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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!

The protection of a diving wetsuit

By Jakob Jelling

The protection of a diving wetsuit by Jakob Jelling

Wetsuits are meant to keep divers warm by giving them thermal protection. There are some important guidelines which a diver should learn regarding the wetsuit he might acquire and use. First of all, it is important to know that they are usually made from neoprene; most of the times open cell neoprene. Besides, when wetsuits have a coating added to the neoprene they are easier to be worn and taken off.

The practice of free diving and scuba diving imply the use of different kinds of wetsuits. While a 5 mm thick wetsuit would be ideal for keeping warm a free diver, a scuba diver would need a 7 mm thick wetsuit to achieve the same results. Besides, while most free diving wetsuits don't have a zipper, most scuba diving wetsuits do come with them.

If you are looking for an open cell neoprene wetsuit, it is important that you have into account the fact that they can be easily damaged. If, for example, you are going to use jewelry under your open cell neoprene wetsuit, this could easily damage it and open it, so you should be very careful with it or try to find another kind of wetsuit instead of it. If you have long finger nails you should be careful as well since you could damage it while putting it on or taking it off.

It is also important to have in mind that free diving wetsuits should fit the diver in order to work well and give him the proper thermal protection. If a free diving wetsuit is loose or too tight it would not give the protection it should and it could even become a problem since it could be an obstacle to the diver's movements.

There also are recommendations on how to maintain and store your wetsuit. In order to store it properly while you are not using it, you should hang your wetsuit up avoiding folding it since that could damage it. Besides this, you should make sure to wash the suit after using it and make sure to wash all salty water off from it.

Jakob Jelling is the founder of <http://www.divepilot.com>. Please visit his website to discover the world of diving!

Great White Shark Diving at Guadalupe Island

By C.C.

Great White Shark Diving at Guadalupe Island by C.C.

Guadalupe Island's 100-foot visibility is evident in its crystal-blue water. Unlike the Farallons or South Africa, Guadalupe Island has great visibility. This allowed us to see the great whites from a distance giving notice to get the cameras ready.

Our white shark encounters provided action from daybreak until sunset. Swimming slowly and cautiously around our shark cages were male and female white sharks ranging between the sizes of 12 to 16 feet in length. During close-up passes, the sharks looked directly at us, revealing the different color variations in their eyes. The center of their eyes is not black as described; they are actually brown. While staring into the eyes of one of the great whites, I noticed a thin, beautiful, blue circle. The great whites also have cones in their eyes. Animals having such cones are able to see different colors; therefore, it is likely that great whites also see color variations.

The water temperature at the island ranges between 70 - 75 degrees Fahrenheit. A 7mm wetsuit with a hood and boots, or a drysuit is recommended for exposure protection. I used a ¼ inch wetsuit, but I plan on having a drysuit for next year's trip. Most of the participants wore wetsuits and were just fine—some were even a bit warm.

The last day of the trip we enjoyed an extensive visit from two California sea lions. Enchanting encounters to say the least—watching the ballet-like movement of the sea lions as they swim through the water. Next year's escorted trip to Guadalupe Island will be September 20–24, 2004. The cost of the trip is \$2,350 per person bunk quarters, and \$2,550 for private stateroom. The adventure is worth every cent to see the ocean's apex predator up close and personal. For those who wish to come along for a once-in-a-lifetime opportunity contact TerraSea Travel & Tours toll free at 1-800-403-8488 or visit their website at www.terrasea.net

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TerraSea customizes individual and group tours for scuba diving travel adventures to fit your needs and desires. Their knowledge and expertise of travel and destinations provides first class service for a first class trip, and guarantees the lowest price with the best value.

TerraSea also offers land adventures where you can visit the Maya ruins, travel up river through a nature preserve encountering beautiful tropical birds and monkeys, go hiking through a rainforest, or explore the Australian Outback.

None



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