

Peace of Mind in Paradise

Handling Health Emergencies



PARADISE

vitalitycapsules.com/remedies

Who Am I ?

- X Pat in Panama for 8 years
- MD / MBA in United States
- Board Certified Family Medicine Doctor
- 10 Years in Solo Practice

vitalitycapsules.com/remedies

Resources

- vitalitycapsules.com/remedies
- Healing With Dr Daniels
- To listen: <http://www.blogtalkradio.com/blakeradio>
- Dial in to listen: 914-338-0695
- Online chatroom: <http://healingwithdrdaniels.chatango.com/>

Eternally Grateful to Panama

- Took me in when I fled the United States
- Peaceful Beautiful Place to put my life back together
- Purpose of today's Presentation is a special Thank you to all of you that I have met and have been so kind to me and to future friends I have not met yet.
- vitalitycapsules.com/remedies

Gift of Peace of Mind

- Physical Safety - Alto AI Crimen
- More often, the danger is from our own health
- No alarm system will address this is an inside job

vitalitycapsules.com/remedies

Order of Events

- First, Remedies So Powerful, They could make Antibiotics obsolete. vitalitycapsules.com/remedies FREE report
- Prevention
- Handling Emergencies at Home
- Question / Answer
vitalitycapsules.com/remedies

What Causes Sudden Death or Emergencies

- Dehydration
- Poisonings
- Parasites
- Malnutrition
- Constipation

vitalitycapsules.com/remedies

Dehydration

- Too many non - water beverages
- Not enough water
- Cough
- Feeling faint or weak
vitalitycapsules.com/remedies



Poisonings

- Ingesting or inhaling poisons
- Food preservatives, additives, colorings, all inactive ingredients
- Lawn care products
- Varmint poisons - ant killer
- Medications

vitalitycapsules.com/remedies



Parasites

- Ebola
- Zika
- Dengue
- Yellow Fever
- Malaria
- You Name It, we got it
vitalitycapsules.com/remedies



Parasite Prevention

- \$5 herbal packet at any herb shop. Take monthly vitalitycapsules.com/remedies







Parasite Prevention

- Filter ALL of your drinking water - Reverse osmosis, Distilled, UV and filtered.
- Portable filtering bottle
- vitalitycapsules.com/remedies





Malnutrition

in a sea of plenty

vitalitycapsules.com/remedies

Malnutrition

- Major impairment of the Immune System
- Insidious
- Eat only unprocessed foods that you cook; I even make my own mustard
- Supplement - watch out for inactive ingredients

vitalitycapsules.com/remedies

Constipation

- 1 bowel movement a day to maintain present health
- 3 bowel movements a day to improve your health

vitalitycapsules.com/remedies

Intervention

- Increase water
- Stewed Prunes - lots of them
- Enema - water, lobelia, salt water, coffee
- Vitality Capsules
- Eat less meat and more vegetables
- Walk more

vitalitycapsules.com/remedies

It is Paradise

- No time for self denial
- Focus on harm reduction

vitalitycapsules.com/remedies

Prevent an Emergency

- Travel Hazard
- Fly first class and drink water at least every 30 minutes and recline your seat fully. Minimize alcohol intake - amsterdam
- Fly coach and do your leg exercises, drink plenty of water
- Prevents heart attacks, blood clots in legs and sudden death within 1 to 40 days of landing

Smoking

- If you smoke, smoke organic cigarettes; American Spirit is one brand
- Even better, Vape. or e cigarettes

Alcohol

- Take B vitamins B complex 50 2 a day
- Change to organic
- Drink a glass of water before and after each drink
- Take liver care to reverse liver effects - liver care 52 on Amazon by himalaya

Food

- Organic
- Wild caught Game
- Raw Milk - Boil it first
- No Processed foods in Bottle, can
- Avoid eating out
- Cook at home or hire a cook who cooks from scratch

More Important than What You Eat

- When You Eat

Be the 911 In Your Home

- Never again worry about your paradise being interrupted by a medical emergency
- Know what to do

15 Most Common Emergencies

- Injuries and Accidents
- Injuries, falls, traffic accidents, even exhaustion — these are the types of acute issues that most often land seniors in the emergency room, according to the CDC.
- vitalitycapsules.com/remedies

How to Handle it

- Falls / Injuries; check for swelling or deformity. If there is no evidence of broken bones, apply vicks vapor rub to any unbroken skin 3 times a day and apply ice pack. Alternate hot and cold continuously.
- Broken bones can be fixed up to years after the break.

