

August, 2015

# *Put Old on Hold*

## *e-Magazine*

*Advocating Balanced Lifelong Growth and Productivity*

**Barbara Morris:  
The California Real  
Estate Exam— A  
Reality Check**

**Joyce L. Shafer:  
Every Fear Hides A  
Wish**

**Good Stuff To Know  
This Month**

**Short Shorts:  
Girlfriend Gossip And  
More**

**John Paul Ouvrier:  
Don't Let Reading  
Hurt Your Balance**

**Lura Zerick:  
Switching Back And  
Forth**



# What's Inside

**Don't Let Reading Hurt Your Balance - 3**

John Paul Ouvrier

**Older People Used And Abused On TV – 5**

Barbara Morris

**Every Fear Hides A Wish – 7**

Joyce Shafer

**Switching Back And Forth - 9**

Lura Zerick

**Getting A Real Estate License In California– 11**

Barbara Morris

**Short Shorts - 14**

Barbara Morris

**Good Stuff To Know August 2015—16**

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# Don't Let Reading Hurt Your Balance!

By John Paul Ouvrier



Reading is wonderful. Wonderful for your intelligence, as a pas-time, to look forward to, to enjoy, to share, etc. Yet reading and the physical position that most of us read in, sometimes for hours at a time, can affect our balance in negative ways. Let me share a story with you:

I was called to work with a wonderful woman in her late 80's named Thelma. Thelma had developed a balance problem that no one could seem to fix. She was having trouble walking, especially when she first got up from sitting. She didn't like this because she had been walking with a group of girl friends for years and wanted to continue. Yet she was rapidly losing confi-

dence in her walking skills.

Thelma had been to the doctor (and so should everyone who has a balance problem firstly), and the doctor had cleared her medically. Her ears were fine, her brain was fine, her nerves were fine, so he sent her to the physical therapist.

The same thing happened at the physical therapist. He cleared her as well. So what was the problem?

I decided to see what her daily habits were, and where and when she was experiencing the most amounts of balance problems. It turned out she would have the most amount of balance issues after sitting and reading for a long time, and then trying to get up and walk. And in her case there was the answer.

Thelma told me she was an avid reader, in fact she didn't just read books, she devoured them! She would read up to six hours a day; she would get a good book, some tea and food, and

*(Continued on page 4)*

read the better part of the day.

I asked her to show me the position she read in, and then I knew. She sat in her favorite wing-back chair, with the book in her lap, head looking down to the book. Head looking down... collapsed spine... for hours at a time... can affect anyone's balance, especially an older adult.

So what did your favorite fitness author do? I told her what I have taught many adults and school children to do:

If you read or study for hours at a time, do so with your head up and back, ideally with your upper body in a reclining position. If you can't recline, sit up tall, and arrange your reading material so that it is in front of you, rather than below you. Many people do this by sitting in a chair or in bed by putting pillows under their elbows to bring the book up closer to the eyes. Here's the bottom line, if you're at the age where your spine, or your ears, or your nerves will be impacted by being in a poor body position for hours at a time, and you can control that position, then do so. If you don't you could suffer from any number of problems, balance included.

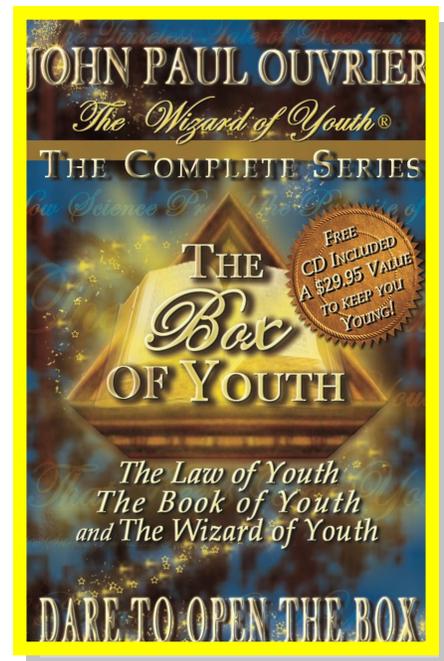
This is just as true for people who watch lots of television. We all know someone who reads or watches TV every night and falls asleep chin to chest, slumped downwards.

My friends, listen to me carefully: If you continue to spend hours of your life in a position like this, eventually your body will accept this position as normal, and you will then have your own problems based on compression to the spine, or inner ear issues, or eye issues, which could adversely affect your balance, as well as many other health issues.

