

# End Time Preparedness Teaching: 4-25-11

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## Table of Contents:

- Economic Collapse Preparation
- BUGOUT and Feminine Hygiene
- Low Water Washing Technique
- EMI / RF Shielding Materials--Smart Meter Protection
- When Cell Towers Cease Functioning
- Yarrow is antiseptic (kills germs)--a good remedy for external wounds
- Info on bulk food hand grain mills oat flakers nut butter makers

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**From:** [Cynthia](#)

**Sent:** Monday, February 21, 2011 10:13 AM

**Subject:** RE: [Economic Collapse Preparation](#)

I just had a quick comment on the subject of the Economic Collapse Preparation teaching. Toilet paper is great, but for my family I have chosen to stock up on baby wipes...Having three kids and husband sometimes they are not as frugal as I am with the toilet paper. I find that baby wipes do the job just as well if not better. They are more practical to store, I can ration them better (3 baby wipes per person does the job just fine) and so far there dirt cheap. I buy them at the 99 cents store. They are alcohol and fragrance free since they are intended for babies.

Each pack contains 80 to 100 wipes depending on the brand you use.

I can't stress how practical they are to store. My husband and I are starting our bug out bags and bags for the kids also since there old enough to carry some weight. We intend on each of us carrying at least 5-6 packs of wipes per person, probably more for me and my hubby. I just don't see myself carrying a 24 pack of charmin toilet paper around in case of a scenario where we would have to leave our home. This

is something I never here anyone talk about: A womens Menstrual Period. Without getting into too much detail what if one day the faucet and shower don't have any running water? A lot of Women will not have access to clean hygiene, and let me tell you I used to live in Mexico where the government shuts off the water service whenever they see fit because they have to "ration" it when there's a drought. Wipes would be a huge living necessity for women instead of toilet paper, hence because there moist. Just something to think about. You are always in our prayers, GOD Bless You (:  
Best Regards, Cyndi and Mike.

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**[BUGOUT and Feminine Hygiene](#)** Hi Dr. Scott I came across a you tube video from the patriot nurses' channel with regards to bug out and feminine hygiene. She has some really good videos for women.

<http://www.youtube.com/user/ThePatriotNurse#p/u/6/-EIAkrqGofI>

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**From:** [David](#)  
**Sent:** Friday, March 18, 2011 12:21 PM  
**To:** [drjohnson@ix.netcom.com](mailto:drjohnson@ix.netcom.com)  
**Subject:** **Low Water Washing Technique**

Scott

Also I have a couple more tips for you concerning water use when it gets scarce. First for washing yourself. We get use to using large amounts of water taking long showers; but those days may soon end. (I forget or take for granted that everyone just knows things; but then I remember they gave us a class on this in the Army. So I remembered there was a time when I had to learn.) Water for washing doesn't need to be purified for drinking. It just needs to be cleaner than you are.

We use to take baths in our helmets; which obviously don't hold nearly as much water as a bath tub. (now-days their helmets won't even hold water) Anyway, whatever container or basin or bowl you find to use (cut a milk jug in half?); you can get yourself pretty clean with about a quart of water, maybe a bit more if you have the luxury. Start by wetting a wash cloth, and washing your face, head, and neck. Work your way down your body from top to bottom, rinsing and rewetting the cloth often; but leave your dirtiest parts until almost last. Finally wash your private areas, and then finish by washing your feet. By this time the water will be pretty nasty. If you used your helmet as a basin, you will want to use a small amount of fresh water to rinse it before putting it back on your head. Today they issue soldiers a fold-able wash basin that rolls up and fits in a pocket or backpack; but it's still about the size of a hat or helmet.