Heart Disease

- Chest Pain
- Shortness of Breath

Intervention

- Heart Attack: mix 1 tbs cayenne pepper 90 hu in 1 fourth cup Apple Cider Vinegar. Shake and gulp. Relief in seconds to minutes. May repeat as desired.
- Heart Failure: 1 tsp celery seed boiled in 1 cup of water for 2 minutes. Drink. Causes you to pee out the excess water.

Asthmatic or Emphysema Attack

- Gasping for air.
- Apply vicks vapor rub to your chest everyplace you have ribs
- boil 1 quart of water. Put in a glass or ceramic or metal bowl. Put 7 drops of turpentine in it. Inhale through your mouth. 3 to 6 breaths relieves attack

Complications of Medical Treatment

- Just stop it.
- Take 1 tsp activated charcoal in 1 cup water. This soaks up the drug from your system and relieves the symptoms. Bentonite clay will have similar effect
- If you experience side effects, ask your doctor to use another medicine. Side effects are early warning of impending harm/death ; at least 107,000 people die each year in the US from properly prescribed medications
- Seek non drug methods to handle your situation.

Abdominal Pain

- Abdominal Pain
- Digestive disease, food poisoning and infection can all cause abdominal pain or nausea; so can kidney stones, which may result from malnutrition, dehydration or other medical conditions

Remedy

- Water
- Castor oil 2 to 4 tbs by mouth if you have not had a bowel movement in the past hour
- 1 tbs fennel seed, 1/4 tsp garlic powder and 1 tsp whole cloves 1 quart of water. boil for 15 minutes, strain and sip for diarrhea, nausea or vomiting.

Pneumonia

- Cough, fever, difficulty breathing

Intervention

- Apply vicks vapor rub to chest where you have ribs
- Take 1 glass water with 7 drops of turpentine, 2 times a day
- Lay over bed on stomach with head hanging down over the bed. This allows secretions to drain out as often the person is too weak to cough it up
- Do not eat dairy, drink only water body temperature

Urinary Tract Infection

- frequent urination and burning with urination

Intervention

- Drink more water -purified
- take D mannose powder 1 tsp every 2 hour while awake until symptoms subside. Then 2 times a day for 2 days
- Relieve constipation; have 3 bowel movements a day

Stroke

- droop of one side of face
- curling of one hand
- slurred speech

Intervention

- Water. Drink 1 pint. This reverses the effects of stroke in minutes and thins the blood quickly
- Can add 1 tsp salt and 1/4 cup sugar to every quart of water.
- Continue to give water until you have reached the daily requirement of 1 quart per 60 pounds

Pain

- So Severe that mobility is impaired

Intervention

Water

Castor oil by mouth; 1 tbs per 30 pounds body weight to maximum of 4 tbs or
1/4 cup

Apply vicks vapor rub to area 4 times a day

Resources

Links and Information in following slides

Remedies Document: Remedies so Powerful They could make Antibiotics Obsolete -

Vitality Capsules: Supplement Dr Daniels developed to help her patients have 3 bowel movements a day and heal. Go Here :vitalitycapsules.com

Radio Show: 2 Shows weekly that expose the Deadly Dangers of the Medical Industrial Complex and give You actionable steps to save your life Tuesdays 6pm Eastern time: blogtalkradio.com

Discovery Session: An opportunity gain an understanding of your condition and apply for Dr Daniels' individual coaching program

[vitalitycapsules.com/ remedies](http://vitalitycapsules.com/remedies)

- A guide to print out and put on your refrigerator to have as a reference in emergency
- Covers some of the cases mentioned here and more

FREE Go Here: vitalitycapsules.com/remedies

vitalitycapsules.com/remedies

Vitality Capsules

Supplement created by Dr Daniels to help her patients heal and achieve 3 bowel movements a day. Cleanses the liver, bile ducts, small intestines and colon.

**Go Here to find out more:
vitalitycapsules.com**

Radio Show

- Healing With Dr Daniels
- To listen Online: <http://www.blogtalkradio.com/blakeradio> 5pm Central Time Tuesdays
- Dial in to listen by Phone: 914-338-0695
- Online chatroom: <http://healingwithdrdaniels.chatango.com/>

Talk With Dr Daniels

- Discovery Session: Modern medicine is filled with confusion leading to ineffective therapy. If you are not happy with your results, this is your opportunity to get some clarity, direction and focus to move your healing forward.
- Click here for more information:
- <http://vitalitycapsules.com/discovery-session-2>