We are not designed to sit all day, yet if you do ( I think we all do ), please find a safe position to read, study, and watch TV in. Your balance may depend on it.

**~Because you're stronger than you think, and you can do more than you know!~**

John Paul Ouvrier, known as The Wizard of Youth, is a fitness trainer who specializes in working with older adults. Please consult with your doctor or medical professional before beginning this or any exercise program or advice. The contents of this article do not constitute medical advice. Contact him at [John@wizardofyouth.com](mailto:John@wizardofyouth.com), and bring him in to entertain your audiences! <http://wizardofyouth.com>. & <http://fitness4charity.org>.



# Older People Used and Abused On TV

By Barbara Morris

Some of the most questionable representations of older people are found in TV advertising and programming.



There are basically two types of TV ads directed to older people: "serious ads", and for lack of a better word, "funny" ads.

In serious ads, older people are portrayed in traditional roles, generally living the good life, having fun with friends and family. Typical ads predictably show old people cutting flowers in the garden or playing ball with grandkids. That's nice, but don't old people do anything else? Many old people actually work or are otherwise productive. Why not show them in a productive capacity?

Ads for drugs are particularly offensive. In a typical ad, the ad voiceover warns about potential serious side effects such as infection or death, while in the simultaneous visual portion of the ad older men and women are shown as orgasmically "happy, happy, happy" One example of such an ad is for the new diabetes drug Farxiga. If you have not seen the commercial, here is the [video](#). While some of the side effects of the drug are rattled off during the commercial, it's not the whole story, A more complete [list of side effects](#) obtained at Drugs .com is alarming. While potential side effects for women are troubling, men in particular will be grossed out when they see what may happen to their penis.

Apparently the ad works, and understandably. If you have diabetes and have difficulty managing it, you do what the ad tells you to do: You "ask your doctor if the drug is right for you." And the doctor, probably not aware of the full range of possible side effects replies, "Sure. .. give it a try". The obvious question should be, "why should you ask the doctor what's right for you?"

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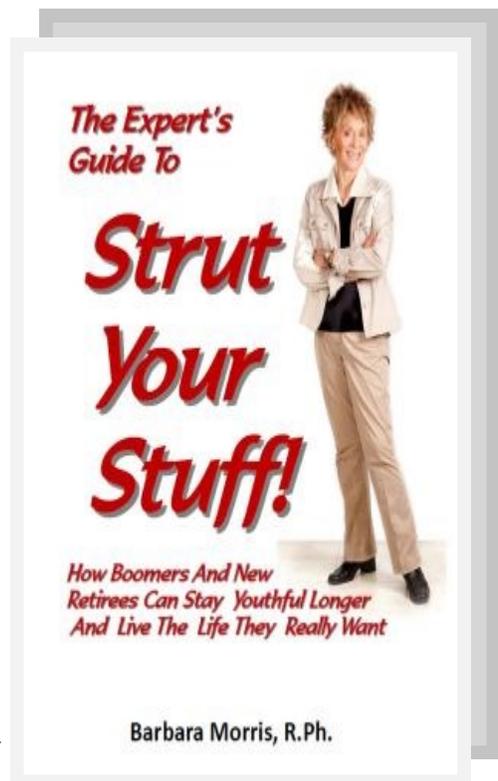
Shouldn't the doctor know what's right for you without your prompting? It's all about the money. If you have stock in Farxiga's company, AstraZeneca/Bristol-Myers Squibb, you should be happy, happy, happy.

Overall, the message in these ads is that it's safe for older people to take potential time bomb medications. In reality, not so much. Law firms advertising on TV for clients harmed by government approved medications must really be raking in the dough.

### NOT SO FUNNY

Then there is "funny" advertising that uses old people for laughs, or portrays them as semi-senile, engaging in ridiculous or inappropriate behavior. For example, in a recent car commercial, an old woman flirts with an embarrassed young car salesman, gives him a "finger kiss" and asks "do you come here often"? It's difficult not to giggle but it's embarrassing to watch. Here's the thing: Advertising is powerful and portrayals of old people behaving inappropriately carries over to the "real world" and it becomes okay to mimic asinine behaviors in real life.

As for TV programming, I no longer watch sitcoms so I don't know if things are now better or worse for old people. What I do know is that TV programs can play a role in promoting disrespect for old people. Betty White's TV program "Off Their Rockers" (thankfully gone) was so bad it was difficult to sit through an entire program and watch old people behave like escapees from a mental institution. It did nothing to promote respect for the elderly and Betty should have known better. I hope it is not resurrected in reruns but I would not be surprised to see it again. In the world we live in, anything for a buck.



