

Us Army Special Forces Medical Handbook

Sniper TrainingU.S. Special Operations Forces in the Philippines, 2001-2014U. S. Special Operations Forces (SOF)Special Forces Medic HandbookU. S. Army Special ForcesU.S. Army Special Forces Medical HandbookU.S. Army Special Forces HandbookU.S. Army Special Forces 1961-1971Stp 31-18d34-sm-tg a Mos 18d Special Forces Medical SergeantPsychic WarriorThe Complete U.S. Army Survival Guide to Medical Skills, Tactics, and TechniquesSpecial Operations Forces Medical HandbookU.S. Army Special Forces, 1961-1971Story-Based Inquiry: A Manual for Investigative JournalistsThe Ultimate Survival Medicine GuideUS Army Special Forces Medical HandbookSpecial Operations Forces Medical HandbookSpecial Operations Forces Reference ManualUS Army Special Forces Medical HandbookVietnam Studies - U.S. Army Special Forces 1961-1971Use of Dietary Supplements by Military PersonnelThe Special Forces Handbook of Medical SecretsMy Journey as a Combat MedicU. S. Army Special Forces Medical HandbookBlaze of LightUnited States Army Special Forces medical handbookMilitary Strategies for Sustainment of Nutrition and Immune Function in the FieldUS Army Special Forces Medical Handbook: United States Army Institute for Military AssistanceThe Green BeretsU.S. Army Improvised Munitions HandbookApollo's WarriorsConquer AnythingRanger Medic HandbookU.S. Army Special Forces Guide to Unconventional WarfareStrategies to Protect the Health of Deployed U.S. ForcesChosen SoldierAssessing Fitness for Military EnlistmentAshley's WarSpecial Operations Forces Medical HandbookTactical Combat Casualty Care Handbook

Sniper Training

Designed to serve as a ready reference and review for Special Forces medics, this handbook provides all the knowledge the men and women of the US Army use every day to cope with a wide range of medical emergencies and adverse conditions, from the mild--the common cold, dental needs, and hay fever--to the life threatening--anthrax, smallpox, and exposure to chemical agents. Line drawings.

U.S. Special Operations Forces in the Philippines, 2001-2014

The U.S. Department of Defense (DoD) faces short-term and long-term challenges in selecting and recruiting an enlisted force to meet personnel requirements associated with diverse and changing missions. The DoD has established standards for aptitudes/abilities, medical conditions, and physical fitness to be used in selecting recruits who are most likely to succeed in their jobs and complete the first term of service (generally 36 months). In 1999, the Committee on the Youth Population and Military Recruitment was established by the National Research Council (NRC) in response to a request from the DoD. One focus of the committee's work was to examine trends in the youth population relative to the needs of the

military and the standards used to screen applicants to meet these needs. When the committee began its work in 1999, the Army, the Navy, and the Air Force had recently experienced recruiting shortfalls. By the early 2000s, all the Services were meeting their goals; however, in the first half of calendar year 2005, both the Army and the Marine Corps experienced recruiting difficulties and, in some months, shortfalls. When recruiting goals are not being met, scientific guidance is needed to inform policy decisions regarding the advisability of lowering standards and the impact of any change on training time and cost, job performance, attrition, and the health of the force. *Assessing Fitness for Military Enlistment* examines the current physical, medical, and mental health standards for military enlistment in light of (1) trends in the physical condition of the youth population; (2) medical advances for treating certain conditions, as well as knowledge of the typical course of chronic conditions as young people reach adulthood; (3) the role of basic training in physical conditioning; (4) the physical demands and working conditions of various jobs in today's military services; and (5) the measures that are used by the Services to characterize an individual's physical condition. The focus is on the enlistment of 18- to 24-year-olds and their first term of service.

