

September is National Preparedness Month

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National Preparedness Month (NPM), recognized each September, provides an opportunity to remind us that we all must prepare ourselves and our families now and throughout the year. This NPM will focus on planning, with an overarching theme: **Disasters Happen. Prepare Now. Learn How.**

Take time to learn lifesaving skills – such as CPR and first aid, check your insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornados. Make sure to consider the costs associated with disasters and save for an emergency. Also, know how to take practical safety steps like shutting off water and gas.

The devastating hurricanes and wildfires of 2017 reminded the nation of the importance of preparing for disasters. Often, we will be the first ones in our communities to take action after a disaster strikes and before first responders arrive, so it is important to prepare in advance to help yourself and your community. The Federal Emergency Response Agency (FEMA) in coordination with the Federal Emergency Management Commission

NATIONAL PREPAREDNESS MONTH 2018

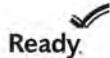

**Disasters
Happen**

PREPARE NOW

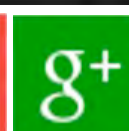
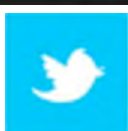
LEARN HOW



FEMA



Ready



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

Send your questions to
editor@sunoven.com
Billie Nicholson



Order Your Sun Oven® Today

Emergency Alerts

ready.gov



Photo: [1057 News](#)

The Federal Emergency Response Agency (FEMA) in coordination with the Federal Communications Commission periodically conduct a nationwide test of the integrated Public Alert and Warning System (IPAWS). The WEA message will display on mobile devices as a Presidential Alert and will read: THIS IS A TEST of the National Wireless Emergency Alert System. No action is needed. FEMA will send only one WEA message to mobile devices and because the WEA message is a Presidential Alert, users will not be able to opt out of receiving the message, even if users have deactivated alert notifications in their mobile devices. The test lasts one minute and allows

FEMA to verify the delivery and broadcast of an national test message and assess the infrastructure for its distribution.

During an emergency, alert and warning officials need to provide the public with life-saving information quickly. Wireless Emergency Alerts (WEAs), made available through the [Integrated Public Alert and Warning System \(IPAWS\)](#) infrastructure, are just one of the ways public safety officials can quickly and effectively alert and warn the public about serious emergencies.Â

What you need to know about wireless emergency alerts (WEA):

- WEAs can be sent by state and local public safety officials, the National Weather Service, the National Center for Missing and Exploited Children, and the President of the United States
- WEAs can be issued for three alert categories – imminent threat, AMBER, and presidential
- WEAs look like text messages, but are designed to get your attention and alert you with a unique sound and vibration, both repeated twice
- WEAs are no more than 90 characters, and will include the type and time of the alert, any action you should take, as well as the agency issuing the alert
- WEAs are not affected by network congestion and will not disrupt texts, calls, or data sessions that are in progress
- Mobile users are not charged for receiving WEAs and there is no need to subscribe
- To ensure your device is WEA-capable, check with your service provider. WEAs can be sent by state and local public safety officials, the National Weather Service, the National Center for Missing and Exploited Children, and the President of the United States
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- To ensure your device is WEA-capable, check with your service provider
- Download the FEMA app to your mobile device [here](#)

South Dakota Military Bunkers Repurposed as Survival Shelters



Photo: [Vivos xPoint](#)

Paul Munsen

In July I had the opportunity to spend a few days at Vivos xPoint which is located in the southwestern corner of South Dakota to demonstrate **SUN OVEN** cooking. While it is currently under development, Vivos xPoint is an underground survival shelter community, nearly the size of Manhattan. This former Army Munitions Depot contains 575 hardened concrete military bunkers, which are now being transformed into the largest survival shelter community on Earth, with potential accommodations for 5,000 like-minded survivalists. Each bunker is 2,200 square

feet. They were originally built by the Army Corps of Engineers and used as a fortress to store bombs and munitions, from 1942 to 1967, when the base was retired.

During my stay, I met Robert Vicino, the founder and CEO of the global underground shelter network known as VIVOS and learned about his desire to bring the Vivos network to reality around the world. 35 years ago, Robert was inspired to build deep underground shelters for thousands of people to survive what he was told will be an upcoming extinction level event. In 2008 he launched Vivos, which now has a global network of underground shelters.

