



BORN TO HEAL

PRACTICAL MEDICINE

The Human Sense Guide

10 lessons from doctors who had no choice

WHEN HELP IS NOT ON THE WAY



Your Body. Your Knowledge.

WWW.THEHUMANSENSE.ORG

BEFORE YOU BEGIN

When The System Stopped Working, Doctors Remembered.

A few years ago, Venezuela's hospitals ran out of almost everything — medicine, electricity, running water. The doctors who stayed did not stop practising medicine. They went back to methods their own grandparents would have recognised, and a few discoveries of their own. Two of those doctors, alongside a historian who spent his life studying old remedies, wrote down what worked. This guide is ten pieces of that knowledge — the parts every household over 40 can use today, crisis or not.

"This guide does not replace your doctor. It prepares you for the moments when your doctor cannot reach you. That knowledge has always belonged to you. We are simply returning it."

Read it. Keep it. And when the time comes — you will know what to do.

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How to Recognize a Heart Attack and What to Do Next

EVERY MINUTE WITHOUT ACTION COSTS YOU PERMANENTLY

Most permanent heart damage doesn't happen at the moment of the attack. It happens in the minutes afterwards — while people wait to see if it passes, or hesitate to call for help.

The families who responded fastest had one thing in common: someone nearby had simply learned to recognise the signs. That knowledge is the same anywhere.

THE FOUR WARNING SIGNS

- **Chest discomfort:** Pressure, squeezing, fullness or pain lasting more than a few minutes
- **Radiating pain:** Spreading to one or both arms, back, neck, jaw or stomach
- **Shortness of breath:** With or without any chest discomfort — either alone is a warning
- **Sudden symptoms:** Cold sweat, nausea or lightheadedness appearing without explanation

One or two of these together is enough. Do not wait to see if it passes. Every minute without action causes permanent heart muscle damage.

WHILE WAITING FOR HELP

- Sit or lie the person down — **do not let them walk**
- Loosen tight clothing around the neck and chest
- If not allergic — **chew one regular aspirin immediately**
- Stay on the line with emergency services
- **Unlock the front door** so paramedics enter without delay

PROTOCOL 01 • FROM THE HUMAN SENSE GUIDE

Suspected Myocardial Infarction — *Minutes Matter.*

When someone is experiencing a heart attack, the blood supply to part of the heart muscle is cut off. Immediate intervention is required to restore flow before permanent necrosis (death of heart tissue) occurs. Memorize these steps.

<p>Suspected Infarction (Conscious) Sudden crushing chest pain, pressure, radiating tightness in arm/jaw</p>	<p>HOME REMEDY Chew 1 full adult aspirin (325mg) or 4 baby aspirins (81mg each). Chewing speeds absorption compared to swallowing whole.</p>	<p>FIRST MEDICAL REACH Paramedic arrival for EKG and oxygen therapy.</p>
<p>Loss of Consciousness (Unresponsive) No pulse, no breathing, no response to stimulation</p>	<p>HOME REMEDY Check pulse and breathing. If absent, immediately start CPR (100–120 compressions per minute). Depth of 2 inches. Keep chest moving.</p>	<p>FIRST MEDICAL REACH Defibrillator (AED) application and advanced airway support.</p>
<p>Nitroglycerin Use (If prescribed) Angina symptoms in a diagnosed cardiac patient</p>	<p>HOME REMEDY Administer 1 sublingual tablet or spray under the tongue. Repeat every 5 minutes up to 3 doses if pain persists. Do not use if blood pressure is low.</p>	<p>FIRST MEDICAL REACH Emergency transport to cardiac catheterization lab.</p>
<p>Atypical Signs & Safety Don'ts Atypical presentation in women/diabetics and critical prohibitions</p>	<p>HOME REMEDY Watch for nausea, jaw/back pain, or sudden cold sweats without chest pain. Never drive yourself to the ER. Never take nitroglycerin if ED drugs (Viagra/Cialis) were used recently. Do not attempt "cough CPR."</p>	<p>FIRST MEDICAL REACH Paramedic transport and emergency cardiac assessment.</p>

THE ASPIRIN CHEWING INSTRUCTION IS CRITICAL

Chewing an aspirin during a suspected heart attack breaks down the pill, allowing it to be absorbed through the blood vessels in the mouth and stomach within minutes. Swallowing it whole can delay the anti-clotting effect by up to 20 minutes. That delay can represent the loss of a significant portion of cardiac function. Always chew.

