

Health-Pandemic-Immune System-Preparedness Q & A

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Setting the people up to die: A conspiracy of silence about swine flu natural remedies

August 27, 2009--Mike Adams--Natural News--It's emblazoned across the front page of *USA Today*, just underneath a subhead declaring Michael Jackson was, indeed, killed by a drug overdose: "Flu could infect half of USA." The article goes on to describe the predicted number of deaths expected in the U.S. (30,000 – 90,000 Americans) as well as the actions being taken by the government to protect Americans from the coming swine flu pandemic.

That advice reads sort of like a comic book of health care advice for kindergarteners: Wash your hands, cover your mouth if you cough and let "the grownups" take care of the rest by injecting you with a vaccine. Curiously absent from all the [health](#) advice being handed out on the [swine flu](#) by the White House, the [CDC](#), the WHO and even the FDA is *any mention of Vitamin D* or other natural remedies that offer enormous protections from influenza [infections](#).

The absence of this information from virtually all the advice being handed out to the American public is increasingly suspicious. If a [pandemic](#) flu is, indeed, threatening to infect half the U.S. population, and if most of the population is deficient in a nutrient known to strongly prevent [influenza](#) infections, wouldn't it make good sense to make a few announcements encouraging Americans to raise their vitamin D levels throughout the coming [winter](#)?

It is a well-known medical fact, of course, that influenza always gets worse during the winter months North of the equator and the summer months South of the equator (which are really called their "winter" months). This is because as sunlight hours lessen during the winter, the people living there become vitamin D deficient and are susceptible to influenza infections of all kinds.

The information resources backing this are easy to find. Even our own NaturalPedia.com website reveals a large amount of information on natural defenses against influenza (<http://www.naturalpedia.com/influen...>). NaturalNews.com, of course, offers a wealth of articles on Vitamin D (<http://www.naturalnews.com/vitamin ...>).

In the realm of peer-reviewed medical literature, searching [Google Scholar](#) for "influenza" and "vitamin D" returns tens of thousands of results (<http://scholar.google.com/scholar?q...>). In particular, one study appearing in these search results is entitled *Epidemic influenza and vitamin D*. It was published in 2006 in the journal *Epidemiology and Infection* (2006, 134:6:1129-1140 Cambridge University Press) and its abstract reads as follows:

In 1981, R. Edgar Hope-Simpson proposed that a 'seasonal stimulus' intimately associated with [solar radiation](#) explained the remarkable seasonality of epidemic influenza. Solar radiation triggers robust seasonal vitamin D production in the skin; vitamin D deficiency is common in the winter, and activated vitamin D, 1,25(OH)2D, a steroid hormone, has profound effects on human immunity. 1,25(OH)2D acts as an immune system modulator, preventing excessive expression of inflammatory cytokines and increasing the 'oxidative burst' potential of macrophages. Perhaps most importantly, it dramatically stimulates the expression of potent anti-microbial peptides, which exist in neutrophils, monocytes, natural killer cells, and in epithelial cells lining the respiratory tract where they play a major role in protecting the lung from infection. Volunteers inoculated with live attenuated influenza virus are more likely to develop fever and serological evidence of an immune response in the winter. Vitamin D deficiency predisposes children to respiratory infections. Ultraviolet radiation (either from artificial sources or from sunlight) reduces the incidence of viral respiratory infections, as does cod liver oil (which contains vitamin D). An interventional study showed that vitamin D reduces the incidence of respiratory infections in children. We conclude that vitamin D, or lack of it, may be Hope-Simpson's 'seasonal stimulus'.

Source: <http://journals.cambridge.org/actio...>

[Read entire article](#)

Article printed from Infowars: <http://www.infowars.com>

URL to article: <http://www.infowars.com/setting-the-people-up-to-die-a-conspiracy-of-silence-about-swine-flu-natural-remedies/>

Well if mandatory vaccinations are imposed it will be irrelevant if you have had the swine flu or not, as they want to get everyone vaccinated with their poisons regardless of any past history (see attachment). Yes the man made Swine Flu has only killed a very small percentage of people compared to the regular flu, proving (in its current form) it is less virulent than the regular flu. Also unless the fever is above 104 for an extended period of time it is best not to lower the fever as this is how the body kills off the bacteria and or viruses: through elevated body temperature. God bless!

