

July, 2015

Put Old on Hold

e-Magazine

Advocating Balanced Lifelong Growth and Productivity

Barbara Morris:
**The Ageless Anomaly
Phenomenon**

Short Shorts:
**Girlfriend Gossip And
More**

Lura Zerick:
**Ambushed By
Memories**

Joyce L. Shafer:
**Everything Has A
Reason And A Season**

**Good Stuff To Know
This Month**

John Paul Ouvrier:
**Decide How You
Want To Feel Before
You Exercise**

What's Inside

[The Ageless Anomaly Phenomenon](#) - 3

Barbara Morris

[Short Shorts](#) – 5

Barbara Morris

[Decide How You'd Like To Feel BEFORE You Exercise!](#) – 8

John Paul Ouvrier

[Everything Has A Reason and A Season](#) - 10

Joyce L. Shafer

[Ambushed By Memories](#)– 13

Lura Zerick

[Good Stuff To Know July 2015](#) - 14

Editor/Publisher: Barbara Morris, R.Ph. P.O. Box 937, Escondido, CA 92033-0937 Contact: Office1(at)Cox(dot)net. Copyright © Barbara Morris, R.Ph. 2015

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The Ageless Anomaly Phenomenon

By Barbara Morris



In his book [Successful Aging](#) Dr. John W. Rowe claims that eighty percent of how well we age is the result of lifestyle choices made over time and twenty percent is the result of genetics or environmental influences beyond our control. More recently, Dr. David Perlmutter, author of [Brain Maker](#) maintains it is possible to influence genetic predispositions with diet. Assuming he is right, how many would consistently follow his plan? As just one example of the difficulty involved in following his advice regarding food, skillfully crafted TV ads promoting nearly worthless "cereal" or toaster pastries for breakfast will assure that nutritionally bankrupt edibles will remain as the norm in most homes.

Let's look at another critical element in the aging process: Managing what goes on in the head -- how we think about aging, what we believe about aging, what we allow ourselves to believe or not believe about aging and most important of all -- how we decide to deal with aging, and the cultural cancer called "traditional retirement". You can eat the best diet in the world and it won't matter if you fall for the retirement con.

Wait a second -- traditional retirement a "cultural cancer"? Absolutely. By its very nature traditional leisure oriented retirement exacerbates mental and physical decline and eventual decay. When it comes to aging, the cliché "Use it or lose it" applies. It's difficult to ignore that truism because not only does human nature prefer leisure over effort, the retirement culture message is constantly assuring you that "you worked hard all your life so you deserve to take it easy."

Prior to creation of Social Security in the 1930s, the notion of "retirement" did not exist, nor did the "retirement industry" that exists today. Back then, how people lived in the later years

(Continued on page 4)

(Continued from page 3)

was not influenced or shaped by cultural influences and government policies. People worked as long as they could, needed to, or wanted to. Most didn't live longer than age 68 which motivated social engineers to decide everyone should stop working at age 65 and enjoy the rest of their years in "do nothing" retirement. What a concept! The assumption was, I guess, that death at age 68 or thereabouts would remain static.

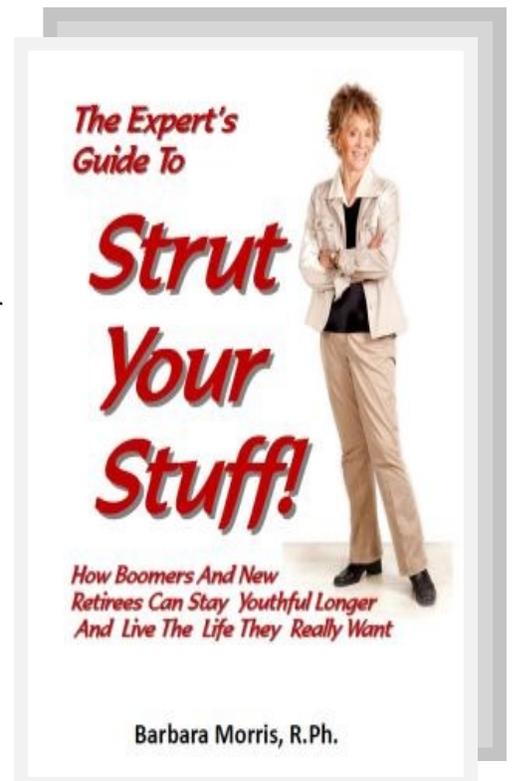
Now we know what was happening at the time but didn't realize it then: The lifespan was rapidly increasing. Those retiring today at age 65 or sooner can expect to live another thirty years. Unfortunately, cultural beliefs and attitudes about aging have not caught up with reality. In spite of the longer lifespan, the culture continues to label those at age 65 as elderly.

