

Actionable intelligence to live a Free & Inspired Life

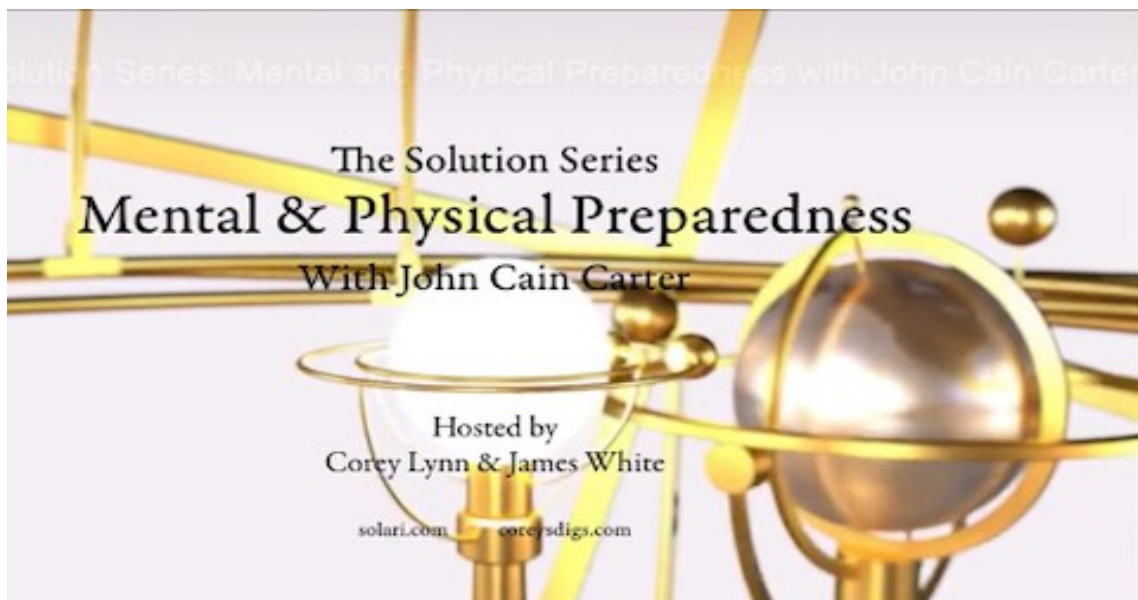


# The Solari Report

August 25, 2022

**Solution Series:  
Mental and Physical Preparedness  
with  
John Cain Carter**

**Brought to you by Solari and Corey's Digs**



**James White:** Hi, this is James White along with my cohost, Corey Lynn. We are delighted to be here with you on this broadcast. We know plenty about the problems that are going on, and we talk about those all the time. But what we really need to do is bring forth solutions. That is the goal of this series, and we do appreciate you joining us.

Corey, thank you so much for joining me to do the *Solution Series*. It's great to have you as a cohost.

**Corey Lynn:** I'm 'super-excited'. We've been planning this for a while. We have many great guests lined up. I'm ready to 'rock-n-roll' and get some good solutions out to people.

**White:** Speaking of good guests, we have one with us today. I'm going to start off by giving him a proper introduction, and we will go from there.

John Cain Carter is our guest. He received a degree in geology from the University of Texas. Later, he attended the Ranch Management program at Texas Christian University that gave him two gifts: A Brazilian wife and land management skills.

After graduating from college, John joined the US Army and served in the Long-Range Surveillance Detachment/101<sup>st</sup> Airborne Division in Desert Storm. In 1996, John and his wife moved to the Southern Amazon Basin in Brazil to an area in northeastern Mato Grosso state called 'The Valley of the Forgotten'. That sounds like an interesting place. It is a place with no power grid, no telephone, no police, no store, and no help. This reality demanded a can-do attitude and a sense of humor.

John founded Aliança da Terra in 2004 with the intention of installing a land stewardship ethos across the Amazon frontier during its critical development stage. This land stewardship movement now includes over 2,000 farms and ranches totaling 13 million acres of land inventoried in the 'Producing Right Platform', which serves as a tool to incentivize excellence in land management through technical support and higher margins for its farmers and ranchers.

Out of necessity, in 2009, Aliança da Terra launched the first wildland

firefighting unit in the Brazilian Amazon called Brigada Aliança, whose mission is to do what others had failed at – controlling the intent fires that rage across the Amazon every dry season.

The US Smokejumpers and Hotshots graciously provided the technical training. The leadership training was provided by John's Army buddy, Kelly Mahon, who used his Special Forces skills to transform a group of individuals into a band of brothers able and willing to lead, as well as the skills necessary to force multiply against a geographic region the size of the American West.

