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Solution Series:

Family Preparedness and Building a Survival Community with Stefan Verstappen

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James White: This is James White from the Solution Series, and I'm delighted to be joined by my cohost, Corey Lynn. We are sponsored by *Solari.com* and *CoreysDigs.com*.

Corey, great to be with you.

Corey Lynn: Great to be with you too, my friend.

White: This is another exciting *Solution Series*. We have a great guest with us. Hang on because our guest has a wealth of knowledge and is going to be laying out a great deal of it here for us all. Let me give him a proper introduction.

Joining us is Stefan Verstappen. He is a Canadian author, researcher, and adventurer. He has written dozens of articles for various magazines and newspapers and is the author of eight books, including, *The Way of the Warrior*, *The 36 Strategies of Ancient China*, and *The Art of Urban Survival*.

He has worked as an instructor for St. John Ambulance, a wilderness guide, a community organizer, and a martial arts instructor with over 35 years' experience in the martial arts, including five years spent studying in China.

He is the creator of the viral YouTube documentary, *Defense against the Psychopath*, the *Paradise Stolen* series, and over 200 other videos.

Stefan has been interviewed more than 200 times on radio, TV, and podcasts, including *Coast to Coast AM*, John B. Wells' *Caravan to Midnight*, Jeff Rense, Bill Martinez, Veritas Radio, *SGT Report*, and the *Common Sense Show*.

Stefan Verstappen, thank you so much for joining us here on *The Solution Series*. Great to have you.

Stefan Verstappen: Thanks for having me on, James and Corey.

Lynn: It's great to see you again! Just so everyone knows, one of the other things that Stefan also does is consults to help people get situated with everything that they are going through as far as being prepared and coming up with plans for their family, and what to prep for. We thought, "He is such a

wealth of knowledge and has so much information and a full library on his website that everyone needs to check out.”

I wanted to start with food. We are trying to narrow it down to some good questions and answers because there is way too much to squeeze into an hour. What are the best foods to store long-term, and what are the best ways to prepare them? If you can't prepare it, do you have an option for MREs?

Let's start with that, and then we have a couple of follow-ups on the food.

Verstappen: Personally, I can't speak about MREs; I've never eaten them so I wouldn't know. From what I have heard, they are not very tasty, and they are not very nutritious. But I don't see why you would need MREs. The only reason you would choose MREs is that they are lighter and easier to carry. So, if you are going to be 'bugging out' and wanted to put food in your backpack that wouldn't weigh you down, then the MREs might be a good solution for that.

But you don't need to do anything special; you need to just stockpile what you normally would stockpile. What I tend to do is divide my food into what I call staples, starches, proteins, and grease.

Staples and starches are foods like pasta, flour, rice, and powdered milk.. Pasta and flour and rice – provided you put them in a sealed container of some kind – will last 10-15 years. What I have done is bought 100 pounds of rice.

Many of the preppers recommend that you put them into a big bucket. So, you get a big plastic bucket, and put about 25 pounds of rice into each one. Then you place some oxygen absorbers, and seal the bucket with the plastic lid. That's fine if you have a big family and are prepping for your family. My problem with that is I'm one person, and so I'm not going to open a 25-pound bucket of rice just to take out two cups of rice for a meal.

So, I take my 100 pounds of rice and repackage it. Those Mylar bags of rice keep for 10-15 years. I've put them into two-pound Mylar bags. Then I put the oxygen absorbers in and seal them with iron. That way, I only need to take out as much as I plan to use. Two pounds will last me a week. So, I only need to take out a week at a time, and then I won't let the rest of the rice spoil every

time I open a big bucket.

Lynn: That makes sense.

Verstappen: The other advantage to this is that I'm only looking after myself where I am, but I'm also part of a larger community. There are about 40 people – ten families – and we are all working together to support each other, grow food, and have things like a medical team, a communications team, and a security team. We can provide for ourselves what society used to be able to provide for us.

The other thing is that with me dividing up my food storage into two-pound bags of rice I can barter that rice, and I can also share it with my community.

I have a family that is five minutes from me, and if they should run short, it would be no problem for me to take five bags to give them ten pounds of rice. That would last them a couple of months, and then we see what happens after that.

So that is what I'm doing. I've done the same thing with flour. Flour is a great thing to store long-term. The only trick you need to know about flour is that before you put it into the Mylar bags, or if you want to put it into big buckets, freeze the flour for three days minimum. I put it in the freezer for a week. The reason for that is that by freezing the flour you kill off the tiny larvae that you cannot see in the flour, but after a year or two, those larvae will hatch into small, tiny worms. You will see these little bugs in your flour.

You can eat those bugs; there is nothing wrong with it, but when you see these little bugs throughout your flour, it's not appetizing.

White: Just ask Klaus Schwab; he'll tell you.

Verstappen: He'd say, "You'll eat bugs, and you'll be happy."

