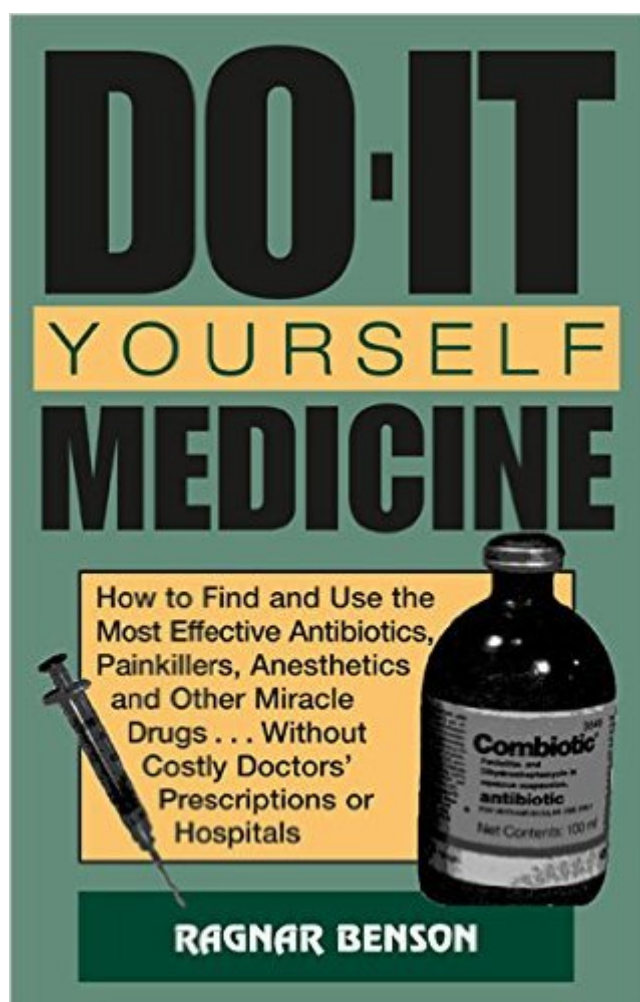


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# Do-It-Yourself Medicine: How To Find And Use The Most Effective Antibiotics, Painkillers, Anesthetics And Other Miracle Drugs... Without Costly Doctors' Prescriptions Or Hospitals





## Synopsis

Ragnar gives you precise instructions for securing and using the very latest drugs and supplies from animal health centers, foreign pharmacies, mail order suppliers, military dispensaries and other unusual sources.

## Book Information

Paperback: 113 pages

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Average Customer Review: 3.2 out of 5 starsÂ Â See all reviewsÂ (44 customer reviews)

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## Customer Reviews

I don't recommend this book. As with most books by survival author "Ragnar Benson" it is full of inaccuracies and half truths. There is some basic information on setting bones, stitching wounds, and other simple topics, but it is not very well addressed -- It's almost as if the author has no idea what he's talking about and is simply repeating urban knowledge thirdhand. As far as his information of how to acquire the various supplies, there are far better, easier, and more legal ways than he describes here. The misinformation presented here is likely to get you in trouble. "DITCH MEDICINE" is a far better book.

Full of less than half information, just do your EMT Basic license at a local community college. It's a real qualification and you know that you met a standard. After all, people are not legos and in an emergency you want skills you can depend on...because that's exactly what you'll be doing.

The author spends a lot of time telling you how to obtain drugs normally available only through doctors (and ranting about government control) while not spending a lot of time on the medical aspects that the title leads you to believe. I suppose that his suggestions about forging prescriptions

shouldn't be surprising when his other books tell readers how to gunrun for profit, acquire new id, build claymore mines, etc.

While I encourage people to learn as much about medical practice as they can (and perhaps even performing some life/limb saving maneuvers when no other assistance is available), I regret that I must recommend that they not purchase this book. The book suffers from multiple flaws,<sup>1</sup>. Chapter 2 is a well-chosen list of other medical references that the author recommends. Unfortunately, later in the text, he refers readers to these texts to learn about the basics of diagnosis and treatment of the various conditions that he is discussing. Very few medical conditions are actually discussed in this book... for most conditions, the reader is advised to "consult your library" for the needed information.<sup>2</sup>. For the conditions that are discussed in this book, there are multiple factual errors. Some are statements that are outright wrong and many others are recommendations to treat things in a substandard or marginal manner (for example, recommending an antibiotic that turns out to be poorly suited for the task at hand).<sup>3</sup>. Some topics are treated in a dangerously superficial manner - for instance, the pages that describe how to attempt to provide general anesthesia.<sup>4</sup>. The book was published in 1997 which makes it considerably out of date - particularly with regard to recommendations the author makes about obtaining prescription medications from overseas. While I commend your interest in learning something about medicine and about what you might do if someone were sick and injured and professional help was unavailable, I feel I must steer you away from this book.

This book , written years ago now is about as helpful as reading the back of an anti-diarrhea medicine bottle. Ragnor has many books printed through Palidin press and some might even be helpful...this is not. Save your money and get a copy of " Medicine for Mountaineering" instead. As a Viet-nam era Medic I of course am a bit ahead of the average novice. However, relating how he helped animals out of country once upon a time has little impact on people that may need to use common sense and emergency medicine. Take a CPR course and get on the internet. is a Great source of medical supplies, from Hemostats to sutures. Use the internet to find tons of useful info, go to your libraby for free. Ragnor should have had this book pulled a long time ago...but why do that when people will continue to buy it in the hope of a little help. I purchased this as research for a book. What a dissapointment ! DO NOT BUY THIS BOOK...Ragnor will sell some of his others.

"Do It Yourself Medicine" contains much information that you won't get from your family doctor or

the typical Medic. At the current time, many Veterinarian medications are available and being purchased and used by farmer/ranchers. Most mentioned are available without a Vet's prescription from local sources or thru mail order Vet supply companies. (use google). I think you will find the cost of this do-it-yourself guide well worth the price you are paying for it. As a matter of policy, I have to advise, as Ragnar does, that the novice should only consider administering these treatments and medications when in dire and isolated circumstances when no better option exists for the patient. That being said, every family and wilderness travel group should have a trained and experienced Medic. This little book will prove to be very valuable to them.DH

A listing of the errors and inaccuracies in this book would fill a small paperback in itself. If a person hasn't been trained in the basics of emergency medical science, some of the procedures advocated in this book could prove lethal to a patient if performed by an amateur. The book can best be characterized this way: even the author's method for forging prescriptions is obsolete. If you're looking for a felony conviction, this is your book. If you're interested in sound do-it-yourself emergency healthcare procedures, try one of the books recommended by the other medical professionals who reviewed this one.

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