U. S. Special Operations Forces (SOF)

Nine years after Operations Desert Shield and Desert Storm (the Gulf War) ended in June 1991, uncertainty and questions remain about illnesses reported in a substantial percentage of the 697,000 service members who were deployed. Even though it was a short conflict with very few battle casualties or immediately recognized disease or non-battle injuries, the events of the Gulf War and the experiences of the ensuing years have made clear many potentially instructive aspects of the deployment and its hazards. Since the Gulf War, several other large deployments have also occurred, including deployments to Haiti and Somalia. Major deployments to Bosnia, Southwest Asia, and, most recently, Kosovo are ongoing as this report is written. This report draws on lessons learned from some of these deployments to consider strategies to protect the health of troops in future deployments. In the spring of 1996, Deputy Secretary of Defense John White met with leadership of the National Research Council and the Institute of Medicine to explore the prospect of an independent, proactive effort to learn from lessons of the Gulf War and to develop a strategy to better protect the health of troops in future deployments.

Special Forces Medic Handbook

Presenting a fascinating insider's view of U.S.A.F. special operations, this volume brings to life the critical contributions these forces have made to the exercise of air & space power. Focusing in particular on the period between the Korean War & the Indochina wars of 1950-1979, the accounts of numerous missions are profusely illustrated with photos & maps. Includes a discussion of AF operations in Europe during WWII, as well as profiles of Air Commandos who performed above &

beyond the call of duty. Reflects on the need for financial & political support for restoration of the forces. Bibliography. Extensive photos & maps. Charts & tables.

U. S. Army Special Forces

An action-packed novel--originally published in 1965 and updated to include new role of modern-day Special Forces in the war against terrorism--describes the operations, dangerous missions, and guerrilla warfare tactics of the United States Army Special Forces fighting in the Vietnam War. Reprint.

U.S. Army Special Forces Medical Handbook

An ex-army officer describes his role as a member of a U.S. military intelligence agency that delved into the dark world of psychic espionage

U.S. Army Special Forces Handbook

Patrick Thibeault has served in the US Army in various capacities since the 1990s, originally training as a Airborne soldier before specialising as a combat medic. My Journey as a Combat Medic covers his original training and deployment before providing a look at the roles he's since played in the US Army's forces, including his recent deployment to Afghanistan. It is a no-holds bar look at the modern medic in the US Army, allowing us a glimpse at the training as a soldier and as a specialist, as well as deployment and front line duties and the impact of service on civilian life, including an honest look at PTSD, from the author's own personal experience. Rather than a technical manual, My Journey as a Combat Medic is a detailed first hand account, concluding with a letter to new medics, providing a career's worth of advice and knowledge as they begin their journeys.

U.S. Army Special Forces 1961-1971

Historically in warfare, the majority of all combat deaths have occurred prior to a casualty ever receiving advanced trauma management. The execution of the Ranger mission profile in the Global War on Terrorism and our legacy tasks undoubtedly will increase the number of lethal wounds. Ranger leaders can significantly reduce the number of Rangers who die of wounds sustained in combat by simply targeting optimal medical capability in close proximity to the point of wounding. Survivability of the traumatized Ranger who sustains a wound in combat is in the hands of the first responding Ranger who puts a pressure dressing or tourniquet and controls the bleeding of his fallen comrade. Directing casualty response

management and evacuation is a Ranger leader task; ensuring technical medical competence is a Ranger Medic task. A solid foundation has been built for Ranger leaders and medics to be successful in managing casualties in a combat environment. An integrated team response from non-medical personnel and medical providers must be in place to care for the wounded Ranger. The Ranger First Responder, Squad EMT, Ranger Medic Advanced Tactical Practitioner, and Ranger leaders, in essence, all Rangers must unite to provide medical care collectively, as a team, without sacrificing the flow and violence of the battle at hand. An integrated team approach to casualty response and care will directly translate to the reduction of the died of wounds rate of combat casualties and minimize the turbulence associated with these events in times of crisis. The true success of the Ranger Medical Team will be defined by its ability to complete the mission and greatly reduce preventable combat death. Rangers value honor and reputation more than their lives, and as such will attempt to lay down their own lives in defense of their comrades. The Ranger Medic will do no less. I will never leave a fallen comrade

Stp 31-18d34-sm-tg a Mos 18d Special Forces Medical Sergeant

This handy pocket-size guide is packed with the all the info you need to stay alive and well in the field, including disease diagnosis and treatment, drugs and dosages, emergency paramedical skills and preventive medicine. Special sections cover wartime emergencies (burn and blast injuries; nuclear, biological and chemical warfare; and emergency surgery) as well as primitive and veterinary medicine, obstetrics, pediatrics and orthopedics. Also includes practical survival techniques.

