Survival-content

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**SUBJECT: You Don’t Need A 20-Pound Chinook Salmon, <firstname>. Any Ol Guppy Will Do...**

Survival, to a large degree, is about balancing activity-based caloric expenditure with calories gained from food sources. If we do not take in calories, then our bodies cannot continue to function optimally, if at all.

One basic skill that every survivalist ought to have in their arsenal is fishing. Fish provide protein, healthy fatty acids called polyunsaturated fatty acids (PUFAs) and other imperative nutrients that help to keep us alive. In a survival situation, you need to have at least some rudimentary method for casting a line, setting a trap or otherwise hunting for fish.

When compared to many other types of meat gathering, fishing saves energy. You can set back and watch for your lures or bait to do the work for you - and save your energy for more important tasks - like eating the fish!

Staying alive is about being humble; not showboating about anything. If you can gain some calories from a fish, then do it. In hungry times, even a little guppy minnow can keep you going another few hours. That could be all you need. Visit XXX to learn more, right away.