crackers, to waffles to oatmeal. You can use 2 tablespoons of flaxseed meal mixed with 2 tablespoons of water as an egg replacement in vegan recipes. People aren't the only consumers. Flaxseed is what's fed to chickens that are laying eggs with higher levels of omega-3 fatty acids.

There are three major healthy components of flaxseeds. They are:

- Omega-3 fatty acids - good fats that have been shown to have heart-healthy effects.
- Lignans - which have plant estrogen and anti-oxidant qualities.
- Fiber - both soluble and insoluble types.[2]

Eating a tablespoon or two of meal or oil a day will ensure you are getting a physiologically significant amount. Just remember that flax meal requires that you maintain good hydration or it will tend to be binding.

Flaxseed's possible health benefits include:

1. Cancer protection - Flaxseed is thought to prevent the growth of cancerous cells because its [omega-3](#) fatty acids disrupt malignant cells from clinging onto other body cells. In addition, the lignans in flaxseed have antiangiogenic properties - they stop tumors from forming new blood vessels. Studies have shown these effects in both breast and prostate cancers.
2. Lowering cholesterol - studies have shown that cholesterol levels were lowered in men who included flaxseed in their diet. The omega-3 fatty acids also lower blood pressure and normalize heartbeat.
3. Preventing hot flashes - a dietary intake of flaxseed has been shown to decrease the risk of hot flashes in postmenopausal women.
4. Improving blood sugar stability - consuming flaxseed every day improves glycemic control in obese men and women with pre-diabetes.
5. Protecting against radiation - a diet of flaxseed may protect skin tissue from being damaged by radiation.
6. Reduce atherosclerotic plaque buildup. This may help prevent heart attack and strokes.

Pregnant women are discouraged to use flaxseed because of its estrogen-like properties. People suffering from a bowel obstruction should avoid flaxseed because of its high fiber level. Some flatulence and stomach cramps could result. Listen to your body when eating flaxseed meal.[3] [References](#)

Solar Twice Baked Shredded Beets



This rich, colorful side dish pairs nicely with lean meats such as pork chops or roast chicken.

Ingredients

- 4 medium beets, scrubbed
- 4 cloves garlic, peeled
- 1 tablespoon olive oil
- salt and pepper to taste
- 2 tablespoons unsalted butter
- 4 small onions, thinly sliced
- The zest and juice of two oranges
- 4 ounces blue cheese, crumbled

Directions

Preheat Sun Oven®

Place a large piece of aluminum foil in a stackable pot. Put the beets and garlic in the center of the foil. Drizzle with the olive oil; season with salt and pepper. Wrap the foil

around the beets. Place a lid on the pot and transfer it to the Sun Oven.

Prepare the onions while the beets are cooking. Melt the butter over medium heat in a second stackable pot. Add the sliced onions, turning to coat. Stack the pot with the onions over the beets. Cover and cook until the onions are golden brown, about 30 minutes. Remove from the oven and set aside until the beets are ready.

When the beets are tender enough to pierce with a fork, after 1 to 1 1/2 hours, total cooking time, remove them from the Sun Oven. Discard the garlic. When they are cool enough to handle peel then use a box grater to shred them. Put the shredded beets in a large bowl. Add the zest and orange juice and toss. Mix in the onions and cheese. Season to taste with salt and pepper. Spread the beet mixture into a baking dish. (can be covered and refrigerated up to 24 hours at this point) Cover the dish and bake until heated through, 40 to 50 minutes.

Makes 6 servings.

Aphids - a Gardener's Nightmare



[Photo: Commons.Wikimedia](#)

There are over four thousand species of aphids known to exist. Around 250 species are considered harmful to garden crops. They are among the most prominent and successful garden pest worldwide. These insects pierce the tender new growth of plant stems in order to suck out the nutrients from the plant. This deprives the plant of the fuel it needs to thrive. Aphids can also carry viruses that will infect the plants and cause

even greater damage. Their exuded waste products attract sooty molds which can spread to coat the leaves of plants, blocking sunlight. [1]

Only females are present in the population at the beginning of the seasonal cycle. Eggs are produced with out mating and develop clones of the female. Aphids reproduce quickly because they give birth to live nymphs. This process continues throughout the summer producing multiple generations that generally live 20 - 40 days. Many generations can be produced by one female. [2]

Fortunately there are many ways to get rid of aphids or at least keep them in check using all natural and organic means that will keep your garden healthy.[2]

1. Physical removal. If you catch the infestation early, it is possible to wipe them off plants.
2. It is possible to spray aphids off of plants with your garden hose. Just give the plants a good wash down. This works best for more established plants.
3. Soap and water. Use a mild household detergent diluted in a small bucket of lukewarm water. Use a sponge or spray bottle to apply the mixture where aphids have moved in. Spray the undersides of all leaves to get a good covering. The soap will dissolve the coating from aphid's bodies, they'll dry out and die without harming the plants. You will need to repeat any application three times to kill all the generations.
4. Neem oil can be applied the same as mild detergent. The organic chemicals in Neem oil act as a repellent against aphids and a wide array of other pests as well as many types of fungus.
5. Apply an Essential oils mixture of equal parts thyme, peppermint, clove and rosemary oils. 4-5 drops of each should suffice. Mix this solution into a small spray bottle filled with water. Shake well and apply to infested plants. This mix will kill most garden pests as well as their eggs and larvae. It also works well as a general purpose outdoor/indoor insect repellent.
6. Insecticidal soaps are available for purchase. Follow the instructions provided.
7. Beneficial insects can be pest predators. The ladybug beetle, green lacewings and hoverfly larvae. Attract these natural predators by planting fragrant herbs such as garlic, catnip, and oregano. Their flowers will attract hoverflies. Clover, mint, dill, fennel and yarrow will attract ladybugs and lacewings.
8. Bug-eating birds like wrens, chickadees, and titmice by offering free food and housing space. They prefer to nest in small trees and twiggy shrubs that provide good cover. Feeders filled with black sunflower seeds, pre-hulled sunflower seeds, nuts and nut hearts are good choices.
9. Keep your plants healthy. Regular compost additions to your garden will help keep plants healthy and pest resistant.[3]

References