After 14 years in the field, wherever the Brigada Aliança goes, uncontrolled wildfire is eliminated.

John is married to a girl he sat next to at TCU's ranch management program. He and Kika have two strong-willed girls named Katrina and Marina. They love God, His people, and His land.

We are delighted to have you here with us today, John Cain Carter. What an interesting life you have led, my friend!

**John Cain Carter:** It's a pleasure to be here. I really appreciate it, and feel honored.

God has graced me with my childhood dream, so here I am.

**Lynn:** John and I have spent a lot of time talking, and I have to tell you that two hours goes by, and it feels like about five minutes, right, John?

**Carter:** Right.

**Lynn:** We have much to say. In talking with him, he's a rancher in Texas, and you have two ranches in the Amazon, right?

**Carter:** I have one in the Amazon and one in the southern part of the country in Brazil.

**Lynn:** One of the things that you're so good at is mentally preparing for this

and the contingency plans, and coming up with proper systems. You are so experienced with all of this that it seems easy.

We were talking recently, and you said, “There’s nothing to worry about. I mean, this stuff is pretty easy.”

I said, “It’s easy for you, but I think it’s intimidating for a lot of people.” It feels like plenty is being thrown at us all at once. I think it would be great to start mentally preparing in the five-point contingency plan you talk about.

**Carter:** First of all, you have to clear your head. Quit watching television, quit reading all of the garbage because it’s intended to create fear, and fear is paralyzing.

The lessons that I realized in the military, but most importantly in the Amazon, living in Brazil, is that nothing is impossible. Have a plan, and Keep It Simple Stupid (KISS; make it a simple plan, and focus on shelter, food, water, and health. Surround yourself with people who have skills that you don’t.

It’s kind of a ‘fun deal’. I got stuck into it by happenstance. I didn’t realize what I was getting into when I moved to Brazil to the Amazon frontier in 1996. I flew in a single engine airplane from Texas to the wild frontier, and I landed in a place that had no electricity other than a generator and a water pump from a spring that was dug out.

Over time, I realized how fun it was. I think that today, if you look at modern America, we are multiple generations away from the farm. The majority of Americans live in the city. That is the danger. People are intimidated by this when it’s quite simple. The basic necessities to survive are not that hard if you can prepare yourself for it.

**Lynn:** And you lived there almost completely off-grid for about seven years, right?

**Carter:** We lived off-grid for that time and managed the last 20 years in that type of condition. We had no electricity whatsoever. We were beyond settlement, so to speak; we were 18 hours away from a hospital or any type of

civilized town other than some frontier towns.

We learned to live with the bare minimum where we would run a diesel generator three to four hours a night. We would inventory fuel that would last for roughly two months at a time. We had a back-up to our generator with another generator. We had solar panels that would charge batteries for our communication radios. We didn't have telephones; we used short-wave radios.

We learned how to be a 'Jack of all trades'. When an engine breaks down, what do you do? Those are the things that might intimidate people because there are all those 'what ifs'.

We had a person who lived next door to us. We were on a 22,000-acre ranch. Our neighbor's was 130,000 acres – so it was quite big. They had one man there who was somewhat of a manager; he managed the hydro-electric dam. They had built their own lake and turbine to produce their own energy. He was my shepherd, and he taught me plenty.

So, it was really that community that made it easy and made it fun. I think that in preparation for what is certain to come to our country is to build a community first; community should be top on the list. Meeting people with different skill sets and different trades – electricians, mechanics, farmers – is important if you live outside of the city in a rural or semi-rural area. If you don't, you have those same people and assets in an urban setting. The amount of land you need to grow your own garden is minimal; you don't need a large amount of land.

The most important thing is how you will run your generator and where you are going to get your fuel from and what medications you need. If you don't have access to a pharmacy or a doctor, what do you do?

We had that experience many times. We delivered babies when we didn't have time to get to the hospital. We treated snake bites, broken arms, and 'busted' heads. We had about everything that you can think of happen, and we survived.

**Lynn:** I know you broke your arm when you were there and you had herbs placed on it. The doctor was able to recognize that during the x-rays or

something, right?

**Carter:** Yes. I was working in a corral, and a cow kicked in a chute and broke my forearm. We lived about 18 hours away from the hospital. I did have a bush plane, but I couldn't fly because my right hand had swollen up. So, I had to wait for the swelling to go down. In the meantime, one of my employees suggested using a plant that grew there and make a poultice.

I boiled it and placed it on there, almost scalding on the skin, and I wrapped it really tight. It helped the swelling go down, and it helped the bone heal. I didn't have a compound fracture; it wasn't displaced; it was fractured.

