Outdoor Food, Preparedness Email Series

These were designed to give the readers great value and to build the company’s relationship with the readers.

Notes:

1. All instructions in the emails if any are in Purple.

2. Any fact or quote taken from anywhere is sited. See the\* and then see the site at the bottom of that email. Please make this a part of the email with the quote or site. It's required and makes you look much more credible. Not that you're not, that's not what I mean.

3. When you see F.R.E.E. in the subject line or body of an email please leave it there and see the purple instructions right above it.

4. Some emails are intentionally shorter than the others. If people know all your emails are longer than others they may save them for later. You want them to read them when they open them for best read rates.

**The Emails**

1. Subject Line: The Top 5 Tips For Your Fantastic Hiking And Camping Trips!

Hi,

Here are five great tips that will help you have the best hiking or camping trip while maintaining your safety and that of your family or friends as well.

1. Not only should you take a paper map of the area with you, but you should also study it for alternate and escape routes should anything happen. The reason you take a paper map even if you have a GPS is that if your electronics get wet or batteries run out your GPS is done. Not the greatest thing to happen in the middle of nowhere.

2. Always carry a small survival kit with you that should include a water purifying device or tablets, a knife, matches, a poncho, 20 feet of fishing line with a hook and a compass. Why? Because you never know.

3. When pitching your tent walk the surrounding area checking for pest nests like wasps or fire ants etc... The reason is that if they are close and figure out you have food they will be paying you a visit. You can't keep them all at bay but checking for nests really close by can cut down on a massive invasion.

4. Always pack your dry clothes in a waterproof bag before you put them in your pack. It's a real bummer when you go for your dry clothes after getting soaked only to find they are soaked too.

5. Carry 3 EXTRA days worth of survival food with you. It doesn't have to be gourmet grub, just the type of chow that will keep you alive. If ANYTHING happens you have some food to fall back on. If you're stranded and gave your itinerary to friends as you should then the average response time is generally 2 days.

Where do you find the best 3-day supply of food? Easy, head on over to http://www.motherearthproducts.com and have a look at all our happy camper food supplies.

Trust us on this one, if you get stuck you'll be oh so glad you did.

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2. Subject Line: The Top 3 Things To Carry On Every Hiking Or Camping Trip!

Hi.

Sure, we all have our own little lists of things to carry on our hiking and camping trips but is sure is useful to look at someone else's list to make sure we aren't missing something that later causes us to say "Ooops".

Here's a great list you should have a look at:

1. A survival water still. All you need to carry is a 4-foot square sheet of plastic and a clean cup. You dig 3-foot round hole 2 feet deep anywhere the sun cam hit it using anything available even a stick if you have too.

You place the cup in the bottom of the hole in the exact center. Then cover the hole with the plastic and put dirt over the edge all the way around to seal it shut. Put a small stone in the center just above the cup to make the plastic dip there.

When the sun hits the plastic, it will create a sauna in the hole and the water vapor will collect on the plastic and run down into your cup.

Viola you now have fresh drinking water.

This also works on a boat in the middle of the ocean where you use a large container instead of a hole with only a 1/4 inch of water (so it heats up faster) in the bottom. The vapor leaves the salt behind and again you have fresh drinking water.

2. Candle wax fire starters. Take 4 good quality wooden matches and mash an 8th inch of candle wax all the way around them including the tips. Make several and put into a baggie. When you need to start a fire remove the wax from the tips, place under your fire material with the tips facing down at an angle. Now ignite the tips and you have a great fire starter that's somewhat wind and water resistant.

3. Always carry TVP and Beans. With your survival water still, you should always have water. The combination of TVP (Textured Vegetable Protein) and beans make a very nice whole food that will sustain you for long periods.

They both contain proteins and carbohydrates which are essential to your wellbeing. They are both quite light and compact so as not to take ups space or be too heavy. And they both contain ample amounts of fiber which is important so your keep toxins moving out in a demanding or stressful situation.

Here are the links to check out our TVP: Click Here!

Here's the link to see our fantastic bean varieties and combinations: Click Here!

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3. Subject Line: 3 Long Term Food Storage Tips That Will Help You Big Time!

In today's world having food storage tucked away is in many ways more important than having savings in the bank because even if the bank closed you'd still be able to eat.

Here are 3 long term food storage tips that you may not hear elsewhere.

1. Use moisture packs. With long term food storage moisture is your enemy. You can get a moisture absorbing packs called "desiccant Packs" they come in 500-gram sizes which should be plenty for most small spaces. You put them in the food storage room itself to absorb moisture. You then put oxygen absorbing packs "click here" in the food containers to prevent oxidation.

Keeping moisture out of your storage area not only prevents mold and decay but it also gives pests less of a reason to pay your food storage a visit.