“The idea of having a ‘bug-out’ plan, including a life-assurance shelter solution, is prudent, biblical, and worthy of thought.” Robert said. “Resources are required to put the odds on your side to survive an extinction-level event, with the opportunity to emerge safely on the other side to be a part of the next phase of humanity: faith and family intact. Vivos’ Arks go into the earth, where the soil itself will protect you.”

“Interest in real survival shelters has skyrocketed in the last 10 years,” he added. “From political to social upheavals; to an economic meltdown, a weaponized pandemic, an EMP or CME, WW3 from Russia, China, Iran, North Korea – you pick it! We are witnessing major earth changes (not including global warming), from earthquakes, volcanic eruptions and superstorms. Then there are threats from space, now *very evident*– with frequent asteroid near-misses, solar eruptions (flares), and even Nibiru (aka Planet X) which many believe is inbound.

“Many governments around the world, including the U.S., have massive, deep underground ‘doomsday’ bunkers in strategic locations. Ticket holders include top public officials, military and industry elites. Don’t expect those blast doors to be opening for the rest of the world. If and when these extinction level events unfold, it’s good luck and God-speed for all the rest, although Russia claims bomb shelter protection for all its citizens in major population centers, and South Korea is working toward the same goal.”

“Rather than trying to profitize, fear-monger or handicap disasters, there is a better way,” stated Robert. “It’s not so much about what, when, or where these threats will occur.” His interest is not rooted in fear or fixation on an impending “apocalypse,” but rather having a real life-assurance solution if and when things unfold.”

To say the least, my time at Vivos xPoint was very enlightening and thought-provoking.

You can learn more about the Vivos network at: www.terravivos.com

Water in an Emergency

Glen Meder

[EmergencyWater101](http://www.EmergencyWater101.com)

WATER IN AN EMERGENCY "Be Prepared" Checklist

This checklist is provided by www.EmergencyWater101.com

Check it off!
Be Prepared!

- 1 **KNOWLEDGE.** The single most important tool in an emergency situation is knowledge. In an emergency, you could be dehydrated, panicked, and in shock, all of which can affect your mental capacity, so you must have something written down that you can reference. At the very least, have the Red Cross recommendations, which are included in a booklet that you can download by sending a blank email to FREEBOOK@EMERGENCYWATER101.com. Also, visit www.EmergencyWater101.com for other educational materials.
- 2 **BOTTLED WATER.** The Red Cross recommends that you have at least a three-day supply of bottled water, but if possible, have a two-week supply. You should have at least one gallon per person per day. This should be commercially produced bottled water, preferably a well-known brand name. Keep the bottles sealed and stored in a dark, cool area. Rotate the bottles out at least every twelve months.
- 3 **STOVE & FUEL.** A non-electric stove is an important part of being prepared, because it can be used to boil or distill water. Preferably you should have a stove that can use different types of fuel, including a simple wood fire.
- 4 **A NON-ELECTRIC WATER DISTILLER.** The core component of being prepared for an emergency is to have a professionally designed non-electric water distiller (see www.SurvivalStill.com). Our free ebook has a simple diagram for creating your own, very simple distiller (send a blank email to FREEBOOK@EmergencyWater10.com to receive your book).
- 5 **BLEACH.** You can chemically disinfect water with bleach. Have at least one bottle of unopened bleach that can be used to disinfect water supplies. Do not use scented bleaches, colorsafe bleaches or bleaches with added chemicals.
- 6 **AN EMERGENCY FILTER.** Filters are not recommended by the Red Cross for treating water in an emergency, but they can be used to pretreat water before you boil, bleach or distill the water.
- 7 **PREPARE YOUR LOVED ONES & NEIGHBORS.** You know how important it is that your friends and loved be prepared. If you can't convince them to be prepared, give them a gift of the essential items that they need, especially educational materials. It's also important to talk to your neighbors, because your family will be safer if they are surrounded by strong, healthy people. Tell them about EmergencyWater101.com

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Please allow me to make a ridiculously obvious point; being prepared means that you get ready BEFORE an emergency strikes. Afterwards is too late! It takes some foresight to get prepared, and yes, you may even be subjected to a little bit of ridicule, but it's extremely important that you be ready BEFORE the next natural or man-made disaster occurs. Taking these seven steps now will put you in the best position to care for your family and even help others in the aftermath of disaster.