I did that for two days. Sure enough, the swelling went down. By the third day, I could move my fingers. So, I eventually left on my airplane with my two-year-old daughter in the right seat as my co-pilot in her baby chair.

We flew to civilization, and I went to the doctor to get an x-ray. The doctor said, "You know your bone is discolored." He didn't ask me what I used; he said, "Did you use this herb (and he named the plant)," and I said, "Yes, I did."

He said, "That is very common in the frontier."

**Lynn:** What is the herb called?

**Carter:** It's St. Mary's herb or something like that. You can grow it.

What is also interesting in living in the Amazon frontier is you have all sorts of people who live there. You have many pioneers who went there on foot and somehow managed to get there. The elderly ones I met in the mid 1990's had lived for two decades with no electricity – nothing. They built their own houses; they were true pioneers. They had no access to the outside world – nothing.

Every homestead is exactly the same. They plant the same plants for their pharmacy, and they plant the same trees for the fruit trees. When they leave to go to town, you can always tell where those old homesteads were because you can see the same 20 plants and trees that grew there. They didn't just survive; they thrived.

**Lynn:** You were also saying that you used a generator, and you would run it for four hours a day. At one point, you would keep your meat frozen in a freezer. When the freezer broke down, what did you do with the meat?

**Carter:** That's a good question, and one that is probably in a lot of people's minds about generator use. You think you're going to turn it on and use it until the fuel runs out, but that's kind of stupid; if you don't need it during the day, then don't turn it on.

We wouldn't use it during the day; we would only turn it on if we needed to use a welder or some sort of shop equipment. At night, we turned it on right at dark. Over time, we determined how many hours we needed it for a deep freeze to maintain any meat that we had frozen. We would kill one or two animals a month – a heifer or a steer – and that would be the meat supply for the entire ranch. That would feed all of our employees and ourselves.

We determined that it was four hours a day, and the other 20 hours, turned off. As long as we didn't open the freezer during the day, it would keep it frozen. That way we could ration our fuel to last for multiple months versus using it all in a matter of weeks.

**Lynn:** So then when the freezer broke, at one point, you said you took the meat and made sun jerky out of it, right?

**Carter:** Yes. We lost power multiple times for whatever reason – mechanical issues or parts. When that would happen, the meat would stay frozen for two days. On the third day, it starts to thaw out. So, we would take all the meat and cut it thin. They don't smoke it there. We put it on top of a tin roof, salt it, and lay it out on the tin. You leave it there as long as you want to.

When you do use that, you soak it to get the excess salt out, which makes it a bit softer. You don't necessarily have to cook it, but you can cook it. It's already cured because of the salt.

**White:** I have a follow-up question regarding the health and medical issues you talked about earlier. Did you have the benefit of books? I have a book

called, *If There Is No Doctor and There Is No Dentist*. Did you have any type of material like that? That would be something useful in a remote area like that when you were 18 hours away from a doctor or a physician. Or did you use customs and traditions for treatment?

**Carter:** No. When I moved there, it was before the internet. So I went ‘cold turkey’. I landed there, and used the skill sets of the people there. All of my employees there had grown up on the frontier. As we said in the Army, they were, “As tough as woodpecker lips.”

They came from different angles; some were gold miners, some were cowboys, and you name it.

What I’ve learned as I started to understand the language and the culture is that there is a ‘smorgasbord’ of plants that everyone knew. Some of the non-Indian frontiersmen knew copaiba and all these other plants, which I can’t get into because they are in Portuguese.

When I was with the Indians and the native tribes, their knowledge was exponentially more than the pioneers had, but what the pioneers had was quite extraordinary. They had things for headaches, stomach problems, colds, the flu, you name it. They had medicine for healing cuts. They call the copaiba tree the ‘cure-all’ tree because you can use it for multiple diseases.

There are also the different types of foods you eat. The type of soup or chicken you eat cures the flu. Those are many of the things that remind me of my grandmother who grew up in Appalachia; it’s very similar.

**Lynn:** Let’s return to the power systems for a moment. On your ranch in Texas, you have several backups in place. How do you suggest people go about having a Plan A and a Plan B when it comes to a power supply?

**Carter:** The power supply is not cheap; it takes an investment. I have prioritized the dense fuels that give me the most energy and the most ‘bang for my buck’. That, of course, is a diesel generator. Then you can store it easily for long periods of time; you can store it for up to a year by putting some additives in it. You can’t store gasoline for that long. So, that is why I prefer diesel. That



fuel also serves for my tractor and truck and a few other things.

That is my first backup. I have a transfer switch, so when the power goes off, it automatically turns on the generator. At the same time, I do have solar panels, but I do not have the batteries. I did not invest in the batteries because, for normal times – and I wouldn't say that we are headed into normal times – I didn't think it was worth it. Now I'm reconsidering because I can actually inventory energy in the batteries.

