

Why 99% of Survival "Preppers" are totally unprepared for a REAL American Crisis

A Minnesota Medical doctor explains one HUGE mistake nearly all "preppers" make - and a simple 4-part strategy that will protect you and your family from any natural or manmade disaster.

Dear Reader,

When I say the word "disaster," what comes to mind?

If you're like most Americans, you immediately think about panicked crowds, mass hysteria, and the collapse of our social thread.

You probably envision riots, chaos, and people rushing about, trying to save themselves.

But guess what...

Scientists have studied the crisis phenomenon over and over again, and it turns out this is NOT at all what happens.

In fact, the most common reaction in any crisis is the complete opposite of what I just described.

You see, contrary to popular belief, it turns out most people don't freak out. Instead, they simply freeze.

Researchers refer to this response as "Negative Panic."

It's an involuntary, and often very dangerous response. But it's what really happens... despite what you see on television and in the movies.

In a real-world crisis, most people lose all ability to make rational decisions. They become statues, and do little or nothing to escape a real life-threatening situation.

Hi, my name is Dr. David Eifrig Jr.

I'm a medical doctor from Minnesota, educated and trained at the University of North Carolina, Chapel Hill, and Duke University. And today I'd like to share some very important "survival" findings, which could actually save your life, and protect your family over the next few years.

What I want to talk about briefly today are crises situations.

In other words, what happens when our day-to-day lives are turned completely upside down... and nearly everything we take for granted about civil society breaks down?

Today I'm going to share with you some dramatic stories of ordinary people who experienced some of the most dramatic crises imaginable... plane crashes, terrorist attacks... and even the complete breakdown of society.

You may say to yourself, "these examples are extreme—nothing like that will ever happen to me." But I want to make it clear that the reason we study such dramatic events is because it gives us great insight into how we will all respond to ANY types of crisis.

What I'm going to show you today will better enable you to deal with ANY crisis, no matter how big or small. Knowing these secrets, techniques, and strategies will also give you more confidence... will help you sleep better at night... and will make you a very valuable part of your family and community. It will also help you look at the world in a very different way, enabling you to enjoy life to the fullest.

I'll explain more about what I mean in a minute.

But first, let me get back to one of the biggest misconceptions of dealing with crisis. As I mentioned, the most common reaction to a crisis situation is not chaos or pandemonium... but rather what's called "Negative Panic."

And it can be deadly...

Consider a plane crash, for example, such as the one that occurred some years ago at a Canary Islands airport, when a KLM plane and a Pan Am aircraft collided on the runway.

A psychologist interviewed many of the Pan Am survivors, including a Dallas couple in their 70s, named Jim and Delores McKenzie.

When the disaster occurred, it was a fiery mess of mangled metal. To anyone watching from the outside, it was obvious that anyone inside should evacuate immediately.

But as Delores McKenzie reported in her follow-up interview, she didn't panic in the normal sense. And she certainly didn't rush to get out of the plane.

Instead, she simply sat in her seat... stunned.

She thought she was going to die. But she was not afraid. Though religious, she did not pray.

Luckily for Delores, a few moments later, her husband Jim got up from his seat and yelled at his wife to follow him. If he hadn't done this, Delores McKenzie says she would have died that day.

And here's the amazing thing...

As Delores McKenzie made her way to the exit that day, following her husband's orders, she remembers passing the couple they were traveling with. They weren't obviously hurt. But they weren't moving either.

Instead they simply sat in their seats, hands folded in their laps, staring straight ahead.

And it wasn't just Delores McKenzie's friends who sat still, stunned... unable to move, because of "negative panic."

As the McKenzie's calmly walked towards the exit, they saw many other passengers doing the exact same thing... just sitting there... frozen by "negative panic."

Today, Delores McKenzie believes that if she had simply yelled at her friends and the other passengers, many more might have made it out of the plane alive.

But Delores McKenzie was not thinking rationally. It simply never occurred to her to do anything but follow her husband's order.

This is a classic example of the disastrous effects of "Negative Panic."

Something similar occurred after the recent Boston Marathon bombings...

A Florida runner told his local newspaper, after returning home from the disaster, that: "We heard something and everyone froze wherever they were, even in the street. No one knew what was going on. It took about a half hour before news reports began filtering in."

Again, this is the essence of "Negative Panic."

It causes people to basically freeze... even in the face of incredible risk and danger.

We see "negative panic" in life-threatening situations all the time, and also in the financial markets too...

Consider the stock market crash of 2007 - 2008, for example...

Even with banks failing, mortgage companies going bankrupt, and foreclosures skyrocketing, millions of Americans simply watched in horror — and did nothing to protect themselves — as their stock holdings plummeted by 50% or more, wiping out half their nest egg.

You see "negative panic" in socioeconomic collapses too. Consider Nazi Germany for example...

By the mid 1930s, Germany was one of the worst places on Earth to be a Jew. You could be assaulted, beaten, jailed, tortured... or even murdered, for any or no reason whatsoever... completely without warning.

Still, by 1935, while 100,000 German Jews fled the country, more than 450,000 — many of whom had the means to leave — remained.

Again, people fail to react... they freeze... even in the face of incredible and obvious risk.

The disastrous effects of negative panic were evident after the worst terrorist attack in U.S. history, on 9/11, too...

Instead of escaping the buildings immediately, many people just froze — unable to process what had just occurred. They were experiencing "negative panic," and they'd also entered the first mental stage of dealing with any crisis: Disbelief.

You see... negative panic and the mental "denial" of what has just occurred is what causes most people to die in a situation they could have escaped.

I realize that's probably hard to imagine, especially if you've never been in the middle of a true emergency situation yourself, but it's absolutely true.

Don't believe me?

Check this out...

After the 9/11 terrorist attacks (according to a report by the National Institute of Standards and Technology) an estimated 1,000 people actually took the time to shut down their computers, before making their escape! Even while the buildings shook and burned, most people did not react quickly. They did not know what to do, as a result of "negative panic."

As a 9/11 survivor said in an interview:

"Knowing where to go was the most important thing. Because your brain—at least mine—just shut down. When that happens, you need to know what to do next. One thing you don't ever want to do is have to think in a

disaster."

And here's the important point...

Most people think they know how they'll respond in a crisis.

But in reality, most people react very differently than they expect.

And the problem is, understanding how your body and your brain will react in a crisis situation is absolutely critical to your survival.

Let me say that again, just to be clear: Your brain and your body will react very differently than you expect, in a real crisis.

And if you don't understand and know how to handle this simple fact, all the preparation in the world will do you zero good.

