



U.S. Navy SEAL Guide to Survival Medicine

Don Mann

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Illness or injury can strike anytime, anywhere, and if you're not ready for it, you may not survive. That's why it's so critical to have the right medicine and first aid gear for any situation, as well as the basic knowledge on how to use it. Did you know that you can temporarily fill a cavity with aspirin or hot pepper? What are signs that you've lost 15 percent of your body fluid? How do you treat severe bleeding in the field? In this valuable guide, survival expert Don Mann covers insect stings, wilderness hygiene, snake bites, common parasites, salt deficiency, and much more.

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