I also have a propane generator; I have a diesel and a propane generator. Then I have propane stoves, and you can have a propane refrigerator.

One important thing psychologically, is when you've been raised with refrigeration and ice and cold food, it's rather hard to get weaned off of it. So, if you have a propane refrigerator, it keeps it cold all day; you don't have to have the generator on. It will last a long time. We would run our refrigerator full-time on propane for a month, and we only used a small cylinder.

We had a big inventory of kerosene lamps and candles. We would use candles at night. When the generator went out, we would have candles next to the bed so we didn't get snakebite as we walked to our bathroom at night. We had flashlights, of course, rechargeable flashlights.

We had a shortwave radio with car batteries that would be charged with the solar panels. So, I went with 'the more the merrier', and that's what I have done here to diversify as much as I can.

We finally solved the problem once and for all by building our own lake. It is quite big – about 110 acres. This was in the middle of nowhere. There was a man there who had an engineering mind, even though he didn't have an engineering degree. He designed and built a hydroelectric turbine that would spin, and we could transfer that energy into running a generator.

We produced 130 kilowatts, which is about five or six times more than your big Generac or Briggs & Stratton generators can do. That was free. We had people hang up the power lines; it's not that hard. The hardest part is getting over the fear; don't be a 'deer in the headlights' who is concerned about the future.

We will have power outages. I don't think that we are going to lose anything in the next year or two permanently, but we will certainly have outages. It may last a day or two or three. It's really nothing to panic about, especially if you have a propane refrigerator or freezer and you have some candles. It might be hot or it might be cold, but it's not the end of the world.

We would lose our power at times, and we lost our water source at one time. We dug out a spring and improved it. We dug four or five feet deep and put in 50-gallon drums, and perforated the drums with holes so that they would fill up with water. Then we piped that water as it collected downstream by gravity to a creek that we put a water wheel on. The water wheel had a pump that would pump the water up to our house.

So, we had continual water being pumped into the house 24 hours a day. It wasn't treated; it was only spring water. Every now and then, that would stop. There was occasionally a broken pipe over the mile-long pipeline. One time we had an anaconda get stuck at the source. It got stuck in the tube, rotted, and we determined that when we drank the water and almost threw up.

We dug water wells. We had a water well at one of our other properties. It was about 30 feet (seven or eight meters) deep. It was an old-time well. We bricked it, had a crank, and just pulled the bucket up. That was our ultimate back-up.

We also drank out of the river, and took baths in the river or the lake if we had to.

**White:** Many people store food and water through water filtration. How important do you think being psychologically strong is going to be if there are some grid breakdowns and interruptions in the food supply? Some people will want to panic because they are that way.

Do you find that will be one of the most important things – being psychologically ready for what's coming?

**Carter:** I think that is the most important thing. When you know you are headed for hard times, or when you know that you are going to go on a combat

mission, the anxiety gets to you. Once you're in the craft, everything goes away, and then you revert to training and real time. Once you get into that situation and you're there, there is no more anxiousness.

That anxiety is unnecessary because it's very disheartening.

I listen a great deal, and sometimes it even tricks me and makes me think that I have to be worried. I stop and ask myself, "Why do I have to be worried? I have storable food." I don't have it because I'm worried, but perhaps I have it because I'm lazy. It would be nice to have 30-40 days of stored food. I can go out and shoot a couple dozen deer or coons or possums or squirrels or rabbits. You can also forage, especially if you live in the eastern United States.

There are so many ways that you can sustain yourself. It's really that easy. There are so many videos and books and resources on this.

For people who don't have any training in this or life experience, you definitely want to get some sort of food – whether it be storable food or macaroni or spaghetti. Get dried food, ramen noodles, or whatever is going to keep you alive. You might get sick of it after a while. Just join the infantry and you'll find out about getting sick of eating MREs every day.

There are rice and beans; you can buy them in bulk. You can go to Costco and buy whatever you want, and put it in sealed containers. I have large amounts of that, and I don't have to worry about it; it will last indefinitely.

At our ranch we supplied our own garden; we had a full-time gardener. We made our own fertilizer with our manure. We cured it ourselves. We had so much produce that we couldn't eat it all; it was impossible.

We had dozens of employees at times, depending on our labor situation. We raised our own animals, and had all the meat we wanted. We had only to worry about buying salt, sugar, coffee, rice, and beans. We had 100 chickens and hens and about 112 sheep that roamed.

Of course, that is in a ranch or farm setting. But even in a small homestead, you can do the same thing.