The old traditional assumptions and expectations about aging are alive and well and pretty much still control how people age. It takes a lot of guts and gumption to ignore cultural pressures to conform to long standing notions about how to be at a given age. When we see evidence of those who have broken the mold we exclaim, "Aren't they wonderful for their age!"

If you watch "America's Got Talent" you recently saw a 96 year-old woman (with two hip replacements) energetically dance with a 26 year old man. Her mindset was that nothing gets in her way or holds her back -- a mindset unusual for "her age". The enthusiastic audience and judges were in disbelief at what they were seeing. Judge Howard Stern said he hoped it might inspire his parents to get up off the couch.

Increasing numbers of inspiring ageless "anomalies" are coming to light. When we hear about them or see them we don't realize they probably are no different than you or I; they simply decided early on to be different. They decided they wanted to live as they chose, not as the culture and tradition and social pressure dictated.

Can anyone be an ageless anomaly? Given reasonably good mental and physical health, why not? The key is -- you have to want to be an ageless anomaly and make the effort, (and make no mistake -- the amount of effort needed is often considerable) to get to where and what you want to be. The rewards are great if you can muster the determination and staying power necessary to make it happen.



Short Shorts

Gossipy girlfriend stuff and other interesting tidbits



By Barbara Morris

I'm Almost There

An update on the progress of my new career in Real Estate: As you may know, if you want to do anything of significance in California, it's difficult — and expensive. The only thing the State makes easy is payment of exorbitant taxes to support goofy wasteful programs. Right now water is rationed to insure the Delta Smelt (whatever that is) has enough water. Who cares if farmers don't have enough water to grow food for us? Gotta save the Delta Smelt.

But I digress. I have passed the required three online exams and will take the State Real Estate exam on July 7, and passing that, I am told, is challenging — only half of those taking the exam pass it the first time around. I am determined not just to pass it (a score of 70% is required), I intend to ace it. Keep a good thought for me.

Love My New GPS

I have no sense of direction and can't read a map. (I know that does not bode well for my new real estate career but I love a challenge.) When the sun is directly overhead I have no awareness of north and south. When I leave the house I have to make a conscious decision about whether to turn right or left out of the driveway and that "conscious decision" may take more than a few seconds. Yes, it's that bad, and it has nothing to do with age. I've always been

(Continued on page 6)

(Continued from page 5)

“directionally challenged”. In my next life I want three things: a cook, housekeeper and driver. Mostly, a driver with a GPS. Since I have not yet advanced to my next life I have to do my own cooking and cleaning (such as it is) and find my own way around. I’ve had a GPS for a while but it wasn’t great so I decided to get a new widescreen Garmin Nuvi and what a wonderful gadget it is!

Here’s what I like about the new Garmin: it’s better than driving with a girlfriend who constantly chatters about nothing. The Garmin Lady only speaks when she has something important to say and it’s always loud and clear. Not only does she tell you which lane to get into to turn right on Centre City Parkway, she tells you that the Shell gas station is on the corner where you will be turning. If you decide to take a different route she immediately gets you back on track without the usual annoying “recalculating” message.