The good news is, just knowing that you will probably experience "Negative Panic" and "disbelief" gives you a huge edge.

Knowing that your mind might react this way gives you an advantage because you will be able to recognize it when it occurs. And you'll be able to deal with it too.

In fact, there are several steps you can take to dramatically **decrease** the chances that you'll "freeze," as the result of "negative panic."

And in just a minute, I'm going to show you exactly how to employ a technique used by police and army forces around the world. It will take me about 1 minute to teach you, and it will give you a huge leg up on surviving any crisis.

And in just a moment, I'll explain the entire technique, in full.

I'll also show you the strategy Jim McKenzie from the Pan Am 747 crash on the Canary Islands used to save himself and his wife.

And I'll show you how the Wall Street firm Morgan Stanley was able to successfully evacuate 2,687 employees and 250 visitors on September 11th, while so many others froze with "negative panic" and disbelief.

I'm not sure if you know this or not, but on September 11th, when the planes hit the twin towers, a Port Authority official actually came over the intercom system, and told everyone to stay put. That was the general protocol for a fire at the World Trade Centers.

The folks at Morgan Stanley, however, completely ignored these directions — and instead followed their own "Morgan Stanley Plan."

And because they didn't freeze... didn't panic... and accepted the fact that something

terrible had just occurred... they knew what to do in advance.

As a result, only 13 Morgan Stanley employees died that day. Not surprisingly, nearly half of these deaths were security officials, who most likely perished going back inside, trying to save others.

Morgan Stanley, for reasons I'll explain, probably understood crisis preparation better than any other firm on Wall Street. (Believe me, I spent a decade on Wall Street before embarking on a medical career, and I know none of the firms I worked for took crisis preparation seriously.)

I'll show you how Morgan Stanley prepared for this type of situation, and how it probably saved hundreds, if not thousands of lives, on 9/11.

I've witnessed negative panic first hand. Not only in my career as a medical doctor, but also during my first career, as a derivatives trader at Goldman Sachs.

And I know that learning how to recognize and deal with negative panic — in yourself and others — is just the beginning of crisis preparation.

And that's why I've put together this presentation.

You see, I believe we are at a unique time in U.S. history.

Because of new technologies... an increase in natural disasters... and the fact that our government is creating enemies all over the world, we as Americans, now more than ever, need to understand what to do in a real crisis.

For essentially the past 100 years, we've been able to live lives of ignorant bliss. The world's problems rarely made it to our shores.

But all that has obviously changed.

And the problem is, there's so much misinformation out there, about what really happens in a crisis, and what you really need to do, that most people don't have a clue as to where to start.

I'm hoping this presentation I've put together can change that.

And I strongly recommend you take a few minutes to watch it and get the facts.

Why?

Because YOU are the one your family is counting on.

YOU are the one they expect will have the answers and the plan when disaster strikes. I can tell you this from my years of experience in the medical field: There is no worse feeling in the world than having to tell your family, "There's nothing we

can do... we just have to hope someone comes to help us."

So let's get started.

As I mentioned, my name is Dr. David Eifrig, Jr. My friends and colleagues call me "Doc."

And although I'm a medical doctor, I want to make one thing very clear from the outset.

I am NOT a "survivalist" or a "prepper."

At least not in the way you see these people typically portrayed on TV or in the mainstream media.

For example...

I do not have an underground bunker. I do not own a second passport. I do not carry a concealed weapon, or own a generator.

I do not believe civilization is coming to an end, or that a solar flare is about to wreak havoc on Earth. And I definitely DO NOT believe America's best days are behind us.

That said...

As someone who studies the facts and the science behind everything... I definitely DO believe in insurance.

We all have insurance to protect against accidents, burglaries, and illness, right?

Well I also strongly believe you should protect yourself from the most potentially catastrophic events as well. Especially when protecting yourself is so simple and easy too... as long as you take these steps BEFORE a crisis occurs.

Of course, I'm not talking about buying an "insurance policy" or anything like that.

The type of crisis "insurance" I'm talking about is totally different.

It's simply a matter of taking a series of small steps, making some small changes in your life, and understanding what really happens in a crisis so you can deal with the situation.

Sure, we all hope that no one in our family will ever have to deal with a life-threatening disaster, or a complete breakdown of civil order, but why on Earth would you possibly risk it?

The question I always ask is: How valuable is your life?

And how valuable are the lives of your spouse, your children, and your grandchildren?

Is it worth it to you to take a few really simple steps to protect your family from potentially catastrophic problems?

Of course, I can't answer that question for you. You have to make that decision for yourself.

But I think only a fool would not take simple preparations to safeguard himself and his family.

I say this because I know it is a 100% certainty that we will once again experience major crises in America.

It's not a matter of "if" but "when."

As a Los Angeles Fireman named Kevin Mason (who teaches emergency preparedness classes) points out: "Every year in this country, there are twenty-five thousand disasters. You have to get that through your head."

According to the Uniform California Earthquake Forecast, California has a 99.7% chance over the next 30 years of experiencing an earthquake registering 6.7 or greater on the Richter scale.

And we can comfortably say with 99% certainty that we'll have more and stronger tornadoes, hurricanes, floods, and forest fires.

We're certainly going to experience major disruptions to the economy and the banking system. The way our government is borrowing and recklessly spending, there's now a very real chance we'll have a major currency crisis in America, which will disrupt EVERYTHING.

And what about terrorist attacks?

I'd say there's a 100% certainty we'll see more in the very near future.

Remember, Al-Qaeda spokesman Suleiman Abu Gheith went on record stating Al-Qaeda's objective is: "to kill 4 million Americans — 2 million of them children—and to exile twice as many and wound and cripple hundreds of thousands."

And even if by some miracle there aren't any more epic terrorist attacks, we're certainly going to see major disease outbreaks and epidemics.

A fellow named Joseph Kim is the head of Inovio Pharmaceuticals, and he has gone on record saying that the world is due for a massive bird flu outbreak that could be

much deadlier than the 2009 swine flu pandemic. Kim believes we were really lucky in 2009, because the flu strain that won out was not particularly deadly. But bird flu is, in Kim's words, "a killing machine... it kills 60% of the people it infects, regardless of health or age."

And as Fireman Kevin Mason likes to add in his preparedness presentations:

Despite what most people believe, nobody is coming to your aid in a disaster.

It's all up to you. You are on your own, so you have to be independent.

The point is, crisis is inevitable. And we've been extremely, extremely lucky in America over the past 60 years... but counting on that luck to continue is both ignorant and foolish.