2. Pre-Pack Portions. Before you pack everything into your larger containers you can vacuum pack individual portions.

Just 3 of the benefits are:

That as you open the larger container over and over you're not subjecting the food to the elements, it has another layer of protection.

You can control portions so that you know exactly how long your food supplies will last. Then you can also pre-assemble meals or ingredient combinations.

Here's a perfect example: You get our dried mushrooms, potato dices, corn, broccoli, green beans and peas and you pre-combine them into the proportions you like best for soups or veggie dishes or platters. You open your large container and grab one pre-made packet labeled soup veggies or veggies for meat and boom you're done. No more exposing your food to an oxygen exchange and moisture every time you want to dip in and grab something. Go Get your veggies to combine right here=> Click Here!

 3. Bay leaves to the rescue. Here's a great tip for you. To help keep bugs at bay put whole bay leaves in your containers that you're packing food in and also place bay leaves and cinnamon sticks around the storage room. Many varieties of pests don't care for bay leaves or cinnamon and will leave that area alone. Bay leaves and cinnamon sticks are available at nearly any food store in the spice section.

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4. Subject Line: The 3 Best And Easiest Camping Snacks Around!

When you go camping you always want to be sure you use what you take and things don't just get wasted for no reason. With the following 3 foods if there are any left over's they will still be good for years to come.

You'll literally be the hit of the campsite when you put out a bowl of freeze dried strawberries as a snack. They are so good people eat them watching movies instead of popcorn too.

Are you doing cereal in the morning for breakfast? Whether it's cold cereal and milk or hot oatmeal dried apples sprinkled over the top are a sure-fire winner throw in a few freeze dried raspberries or cherries and you'll get wows from your happy campers.

A super cool sandwich is peanut butter and freeze-dried banana chips. It's so unbelievably tasty you can't believe it. And the crispy crunchy takes everyone by pleasant surprise.

Take a look at our Freeze-dried fruits here=> Incredible Freeze Dried Fruits

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5. Subject Line: Three Top Things To Have On Hand When Disaster Strikes!

Hi,

No one wants to be caught in a disaster, but it happens anyway. And now it seems even the safe places aren't so safe any more like when Hurricane Sandy hit an area normally never affected.

In today's world being prepared is just as necessary as carrying auto insurance. You hope you never need it but it's there if you do.

Three greatly needed things that many would never think to have on hand during an emergency are...

1. A solar charger that charges one main large battery. No, we're not talking about a whole house unit even though they are nice to have. What we mean is a small portable unit that you can take anywhere.

One of the things we almost always lose in crisis is power. Having a small solar unit to recharge cell phones and radios is critical. Losing the ability to communicate or hear what's going on in an emergency is more than an inconvenience it could be life threatening.

2. Rechargeable batteries. When you lose power, you go through batteries like crazy. Having a battery charger that runs off of your portable solar station will make your life so much easier during a crisis you have no idea. You'll have all the freshly charged batteries you need for all your devices.

3. You need protein. When the power is out, and the freezer is room temperature all the beef, chicken, fish or other proteins are some of the 1st to go.

Keeping a couple of weeks worth of TVP (Textured Vegetable Protein) on hand can be a real-life saver (literally). You almost always have carbohydrates such as rice, beans, oatmeal or other sundries but the challenge is protein. Go Here to see our fantastic TVP section now=> Get TVP

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6. Subject Line: Discover A Hidden Danger In Your Foods

We all do our best to watch out for the hidden dangers in our foods, but did you know that many of today's preservatives have the ability to adversely affect your sleep, cause behavioral problems and even cause you to eat more food so that you have challenges losing weight or getting as lean as you would like\*.

It's true and that's not even counting the fact that most of it's now GMO (Genetically Modified Organisms) which so many countries (but not the U.S.) are banning these days.

But what are you to do about it? I mean, knowing all this without having an easy solution is just frustrating.

We'll we here at Mother Earth Products are coming to your rescue. We have a massive selection of non-GMO products that are also preservative free.

You'll be able to feel really good taking care of yourself and your family with your wholesome delicious foods right from our pantry to yours.

Hop on over to our site right now and see for yourself, you're going to love this=> (link to the area or category you want to cover this)

\*. http://www.seattleorganicrestaurants.com/vegan-whole-foods/top-10-toxic-foods-preservatives-additives

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7. Subject Line: How To Lighten Your Load Now!

There's an old saying "the lighter your load they easier the road" and man oh man does it ever apply to hiking and camping.

One of the challenge we outdoorsy types face is carrying everything we want on our sojourns without feeling like we just became a pack mule. Not that when we come back from some trips we don't smell like one, but that's another story.

It's critical that we bring all the food we need but we have only so much space and so much weight we can carry. That's where dehydrated foods come in to play.