Lynn: It sounds like you have a wonderful community there. It would be great if we could all do that, but some people aren't fortunate enough to have built up a system quite like that just yet. So, what happens as far as protecting your food

items? If you do want to share, what is a good approach to sharing that food so that you're not alerting everyone that you have this huge stockpile of food in your house?

Verstappen: I've said this a few times when I talk about the subject because it comes up a lot. People say, "I tried to warn people, but they didn't prepare. So, if they are starving, too bad for them. I'm not going to help them."

Lynn: That's terrible.

Verstappen: Many people have bad attitudes these days, but that's not me.

People are people; just because they didn't follow the advice doesn't mean they deserve a slow, painful death. Not only that, but many of these people have families, especially where I live. There are small children for 'crying out loud'! So, do you think I'm going to eat and watch little children starve to death? I can't do that. If I have to starve along with them, I would rather do that than sit here with a fully belly and watch other people starve.

You must get to know your neighbors, and people within your area. I would cook up some pots of food, and simply hand-deliver them to the people I know that are suffering.

The other alternative would be to set up a table in the lobby if you are in an apartment building. If you are living on a street in a subdivision, then you could set up a table in a local park, and bring some food there. If people ask, you say, "It was a food bank that donated this food to. I'm a member of the food bank, so I brought this food back for you." That way you're not directly linking yourself to the source of the food, but you still have a chance to share with others.

One thing that I think people should learn is what I call 'famine cooking'. I learned this concept when I was living in China because the Chinese have gone through numerous famines. Their complete history is littered with famine. That is why, to this day, the Chinese will eat anything and everything – bats and chicken feet. They will eat anything because they've been through famines.

So, what I call ‘famine cooking’ is pasta rotini. I package that, just like I do with the rice and flour, into two-pound bags. A two-pound bag of rotini will make a big bowl of pasta. Then I have cans of tomato sauce and cans with meatballs in it. I also have cans of mushrooms I can fry up.

If I were to put all this in a giant bowl, I can feed eight people. I can double that and feed 16 people. So now, I’m going to use four pounds of rotini and a couple of cans of everything, and I make a big bowl. I do that once every other day. I package it in a Tupperware container, and either hand-deliver it to the families that have children so they can eat, or I can give it to other neighbors. Get to know your neighbors, and you’ll be able to see it. Otherwise, you can set up a little table at the local park.

Lynn: I like the idea of the table because that could be something that a community could do once a week. You set something up somewhere, and everyone can bring in items that they have and do a swap.

Verstappen: You can do that. In the community that I am in, we do gardening. They harvest plenty of vegetables. We’ve had some excellent harvests this year. I know they agree with me donating 10% to the local community.

So now if I make two big bowls of pasta or stew or soup, like a five-gallon tub of soup, using hardly any ingredients, at least that will put a hot meal in everybody’s belly. You might not be able to do that every day, but we can go a long time without food. I recommend people learn how to sporadically fast. I do it once a month for two or three days, and it’s not a ‘big deal’. After two days, you don’t feel hungry anyway.

You will not starve to death very quickly, so food is more of a morale booster. Every Friday night, I make a five-gallon pot of soup, and whoever comes to the table, gets soup. Then we may have some vegetables donated by the rest of the community. Then everybody gets a good meal once a week. If that’s all I can do, then that is all I can do.

White: That brings up another point: We can go without food for quite a period of time, but not so long without water. We must have water. I think a person can go three or four days without water, but you’ll be in trouble after

that.

The question is: How much water do you have stored at home at any given time for these situations?

If there is a situation where the toilet doesn't flush and you must pour water in the toilet to get it to flush, I would suggest you use another method. But that aside, what about water for cooking and drinking? How much water should you have set aside, and how should you treat it? I've heard different ways. You can put iodine in it, or you can put a little capful of bleach in. You can also use a water filtration system. Can you talk about that please?

Verstappen: Water will be a big problem if the grid goes down or if the power goes out. People overlook the water situation; water is crucial.

You can go three days without water, but on the third day, you will have a 'splitting headache' so you can barely function. It will probably take you about a week to die, but in the last four days, you can't function; you are going to be delirious.

People often overlook how much water they need; you need a lot of water.

The minimum amount of water required is one gallon per person per day. That is divided so you will need half a gallon of water for drinking. Then you need a quarter gallon of water to cook with. So, if I'm going to make soup, I will need much more than a quarter gallon of water. But even for simple meals like ramen noodles, you will need a quarter gallon of water per day. That leaves you a quarter gallon of water for sanitation. Obviously, you're not going to take a bath or a shower; this is only for a sponge bath. You soak a face cloth in hot water and soap, wash yourself down, and then rinse that cloth out, and do the same thing for your rinse.

So, one gallon per person per day. That is a lot of water to store. I recommend people have at least one week's worth of water stored because there is a lag between when the water is suddenly cut off, and you have to find water. It's going to take you a couple of days to find it, transport it, disinfect it, and purify it.