# Every Fear Hides a Wish

By Joyce L. Shafer



The article title is a line of dialogue from a movie. I shared it with a friend who emailed back, "What does THAT mean?" So, let's consider what it may mean to you and to all of us.

It could mean we wish the opposite of what we're afraid of were true instead. Or, if we fear instability in some area of our lives, perhaps we wish security in this matter was etched in stone so we never had to think about it or fear it again. It could mean we're in denial. Denial of what-is and of what we feel is never a good thing. It leads to more of the same or worse happening because we aren't addressing what needs to be addressed. Denial of what-is or what we feel makes us feel and behave like a victim, of any circumstance and of ourselves.

Dealing with a fear (or managing it) is something we can develop inner tools for. Making wishes become realities is also something we can do if we apply ourselves at the inner and outer levels. So what would be the next step in considering this?

In my opinion, whether it's a fear or a wish we're considering, I think that ultimately we want to feel strong. We want to feel a level of self-trust so that fears and wishes are matters we readily address but perhaps differently than we may have before. It all boils down to one underlying thing: **We doubt we can or will be able to handle ourselves physically, mentally, emotionally, or even spiritually in the face of certain challenges, be it a fear we feel or a wish we desire to be a reality.**

Self-trust and security have a partnership. Security, as much as our ego self would like it to be an outer experience, is really an inner one, and it's based on or in self-trust, and trust in Source. Everything changes; and that can rattle our sense of security pretty darn fast. However, when we KNOW our sense of security (or, perhaps preferably, *serenity*) comes from within, change might stir (or roil) the waters of our life, but we know we can restore inner balance by pulling from the strong

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foundation of who we know ourselves to be, and especially, our trust in Source. When we have a defined level of self-trust and trust in Source, we know we can manage ourselves through any gust or gale. Our self-trust and trust in Source *is* our security, and our serenity. And when we have the mindset that any step we take or choice we make will lead us to learn something about ourselves so we can grow, we realize we cannot ever fail.

Perhaps the next time you feel a fear, look for which wish accompanies it; though, you'll likely find the ultimate wish is that you believe in yourself enough to trust you can handle whatever comes your way, whether that's to take an action that creates a positive shift or to choose to release something or someone from your life that or who is taking life force from you rather than contributing to your joy and fulfillment.

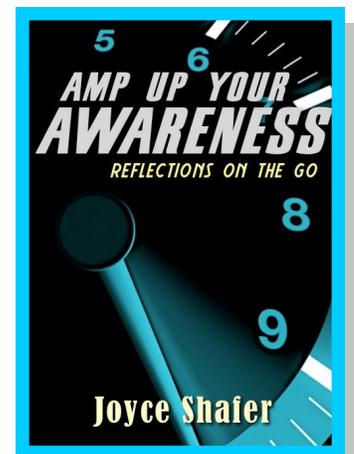
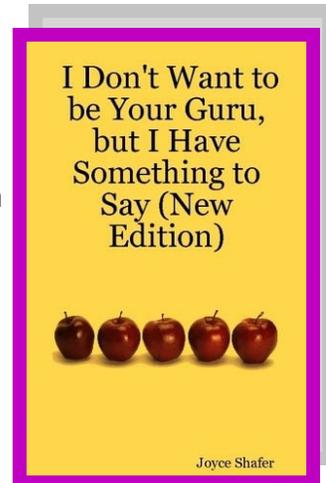
Ask yourself how you truly want to feel about any matter. Then ask yourself what stops you from feeling that way now. You may quickly realize the only thing that stops you is that you made a choice based on your level of self-trust, even if that choice was to believe you are confused. You can give yourself permission to feel the way you wish to feel, no matter what, and trust yourself and Source. You can realize there are only steps that lead you to grow and learn. Try it. Watch what happens in your life as a result. It's a good practice, one you'll appreciate.

Practice makes progress.

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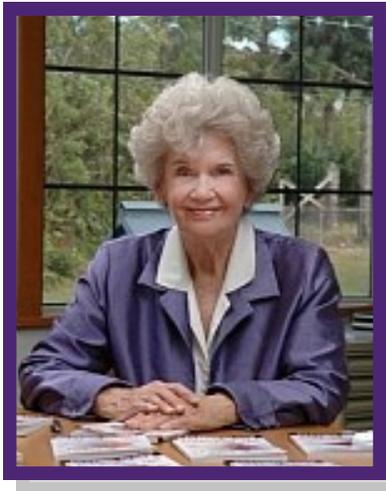
You are welcome to use this article in your newsletter or on your blog/website as long as you use my complete bio with it.