Dr. J.

----- Original Message -----

From: [Four](#)

To: [Scott Johnson](#)

Sent: Friday, August 07, 2009 8:56 AM

Subject: Re: Health Alerts: 8/7/09

Hi Dr. J,

Thanks for your news letters..they are very informative. I have a couple of questions, maybe you can help. My daughter, 17years old, got SWINE flu last week. I would have never thought of SWINE flu for the symptoms that she had, but the day before she became ill a friend of mine said that her two sons got it at camp. I took my daughter to the doctor and had her tested and it was positive. The first day she had a sore throat, cough, and a fever up to 101. Flu is never fun, but this is mild compared to most flu's. We were able to control her fever with advil and after 4 or 5 days she was feeling much better. She has never had the flu before and of course through the past 40+ years I have had the flu. I woke up on the 4th day of my daughter being sick, with a sore throat. I thought to myself, well now I've got it. I did not have a temp. or a cough. Six hours later, the sore throat was gone and I was feeling fine! That was it...six hours of a sore throat! I talked to my friend and she said the same thing happened to her while her boys had SWINE. Now I'm hearing other people of my age and older, in my community, talk about getting a sore throat for a day or less. Many kids in my community are getting SWINE flu and they don't even know they have it, because it's such a non-event! The media makes it out to be so bad and it's really a very mild flu!!!

Do you think that because my age group is only getting the sore throat, that we are able to fight the human flu part (the cough and fever because we have already had it while growing up), but since the SWINE part is new to us we caught only that part of the Flu? (Sorry I'm having trouble wording this...I hope you understand the question!)

Also, I'm thinking that now my daughter and i are immune to the SWINE flu, right? Do you think, if they force vaccines on people we would be exempt?

I am more concerned about the vaccine than this stupid mild flu!

Thanks for any info you may have on this!

God Bless,

Beth

Hey Dr Johnson.

I am a listener to your podcast. Thanks for the great information on all your sermons. In preparation of the bird/swine flu, I took your advice and purchased a few bottles of the Invive MSP. My question is stemming from preparing for what to do about the inevitable swine flu forced vaccination. I know that we should not take it, but I am hearing that we will be hauled off to be quarantined if we do not. I am not sure which would be better. If we die, we will be with the LORD!

My question is this. If we ended up taking the shot, is it possible to immediately take the MSP to kill anything that was injected into our system. These things are hard to envision, but my mind has been racing to think of ways to save my wife and kids from what is about to come. Obviously the best thing to do is PRAY and I have and will continue to do so, but I was wondering your thoughts on the silver.

I have a couple bottles for each of us, that is all that i could afford. I have made a silver generator with electrodes and silver bars, but from what you said it will not be in the high enough concentration to do any good. May God save us all.

Anyways, the thought just came to me last night and I thought I would run it by you if you had a few moments. If not, don't worry about it.

God Bless you brother Scott!

Steve

If you go to my website at: www.dr-johnson.com
They (The Invive factory) ship to every country on earth.
God bless!
----- Original Message -----
From: [Murray](#)
To: [Scott Johnson](#)
Sent: Thursday, July 09, 2009 9:01 AM
Subject: Enquiry re colloidal silver

Hi Dr Scott

Further to your teachings, I am interested in the invive colloidal silver. I live in South Africa and have been unable to find any.

Do you still have any and if so, would I be able to get it from you? It would have to be mailed to us here in South Africa.

Please let me know?

Blessings, Gloria

Vera:
Glad I could help. I will add you onto my lists.
Yes you can look up all meds online by just entering the name in a search engine or the PDR which you can assess at any library.
Also you emailed me at the right time as I am currently running a special not available off my website and is the ideal way to buy (in bulk) the 5000ppm silver which is by far the most cost effective strength of the silver offered. I am posting the special below.
Also see the attachments for more information on the silver. God bless!
Dr. J.