That takes a lot of time and a lot of effort, and ‘God forbid’, you should live in a high-rise building and the power goes out. Then you must walk 20 flights of stairs to get back to your apartment, and you have to walk 20 flights of stairs carrying five gallons of water every day for your family. You’re going to be exhausted, and you still must purify that water. So, it’s better that you have at least a week’s supply worth of water in your house.

I have five-gallon containers that are clear plastic, and they have a little spout, which are usually square, and I fill them with five gallons. I have five of them underneath the sink, which is where I store my water.

I fill them with the tap water, add two drops of chlorine just to prevent any bacteria from growing, and keep them under the sink. So, I have 25 gallons of water, and I’m good for two weeks.

I don’t have to worry right away about where I’m going to get the water. But depending on where you live, getting water is going to be a big problem.

Typically, what happens in the city is the water is stored in water towers if you are in a small town. Everybody sees the big water tower with the name of the town on it. If you live in a high-rise building, the water is stored in tanks on the roof. So, when the power goes out, you still will be able to get water from the tap, and get water to flush the toilet, but don’t flush the toilet because you want to preserve the drinking water for as long as you can.

So that might last two or three days. Still, you are better off to have water stored underneath the sink in whatever you can put it in.

Lynn: What about a filtration system? If you were to live near a river and you get it from there, what filtration method do you recommend?

Verstappen: There are different ways of purifying water. One way is chlorine. If you add about eight drops of household bleach for every gallon of water and let it stand for at least 30 minutes; usually we swish it around so we can get the chlorine throughout the water. That should take care of most of the pathogens and the parasites. That is an easy way to disinfect it; stockpile some chlorine.

You will need chlorine bleach for numerous other things as well, especially when getting to waste disposal. You want to keep the place clean, and be able to disinfect things.

Eight drops of chlorine in every gallon of water, or two drops for every quarter gallon of water. So, if you want to fill empty water bottles with tap water or fill them with water that you can scavenge from the local creek or the local lake, then two drops of chlorine should do it.

You can also get a carbon filtration system, which is the water filters that many people have in their houses. Some are reverse osmosis and are very expensive. Even the carbon filters are quite expensive. It filters the water through cylinders that are made up of carbon. That takes out most of the harmful bacteria and parasites and viruses.

If you have that in your house, that's great, but probably your water line is already hooked up to it. So, you would have to take that apart and figure out another way of getting water through there. Or you can buy a standalone unit like a Berkey water filter. Then you can just pour in the water that you scavenge from the creek or the lake. That will do a rather good job.

The only problems with the carbon filtration systems and the reverse osmosis systems are: One, they are expensive. It costs a large amount of money for this stuff, and two, these filters eventually wear out.

Depending on what kind of system you buy, the filter can last for a year, but it also depends on what kind of water you are filtering. If the water you are getting is really dirty to begin with – assume it's a small creek and the water is kind of brownish, so you can tell that it's really dirty – then you will use up those filters much more quickly, and they won't be good after three or four months.

So those aren't the best, but there is no best way to do this.

Lynn: What about for waste and sanitation purposes? If you can no longer flush the toilet and don't have running water in the house, what do you recommend for sanitation purposes?

Verstappen: We are going through these questions quite fast. Do you want me to go through all the questions?

Lynn: We're going fast because we only have one hour and there is so much information.

Verstappen: Disposing of human waste will be a big problem. If you live in a big city, like I used to live in Toronto in the downtown section where they have hundreds of high-rise condominiums that are 20, 30, or 40 stories tall. If you happen to live in a downtown section in one of these condominiums, then be prepared to 'bug out' because you won't survive in these condominiums. First of all, there is nowhere to get water downtown, and second of all, there is no way to dispose of human waste.

If the plumbing is still working but you don't have water, then you can probably still use your toilet, but you will have to flush about a half-gallon of water down to get it to flush. So, that can still work for a while. Of course, you are still going to have to carry all this water back to your place, not only for eating and drinking and making food, but also to flush the toilet. So you have plenty of water to carry. If that is working, then that's good.

At the last place I lived was a septic system, and it backed up. So, you couldn't flush the toilet anyway no matter what. And where are you going to dispose of the waste products and the sewage?

If you have enough room-if you are in the suburbs and have a big backyard- one way to do it is what they call 'digging a cat hole'. It's an 8" deep hole in the backyard. Keep it as far away from the house as possible, and keep it as far away from any creeks or rivers that may be running through your property. The more isolated, the better. Then you can bury your feces in these cat holes. This won't last too long because one little cat hole will only last you a day. So, if it's a month or two, now you have 60 little holes in your backyard filled with feces that aren't going anywhere. So don't go for a walk in the backyard because you are going to be sinking into this nasty mess.

The other thing I would say that you have to do is get some garbage bags; get the heavy-duty garbage bags. Stockpile garbage bags – you will need plenty of

them. You can get rid of the water that is in the toilet bowl and the water that is in the tank. The water in the tank is drinkable, so that is okay, but obviously, not the water that is still in the toilet bowl.