Joyce L. Shafer is a Life Empowerment Coach dedicated to helping people feel, be, and live their true inner power. She's author of "I Don't Want to be Your Guru, But I Have Something to Say" and other books/e-books, and publishes a free weekly online newsletter that offers empowering articles. See all that's offered by Joyce and on her site at <http://stateofappreciation.weebly.com>



## Switching Back And Forth

By Lura Zerick



At this time of year, like many of you, I stay busy at the thermostat switching from heat to air conditioning. I'm not whining; actually I laugh at my having to do this. In S.E. Alabama, it is not COLD yet but cool enough in the early morning hours to have some heat for more comfort. A fact that might surprise many is that every four or five years, it SNOWS here...maybe two inches.

When I think how easy it is now to be comfortable, I am reminded of my early years growing up on a farm in the Florida Panhandle. There was no thermostat; we had windows that we opened in the summer for fresh air. For warmth in the winter, we had a fireplace that allowed most of the heat to go up the chimney. The wood stove in the kitchen probably provided

most of the warmth.

In order to have either of these, my older brothers' evening chores included 'getting the wood in'. As I got older and some family members left home, it became MY job to help with the wood. To start a fire in the stove or fireplace, there had to be 'splinters'; small strips of 'fat' wood that would start to burn quickly. These were placed so air could circulate between the wood strips and the fire would grow. Then another kind of wood was placed over the fire, either short pieces of oak wood for the fireplace and/or 'stovewood' put on the fire in the stove. This was usually pine wood, already dried so it would burn easily.

Before this could happen, several steps of preparation had to be taken. Since there were pine trees all over the woods, two brothers had to 'cut down' a chosen tree, using a 'crosscut' saw. Then the trunk was sawed every 8 or so inches, making short logs. These were then split into

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several pieces, maybe two inches thick. THAT is where I came in; I could help 'stack' the pieces of 'green' wood so the air could dry it. This was done by placing two pieces of wood on opposite ends of two *other* pieces, leaving space for air to go through the stack as it dried the wood. Otherwise, the wood stove would be almost useless because green wood is difficult to burn. All this happened at the spot we called the 'woodpile'.

Every country home had a wood stove, a fireplace and a woodpile. This changed later when kerosene stoves became popular. There was an element of danger but the country folks got more accustomed to cooking on a kerosene stove. We STILL had to bring in the split oak logs for the fireplace, as well as the splinters to start the fire.

Later, electric stoves were available to those who had electricity. Women on farms were happy to simply 'turn a knob' and be able to cook. Men were happy because they no longer had to cut trees down with a saw to make it ready to use in the woodstove.

The old saying of 'time changes everything' is true. Time has certainly changed the work of the 'olden days' and made life easier and better for all.

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83-year-old Lura Zerick is the mother of 5 adults, grandmother of 12 and great-grandmother of 7. She was born and raised in the Florida Panhandle. After living in Miami, Atlanta, Tampa and other cities, she now lives on six acres of woods in S.E. Alabama, near Geneva.

Lura has been involved in writing since 1965. Her freelance articles are published in regional and national magazines. She has authored five books: *Who Do You Think You Are?* (1989), *The Golden Olden Days*, (2002), *Getting Older and Enjoying It!*, 2004, (This book was one of three chosen across the USA to be featured in an article written by Donna Childress and published by the National Council on Aging in Washington, D.C. in the Fall/Winter issue of their publication, INNOVATIONS.) *River Villa*, 2007 and *The House of Esther*, 2011.

Lura has composed lyrics and music of 70 gospel songs and recorded 15 songs on 2 CDs. She continued to sing until age 80 and does now occasionally. She sang show tunes and popular songs previously in nightclubs, a cruise ship, with several TV guest spots.

She wrote and produced a weekly, then daily, radio program, *Encouragement for Today's Woman*; edited and published *Living with Hope*, a quarterly newsletter using the writings of women across America; co-hosted a 2-hour weekly radio program, *The Saturday Morning Show*; participated in and co-produced a Sunday afternoon gospel music radio program.



# Getting A Real Estate License in California: The Scoop On What You Need To Know

By Barbara Morris



I recently passed the last hurdle in my quest to get my California Real Estate license. In retrospect, the final exam seemed like trying to pass an entrance exam to get into Harvard Law School or qualify to become a secret agent for the CIA. It was that daunting.