It's a simple fact of life that every American should have the basic ability to take care of himself, in any situation, without the help of the police, the government, or social services.

It's amazing when you think about it: We are a nation founded on self-reliance, but now most Americans seem completely incapable of caring for themselves.

But here's the thing...

Over the past few years, I've done a tremendous amount of work studying the fields of disaster preparedness. And what I've found is that the more I studied these areas, the more I realized just how much misinformation is out there... and how little scientific understanding there is, as far as dealing with a crisis.

That's why I've developed a simple and scientific approach to surviving just about any crisis. I call it the "Doctor's Protocol." It has just four critical steps, which I believe will prepare you for any crisis that strikes.

But why should you pay attention to anything I have to say, you might be wondering?

After all, there are lots of people out there today writing books and giving television interviews on how to prepare for a crisis, right?

Well, there's really just one simple reason you should listen to me:

Unlike every other survival plan out there, my Protocol is based on facts, numbers, probabilities, science, and medicine... not hype.

You see, almost everything you read or watch today as far as preparing for a crisis is based on half-truths... hype... fear... and emotion.

As a medical doctor, I understand the scientific method. I understand what happens

to the human body during a crisis, and what our bodies truly need in every situation.

And this presentation is filled with valuable ideas and techniques that won't cost you a penny to start using. I don't have "bug out" bags for sale. I'm not selling meal replacements... tactical flashlights... water filtration systems, or anything like that. All I'm doing is sharing with you, my research.

My Protocol is simply a collection of proven ideas, strategies, and techniques. It is based on a combination of scientific knowledge, plus the survival systems that have been proven to work in the real world.

I think you will find my Protocol much easier, simpler, and far more practical than any other survival or preparedness plan out there.

The point is, I base all of my work on facts — what is proven to work in the real world — and the way crises truly work in the real world... not on reality TV shows.

So in the next few minutes, I'll share details on several dozen very simple strategies and techniques, which can save your life. Including:

- ** What to do every time you check into a hotel, to dramatically increase your chances of surviving any crisis. It's free, and takes about 2 minutes.

- ** The four antibiotics you must have available for every member of your family, and how to easily get them without any hassle from your family doctor.

- ** How people move out of large buildings in a crisis. It's not the way you think, and it doesn't make any rational sense, but this is something you must understand, in case you are ever in a large building when disaster strikes.

- ** The huge and dangerous mistake most people make when storing water. Most people don't realize they are initiating a chemical reaction, which can contaminate your water.

- ** The safest place to sit on any airplane, and the biggest mistake most people make in every crash.

- ** What to do if you are in a public area and someone starts shooting. Odds are you'll never need to use this technique, but don't you think everyone should understand this technique, especially since it takes less than 30 seconds to learn?

And much, much more.

I honestly think that knowing these techniques, strategies, and secrets could actually save your life.

But most importantly, they will immediately improve your life, even if you never experience any type of crisis in your lifetime. These ideas will make you richer... healthier... stronger... more confident... and a better parent and role model. You'll see what I mean and why in a minute.

Plus, becoming more self-reliant will make you better at just about everything you do... including investing, parenting, working, and even being a good friend.

You'll better understand the fabric of society, and how the world really works.

You'll also learn:

** The best way to prevent a serious injury in a car crash. This has nothing to do with airbags or seatbelts.

** What to say to your children and grandchildren so they are not afraid, and are ready to handle a crisis situation. Hint: The worst thing you can tell them is that there is "no danger" and "no reason to be afraid."

** The one thing you almost never find in people's homes, which could truly save you in a fire.

** The absolute best food for emergency situations? I've never seen this written about anywhere, but there's one simple, long-lasting item that will give you all the nutrients you need. It's the only surplus food supply I keep in my home.

You're about to learn all this, and much more.

Ready?

Let's get started.

I suggest you grab a pen and paper if you have them handy, nearby. We're going to cover a lot of really good, practical information. If you can't take notes, don't worry, I'll show you at the end how to access this information in even greater detail, free of charge, online.

Step #1 in my Doctor's Protocol is...

Step #1 in my Doctor's Protocol is called "DESIGN."

What does this mean exactly?

Well... this is the most-often overlooked part of nearly every preparedness plan. In short: Most people tend to focus exclusively on supplies. But in reality, supplies are much less important than DESIGN.

What we mean by "DESIGN" is:

#1. To understand how your mind and body react in a crisis, and how to master control of both of those things... and:

#2. To know exactly what steps you must take. In other words to have a plan.

In short, it's about understanding how a crisis really unfolds, how groups and individuals react to stressful situations, and knowing how to implement a strong strategic plan, so you can deal with any situation.

Remember, as I said at the beginning of this presentation: You will not respond to a crisis situation in at all the same way you behave in normal life.

For example, paramedics say it's common for people dealing with a loved one's emergency to get a neighbor to dial 911 for them, because they simply can't perform the task themselves.

Think about that for a minute — the rush of chemicals and adrenaline, coupled with the complete unfamiliarity with the situation, makes it impossible for many people to pick up the phone and hit three digits.

The good news is, there are several ways to deal with this.

The first thing you must do is recognize that in almost any crisis you may have to deal with "Negative Panic" and the corresponding "Disbelief" stage. Simply recognizing that these stages exist will make you more likely to be able to move past them, to deal with the situation.

What else can you do if you find yourself freezing up... or entering a state of "negative panic?"

Well, one technique every American should know is a simple approach that can help even an untrained person overcome just about any extremely stressful situation.

It's a very simple strategy, used by the Green Berets, the FBI, and police officers around the country... and it's called "Combat Breathing" in some circles... and "Tactical Breathing" in others.

I'll teach you how to do it right now. You can master this approach in just a few minutes.

Here's how it works...

Breathing, as you may know, is one of the very few actions that can be controlled by both our somatic nervous system (the things we can consciously control, like moving your arm or sticking out your tongue) and our autonomic nervous system (which includes things we can't typically voluntarily control, like heart rate,

perspiration, and digestion).

In other words, you breathe automatically, without thinking about it... but you can also change the way you breathe consciously, at least for a brief period of time.

So breathing is a bridge between these two nervous systems... and because that's so, you can essentially alter the way your entire body responds in a crisis... simply by altering your breathing.

If you find yourself freezing up... starting to panic... or if you are having a hard time focusing... figuring out exactly what to do next in any crisis situation, the first thing you should do is try this simple "Combat Breathing" technique.

Here's how to do it.

First, breathe in for a regular count of four.

Next, hold your breath for a count for four.