Then take one of those heavy-duty garbage bags, and wrap it around the rim of the toilet, and drop the seat down over the top of it. Then you can 'do your business' there. I've had to do that for about a week. I have to tell you that it's really unpleasant emptying out these garbage bags.

Lynn: I'll bet!

White: What about a five-gallon bucket with a cheap toilet seat lid or something like that? You can probably pull something like that off, right?

Verstappen: Absolutely, you can do that, they sell them for camping. It's the five-gallon bucket with a lid, and it comes with a toilet seat on it. So, you can do that, too. The trouble is that you have to be dragging a five-gallon bucket of feces to wherever you're going to dump it.

We pass about two pounds worth of feces every day, so if you have five people in your family, you're going to empty that bucket out every two days. That's a big bucket; where are you going to empty it?

You shouldn't dump it in the local creek because now you are going to be contaminating the water for everybody up and down that creek. It won't pour into an 8" little hole, so you will have to dig a very deep hole.

If you still have garbage pick-up where they are picking up the garbage bins, then I would bag it in the heavy-duty garbage bags. If they are picking it up, then put it in the trash and let them pick it up. But chances are that if the 's**it really hits the fan', you're not going to get garbage pick-up either. So, all these bins will fill up very quickly with all your neighbors and everyone else contributing to them, and then it's going to sit there and stink for the rest of the year.

It's a short-term fix to get the five-gallon drum, but where are you going to pour this stuff?

If you live next to a large wooded area or a forest or a park, then you can dig a deeper hole, and you can empty the contents of that five-gallon pail – so long as it's as far away as possible from any water sources or people's gardens and homes. You don't want to contaminate everyone else because then you will get contaminated, too.

Untreated sewage is the cause for typhoid and cholera and dysentery, and you can give it to other people and they can give it back to you. So, it's very important that you have a proper method of disposing of this waste.

The best method that I came up with is a composting toilet. Composting toilets are what they often use in RVs. It is a plastic toilet with the seat and everything, and it has two tanks. One tank is for urine. So, when you go to the bathroom (and males, you have to sit down when you use it because you can't stand up), you flip a lever on the side of the toilet, and your urine will go into one tank. Then if you have to defecate, you switch the lever again, and the feces goes into another tank.

That tank is lined with a dry material. Most typically, it's coconut husks, and it's dried out. It comes in bricks that you can break apart. You place that into the second tank. They also can use things like ground up cedar chips that you can put in there. Then there is a little handle on the side of the toilet. After you've done your 'number two', you crank this handle, and there are a couple of blades that mix the feces with the composting material – the coconut shell husks or the cedar chips.

It gets rid of the smell; it's quite amazing that it doesn't stink that much, and it helps to break down the feces.

What I've heard is that it depends on the unit that you buy, but a compost toilet can last two people up to a month. The urine, you probably will have to pour out much sooner, but for feces, it's okay for about a month. Then when you empty it out, you will need those heavy-duty garbage bags, but everything comes apart. The lid comes off the toilet, and the two containers come out; one is the urine container and the other is the feces container. But the feces container is mixed with dried material that soaks it up and helps to decompose it, and it doesn't smell badly. Then you flip over the container, put it into a heavy-duty

garbage bag, and take that out to the countryside somewhere, and it's much easier to dispose of because it's not like pure feces; it's already partly decomposed.

White: I've never heard of those toilets before. That is fascinating. I'm definitely going to look into those. That's a great tip.

I want to go back for a minute. I'm in Montana, and it gets quite cold in the winter – really cold, as a matter of fact. Not everybody has a wood-burning stove. If there was a situation where the electricity went out; many people are still using electric heat. What kind of options do you have in that situation where you are living in a colder environment? In a cold environment, maybe 30% of the people have wood-burning stoves. That might even be a high estimate.

Many people rely on electric heat. What are your options in a cold weather climate like that? You can die of hypothermia if you don't keep yourself warm, so it's important to know that.

Verstappen: Look at what happened in England a couple of years ago: It was quite cold, and 500 or 1,000 people – mostly seniors – froze to death in their homes because they couldn't afford heating oil.

If you want to switch to heating oil, that will give you more options. So, you have a 200-gallon tank on the side of your house, fill it up once a year, and that will provide heating oil for an oil heater, and you can heat your house that way. So that is an alternative to the wood-burning stove.

Wood-burning stoves sound great. I've had them in the past. They are a big 'pain in the butt' because if you have a small woodstove, you have to feed wood into it every hour. You don't get any sleep because as soon as you fall asleep, it goes out, and you wake up an hour later and you're freezing. So, you must start the fire again and start feeding wood.

If you have a big woodstove, that is great. You fill it up with wood, it gets rather hot for two hours – too hot – and then after three hours it burns out. Then you're up at 3:00 in the morning feeding wood into it. Plus, you need to

stockpile cords of wood; it takes a lot of wood.

I've done a lot of camping and I've had the woodstoves before. People think that you can put a log in, and you're good for the night. 'Oh my God', no! You have to burn through a lot of wood. So, if you do have a wood stove, make sure that you have plenty of wood stockpiled. If you think you're going to go into the forest and scavenge enough wood, good luck with that.

