



# Survival: Eating In The Wilderness

*Eli Christensen*

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Survival

Eating In The Wilderness

Welcome to Survival: Eating in the Wilderness, a D.I.Y. book designed to show you how to eat the foods given to us by nature. When you are trying to survive, you not only need to know how to cook food, but you also need to know how to protect your camp, your food, and even your health. That is what this book is specifically designed to help with.

First, we'll cover some rather unrevealed knowledge about why survivalists tend to eat more meat than plants, such as:

- Most plants are poisonous themselves or growing from poisonous places as a protection from bugs.
- Poisonous creatures use plants to lure their prey, but also bite you out of defense for themselves.
- How to determine if there is a poisonous creature lurking in between tasty bits of fruit.

Then we'll go over what you need to do when a predator is either waiting to attack you or has already begun to attack you. Not only will we tell you how to defend yourself against the predator and provide a higher chance of survival in the case of an encounter, but we'll also provide you with the safe way to cook the meat so that you get the most out of either killing a predator or a local animal.

The remainder of the book will cover:

- Why it's vitally important to make sure you keep the hygiene you left home with.
- How to catch fish the easy way and then how to determine if the fish you caught might be poisonous or not.
- How to build a fire that can last you hours so that you aren't cold at night and the fire holds out against the wind.

This book is designed to help anyone trying to survive on their own in the wild and make sure they come back alive. Not only will this book help you by giving you the safest measures to cook by, help against foreign bacteria and corporate chemical waste, and even how to defend yourself against large animals, but it will also help make sure that you come back not smelling like rotten meat.

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