Then, exhale for a count of four.

And finally, count to four before starting the sequence over again.

That's it.

I know, it sounds incredibly simple, but the next time you feel highly stressed... or even the slightest bit panicked, give it a shot for just a minute.

I guarantee it will change the way your body is responding. It will calm you down... and help you think much more clearly. It is basically impossible for your body and your brain to NOT calm down when doing this.

As one Oklahoma Police officer, who swears by this technique after having to deal with being shot ten times in his career, told Amanda Ripley in her book, *The Unthinkable*:

"It keeps you very calm. You don't start to hyperventilate or panic. Everything just kind of goes in slow motion for you. You say, OK, here's what's going on, I can handle this... it's not that bad."

How can something so simple be so effective?

Well, as I mentioned, because breathing is a bridge between your somatic and your autonomic systems, it allows you to calm many of the automatic stress inducers like rapid heart rate, sweating, and the adrenaline rush, which typically kick in.

Obviously, this is a very simple but powerful technique — yet outside the police, the military, and the FBI, it's not widely taught.

But I think it's something everyone should know. And it's critical to the first step of my Doctor's Protocol.

Of course, there's much more to our DESIGN step than tactical breathing. And there are advanced level breathing techniques you should know and practice too.

Another part of the DESIGN Step, for example, is to learn how to deal with your own (and others) emotional reactions in a crisis.

You see, it's been scientifically proven that we all pass through the same three Stages in any crisis. Amanda Ripley did an excellent job of reporting on this in her crisis survival book, called *The Unthinkable*.

The first stage is "Disbelief."

You see, because what we experience in a crisis is so unfamiliar, so out of the ordinary, our brain tries to convince us that it's not really happening.

This is why an estimated 1,000 people took the time to shut down their computers after the 9/11 attacks, before fleeing the buildings. Their brains had a very difficult time acknowledging that what was happening was real... and was a life or death situation.

I'll show you the key to moving through the Disbelief stage quickly, and how to deal with the next two stages too. That's the key. First, you have to recognize the fact that there are three mental stages you'll pass through. Then, you have to know how to deal with each stage.

The people who survive move quickly from one stage to the next.

Another component of the DESIGN step is to make sure you have a simple plan in place, which can be applied to any crisis scenario.

As Massad Ayoob, a veteran police officer and instructor says: "The single strongest [survival skill] is... a plan of what you'll do in a certain crisis. And an absolute commitment to do it, by God, if the crisis comes to pass."

This might seem like common sense... But I'm always shocked at how few people have even basic plans in place for life-altering crises.

For example: Do you have a plan for what you'll do if the power goes out for several weeks? Do you have a plan in case you don't have running water and can't flush your toilets for a month or more?

Do you have a plan in case your family is separated when a crisis occurs and you can't communicate by phone? Who's going to get the kids... the pets... check on your parents?

Do you know exactly what two things to do if you wake up and your smoke detector is going off? Do you know where you'll go if your hometown is evacuated?

These things are all easy to deal with — but only if you have a simple plan in place, in advance.

I'll show you a very simple system I've developed that covers all the scenarios you should prepare for, plus a simple and easy way to keep it all organized, and my recommendations for each case.

Look, this is all pretty easy stuff — **but you have to do it in advance**. The sad truth is that most people are completely unprepared...

Consider a study done by investigators at Columbia University after 9/11, for example...

Only 45% of the workers interviewed after the terrorist attacks even knew that the buildings had three separate sets of stairwells. And many of the people interviewed said they hesitated to use the stairs to escape the burning buildings because they weren't sure where they'd end up.

Only half of the people interviewed had any idea that the doors to the roof would be locked, and an even smaller percentage of people knew the layout of the transitional hallways on the lower floors.

As one of the Columbia University investigators later said, "I found the lack of preparedness shocking."

But the good news is, it's much easier to design a series of simple plans than you think.

And as a police psychologist named Alexis Artwohl says in her book *Deadly Force Encounters*, "The actual threat is not nearly as important as the level of preparation. The more prepared you are, the more in control you feel, and the less fear you will experience."

Step #1 of The Doctor's Protocol is called DESIGN, and my Research Report on this first step will ensure you are prepared for whatever crisis comes your way.

Plus, I'll show you a secret way to get an up close and personal look at how your local government is planning to deal with crisis situations. This can obviously give you a huge advantage if you know how and what the local authorities plan to do, and when they plan to do it.

Another part of our DESIGN step is analyzing risk and what survival experts call "situational awareness."

I'll show you a very easy and simple way to figure out which crises are most likely to occur in your area. And which ones are the most important to prepare for.

After I show you these techniques, I promise you will look at the world in a very different way. You will feel much more confident... and you will feel much more in control of your surroundings. You will become the person others turn to in a time of need. You will become a highly valued member of your community.

Remember, you can never prepare for EVERYTHING. But what you can do is prepare for the crises that are most likely... and those that are most potentially catastrophic for you and your family.

I'll show you how to figure these things out... and show you how to do it all quickly, cheaply, and easily.

In fact, as I mentioned, I've created a thorough written report, which spells everything out. It's called, ***DESIGN: Step #1 of The Doctor's Protocol***.

It covers everything I've described here.

The next thing you need to know is Step #2 of my Doctor's Protocol...

Step #2 in my Doctor's Protocol is...

This second step, "PROVISION," is simply a matter determining which supplies are the most important to become self-reliant, and to be able to deal with any crisis, for an extended period of time.

Much more than just a laundry list of items you should keep on hand, my PROVISION report also explains the techniques and secrets for storing, using, and deciding which provisions are best for you.

For example...

* Everyone knows you need to store water, right?

But guess what... I estimate that about half the population storing water is doing it incorrectly.

What do I mean by that?

Well, many people store water in plastic containers, and they put these plastic containers on cement floors in their garage.

Big mistake.

What they don't realize is that in doing this the plastic touching the cement will

cause a chemical reaction, and will contaminate the water.

It's fine to store water in your garage, just don't put plastic containers directly on cement floors.

In my PROVISION Report, I'll show you exactly how much water you should store, and my absolute favorite way to do it.

Another thing most Americans don't understand is the simple rule of thermodynamics and how it relates to keeping food cold.

For example, did you know that a full freezer will keep food cold for twice as long as a half-full freezer?

If you know a big storm is coming, with the potential for long power outages, pack your freezer as full as you can get it.

And if the power does go out for several days, be sure you follow the basic protocol of eating food in your refrigerator first... then the freezer... and only when that stuff is gone should you dip into canned goods... and finally emergency supplies.