Psychic Warrior

A comprehensive reference designed for Special Operations Forces (SOF) medics. Developed as a primary medical information resource and field guide for the Special Operations Command (SOCOM) medics, the Special Operations Forces Medical Handbook defines the standard of health care delivery under adverse and general field conditions. It is organized according to symptoms, organ systems, specialty areas, operational environments and procedures. It emphasizes acute care in all its forms (gynecology, general medicine, dentistry, poisonings, infestations, parasitic infections, acute infections, hyper and hypothermia, high altitude, aerospace, and dive medicine, and much, much more) as well as veterinary medicine and sanitation practice under primitive conditions. It is the work of over 130 contributors and 57 reviewers from both the military and civilian practice. Topics are covered in a consistent subjective/objective/assessment/plan (SOAP) format. It is heavily illustrated with color for quick identification of dermatologic conditions, insect bites and stings and exposure problems. The second edition contains updated and expanded material from the 2001 release, including Pediatrics, Nursing, and ENT Problems. Printed on tear-resistant, water-resistant synthetic paper. A 5.25 inch by 8.5 inch quick-reference guide with a three hole punched ring binding. It includes 193 figures (37 in color) and 38 quick reference tables.

The Complete U.S. Army Survival Guide to Medical Skills, Tactics, and Techniques

"From one of the fiercest skirmishes of the Vietnam War to years of seclusion in a mountain cave, Medal of Honor recipient, Gary Beikirch has faced more than his fair share of battles and overcome each of them through perseverance and faith. He inspires readers to do the same"--

Special Operations Forces Medical Handbook

Special Operations Forces Reference Manual Fourth Edition

U.S. Army Special Forces, 1961-1971

Includes 6 Maps, 25 photo illustrations, 10 Charts and 8 Tables. "As long ago as 1957, U.S. Army Special Forces soldiers were in the Republic of Vietnam, going about their business of training, advising, and assisting members of the Vietnamese Army. Despite the old Army witticism about never volunteering for anything, the Special Forces soldier is, in fact, a double volunteer, having first volunteered for airborne training and then again for Special Forces training. From a very meager beginning but sustained by a strong motivation and confidence in his mission, the Special Forces soldier has marched through the Vietnam struggle in superb fashion. "In 1957 some fifty-eight Vietnamese soldiers were given military training by Special Forces troops. Ten years later the Special Forces were advising and assisting over 40,000 paramilitary troops, along with another 40,000 Regional Forces and Popular Forces soldiers. This monograph traces the development and notes the progress, problems, successes, and failures of a unique program undertaken by the U.S. Army for the first time in its history. It is hoped that all the significant lessons learned have been recorded and the many pitfalls of such a program uncovered "With the withdrawal of the Special Forces from Vietnam in 1971, the Army could honestly lay claim to a new dimension in ground warfare the organized employment of a paramilitary force in sustained combat against a determined enemy. I know I speak for my predecessors and successors in claiming that the 5th Special Forces Group (Airborne) was the finest collection of professional soldiers ever assembled by the U.S. Army, anywhere, anytime."

Story-Based Inquiry: A Manual for Investigative Journalists

"This book is designed to serve as a ready reference and review for Special Forces (SF) medics. It covers diseases and medical problems that SF medics may encounter in various areas of the world" -- p. iii.