Most convenient is that The Garmin Lady will sit anywhere. In California you are not allowed to do much of anything except pay exorbitant taxes, (did I mention that already?) so you can’t affix the GPS to the windshield. Which is probably a good thing in this case because the gadget is so big. I can’t put it on the dashboard because the dashboard slopes and the GPS won’t stay put. I have found that The Garmin Lady is happy to sit on the seat next to me. Like I said, it’s better than having a distracting chatty person next to you and you never have to stop so she can go to a restroom.

No Love For Adobe Acrobat DC

I wish I could be as enthusiastic about the Adobe Acrobat software upgrade I recently purchased. I have Acrobat XI Pro on my computer, love it and use it a lot. The one shortcoming is that you can’t edit scanned documents. When Adobe came out with an upgrade called Acrobat DC, a big deal was made that the new upgrade allowed editing of scanned documents. I immediately purchased and downloaded the upgrade. What a disappointment. Clearly, not all the bugs are out of it. It’s a mess.

According to the Adobe website it’s possible to disable the upgrade and get a refund and you are given instructions on how to start the process. That’s the good news. The bad news is that it took the better part of a morning to wait for a “chat” session to open that would hopefully provide a way to get a refund. Long story short, I’ve had to challenge the charge on my credit card — which never fails — sooner or later — to get the refund.

Kudos for Amazon

I love Amazon. Especially the Prime feature. Not only will they deliver the next day, they will deliver on Sunday. Even better — you can return anything and the process is beyond simple. If you don’t want to take your return package to the UPS store, for a small charge UPS will provide a return label and pick up your package at your home. (In California, that’s cheaper than paying for gas). Best of all, Amazon quickly credits your credit card account. Isn’t America great?

(Continued on page 7)

(Continued from page 6)

Beards and Beheadings

A recent edition of the online [International Business Times](#) reported that a blog in Iraq claimed ISIS had “arrested a group of young men for shaving off their beards and locked them in jail for three months. ... If they repeat this offense, ISIL will rule to behead them.” As you may be aware, I loathe, detest, hate and abhor male facial hair. If American men with facial hair had enough guts they would shave it off just to irritate the hell out of the terrorists. Since our impotent government isn’t doing anything to stop, let alone annoy the savages, this is something American men could do without government permission. That is, unless they are in too in love with their sloppy look, and truth be told, apparently the idiots are. Girlfriends, let’s unite and clean up this mess. While they are sleeping, if necessary.

Holly Vellekoop’s Encouraging New Book

Holly Vellekoop’s new book, [Encouragers: Those Who Help Others Succeed](#) is now on Amazon in soft cover and Kindle. I believe you and your family will enjoy reading about those who assist others to succeed and those whom they helped. Holly interviewed many people as to who their encourager was in their journey to success. Some well known people included in the book are:

Lt. Col. Allen West

Stuart Borton, owner Yellow Dog Cafe

Marshall Frank, author and former Miami Detective

Winston Scott, former Astronaut, now VP at FIT

Christian Tamburr, percussionist, 2014 FIT Artist in Residence

John Martino, actor (The Godfather)

Dr. Valerie Allen, author, psychologist

Dr. PMH Atwater, author, noted Near Death Experience researcher

Before You Are Put Out to Pasture . . .

My friend Dr. Helen Harkness, owner of [Career Design Associates](#) in Garland, Texas was quoted in the Dallas Morning News in a very motivating article, “[Boomers have options after no-choice retirement](#)” It’s a must read for boomers and new retirees who haven’t thought about what they are going to do with what is probably another 30 years in “retirement.” Dr. Harkness believes it’s critical to “Plan for what’s next before you’re put to pasture”. Amen to that! Dr. Harkness is guest editor of the Summer, 2015 issue of Career Planning & Adult Development Journal, Volume 31, Number 2. [You can read it here](#). In particular, please read the article "Old people are people too, so let's act accordingly by Aubrey De Grey. It's a "mind opener" that will give or fortify your perspective on the value and potential of "old" people.

Decide How You'd Like To Feel BEFORE You Exercise!