Speaking of food, my PROVISION report will teach you basically everything you need to know, including...

- * The best type of food for any emergency. As I'm sure you know, there are dozens of companies now selling meals you can eat in a crisis. You can get MREs (which stands for 'Meal Ready to Eat') freeze-dried meals, canned goods, or dried goods.

But what's the best type?

I'll show you a very simple way to make sure you and your family have all the food you need, to handle any disruption in our food supply.

Remember, grocery stores typically hold only 3 days worth of food. And this food can all disappear within hours in even a minor crisis.

That's why, in my PROVISION Report I'll also show you:

- * By far the cheapest, most nutritious way to have a food supply for the next 20 years. This has nothing to do with conventional gardening or farming, but is a very convenient and unconventional way for you to get all the food you need, for as long as you need it.

- * The absolute best, safest, and cheapest way to purify water. There are all kinds of really dangerous misinformation out there about purifying water. I'll give you the facts and some simple techniques you need to know.

- * Another secret for keeping your freezer cold even longer. Packing your

freezer to take advantage of the law of thermodynamics is step #1, but there's another technique you should know too.

* The 15 most important items that always disappear right away from every grocery store in a crisis. It's always smart to have a small extra stockpile of these items at home, because they are guaranteed to be the first to go in any crisis.

And much, much more...

Everything you need to know is covered in my full written report, called, ***PROVISION: Step #2 of The Doctor's Protocol.***

I'd like to show you this research free of charge. I'll show you how to get it in just a second...

But first let me explain Step #3 in The Protocol. That is...

Step #3 in my Doctor's Protocol is...

Step #3 in my Doctor's Protocol is called "SHIELD."

The essence of this step is learning how to protect your family, and keep them safe, without the "normal" social support services, such as police, fire department, doctors, and hospitals.

Remember that in any crisis, you could be on your own for a minimum of several days or even weeks.

Hospitals could be impossible to get to. In a bioterrorism event, going to a hospital could be even more dangerous than treating yourself at home.

Your town could be without running water for a month or more.

Think about that for a minute...

No water coming out of your faucets. No way to flush the toilets. No way to shower, clean dishes, or cleanse wounds.

Every year, poor sanitation kills more than two million people around the globe. We don't see the effects of this very much in the United States, but in a crisis, poor sanitation will be deadly.

The good news is, as a medical doctor, I can show you how to protect your family, and stay healthy, simply and easily... even in a situation as seemingly dire as this. It's actually a lot easier than most people think.

One of the first things you need to do in any crisis, is to make sure your family is

safe from other people who could do you harm.

And here is a huge mistake most people make...

Most people think that the best way to protect your family is to be armed to the gills with guns and knives. But in a crisis, you want to avoid confrontation at ALL COST.

If you are involved in any type of incident, not only could you get hurt, you could also get in a lot of trouble with local authorities. If you think the Police and National Guard use little common sense in normal times, wait till you see how they react in a crisis.

It's always, "lock them up... and deal with the situation later." And the last place you want to be in a crisis is locked in jail, while your family fend for itself.

So here's what I recommend...

What most people don't realize is that there are actually two ways to stop any threat.

The first is to convince a perpetrator that they don't want to be in fight with you. The second is to use force and weapons.

Obviously, the first method is more desirable, especially in a time of crisis.

Here's an example of what I mean...

Do you know what is the safest, cheapest, and easiest way to scare off just about any home burglar?

It's not a gun. Or a taser. It's actually much, much safer and simpler than that...

The source of this technique is a guy named Jack MacLean.

You see, Jack MacLean went to jail for stealing more than \$130 million worth of jewels. And during his time in jail, he interviewed more than 300 fellow burglars.

What he found was that the #1 thing that would scare off every single one of these 300 burglars was not an alarm system... a dog... or light timers... but rather a really loud horn.

Yes, you heard that correctly... a very loud horn.

Every one of these burglars said if they entered a home and were greeted immediately with an extremely loud horn, they would flee immediately... even if they'd already cut the phone lines.

And here's the best part: You can buy two incredibly loud air horns for about \$20. I'll show you exactly where to get them... how many decibels you want... and which type to get.

If you don't believe this technique works, try this: After I show you how to get one of these horns, use it the next time someone enters your home, and watch their reaction.

These horns are incredibly loud, and can be heard a half-mile away over land, and a mile away over water. Believe me, they will scare away 99% of the people who intend you harm.

And as I mentioned, using simple and safe techniques like this are definitely the preferred way to stop a threat.

The threat disappears. No one gets hurt. And no one has to deal with the police or the National Guard.

You see, looting and robbing are very much about psychology.

Most people will only attack others when they are very confident they'll get away with it. The safe and non-violent techniques I'll show you will work about 99% of the time.

In most cases, that's all you need.

As I mentioned, the last thing you want to do in any crisis situation is to get tangled up in a legal mess involving the police. If you read about any of the conditions in New Orleans jails after hurricane Katrina, you understand exactly what I'm talking about.

Of course, if someone attacking your family doesn't respond to these persuasion techniques, then you'll need some type of weapon or device to protect your family.

I can show you the best weapons to own, including guns, knives, and less-lethal weapons such as tasers. I'll show you the best ones to buy, and the best places to get them... confidentially.

But one thing I want you to remember, is that even in a really bad crisis, you don't need to spend much money at all to protect your family from bodily harm. And you should resort to weapons only as a very last resort.

Of course, keeping your family safe also means protecting your health.

One of the first things you need to learn is how to protect against air-borne pathogens, infections, infectious diseases, radiation, biochemicals, and more.

Again, it might sound like you need a stockpile of equipment, but it's all actually a

lot simpler than most people believe. I'll show you...

* Which four types of prescription drugs and over the counter medicine to be sure you have on hand — and what to say to get them from a doctor, right here in the USA, even if you are perfectly healthy.

* I'll show you the 3 most important life-saving techniques every adult in your house should know. CPR is one of them... but there are several others you should know too. You can learn these techniques in about 30 minutes, without taking any classes.

* The most important thing you **MUST** do when anyone in your family is injured (even a minor injury), and you can't seek medical attention.

* A easy way to get all the nutrients you need when food supplies are short.

* Which books you must have on hand. There are several excellent and simple medical reference books. You definitely want to have these on hand, to help you deal at home with any medical problem.

* I can show you several ingenious ways to stay warm when it's cold... and how to cool off, when it's hot... even if you don't have electricity or a generator.

My full written report, called ***SHIELD: Step #3 in The Doctor's Protocol***, explains literally everything you need to know to keep your family safe.