White: Let me interject for a second. I had a hunter training course when I was young. They talked about how, if you got caught in the woods at night while you were hunting, and you had to spend the night and cut wood, they said to lay down on the ground, measure how long you are, make marks on the ground, and then figure out how high you are. So, find a pile of wood that would be your length and your height, and then double it. They said that's what you will need to get through the whole night to make sure that you are secured. Do you have any comments on that specific point?

Verstappen: I haven't heard that way of figuring it out, but that is about right. You are looking at approximately a quarter of a cord of wood. You do burn through wood like 'crazy'.

It wouldn't be hard wood that you've chopped from logs; it's more scrap wood that you're picking up. Then, yes, if you pile it as high as you are, that will last you the night, but you have to do that every day. If you are staying in one place, you will be circling wider and wider through the forest to find enough wood to do that.

Look at what happened in Bosnia: They had the same problem there, and within three months, people tore out the flooring and the doors and the roofs and the ceilings of every house within 100 miles just to burn the wood because they were freezing.

Lynn: What are some good options for heating if wood-burning stoves are a 'tricky' one?

Verstappen: A wood-burning stove is good. If you have one, great! Use it. I always like to do double redundancy or triple redundancy; don't rely on one

method for anything. It's the same thing with purifying your water; don't rely on only a water filter; use other things. Use iodine to purify water and chlorine bleach and ultraviolet. You can distill water.

I have three, four, or five different ways to purify water. It's the same thing with heating your home. If you have a woodstove, perfect! That is one way to heat your home. If you are on electric heat, then you definitely need to figure out two more alternatives.

I have two other alternatives: One is a kerosene heater, which was rather inexpensive. It cost about \$150. I'm stockpiling kerosene for the winter. It will heat up a 10x20 foot room. It's fairly safe. For example, it has an automatic switch that turns it off if you should tip it over so that it won't set the house on fire. That is another way of doing it.

Lynn: I'm curious how long that burns. How much kerosene is required to get you through a night?

Verstappen: About a quart; that is my estimate. It depends on how high you set the settings and how big the unit is that you are using.

What I would do for the winter time is move everybody into one bedroom. Say you have a family of five people – a mom, a dad, and three children. You are not going to heat up the whole house, not even with a wood-burning stove. A wood-burning stove only heats the room that it's in; it's not going to heat the bedrooms upstairs; it's not going to heat the kitchen down the hall.

For sleeping, you need to heat the rooms where you are sleeping. If you are up and about, you will wear double layers of clothes, and you are going to be staying physically active, so you're not going to freeze to death.

So, I would get everybody into the bedroom or the living room or the den where you have the woodstove; everybody goes there. You can set up cots on the floor or bring in the mattresses and plenty of sleeping bags and blankets. Get the woodstove burning and heat up the room. Then after that, as the wood is starting to wear out, maybe turn on a kerosene heater. So, you are dividing your resources. Get the woodstove to heat up the room quickly, go for a couple

of hours, but when it's time to fill up the woodstove again at 3:00 in the morning, instead of chopping more wood, maybe you could let it burn out and turn on the kerosene heater.

White: I want to go back to food for a moment. If you are out every day chopping wood and scavenging in the forest, 'tromping' through the forest chopping down trees and chopping wood, you will burn a lot of calories and energy. You should ensure that you have extra food available. When you chop wood, you will be burning up a large amount of calories.

Try chopping wood; try chopping down a tree and chopping it into small pieces. Forget about it! It's very, very taxing.

Do you have any comments on that?

Verstappen: Absolutely. The more active you are going to be, the more food and water you will need.

Typically, we say that we need three liters of water per day for a woman and about four liters (four quarts) of water per day for a man. But what if you live in Arizona and it's 100 degrees out? You can easily double your water intake.

It's the same thing for heavy physical activity. Normally, I would say that you need, on average, 2,000 calories per day for moderate activity. I remember working in a railroad camp. It was a moving railroad camp, and we were in the woods all the time. It was all chopping wood and digging and laying down the foundation for railroad tracks. It was hard work. We did it all summer. It paid for our college tuition when college tuition was \$1,200 a year.

We lived there for three months, and it was hard work. But 'my God', the food they served you was unbelievable; it was turkey, ham, roast beef, and potatoes. So, everybody who worked in that camp probably ate 3,500 to 4,000 calories daily, but it was because it was 'back-breaking' work. It was hard labor, and you need that kind of caloric intake because you burned it up. So, they knew they had to feed their workers. You lived in a moving bunkhouse, but the food they prepared every day was amazing, and it was breakfast, lunch, and dinner. There was turkey for breakfast and turkey for lunch – whatever you wanted.

You will take into account that you are going to double your calorie requirements. You know what it's like. Chop some wood, or even something as simple as digging a hole to dispose of your sewage; dig a hole!

White: Digging is very, very taxing.

