



PREPARE TO **THRIVE** — IN 2024 —



Are You Prepared to be Resilient?

*Resilient Living
in Radical Times...
How to Count
It All Joy*

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& Mark McWilliams

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www.RadicalResilience.Health



The Road to Radical Resilience

*80% of Preparedness
Can Be Accomplished
in Short Timeframe
with Minimal Cost*

***“There is an urgent
need for residents to
prepare for two weeks.”***

*— Robert Ezelle, Director
Washington Emergency
Management Division*



Build a solid spiritual, health & financial foundation



Get your home ready for two weeks of self-reliance



Be able to leave your home with only a moment's notice (“bug out bags”)



Prepare for emergencies that happen away from home (“get home bags” and everyday carry)



Learn core skills and practice with your gear



Share and recruit while continuing to learn and going beyond the basics

*Resilience starts with
a timeless mindset...*



Build a solid spiritual, health & financial foundation

*He changes times and seasons;
he removes kings and raises up others.
He gives wisdom to the wise
and knowledge to the discerning.
He reveals deep and hidden things;
he knows what is in the darkness,
and light dwells with him.*

-Daniel 2: 21-22

**How do you build Resilience? It starts with *Prayer, Bible & Journal*.
ABIDE, hear His revealed word and be obedient to prepare based upon
His leading, not fear. **HE GIVES WISDOM & KNOWLEDGE.****

LIVE IN COMMUNITY



Build a solid spiritual, health & financial foundation

"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, **but encouraging one another, and all the more as you see the Day drawing near.**"

-Hebrews 10:24-25

"...so that there should be no division in the body, **but that its parts should have equal concern for each other.** If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it."

-1 Corinthians 12:25-27



Reach Out to Widows, Elderly, Singles, Apartment/Condo Dwellers Now... Do Life Together in Community Groups

Resilience is...



Build a solid spiritual, health & financial foundation

- **Spiritual/Emotional:** the ability to sustain one's sense of self and purpose through a set of beliefs, principles or values while encountering adversity.
"He will be our strength when we are weak." Deut. 31:6
- **Physical:** the body's ability to adapt to challenges, maintain stamina and strength, and recover quickly and efficiently.
- **Financial:** refers to the ability to withstand life-altering setbacks that impact personal finances.
- **Environmental:** the capacity of an ecosystem (home, church, community) to absorb shocks and disturbances while retaining its structure, function, and adaptability.



14 DAY HOME CHECKLIST SUMMARY (Part 1):

Water

- ✓ Store 1 gallon of water per person per day (14 gallons for 2-4 people)
- ✓ Have a water filtration system & water purification tablets as a backup

Food

- ✓ Shelf-stable food with at least 23,000 calories per person (1,500 calories per day)
- ✓ Include a mix of extra supermarket food and food that stores well and has a longer shelf life
- ✓ Consider storing fats and proteins with high nutrient density

Shelter and Protection

- ✓ Tarp or emergency blanket for improvised shelter
- ✓ Plywood or plastic sheeting for sealing gaps in the house
- ✓ Basic first aid kit with bandages, antiseptic wipes, and pain relievers

Lighting and Power

- ✓ Flashlights or headlamps
- ✓ Extra batteries
- ✓ Portable power bank or solar charger



Get your home ready for two weeks of self-reliance

14 DAY HOME CHECKLIST SUMMARY (Part 2):

Medical Supplies

- ✓ List of prioritized home medical supplies
- ✓ Prescription medications and essential medical equipment

Personal Hygiene

- ✓ Toilet paper and paper towels
- ✓ Hand sanitizer and soap
- ✓ Moist towelettes or baby wipes
- ✓ Feminine hygiene products (if applicable)

Communication

- ✓ Cell phone with charger and backup power source
- ✓ Two-way radio or walkie-talkie
- ✓ Whistle or other signaling device

Tools and Equipment

- ✓ Multi-tool or pocket knife
- ✓ Duct tape
- ✓ Rope or twine
- ✓ Fire starters (matches, lighters, or firesteel)

Important Documents

- ✓ Copies of identification, insurance cards, and important papers
- ✓ Cash and credit cards
- ✓ Emergency contact information



Miscellaneous

- Pet food and supplies (if applicable)
- Child and infant supplies (if applicable)
- Important medications and equipment for family members with specific needs