- PRE-CRISIS VERIFICATION CHECKLIST**
- Check your cabinet today: Verify you have fresh, unexpired full-strength aspirin (325mg) (See Skill 09, Page 14 for essential medicine cabinet items).
 - Locate the nearest emergency room equipped with a 24/7 cardiac catheterization (PCI) lab.
 - Ensure all family members know exactly where emergency aspirin is stored in the house.

02 OF 10

How to Quickly Recognize a Stroke and the First Thing You Must Do Immediately Afterward

THE WINDOW IS REAL – AND IT CLOSSES FAST

With a stroke, every second counts — and that is just as true whether the nearest hospital is five minutes away or across town. Most permanent damage could have been prevented if someone nearby had recognised the signs sooner.

The FAST method exists because it is the fastest way a non-clinician can identify a stroke with confidence. Memorise it once and you carry it forever.

THE FAST METHOD – MEMORISE THIS

- **F – Face:** Ask them to smile. Does one side of the face droop?

- **A – Arms:** Ask them to raise both arms. Does one drift downward?

- **S – Speech:** Ask them to repeat a sentence. Is it slurred or strange?

- **T – Time:** If you see any of these – call emergency services immediately

OTHER SIGNS NOT TO IGNORE

- **Sudden severe headache** with no known cause

- **Sudden vision loss** or blurring in one or both eyes

- **Sudden numbness or weakness** in face, arm or leg – especially one side

THE MOST IMPORTANT FIRST ACTION

Note the exact time symptoms began. Write it down immediately. This single piece of information determines which life-saving treatments are still available. Then call emergency services and do not leave the person alone.

PROTOCOL 02 · FROM THE HUMAN SENSE GUIDE

Acute Ischemic Stroke — *The 4.5-Hour Window.*

A stroke occurs when a blood vessel in the brain is blocked (ischemic) or bursts (hemorrhagic). The most effective treatment (tPA) can only be given within 4.5 hours of symptom onset. Knowing when symptoms started is vital.

<p>Acute Onset (Suspected Stroke) Face drooping, arm weakness, speech slurring or confusion</p>	<p>HOME REMEDY Note the exact time symptoms started. Position the person on their side with head slightly elevated. Do not give any food, water, or aspirin.</p>	<p>FIRST MEDICAL REACH Emergency transport to stroke-ready hospital.</p>
<p>Transient Ischemic Attack (TIA) Stroke symptoms that resolve within minutes or hours</p>	<p>HOME REMEDY Treat this as a major warning. Rest completely, monitor vitals, and proceed to medical screening immediately. Do not ignore temporary symptoms.</p>	<p>FIRST MEDICAL REACH Urgent neurologist consult and carotid imaging.</p>
<p>Unconsciousness Unresponsive, but breathing and has pulse</p>	<p>HOME REMEDY Place in the recovery position (on side to protect airway). Check breathing and pulse. Prepare to initiate CPR if breathing stops.</p>	<p>FIRST MEDICAL REACH Advanced life support and emergency brain CT scan.</p>
<p>BE-FAST & BP Caution Balance/Eye check and critical blood pressure rule</p>	<p>HOME REMEDY Check for sudden loss of Balance or Eye vision changes. Do not lower high blood pressure at home (necessary for brain perfusion). Do not let them sleep or give food/water.</p>	<p>FIRST MEDICAL REACH Urgent stroke team triage and CT angiogram.</p>

WHY GIVING ASPIRIN FOR STROKE IS DANGEROUS

Unlike a heart attack, where aspirin is immediately helpful, you must never give aspirin to a suspected stroke patient until a CT scan has been performed. If the stroke is hemorrhagic (bleeding in the brain), aspirin will thin the blood and accelerate the bleeding, potentially turning a treatable stroke into a fatal one. Only a hospital CT scan can differentiate between ischemic and hemorrhagic.

- PRE-CRISIS VERIFICATION CHECKLIST**
- Identify the nearest primary stroke center with 24/7 head CT scan capabilities.
 - Review the FAST signs with family members so no one hesitates to call emergency services.
 - Write down emergency contact details and medical history on a physical card near the phone.

03 OF 10

How to Recognize a Blood Sugar Crash and What to Do Next

YOUR FIRST INSTINCT IS THE WRONG ONE

Most people reach for chocolate, biscuits, or a glass of milk during a blood sugar crash. All three are mistakes — the fat in them slows stomach emptying and delays exactly the thing the body needs: a fast hit of pure sugar.