Dr. J. Comment: Currently I have a surplus of 5000ppm Invive Mild Silver Protein. While supplies last I will be offering this surplus 5000ppm silver at 95.00 per bottle for quantities from 1-5 bottles and 85.00 per bottle for quantities of 6 or more bottles. This is a 5.00 savings per bottle at both quantity levels mentioned and for this special each order will only charged a 5.00 flat shipping fee (Continenal US orders only) on all orders (which would be anywhere from a 10.00 to 25.00 savings over factory shipping; as when you order off my website the order goes through the Invive factory). These are the lowest prices for Invive Silver you will be able to find. This special is not available off my website.

Invive Silver Payment options:

I can take a check or money order or I can take Paypal Click Here

You can send payment to:

*Dr. Scott Johnson
5660 Bayshore Rd., #27
PMB 115*

North Fort Myers, FL 33917-3046

Phone: 1-239-872-7446

Email: drjohnson@ix.netcom.com

I would need your shipping address as well.

----- Original Message -----

From: [Vera Feistel](#)
To: drjohnson@ix.netcom.com
Sent: Wednesday, August 19, 2009 12:38 AM
Subject: colloidal silver

Dear Dr. Johnson,

Hi, how are you? I want to thank you for all the information that you have posted on sermonaudio.com. I have listened to many of your sermons and been convicted of many things. It has been such a huge help to me! Thank you for the time you dedicate to putting out this information.

I have been concerned about the upcoming swine/avian flu "epidemic", and I really feel the need to order some Invive colloidal silver. I do want to order in bulk not only for myself but also for my family. I come from a large family and want to have enough available for them. I think they would be open to using the silver in case of an emergency, although they do not really believe some of what I have told them about a possible forced vaccination scenario.

I also want to ask if it would be safe for my sister to use colloidal silver. Unfortunately, she is taking a lot of medications right now to treat colitis - up to 10 in a day. Of course, this concerns me, but I have not been able to convince either my mom or my sister that these medications are harmful. One of the medications acts to suppress her immune system, so she is very susceptible to getting any and every illness possible. I don't have the list of her medications right now, but is there any place I could look up this information? I know it would be best for her not to take them, but I've been unable to convince my family of this.

Please let me know what I would need to do to order the colloidal silver in bulk.

Sandra:

Wow this vaccine/food information is horrific. I will include this in an upcoming newsletter. The evil is getting so thick you can just about cut it with a knife.

Regarding the silver I am currently running a special and I posted the particulars below. The silver should help greatly with the cold sores. For a preventative maintenance dose in your case I would Rx 20 drops a day held under the tongue for at least a minute. You can also apply the silver topically on the cold sores. Also see the attachment.

I take Paypal [Click Here](#) or you can pay by check or money order as I can include a self addressed stamped payment envelope with your order.

Dr. J. Comment: Currently I have a surplus of 5000ppm Invive Mild Silver Protein. While supplies last I will be offering this surplus **5000ppm silver at 95.00 per bottle for quantities from 1-5 bottles and 85.00 per bottle for quantities of 6 or more bottles**. This is a 5.00 savings per bottle at both quantity levels mentioned and for this special each order will only charged a **5.00 flat shipping fee** (Contintenal US orders only) on all orders (which would be anywhere from a 10.00 to 25.00 savings over factory shipping; as when you order off my website the order goes through the Invive factory). These are the lowest prices for Invive Silver you will be able to find. I have only ran this special one time before and the silver sold very quickly at that time & I do not know how long this product will even be available as a result of the letter I posted below from Invive Silver. This special is not available off my website.

Migraines can have a myriad of causes and as a result are usually harder to pin down. Number one make sure your neck is in proper alignment (See Chiropractic Newsletter) as this is the number one cause of Migraines I have seen. Magnesium sometimes can greatly help as well (See attachment). A toxic liver can create Migraines as well (see attachment).

God bless you!

Scott

----- Original Message -----

From: [Sandra](#)

To: drjohnson@ix.netcom.com

Sent: Thursday, July 09, 2009 10:25 PM

Subject: vaccines and our food supply (and MSP order)

Hi Scott! I know how busy you are, but wanted to share this with you.