At the start of my odyssey, I enrolled in the Kaplan Real Estate School. I studied my little tushie off. I was in it to win it. I studied the material and attended interactive online classes. It didn't take long before I started to think it was too easy so I purchased every prep course that promised to return your money if you didn't pass the final exam on the first try. As it turned out, for the most

part, they were a waste of money, but I can't ask for my money back because I DID pass the final exam.

On practice tests I was getting over 90% correct and feeling drunk with power. Ask me anything about encumbrances, appurtenances, prescriptive easements, lis pendens, capitalization, trust deeds, the significance of the Unruh Act or Rumford Act. I had the answers down cold.

Nevertheless, in the back of my head I kept thinking that knowing what I knew was not enough. There HAD to be more because the word is that only 50% of those taking the exam pass on the first try. Many take it multiple times.

## **EXAMINATION DAY**

My intuition was correct. There WAS more -- A LOT MORE I needed to know which I discovered on examination day.

For example, I was not prepared for the stress involved in just getting into the examination room and having to follow precise, detailed instructions about what had to be done before actually taking the test.

*(Continued on page 12)*

(Continued from page 11)

You are instructed to arrive at the test center half an hour early. I arrived 45 minutes early and had to wait for the door to be unlocked EXACTLY at the appointed time. Once allowed inside, you are told what to do in the EXACT ORDER you are required to do it.

First, you are instructed to go to the rest room. (This is optional, of course, - you are not required to go.) I went. May as well go while the going is good, right? The exam may take up to 3 -1/2 hours to answer 150 questions. If you want to leave the exam room for any reason you must follow a specific procedure and be accompanied by a proctor. (For some reason, a vision of the "soup Nazi" character on Seinfeld came to mind.)

Upon exiting the restroom you are instructed to go to a locker and deposit into it EVERYTHING on your person, except your ID. You are not allowed to have a pen, phone (you must turn it off -- which I had trouble doing. People looked at me like, "what a moron!"). You may not wear a watch, have a purse, wallet, or drink. NOTHING in pockets. You are under the watchful eye of an official the entire time. (I was concerned that a strip search might be imminent.)

After depositing EVERYTHING into the locker, you go to a desk and show your ID. Your hands and arms are inspected to make certain there are no crib notes. A young man seen with a "care" label hanging out of his jeans caused a stir. I expected to see flashing red lights, a blaring siren and perhaps even a SWAT team barging in. (And rightly so, I suppose. Can't be too careful -- a clever criminal could get a lot of crib notes on that one inch piece of cloth.)

***I found a possible chink in the security procedure: hearing aids -- you are not required to remove them. Given advances in technology who knows what information hearing impaired test takers might have access to. With mine, I hear voices giving me secret information all the time. (The rumor that I have been told what's in Hillary's emails is not true.)***

You are given a numbered mouse that corresponds to the number of your assigned computer and assigned desk. You are instructed to place your ID and your locker key in the upper right hand corner of the desk where it can be seen by constantly circulating proctors. I failed to place my ID in the PRECISE position so it was quickly adjusted by a proctor. I was hoping this infraction would not disqualify me.

You are supplied with a calculator, white board, and a useless worn out broad tip Sharpie. Fortunately, I didn't need the calculator or the Sharpie.

Fully inspected, relieved of your possessions, and outfitted with allowed test-taking necessities, you are escorted to your assigned desk and assigned computer.

I began the exam and quickly realized my intuition was spot on. Very few prep test questions were on the exam.

(Continued on page 13)

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The majority of questions were lengthy, complicated, and loaded with "gotcha" elements, as were the potential answers. For example, it was easy to miss the significance of the word "only" in a question and as a result, answer a question incorrectly. There were terms and concepts I'd not seen before. (An armful of crib notes would have been useless) I figured I was in trouble because a score of 70% is needed to pass.

I finally finished and was escorted out of the room. (Being escorted really makes you feel special -- know what I'm sayin"? The atmosphere was so tense I felt like a prisoner on death row being led to my last meal.)