Verstappen: Digging is very taxing. I just buried my two cats.

Lynn: I'm sorry.

White: I'm sorry to hear that.

Verstappen: They were my 'sweeties', so I gave them a 'Viking burial' in the woods behind where I live. I dug a hole that was two feet square and two feet down, and that was hard work! Of course, because you are digging in the forest, there are rocks, tree roots, and things like that. It's not like digging a hole on the beach or something like that; it is taxing work. That's the type of hole you would have to dig if you wanted to dig a latrine for an outhouse. It's plenty of work.

You're digging and sweating, so you are going to double your caloric intake, and will double your water needs.

White: If you are chopping wood and are going through the woods and doing that activity, inevitably you are going to get injured; you are doing things that you are not used to doing. I'm not used to going in the woods and chopping wood and hauling water and things like that. Probably most people watching or reading this don't do that ever, but they are going to have to. If they do have to, there will be some injuries.

What do you recommend? Obviously, you need a medical bag or a medical kit, but how extensive do you need to go? Do you need to go all the way to where you have an IV bag or an IV kit in case things get really serious? What books do you recommend?

Verstappen: All of the books that you would need are in my survival library. If you go to my website, you will see a link to my survival library. I haven't

raised the price on it yet, so it's still \$50. You get 300 books plus all my books, and there are about 15 books on emergency first aid and medicine, like how to scavenge medicinal plants in the forest, what you need to put into a medical kit, and emergency surgical techniques – it's all in there.

Everybody should take a decent first-aid course; take a weekend course on a Saturday and Sunday. You need to supplement your knowledge.

Here in the community where I live, I have very good first-aid skills because I used to teach it. But we also have three women who grow their own medicinal plants and make their own tinctures and treatments like colloidal silver. They make their own colloidal silver, and know all kinds of home remedy cures for when you get sick. It's good to have people around you who have some skills.

I personally recommend that you put together a medical kit – not a first aid kit. A first aid kit is okay, but go to a pharmacy to buy a first aid kits that has Band-Aids and some disinfectant. It's okay. It's alright for small injuries, but for long-term survival you need a complete medical kit.

That is a first aid kit on steroids. It's not only Band-Aids, but pressure dressings, and not any disinfectant, but hydrogen peroxide and isopropyl alcohol, and you need plenty of it.

White: What about iodine?

Verstappen: Iodine is great for many of things. I can't recommend iodine enough; it's very good for infections and sterilizing.

For treating infections, if you get a toothache, put some iodine on it. Trust me, it will clear it up. Speaking of toothaches, oil of clove is another thing to put in your medical kit.

White: Excellent.

Verstappen: Oil of clove is something for toothaches. You want to try to plan for everything. We are not going to have a dentist; we are not going to have a hospital. So, you need to have as much in there as possible.

The other thing that I put in my medical kit is antibiotics. I stockpile them. I order them online from a pet food store; it's the same antibiotics as humans. They make them for fish and horses, which is the same quality as for humans. It's made in the same factory in China, and it's one-tenth of the cost. So, I've stockpiled antibiotics. Trust me; you will need it – not just for yourself, but for your community. If the neighbors' child comes down with bronchial pneumonia and there are no doctors around, they are going to die unless they get a solid treatment of antibiotics. If you stockpile 200, 300, or 400 capsules, you can easily treat two or three dozen people and save their lives.

Spread your knowledge and try to help other people. Antibiotics are a good way to go.

The other thing I recommend people do is get an IV and enema kit. The reason for this is that some of the most common water-borne diseases like cholera and dysentery will kill you, but the way it kills you is it dehydrates you. You can die in four hours from dehydration.

I knew people who went to extreme fitness camps. They trained so hard, and sweated so hard that they had to be rushed to the hospital after four hours. They were that close to a heart attack because they had flushed all the water and moisture out of their system, but also the electrolytes. If you don't have the electrolytes, your body shuts down; your heart literally stops.

White: That is a brilliant point.

Verstappen: If you have those kinds of diseases – and they will be rampant during a grid collapse type of scenario where people don't know what to do with their feces and they can't get enough water – everybody is going to be sick around you. Many people are going to be dropping dead from this. You can treat them if you can get fluids into them.

An IV is good, but you do need to know how to insert an IV needle. If you go to Amazon, you can buy an IV kit. They also have a rubber arm training module that you can buy- it's not very much money, maybe \$25. It will teach you how to insert the needle.

If you know a nurse, you can ask them. We have nurses in our community, so I don't have to worry about that. They know how to insert an IV. But if you don't know how to do that, you can get a kit, and can practice on a rubber arm so that you know what you're doing.

Even easier than an IV, and from what I've heard (even though I find this unbelievable myself) is that an enema is more effective in getting hydration into a person than even an IV. So, get an enema bag, fill it with water, add a teaspoon of salt to bring in the electrolytes, and insert it in the anus. Apparently, the lower colon will absorb that water more readily than an IV. So now in your medical kit, you have a way to treat the most common kinds of diseases and the most common kinds of death, which is dehydration.

