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Monthly Newsletter

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BUILDING A FIRE IN A WINTER SURVIVAL SITUATION



Unless you live in the tropics, with no likelihood of ever needing a fire to keep you alive in a winter survival situation, you should learn the basics of building one.

Although the basics of winter fire-building reach beyond the scope of this article -- several thousand words could easily be written on the subject -- here are a few fundamental tips:

Choose the right location -- One of the fundamental mistakes made by the character in the Jack London story was building a fire beneath a tree. Once the fire is started, the snow in the branches will begin to melt and will probably douse your fire. Look for a rock overhang, if possible.

Build a base -- Building a base underneath your fire is crucial in snowy or wet conditions. Lay some branches in parallel on the ground beneath your fire-starting materials. Dig beneath the snow to make a fire pit area big enough to contain your fire and your body.

Fire Building Materials -- In snowy conditions, if there are trees around, there should be plenty of fuel. Use lichens, moss or bark as tinder to get the flame started, then add twigs and small branches (dead, not green, if possible), then gradually add larger branches. Look for birch bark and branches, which create a very hot flame.

Learn more:
http://www.naturalnews.com/048420_fire_building_survival_winter_emergency.html#ixzz4PMIzadwH

WINTER SURVIVAL TIPS

Natural remedies to fight winter colds

Winter cold and herbal therapeutics are seemingly synonymous and rightly so. When the cold winter months threaten, cold weather has a way of lowering the body's immunities. When this condition develops, the body is more vulnerable to such things as congested sinus's and sinus infections and variants of colds and flues, and aching muscles. There are herbal teas and essential oils that can be utilized in various ways even as sprays. It is essential to bolster your immune system to protect yourself against any virus that you may come in physical contact with.



Isabelle Pacchioni, co-author of a guide to aromatherapy states, "Breathing in essential oils like pine, eucalyptus, paperbark tree and ravintsara is a great way to cleanse from the inside ". Her point is to employ a spray comprising a blend of essential oils with antiseptic attributes.

Ginseng an Alternative energy Boost

If you are waking up in the morning or constantly tired and struggling to focus then ginseng may be the answer for revitalization. Fresh ginseng can be toilsome to encounter and if you are thinking about growing, it be ready to wait about four to six years before you can gather a harvest of roots. The effortless course would be to consider ginseng as a supplement. It is already pre-measured so no guessing on dosage while merely following directions on the label.

To read more on this visit:

http://www.naturalnews.com/042672_winter_colds_natural_remedies_willow_bark_tea.html#ixzz4PMNgXMT

SPOTLIGHT ON GOPRO DISTRIBUTION

Meet GoPro- a proud sister company of About Time Snow. GoPro is a comprehensive source for ice melt products ranging from specialty bagged products to bulk salt.

Rooted in the idea that we should serve the industry as a whole, GoPro provides commercial property managers, snow contractors, and retail landscaping stores with high quality products and superior service.

GoPro's premier blended product, Fusion Melt, features an environmentally friendlier formula that is safer on sidewalks, ramps and loading docks. It is also safer for plants, vegetation, pets and children.

Some customers GoPro provides high quality products to include:

- Hospitals & Schools
- Apartments/Hotels
- Office Buildings
- Malls & Shopping Centers
- Municipal Authorities
- Over 55 Communities (retirement)

For more information, please visit: www.goprodistribution.com



ATS SNOW QUOTE

Kindness is like snow- it beautifies everything it covers
- Kahlil Gibran