The Ultimate Survival Medicine Guide

In 2010, the Army created Cultural Support Teams, a secret pilot program to insert women alongside Special Operations soldiers battling in Afghanistan. The Army reasoned that women could play a unique role on Special Ops teams: accompanying their male colleagues on raids and, while those soldiers were searching for insurgents, questioning the mothers, sisters, daughters and wives living at the compound. Their presence had a calming effect on enemy households, but more importantly, the CSTs were able to search adult women for weapons and gather crucial intelligence. They could build relationships—woman to woman—in ways that male soldiers in an Islamic country never could. In *Ashley's War*, Gayle Tzemach Lemmon uses on-the-ground reporting and a finely tuned understanding of the complexities of war to tell the story of CST-2, a unit of women hand-picked from the Army to serve in this highly specialized and challenging role. The pioneers of CST-2 proved for the first time, at least to some grizzled Special Operations soldiers, that women might be physically and mentally tough enough to become one of them. The price of this professional acceptance came in personal loss and social isolation: the only people who really understand the women of CST-2 are each other. At the center of this story is a friendship cemented by "Glee," video games, and the shared perils and seductive powers of up-close combat. At the heart of the team is the tale of a beloved and effective soldier, Ashley White. Much as she did in her bestselling *The Dressmaker of Khair Khana*, Lemmon transports readers to a world they previously had no idea existed: a community of women called to fulfill the military's mission to "win hearts and minds" and bound together by danger, valor, and determination. *Ashley's War* is a gripping combat narrative and a moving story of friendship—a book that will change the way readers think about war and the meaning of service.

US Army Special Forces Medical Handbook

In the year 2002, the U.S. Army Special Forces will celebrate a half-century of exemplary service. This illustrated look at the training and work of the U.S. Army Special Forces as it is today includes a brief history of these fighting elite followed by an up-close look at the advanced weaponry, high-tech gadgetry and fear-inspiring vehicles and aircraft at their disposal. Also discussed are special functions and duties like sniping, military free-fall, SCUBA and linguistic and cultural training. Color photographs of U.S. Army Special forces in training and in the field, are accompanied by appendices detailing their service history and the specifications of their specialized weaponry and equipment.

Special Operations Forces Medical Handbook

"This book is designed to serve as a ready reference and review for Special Forces (SF) medics. It covers diseases and medical problems that SF medics may encounter in various areas of the world" -- p. iii.

Special Operations Forces Reference Manual

This manual is organized as a reference for snipers and leads the trainer through the material needed to conduct sniper training. Subjects include equipment, weapon capabilities, fundamentals of marksmanship and ballistics, field skills, mission planning, and skill sustainment.

US Army Special Forces Medical Handbook

The Special Operations Forces Medical Handbook is a comprehensive reference designed for combat and special forces medics in the field, it is also a must-have reference for any military or emergency response medical personnel, particularly in hostile environments. Developed as a primary medical information resource and field guide for the Special Operations Command (SOCOM). As a grid-down medical reference for the doomsday prepper it can't be beaten. Defines the standard of health care delivery under adverse and general field conditions. Organized according to symptoms, organ systems, specialty areas, operational environments and procedures. Emphasizes acute care in all its forms (including gynecology, general medicine, dentistry, poisonings, infestations, parasitic infections, acute infections, hyper- and hypothermia, high altitude, aerospace, dive medicine, and sanitation.). DO NO HARM, DO KNOW HARM The following medical texts should be in the preps of every serious off-grid survivor: Ranger Medic Handbook Special Operations Medical Handbook STP 31-18D34-SM-TG A MOS 18D Special Forces Medical Sergeant PART A: Skill Levels 3 and 4 STP 31-18D34-SM-TG B MOS 18D Special Forces Medical Sergeant PART B: Skill Levels 3 and 4

Vietnam Studies - U.S. Army Special Forces 1961-1971

You don't need to be a trained soldier to fully appreciate this edition of the U.S. Army Improvised Munitions Handbook (TM 31-210). Originally created for soldiers in guerilla warfare situations, this handbook demonstrates the techniques for constructing weapons that are highly effective in the most harrowing of circumstances. Straightforward and incredibly user-friendly, it provides insightful information and step-by-step instructions on how to assemble weapons and explosives from common and readily available materials. Over 600 illustrations complement elaborate explanations of how to improvise any number of munitions from easily accessible resources. Whether you're a highly trained soldier or simply a civilian looking to be prepared, the U.S. Army Improvised Munitions Handbook is an invaluable addition to your library.