By John Paul Ouvrier



We all know exercise is good for us and makes us feel good, yet few of us actually decide how we'd like to feel before we exercise. Most of us wait until we exercise, and then hope that we will feel good when we've finished. That's kind of like saying, "I will go after my goals and then be happy when I get there!"

In professional sports today, physical fitness coaches will train their clientele to visualize and feel a successful outcome of their particular sport. This is because where the brain tells the body to go, more often than not, the body goes. No one imagines losing the game before they play, and many times, the best and most exciting games go to the one with the strongest will.

So where is your 'will' before you exercise? Where is your vision, your feelings? If you're like most of us, you're more than likely on auto-pilot. You go out, do the best you can and hope to feel good later. Yet the most successful people with exercise will usually tell you three simple words when asked why they are so active; "I love it". Or 'I love being outside', or 'the morning air feels so good', or 'I love feeling good and hate feeling bad'. Certainly there are other reasons, but most people who stick with something do so because somehow they feel good about it.

Taking your feelings into consideration when it comes to exercise is rarely ever talked about, yet without deciding how we want to feel before we begin, we are at the mercy of the body, or our mood, or environment, goal'm Almost There

An update on the progress of my new career in Real Estate: As you may know, if you want to do anything of significance in California, it's difficult — and expensive. The only thing the State makes easy is payment of exorbitant taxes to support goofy wasteful programs. Right now water is rationed to insure the Delta Smelt (whatever that is) has enough water. Who cares if

(Continued on page 9)

(Continued from page 8)

farmers don't have enough water to grow food for us? Gotta save the Delta Smelt. But I digress. I have passed the required three online exams and will take the State exam on July 7, and passing that, I am told, is challenging — only half of those taking the exam pass it the first time around. I am determined not just to pass it (a score of 70% is required), I intend to ace it. Keep a good thought for me.

Love My New GPS

I have no sense of direction and can't read a map. (I know that does not bode well for my new real estate career but I love a challenge.) When the sun is directly overhead I have no awareness of north and south. When I leave the house I had or bad, right or wrong. So what should we do? What is the best proactive approach to take?

Decide you want to feel good today. Decide when you go out and exercise you are going to feel the feelings you want to feel, whether that's younger or stronger, or more energetic, or happy, etc., before you go out and exercise. Don't take the chance that you'll feel great, because you probably won't.

How we feel is not as much something that happens to us, but through us. And if your body isn't told how to feel by your brain, then you're at the mercy of the body. I understand there are bad days, and there are real medical conditions and mental states that are not pleasant, but they aren't made any better not deciding to do and feel the best you can.

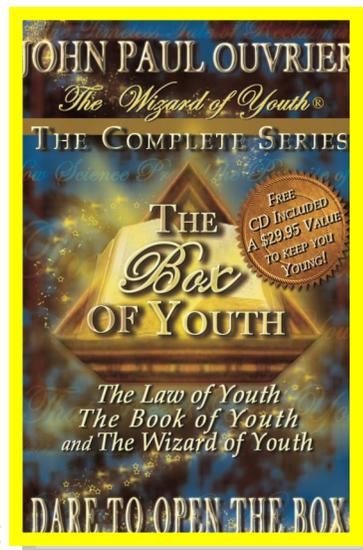
Here's a recipe from the Wizard:

1. Decide the feelings you want to feel before you go and exercise. (Write them down so you can see them later.)
2. Dare to feel them in your body physically before you begin. (Close your eyes and take a few minutes to feel those feelings. Some of us feel better by visualizing performing successfully- whatever works for you!)
3. Then go and exercise and feel those feelings while exercising. (And yes, sometimes this will not seem to help at all, but it really does in the long run!)

If we were to listen to a person's thoughts as they went through this process, we might hear something like this: "I am going to go and exercise now... I want to feel good, energetic, younger and stronger... I am feeling and or seeing these things... I am going to feel this way when I exercise... Okay, I am ready to go!"