Next you may want clean cloths. No washing machine? I like a plastic tub I have, about the size of one of those old metal wash tubs; but any bucket will do. Over the years man invented a lot of contraptions for this task, but this still works just fine. Put your cloths in any bucket or tub that will hold water. Add water at least to cover the cloths, and soap if you have it. It doesn't have to be "laundry" soap; you can use shampoo or whatever you have. The dirt on your cloths is the same dirt that was on your body; shampoo got you

clean right? (In a machine this would cause over sudsing, but here you won't have that problem)

Now, here is why you leave some room in the bucket. You have to agitate the cloths somehow. If there is room in the bucket, take your shoes and socks off and step in; as you walk in place on top of your cloths for several minutes, you will gain both exercise and clean cloths, and clean feet. Wring them out. Return them to the bucket with a change of water to rinse, and repeat the process for several more minutes. Wring them out again and hang them up somewhere to dry. This method just saves work on your arms, since your legs are stronger. Actually I like this better than a machine; I've gotten spots out of my cloths the machines never did.

One more bonus tip - in a survival situation, don't forget about your feet. You cannot imagine how important taking care of your feet is until one starts to hurt. Keep your feet clean and dry; and if you can't wash anything else, at least wash your feet, socks, and privates. If your feet may become your only mode of transportation; you don't want them to be out of service.

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**Subject: FROST WARNING!!!!**

Scott

Hey thanks again man; I'm finding this all over in scripture. I feel like Hagar after God opened her eyes to the water. The water was there all along; but she couldn't see it, until she prayed.

You gotta send out this warning though!!!! (You can hit more people than I can) I was thinking about all this and the ramifications. If the earth does a pole shift...say the North pole came down to the equator - then people on the equator would be - on the North pole! Or South pole; either one gets pretty cold. Those people wouldn't last a minute in those climates.

I'm at the 45<sup>th</sup> parallel; half way to the North pole, and I've never had the slightest inclination to ever go there. Even though I may be far better prepared than say someone in Ecuador!

I would very highly recommend wood heat in your house, because it works even when the electricity don't!

And if you get a good woodstove, you can cook on it too. (Keep the chimney clean though!)

But if you live in Ecuador, the neighbours will think you're nuts.

Did you see all the piles of debris in Haiti and Japan? That's piles of fuel! If you have a place to burn it.

Probably at some point during the flip, we will all pass through the polar regions.

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Scott

Here is what you need!

[http://cgi.ebay.com/Pail-Opener-Plastic-HD-bucket-pickle-NEW-/360247739501?pt=LH\\_DefaultDomain\\_0&hash=item53e070446d](http://cgi.ebay.com/Pail-Opener-Plastic-HD-bucket-pickle-NEW-/360247739501?pt=LH_DefaultDomain_0&hash=item53e070446d)

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**EMI / RF Shielding Materials--Smart Meter Protection**

## RF Shielding Fabrics

LBA Technology's SM-10 RFGreen™ metallized shielding fabrics combine highly conductive metals with the flexibility and light weight of fabric to meet a diverse range of EMI / RF shielding requirements.

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Selecting SM-10 is only one part of the total EMI / RF shielding solution. Many factors can affect shielding effectiveness. Items such as windows, doors, cable entrances, ductwork and many other factors can have a significant effect on the final signal attenuation of your shielding project. LBA is able to engineer a TOTAL solution for your EMI / RF shielding requirements.

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### When Cell Towers Cease Functioning,

Lets face it, there will be a time when [cell phone](#) towers, internet and even satellite communications will cease to operate. Whether it be from a solar flare, massive power grid outages or some other disaster. Millions of people have become addicted to [cell phones](#) and the like. Most of these people will stop dead in their tracks, confused, not knowing how to make contact with other people. Many in major cities, will actually panic at the idea of no more Ipad, Iphone, Blackberry, Email, [Google](#) and so on. The modern civilized world, for the most part, has become totally detached from even the simplest form of communication since the pre-digital era.