Use of Dietary Supplements by Military Personnel

The Special Forces Handbook of Medical Secrets

With fiercely detailed information and visuals provided by the U.S. Army, U.S. Army Special Forces Guide to Unconventional Warfare is meant for experienced soldiers and novices alike. With this guide, you will be able to apply its material to understand and create initiators, igniters, and incendiary materials. The vast table of contents includes coverage on napalm, gelled gasoline, fire fudge, silver nitrate, concentrated sulfuric acid, fuse cords, delay mechanisms, and spontaneous combustion. Filled with special forces secrets, U.S. Guide to Unconventional Warfare is an invaluable tool for any provocateur-in-training and an invitation to look at how our special forces are fighting our enemies overseas. Skyhorse Publishing is proud to publish a range of books for readers interested in military tactics and skills. We publish content provided by or of interest to the U.S. Army, Army Rangers, the U.S. Navy, Navy SEALs, the U.S. Air Force, the U.S. Marine Corps, and the Department of Defense. Our books cover topics such as survival, emergency medicine, weapons, guns, weapons systems, hand-to-hand combat, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

My Journey as a Combat Medic

Every aspect of immune function and host defense is dependent upon a proper supply and balance of nutrients. Severe malnutrition can cause significant alteration in immune response, but even subclinical deficits may be associated with an impaired immune response, and an increased risk of infection. Infectious diseases have accounted for more off-duty days during major wars than combat wounds or nonbattle injuries. Combined stressors may reduce the normal ability of soldiers to resist pathogens, increase their susceptibility to biological warfare agents, and reduce the effectiveness of vaccines intended to protect them. There is also a concern with the inappropriate use of dietary supplements. This book, one of a series, examines the impact of various types of stressors and the role of specific dietary nutrients in maintaining immune function of military personnel in the field. It reviews the impact of compromised nutrition status on immune function; the interaction of health, exercise, and stress (both physical and psychological) in immune function; and the role of nutritional supplements and newer biotechnology methods reported to enhance immune function. The first part of the book contains the committee's workshop summary and evaluation of ongoing research by Army scientists on immune status in special forces troops, responses to the Army's questions, conclusions, and recommendations. The rest of the book contains papers contributed by workshop speakers, grouped under such broad topics as an introduction to what is known about immune function, the assessment of immune function, the effect of nutrition, and the relation between the many and varied stresses encountered by military personnel and their effect on health.

U. S. Army Special Forces Medical Handbook

Tactical Combat Casualty Care (TCCC) has saved hundreds of lives during our nation's conflicts in Iraq and Afghanistan. Nearly 90 percent of combat fatalities occur before a casualty reaches a medical treatment facility. Therefore, the prehospital phase of care is needed to focus on reducing the number of combat deaths. However, few military physicians have had training in this area and, at the onset of hostilities, most combat medics, corpsmen, and pararescue personnel in the U.S. military have been trained to perform battlefield trauma care through civilian-based trauma courses. These courses are not designed for the prehospital combat environment and do not reflect current practices in the area of prehospital care. TCCC was created to train Soldiers and medical personnel on current best practices for medical treatment from the point of injury to evacuation to Role 3 facilities