Interesting enough, the best athletes in the world would carry on a very similar conversation before they ran their race: "I am going to go and compete now. I want to feel good, energetic, stronger and win... I am feeling and seeing these things... I am going to feel this way when I run my race... Okay, I am ready to go!"

My dear friends, as we have all learned in life, deciding how you want to feel first, and then working on our day gives us the richest life possible, while waiting to feel good is a morass of empty years and wasted time.



Everything Has A Reason and A Season

By Joyce L. Shafer



Trees don't struggle to keep their leaves when autumn arrives, nor do they resist new growth in spring. But, resistance to change is how we sometimes or often approach our lives and experiences.

Life asks—insists really, that we engage a continuous shedding and new growth aspect. Maybe you're trying to hang onto something it's time to let go of or trying to change something not ready to shift just yet.

Everything that comes to us really does have a reason, as difficult as it sometimes is to perceive or believe. Even some of the most painful, frustrating, and scary moments have eventually made sense at some later time—have shown some purpose in my life and in the

greater tapestry I'm part of. Like when a personal or professional relationship ends, only to see days, months, or years later that what happened was actually order demonstrated within what felt like chaos initially or even for a while longer.

Every change that's happened or happens in my life is eventually revealed as an intricate, integral aspect of something larger—something only a *Higher Mind* could orchestrate with such precision and wisdom, whether we attribute that wisdom to our soul self or Source or the partnership that exists between them. Pain and struggle felt after events have happened, felt that way because I temporarily disconnected from absolute trust in Source (and sometimes in myself), a trust that has been demonstrated as worthy and worth it more times than it seems it should take for an individual to finally accept and allow that everything has a reason.

Everything also has a season. How often have you relied on something for a while only to see it diminish or begin to show signs of this, and you tried to cling to it as though it were permanent, or should be? When something is shed or removed from our life, it means that something else is coming our way; something desires to open, expand, renew, or be created.

Look at your life right now and notice what, as the Native American phrase goes, has stopped "growing corn" for you, or you're aware that it's heading that way. I bet you can think of at least one aspect of your life this applies to, just as I can. Sometimes we think we are obligated to hold on when we are actually obligated to let go in order to look after our best interests and well-being, or look toward where

(Continued on page 11)

(Continued from page 10)

and how we are to grow next. People, things, and events come into our life for a reason and a season, though the season may be brief or long and the reason unclear, until it's time for us to understand it differently.

When you see that a season for something in your life is approaching its end, that's the time to envision the next phase or realize you're at a crossroads, and that it's time to give what's next real consideration. Often, because we tend to hang on to things when their season is waning, or even over, we ignore the fact that we're being nudged or kicked in the backside to not only embrace the fact of forthcoming change but get involved with it so we have as much influence as possible about how we experience what comes next.

Whenever the stream or streams you rely on show signs of drying up or changing course, for a reason or a season, you can consider one of these approaches:

1. Is it time to find a new stream? Perhaps you're being nudged toward growth and newness, and a new right-for-you stream is elsewhere. You need to go there, where you find fresh, flowing waters. The reason your stream dries up or changes course is because you might not make the move you need to unless this happens. You may feel like you're being punished or penalized. You aren't; you're being motivated to grow.
2. Maybe there's a better way, an innovation, you haven't thought of or tried yet. One tweak or even a small shift in one direction or another may make all the difference.
3. Maybe it's about looking for what blocks the stream, like limiting beliefs or nega-

tive thinking or fear of change, so you can begin a process that lets the metaphorical waters flow again. (An empowering book that can help is *Feel the Fear...and Do It Anyway* by Susan Jeffers.)

Sometimes we attempt to make a change happen before its time. This can feel frustrating, like we're spinning our wheels, when we've simply shown up for our appointment a bit too early. It's like getting to the restaurant far earlier than you can be seated or before other members of your party arrive. The wait feels different than if you arrived on time or together.