What actually works is plain, fast-acting sugar — fruit juice, regular soda, or a spoonful of honey. The simpler the sugar, the faster it reaches the bloodstream.

THE WARNING SIGNS

- **Sudden shakiness:** Trembling hands, a jittery feeling that comes on within minutes
- **Cold sweat:** Sweating without heat or exertion to explain it
- **Confusion or irritability:** Slurred words, a sudden mood change, trouble concentrating
- **Rapid heartbeat or dizziness:** A racing pulse, lightheadedness, or blurred vision

These signs appear within minutes in anyone on insulin or certain diabetes medications. If a meter isn't available and the signs are clear, treat it immediately — don't wait to confirm a number.

THE RULE OF 15

- **Step 1:** Take 15g of fast sugar — 4oz fruit juice, 4oz regular soda, or 1 tablespoon of honey
- **Step 2:** Wait 15 minutes before doing anything else
- **Step 3:** Recheck. Still low? Repeat the same 15g dose
- **Step 4:** Once stable, eat a protein-and-carb snack — peanut butter crackers or cheese — to stop a second crash

PROTOCOL 03 · FROM THE HUMAN SENSE GUIDE

Severe Hypoglycemia — *When Sugar Alone Can't Reach Them.*

The Rule of 15 only works if someone can chew and swallow safely. Past that point — unconsciousness, a seizure — the brain is starved of fuel, and anything put in the mouth becomes a choking risk instead of a fix.

<p>Confused, Not Cooperating Responsive to voice or touch, but too disoriented to manage food</p>	<p>HOME REMEDY Place a small amount of honey, jam, or maple syrup inside the cheek and rub the outside gently to help it absorb. Only do this if they can still swallow and cough on command.</p>	<p>FIRST MEDICAL REACH Paramedic glucose check; IV dextrose if oral treatment fails.</p>
<p>Unconscious, Not Seizing Unresponsive, breathing normally, no convulsions</p>	<p>HOME REMEDY Never put anything in the mouth. Give glucagon — nasal spray or injection — exactly as the kit instructs, then turn them onto their side. No glucagon on hand? Call emergency services immediately.</p>	<p>FIRST MEDICAL REACH IM/IV glucagon or dextrose by paramedics.</p>
<p>Active Seizure Convulsing, jaw clenched, unresponsive to voice</p>	<p>HOME REMEDY Do not put anything in the mouth or try to restrain them. Clear the area, cushion their head, and time it. Once it stops, turn them on their side and check breathing.</p>	<p>FIRST MEDICAL REACH Emergency transport; IV glucose en route.</p>
<p>Before You Call It Resolved Critical don'ts, and what comes after</p>	<p>HOME REMEDY Never inject insulin — it drops blood sugar further. Once they can swallow safely again, recheck blood sugar at 15 minutes and follow with a long-acting snack.</p>	<p>FIRST MEDICAL REACH Follow-up review of insulin dosing and triggers.</p>

THE MYTH THAT REFUSES TO DIE

It's physically impossible to swallow your own tongue — there's no muscle action that pulls it back. Forcing something into a seizing person's mouth doesn't prevent that myth; it only adds a real risk of broken teeth, a bitten finger, or a blocked airway. The honey trick on the previous page works only because that person can still swallow on their own.

- PRE-CRISIS VERIFICATION CHECKLIST**
- Verify you have fast-acting simple sugars (honey, maple syrup, or glucose gels) in the pantry.
 - If a household member has severe diabetes, verify their emergency Glucagon kit is unexpired.
 - Make sure everyone knows the rule: never try to feed or pour liquids into an unresponsive person.

04 OF 10

The Best Way to Tell if an Arrhythmia Is Benign or Dangerous

THE HEART'S RHYTHM IS THE ULTIMATE VITALS INDICATOR

A fluttering or skipped beat can feel alarming, but most palpitations are benign. Knowing how to differentiate a simple skipped beat from a dangerous, sustained rhythm irregularity is one of the most critical survival skills.