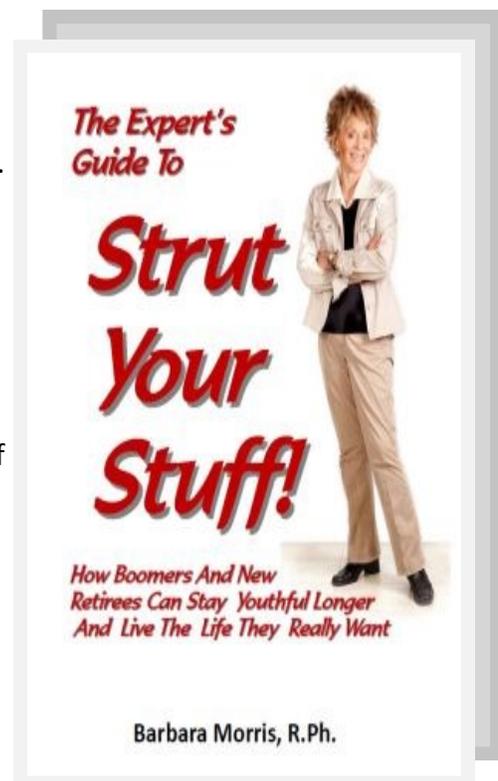
Again, everything happens in precise order. You are immediately told to go to the rest room (optional, of course). I went, totally dejected and angry that I had invested so much time and money on prep tests. I thought to myself, "If I don't pass this, I simply can't invest as much time and effort to try again." I was THAT convinced I had not passed.

### THE MOMENT OF TRUTH

Upon returning from the rest room, your fate is revealed in a sealed piece of paper you are given. You are told you may not unseal the paper while in the building and you may not discuss the test when you are outside.

Imagine my shock when I tore open the sealed paper and saw "CONGRATULATIONS!" It took a while to sink in. A young man standing next to me was in tears, looking at his paper and holding his head. He muttered, "OMG, this can't be happening again." I felt his pain.

I don't know -- perhaps I AM qualified to get into Harvard Law School or qualified to become a secret agent for the CIA. It can't be much more challenging than trying to get a real estate license in the People's Republic of California.



# Short Shorts

Gossipy girlfriend stuff and other interesting tidbits



**By Barbara Morris**

## **Well, I Did It!**

Good news! Really, it's beyond good news. It's a miracle. I passed the California State real estate exam. What an exhausting experience! I went into the final exam feeling drunk with power because I thought I knew everything -- but wow, what a jolt of reality I got. The test questions were totally unrelated to prep material I had spent so much time studying. To add to the stress, security measures at the examination site designed to deter cheating were really over the top and I have written a humorous (okay, snarky) account of the experience. [Read it here.](#)

## **If You Don't Like To Cook (And I Don't)**

Not only do I not like to cook, I am not a Foodie. My only requirement for food is that it is nutritious. Did you know Costco sells shelled hard cooked eggs? A great convenience. For lunch, or for anytime, I pop two of those puppies into a blender, add a large bunch of fresh greens, add a dollop of fish oil and fill up the container with a favorite fruit or veggie juice and I'm good to go. Does it taste good? Who cares. As my Mother used to say, "Drink it -- it's good for what ails you." On a nice day you can take it outside, sit under an umbrella and sip it slowly as you contemplate your navel, the state of the world or whatever turns you on.

## **Irritable Bowel Syndrome (IBS)**

Countless people complain about IBS symptoms that make life miserable. I am often asked, as a pharmacist, what they can do about it and I have not had a good solution until now. The July issue of [Life Extension Magazine](#) (now online) has an [excellent article](#) about the condition.

*(Continued on page 15)*

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From the article: "While no medical treatment addresses all symptoms of irritable bowel syndrome, recently published clinical trials demonstrate that *Perilla frutescens* leaf extract and the patented probiotic organism *S. cerevisiae* can provide relief from IBS (irritable bowel syndrome)." The product is called Tranquil Tract.

Those who have tried it are enjoying different degrees of relief -- some dramatic. If IBS is your nemesis, check out the product mentioned above. (This is not an affiliate pitch. I have no financial interest in the product.)

### TV Ads and Old People

Some TV ads drive me up the wall, especially those for medications. One in particular is for the new diabetes drug, Farxiga. If you have watched the commercial, are diabetic and wondering if the drug might help you, you would do well to arm yourself with information before even thinking about asking your doctor about it. (If you haven't seen the commercial, [here is the video](#).) While women should be concerned about potential serious vaginal side effects, men will be grossed out when they see how this drug may affect their penis. If just one man in a million is negatively affected, it's not funny. He will have a lot of explaining to do to his wife or girlfriend. [Read my article here](#) and see the list of possible horrendous side effects. But don't worry. The FDA says it's safe.

### At 93, Working Full Time

At 93, Betty Reid Soskin is a park ranger assigned to the Rosie the Riveter-World War II Home Front National Historical Park in Richmond, California, writes frequently on her

blog, has a Wikipedia page, and has been interviewed by NPR and People.