Get your home ready for two weeks of self-reliance



Get your home ready for two weeks of self-reliance

SHELTER

✓ Safety

- Visual Barriers, Locks
- Solar Lighting, Primitive Detection Systems
- Personal Defense

✓ Alternate Power/Light Sources

- Generator
- Solar
- Wind





Get your home ready for two weeks of self-reliance

COOKING

Solar – Wood – Candle – Propane
– Flameless – Portable Stove



SUITABLE FOR

HYGIENE



TOP PICK



The Best Off-Grid Shower

Solar Bag Shower

Simple, Effective, and Inexpensive

Get this bag of water overhead and get the job done with a surprisingly effective and inexpensive solution.

\$18* at Amazon





Get your home ready for two weeks of self-reliance

Cooling

- Close your drapes or blinds
- Add a window film
- Add some shade outside your home

Heating

- VESTA Self-Powered Indoor Space Heater & Stove by InstaFire
- Mr. Heater Propane Buddy Heaters
- Terracotta Pot Heater—homemade heater which uses candle for fuel (room heater)
- Wood-Burning Stove or Fireplace





Get your home ready for two weeks of self-reliance


WATER

**2 Gallons per person a day
(optimal- can survive on 1 Gallon)**

Water is Required for:

- Drinking
- Hygiene
- Cooking
- Medical
- Flushing
- Moist Towelettes for hygiene



Storage Containers	Considerations	 Get your home ready for two weeks of self-reliance
Gallon Jug	Inexpensive, Lightweight, Leak, Difficult to Stack	
Waterbricks	Expensive, -27lb, (5) 3.5 gallon cubes= 14 days, Stackable, Difficult to clean	
Aquabricks	Expensive, -24lb, (6) 3 gallon cubes= 14 days, Stackable, Easier to clean	
Vevor Portable Bladder (143 gallons)	Less Expensive, Collapsible, Difficult to Move, Heavy, Difficult to clean	
55 Gallon Blue Barrel	Less Expensive, Durable, Difficult to Move, Heavy, Difficult to clean	
Rain Barrel	Less Expensive, Durable, Difficult to Move, Heavy, Easy to clean inside	



WATERBRICK



BE
READY



AQUABRICK





Get your home ready for two weeks of self-reliance

Water Purification: Multiple Methods is GOOD

Potable Aqua Water Purification Tablets or Katadyn Micropure Tablets

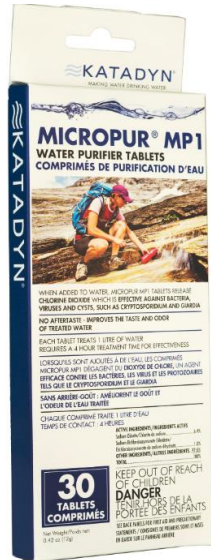
LifeStraw

Nano Gravity Water Filter Pitcher System

Purewell 3-Stage 0.01µm Ultra-Filtration Gravity Water Filter System

Water Distiller--Works on all Stovetops, Double Boiler

Aquamira Water Treatment creates a Chlorine Dioxide



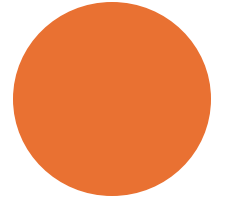
Finding Water

- Wells
- Buildings with water in the lines...*Need a Sill Cock Key*
- ***Assume all...***
 - Rivers
 - Ponds
 - Lakes
 - Swimming Pools
 - Rain Water Puddles

...will need purification for drinking!



