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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Awareness – The Key to Personal Safety

By Bryan Robinson

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There are many products on the market today that can be carried for personal protection. From stun guns to pepper spray to personal alarms, these items are made compact enough to carry on your keychain or in a purse. And if used properly, they can be a huge factor in prevention of crimes against people.

However, there is one tool that we all possess that can be detrimental to one's safety, and that tool is Awareness. How many times have you found yourself running errands, in a hurry, and you virtually had 'tunnel-vision'? Unaware of everything going on around you except what you were doing at the time.

A friend of mine was out of town last year and his wife, who was eight months pregnant was out shopping. At 2:00 in the afternoon in a newly developed shopping district, she was leaving a crafts store, with her arms full of shopping bags. While approaching her vehicle, a man drove up beside her to ask for directions to a mall nearby. As she started to reply, he reached out of his window and grabbed the purse that was strapped over her shoulder. She was pulled down to the ground and had to let go as he drove off with the purse in his grasp. Fortunately she escaped serious injury and only personal items were lost. The thief was probably a bit disappointed when he discovered only three dollars cash in her purse. Since she cancelled all her credit cards, \$3 was all he got. At the time of the incident, the woman who was robbed was not carrying any self defense products (she is now of course). But more importantly, she could have prevented the crime with that tool called Awareness. Had she scanned the parking lot as she proceeded to her vehicle, the suspicious man sitting in his car would have been spotted. And simply making eye contact with him may have dissuaded the purse snatcher, 'surprise' being a thief's best weapon. In addition, by maintaining composure enough to get a license plate number, she could have assisted Police in apprehension of this cowardly criminal.

Stun guns, pepper spray, and personal alarms are excellent products for self defense. They have saved many people from catastrophe. If you carry one of these items, they should be close by and ready to use. Carrying pepper spray in the bottom of a purse would be of no help if it was needed at a moment's notice. While these products can be very effective, they must be used in conjunction with Awareness, otherwise they can be rendered useless.

Bryan Robinson is the owner of Safety Gear HQ self defense products.

Safety Training: The Need For Security

By Leon Chaddock

Safety training is something that every person in the world should have. Of course, this isn't a logical option. So, that means that those who can have this type of training should have it. Safety training is not only about protecting you and your loved ones, but also the strangers that happen into your life. Because you just do not know when an accident will happen, you need to be prepared ahead of time. This is the most crucial part of safety training: getting it in time.

Safety training is more than just learning how to take care of a cut or a scrape. There are a number of different things that you will be needing to know how to do in your everyday life. For example, you may need to learn to help someone who is choking. You may need to help someone who has just fallen. You may also need to help someone who is having a heart attack or can no longer breath on their own.

Safety training can be taught through a variety of ways. For many people, it is taught through hospitals, doctor's offices and through community centers. You can also find the training you need from organizations like the Red Cross. The point is not really where to get the training or what training to get, but to just get moving on it. Learn what you can so that you can help someone who is in need whenever it is needed.

Whether you need safety training for your job or because you realize the value in having it, there are many forms to learn. For example, you may learn what to do with chemicals or you may find out what is the best way to pick up a heavy box. On top of this, you will want to learn things that deal with your specific needs in the personal world such as food safety training. Safety training is necessary and helpful throughout lifes' many adventures.

For more information please see



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