I went to see the documentary "Food Inc." which detailed the origins of our food supply. Quite disturbing to say the least. I'm actually quite surprised it was even released since it blasted Monsanto through much of it and spoke deeply of the connections between Monsanto and the FDA. It denoted many other disturbing issues about our food supply. After seeing it; I did a bit of research on my own regarding the meat and poultry industry. I wanted to share what I found with you in case you hadn't come across it.

http://www.meatpoultry.com/news/weekly_eneews.asp?ArticleID=102157&wwparam=1247080726

On another note...I would like to order 3 bottles of the Invive Mild Silver Protein. Can you tell me how much it is? How do you accept payment?

I plan on using it as immunity support, but am wondering if it could help with migraines. I am working diligently to not take any pharmaceuticals and am struggling to find natural methods for preventing/relieving migraines and also natural methods for cold sore prevention. Can you recommend anything? Your insight is greatly appreciated!

I thank the Lord and praise Him every day for the work He is doing through you. Finding your ministry was definitely an answered prayer for me. I know at times it can get discouraging and overwhelming for you, but please know that you are being

prayed for across the miles. All of your hard work is truly paying off; as I, and many others step out in faith and share what has been revealed to us by the Lord Jesus Christ through you. If only you could hear the many, many amazing stories....I pray one day you will.

May the Lord Jesus Christ richly bless you!

Sandra

From: [Scott Johnson](#)
Sent: Thursday, July 23, 2009 10:53 PM
To: [Carl](#)
Subject: Re: silver protein question

If you took 15 drops per day of the 5000ppm, a 4 oz. bottle (with 2129 drops in it) would last you 142 days.
----- Original Message -----

From: [Carl](#)
To: [Scott Johnson](#)
Sent: Thursday, July 23, 2009 5:46 PM
Subject: Re: silver protein question

hi scott, ive read the 2 articles but im still unsure about 1 thing. if i buy the 5000ppm bottle how long will that last me because it is pretty expensive for me though i know it is a good deal. i dont have any serious problems or anything so i would use a normal dosage if there is such a thing. thanks in advace.

From: [Scott Johnson](#)
Sent: Tuesday, July 21, 2009 5:39 PM
To: [carl](#)
Subject: Re: silver protein question

Generally 30 drops per day of the 2000ppm would be a maintenance dosage, but for Swine or Avian Flu you would have to pull out all the stops (See the 'Proactive Emergency Measures' attachment for specific dosages).

----- Original Message -----

From: [carl](#)
To: [Scott Johnson](#)
Sent: Tuesday, July 21, 2009 7:23 AM
Subject: silver protein question

hi scott, im looking at the silver and my interest is on the 2,000p.p.m but how long does this last?, and which do you recommend to combat this swine flu.thanks bro

If you want to see the protocols for a specific condition go to my website www.dr-johnson.com and click on Doctors Desk Reference.

Don't expose the silver to extreme heat or cold and keep the silver in the bottle and container until you open it. The only thing that really degrades it is direct sunlight exposure if it has been removed from the bottle. God bless you!
Dr. J.

----- Original Message -----

From: [Evelyne](#)
To: drjohnson@ix.netcom.com
Sent: Thursday, July 30, 2009 10:32 PM
Subject: Mild Silver Protein

Dear Dr. Johnson,

As per your advice, I ordered 4 bottles of M.S.P. which were delivered to me today. Would you let me know by return email how to store them before I start using them? Also would you please inform me where (online) I can find all kinds of information related to its usage?Thank you for keeping us informed. May God bless you abundantly, and may He protect you and your loved ones from all harm. Evelyne

The Days Ahead-What to Expect and How to Prepare
Measures In the Event of a Pandemic

Proactive

5000 Mild Silver Protein (M.S.P.) Suggested Therapeutic Dosing Guidelines
30 lbs. of bodyweight per day, if you have been exposed or if you have a virulent virus/Pandemic. The 1tbsp. dosage would be

1tsp.-1tbsp. for every

used for life threatening situations. This dosage should be equally broken up and taken in 3 hour intervals. Stay at home and avoid contact with the populace till the outbreak passes. If taking the M.S.P. drink at least 8, eight ounce glasses of purified water per day. M.S.P. can be used topically with DMSO over an infectious site. Because the 5000 PPM M.S.P. is only available in 4 ounce bottles it would be wise to keep at least a few bottles for each adult family member and 1-2 for each child in your household. View this like an insurance policy that hopefully you will never have to use. Even if you don't use this product in the event of a pandemic, it can be diluted and taken on an everyday basis to keep the immune system strong.