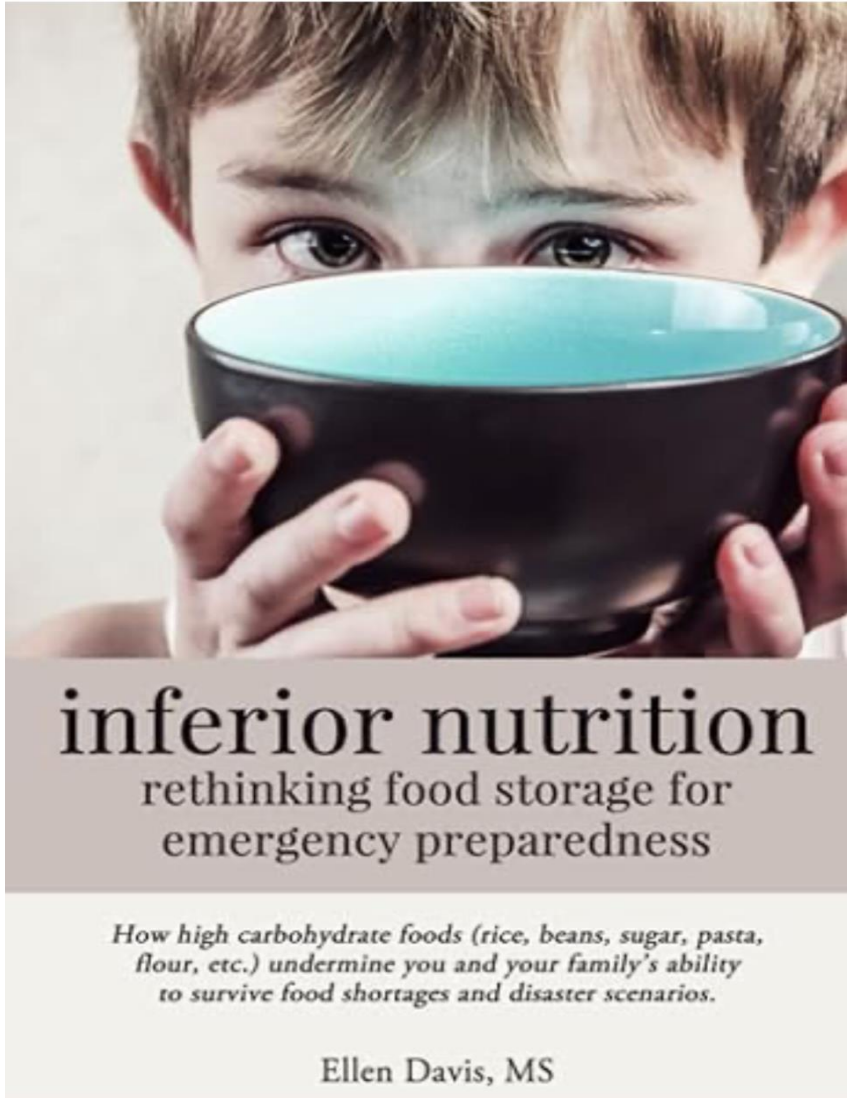
Get your home ready for two weeks of self-reliance



Sill Cock Key

12 Weeks	Keys Study	Yudkin Study
1500 Calories Per Day	Pasta, Bread, Turnips, Potatoes <i>LOW PROTEIN & FAT, HIGH CARB</i>	Meat, Fish, Butter, Eggs, Cheese, Leafy Vegetables (no root vegetables, fruit, pasta, rice, bread) <i>LOW CARB</i>
Mental	Impaired concentration & comprehension, poor judgment, <i>eventually psychotic</i>	"Increased feeling of Well-Being"
Emotions	Depressed, Anxious, Irritable	"Decreased lassitude"
Social	Loss of Interest in World Events, No Libido, Food obsessed	"Increased feeling of Well-Being"
Physical	Loss of muscle mass, cold/lightheaded, visual/auditory disturbances	Increased Vitamin/Mineral Intake. Improved Physical Health

FOOD QUALITY MATTERS!
TWO TALES OF HUNGER...



Also, Fermented Foods Improve Health!



Get your home ready for two weeks of self-reliance

Food Examples for Thriving without Refrigeration

Oils/Fats	Timeframe for Storage
Beef Tallow/Pork Lard	1-3 years shelf / 4-6 years refrigerator
Ghee (Grass-Fed)	1-3 years shelf / 4-6 years refrigerator
Butter (Grass-Fed)	2-4 years freezer / months in refrigerator
Virgin Coconut Oil	2-4 years in cool, dry, dark place
Coconut Cream	5 years shelf stable
Olive Oil/Avocado Oil	Dark Glass/1 year cool, dry, dark place
Handy Proteins	Timeframe for Storage
Canned Fish / Meat	1-2 years in cool, dry, dark place
Beef Jerky / Pemmican	1-2 years in cool, dry, dark place
Canned Sardines in Oil	Up to 5 years in cool, dry, dark place
Protein Powders	2-3 years in cool, dry, dark place
Peanut Powder	5-10 years in cool, dry, dark place
Eggs (Local Farmer Only)	Unwashed, 6 mo. In fridge
Hard Cheeses in Wax	5 years unopened, 6 mo. Opened in fridge