And that brings me to Step #4 in the Doctor's Protocol...

Step #4 in my Doctor's Protocol is...

Step #4 in my Doctor's Protocol is called "PROSPER."

While the first three steps (DESIGN, PROVISION, AND SHIELD) are primarily meant to get you out of harm's way... and to make sure everyone is safe in the immediate aftermath of any crisis, Step #4 is a little different.

Step #4, called PROSPER, is about how to not only survive, but to thrive, even while the world around you is mired in crisis.

It's about preserving as much of your normal way of life, your possessions, and your valuables, as possible.

For example...

What would you do if for some reason you had to flee your home? Would you take the time to gather up important photos... videos... financial documents... policies... and other papers?

This could take hours, or even days.

But guess what?

I'll show you a proven strategy that allows you to easily put all of your papers... all of your photos... all of your financial documents, passwords, and important policies on a high-capacity gigabyte "flash drive."

If you're not familiar with these, "flash drives" are the size of your little pinky. They plug into any computer, and allow you to store more information than entire desktop computers that were built years ago.

In fact, today you can buy a super-rugged flash drive made with up to 512 gigabytes of storage space, which should hold EVERY photo, movie, video, and piece of paper in your house.

Keep in mind that a 1-gigabyte drive can store about 500 photos on average... so we're talking about something the size of your little finger that can store, approximately:

- 25,000 photos
- 25,000 pages of documents
- 13,000 songs
- 40 movies
- 600 minutes of family videos...

And still not even be half full!

If you put my strategy in place, you can put your critical flash drive in your pocket or wear it around your neck, at a moment's notice.

And this way, even in the absolute worst-case scenario in which you have to leave your home for an extended period of time, you've still got everything you really need, in one simple place.

I'll show you exactly where to get such a flash drive... what size you need... how to make sure it's very durable and fast... the best place to buy it... the brand you should get... and how to load it and organize it, for maximum efficiency.

Of course, that's just one part of my PROSPER step.

Another thing most people don't understand is how to travel during and after a crisis.

I will show a handful of very clever techniques I've learned in recent years, including one fascinating technique that can allow you to move around in any situation, and pretty much go wherever you want, whenever you want, without being bothered by anyone.

It's a strategy we call the "Invisible Man" technique.

I'll also show you a simple way to ensure that you and your family can eventually leave your current location, if there's a safer option somewhere else. How do you know... how do you do it... how do you prepare... which method of transportation should you use? I can help you figure out the best options, with the best techniques.

Of course, part of this strategy also involves making sure you have money, which you can easily transport, so that you can use it for anything you might want to buy.

I'll show you the most valuable type of money you can have in any crisis. I'll show you how you can safely (and LEGALLY) move unlimited amounts of money around, without ever notifying a bank — even if banks are closed.

Another thing I'll show you how to do is get some of your assets completely beyond the reach of the government.

As we've all seen many times before... desperate governments do really desperate things.

So while the techniques I'll show you are totally 100% legal, they are definitely **NOT** widely known. And I recommend you don't tell anyone but your immediate family, what you are doing.

These proven techniques allow you to have a sizeable nest egg that no government official will ever know about or be able to touch. (I'll show you 5 different ways to legally hide and transfer money.)

In my PROSPER report, I'll also show you:

* The best way to safely and cheaply create an "Escape Hatch." If the situation where you live does not improve after a month or more, you might want to look for a better place to go. These strategies allow you to always have a nice Escape Hatch—a safe place to go, without spending a lot of money.

Everything you need to know to prosper after any crisis is included in my report, called PROSPER. Remember, this is Step #4 in my Doctor's Protocol.

Perhaps you're wondering: Is my 4-step Doctor's Protocol right for you?

Unfortunately, I can't answer that question for you. But I can tell you with 100% certainly that I believe my Doctor's Protocol is the absolute best way to prepare for

any crisis.

Remember: I am NOT a "survivalist" or a "prepper." At least not in the traditional sense.

I do not believe civilization is coming to an end, or that America's best days are behind us.

But I definitely DO believe in insuring yourself against likely and catastrophic events.

And as someone who spent a decade on Wall Street studying how to effectively use "derivatives" to mitigate risk... and as someone who spent nearly another decade studying risks in the medical profession, I definitely believe in protecting yourself from potentially catastrophic events.

Especially when it's so easy and simple to do so.

As I mentioned, the way I think about it is: How valuable is your life?

And how valuable are the lives of your spouse, your children, and your grandchildren?

Is it worth spending a tiny bit of effort today, to protect your family from potentially catastrophic problems?

You have to make that decision for yourself.

For me it's an absolute no brainer.

One thing I know is that just as my family is counting on me, your family is counting on you. Don't let them down. In order to not let them down, you have to take these simple steps well BEFORE any crisis hits.

Every American should have the basic ability to take care of himself, in any situation, without the help of the police, the government, or social services.

And unlike every other survival plan out there, my Protocol is based only on facts, numbers, probabilities, science, and medicine.

I'd like to give you full access to my Research Reports, which detail each of the four steps in The Doctor's Protocol. Remember, these steps are #1: DESIGN, #2: PROVISION, #3: SHIELD, and #4: PROSPER.

You see, I'm making all of this information available to you, free of charge, as part of my most recent, "third career."

As I mentioned, my first career was on Wall Street.

I thought I wanted a career in the financial world, and worked my way into the most powerful bank in the world, Goldman Sachs, where I made lots of money as a derivatives specialist.

I also worked at Chase Manhattan, and one other big financial firm, Yamaichi, the "Goldman of Japan" before it went bankrupt...

I saw it all, but after a decade of learning how Wall Street really works, I became disillusioned by the hypocrisy and greed... so I left to become a doctor (I'm still a board-eligible eye surgeon).

I busted my tail to get through medical school, and spent more than a decade in this field as well. But again, I ran into a stifling system, filled with special-interest groups, doctors cheating on their boards, and wasteful bureaucracy.

So now, even though I'm still very passionate about both finance and medicine, I've embarked on a third career. It's my "retirement job."

You see, after retiring twice already in my career, I have developed a very different outlook and approach on the subject of retirement in America today.

I've made discoveries and have found ideas that I think can help EVERY person in America, who is already retired, or planning to retire anytime soon.

So I'm on a mission to help people like my mom, my sisters, my aunts and uncles, my friends, my colleagues... all hard-working Americans... to have a better retirement.

I've been an "insider" in what are probably the two most important sectors of the economy for retirees today: Finance and Medicine. And I've been hard at work developing a new approach and new ideas about what "retirement" really means in America.