To make it as easy as possible for you, I've created this 7-Point Checklist. Please print this document out and follow the instructions. Have a goal of getting everything on this checklist done within 30 days. I give you permission to print out as many copies as you want and give it to your friends, but please don't modify it. Download it [here](#).



Photo: wikipedia.org

Materia Medica - German Chamomile

Botanical name: *Matricaria chamomile L.*

Common name: Chamomile

Family: Asteraceae

Parts used: Flowers

Native Region: Originally recorded in in *Codex Ebers* in ancient Egypt, this plant spread to Europe around the first century A.D. It was essential in monastery gardens during the Middle Ages. European colonists introduced it into the Americas. Today it is found from Newfoundland west to Minnesota and south to Pennsylvania. [1]

Botanical Description: An annual herb growing up to 20 inches tall, German chamomile has an erect, much branched, cylindrical stem and light green leaves that are finely divided and almost feathery looking. Single daisy like flowerhead (May - October), ¾ inch across, with fifteen white, strap shaped, reflexed ray florets and numerous tubular yellow, perfect florets. The conical flower receptacles are hollow. The blooms have an apple like smell. [2]

Growing: Grows along roadsides, in other waste places as well as in herb gardens around the world. It is easily grown from seed and self sows freely. From sowing seed to flowering, chamomile is a short-lived annual, lasting about 8 weeks, germinating in early spring and completing its growing cycle by the end of June. German chamomile likes full sun and will grow in almost any soil. It does well in sandy loam with good drainage. It doesn't like summer heat. [2] The double flowered plants need a richer soil and gives the heaviest crop of blooms in moist, stiffish loam. The usual manner of increasing stock to ensure double-flowers is from sets or runners of the old plants. Each plant normally produces from twelve to fourteen set. Divide them in March and set in well-manured soil in rows 2 ½ feet apart and 18" between plants. Weed by hand. [3]

Harvesting: Harvest the flower heads and allow to dry.

Constituents: The flowers, though aromatic, have a very bitter taste. They contain volatile oil, a bitter extractive and little tannic acid. [3]

Culinary Uses: The bitter taste on our tongue creates a cascade of events that promotes our digestive function. A strong cup of chamomile tea provides this bitter taste, promoting healthy digestion. Chamomile is available commercially in tea bags or as dried flowers you can use to make your own. Use 1.2 cup of flowers to a pint of just-boiled water. Let it steep for 20-30 minutes. [4] Try this [recipe](#) for Chamomile popsicles.

Medicinal Uses: Benefits of Chamomile include: [4]

1. Soothes anxiety and promotes relaxation
2. Calms an upset stomach, treats gas and acid reflux symptoms, indigestion, diarrhea, anorexia, motion sickness, nausea and vomiting
3. Modulates inflammation, reduces pain, relieves congestion, swelling and redness
4. Supports the fever process

Continued

Intermittent Fasting Benefits Your Brain

“Fasting is the most powerful healing solution ever. It has been used by all cultures all over the world and one that is virtually forgotten today,” said Dr. Jason Fung. Fasting is not the same as starvation. It is the controlled voluntary abstinence of food for different reasons. You can do it for spiritual reasons, health reasons, or as a political statement. [1]

Our bodies are designed to burn food to create energy. What isn't burned right away, is stored for use in times of food scarcity. Benjamin Franklin said the best of all medicines are resting and fasting. Resting is freedom from stress and fasting is a cleansing or purification of the body. Many religions encourage fasting and their members have been doing it without harm for many, many years. There are many benefits - it helps with weight loss, insulin sensitivity and type 2 diabetes, heart disease, cancer, liver disease. Many of us will benefit from intermittent fasting, even if you are disease free.

Think about it, most of us go through the night without eating. The first meal we eat after this time has a name - break-fast. So we are already doing it. There are several different ways to do intermittent fasting. They all split the day or week into eating and fasting periods. What it really boils down to is having a greater length of time not eating than eating. [2]

When we consume food, our bodies quickly begin to convert it to sugar for energy. What is not used immediately is strung together in long sugar molecule chains called glycogen. These are stored in the liver to be used later. The liver has a limited storage space and whatever else we intake is converted to fat for long term storage. Our bodies were designed to do this with the understanding that sometime we will need to use those stores.

