

## SURVIVAL USE OF PLANTS



*After having solved the problems of finding water, shelter, and animal food, you will have to consider the use of plants you can eat. In a survival situation you should always be on the lookout for familiar wild foods and live off the land whenever possible.*

*You must not count on being able to go for days without food as some sources would suggest. Even in the most static survival situation, maintaining health through a complete and nutritious diet is essential to maintaining strength and peace of mind.*

*Nature can provide you with food that will let you survive any ordeal, if you don't eat the wrong plant. You must therefore learn as much as possible beforehand about the flora of the region where you will be operating. Plants can*

