

Mace Pepper Spray. One In Every Six Women Is Assaulted In Her Lifetime

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**Mace Pepper Spray. One In Every Six Women Is Assaulted In Her Lifetime**

**By Ralph Winn**

One in every six women is sexually assaulted in her lifetime—that's 17% of the female population.

According to the CDC, in this past year alone, 300,000 women reported having been raped, and it is estimated that those reports represent less than 40% of actual rapes. The bottom line is: You need to protect yourself. Mace pepper sprays are excellent means of self-defense.

Mace brand pepper sprays come in a variety of concentrations and sizes. All Mace pepper sprays contain a particular concentration of OC, an element of cayenne pepper reduced to oleoresin capsicum, which inflames the mucous membranes upon contact, causing temporary blindness and labored breathing. It is not lethal, but can be a highly effective deterrent to attackers for 15 to 60 minutes. Some Mace brand pepper sprays contain irritants, such as tear gas, in addition to OC.

Irritants may not be as effective as OC at causing temporary injury to those under the influence of drugs or alcohol, but are still extremely powerful. Other Mace brand sprays also contain a UV marking dye that will appear on your assailant's clothing or vehicle and can be useful in apprehending him or her later. Along with common sense, Mace is an invaluable addition to your personal protection plan.

The best way to use your Mace pepper spray in a situation is carefully. Hopefully, you will never need to use it, but if you feel threatened, you should keep these things in mind:

You are certain that your life is being THREATENED

"Spray and Move"—as soon as you spray your attacker, MOVE away

Always stand UPWIND from your Mace spray

Remember to call 9-1-1 and/or the police to report the assault or attempted assault—reporting crime can save lives, including your own.

It is illegal to use Mace sprays as a prank or to intentionally harm someone who is not hurting you. Some states have restrictions on Mace sprays and OC pepper sprays, so you should always check

## Mace Pepper Spray. One In Every Six Women Is Assaulted In Her Lifetime

with your local law enforcement agency before purchasing any Mace brand products. You should also be aware that Mace expires, and should be regularly tested for spray function. Some helpful tips to keep in mind before and after purchasing.

Mace include:

- 1, Checking with local law enforcement regarding Mace restrictions
- 2, Testing your Mace every 90 days to ensure spray function is fine
- 3, Replacing your Mace yearly to ensure its effectiveness & potency

Mace brand pepper sprays are extremely effective at impairing vision and breathing, and come in a broad range of sizes, styles, and concentrations. Some Mace pepper sprays come with belt clips,

Velcro attachments, or key rings so that they stay close to your person when you are out and about. If you jog, work outdoors, walk your college campus, or do any activity outside your home that puts you at risk for a potential assault, Mace brand spray is a convenient means of personal protection.

Ralph Winn has over 32 years of experience in the security industry. Throughout his career, he has developed cost effective security programs for numerous small, medium, large commercial and government properties and for many nationally known corporations.

<http://www.homesecuritystore.com>

### **Verbal Self Defense - A Critical Factor in Self Defense for Women**

**By Michelle Annese**

#### **Verbal Self Defense - A Critical Factor in Self Defense for Women by Michelle Annese**

Verbal self defense, the use of your voice in a threatening situation, is an extremely important tool in protecting yourself. How? Uncommon to popular belief, criminals do not pounce on an individual when the mood strikes them. They attack when they see an opportunity available to them. If it's easy, they will take it. They will prey on those who are weak, unaware, and an uncomplicated target. Criminals will act on premeditation, or stalk their victims ahead of time before attacking. If you show that you are familiar with your surroundings, walk with confidence, and give off the impression of strength, a criminal will not want to work to fight you.

Keep you eyes on everyone. Just because they might not `look' like an attacker, doesn't mean that some guy in a business suit can't be one. If someone is approaching you, look them in the eye, hold out your hands in front of you and yell "Stay Back!" or "Stop!" Most sexual assailants interviewed say that they leave a woman alone if she showed that she wasn't someone to be messed with or wasn't afraid to fight back.

## Mace Pepper Spray. One In Every Six Women Is Assaulted In Her Lifetime

It's called putting up a verbal boundary or verbal self defense. Many who have used this as part of their self defense training say they were amazed when they stepped toward a threatening stranger and yelled "Back Off!" in a strong, assertive, projecting voice. And the would-be assailant did just that.

Using pepper sprays can work in the same manner. Just by aiming at a potential attacker and yelling, "I have pepper spray!" can be a deterrent. That's if it is in your hand at the time.

Pepper sprays are only effective if properly used. Telling your would-be assailant that you have pepper spray... and it's at the bottom of your purse is not effectively using it, or any weapon or self-defense product, for that matter. Whether its mace, a stun gun, or even your keys, have it readily available, in your hand. More self defense products can be found online at on this great website [www.safetyquestproducts.com](http://www.safetyquestproducts.com)

Knowing how to use these devices also plays a huge role in protection. You must know how the device works and be familiar with it. How? Practice. Practice. Practice.

When using mace, go outside and shoot a tree. See how the pepper spray really works. See the distance it takes to reach a target. If you're going to use your keys, pre-plan ahead of time just exactly where on an attacker you would jab them. The eyes and throat are terrific targets. Tell yourself, "I will use this if I feel my life is in danger - No Question." and without hesitation.

There are places that actually have computer simulated mace practice rooms. They are extremely life-like. These are the same simulation rooms that police and security officials use for their own training. Check with you local law enforcement to see if they are available in your area.

This type of training helps to program the mind during adrenal-stress. Or another form is called Body Alarm Reaction (B.A.R). You must train the mind with a stressful situation or adrenaline response to

know just how you will react during an actual confrontation or attack. How you react in a B.A.R. moment will let you know if you'll hesitate in a life or death situation.

Knowing how verbal self defense works can be a terrific safety tool for woman in preventing them from falling prey to an approach of a stranger. Verbal self defense is also another way to build your confidence in yourself. It allows women to see the power of their voice, the protection they can have from their voice, and to not feel threatened by anyone.

Michelle Annese is a 3rd degree black belt with 15+ years experience teaching industry specific self defense and safety for women and children. She is author of *The Realtor Survival Guide*, *Protection for Women*, and *The SafeGuard System for Kids*. For more information on how to protect yourself and your family go to <http://www.protectionforwomen.com> Check out other articles by Ms. Annese and get her free safety tips e-newsletter.

Mace Pepper Spray. One In Every Six Women Is Assaulted In Her Lifetime



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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