**Lynn:** You've talked to me about the soil and different methods instead of using the store-bought soil with the chemicals and the bad fertilizers. You really built up soil and worked on creating an ecological system that fed itself.

Tell us a little about what you are working on and what you are learning there with that.

**Carter:** I think that is the fun part. You need your short-term needs and a plan of how you are going to get over a gap between normalcy and the future. But once you are into the new reality of supply chains – and who knows what is going to happen – I don't like to even worry about it because I want to break away from this system regardless of whether things break down or not. I'm kind of fed up with the existing food system; I'm sick of the greed and lies of these companies. It's obvious what is going on.

That spurred me to look for alternatives. Listening to friends who farm and ranch, and listening to their personal stories of transitioning away from synthetics, and also from my experience in Brazil where we didn't have fertilizer or access to it because we were so far away, we created this whole biology that was alive. We created it the way God intended; it was rich and 'fluffy'.

That produced very healthy food. That healthy food changes your attitude, your mind, et cetera. When we would come back to the states for vacation every now and then, my wife and I would comment, "Don't you feel different?" After about a week of being back in the states, we felt heavy and sluggish. We started to catch onto it.

To start a garden and grow food immediately, you have to use nitrogen and phosphorus or whatever, buy your soil from Lowes or Home Depot, but you accept all of the chemicals that go with it to kill everything with the skull and crossbones on the label, but you will grow food. You can use it for a 'crunch' period until you get firmly established. But ultimately, you are killing the soil microbiology. You are sterilizing it, and you get hooked into a system where you have to go back to Lowes and buy all your inputs, and you can't get out of that system.

What we are doing – and I’m still learning – is focusing on your soil health, feeding the soil, and having cover crops for the cool season or warm season. This increases your humus – your organic matter content. It feeds the soil biology that, in turn, releases those nutrients you need in the soil, and you don’t have to be dumping them on all the time.

There are other resources out there. There are some exciting trends happening with algae where you can mix algae and water; you mix very small doses of algae per tank to spray. It’s nontoxic; you could drink it if you wanted to. I don’t think that it would be very ‘fun’ to drink it, but it’s not toxic. It feeds the soil, so we are increasing the chlorophyll photosynthesis. The results are quite definitive that it is increasing plant growth as well as the nutrient value of the plant. It’s denser, and it is a substitute for your synthetic or natural nitrogen sources, et cetera.

This is not something that is ‘pie-in-the-sky’; this is simple chemistry and soil chemistry. That is where the future is going.

These tyrants keep ‘cranking down’ on us. Necessity is the mother of invention. They are eventually going to see their demise, and I think we are going to have a healthy food system in another 10-15 years, once we get through this storm.

**Lynn:** I agree. You sent me some great references on that, so we are going to include those references underneath this video as well (*Solari* website). If people want to look into that and into better sources for producing better soil, they can.

Jim, did you have some follow-up questions?

**White:** I noticed that when you talked about all the things that you had brought in, you had the water system and the various things in the garden. I noticed that you didn’t bring cable TV in.

I try to recommend to people to turn off the television and open a book instead. What did you do for entertainment? You can’t work 24/7; you have to be able to break away at some time and have some entertainment.

Did you go on hunting trips? Did you go to the swimming hole? Did you read? Did you sit around the campfire and tell stories? What types of things did you do for recreation and entertainment without any power or electricity?

**Carter:** That's a great question. I look forward to what is coming, to some degree, because if it takes me back to where we were, life was better. We would sit there in the evening. We had a longstanding rivalry in a checkers tournament; we played checkers and dominoes; we would go swimming together; we would pick fruit together; we would go for drives. There were so many activities.

At night, the most fun we had – ironically – was my grandad from Texas gave me some old magazines that had been printed in Bandera, Texas in the 1930's. There were interviews with the frontiersmen called *Frontier Times*. I would sit up at night by candlelight reading *Frontier Times*.

My wife would say, “Hey, this is crazy! We're living in a modern-day frontier.” We didn't know we had been para-shifted into that. We started to piece it together by the stories, and realized that we were in the middle of a modern-day frontier.

We would read a lot, and did what people used to do when they had front porches and rocking chairs. We would sit and talk with our employees, which was the most entertaining. We would listen to their stories of how they got there, their snakebites, their battles, and the fights with the Indians. That was funny because I became friends with the Indians, and I would hear their version. So, I got to listen to both sides of the story. I became very close friends with both sides and realized that we were all humans.

Ultimately, that is when you go back to the land, and you go back to the core of life, which is love; you love the land and you love the people.