HOW TO SCREENING FOR ARRHYTHMIA

- **Identify benign causes:** Palpitations from caffeine, anxiety, mild dehydration, or intense exertion are common and usually transient.
- **Recognize dangerous signs:** Irregular beats accompanied by dizziness, fainting (syncope), chest discomfort, or extreme shortness of breath are medical emergencies.
- **Perform the Pulse Check:** Locate the radial pulse on the wrist. Count the beats for 60 seconds, noting if the rhythm is steady like a clock, or erratic.
- **Recognize Atrial Fibrillation (A-Fib):** Characterized by an 'irregularly irregular' pulse—there is no pattern to the rhythm, and the rate is often elevated (over 100 bpm).

Most benign palpitations resolve within minutes. If they are accompanied by neurological symptoms or chest tightness, do not wait for them to pass. The rhythm change must be documented by an ECG.

THE CAROTID SAFETY WARNING

Carotid massage is a classic method to slow down a rapid heart rate, but it carries a severe warning: **never massage both carotid arteries at once**, and do not perform it on older adults without doctor clearance, as it can dislodge arterial plaque and trigger a stroke. Vagal maneuvers like coughing or a cold water splash are much safer.

05 OF 10

How to Perform a Complete Breast Exam at Home

SELF-SCREENING AND EARLY DETECTION

For women over 40, regular breast self-exams are a primary defense against breast cancer. Dr. Maybell Nieves perfected this systematic, step-by-step examination protocol during her surgical residency in Milan.

VISUAL INSPECTION (IN FRONT OF MIRROR)

- **Position 1: Arms at sides.** Look for skin changes (dimpling, redness, puckering), asymmetrical swelling, or nipple inversion.
- **Position 2: Arms raised high.** Raising the arms pulls the breast tissue upward, highlighting any hidden lumps or skin tethering.
- **Position 3: Hands on hips, pressing down.** This contracts the pectoral muscles, emphasizing any structural distortions in the overlying tissue.
- **Check for discharge:** Gently squeeze the nipple of each breast. Note any clear, milky, yellow, or bloody discharge.

Perform the exam at the same time every month—ideally 3 to 5 days after your period ends, when breasts are least tender and swollen.

THE FINGER-PAD PALPATION RULE

Never pinch the breast tissue between your thumb and fingers, as this will feel like a lump even in healthy breasts. Always use the ****flat pads of your three middle fingers****, pressing firmly in circular patterns against the chest wall.

06 OF 10

A Before-Bed Recipe to Sleep Like a Baby Again

THE PLANT THAT RESTORES SLEEP

*Insomnia and anxiety spike during a crisis, draining the body's immune defense. Wild lettuce (*Lactuca virosa*), a common weed found throughout North America, contains a milky latex called lactucarium that acts as a natural sedative.*

IDENTIFYING WILD LETTUCE

- **Look for the milky sap:** Scratch the stem of a mature wild lettuce plant; it will bleed a bitter, sticky white latex containing lactucarium.
- **Examine the leaves:** The leaves are clasping, tooth-edged, and feature a row of prominent, stiff prickles along the underside of the midrib.
- **Collect in late summer:** The active compounds are most concentrated when the plant is in its flowering stage during late summer.
- **Prepare correctly:** The leaves can be dried for tea, or the white sap can be collected, dried, and preserved as a potent sleep tincture.

Wild lettuce is often called 'opium lettuce' due to its calming and pain-relieving properties, but it contains no actual opiates and is entirely non-addictive.

AVOID LOOK-ALIKE PLANTS

Ensure you perform the midrib check: if the leaf does not have a row of small prickles along the underside of the main center vein (midrib), it is likely a different species. Never consume wild plants without 100% positive identification.

07 OF 10

What Doctors Do to Keep Their Immunity High

THE HABIT THAT SEPARATED THOSE WHO STAYED WELL

In hospitals with no clean water and constant exposure to illness, some doctors stayed well while others didn't. It wasn't luck, and it wasn't extraordinary measures. It was a small set of habits practised daily, without exception — built before the crisis, not during it.

WHAT THEY ACTUALLY DO

- **Sleep is non-negotiable:** Immune repair happens almost exclusively during deep sleep
- **Consistent hand hygiene:** Before eating and after any public space — every time
- **Vitamin D maintained year-round:** Deficiency is directly linked to immune suppression
- **Zinc at the first sign of illness:** Clinically shown to reduce both duration and severity
- **Gut health protected:** Probiotics, fermented foods, limiting unnecessary antibiotics
- **Stress actively managed:** Chronic stress is one of the most powerful immune suppressants known
- **Regular moderate movement:** Not intense exercise, which temporarily suppresses immunity

FEVER PROTOCOL: WHAT TO WATCH INSTEAD OF THE THERMOMETER

Do not panic when the thermometer rises—a fever is the immune system actively fighting the infection. Instead of focusing on the number, **watch the patient's behavior and hydration.** A patient who is alert, drinking fluids, and responsive is generally safe at home, even with a high temperature. Seek professional care if they are lethargic, unresponsive, refuse fluids, or have difficulty breathing.