That's why a few years ago I hooked up with a publisher friend of mine and started publishing my ideas and research in a one-of-a-kind monthly newsletter called *Retirement Millionaire*.

And everything you've heard about today... all of my Research Reports and ideas, on how to protect yourself and your family in what I call my **Doctor's Protocol**, comes free with a subscription to my monthly *Retirement Millionaire* newsletter.

If you decide to start reading my *Retirement Millionaire* newsletter, I'll give you full access to my complete Doctor's Protocol, immediately.

In fact, this is the only way to get it. My Protocol is not available to outsiders... not at any price.

Once you learn these simple techniques, I believe you will be prepared for just

about anything nature or mankind can throw at you. And I believe it will give you a whole new outlook on life too.

I realize... you might think I'm paranoid... or a pessimist... because I've been talking so much about what could go wrong.

But the truth is, I'm an optimist.

However: I recognize that crisis and the occasional disaster are just a part of life.

You have to accept that fact. And when you are prepared, these things become merely a minor nuisance, rather than a life-changing event.

But I consider myself an eternal optimist, because I know that I can personally handle anything that happens. I'm going to be able to deal with it. So I don't lose a minute's worth of sleep thinking about these types of problems.

With my Doctor's Protocol, I think you'll feel exactly the same way. And when you have that type of confidence and knowledge, it really is liberating.

Oh... and there's one more thing I want you to have, as part of my Doctor's Protocol preparedness plan.

You see, as part of my research, I've created one final Research Report that is critical for every American who cares about himself or his family.

And that is...

SECRETS OF SURVIVAL

The last Research Report I created as part of this series details several dozen life-saving techniques and secrets, which should be taught in every school, to every citizen.

But because the government and big corporations treat us like children... because they think we can't handle the truth about risks, crisis, and life-saving information, no one in America knows these things... except for the folks who work in these particular industries.

For example...

* What are the safest seats on an airplane? And which seats are the most dangerous? Once I explain these simple, scientifically proven facts, I'm sure you'll never board an airplane the same way again.

* Do you know the best way to put out a fire in your home? Most people, even those who have fire extinguishers on hand, don't have a clue. Without this knowledge, a fire extinguisher is basically worthless. I'll show you

exactly what to do...

* The best "no sweating" exercise you can do to prepare your body physically for any crisis.

* The one thing top fire experts keep in their homes and travel with, to prevent death or injury from fires. This has nothing to do with fire extinguishers or smoke detectors.

* The optimal human heart rate for dealing with complex motor skills, and how to manipulate your own heart rate. I'll show you how to perfect this skill — it's one of my favorite health techniques on Earth.

* What to do if you are in a public area and someone starts shooting. Odds are you'll never need to use this technique, but it only takes about 15 seconds to learn, so why shouldn't every American know it?

** The single biggest change survival experts make in their own lives.

** What to do if you are ever caught in a crowd. Most people don't realize that people die in crowd mobs, not because they are trampled, but because of asphyxiation. The compounded force of just five people pressing against you is enough to kill you... and you can lose consciousness after being compressed like this for just thirty seconds.

** What to do in an earthquake. Conventional wisdom says to get in a doorframe, but that's actually one of the worst places to be in certain houses.

** The best way to prevent your family members from dying of a heart attack.

All of these life-saving techniques and secrets are compiled in my newest Research Report, *Survival Secrets*.

And just like everything else I've described so far, this Report will be available to you free of charge when you take a no-risk trial subscription to my *Retirement Millionaire* newsletter.

Is *Retirement Millionaire* for you?

Well, we have quickly grown over the past few years to become one of the largest independent research letters in America, with readers in EVERY U.S. state, and dozens of countries around the globe.

I think the reason for our success so far is simple: I've put together a completely independent research organization, which delivers very valuable ideas that you simply won't find anywhere else.

Believe me: You may have subscribed to a financial, health, or retirement newsletter before, but I guarantee you've never read anything like *Retirement*

Millionaire.

As you'll see, I am very skeptical of conventional wisdom. And I am always looking for better ways to travel, stay healthy, have fun, and pay for retirement.

Over the past few years, we've shown readers literally hundreds of opportunities to improve their retirement years, including:

- * How to legally maximize what you receive from the Federal Government's retirement income program, and put \$1,000's of extra dollars in your pocket for retirement. We spoke with one retiree from Virginia, who took advantage of a strategy we recommended to our readers, and was able to pocket an extra \$1,000 EVERY SINGLE MONTH. "It's like free money," he told us.

- * How to get real, hold-in-your-hand silver from any bank in the country... basically for free. This is an incredible "loophole" in the U.S. banking system. I can pretty much guarantee you will not hear about this idea anywhere else. It's certainly never been written about in any newspaper, or other mainstream source... yet hundreds of our readers have taken advantage of the situation. As one reader from Tyler, Texas said:

"I never thought this would work. But it did! I tried it, and to my surprise, I got 34 silver coins from a single bank. Needless to say, I'm going back for more! Thanks for the great idea!"

- * How to take a 1st-class, luxury cruise, for 80% off the regular rates. I know that a very important part of enjoying a great retirement is having fun, and being able to travel. That's why I was very excited to find what is easily the biggest "loophole" in the cruise industry. There's a way for you to potentially take great cruises, around the world, at drastically reduced prices.

One subscriber, who recently took advantage of this approach, told us: "We are currently on a 14-day cruise around Asia that would have cost around \$18,000 for the package we have...our price was \$910! Yes, that was less than one thousand dollars! What a wonderful experience, thanks to you!"

The point is, I make sure we pack every *Retirement Millionaire* issue with great ideas, secrets, and techniques that will guarantee you a better retirement.

Like I said, you may have subscribed to an investment or travel newsletter before, but I guarantee you've never seen anything like *Retirement Millionaire*.

As one reader recently wrote in to say: "Retirement Millionaire is well worth the subscription price. It is the best such publication I have ever seen."

When you subscribe to *Retirement Millionaire*, you'll receive a full report from me, delivered to you by e-mail on the 2nd Wednesday of every single month. You'll also receive a hard copy via regular mail, soon after.

Also, within minutes of starting your subscription, you'll have immediate access to every *Retirement Millionaire* Report I've ever written.

Just one of these ideas could pay for your subscription price many, many times over.

