

# **Self-Caused Threat #2**

## **DETOXIFICATION AND CHRONIC ILLNESS**

### **NOTE**

**A SHFT GRID COLLAPSE EXPOSES 157 MILLION  
AMERICANS ON PRESCRIPTION DRUGS TO SUFFERING  
DETOXIFICATION SIDE EFFECTS AT THE SAME TIME**

**ABOUT 150 MILLION AMERICANS ARE AFFLICTED WITH A  
CHRONIC ILLNESS AND THEIR SURVIVAL IS DEPENDENT  
ON MODERN MEDICAL TECHNOLOGY**

**18 MILLION FACE DEATH IN DAYS WITHOUT INSULIN**

### **Detox & Chronic Insights:**

- 1. GRID COLLAPSE LIKELY TO KILL HALF OF U.S. IN WEEKS**
- 2. PREP FOR MEDICAL SHORTAGE & HEALTH NOW**
- 3. MADNESS WILL AGAIN BE COMMON IN FAMILIES**
- 4. OWN BOOKS ON HERBAL SUBSTITUTES**
- 5. KNOW DETOXIFICATION ALTERNATIVE MEDICINE**
- 6. STOCK CAFFEINE DRINKS TO BE WEANED OFF**
- 7. PLAN HUNDREDS OF MEDICAL TASKS FOR VICTIMS**
- 8. MULTI PURPOSE FARMING = FOOD, SANITY, EXERCISE**
- 9. PREPARE DIET FOR NON-TOXIC FOOD NOW**
- 10. STOCK VINEGARS TO OFFSET SIDE EFFECTS**
- 11. STOCK ANTIOXIDANTS LIKE TEA**
- 12. UNDERSTAND 12 STEP HEALING**
- 13. STOCK SHOVELS AND PLOT BURIAL SITES**
- 14. REMEMBER: SHTF IS NOTHING PERSONAL**