

# Survival Wellness Advocacy: Keeping Healthy Survivors Healthy

Marshall Masters

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Survival Wellness Advocacy (SWA) is a way to answer the fundamental question, "what can I do to be useful to any survival community?" For those who lack obvious survival vocational skills such as gunsmithing, farming, off the grid energy engineering and ham radio operation, Survival Wellness Advocacy is a fast-track way to acquire an equally useful vocational skill. One that is well-suited to those with an enduring love of people and a passion for helping others. The methods developed for this survival vocational program consist of simple guidelines which advocates can employ throughout the period of a cataclysm and well into the reconstruction that follows.

Networking is also a vital aspect of being a Survival Wellness Advocate. In this book, there is a strong emphasis on creating advocacy guilds. A commitment to service to others is the mandate of these guilds in which there are no secrets and all members collaborate only on a peer level basis. The goal of these guilds is to establish and bond lifelong friendships of credibility and trust. This is because during a cataclysm, survival communities will need to be flexible in relocating themselves at various times. Here is where these advocate guild networks can provide communities with trustworthy liaisons for relocation and regrouping assistance.

Gaining the skills required to be a valued member of any survival community as a Survival Wellness Advocate is a simple process and is explained in precise detail. This program is ideal for those who are in awareness but lack an immediate survival vocational skill and cannot afford the hundreds of thousands if not millions of dollars to build an elaborate underground survival bunker.

For those in awareness and lacking funds or a survival vocation skill set, the best way to a meaningful existence in the midst of a cataclysm is through a service to others vocation that will be seen as useful by any survival community. This book explains how to acquire and develop these wellness vocational skills in a timely and professional manner before the onset of hard times.



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