Pantry Items & Spices	Timeframe for Storage
Salt (Variety)	Indefinite
Canned Broth	2-4 yrs cool, dark
Canned Vegetable	1-2 yrs cool, dark
Canned Stews	2-6 yrs cool, dark
Unshelled Nuts	12-18 mo past dates in cool, dark
Shelled Nuts	3-12 mo past dates in cool, dark & dry
Dried Spices	2-4 years dry, dark
Honey	2-10 yrs cool, dark
Cocoa / Chocolate	2 yrs cool, dark
Vitamins/Minerals	2-10 yrs cool, dark
Electrolytes	2-10 yrs cool, dark



Get your home ready for two weeks of self-reliance

Medicine Pantry

- Allopathic Medical Kit has 145 items, including items that damage microbiome and promote future health issues.
- "Your food shall be your medicine" Medicine Pantry supports your health and prevent health issues
- Medicine Pantry Kits & access to formulary available to members at;

HealthRecoveryMinistry.org

Immune support (Systemic)

- *Immune Charge (Quicksilver)
- *Detoxadine (Global Healing Center)
- *Vitamin C (Nutramedix)
- *Liquid Vitamin C (Global Healing Or Quicksilver Lipo C)
- *High Dose Vitamin D (50,000IU)- Ortho Molecular Products OR K2-D3 10,000 (XYMOGEN)
- *Regular Vitamin D - Vitamin D Supreme by *Designs for Health OR Ancient Nutrition Vitamin D
- *MultiMushroom (Ancient Nutrition)
- *Ancient Nutrition Organic Super Greens +Multivitamin
- *Propolis Immune Support Spray (Beekeepers Naturals)
- *Echinacea/Gold Propolis Throat Spray (Gaia)
- *MG400+ Manuka Honey (Manuka Health)
- *Superfood Honey (Beekeepers Naturals)
- *PerfectAmino Electrolytes (Body Health)
- *E-lyte (BodyBio)
- *Perfect REDS (Body Health)

Wellness/Inflammation

- *First Aid Gel (Sovereign Silver)
- *Active Skin Repair Hydrogel (Active Skin Repair)
- *Active Skin Repair Burn Hydrogel (Active Skin Repair)
- *Hydrogen Peroxide 3% (Heritage)
- *Quinton Daily Nasal Spray Isotonic (Quicksilver)
- *Silver Argentyn 23 Pro Nasal Spray (Argentyn 23)
- *Nasal Spray Plus (Beekeepers Naturals)
- *White Willow Plus (Nutra Biogenesis)- pain reliever
- *Arnica Pain (Genexa)
- *Ifflammatone (Designs for Health)
- *Your a knockout: sleep and stress support (Ora Organics)
- *Magnesium L-Threonate (Codeage)/ NeuroMind (designs for health)/ MagMind (Jarrow)

Probiotic/ GI Support

- *MegaSpore
- *Regenerative Organic Gut Restore Probiotic (Ancient Nutrition)
- *SBO Probiotics Trinity (Ancient Nutrition)
- *G.I Inner Calm (Biocidin Botanicals)
- *G.I Detox (Biocidin Botanicals)
- *UltraBinder (Quicksilver Scientific)
- *Oxy- Powder (Global Healing Center)

Liver

- Liver Cleanse (Gaia Herbs)
- Liposomal Glutathione (Quicksilver or Seeking Health)
- Dr.Shades Liver Sauce (Quicksilver Scientific)
- Hepatatone Plus (Designs for Health)
- Metal-Free and Chemical Cleanse (Bodyhealth)

AntiMicrobial Support

- *Biocidin (Biocidin Botanicals)
- *Olivirex (Biocidin Botanicals)
- *Oregano Oil (Global Healing Center)
- *Loquat Respiratory Support (Planetary Herbals)
- Oscillococcinum (Boiron)
- *Silver Hydrosol Argentyn 23 (Argentyn 23)
- *Flue Fix (Genexa)
- *Cold Crush (Genexa)
- *Garlic Complex (Pure Encapsulations)
- *Viragraphis (XYMOGEN)
- *Air- Power (Natures Way)
- *Mullein Garlic Oil (Herb Pharm)



Get your home ready for two weeks of self-reliance

Learn from those that go before us- www.DoortoFreedom.org



1. **"Food Liberty is essential for all liberty"**
2. **"Support Your Local Farmer"** -Consumers must demand access to most nutritious foods- we move markets with our Money.
3. **"We Must Take Action"**- When a small focused group comes together they succeed.
4. **"Decentralize Control"**- Take control of your food & finances. Use Cash, Barter, etc.
5. **"Community is Essential"**- Come together and support each other- it works!

