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Survival Medicine For Beginners
A QUICKSTART GUIDE TO
COPING WITH INJURY
DURING DISASTER



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JB-Biz Publishing

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Introduction Chapter 1 - What s In Your Kit? I - The Basic contents of a good first aid kit II - Conditions for use and precautions III - Alternative methods for when your pack is not enough Chapter 2 - Maintaining Your Health I - Retaining fluids and preventing dehydration II - Maintaining your...

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