Blaze of Light

The printed Special Forces Medic Handbook is in the convenient 6x9 inch format. The book contains over 720 pages. The book is created, trusted and battle tested by the US Armed Forces Special Operations Command. It should be part of every bug-out bag and vehicle, and used by preppers, hunters, climbers, campers, outdoorspeople, hikers and anyone looking to survive natural or man-made disasters. The Special Forces Medic Handbook covers: Trauma Assessment Airway Management Hemorrhage Management Thoracic Trauma Management Hypovolemic Shock Management Head Injuries Seizures Spinal Cord Injuries Orthopedic Trauma Burns Hyperthermia Heat Injuries Routine Medical Problems Often Seen Equipment Lists Gynecology General Medicine Dentistry Poisonings Parasitic Infections Acute Infections and Much More. Condensed Table of Contents of Special Forces Medic Handbook: PART 1: OPERATIONAL ISSUES PART 2: CLINICAL PROCESS PART 3: GENERAL SYMPTOMS PART 4: ORGAN SYSTEMS Chapter 1: Cardiac/Circulatory Chapter 2: Blood Chapter 3: Respiratory Chapter 4: Endocrine Chapter 5: Neurologic Chapter 6: Skin Chapter 7: Gastrointestinal Chapter 8: Genitourinary PART 5: SPECIALTY AREAS Chapter 9: Podiatry Chapter 10: Dentistry Chapter 11: Sexually Transmitted Diseases Chapter 12: Zoonotic Diseases Chart Chapter 13: Infectious Diseases Chapter 14: Preventive Medicine Chapter 15: Veterinary Medicine Chapter 16: Nutritional Deficiencies Chapter 17: Toxicology Chapter 18: Mental Health Chapter 19: Anesthesia PART 6: OPERATIONAL ENVIRONMENTS Chapter 20: Dive Medicine Chapter 21: Aerospace Medicine Chapter 22: High Altitude Illnesses Chapter 23: Cold Illnesses and Injuries Chapter 24: Heat-Related Illnesses Chapter 25: Chemical Chapter 26: Biological Chapter 27: Radiation PART 7: TRAUMA Chapter 28: Trauma Assessment Chapter 29: Human and Animal Bites Chapter 31: Burns, Blast, Lightning, & Electrical Injuries Chapter 32: Non-Lethal Weapons Injuries PART 8: PROCEDURES Chapter 33: Basic Medical Skills Chapter 34: Lab Procedures APPENDICES Anatomical Plates Color Plates Identification of Cellular Blood Components Antibiotic Chart Photosensitivity Drugs IV Drip Rates Glasgow Coma Scale Mini Mental Status Neurological Examination Checklist Dermatomes of Cutaneous Innervation Wind Chill Chart Temperature Guidelines for Physical Activity Fluid Replacement Guidelines for Warm Weather Do Not Resuscitate Guidelines Lab Values Abbreviations BUY YOUR COPY TODAY!

United States Army Special Forces medical handbook

Contents: (1) Background: Command Structures and Components; Special Operations Forces in the Army, Navy, Air Force, Marine, and Joint; NATO Special Operations; (2) Current Organizational and Budgetary Issues: 2010 Quadrennial Defense Review Report SOF-Related Directives; 2010 USSOCOM Posture Statement; (3) Afghanistan-Related Issues; A Change of Command Relationship for U.S. SOF; U.S. SOF Direct Action Against Afghan Insurgents; Training Village Security Forces; (4) Issues for Congress: Are Current Command Relationships and Rules of Engagement Having a Detrimental Impact on Special Operations in Afghanistan?; Are We Making the Best Use of SOF in Afghanistan?

Military Strategies for Sustainment of Nutrition and Immune Function in the Field

In 1957 58 Vietnamese soldiers were given military training by Special Forces troops. Ten years later green berets were assisting over 40,000 paramilitary troops, along with another 40,000 Regional Forces and Popular Forces soldiers. This monograph traces the development and notes the progress, problems, successes, and failures of a unique program undertaken by the U.S. Army for the first time in its history. With the withdrawal of the Special Forces from Vietnam in 1971, the Army could lay unique claim to the employment of a paramilitary force in sustained combat against a determined enemy. About the author: In 1960, Col. Kelly chaired the committee which produced the U.S. Army's first definitive approach to counterinsurgency, "The Role of the U.S. Army in the Cold War." For two years he commanded the 1st SFG, which provided multiple teams for combat in Vietnam. From 6/66 to 6/67, he commanded the 5th SFG in Vietnam. He led the Combat Development Command, Institute for Strategic and Stability Operations.

US Army Special Forces Medical Handbook: United States Army Institute for Military Assistance

A resource of useful medical information created for Special Forces medics and soldiers shows the proper techniques for medical care, from basic first-aid and orthopedics to instructions for emergency war surgery and veterinary medicine.

The Green Berets

Here in this critical guide is all the important medical techniques that you'll need to know in order to survive in just about any situation. From wrapping life-threatening head wounds to treating a poisonous spider bite, The Complete U.S. Army Survival Guide to Medical Skills, Tactics, and Techniques has got you covered. Within these pages, you'll find:

- First-aid techniques for hundreds of different kinds of wounds.
- Medical procedures necessary for properly treating animal bites and

stings. • Proper procedures to follow when dealing with toxic environments. • And thousands more essential medical tips. With dozens of photographs and illustrations demonstrating these medical techniques and procedures first-hand, this guide is an essential read for every outdoorsman—from the novice weekend camper to the most seasoned survivalist. If you can't find it in The Complete U.S. Army Survival Guide to Medical Skills, Tactics, and Techniques, then you don't really need it.