Not at Home: the 1st 3 Hours...



Be able to leave your home with only a moment's notice ("bug out bags")

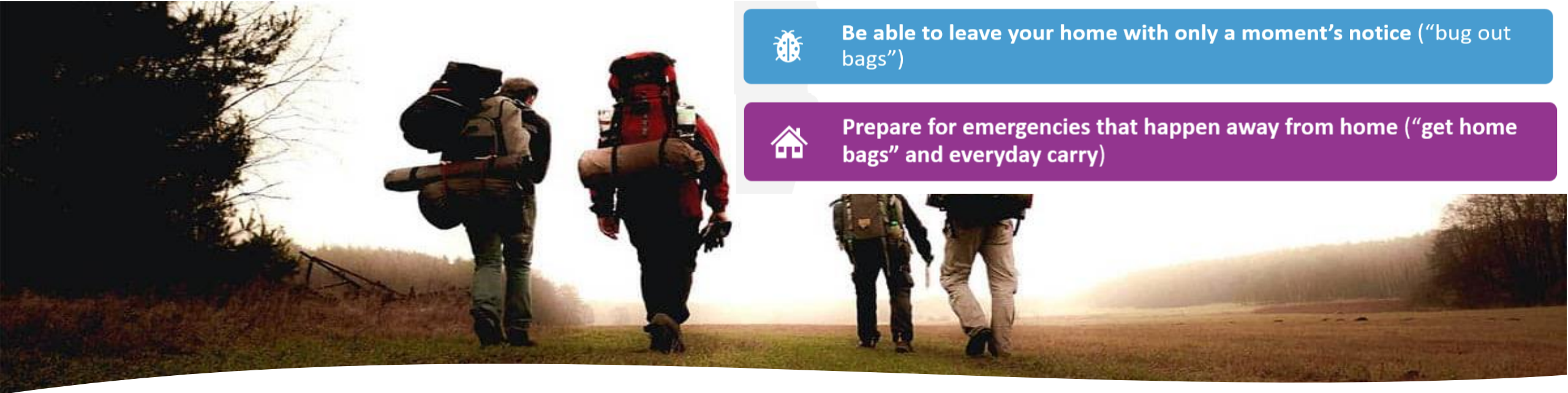


Prepare for emergencies that happen away from home ("get home bags" and everyday carry)

...Stay or Go?

- Assuming grid shut down to include vehicles...
- If vehicles work, avoid major roads
- Pending Weather, first 3 hours may be the best time to get home or to shelter
- Assess current location. Is it adequate for 3 weeks?
- How far do you need to go? How long will it take you?
- On Average most work 15 miles from home. At an average walking pace that is 3-4 hours.
- Increased Safety in numbers in initial timeframe

Stay in the Present: Pray Discern & Decide



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Prepare for emergencies that happen away from home ("get home bags" and everyday carry)

Best Option Depends on Your Situation

- If grid is down, "Go" is usually your best option (when away from home).
- Travel in a group for increased safety and support
- Many experience mild shock/confusion- calm presence of prayer, songs & good company (especially with appropriate humor) lowers fear
- If in a group, stick to the larger roads & if not, go off the beaten path, may take longer
- Have an agreed upon plan with loved ones for meeting location/timelines.
- Plan for 1st 2nd 3rd Options with clear criteria that your loved ones know.

Have a code word/phrase that only your loved ones & those you trust know to be able to rapidly communicate trust/authenticity of who is communicating.