There's another aspect to this. Have you ever had the feeling that something you're about to do isn't as "right" as it might be, or you feel hesitation? That's your intuition communicating with you. If you're headstrong or so focused on easing a fear, pain, or frustration with an action, you may ignore that inner nudge. I'm not saying I get this right every time, but I more often than not get that nudge and pause, like when I'm about to send an e-mail I'm eager to get out and that twinge comes to me. I have to be willing to trust that my inner wisdom and guidance wants me to pay attention to something; and when I listen I see why the signal was sent. It's also important to discern if it's a true intuitive nudge or a fear based on a self-worth or confidence issue.

You've heard it before: A vacuum is created so there's room to fill it with something else, or something better, but always something that contributes to our life experience in a meaningful way. How quickly we open to seeing it this way has all to do with how long we choose to struggle with the transition. This doesn't mean we are obligated to "like" all change that

(Continued on page 12)

(Continued from page 11)

happens; but just as forgiveness is really about setting us free, understanding this reason-and-season fact can help us find serenity that results from trust in Source, and in ourselves, when inner storms happen. You can also adopt the mindset that everything that happens is a win for you because it's an opportunity to learn and grow. You can deliberately look for the potential benefits.

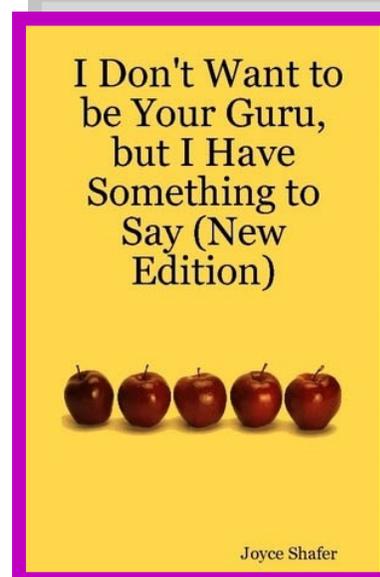
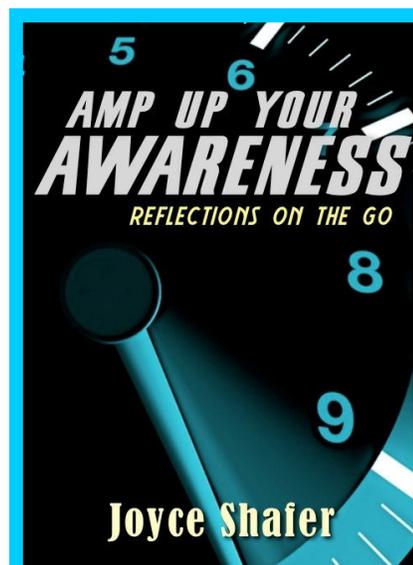
Maybe it's time for you to give thought to which streams your life supply you with energy and life force, which don't, and which need adjustment so they flow smoothly and abundantly again. As the saying from an unknown author goes, "The pathway is smooth. Why do you throw rocks before you?" Put this kind of consideration into practice and see where or how it leads you. It's a good practice, one you'll appreciate.

Practice makes progress.

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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>



Ambushed By Memories

By Lura Zerick



A long life brings many memories, good and bad. Some we cherish while we try to forget or ignore the others. This is why I awoke at 300 A.M. and could not go back to sleep. These were good memories but I prefer not to have them at three in the morning.

Aah, but we either swim in the memory pond or get up, make coffee and write

about memories. I am amazed by the way our thoughts determine our days. I learned years ago that we can choose our thoughts.....and this was great to know. I had, however, wasted *years* of 'living in the past' and was bogged down by negative memories. At that time I had no idea how to crawl out of that ditch and go on with my life. The memory of those years is still disturbing but, actually, not as bad as the years in my future. It is good that we cannot know what the years might bring.

What we *can* realize are the lessons we should learn from our experiences. Just like our school years, life is another form of learning. Some details are not as important as others but these might still serve a purpose in our growth. At my age, I hope that I have learned what is most important in life. How did I learn this? I learned through my experiences, of course.