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Cabbage Wraps for Inflammation

THIS WAS TAUGHT IN MEDICAL SCHOOL – NOT PASSED DOWN INFORMALLY

Cabbage leaves contain compounds that genuinely help draw down swelling and ease discomfort. This was confirmed in clinical practice, not discovered in a kitchen.

The osmotic principle — drawing excess fluid out of inflamed tissue — is the same one used in medical dressings. The cabbage leaf applies it in a form that has been sitting in refrigerators for generations.

HOW TO USE A CABBAGE WRAP

- **Choose firm, cold leaves:** Outer leaves from a green or white cabbage, chilled in the refrigerator
- **Bruise the leaf slightly:** Press with a rolling pin or the back of a spoon to release its juices
- **Apply directly to the area:** Joints, swollen ankles, sore breasts during breastfeeding, or bruised skin
- **Wrap and hold:** Secure with a light bandage or cloth for 20–30 minutes, or leave overnight for stubborn swelling
- **Replace when wilted:** The leaf will warm and soften as it works — swap for a fresh cold one

Cabbage leaves contain anti-inflammatory compounds and have a natural ability to draw out excess fluid.

This is the same osmotic principle doctors use for swelling reduction — in a form that costs nothing and is available in almost every kitchen.

WHERE THIS WORKS — AND WHERE IT DOESN'T

- **Swollen joints** from arthritis flare-ups or minor sprains
- **Engorged or sore breasts** during breastfeeding — a use confirmed in clinical settings
- **Bruises and minor soft-tissue swelling** — apply once cooled, never on broken skin

09 OF 10

Why You Should Always Keep Some Listerine in Your Medicine Cabinet

IT WAS A SURGICAL ANTISEPTIC BEFORE IT WAS A MOUTHWASH

Created in 1879 and named after Joseph Lister — the father of antiseptics — Listerine was designed for operating theatres, not bathroom cabinets.

When modern antiseptics became scarce in under-resourced hospital settings, physicians reached for it again — putting it back to its original purpose. Most households already own it.

WHERE IT WAS PUT BACK TO USE

- **Bacterial and fungal infections:** Diluted as a topical antiseptic wash
- **Wound care:** When standard antiseptic solutions were unavailable
- **Diabetic foot care:** A documented use in resource-limited clinical settings
- **Gangrene risk management:** Part of broader wound-cleaning protocols

The original 1879 formula was an antiseptic first — mouthwash came decades later.

The essential-oil formulations (thymol, eucalyptol, menthol) carry genuine antimicrobial properties — which is precisely why hospitals under pressure returned to it.

WOUND-CRISIS: THE CRITICAL 8-HOUR SIGN

Most minor infected wounds can be cleaned and treated at home, but **if you see red streaks spreading from the wound toward the heart**, or if pain, heat, and redness expand rapidly within **8 hours**, it is a sign of lymphangitis (blood poisoning). This is a critical medical emergency that requires immediate professional evaluation and antibiotics.

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The Antibiotic Plant That Saved Venezuela (Usnea)

A NATURAL ANTIBIOTIC – HANGING FROM THE TREES

When pharmacy shelves emptied of antibiotics, doctors and herbalists turned to a plant their grandparents once relied on — a pale, lacy growth found hanging from trees across the Americas.

It is still studied today for its natural antibacterial compounds. It was there all along. Most people have walked past it without recognising it.

MEET USNEA – "OLD MAN'S BEARD"

Usnea is a lichen — part fungus, part algae — that hangs in soft grey-green tufts from tree branches in forests across North America, Europe, and South America.

It contains usnic acid, a compound studied for its activity against certain bacteria, including some that resist conventional antibiotics. Traditional healers used it for centuries on wounds and respiratory infections.