++ Because Invive Silver is so stable it has a **15 year minimum shelf life**. The company started in 1993 and they still have perfectly good bottles of silver from 1993. There is a 'Retest Date' on the bottle for the year 2014, but that is purely there for FDA purposes. There is no colloidal silver in any form that can even come close to their shelf life or potency; **nor has there been one case of Argyria (turning gray) reported from taking Invive Silver.**

For more information or to purchase go to: www.dr-johnson.com or email: drijohnson@ix.netcom.com

**For Dr. Johnson's Online Mild Silver Protein Health Report go to:

www.freemarketnews.com/Analysis/112/3680/2006-02-06.asp?wid=112&nid=3680

++ Helpful Colloidal Silver/Mild Silver Protein Desk Reference Guide for Specific Health Problems for those who are seeking help regarding specific diseases, maladies and health problems you can go to: www.dr-johnson.com and then click on: "(Doctor's Desk Reference)" at the top of the website. The maladies and diseases are in alphabetical order with specific instructions relating to each problem.

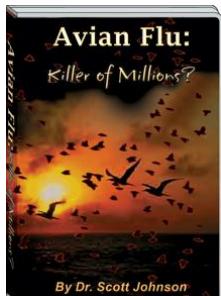
The March 1978 issue of Science Digest, in an article, 'Our Mightiest Germ Fighter,' reported: . . . "An antibiotic kills perhaps a half-dozen different disease organisms, but silver kills some 650. Resistant strains fail to develop."

"Colloidal Silver . . . killed every virus that was tested in the lab," UCLA Medical Center.

The Truth About Mild Silver Protein/M.S.P: "Rebuttals of Promoters' Misinformation": http://invive.com/Rebuttals_new.html
Actual M.S.P. Scientific/Medical Studies: www.xpressnet.com/bhealthy/bhealthy.html#HIVLET

Dr. Johnson's Comment: Invive Mild Silver Protein is made under Pharmaceutical GMP (Good Manufacturing Practices) with double check off lists. The silver that is used is the finest available and is the same silver used in the 1938 Edition, 12th Volume of the British Encyclopedia of Medical Practice: Royal College of Physicians and Surgeons. The Compounds used to make this silver are identical as the silver compounds used in burn wards across America. As a result they can achieve uniform particle size of .3 microns which is something most companies have a very hard time doing. Now this particle size is much smaller than a bacterium which are approximately .5 microns. Therefore Invive silver particles can go wherever the bacteria are "because" the Invive particles are .3 microns which is smaller than a bacteria.

Today's modern antibiotics kill over 100,000 Americans per year, and cause horrendous liver and kidney damage, failure, and death, whereas the pre-1938 Mild Silver Protein formulation has never caused one death nor produced one case of Argyria (turning grey). In fact you have a greater chance of being struck by lightning, than developing Argyria (graying of the skin).



Dr. Johnson Online Videos:

Video YouTube Presentation--Colloidal Silver-Mild Silver Protein Part (1 of 4): Colloidal Silver-Mild Silver Protein it's uses and history. The Truth About Electrically Produced Liquid Silver & Silver Generators--Learn the Difference Between Ionic Silver and True, Colloidal/Particulate Silver [Watch All 4 Parts:](#)

<http://www.youtube.com/watch?v=lcE5QmLYP08&feature=PlayList&p=F54925852F0149E9&index=0&playnext=1>

Invive Mild Silver Protein: The Ultimate Immune System Product For Colds, Flu's and Infections: www.dr-johnson.com

Video YouTube Presentation-- Population Control, Pandemics, Avian H5N1, Biological Warfare & Colloidal Silver What to Expect and How to Prepare (Watch Parts 1-5): <http://www.youtube.com/watch?v=cG2uGiXFwM&feature=PlayList&p=6AFC257BA3218314&index=0&playnext=1>

Video YouTube version of Dr. Johnson's: Avian Bird Flu & Pestilence: The Days Ahead-What to Expect and How to Prepare is at (Watch Parts 1-16):

<http://www.youtube.com/watch?v=exev8Q3F5bl&feature=PlayList&p=816312C85861B606&index=0&playnext=1>

