

## Prep Blog Review: Are You Ready For Disaster?

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Does anybody know what kind of disaster will hit us first? Will it be a quake or an EMP? Or rioting in the streets and civil unrest are the ones we should fear of, in the first place, as the middle class in the United States becomes poorer and poorer?

Whatever will strike us - because it's a matter of WHEN not IF - you have to be prepared for facing outside distress, and also you inner fears in order to survive. So, let's see what useful articles on survival and preparedness we found for you this week.

### 1. How Much Ammo Do I Need for SHTF?



"A common question when preppers begin the process of accumulating supplies and knowledge is How much ammo do I need for SHTF?

Of course, if you don't have any firearms, the question is more likely, how much ammo do you need meaning the person like me? Because anyone with a gun in their opinion doesn't need it and any ammo except maybe a single box is too much."

Read the article [here](#).

### 2. Survival Tactics: Understanding Your Fight-or-Flight Response and How to Control It



"The stress response our body goes through when we encounter a dangerous situation is largely automatic. Chemical reactions occur and hormones are released, causing involuntary responses that increase your resistance to pain, increase strength and endurance, and even improve your body's ability to clot wounds.

However, relying on purely instinctual reactions in any kind of dangerous situation can cause you to behave foolishly even in situations where the solution is obvious because stress clouds your mind."

Read the article [here](#).

### 3. 8 Things You Should Know Before Buying a Gas Mask



"The driving plot behind some of our best-selling post-apocalyptic fiction novels in America is a looming reality for many people and nations in the world.

As droves of Israeli citizens line up at the post office in Israel to pick up their government-issued gas masks, many of us can't help but ask the depressing question, "Should I buy a gas mask?"

Read the article [here](#).



## 3-Second Test Tells You If Your Family Will Survive A SHTF Situation

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