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Prepare for emergencies that happen away from home ("get home bags" and everyday carry)

Your Vehicle GO Bag

- In every vehicle, you should have a "Go Bag"
- In Colorado, most of us are used to having an "Inclement Weather" supply. The Go Bag should be a bit different.
- Comfortable. Light Weight. Sized for you.
- Specific recommendations on the next slide



Vehicle-Based Emergency Kit, GO BAG

- **Water and Food:** 1-2 liters water per person, Non-perishable, high-calorie food such as energy bars, nuts, or dried fruits, water purification, Sill Cock Key
- **First Aid:** Basic first aid kit with bandages, antiseptic wipes, pain relievers, and personal meds
- **Shelter/Warmth:** Lightweight emergency blanket or space blanket, Stakes, Tent/Tarp, 550 cord, Survival Stove, Compass, Rain jacket/poncho, Extra clothing/layers for cold weather like hiking shoes, coat, gloves, hand/foot warmers
- **Lighting & Communication:** Flashlight/headlamp, Extra batteries, Cell phone- charger/back-up, Two-way radio or walkie-talkie
- **Personal Hygiene:** Moist towelettes/baby wipes, Hand sanitizer, Toilet paper/personal hygiene, Trash Bags
- **Tools/ Miscellaneous:** Multitool/pocket knife, Duct tape, Fire starter (e.g., matches, lighter, or firesteel), Kindling/Fat Wood, Mess Kit, Documents (e.g., insurance cards, ID, emergency contacts in sealed bag), paper, sharpie, Ziploc Bags
- **Vehicle-Specific Items:**
 - **Jumper Cables:** Heavy-duty jumper cables and a car charger for your phone
 - **Spare Tire and Tools:** A fully inflated spare tire, lug wrench, and car jack
 - **Emergency Reflective Triangle or Road Flares:** To ensure visibility in low-light conditions



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Prepare for emergencies that happen away from home ("get home bags" and everyday carry)

The Road to Radical Resilience

As soon as possible...

- 72 hours / "Go Bag"
- 14 days

...and then prioritize

- 90 days (minimum recommended by [CenterforSecurityPolicy.org](https://www.centerforsecuritypolicy.org))
- ***Optimal is Lifestyle Resilience...***



Learn core skills and practice with your gear



Share and recruit while continuing to learn and going beyond the basics




Learn core skills and practice with your gear

STEP 1: MINDSET

"See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil."

- Eph. 5:15-16

FOR MORE
INFORMATION
JOIN RADICAL
RESILIENCE

A man wearing a brown hat, glasses, and a green shirt is smiling and holding a brown chicken. He is sitting in a field with blue flowers. In the background, there are mountains and a white structure.

True food security is the historical normalcy of packing it in during the abundant times, building that in-house larder, and resting easy knowing that our little ones are not dependent on next week's farmers' market or the electronic cashiers at the supermarket.

~ Joel Salatin

<https://www.radicalresilience.health/>

STEP 2: TAKE ACTION: GROW!



Sustainable Gardening

- Microgreens, Sprouting, Herbs
- Garden Towers
- Cold Frames
- Green Houses

Animal Based Proteins

- Eggs & Chicken
- Rabbit



Learn core skills and practice with your gear



**NATIONWIDE FOOD
DROP LOCATIONS
NEAR YOU!**
*Check Azure Map for order and pick-up
information for your location.*

AZURE Healthy, Local & Organic Foods
in Affordable Bulk Sizes.
Join the Movement

AZURE
Pioneers in Healthy & Wholesome Eating

Azure is a way to secure our food delivery
system with an amazing selection of
organic and natural foods.

ORDER TODAY!



Share and recruit while continuing to learn and going beyond the basics

**STEP 3:
WALK IN
THE TRUTH**



Radical Resilience Azure Drop

FOOD
Sourcing & Storing

Azure Food Drop Meat Sourcing Pantry Staples Storing Food & Water

Fermenting **FOOD**

Cultured Food Sauerkraut Kombucha

Growing FOOD

Gardening Tips Gardening Structures Composting

FOOD Animals

Poultry Cows Pigs



Share and recruit while continuing to learn and going beyond the basics



RADICAL RESILIENCE

Health

Welcome to His divine disruption as we take our authority to become physically, emotionally and spiritually resilient in our home and local community.

STEP 4:
BECOME A
RESOURCE



www.radicalresilience.health

Resilient **PLANNING**

Create A Plan

Emergency

Communications

Security

Resilient **COMMUNICATIONS**

Create A Plan

Emergency

Communications

Security

Resilient **SECURITY**

Create A Plan

Emergency

Communications

Security