On weekends, I would go in the forest with the employees who were the woodsmen. We would go hunting; go cruising through the forest looking for something to shoot or eat, and we were also learning. I was learning traditional plants. I did that with the Indians, too. They shared with me and were very gracious with their knowledge.

When we get there – which we will – it’s liberating. We are going back to person-to-person contact and sharing life with other people versus being behind a stupid cellphone or watching some idiot on television.

**Lynn:** Agreed! What a great experience for your daughters. Did they like going there? Do they still go out there with you?

**Carter:** We are going to go there soon. It was very profound. My daughters grew up in a lifestyle that doesn’t exist anymore. The most significant part of it was being exposed to individuals that people in the World Economic Forum and that idiot Kalgeri would call the ‘useless eaters’. Those were our best friends. Those were the people who they said they wanted to help and they cared about, but they were lying. We had the real honor to be ‘rubbing shoulders’ with people who went through tremendous hardship and were very gracious with themselves and their food. They didn’t have anything because they gave you everything they had.

My oldest daughter is Katarina. She would get up in the morning and run to the cowboys’ house to eat their farofa, which is manioc flour mixed with pig fat and dried meat. That was her breakfast every day. She absolutely loved it.

My other daughter was three years old when she had a horseback riding accident. The horse flipped and rolled over on her. The horse popped back up, and she was sitting there holding the saddle horn. I looked at her and said, “I know what she’s going to be when she grows up.”

Now she’s about to major in equine sciences in college at Texas Tech. That’s quite funny.

**Lynn:** That’s awesome!

**Carter:** That experience built a lot of character in those girls, and I’m really proud of them.

**Lynn:** I have one question that we didn’t bring up, and I haven’t actually talked with you about this. Do you collect rainwater?

**Carter:** I don't collect rainwater. The only reason I don't is that I haven't gotten to it yet. I've already started to research a way to do it. I'm going to do it on one of our sheds.

I already have the storage tank for it; I just haven't put in the collection yet.

**Lynn:** You're on well water, right?

**Carter:** Yes, we have two wells.

Speaking of wells, if they are deep wells and you need a big pump to pull the water up. If you have a shallow well, you can use an old hand-crank. You can still acquire all of this equipment. You can even get a pump that can pump fuel from a 50-gallon drum to a tractor. I have those things in my shop, and I'm expecting to use them some day.

You want to make sure that you understand how to do it before it hits. You want to have these contingencies already lined up – who, what, when, where, and why. That way, when something happens, you know what to do. When something breaks or something goes down, you don't panic. You've already trained yourself on what needs to be done.

**Lynn:** I think that is one of the most important things. You need to learn how to improvise and troubleshoot. Practicing these different things before it actually becomes a necessity is important, as well as learning to be more self-sufficient so that you are in the right state of mind and you're not worried when something happens.

**Carter:** As a closing story, I flew myself to a tribe about an hour away from us. It was horrible weather, but I had promised them that I would be there on a certain day. I flew nap-of-the-earth – probably about 50 feet above the canopy of the southern Amazon – under quite heavy rain. I landed, and intended to spend one night and go back the next day.

The 100-foot ceiling dropped down to zero visibility as soon as I landed, and I got stuck there for about a week. I only had the 'clothes on my back'. I spent a lot of time with the Indians. One time I spent almost four weeks straight with



them.

When you are living in that environment, when you are in the middle of nowhere, and you see how peaceful everybody is and how easy it is just to live—you might catch a fish in the morning. That fish might be all you eat that day, but you are also not that hungry because you start to shrink your stomach. You don't need all of that junk food.

So, that's the message or the lesson that I have: It's not hard, and it takes a little planning. It does take a community, which is the most important thing; the community is number one.

**Lynn:** I agree.

**White:** What strikes me is one of the revelations that you would have in living that type of life you lived off-grid like that is we are so wasteful here in America. We throw so much food away. I would imagine that when you live in the environment that you lived in, you learn to use all parts of the animal. You probably used the bones to make tools and that type of thing. Is that dichotomy you see from living here in a modern world and then living in the off-grid world? Do you learn to utilize somethings that maybe before, you would have thrown out, and now they become useful tools and such in your environment? Is that accurate?

**Carter:** That is very accurate. Even inventorying parts and things that you may need, your budget or your space won't allow you the room to inventory x number of tires. So, if we didn't eat it out of the garden, we would feed it to the pigs or the chickens. Everything was reusable.

As far as the cattle, we would cure the hide. We would take bark from a local tree that had high tannic acid, and we would tan our own hides. We would use the bones to make bone meal for the guard dogs.

If you had to improvise, that is the fun thing. I had a flat tire on my plane one time and didn't have a spare. I removed it, stuffed it with grass, and put it back on. Then I departed. Necessity is the 'mother of invention.'