Theres a little "secret" known by many rural people nationwide and even internationally, that will allow long range communications, even in power outages, and even in the most extreme disaster scenarios. Actually, theres two "secrets". **Many years ago, the most popular form of long range communications, was the CB [radio](#) and HAM (amateur) Radios.** Users learned how to circumvent FCC regulations in the CB band (27Mhz), to increase total range of "talk power". Many still use the CB radio all around the world. And in the **US, it requires no license to operate. HAM radios, do however, require a license to transmit.** However, most HAM radios require a tower system for long ranges. So, the **only real option left for reliable long range communications in a world where cell [phones](#) and tower systems cease to exist, is the CB radio.** **These will operate on any 12 volt DC power source. And require no external tower/repeater systems to operate.**



**Buy  
Satellite Phones**



**Stay in touch** with family and world events when the Internet and cell phones go down. **NOTE:** Due to the Disaster in Japan, sat phones and satellite internet hookups are disappearing. If you want one, order today as none will be available by Friday. They are manufactured in limited numbers and there are only several hundred available in U.S. for civilians.

**Call Tina 888-884-7623**

**Say Steve sent you for a deal!**

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**Yarrow is antiseptic (kills germs)--a good remedy for external wounds**

Yarrow is a perennial weed that grows wild all around here in PA. It has white flowers and grows in full sun- up to 3-4 feet tall. **Because Yarrow is antiseptic (kills germs), it's a good remedy for external wounds.** Gather the flowers in July-August and be sure to dry lots for the long winter months. Just smelling Yarrow's flowers will help reduce stress and promote restful sleep- as will Yarrow tea.

(Page 149- **Do It Yourself Weed Medicine**)

<http://grannyearth.com/books/do-it-yourself-weed-medicine/>

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**From:** [ed pratt](#)

**Sent:** Sunday, April 24, 2011 9:56 PM

**To:** [drjohnson@ix.netcom.com](mailto:drjohnson@ix.netcom.com)

**Subject:** [info on bulk food hand grain mills oat flakers nut butter makers](#)

Dear Friends

By ordering bulk you will not only have a food reserve, but eat healthier and save well over \$1,000 a year. Here is some information regarding the where to order bulk food and their prices. Remember, the prices are going up by the month. At least this may give you an idea of how much things are here in Tennessee but these people travel from New York to Tennessee

about once or so a month. The Plains People (Mennonites and Amish) seem to take advantage of this as well as having their own network of things.

Pro 27:12 A prudent man foreseeth the evil, and hideth himself; but the simple pass on, and are punished.

Heb 13:5 Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee. 6 So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.

all the best

ted and Ilse

BASIC BULK HEALTH FOODS = HARVEST TIME BULK FOODS

Price List - Delivery Included (Ask for details)

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phone: 931 593 8835

Mike Arthur (owner) phone 931/ 628-1913

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Tim and Erin Otto 931 593 2616

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when truck comes they will email to let us know what

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Kamiah, ID 83536; USA

FOR FAMILY GRAIN MILL CONTACT INFORMATION

Email: [dan@homestead-products.com](mailto:dan@homestead-products.com) If there's not a clickable link right before this sentence, you have JavaScript turned off, and you'll have to type in the email address. Sorry for the bother, it's an anti-spam thing.

Our email address is dan(at)homestead-products(dot)com; please replace "(at)" with "@", and "(dot)" with ".".

Phone: 208-935-0292

Pacific Time Zone. Regular hours are 9AM - 2PM Monday-Thursday; we're frequently in the office later, but rarely earlier, and often in Fridays as well.