Email or to Subscribe to Dr. Johnson's Free Email Newsletter list (There is a Christian and Health oriented newsletter, so please indicate which one/ones you would like to be added onto) : djohnson@ix.netcom.com
Dr. Johnson's Sermon Audio Website: www.sermonaudio.com/drscottjohnson
Free Gift: [Part 1](#) - [Part 2](#) - [Part 3](#) - [Documentation](#)

Further Proactive Measures

North American Herb and Spice-Super Strength Oreganol P73 To Order Go to: www.p-73.com or call 800-243-5242 Clinical Data: www.p-73.com/pdf/avian2.pdf

Invest in a "personal nebulizer" as the M.S.P. can be put into this devise and atomized into the lungs and nasal passages. Use 100ppm Mild Silver Protein strength for nebulizer use. <http://www.semicals.com/nebulizers.htm> Phone: 803-233-3691

intraMAX by Drucker Labs: 415 Organic Nutrient Complexes All In One Liquid Formulation Supplies the immune system boosting components of vitamin C, vitamin E, selenium and zinc to name a few. In order to purchase IntraMAX you have to be referred by a health care professional. For More Information Click Here:

http://store.druckerlabs.com/intraMAXinfo_s/117.htm**In order to purchase IntraMAX you have to be referred by a health care professional. So just use the Professional Referral/Ordering Code: 800 Questions or to order? Call Customer Service toll free at: 888-881-2344 or go to: <http://store.druckerlabs.com/v/PatientRegistration.aspx>

Indoor Air Quality "Way Healthier"/"Airwise" Air Purifiers: Unites four of the most accepted and powerful methods for destroying (not just filtering) contaminants. 1)UV-3 Germicidal Lamps 2) Purifying Hydroxyl Radicals 3) Negative Ions 4)Photo-ionization www.mercola.com/forms/air_purifiers.htm

Gas Mask Recommendations: Invest in gas masks for each member of your household. But remember the gas mask is only as good as the seal to your skin, so don't put all your eggs in this basket. SGE 150 Protective Mask at: 1-877-AGM-1010

www.approvedgasmasks.com/sge150.htm

Survivor Mall-Affordable Children & Adult Terror Survival Kits

Includes Gas Mask, Cartridge, Potassium Iodide, Survival Manual, Haversack.... don't be surprised by the low cost, these are high-quality gas masks, designed to protect from nuclear, biological and chemical (NBC) agents.... also includes cartridge, films, potassium iodide, military biological & chemical warfare survival manual, haversack,....

<http://www.survormall.com/index.asp?PageAction=VIEWCATS&Category=26>

FutureQuake Interviews SurvivorMall.com CEO on Emergency Preparedness #1 Go to:

<https://www.ahrimangate.com/FQShow83Hr1.mp3>

FutureQuake Interviews SurvivorMall.com CEO on Emergency Preparedness #2 Go to:

<https://www.ahrimangate.com/FQShow83Hr2.mp3>

Free Emergency Books & Guides From Survivor Mall:

Very comprehensive & covers virtually all the bases: <http://www.ahrimangate.com/freePDFpage.htm>

Book--Dare To Prepare: http://standeyo.com/Our_Books/DTP.html

Book--Strategic Relocation: North American Guide to Safe Places is an in-depth analysis of North America's safest places to live. This book will help you look ahead for potential threats that most other people fail to see or choose to ignore. It contains a complete discussion of the strategies and relocation contingencies that will help you avoid or mitigate each of the major modern threats, from national disasters to economic collapse to nuclear war. <http://www.joelskousen.com/Strategic/strategic.html>

Book--Prudent Places USA: http://standeyo.com/Our_Books/PPusa/MAPS/Index.1.html

http://standeyo.com/Our_Books/PPusa/MAPS/Index.1.html

To Order: <http://www.standeyo-cart.com/ProductDetails.asp?ProductCode=PPUSA>

The Top 5 Priorities of Emergency Preparedness - #1 MAKE A PLAN

Sometimes it is hard to know where to start with your emergency supplies. If you aren't careful, you can end up spending a lot of time, energy and money on items and in areas that really won't help you and your family be prepared. Because there is a lot of information to cover in how set your "Emergency Preparedness Priorities", I am going to break this out into a few different categories, over a period of a few days. I will also be posting this instructional series on our blog at www.thereadystore.com. Here are the main categories I want to discuss:

1. Make a Plan. Review, Rotate, Replace. Make adjustments for family size, age and local community needs. Consider evacuation, communication and staying put.