There is a solution for everything. That is the biggest lesson I learned. Being surrounded by people, most of them are illiterate, but they are brilliant. It never intimidated them getting a snakebite or anything.

There is always a solution, and if there isn't a solution, there is always a bottle of whiskey. So, make sure that you have some whiskey on hand.

**White:** There are modern world solutions as well, – not only for the Amazon.

**Carter:** Yes, that is true.

**White:** I'm going through some of your photos while you're talking. This is fascinating – some of the natives that you ran into. You were there on ground, and were involved with the village and everything. There was no 'messing around'.

**Carter:** We were adopted by a tribe called the Kamayura. They were dear friends of ours, and had daughters. We spent plenty of time there, too.

I would go off with my friends who, unfortunately, some of whom passed away during the last two years thanks to the people 'across the pond' and the COVID deal and getting the shots.

The ones I was closest to passed away last year, and those were the hunters. I would go on hunting trips with them.

One of the first times I went – probably two decades ago – when I asked one of them what I needed, he said, "Nothing."

I asked him how long he was going for, and he said, "I don't know."

So off we went, and I was barefoot. I thought we were going to go on a trail for a while. He told me that I didn't need my shoes. Well, I was a tenderfoot. After about six miles of going through the forest, I realized that we weren't going back that day.

We got to the lake and caught some fish. We ate the fish and had an absolute

ball. That's the confidence it gives you. Surviving isn't that hard if you have some basic skills. You need a gun, for sure. I would say to get a smaller caliber versus a bigger caliber. A .22 is an excellent option because you can use them for small animals, too, and it won't hurt the meat.

When you go hunting with an Indian, you see that they have nothing on them other than some paint to keep the mosquitoes off. You don't need a lot of equipment; you don't need Bass Pro Shops and Cabela's and Walmart and all that 'crap'; you don't need all the 'crap' that we have. You don't need medications.

Our medicine cabinet at the ranch had some aspirin, some Neosporin, and that's about it. Nothing else lasted in the high humidity of the Amazon. Actually, everything we had was 'chucked' because it expired and turned green. So, we went without. It wasn't that big of a deal when you surround yourself with people who know.

There are plenty of people today all over the United States in cities who know, and they are looking to build communities. I think that is the path forward. We had better do it now while we have time – before they crash everything.

Life benefits the prepared; if someone doesn't get prepared, shame on them.

**White:** If you had to give three things that people should do after they watch this video, what would you recommend? Of course, putting together a garden takes a period of time. What other two or three things would you suggest people be able to do right away that would get them ahead of the rest of the people who are doing nothing?

**Carter:** I did it myself, so I will tell you what I did: I bought food; I bought freeze-dried food. I've eaten plenty of freeze-dried food in my life, especially backpacking. I bought enough freeze-dried food that would last for a month to at least have one meal a day and 2,000-3,000 calories a day for my family.

If I can't get enough food in that month to carry me on after that, I deserve to 'rot away'; it's not that hard. If I have that comfort and luxury to know that I have 30 days where I don't have to scrounge, that helps.

I have a water filter. I know where water is. If the pump goes down in the city and I don't have any water coming into my house or it's contaminated, I know where a stream or a lake is. And I need to have a water container so I can get it.

If you have water and the food and you have shelter, you can relax. Then you can plan and take baby steps on planting a small garden. In a tiny area – 10 feet by 10 feet – you can plant enough food that you could survive with a family of four as long as you used the right techniques and the right methods. There are methods out there, like the Mittleider Gardening Method. You can be a novice and immediately go online and do a class or go to one of their classes, and immediately, you are in the farming business and the food business. You can produce food easily with no experience.

That's the thing that I would do – food, water, and shelter. Most everyone has shelter.

The third thing would be the community. I get my own food and water, and then surround myself with people who understand what is going on, who think alike, and who, in the last two years, have been getting a great filter of who has their 'head screwed on right' and who's out there in 'la-la land'. I'm staying away from the 'la-la landers'. I don't want to be around them anymore because it's dangerous. You need to be around people who have principles, values, and integrity.

**Lynn:** You help people with livestock. Obviously, some people would be lucky to just have a chicken coop on their property because people live in apartments or townhomes or small areas, or they are stuck in an HOA that doesn't allow that. But then, there are people who do have a bit of land, and maybe they are thinking, "I should get into having some livestock. What animals should I start with?"

What do you think along those lines?

**Carter:** Once again, it's Keep It Simple Stupid. Where are you going to get the most protein? If you have six chickens, you will have more eggs than you can eat. That's your protein source from eggs. Then you go up from there. If

you want to get into rabbits and all that, you can. I'm not 'crazy' about rabbits myself.