White: Not to mention the fact that when some people are under that kind of illness, if they do ingest something through their mouth, they immediately dispel it back out again, and it draws even more moisture out of their body. So, going through the other way – to be polite – is seemingly a much better way for people who have illnesses where they've been vomiting or that type of thing.

Verstappen: You 'hit the nail on the head' with that. That is the problem with these diseases: You can't keep anything down. So, they are dehydrated. You say, "Here, drink this." They drink it, and they throw it up right away. Whatever moisture they have in their stomach, they throw up with it as well. So, you can't get them to hold down water or soup or anything. They are going to throw it up, and that is what causes the death and the dehydration.

If you use an enema, you can rehydrate them, and they are not going to throw it up. That is why I would keep those items on hand. They are cheap, they aren't bulky, and they are kept in your medical kit (not a first aid kit). This is a medical kit for long-term survival in your home where you are going to have to deal with, not only injuries, but different kinds of diseases.

Lynn: Should we have a suture kit, too?

Verstappen: I do have a suture kit, which you can buy online. I have two. One is a cheap suture kit made in China that I bought on Amazon. The other is a surgical-quality suture kit that my doctor friend gave me because he has access

to the high-quality ones. It's all sealed in special plastic, so it's sterile.

You don't really need a suture kit for most types of injuries. There are other ways to sew up a large wound. There are butterfly bandages, which is a Band-Aid that looks like a butterfly. You stick one part to one end of the wound, and the other end to the other side of the wound, and pinch the gap together. It will hold the wound into place.

The other thing you can do is buy a surgical stapler on Amazon. That is literally a stapler that will insert staples instead of stitches.

White: And it feels just great when you do that!

Lynn: If I had a gash in my arm, I would rather have somebody just go 'bam, bam, bam' with staples than sit there and wait for them to thread a needle through.

White: I want to make a quick point: An oral care kit can be bought for about \$7. It comes with a little mirror and a little pick. It's a little oral care kit that I have which should be put in your bag, I would think, just because if something gets caught on your tooth and you can't get it out and it gets lodged, it can get infected and cause greater illness if you don't get that taken care of.

Lynn: That, and what Stefan reminded me of, which I've used in the past, and I hadn't even thought of it until he brought it up, is a little kit you get to pack in your fillings. I had to use that once. I was camping and had to drive a half-hour to get to a drugstore to get one of those little kits. It works. It immediately stops the pain; it's like a little clay ball that you wedge in.

White: I've never heard of that before.

Lynn: You can get it at Walgreens or CVS.

Verstappen: It's called dental putty, and you can get it at the pharmacy. It comes in a tiny jar. You scoop some out and roll it into a little ball about the size of a small pea. Then if you have a cavity or lost a filling or something like that, disinfect it first by rinsing with hydrogen peroxide. Here is where the oil of

clove comes in: If you have pain from a filling falling out, put some oil of clove there, and then put a little putty in. You pat it in. It has the same consistency as caulking when you are caulking around the bathtub. You push it in, and if there is any excess, just wipe it off.

It gets hard, and it will easily stay in your tooth for a month. It's like a temporary filling for a cavity.

I have my medical kit, but I also have a dental kit, which is what you just mentioned. It has a pick, the mirror, and dental floss, but in addition to that, I put in the dental putty and the oil of clove. I also have another thing: Little balls of plastic. When you heat it up to close to boiling, they turn clear and then melt. You can use this to make a bridge to hold a tooth in place. I had a tooth that was loose. I mixed this stuff up, and put it into place. It's just hot enough so that it's soft, but once it cools down to the temperature of your mouth, it's hard as plastic. So, you can make a bridge from that or hold a tooth in place if it's loose and you still can eat. There are many uses for this plastic.

I put all of that in my dental kit. So, I have my dental kit and medical kit.

Lynn: These are so many great tips. We could talk for three hours!

I want to encourage everyone to go to your library and get the books. I've downloaded them all; they are in PDF format. It's awesome.

If the internet ever goes down, people can print these out into a binder. You also do the consults and the community building.

I would love to end this with some tips and suggestions on building a community. I know you have a great one where you live. What are some suggestions for people in the networking for how to find and build a community?

Verstappen: Building a community is time-intensive. It's very difficult to start from scratch. So, I recommend to people to join an existing community. It doesn't matter what that community is; you have to meet people in your neighborhood. If that means joining the neighborhood watch program or the

block parent program or joining a service club like the Rotarians, or the Lions Club or certainly your local church if you belong to the church, you already have made a community. So, I would join an existing community because starting one from scratch at this point, will take plenty of time and a great deal of work.

People are hesitant, and you can't go around saying, "Listen, we are worried about the whole civilization collapsing. Do you want to work together?" because you will turn many people off. They don't want to hear that. They think you're a conspiracy theorist, and they don't want to know. So, you're not going to get anybody signing up for that.