U.S. Army Improvised Munitions Handbook

War has a way of shooting holes in your best-laid plans. Sgt. 1st Class Gregory Stube (Ret.) suffered life-changing wounds during the battle of Operation Medusa in Afghanistan in 2006, but using the Green Beret methods he learned in the Special Forces, Stube knew he could conquer anything. Service in the elite A-Team teaches you to come up with smart, well-researched, and flexible battle plans for completing the mission—every mission. Even when that mission is to spend an arduous year in a hospital recovering from being blown up, badly burned, and shot multiple times. Greg shares the leadership principles and values he learned as a member of an A-Team and teaches us how to apply Special Forces strategies to our personal and business lives. Conquer Anything is a Special Forces book, but even more than that it is a leadership book designed to help each of us achieve the highest goals possible in our professional and private lives. “The greatest leaders I know lead by example. They are role models who adhere to standards they set for others and never ask more of them than they demand of themselves. Great leaders don't just “manage” or “motivate.” They inspire courage, tenacity, perseverance, resilience, and commitment in all who work with them. Greg Stube is such a leader—and an American Hero. In Conquer Anything Greg draws on a lifetime of “lessons learned” as a highly decorated U.S. Army Special Forces medic in this lucid, straightforward resource for parents, teachers, students, athletes, employers, supervisors, and soldiers. If “success” is in your vocabulary, Conquer Anything is a must read.”—Oliver L. North, Lt Col USMC [Ret.], Host of War Stories on FOX News

Apollo's Warriors

Dietary supplements are widely available through a rapidly expanding market of products commonly advertised as beneficial for health, performance enhancement, and disease prevention. Given the importance and frequent evaluation of physical performance and health as a criteria to join and remain in the military, the use of these products by military personnel has raised concern regarding over-all and long-term efficacy and safety. This evaluation is especially difficult, as many of these supplements contain multiple ingredients, have a changing composition over time, or are used intermittently at doses difficult to measure. This book analyzes the patterns of dietary supplement use among military personnel, examines published reviews of the scientific evidence, and identifies those dietary supplements that are beneficial and/or warrant concern due to risks to health or performance. The book also recommends a system to monitor adverse health

effects and a framework to identify the need for active management of dietary supplements by military personnel. Military policy makers, personnel, and recruits will find this book useful, as will nutritionists, athletes, and others working in strenuous environments.

Conquer Anything

The essential guide to the operations of the Green Berets, America's most versatile and fascinating soldiers.

Ranger Medic Handbook

How to survive medical emergencies when professional medical care isn't available—infections, illnesses, fractures, snake bites, and more. From Dr. Joe Alton and Amy Alton ARNP comes an updated edition of their bestseller *The Survival Medicine Handbook*. This unique medical book is meant to enable the average person to handle injuries and illness in situations in which modern medical facilities and professionals aren't available due to a disaster. This book is written by America's top medical preparedness experts: Joe Alton, MD, and Amy Alton, ARNP. Their mission: to put a medically prepared person in every family for when medical help is not on the way. Using decades of medical experience, they address, in plain language, dozens of medical issues associated with surviving disasters and epidemics. The Altons also discuss the medical supplies needed to become a medical asset to your family and community as well as alternative and natural strategies for when pharmaceuticals aren't available. Topics include: Appendicitis and Conditions that Mimic It Urinary Tract Infections Mosquito-Borne Illnesses Allergic Reactions and Anaphylaxis Head Injuries Animal Bites Snake Bites Head injuries Kidney Stones Dislocations and Fractures Nosebleeds Pain Medications and Natural Pain Relief And much much more! Most medical books will send you to the doctor or hospital when an emergency happens. The Altons assume that the worst might actually happen—that the average person could be left without medical help in a disaster. With their book, you can keep your family healthy in times of trouble.