You can get into larger livestock like sheep and goats on a small homestead. Once you get to a 1,000 to 1,100-pound cow, then you need to look at more land. So, I would say to leave the beef aspect to people who could trade with you for meat or sell you meat, and focus on what is going to produce protein for you the easiest. Chickens are simple.

Whatever we produce, they already have a plan on how they are going to try to take it away from us.

**Lynn:** I know!

**Carter:** I've already a plan on how I'm going to keep it.

**White:** What about goats for goat's milk? Is that good?

**Carter:** I love goats. Goats are my favorite because they eat anything, they are hearty, you don't have to do anything for them, and you have meat and their milk. Sheep are secondary to goats.

Honey is another good one.

That applies to us to who live outside of the city. I can assure you that is what happened in the American South for 100 years because there weren't any deer there as of the 1980's. They killed everything after reconstruction. People in the rural South ate everything. They would supply their diet principally from wild animals, and that was out of necessity.

We are going to head right back into that again. I would say that after about five years of this, there isn't going to be a deer or animal left except for the ones that got away and hid. That's why I want a .22, so I can get the small animals.

**Lynn:** You're heading back to the Amazon for a while in a couple of days.

**Carter:** Yes, I am going back soon. I'm going to fly back and do all of their

ranch work. It's a big family and a homecoming. The Brazilian people are extraordinary. They have been under the 'boot heel' of the tyrant forever. Living in Brazil is a blessing, and also a warning of what is going to be coming to our country. It has already started, and I can see the signs of where we are headed.

I'm saying, "Oh, gosh. Here we go." I don't mean it in a bad way, but we will become a Brazil soon where the bureaucracy takes over and the corruption is so bad and your supply chain is broken. You can't get parts or anything.

The good side of that is the black market 'pops up'; black markets pop up everywhere, and you can trade. To this day, you can still trade and barter.

It's quite the training to go to Brazil with this New World Order crowd and Reset people.

**Lynn:** Are going to stick around in Texas, too?

**Carter:** Yes. Our two daughters are in college in the United States. Based on what I think will happen in the next few years, I want to be here only to help my children out. Also, Brazil is somewhat of a refuge. Living out on the frontier, it's a long time before someone comes out to the far reaches to try to mess with you. It's a great spot to run to, although I don't like running; Texas is my home.

It's my home, and my state, and I won't let anyone mess with it.

**Lynn:** We appreciate you spending time with us and giving people some tips on all of this.

**Carter:** I'm honored that I've been able to speak with you. My last thought is to have a positive attitude and be grateful every day that we are alive. Realize that suffering and hardship builds character, and it's also a weeding out process; unfortunately, a little weeding out has to happen.

In that process, life becomes rich again. My wife and I learned that in the Amazon, where violence was intense. There was a lot of evil. But on the flip side, there was so much good. That is when people's true charity and the good side come out and shine.

That's about to happen, and I think that's why we are talking. 'Birds of a feather flock together', which means that we have a bright future. Eventually, we will take control again.

**Lynn:** I agree 100%.

**White:** I'd like to ask you when you go to Brazil this time, would you be able to take some video as a follow-up? I know we are going to put an article out on this. It would be nice to add some of the photos or videos of your trip that you have coming up. It would be nice to add those. And that's just if you take videos there. I don't know if I'm asking something 'out of school'.

But if you happen to do that, I think it would be helpful to acquire some of that for our website or for this article.

**Carter:** Sure, I would be happy to. That would be a lot of fun. I will even get some photos of some of these homesteads so I can show you each homestead.

It takes the 'edge off'. We built a homestead there three years ago, and now it's so thick with plants that you can't even see it. We have so much food that my employees don't know what to do with it.

I'll do that. That is a great idea.

**Lynn:** That's awesome! Thank you so much! Definitely stay in touch – if you are able to – while you are there. Otherwise, we will 'touch base' when you get back.

**Carter:** You bet! Thank you, Corey, and thank you, James.

**White:** We appreciate you joining us today. We want to thank our guest for being here, and we pray for his safe trip to Brazil.

For Corey Lynn, my cohost, this is James White. Until next time, for the *Solution Series*.

## **MODIFICATION**

Transcripts are not always verbatim. Modifications are sometimes made to improve clarity, usefulness and readability, while staying true to the original intent.

## **DISCLAIMER**

Nothing on The Solari Report should be taken as individual investment advice. Anyone seeking investment advice for his or her personal financial situation is advised to seek out a qualified advisor or advisors and provide as much information as possible to the advisor in order that such advisor can take into account all relevant circumstances, objectives, and risks before rendering an opinion as to the appropriate investment strategy.