



The Survival Doctor's Guide to Wounds: What to Do When There Is No Doctor (The Survival Doctor's Guides Book 1)

James Hubbard

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Dr. Hubbard becomes your digital medical assistant in this interactive guide to what to do when you're wounded and there's no doctor to be found.

When you get a bad injury, the usual advice is to call 911. But what if there is no 911? What if you're in another Hurricane Katrina, a terrorist attack or the aftermath of a tornado? The phone lines are down; the roads are blocked. You are the only help available.

Most people wouldn't survive a bad wound without expert help. But with the right knowledge, you and your family can—even with the most basic makeshift supplies.

No matter the size of the wound—whether it's a nick, deep cut, stab wound, or gash—Dr. Hubbard guides you step-by-step from stopping the bleeding to closing the wound to giving it the best chance to heal. He teaches the basics but then goes beyond the usual first-aid books and details in plain language techniques rarely taught to laypeople.

Bonus videos help you learn many of the do-it-yourself techniques visually as well, such as twisting hair a certain way to close up a head wound.

In "The Survival Doctor's Guide to Wounds," you'll learn:

- The easiest way to stop the bleeding in both minor and serious cuts.
- Signs a wound is life-threatening—even if it doesn't bleed much—and how to reduce the threat.
- How to treat a cut and prevent infection with honey and duct tape.
- Dangers to watch for in wounds that require special treatment, including stab wounds, animal bites, and cuts associated with broken bones.
- Which wounds should not be closed, and what to do instead.
- How to sterilize water and instruments with simple, everyday supplies.
- How to save a life even if the wound won't stop bleeding.
- And more

James Hubbard, M.D., M.P.H., has been a family doctor for over 30 years. He writes the popular survival-medicine blog TheSurvivalDoctor.com and created MyFamilyDoctor.com, a health-information site written by health-care professionals. His first medical practice was in his small Mississippi hometown, where patients taught him all kinds of home remedies. He now practices in Colorado Springs.

Dr. Hubbard is also the author of "The Survival Doctor's Guide to Burns."

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