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MEDICINE FOR THE OUTDOORS: THE ESSENTIAL GUIDE TO









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Medicine for the Outdoors: The Essential Guide to First Aid and Medical Emergency, 5th Edition. Author Paul S. Auerbach, MD, MS, FACEP, FAWM, is recognized as one of the world's leading authorities on wilderness medicine Medical books Medicine for the Outdoors: The Essential Guide to Emergency Medical Procedures and First Aid. Categories: Environmental exposure, First aid, Outdoor medical emergencies. Contributors: Paul S. Auerbach - Author.

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Medicine For The Outdoors The Essential Guide To Emergency

Rare is the doctor who advises a patient to "catch four trout and call me in the morning." But quite common is the doctor or minister who fishes for their own benefit. Nature is now scientifically proven as useful medicine — preventative or remedy. Going outdoors, Chockalingam says, "is a very intelligent way of taking care of ourselves."

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Paul S. Auerbach is the author of Medicine for the Outdoors (4.31 avg rating, 42 ratings, 1 review, published 1986), Field Guide to Wilderness Medicine (...)



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OBJECTIVES • Incidence of Altitude Illness • Prevention and Treatment of Acute Mountain Sickness (AMS) • High Altitude Cerebral Edema (HACE) and High Altitude Pulmonary Edema (HAPE) • Overview of Wilderness Medicine Subspecialty

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A minimum 3-day supply of non-perishable food should be stored. For a 3-day food supply, the recommended foods generally do not need cooking but supply high energy. For a person a normal 2,000 calorie diet per day, food storage would include: This chart represents absolute minimum amounts to stay healthy.