

# Electrolyte\_And\_Fluid\_Replacement\_2004.txt

Subj: ELECTROLYTE AND FLUID REPLACEMENT

For those that do not subscribe to the FIGHTING CHANCE newsletter P.O.Box 1279, Cave Junction, Oregon 97523 \$60/12 issues/year or haven't purchased the Medical Preparation video tape by Dr. Jane Orient (president of Doctors for Disaster Preparedness) \$29.50 from same address, here is a good little life saver that you might be interested in.

One teaspoon of "Lite Salt" (by Morton, 1/2 iodized potassium chloride, 1/2 sodium chloride in a blue cylinder), 1/3 teaspoon of baking soda (sodium bicarbonate), 10 teaspoons of table sugar (sucrose), and one quart of water. That happens to be a life saving fluid replacement and partial electrolyte expedient replacement. At least it is expedient if you have had the foresight to purchase the above three items BEFORE an emergency happens while it is readily available and very cheap. Many people die in times of emergency because of fluid losses. This can be from burns, vomiting, or diarrhea. The body needs water and certain water soluble chemicals to function. If either or both of these drop below a certain level, you die. There are many non-fatal diseases like cholera that become fatal due to lack of simple things like proper fluid replacement. If you have ever had a bad case of diarrhea and start to have pain in your muscles or joints, congratulations, you have had the early warning symptoms of a potassium deficiency.

For ease of purchasing the items for Dr. Orient's formula, Morton Lite Salt comes in a 11 oz. light blue cylinder. Baking soda a 1 or 4 pound box. Sugar 5, 10, or 25 pound sack. To make approximately 300 quarts of the solution you need 5 - 11 oz. units of Morton's Lite salt, 1 - 1 pound box of baking soda, and 25 pounds of sugar.

FIGHTING CHANCE is a great publication for those that are installing blast/fallout shelters. It also is the place that tells you where to buy ventilators for \$20 that other places charge \$245.00 and in this month they tell you where to purchase 12-120 volt AC/DC PM motor generators for \$12 that other survival stores sell for \$100-275.