For example, as soon as you start your no-risk trial subscription, I recommend you check out some of the other ideas I've uncovered, which will help you prepare your family for any crisis, such as:

*** *How to Legally Hide Money and Income From the U.S. Government.*** This is another important step in protecting your family. Most people don't know you can LEGALLY hide significant assets... and significant portions of your income from the federal government. You do not have to pay taxes on this money... and you don't report this money to anyone. I'll show you exactly how it all works — no offshore bank accounts or retirement accounts required

*** *The Best Way to Make Sure You Never, Ever Run Out of Money.*** Again, this could save you and your family, in the event of a bad economic downturn or crash. Most retirees I meet tell me their greatest fear is running out of money. This misunderstood investment basically guarantees that will never happen to you, no matter what happens to stocks, real estate, bonds, etc.

*** *Get Some Money Off the Financial Grid.*** I believe every American should get at least a little bit of your money out of the corrupt Wall Street financial banking and investing system. Desperate governments do desperate things, and this report shows you by far the best ways to get some of your money out of the normal financial system.

*** *The Retirement Guide to Freebies.*** I've found dozens of freebies most Americans don't know about, including: free coffee every day at one of the most popular coffee chains in the world... free golf at the best courses in your town... free wine country vacations, and more.

*** *The Free Silver Loophole.*** I recommend that everyone keeps a little bit of silver around, in case there's a currency crisis with the U.S. dollar.

And here's the best part: Last fall, I came across an incredible opportunity, which allows you to walk into almost any bank in America, and potentially walk out with several ounces of free silver. I know this sounds impossible to believe, but it's absolutely true. As one reader who took advantage of this great secret recently told me:

"Doc, you're a genius! I never thought this would work. But it did! I tried it, and to my surprise, I got 34 silver coins from a single bank. Needless to say, I'm going back for more! Thanks for the great idea!"

* ***Easy Money Without Working or Investing.*** It's no secret the more money you have, the easier it will be for you and your family to survive any crisis. And over the years, I've found a handful of really clever ideas, which basically allow you to get more money in retirement, without working or investing. I've put my current favorite "easy money" loopholes in this report. One of the ideas I'll detail for you in here allows you to potentially collect \$2,000 or more every month, thanks to a government "clean energy" program I can just about guarantee you've never heard of.

* ***How to Instantly Increase the Power of Your Retirement Savings by 300%.*** This one's a bit unusual... but it's the most fascinating financial product I've ever seen. It essentially allows you to take a small amount of cash you've got saved up, and quadruple the value of that money for future use, in case of emergencies. I've seen a lot of incredible deals for retirees over the years, but this one might take the cake. Be sure to check it out right away, as soon as you start your subscription.

Keep in mind: You can't buy these reports anywhere. They're not for sale. Not at any price. You can only receive them as one of my subscribers. They're yours to keep as soon as you start your trial subscription.

Again: As soon as you start a no-risk, trial subscription to my monthly letter, called *Retirement Millionaire*, you'll get full access to EVERY SINGLE research report I described here, plus many more.

And remember, I'm not asking you to commit to anything right now. I'm just asking you to TRY my research to see if you like it.

Here's what I mean:

Try *Retirement Millionaire* and EVERYTHING I've described here. You'll have 120 days (4 full months) to check everything out. If you decide for any reason within those 4 months it's not for you, just give my customer service group in Baltimore a call on our toll-free line, and we'll immediately refund your payment. Even if you decide my research is not right for you, please keep everything you've received... every issue and special Research Report described here, my compliments.

A one-year subscription includes:

** 12 issues (one full year) of my Retirement Millionaire newsletter, delivered by e-mail on the 2nd Wednesday of every month. Remember: You'll also receive a hard copy, in the regular mail, soon after.

Plus all of my most recent research on how to protect yourself from any crisis, as part of my 4-Step Doctor's Protocol, which includes:

** Research Report: ***Design: Step #1 of The Doctor's Protocol.***

** Research Report: ***Provision: Step #2 of The Doctor's Protocol***

** Research Report: ***Shield: Step #3 of The Doctor's Protocol***

** Research Report: ***Prosper: Step #4 of The Doctor's Protocol***

Plus a full collection of survival techniques, ideas, and secrets, in my brand-new report:

** Research Report: ***Survival Secrets***

Plus access to all of my other valuable Research Reports on topics such as how to safely boost your income... how to get free silver... how to legally hide money and assets from the government, and more in the following volumes:

** ***How to Legally Hide Money and Income From the U.S. Government***

** ***The Best Way to Make Sure You Never, Ever Run Out of Money***

** ***Get Some Money Off the Financial Grid***

** ***The Free Silver Loophole***

** ***Easy Money Without Working or Investing***

** ***How to Instantly Increase the Power of Your Retirement Savings by 300%***

How much does this all cost, you're probably wondering?

Well... that's probably the best part...

Even though most people pay \$99 for a one-year subscription to my work, you can start a trial subscription today for 60% OFF price... just \$39 for a full year.

And remember: I'm not asking you to make any commitment of any kind whatsoever. I'm asking only that you TRY my research to see if it's right for you.

You'll have the next 120 days (4 months) to review everything listed here. Print it out. Save it to your computer. Then, even if you decide my work is not right for you, for whatever reason, you'll still be able to keep everything mentioned here, my compliments.

Why would I make such an offer as this?

Well, I hope you'll try my research and that you'll then become a subscriber for a long time. But I realize you've got to see everything for yourself first, before you can make a decision about whether or not my work makes sense for you.

That's why I always make it so easy and inexpensive to give our work a no-risk look.

If you don't like what you see... no problem... you can keep everything you've received, and we'll simply part as friends. I know my work is unconventional —and it's just not right for some people.

I hope to hear from you soon. Start your subscription now, and you'll have access to EVERYTHING I've described here, in a matter of minutes.

Remember, just like my family is counting on me, YOUR family is counting on you to know what to do in any crisis situation.

My team and I have done an incredible amount of work, sorting through thousands and thousands of pages, interviews, and real world tests of the best survival techniques and ideas out there.

We've boiled it all down to only the best stuff — exactly what you need to know. You can get access to all the work we've done by simply making a no-risk payment of \$39 today. If you don't take advantage of this situation today, I feel very confident saying that you will almost certainly regret it when the next financial crisis, natural disaster, or man-made crisis hits.

Believe me, when the next crisis inevitably hits, you'll wish you could get access to this information at 100-times the current price. But if you don't act today, it won't be possible. It will be too late.

Click on the link below and it will take you to a secure Order Form. There, you'll be able to review everything once more, before submitting your order.

To your healthy and wealthy retirement,



Dr. David Eifrig Jr., MBA, MD
June, 2013

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