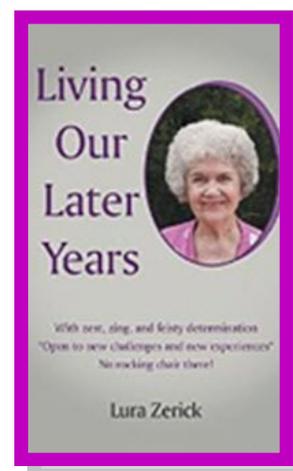
I have often described my earlier years as "book smart

and life dumb". Too often I saw traits in others that actually weren't there. My Mama often told me, "Honey, if you are nice to people, they will be nice to you." Sorry, Mama, that is not always true. I am sure she had her own learning experiences.

Sadly, when we believe that everyone is good – and honest -- we might often appear more gullible to others. Actually, we are; we don't harbor evil intentions and don't expect to be on the receiving end of such. *This* is often the time when our 'bad' experiences happen, and bring along the negative memories that can bring us down.....IF we ALLOW it.

One of the important lessons we *must* learn is how to ditch those thoughts that cripple us. This is not learned overnight but over a period of time... and, like many lessons, it is learned by *doing*. The more often we toss out negative thoughts, the quicker we learn to move forward with our lives. We learn that we are not to allow anyone to determine our future. Whatever the years bring is the result of *our* decisions. These might be good or bad but we need to remember that *we* made the decision. The results come from those decisions, thus we are the ones who make some of the memories, whatever these are. We might not be able to 'forget' these but learn to use what we learned from the experience to make our lives much better in the future.

83-year-old Lura Zerick is the mother of 5 adults, grandmother of 12 and great-grandmother of 7. She lives on six acres of woods in S.E. Alabama, near Geneva.



Good Stuff To Know July 2015



[Any dose of alcohol combined with cannabis significantly increases levels of THC in blood](#)

Cannabis plus alcohol is one of the most frequently detected drug combinations in car accidents, yet the interaction of these two compounds is still poorly understood. A study shows for the first time that the simultaneous use of alcohol and cannabis produces significantly higher blood concentrations of cannabis's main psychoactive constituent, THC, as well as THC's primary active metabolite than cannabis use alone.

[Some Mexico expats head for the exit as drug wars heat up: some go home while others relocate to new Latin American countries](#)

Rosanne Morris knew it was time to pull up stakes when a Canadian acquaintance was found murdered beside a highway south of Guadalajara, Mexico in early February. Like thousands of other U.S. and Canadian expatriates, she lived in the Lake Chapala region of Mexico where she had moved from New York looking for an adventuresome and more affordable retirement. But also like other expats, she had seen crime escalate in recent years as drug cartels battled police and each other.

[Incidence, Prevalence, and Cost of Sexually Transmitted Infections in the United States](#)

In February 2013, CDC published two analyses that provide an in-depth look at the severe human and economic burden of sexually transmitted infections (STIs) in the United States.

CDC's new estimates show that there are about 20 million new infections in the United States each year, costing the American healthcare system nearly \$16 billion in direct medical costs alone.

[For those over 50, finding a job can get old](#)

In examining the US government's 2014 Displaced Worker Survey, the researchers discovered that someone 50 years or older is likely to be unemployed 5.8 weeks longer than someone between the

(Continued on page 15)

(Continued from page 14)

ages of 30-49, and 10.6 weeks longer than individuals ages 20-29. The study also found the odds of being re-employed decrease by 2.6 percent for each one-year increase in age.

[High morale linked to longer survival among elderly](#)

Whether it is cause or effect is unclear, but high morale seems to go along with a longer life, according to a new Scandinavian study.

Among people 85 years and older, those who felt optimistic about life and had something to look forward to lived five years longer on average than their more pessimistic counterparts.

[Fat, sugar cause bacterial changes that may relate to loss of cognitive function](#)

A study indicates that both a high-fat and a high-sugar diet, compared to a normal diet, cause changes in gut bacteria that appear related to a significant loss of 'cognitive flexibility,' or the power to adapt and adjust to changing situations. This effect was most serious on the high-sugar diet, which also showed an impairment of early learning for both long-term and short-term memory.