2. Gather Grab and Go Supplies. [72 hour kits](#), [MREs](#), [food bars](#), [water pouches](#), [water purification](#), [first-aid](#), storage.
3. Gather Shelter in Place Supplies. [Radios](#), [flashlights](#), [first-aid](#), [sanitation & hygiene](#), [warmth & shelter](#), storage.
4. Clean Water. [Water storage](#), [barrels](#), [filters](#), storage.
5. Shelf Stable Food. Items in pantry, short term and [long term food storage](#) items.

Priority #1: Make a plan

Sometimes when people begin to think of their emergency supplies it is when something has caused them to be afraid or very concerned. Many times individuals, families and even communities don't put a lot of thought into emergency planning until it after a disaster has struck. That is, of course, the worst time to think about it. At that point, you are at somebody else's mercy.

Your first priority in getting prepared and gathering emergency supplies is to make a plan. This is a critical step because it helps you organize in your mind what you want to accomplish and how you are going to get there. Having a plan will minimize your mistakes and will help you include the right items for the right prices. Here are some ideas in formulating your emergency preparedness plan:

1. Gather information – go to trusted sources for information on what to include in your plan and how to do it. There are many websites and books available. Here are some national websites to consider: [www.Ready.gov](#), [www.FEMA.gov](#), [www.redcross.org](#). Also, go to your city, county and state emergency planning websites. That information will be extremely helpful.
2. Write it down – It is very important to write down your emergency plan and keep it in a place that allows you to review it regularly.
3. Make a list of all your items (include expiration dates if possible) – Your emergency plan should include a list of all the items that you have stored. If possible include where they are stored and their expiration dates (if applicable). This will help you follow the principle of Review, Rotate, Replace.
4. Family communication plan – Make sure you include emergency contact information, an out of state contact as well as local contacts and meeting locations in case of disaster. Also, include evacuation routes out of the house and your community.
5. Important Documents – Make copies of important documents, like insurance policies, birth certificates, social security cards and wills. Keep those documents with your plan in a water tight container.
6. Product Instructions and Emergency Instructions – As you do your information gathering in step one, print out copies of important emergency instructions. You may want to keep a survival book on hand to give valuable information. Also, remember to include a product instructions that might be helpful as well.
7. Consider Grab and Go vs. Shelter in Place – Make a plan to evacuate (grab and go) as well as to shelter in place. Include how you will do it, where you will go, what you will include in these supplies and where they will be stored.
8. Make a plan for water – Make sure you know where to get clean water, how to clean water and where it will be stored.

Craig:

I actually wrote to this ministry about this as while there is much New Age infiltrating alternative medicine (including Chiropractic); **Chiropractic (in essence) is taking a hard bone off a soft nerve (See attachment)**. If I put someone's back, ankle or wrist back in place through realignment, that is not new age. I unsubscribed from his list after I read this as he is totally throwing the baby out with the bathwater. **The concept of Chiropractic has always existed** (Long before DD Palmer supposedly discovered Chiropractic) as many times someone can have a back problem for years and accidentally step off a curve the wrong way and spontaneously realign their own spine. In this case they just realigned themselves by accidentally performing a Chiropractic-like adjustment on themselves. Obviously there is nothing New Age about that. Evidentially Mr. Cloud would rather you stay in pain from a chronically misaligned back than seek a competent Chiropractor to realign your spine. **Coincidentally I have observed (by being on his newsletter list for years) he is incredibly Medically oriented and pro-vaccination so he is a very deceived man regarding these issues (see below).**


[Pharmakeia: Sorcery, Pharmaceuticals & the Roots of Modern Day Drug-Pt. 1](#)
Scott A. Johnson • Current Events and Bible Study
Matthew 24:24

2,100+   [Play!](#) | [MP3](#)
SUN 09/21/2008
Current Events

 "Great Sermon!" 11/11/08 • Thank you for being a light to make manifest and reprove the...