She's become so popular, she says, that the park's tour audiences have doubled, tours are now booked months ahead, and the park has added tours to keep up. [Read about her here](#). (Thanks to author-speaker Ann Lorraine Banfield for submitting this inspiring tidbit. Check out Lorraine's site at [www.lorrainebanfield.com](http://www.lorrainebanfield.com))

### Retirement and Alzheimer's -- Is There A Connection?

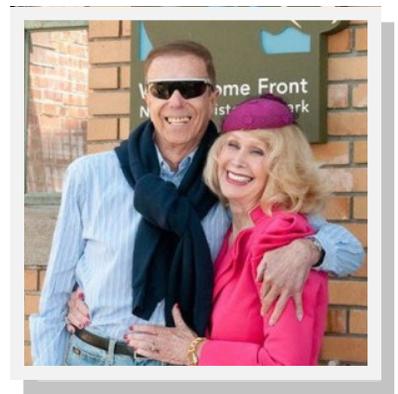
I feel so strongly that traditional, non-productive retirement contributes to premature decline. This video offers stunning evidence that delaying retirement may delay the onset of Alzheimer's. [Watch it here](#).

### Kudos For Patricia Weaver's Documentary

Pat Weaver has been working tirelessly to produce a documentary highlighting stories of the children of the Greatest Generation (World War II). Unfortunately, today much of our history remains untold and unknown, especially to youngsters. [Here is the link to view the flyer](#) describing her work.

Contact Pat if you are interested in knowing more about her work or helping with her project: [patriciaweaver70@comcast.net](mailto:patriciaweaver70@comcast.net)

About Pat's photo: Her happiness jumps off the page. Goes to show that when you are productive and doing what you love, you add joyful, quality years to your life. She is an inspiration.



## Good Stuff To Know August 2015

SSRI antidepressants taken for menopausal symptoms may boost bone fracture risk \*\*\* Sugary drinks linked to high death tolls worldwide \*\*\* Marijuana users substitute alcohol at 21 \*\*\* Smartphones may be detrimental to learning process \*\*\* High-pressure oxygen can effectively treat fibromyalgia \*\*\* Exercise can improve brain function in older adults \*\*\* Attention beach goers: Fecal contamination affects sand more than water \*\*\* Potential treatment for Parkinson's disease discovered \*\*\* Blood vessels can actually get better with age \*\*\* Buyer beware: dental implants prone to fracture



[SSRI antidepressants taken for menopausal symptoms may boost bone fracture risk](#)

The class of antidepressants known as SSRIs (selective serotonin reuptake inhibitors), taken to curb menopausal symptoms, may boost bone fracture risk, suggests research published online in the journal Injury Prevention.

[Sugary drinks linked to high death tolls worldwide](#)

Consumption of sugary drinks may lead to an estimated 184,000 adult deaths each year worldwide, according to research. In the first detailed global report on the impact of sugar-sweetened beverages, researchers estimated deaths and disabilities from diabetes, heart disease, and cancers in 2010. In this analysis, sugar sweetened beverages were defined as any sugar-sweetened sodas, fruit drinks, sports/energy drinks, sweetened iced teas, or homemade sugary drinks such as frescas, that contained at least 50 kcal per 8oz serving. 100 percent fruit juice was excluded.

[Most plastic surgeons now use fat grafting as part of facelift surgery](#)

In recent years, a large majority of US plastic surgeons have adopted fat grafting techniques as part of their approach to facelift surgery, reports a study. Fat grafting—transferring small amounts of the patient's own fat in

*(Continued on page 17)*

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strategic areas—has become a common technique utilized by most surgeons today performing facial rejuvenation, researchers report.

#### [Marijuana users substitute alcohol at 21](#)

A recent study looked at marijuana and alcohol use in people between the ages of 18 and 24. It's probably not surprising that the results show a drastic increase in alcohol consumption in people just over 21; after all, that's the minimum legal age to drink. What an economist-researcher found remarkable is that, at the same age, there was an equally dramatic drop in marijuana use.

#### [Smartphones may be detrimental to learning process](#)

A yearlong study of first-time smartphone users has found that users felt smartphones were actually detrimental to their ability to learn. The research reveals the self-rated impact of smartphones among the users.

#### [High-pressure oxygen can effectively treat fibromyalgia](#)

Women with fibromyalgia, a chronic pain syndrome, were able to drastically reduce, or even eliminate, their use of pain medication following hyperbaric oxygen treatment, according to new research. The researchers also believe they have identified the primary factor causing fibromyalgia: the disruption of the brain mechanism for processing pain.