[Manning up: Men may overcompensate when their masculinity is threatened](#)

From the old Charles Atlas ads showing a scrawny male having sand kicked in his face to sitcom clichés of henpecked husbands, men have long faced pressure to live up to ideals of masculinity.

[Photo selection study reveals we don't look like we think we look](#)

Be careful when choosing your next passport photo or profile image as a new study suggests we are so poor at picking good likenesses of our face that strangers make better selections.

[What's the impact of marijuana on driving?](#)

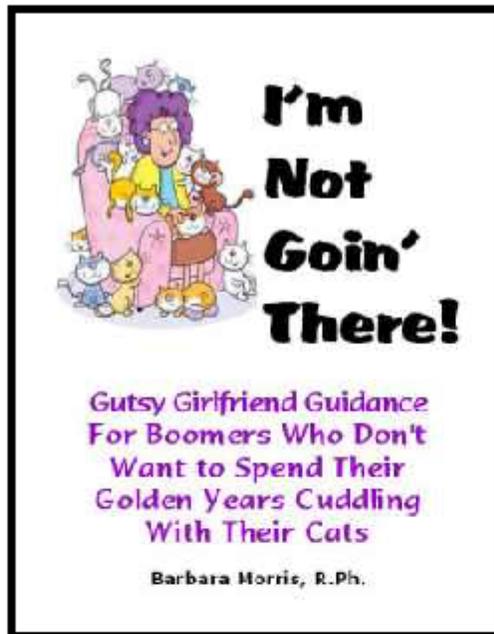
Drivers who use alcohol and marijuana together weave more on a virtual roadway than drivers who use either substance independently, a new study has found. However, the cocktail of alcohol and marijuana does not double the effect of the impairment.

[Fewer than one in 10 older heart patients get life-saving defibrillators](#)

Heart attack patients age 65 and older who have reduced heart function might still benefit from implanted defibrillators, according to a study. But fewer than 1 in 10 eligible patients actually get a defibrillator within a year of their heart attacks, a study has found.

[Medication may stop drug, alcohol addiction](#)

Researchers have successfully stopped cocaine and alcohol addiction in experiments using a drug already approved by the US Food and Drug Administration to treat high blood pressure.



**Traditional
Aging is a
Dinosaur.
Learn How
to Slay it
Before It
Devours
You!**

Read *I'm Not Goin' There!* (Available at \$4.99 on Kindle, Nook) and discover:

- How to stay in charge of what goes on in your head because that's where "going to pot" (not the kind that's smoked) originates—not with the passage of time.
- How to eliminate outdated family and cultural traditions that encourage premature aging.
- The disastrous outcome of choosing to "age gracefully."
- How to adopt revolutionary new stages of aging to help you stay youthful and productive longer.
- The consequences of telling your age and dwelling on the significance of your chronological age.
- The power of group dependence and consensus thinking, and how to avoid or manage it.
- And so much more...



For Assistance, Plea

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- Intestinal & Digestive
- Joint Support
- Lipid Metabolism
- Liver Support

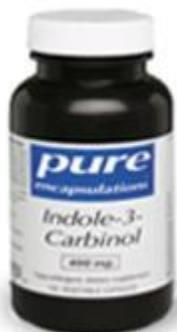
Barbara Morris Recommends. . .



Protecting and improving your health is vital. These products will help you achieve your goals.

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Indole-3-Carbinol - Indole-3-carbinol, the powerful phytochemical found in cruciferous vegetables, provides support for healthy breast, cervical and prostate cells. Indole-3-carbinol (I3C), naturally found in vegetables including broccoli, brussels sprouts and cabbage, supports the function of healthy breast cells. Furthermore, a placebo-controlled trial indicated that I3C supports cervical cell health. In recent years, I3C has shown a promising ability to support prostate cell metabolism.

Suggested Use: 1-4 capsules per day, in divided doses, with meals. NOTE: Refrigerate after opening.