HOW TO IDENTIFY IT

- **Texture test:** Gently stretch a strand — true Usnea reveals a thin white elastic core inside, like a tiny bungee cord
- **Colour:** Pale grey-green, often growing in soft, branching tufts on bark or dead wood
- **Where to look:** Damp, clean-air forests — often on pine, fir, or oak branches

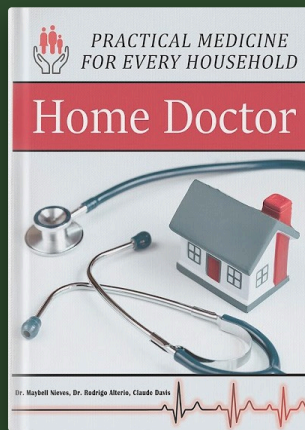
A SIMPLE USNEA TINCTURE

Fill a jar loosely with cleaned Usnea, cover completely with high-proof alcohol (vodka works), and steep in a dark place for 4–6 weeks, shaking occasionally. Strain and store in a dark dropper bottle. **This is a traditional preparation, not a substitute for prescribed antibiotics** — but it is the kind of knowledge that quietly disappeared from most households, and doctors who lived through real shortages made sure it didn't disappear from theirs.

HOME DOCTOR – PRACTICAL MEDICINE FOR EVERY HOUSEHOLD

Every Emergency & Natural Remedy You Need for a Lifetime

What you have read in these ten pages is only a glimpse of a larger, life-saving truth. By owning the full **Home Doctor** manual, you are not just getting a book — you are securing **complete peace of mind**. You will become the resilient, self-reliant protector of your household, equipped with the exact knowledge needed to treat injuries, manage illness, and handle critical emergencies when no help is coming.



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WHY NOT JUST SEARCH ONLINE LATER?

In a real medical emergency, you have **zero time to search**. Trying to stitch together unverified medical advice piece-by-piece from random websites during a crisis is dangerous. Having complete, verified information in one single place—the book—can save lives. Plus, ordering today secures both the physical printed manual for your shelf and instant digital offline access to refer to anytime, anywhere, always.

- ✓ **Avoid Costly Hospital & Doctor Runs:** Stop wasting money on clinic visits for common flus, fevers, minor infections, burns, or sprains. Treat your entire family safely at home, saving hundreds of dollars year after year.
- ✓ **Legal Prescription Stockpiling:** Learn the exact, physician-approved protocol to legally build a 90-day reserve of vital daily medications (insulin, blood pressure pills, etc.) to keep your loved ones safe during supply shortages.
- ✓ **Tested in Real Medical Collapses:** Forged in hospitals that ran completely out of power, running water, and standard medicine. These are practical, doctor-approved methods that work when the system fails.

"In a crisis, the most valuable medicine in your home isn't what is in your cabinet—it is the knowledge inside your head."

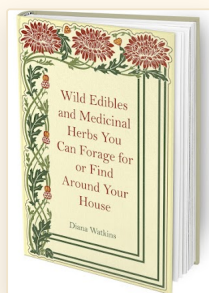
— Arthur Cole, *The Human Sense Guide*

HOME DOCTOR — FREE COMPANION GUIDES

Two Free Companion Guides Included With Your Copy

These are the lifesaving herbs that people in Venezuela ate when they couldn't afford to buy food from the market anymore. These plants grow all over North America, and I bet some are also growing around your house. With this bonus, you'll be able to identify wild edibles and take advantage of your backyard supermarket.

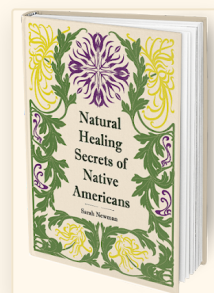
To ensure your family is fully prepared, every purchase of the **Home Doctor** manual includes two complete companion guides. These are designed to extend your self-reliance into foraging, scarcity management, and traditional wilderness medicine.



GIFT ONE

Wild Edibles You Can Forage or Find Around Your House

A complete, fully-illustrated guide to identifying the edible plants and medicinal weeds growing in your own backyard and across North America. Learn how to safely forage, prepare, and eat them, and how to avoid toxic look-alikes.



GIFT TWO

Natural Healing Secrets of Native Americans

Unlock the traditional pharmacy of North America's indigenous peoples. Learn to locate, harvest, and prepare traditional remedies, including a powerful native painkilling salve, a natural antibiotic, and wild teas that reduce fevers and clear respiratory infections.

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*"The knowledge to protect your family has always existed.
Now it is within your reach."
— Arthur Cole, Born To Heal*