A few hours after a meal, the glycogen stored in the liver is called up to produce energy. It may take 10-12 hours to burn all the glycogen stored in the liver. Only after that will fat begin to be consumed for energy. When you start burning fats, you produce ketone bodies and it turns out that ketone bodies are very good for your brain. They provide a different kind of fuel to be burned for energy.

“Fasting is a challenge to your brain by activating adaptive stress response pathways that help your brain cope with stress and resistance to disease,” said Mark Mattson, professor at Johns Hopkins University [3]. “It stimulates the production of stem cells and increases the production of neurotrophic factors which promote the growth of neurons, improve the connection of neurons and strengthen nerve synapses.” He has also learned that the neurotrophic factors increase the number of mitochondria in new nerve cells and this helps the cells produce more energy and enhances their ability to repair oxidative damage to DNA. Sort of like turning the aging clock backwards.

“On the days you don't eat so much, you are more productive.” Dr Matton concluded. [3]

References

1. Dr Jason Fung (diet doctor). <https://youtu.be/VIhhrYjVhOk>; <https://www.dietdoctor.com/intermittent-fasting>
2. <https://www.healthline.com/nutrition/intermittent-fasting-guide#effects>
3. Why fasting bolsters brain power: Mark Mattson - <https://youtu.be/4UkZAwKoCP8>

Chicken Teriyaki on Spinach with Sweet Potatoes



Photos: Billie Nicholson

We love to cook more than one dish in our Sun Oven at the same time. Roasted chicken in a Teriyaki sauce on a bed of Okinawa Spinach and sweet potatoes made a nice accompaniment.

Ingredients

- 4 chicken thighs, skinned
- bottled Teriyaki sauce
- 4 cups Okinawa Spinach
- 1/4 sweet Vidalia onion, chopped
- 4 sweet potatoes
- olive oil

Directions

Preheat Sun Oven to 300°F
 Marinate chicken thighs in Teriyaki sauce for 20 minutes. Meanwhile tear spinach leaves from stems and place them in granite ware pot, chop onions and place them on the spinach. Chicken thighs go on top. Lightly oil second pan

and scrubbed sweet potatoes. Stack the pans and cook until glass door is steam filled. We had a partly cloudy day, so it took about two hours. On a sunny day, 1 hour should do. We removed the chicken and let the potatoes cook another hour, until tender when fork pierced.



Unique Sun Oven - Florence Package



Close to 700,000 households were reported to be without power this past week as Hurricane Florence crashed into the Carolinas and moved north. Rainfall is forecast to continue for the coming days stretching into parts of the southern New York, Pennsylvania and on into New England, with up to 6 inches possible in some areas. When the rains stop, the sun will shine again. The subsequent flooding means indefinite power outages.

In response to this disaster, **SUN OVEN** offered a unique **Florence Package**. In spite of the great response, we have been able to stay ahead of the demand, which is allowing us to make the **Florence Package** available to anyone who wants to be prepared.

The Florence package includes:

- One **All American SUN OVEN**
- Multi-Level Dehydrating & Baking Rack Set
- Two Easy-Stack Pots with interchangeable enamel and glass lids
- **Three** Multi-Fuel **Water Pasteurizing** Indicators (WAPI)
- Two Loaf Pans
- One **Cloudy Day Cube Stove**
- **Eighteen** Fuel Disks/Fire Starters
- **SUN OVEN** Cookbook: a specialty cookbook featuring 40 of our favorite recipes, techniques, and tricks of the trade to inspire your taste buds as you focus the sun on delicious meals
- **FREE SHIPPING** (within the Contiguous US via UPS)
- **NO SALES TAX**

Retail price \$506 - **REDUCED PRICE \$305**

ORDER NOW

The Florence Package comes with a 100% Satisfaction Guarantee. If you are not completely satisfied with your **SUN OVEN**, you may return it anytime within the first 30 days and receive a full refund!

This unique offer will be valid while supplies last.