Freeze dried foods have 98% of their water removed which reduces their weights by about 90%. This is huge news when camping, hiking and backpacking. Who in their right minds wants to carry around 90% more weight than they have too?

2 other benefits are that: 1. Freeze dried foods don't spoil or leak their liquids all over your important stuff like regular foods do. 2. They also take up significantly less space which is a massive benefit when space is a consideration.

Discover how you can lighten your load with wholesome and delicious freeze-dried foods right here=> Click Here!

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8. Subject Line: How To Double Your Food Safety Instantly!

No one intentionally poisons their family but with the insane amounts of chemicals they are putting in our foods along with the massive worldwide concern over GMO's it's really getting out of hand.

You can't rely on others to keep you and your family safe you have to become proactive about it.

One of the scary things about all the preservatives etc.. in our foods can best be summed up in a quote from famous researcher and author Karen Lau when she states "New research has shown that the mixture of additives and certain foods can damage human nerve cells. The truth is, we do not understand all of the long-term effects that additives could have on our health because man-made additives are a relatively new invention\*."

We have all heard of the dangers from the chemicals we are being bombarded with but what exactly can we do about it?

Good question. Two things you can do right away that will have a large impact are: 1. Get an approved fruit and vegetable wash and clean as much of the sprays off your foods as you can. Yes, the chemicals soak in, but you can at least clean the surface.

2. Go shopping at our site stocked full of non-GMO no preservatives added foods. You'll be able to get tons of items to use in all your everyday meal planning: Click Here!

\*Karen Lau, W., McLean, G., Williams, D., Howard, C. (2006). Synergistic interactions between commonly used food additives in a developmental neurotoxicity test. Toxicological Sciences, 90(1):178-187.

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9. Subject Line: The Safest Way To Go With Your Food!

We all want to do the very best for ourselves and our families. You spend your hard-earned money to buy healthy nutritious food, so you can lead a normal happy and healthy life.

It would be a very safe bet to say that you've never asked anyone to grow GMO foods for you and your family and yet here we are.

As you know GMO (Genetically Modified Foods) are a huge and ever-growing problem in our country and they show no signs of slowing down.

There is even new research that shows that the bugs have already evolved an immunity to GMO so NOW they are developing new even harsher GMO products to combat the bugs\*. The problem is, if you're like everyone else you don't want to eat the old GMO or the newer harsher version either.

Where will it end? Well, you can start taking steps to end it right now by going to Mother Earth Products and shopping in all of our non-GMO goodness. We specialize in wholesome, natural non-GMO foods that you and your family will love.

Have a look for yourself: Click Here!

\*http://gizmodo.com/what-are-gmo-foods-and-are-they-okay-to-eat-1524547249/1547154883

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 10. Subject Line: 3 Hot Travel Food Tips To Keep You Feeling Great!

We all travel whether for business or pleasure and we all have to eat. There are some food and illness challenges faced on trips that can be easily avoided with these three simple tips.

1. Keep it Lite. Dried and freeze-dried foods are perfect for travel as they don't ad hardly any weight to your bags and also with no water in them they don't cause a mess or spoil.

They can be put into nearly any shaped container, so they can mold themselves around your other items to save space and to even provide extra cushioning for any of your fragile items or electronics.

2. You can eat the things you're used to so that your system stays more normal and you don't get a case of intestinal challenges while on the road which can be a big problem.

Our bodies like routine. Travel can be hard enough all by itself but when you throw all kinds of foreign foods into the mix without knowing how fresh they were, how they were cleaned or prepared you can find yourself in a highly uncomfortable situation fast.

Taking along your own dried foods can certainly help solve this dilemma.

3. Pack your own snacks. Eating all the junk on the road can really make you feel horrible after a day or two. Plus, all the super high calorie foods can have you coming home with some extra baggage around the middle.

There's no need to gain weight, feel tired or risk your health, just head over to our online shop and see all the amazing travel foods we gave waiting for you right now: Click here!

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11. Subject Line: Your F.R.E.E. Newsletter Will Arrive Tomorrow Please White List Us

Hi,

We will be sending your f.r.e.e. Mother Earth Products newsletter tomorrow and need to be sure you white list us. If you're unsure on how to do so just Google "How do I white list in "XYZ". Just replace XYZ with the name of your email provider.

If you're using Gmail, there may not be information on their new tabs system easily available. Just look in the promotions folder tomorrow and if you see us in there drag and drop our email into your primary tab folder.

You may have to do this each time we send a newsletter for the first few times, so we will send you a reminder for the first 4 newsletters.

You're going to love what you see tomorrow. Keep an eye out for us and you'll be happy you did.

Thank you from the staff at Mother Nature's Products