Pleasant Hill Grain®

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for orders & info... Please allow 12 rings

210 South 1st Street, PO Box 7, Hampton, Nebraska 68843-0007  
WONDER MILL WORLDS BEST MOTOR AND HAND GRAIN MILL.  
made in India,  
FAMILY GRAIN MILL 20 MINUTES FOR THE FIRST  
RUN 2 more times for fine flour to get 4 CUPS OF FLOUR [We see no need to  
mill more than just once to get fine flour to bake with for whole wheat/  
spelt/ kamut bread, cookies, cakes, brownies] It seemed to be just a few  
minutes for a cup of flour.  
COUNTRY LIVING MILL HAND CRANK \$400 STONE 15 TO 20 CUPS OF FLOUR 15  
TO 20  
MINUTES WITH MOTOR IS \$800  
ELECTRIC ONLY NUTRI MILL \$239.99  
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10 CUPS 10 TO 15 MINUTES = 5 LOAVES OF BREAD  
50 LOAVES COMMERCIAL  
MEADOWS MILL STONE MILL LEAST EXPENSIVE \$2150 50 POUNDS OF WHEAT  
AN HOUR  
MORE fine THAN STEEL MILL

[After looking at the above mills, we choose the Family Grain Mill made  
in Germany, with the oat flaker and meat grinder with the finer holes to  
make nut butter. The cost was just less than \$250. with no sales tax. We  
ordered from Pleasant Hill. But there may be confusion concerning the  
price with them. If so, then check out Homestead who seem to be okay  
folks over the phone and will give you a similar price of less than \$250.  
We are very please with the Family Grain mill and its attachments. This  
works well with our tight space living in a 34 trailer in that the mill,  
oat flaker and meat grinder takes little space to store until when  
needed. This seems to be the best cost wise, quality wise and room wise.  
We find it good to freshly roll or flake our oat groats, then put butter  
on the bottom of the cereal bowl, the rolled oat flakes on top of the  
butter with some sea or Utah salt sprinkled on and pour boiling hot water  
on top of the oats and butter and it is ready to eat. This thus takes  
less time to make and less hassle to clean up, is less cooked thus  
healthier to eat.]

3 23 11

Family Grain Mill flour grinds real flour  
with oat flaker/roller 213.90 & meat grinder/ nut butter + 3mm disc 16.95  
4.5 mm comes with it; food processor \$85 grades cheese grinds nuts apples

slicing drum to do cabbage cucumber julian drum make veg slices for stews

3/23/11 order # 349145

\$140 base+fluor mill,

\$57 flaker

\$57 grinder + 3mm disc \$16.95 = \$241.85

free shipping and no sales tax

motor and its base is back ordered until April

Flour Sifter: Hemilton electric \$65; hand Komo \$200

[The following is getting a Tilia vaccuum attachments with hose line to put a vacuum on regular and wide mouth jars using a brake bleeder (cost is about \$30). This should allow for longer storage for dry foods.

Also, we take some cheese cloth to make a tea bag full of rice to help further absorb any moisture in the jars. ]

Vaccuum PUMP

Tilia Vacuum Pump \$200 with 11 inch bar does not give Hg

includes 11 inch i inch wide 5 gal bag free hose and user manuel

Pragopraze Vaccuum pump: \$439.99 - inches of vaccuum 28 Hg just machine

here until 9 PM Jane

Allows vacuum packaging in any size mason jar: They're ideal for liquid and fragile foods and for storage of dry goods such as brown sugar, spices, dried fruit, coconut, and flour. Available in two sizes,

Wide-Mouth or Regular. Accessory hose included with Tilia vacuums connects to lid valves. To use, just place a regular Mason lid onto the

jar, place the correct size of Tilia jar sealer over the lid, and extract the air. When you release the vacuum the Jar Sealer is removed and the Mason lid remains, sealed tightly to the jar.

Tilia Jar Sealer, Regular: \$10.95 ORDERED

Tilia Jar Sealer, Wide Mouth: \$10.95 ORDERED

Accessory Vacuum Hose ORDERED: Length 40". The Tilia Turbo Foodsaver Vac includes a hose, so order this one only if you need to replace your hose.

Vac Hose 5mm Ends: \$8.95

Phone: 1-800-321-1073

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Phone: 877-777-8042

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ORDERED FoodSaver T03-0023-01 Wide-Mouth Jar Sealer \$10.99

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total \$33.45

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Cast Iron Dutch Oven (medium size) Log Cabin brand for \$44 @ Walmart

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