

THANK GOD I'M ALIVE TO SEE 2025!©

by Dan Pemble, Kissimmee, Florida – January 1, 2025

Dear Friends, I'm sure that most all of us have read stories about "choking incidents" and how the "Heimlich Maneuver" has saved many lives!? Choking is an unpredictable/unfortunate event that has been experienced by many others and can indeed result in death. Who would ever think it could happen to YOU? Well, I just had a first-hand experience of my own on New Year's Eve 2025! As always, my only interest in posting any/all of my articles is not for self-glorification, but to share experiences and information that I feel can be of interest and benefit to ALL!

Just prior to sitting down to a special New Year's Eve dinner in the comfort of my own home, I found myself chewing on several jelly beans and then it happened! Somehow one of these small/round candies found its way into my "windpipe" and I became panic stricken while gasping for air, coughing, spitting and pleading with my wife to help me by performing the Heimlich Maneuver. She was not familiar with the procedure, but as my attack continued, she squeezed me around the middle and as I continued to cough and gasp, the intruding jelly bean literally shot out of my mouth and I was able to breathe normally once again! This event was extremely scary to me and at my age of 80 I honestly wondered if this was to be my demise!

Given the unpredictability of a choking event occurring to you or others, I believe we should all acquire and retain a thorough knowledge about exactly how/when to utilize the Heimlich Maneuver as well as how/when to apply other life-saving measures such as CPR. To this end, here are some excellent sources from which you can acquire this knowledge:

HEIMLICH MANEUVER

<https://www.emergencyphysicians.org/article/health--safety-tips/choking--heimlich-maneuver>

CPR (CARDIOPULMONARY RESUSCITATION)

<https://www.redcross.org/take-a-class/cpr/performing-cpr/cpr-steps>

You owe it to yourself to acquire some knowledge related to these potential life-saving techniques because some day you just may be personally responsible for saving someone's life!



FIRST AID

MindSet TecNiques™