



# THE DOCTOR'S PROTOCOL FIELD MANUAL

Do you know what emergency kills more Americans every year than all other disasters combined?

**It's not hurricanes or tornados...  
It's not earthquakes or floods...  
It's not mass shootings or terrorism...**

It's fire. But you won't hear life-saving information about surviving fires on TV. Nor will flight attendants tell you how long you have to don your oxygen mask during their preflight monologues. (It's a lot less time than you think.) And unless you're in the military or police, you'll never learn the simple technique that keeps you calm and focused on survival during any emergency. (It takes 30 seconds.)

You won't hear about the real threats to your wellbeing – and the easy ways to guard against them – because most people let irrational fears rule their decision-making. An entire industry has emerged to prey on these fears. It uses the most terrifying examples to encourage dread. Then, it offers to sell the terrified any number of extreme (and expensive) solutions... from cure-all elixirs to Cold War bomb shelters.

Dr. David Eifrig Jr., MD, MBA has witnessed this unfortunate trend. As a medical doctor and former Goldman Sachs trader, his professional rigor and Hippocratic oath have kept him grounded on facts and sound analysis. He's used these to construct a scientific protocol for surviving just about any crisis that may befall you.

In this field manual, you'll learn surprisingly simple strategies and tactics for survival. Implement them and you'll be poised to endure – even prosper – in the midst of any crisis. From psychoanalysis to self-defense, medical issues to personal finance, Dr. Eifrig moves the reader beyond hype and fear... to real, actionable steps for survival... and prosperity.

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# The Doctor S Protocol Field Guide

**Frances M.D. Gulland, Leslie A.  
Dierauf, Karyl L. Whitman**



## **The Doctor S Protocol Field Guide:**

**SCP Series One Field Manual** SCP Foundation, Various Authors, 2019-09-19 SCP Foundation anomalies SCP 001 through to SCP 999 including containment procedures experiment logs and interview transcripts An encyclopedia of the unnatural The Foundation Operating clandestine and worldwide the Foundation operates beyond jurisdiction empowered and entrusted by every major national government with the task of containing anomalous objects entities and phenomena These anomalies pose a significant threat to global security by threatening either physical or psychological harm The Foundation operates to maintain normalcy so that the worldwide civilian population can live and go on with their daily lives without fear mistrust or doubt in their personal beliefs and to maintain human independence from extraterrestrial extradimensional and other extranormal influence Our mission is three fold Secure The Foundation secures anomalies with the goal of preventing them from falling into the hands of civilian or rival agencies through extensive observation and surveillance and by acting to intercept such anomalies at the earliest opportunity Contain The Foundation contains anomalies with the goal of preventing their influence or effects from spreading by either relocating concealing or dismantling such anomalies or by suppressing or preventing public dissemination of knowledge thereof Protect The Foundation protects humanity from the effects of such anomalies as well as the anomalies themselves until such time that they are either fully understood or new theories of science can be devised based on their properties and behavior About the ebook This ebook is an offline edition of the first series of fictional documentation from the SCP Foundation Wiki All illustrations subsections and supporting documentation pages are included All content is indexed and cross referenced Essentially this is what a SCP Foundation researcher would carry day to day in their Foundation issued ebook reader The text has been optimised for offline reading on phones and ebook readers and for listening to via Google Play Book s Read Aloud feature Tables have been edited into a format that is intelligible when read aloud the narration will announce visual features like redactions and overstrikes and there are numerous other small optimisations for listeners The SCP text are a living work and the SCP documentation is a gateway into the SCP fictional universe so links to authors stories and media are preserved and will open your reader s web browser This work is licensed under a Creative Commons Attribution ShareAlike 3 0 Unported License and is being distributed without copy protection Its content is the property of the attributed authors [CRC Handbook of Marine Mammal Medicine](#) Frances M.D. Gulland, Leslie A. Dierauf, Karyl L. Whitman, 2018-03-20 AAP Prose Award Finalist 2018 19 For three decades this book has been acknowledged as the most respected scientific reference specifically devoted to marine mammal medicine and health Written by approximately 100 contributors who are recognized globally as leaders in their respective fields the CRC Handbook of Marine Mammal Medicine Third Edition continues to serve as the essential guide for all practitioners involved with marine mammals including veterinarians technicians biological researchers students managers keepers curators and trainers The 45 chapters provide essential information for the practitioner on pathology infectious diseases medical

treatment anesthesia surgery husbandry health assessment species specific medicine medically pertinent anatomy and physiology and global health concerns such as strandings oil spills and entanglements of marine mammals Covers all aspects of marine mammal veterinary practice Written by internationally acknowledged experts Adds new chapters on Ophthalmology Dentistry Ethics Oil Spill Response Health Assessments Whale Entanglement Response Dive Response and Biotoxins Richly illustrated in color throughout the new edition including updated anatomical drawings and extensive photographs of ocular lesions Provides guidance to websites that regularly present updated information and images pertinent to current marine mammal medicine such as imaging and stranding network contacts Discusses ethics and animal welfare The book guides the reader through the veterinary care of cetaceans pinnipeds manatees sea otters and polar bears In addition to summaries of current knowledge chapters provide information on those digital resources and websites which present the latest information as it emerges in the field The CRC Handbook of Marine Mammal Medicine Third Edition gives a call to action for scientists to experiment with new endeavors to engage and inspire current and future generations to care for marine mammals and the marine environment and work together to find solutions As the most trusted reference for marine mammal conservation medicine and for marine mammal medical facilities around the world this book needs to be in your library     Manual of the Secondary Surveillance Radar (SSR) Systems International Civil Aviation Organization,1997

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*Guide to Emigration...* Gaylord Watson, 1879      **Environmental Instrumentation and Analysis Handbook** Randy D. Down, Jay H. Lehr, 2005 Publisher Description      **Emergency**, 1997      **War-related Civilian Problems in Indochina** United States. Congress. Senate. Committee on the Judiciary. Subcommittee to Investigate Problems Connected with Refugees and Escapees, 1971      **The Rules Governing Medicinal Products in the European Community: Guidelines on the quality, safety, and efficacy of medicinal products for human use** Commission of the European Communities, 1989 EEC regulations for the marketing production and distribution of pharmaceutical products to safeguard public health Also includes the controls on manufacturing and labeling of drugs

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