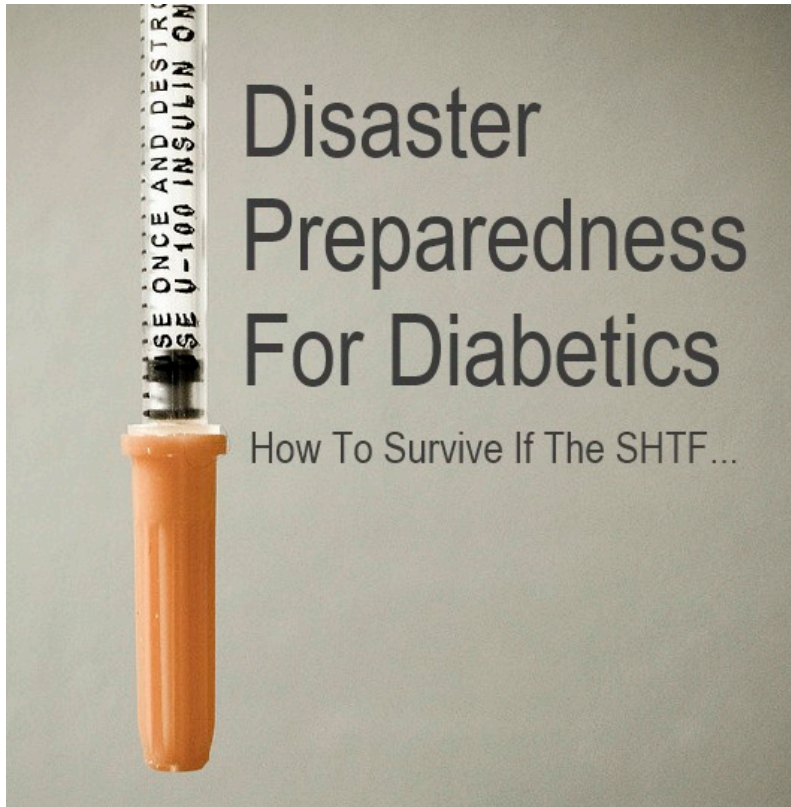


Disaster Preparedness For Diabetics

Categories : [General](#), [General Prepping](#), [Health/Fitness](#)



Millions of people worldwide have either type 1 or type 2 diabetes, which in most cases is controlled with diet and medications. Many diabetics, especially those who are into prepping and emergency preparedness, are rightly concerned about how they would cope without access to insulin and other medications.

Below is a post written by Dr. Bones (aka Joe Alton, M.D from Doom And Bloom) all about disaster preparedness for diabetics. Actually it is more than just a post, it is part of a series of posts about diabetes in survival situations. There is even a very interesting post about how to make insulin, which could be very relevant, post SHTF. If you or a family member are diabetic, I recommend reading the whole series of posts.

[Disaster Preparedness For Diabetics](#)

(Photo from: [Jill A. Brown](#))