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Most Viewed Ready Nutrition Articles of 2010

Posted By [Tess Pennington](#)

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2010 was a year of firsts for me and my family. It was the first time I began blogging and writing articles about my experiences with emergency preparedness, the first time I had been interviewed on a radio program, the first time I had been recognized *by anyone* for preparing, and the first time I truly felt accepted by a group of people who are like minded.

We all have similar stories as to why we began to prepare. For many of us, seeing images of 9-11 and the victims of Hurricane Katrina begging for assistance made us wake up to the idea that we have to take care of ourselves and to stop being dependent on the government bodies to take care of our immediate needs. In the process of stopping our co-dependency on government bodies, we learned ways to be more self sufficient. One of my favorite articles I wrote this year was [Freedom Through Self Reliance](#)^[1]. While writing this article, I was able to recognize this as the path I wanted to travel down; and in the process, lead others down.

Thomas Jefferson once said, "I was bold in the pursuit of knowledge, never fearing to follow the truth and reason to whatever results they led, and bearing every authority which stood in their way." 2010 was a pursuit of knowledge for me, and single handed the most important experience I walked away with. If a person can equip themselves with knowledge and experience, then they are far greater off than many others.

I wanted to share the most viewed Ready Nutrition articles of 2010. Perhaps you have already read them, or may want to share them with others who are like minded. I hope and pray that blessings will shower down upon you in 2011. Happy New Year.

Top Viewed Articles of 2010

[Survival Food Series: 25 Survival Seeds You Need For Your Garden](#) ^[2]

[Emergency Items: What Will Disappear First](#) ^[3]

[Having a Water Supply During a Long Term Disaster](#) ^[4]

[Home Invasion: Preventative Security Layers to Protect the Home](#) ^[5]

[9 Things to Consider Before You Ever Grow a Survival Garden](#) ^[6]

[Federal Food Police Coming Soon To A Farm Near You](#) ^[7]

[When to Bug Out: Knowing the Signs](#) ^[8]

[10 Essential Skills Necessary for Survival](#) ^[9]

[James Rawles: Salt Will Be The #1 Bartering Item](#) ^[10]

[A Free Falling Economy Makes Bartering Go Boom](#) ^[11]

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URLs in this post:

[1] Freedom Through Self Reliance: http://readynutrition.com/resources/freedom-through-self-reliance_02022010/

[2] Survival Food Series: 25 Survival Seeds You Need For Your Garden: http://readynutrition.com/resources/survival-gardens-25-seeds-you-need_05112009/

[3] Emergency Items: What Will Disappear First: http://readynutrition.com/resources/emergency-items-what-will-disappear-first_11112009/

[4] Having a Water Supply During a Long Term Disaster: http://readynutrition.com/resources/having-a-water-supply-during-a-long-term-disaster_25032010/

[5] Home Invasion: Preventative Security Layers to Protect the Home: http://readynutrition.com/resources/home-invasion-preventive-security-layers-to-protect-the-home_30062010/

[6] 9 Things to Consider Before You Ever Grow a Survival Garden: http://readynutrition.com/resources/considerations-when-planning-a-survival-garden_12112010/

[7] Federal Food Police Coming Soon To A Farm Near You: http://readynutrition.com/resources/federal-food-police-coming-soon-to-a-farm-near-you_22102009/

[8] When to Bug Out: Knowing the Signs: http://readynutrition.com/resources/when-to-bug-out-knowing-the-signs_10012010/

[9] 10 Essential Skills Necessary for Survival: http://readynutrition.com/resources/10-essential-skills-necessary-for-survival_19022010/

[10] James Rawles: Salt Will Be The #1 Bartering Item: http://readynutrition.com/resources/james-rawles-salt-will-be-the-1-bartering-item_05032010/

[11] [A Free Falling Economy Makes Bartering Go Boom:](http://readynutrition.com/resources/the-barter-boom_01122009/)
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