U.S. Army Special Forces Guide to Unconventional Warfare

Strategies to Protect the Health of Deployed U.S. Forces

This handy guide is packed with the all the info you need to stay alive and well in the field, including disease diagnosis and treatment, drugs and dosages, emergency paramedical skills and preventive medicine. Special sections cover wartime emergencies (burn and blast injuries; nuclear, biological and chemical warfare; and emergency surgery) as well as primitive

and veterinary medicine, obstetrics, pediatrics and orthopedics. Also includes practical survival techniques.

Chosen Soldier

Documents the complete training regimen of the U.S. Army's Special Forces soldiers, the Green Berets, from their initial recruitment, through their physically and mentally grueling course of training, detailing the special character, intelligence, language skills, and adaptability that the Army looks for in selecting these versatile troops. Reprint. 25,000 first printing.

Assessing Fitness for Military Enlistment

This report examines the 14-year experience of U.S. special operations forces in the Philippines from 2001 through 2014 and the activities and effects of special operations capabilities employed to address terrorist threats in Operation Enduring Freedom—Philippines through training and equipping Philippine security forces, providing operational advice and assistance, and conducting civil-military and information operations.

Ashley's War

This 650 page manual reproduces Part A of the much sought-after Soldier's Manual and Trainer's Guide for the MOS 18D Special Forces Medical Sergeant. The Special Forces Medical Sergeant is a highly trained professional able to prevent, diagnose and treat any number of medical conditions from combat injuries to OBGYN issues to infectious diseases and everything in between! An absolutely vital reference for the serious survival library. Note: For the full Soldier's Manual and Trainer's Guide, you'll also need to purchase Part B. At almost 1400 pages, this epic Austere medical reference was too large to fit in the one volume. This manual is printed in easy-to-read 6 x 9, perfect-bound paperback format, not some ring-bound computer printout. Proudly printed in the USA! The following medical texts should be in the preps of every serious off-grid survivor: Ranger Medic Handbook Special Operations Medical Handbook STP 31-18D34-SM-TG A MOS 18D Special Forces Medical Sergeant PART A: Skill Levels 3 and 4 STP 31-18D34-SM-TG B MOS 18D Special Forces Medical Sergeant PART B: Skill Levels 3 and 4 Publications in this series include: STP 31-18-SM-TG Special Forces Common Skills STP 31-18B34-SM-TG MOS 18B Special Forces Weapons Sergeant STP 31-18C34-SM-TG MOS 18C Special Forces Engineer Sergeant STP 31-18D34-SM-TG A MOS 18D Special Forces Medical Sergeant PART A STP 31-18D34-SM-TG B MOS 18D Special Forces Medical Sergeant PART B STP 31-18E34-SM-TG MOS 18E Special Forces Communications Sergeant STP 31-18F4-SM-TG MOS 18F Special Forces Assistant Operations and Intelligence Sergeant

Special Operations Forces Medical Handbook

Going well beyond first aid, this manual describes medical secrets used by an experienced African mission doctor and former assistant professor of emergency medicine at Harvard Medical School. The tips are pragmatic, affordable, and useful for anyone from medics to laypersons, but are particularly aimed at people who work and live in remote areas with scarce resources. The subjects cover antibiotic therapy, advanced care of complex wounds, laceration closure with glue, malaria, oral rehydration therapy, fecal transplantation, and more. Each chapter contains references for further reading and is written in a concise style that maximizes useful information. The material is specifically aimed at people who work in complex environments away from centralized resources -- military special forces, extreme travelers, open water sailors, expedition members, humanitarian aid workers, and anyone who lives in the developing world. The material is useful to anyone who wishes to become more medically knowledgeable and self-sufficient, regardless of circumstance. While it does not substitute for skilled physician care, it will allow readers an understanding of how medical decisions are made by experts and in some cases, how to provide intermediate or complex medical care when a physician is not available.

Tactical Combat Casualty Care Handbook

This handy guide is packed with the all the info you need to stay alive and well in the field, including disease diagnosis and treatment, drugs and dosages, emergency paramedical skills and preventive medicine. Special sections cover wartime emergencies (burn and blast injuries; nuclear, biological and chemical warfare; and emergency surgery) as well as primitive and veterinary medicine, obstetrics, pediatrics and orthopedics. Also includes practical survival techniques.

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