My recommendation is to join a community – whatever it is, whether it be a homeschooling program if you have children. Certainly, you shouldn't send your children to school anyways; join a local homeschooling program.

When things get bad, an existing community will automatically start to help each other out more. If you have the skills and knowledge to survive – if you follow what we've been talking about here on the program, and you have some idea of how to survive all of this and how to treat some minor illnesses and how to scavenge for food and water and purify things – now you become an authority in that area, and people will automatically start to come to you for help when that happens, and you've got that community already.

Look at your church, the Lions Club, homeschooling clubs, block parents, and join one of those existing communities.

I had a friend in Chicago who didn't have any friends or family. He wanted to join a community. I said, "I can't recommend anybody because I don't know anybody near you, but whatever you do, get out of Chicago because you won't survive downtown Chicago."

So, he rented a car and started to drive through the countryside. He was in North Carolina, and stayed overnight at a town. He noticed that they had a local AA. I said, "Go to the local Alcoholics Anonymous Group," because he's been sober for 35 years and is still a member.

So, he went to the local Alcoholics Anonymous Group, and it turned out that

they were a very tight-knit group. They had a businessman who had built four cabins that he rented out at extremely low rates, and so they invited him to live in one of the cabins. He had a place to live, and they got him a job. They were looking after him, and then he started to tell them, “Let’s stockpile some food, and let’s get some first aid materials together.” So, he was able to influence that group, and he joined an existing group and he automatically fit in. So that is what I would recommend: Become a part of the community – whatever that may be.

Get your skills together, train yourself, and get as prepared as possible with whatever money you have. As things deteriorate, you will be able to offer advice and have the skills and knowledge to lead that community. Because everybody is in the ‘same boat’, where everybody is looking for water or hungry or worried about illnesses, they will look towards you, and now you can mold that group and help them to survive, and they will help you to survive.

White: I want to put a plug in. On our resource page don’t we have some of those groups listed? Don’t we have people who can join up with people in their community? Or am I speaking out of turn?

Lynn: We do. People should check out the resource page in the *Solution Series*. We put together an extensive list, and there are some good groups in there where you can look for your city or your location and find others as well. That is a great way of looking at it; that is a great approach.

I think that might ease the minds of some people who don’t really have a group or are in an area where they have a few friends, but it’s more of a ‘blue state’ and they don’t have the ability to build that community. That is a great way of looking at it.

I would also say to look out for people with various trade skills and medical backgrounds and everything in that process and connect with them. You don’t necessarily have to talk with them about what is coming ‘down the pike’ even though most people should be seeing that right now, but at least you’ve developed this connection and this friendship. So, when that time comes, everyone is going to want to help each other out.

Verstappen: That is good advice.

White: What a 'power-packed' hour! That was some fantastic information, Stefan; it's 'great stuff'. I would recommend people go to <http://ChinaStrategies.com/survival-library>, and find the entire survival library. I've been going through that- I had it on the screen while we were talking about it.

It would probably be easier to cite what you did not include than what you did include! It's power-packed!

Tell us a bit about that before we go. It looks like you have Shelter Team, the Medical Team, and they can scroll to your website and download that entire thing and put it on their computer and have it for their group.

Verstappen: The benefit of doing this is that it's on PDF. Then I recommend that people transfer it to a flash drive. You can use that flash drive with a Kindle Reader or with your cell phone, and there are ways to recharge the batteries for your cellphone. So even if the electricity goes down, get one of those solar battery chargers so that at least, you can recharge your cellphone or your iPad or your Kindle Reader, and then you have 320 books that cover everything you could possibly think of – communications, weapons, hunting, fishing, gardening, farming, etc. You can read them because with no internet and no TV, you will have plenty of time on your hands to read. You can always access all this information on your flash drive. You only have to recharge three AA batteries; that's all you have to do, and you will have a wealth of knowledge that will save your life.

White: Stefan Verstappen, we appreciate so much you joining us today on the *Solution Series* update here with some great survival tips.

Tell your friends about the *Solution Series*. They can go to <http://Solari.com> or <http://CoreysDigs.com> and sign up for the *Solution Series*. There will be 24 *Solution Series* episodes per year, and we are always going to have great guests like Stefan Verstappen on the broadcast.

Corey, it is always great to be with you again. Is there anything that you want to say in closing before we close out the report?

Lynn: I really appreciate Stefan coming on and talking with us.

With my father, we did a consult with Stefan. We went quite a bit over – imagine that! I got a significant amount of tips that I hadn't thought of before. It was very, very helpful.

Also, you do a whole community-building program on there. So, I recommend that people check all of that out.

Thank you so much for being here with us.

Verstappen: You are very welcome. Thank you for having me on the show.

White: Great to have you on today. This is the end of the broadcast for our guest, Stefan Verstappen, and my cohost, Corey Lynn. I'm your cohost, James White. Check out the *Solution Series* once again at <http://Solari.com> and <http://CoreysDigs.com>.

Until next time, this is James White for the *Solution Series* saying goodbye for now.

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