#### [Treating more adults with statins would be cost-effective way to boost heart health](#)

A new study has found that it would be cost-effective to treat 48-67 percent of all adults aged 40-75 in the US with cholesterol-lowering statins. By expanding the current recommended treatment guidelines and boosting the percentage of adults taking statins, an additional 161,560 cardiovascular-related events could be averted, according to the researchers.

#### [Links found between blood type and risk of cognitive decline](#)

A pioneering study conducted by leading researchers at the University of Sheffield has revealed blood types play a role in the development of the nervous system and may cause a higher risk of developing cognitive decline. The research, carried out in collaboration with the IRCCS San Camillo Hospital Foundation in Venice, shows that people with an 'O' blood type have more grey matter in their brain, which helps to protect against diseases such as Alzheimer's, than those with 'A', 'B' or 'AB' blood types.

#### [Exercise can improve brain function in older adults](#)

Older adults can improve brain function by raising their fitness level, new research suggests. The research indicated that the intensity of the exercise appeared to matter more than the duration.

#### [Attention beachgoers: Fecal contamination affects sand more than water](#)

'No swimming' signs have already popped up this summer along coastlines where fecal bacteria have invaded otherwise inviting waters. Some vacationers ignore the signs while others resign themselves to tanning and playing on the beach. But should those avoiding the water be wary of the sand, too? New research investigates reasons why the answer could be 'yes.'

*(Continued on page 18)*

(Continued from page 17)

### [Your phone knows if you're depressed](#)

Depression can be detected from your smartphone sensor data by tracking the number of minutes you use the phone and your daily geographical locations, reports a new study. The more time you spend using your phone, the more likely you are depressed. Spending most of your time at home and most of your time in fewer locations also are linked to depression. The research could lead to monitoring people at risk of depression and enabling health care providers to intervene.

### [Exercising 300 minutes per week better for reducing total fat in postmenopausal women](#)

Postmenopausal women who exercised 300 minutes per week were better at reducing total fat and other adiposity measures, especially obese women, during a one-year clinical trial, a noteworthy finding because body fat has been associated with increased risk of postmenopausal breast cancer, according to a recent article.

### [It's official: Workplace rudeness is contagious](#)

Rudeness in the workplace isn't just unpleasant: it's also contagious. Encountering rude behavior at work makes people more likely to perceive rudeness in later interactions, a study shows. That perception makes them more likely to be impolite in return, spreading rudeness like a virus.

### [Potential treatment for Parkinson's disease discovered](#)

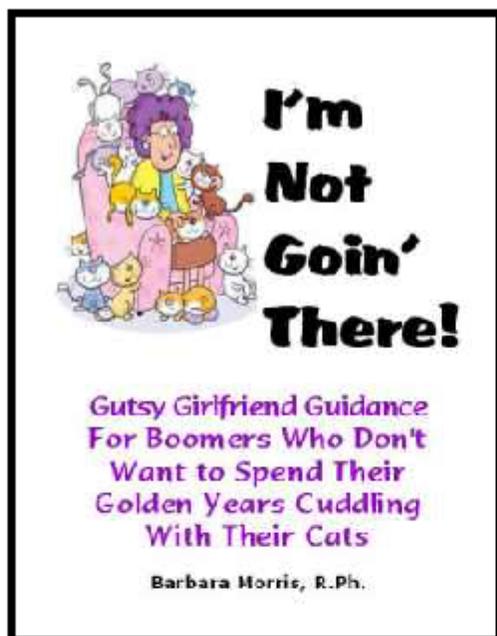
Scientists have found that existing anti-malaria drugs could be a potential treatment for Parkinson's disease. Parkinson's disease is a degenerative disorder of the central nervous system that causes a person to lose control of motor movements, such as the ability to move his or her hands, arms, and legs.

### [Blood vessels can actually get better with age](#)

Oxidative stress has been linked to cardiovascular and neurodegenerative diseases including diabetes, hypertension and age-related cancers. However, researchers recently found that aging actually offered significant protection against oxidative stress. These findings suggest that aging may trigger an adaptive response to counteract the effects of oxidative stress on blood vessels.

### [Buyer beware: dental implants prone to fracture](#)

An examination of 100 discarded dental implants under a scanning electron microscope found that more than 60 percent of them had cracks and other flaws that made them prone to fracturing. More than 3 million people in the U.S. alone have dental implants.



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