[Pharmakeia: The Shocking Truth About Vaccinations/Inoculations \(Part 5\)](#)
Scott A. Johnson • Current Events And Bible Study
Matthew 24:24

1,400+   [Play!](#) | [MP3](#)
SUN 10/05/2008
Current Events

 "Great Sermon!" 3/11/09 • Thank you for speaking out about this vaccination crime our...

----- Original Message -----

From: [Craig](#)
 To: drijohnson@ix.netcom.com
 Sent: Wednesday, March 25, 2009 3:46 PM
 Subject: CHIROPRACTIC SATANIC ROOTS?

Dear dr Johnson

I received this email from david cloud and thought you may find it interesting.

I know you hectically busy and I don't expect you to reply to this , but I would be interested to hear your very brief answer on this article only if you have time.EG: something like " its nonsense" , " element of truth" , " food for thought", "need to be careful of some chiropractors" ect

Regards Craig

Read your toothpaste tube regarding the warning if more than a small amount is consumed and see: If you haven't read the back of your toothpaste label recently, you are in for shock. On my desk in front of me is a tube of Kids Crest, billed as a "Sodium FLUORIDE Anticavity Toothpaste." Straight forward enough except for one thing...there's a new WARNING LABEL on the back that reads; "WARNING: Keep out of reach of children under 6 years of age. If you accidentally swallow more than used for brushing, seek PROFESSIONAL HELP or contact a POISON CONTROL center immediately."

[The Fluoride Deception](#) 'The Fluoride Deception' reads like a whodunit. ... "The Fluoride Deception by Christopher Bryson, just published in the US, examines ... www.fluoridealert.org/fluoride-deception.htm

[Microwave Ovens Destroy the Nutritional Value of Your Food " Dprogram.net](#)

----- Original Message -----

From: [jon](#)

To: drjohnson@ix.netcom.com

Sent: Wednesday, July 08, 2009 3:13 AM

Subject: RE: Dr. Johnson's Healthy Living Newsletter: Swine/Avian Flu Shocking Reports & Forced Vaccination Updates
hey, can you prove to me that microwave ovens and toothpaste is bad for you?

Honey is good but the best kind of honey (The kind Jesus ate-see below) is the raw, unfiltered honey. Today you can usually only get it at health food stores. Honey is not sucrose (or bleached, processed, table sugar) but is primarily fructose with many other cofactors, vitamins and minerals. Big difference. God bless!

 [Isa 7:14](#) Therefore the Lord himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel.

 [Isa 7:15](#) Butter and [honey](#) shall he eat, that he may know to refuse the evil, and choose the good.

----- Original Message -----

From: [Hazel](#)

To: [Scott Johnson](#)

Sent: Friday, July 10, 2009 3:19 AM

Subject: Honey

Dear Dr.Scott,

Can you please tell me whether Honey is good for one. Assuming it is better than sugar, I often have it on bread or yogurt.
Someone mentioned it was the same as sugar.

Thank you for your information about this.

God bless you! Hazel

Over the counter Hydrogen peroxide mixed with a little soap is good to clean counters and fruits and vegetables. The H2O2 kills bacteria/viruses and the soap (preferably a organic natural soap you can get at most health food stores) breaks the bonds of the pesticides and chemicals acting as a surfactant. You can soak the vegetables and fruits for a few minutes prior to rinsing. God bless!

Dr. J.

----- Original Message -----

From: [alyssa](#)

To: [Scott Johnson](#)

Sent: Friday, July 31, 2009 3:05 PM

Subject: bacteria

Dear Dr. Johnson I know this may be out of the ordinary, butt I trust your advice. I am 33 weeks pregnant, and don't in this day, and time trust anything. and was wondering if you could tell me what i can do to clean my kitchen (after raw meat prep) like making burgers etc. I have been using soap, and water only is this good enough? And also was wondering about Listeria they say can be in raw fruits and vegetables How well should I wash then rinse with water is that okay, and should I wash my sinks after rinsing off an apple or a hand full of carrots if so with what will just a water rinse be okay after an apple of a few carrots. Please help I don't trust anything anymore, and would appreciate your input thanks. It may be that I am over reacting I don't know butt thanks in advance.

