

April, 2013

Put Old on Hold

e-Magazine

Advocating Balanced Lifelong Growth and Productivity

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Leisure Is Like Salt

By Mary Lloyd



Many people are feeling very sorry for themselves because the Great Recession trashed their Golden Years retirement plans. That's as silly as being upset because the caterpillar turned into a butterfly.

We spend our working years looking forward to not working—to long lazy stretches of lying on the warm sand at a sunny beach or relaxing in a favorite recliner. Reality is different though—100% leisure isn't satisfying in the long haul. Yep. It's a bad idea even if you *can* fund it.

Leisure is like salt--when you sprinkle a little on what you have cooking it brings out the

flavor. But if you try to exist on a steady diet of just salt, your meals are not only going to be very unpleasant but dangerous. Too much salt can kill you. That's true of leisure as well. Leisure steals a lot of important emotional nutrients from your diet if you resort to it too often. You don't feel competent because you haven't done anything to prove your mettle. You lose confidence in yourself because you aren't doing anything significant. You start to ask yourself scary questions like "Why am I even here?" You lose your enthusiasm for life. There's no zing in doing nothing.



Leisure means you expend little, if any, effort in what you're doing. It is not the same as play. Play is far more active and personal—and much more essential. According to researcher Dr. Stuart Brown, play helps our brains develop, makes our empathy bloom, helps us navigate

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complex social situations, and is essential to creativity and innovation. Play is for everyone, too—not just kids.

Most of us do need more *play* when we retire. Careers are built on the mantra of productivity and play is, by definition (at least by Dr. Brown), not productive. So we don't value play. Stuart notes that the opposite of play isn't work. It's depression. So yes, we do need to play when we retire. But play is *active*. When you play, you are *doing* something.

Play is fun and we like to do it—at least once we can get past that productivity thing. But we don't need an exclusive diet of that either. **Play is like sugar**—it sweetens up your life and makes things a lot nicer. You need more of it than leisure—just like you use more sugar than salt in your cooking (unless you're making dill pickles or sauerkraut).

But the real deal is flour. (In a gluten-free environment, it's just not wheat flour.) You use flour—lots of it—in bread and pasta. You use it for gravy and coating the chicken you are going to bake or—gasp!—fry. And, of course, there's flour in cookies, cakes, and pastries. **In my kitchen analogy, the piece we need the most of, the "flour", is work.**

We need work, just like we need starch in our diets. But just like whole grain flour is good for you and bleached white flour is not, meaningful unpaid work trumps anything you do for money that you don't have your heart in. The work you need when you retire should be more wholesome and more enriching—but it should be there.

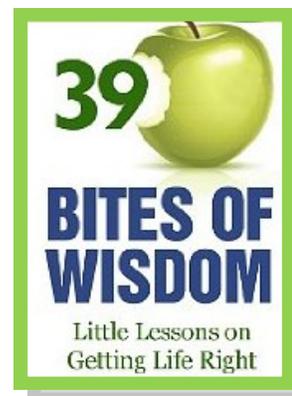
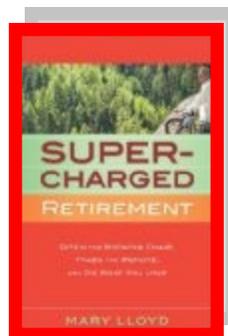
Having to let go of the old Golden Years idea of retirement is probably the nicest "downside" of the economic mess we seem to finally be coming out of. If you can't do the leisure-centered version of retirement, rejoice. You didn't need all that leisure. You need a

chance to play and a chance to do meaningful work along with that leisure. With some effort and reflection, you might be able get both of those things in work you continue to do for pay. If that's not possible, you can still fit them into your day with a bit of ingenuity and effort because none of the three is a 24/7 requirement. (Only basics like breathing truly fall in that category.)

Human beings are not made to sit around the swimming pool sipping mojitos day after day. That kind of experience is only fun as an interlude—a break between more emotionally, mentally, and physically engaging activities. A little is pleasant. A lot is a maddening prison.

Learn to play. Find good work. You'll be miles ahead of the folks who packed the car and moved to Easy Street the day they stopped working.

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*Mary Lloyd is a speaker and consultant and author of **Supercharged Retirement: Ditch the Rocking Chair, Trash the Remote, and Do What You Love**. For more, see her website www.mining-silver.com.*



Impermanence Is Here to Stay

By Joyce Shafer



There are times we wish for change and times we dread it. To paraphrase the truth-filled saying, the only constant in life is change.

Our ego-aspect fools itself by believing what we have will always be there, will never change. It's like a form of temporary amnesia or a dream-state we walk around in, whether this is about a change we would welcome or one we wouldn't. The ego-aspect wants to believe the dream-state, more often than not, so it can feel secure and comfortable. But everything changes, doesn't it, either by improving or by diminishing, until it's a memory only. So, we can say there are two types of impermanence, as far as our ego-aspect is concerned: what is not our choice and what is.

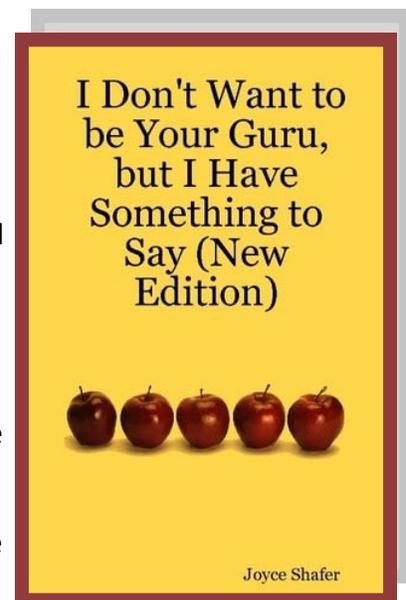
We don't like to feel uncomfortable or unsure. In fact, we often take it as a personal affront when something happens that causes us to have changes in our life that we (our ego-aspect that is) don't desire.

But, family and friends move away or pass on; jobs change by our design or someone else's; children are born and the family expands, as does its needs; the weather and even the planet bring about gradual or immediate changes: the list is endless because everything changes. Everything changes because we (and our planet) mature and age, and our needs and wants change through the years.

We are meant to be of service, in ways appropriate for us; meant to learn, evolve, and create betterment for ourselves and others. Some of the most significant innovations, inventions, and services might not be around today, were it not for necessity brought on by change being the "mother of invention."

We are also meant to enjoy and appreciate what we have, while we have it. And when we see the signs of impending change, either from within or outside of us or both, we are meant to prepare ourselves for it. The first preparations should take place at the inner level. The next preparations should address anything at the outer level that we know we must do, are inspired to do, or that we intuit should be done, including right timing about these.

Sometimes change happens suddenly, and we feel shaken somewhat or to our core by it, even



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if we mentally, emotionally, or physically prepared a bit or a lot. But this is when the strength of our spiritual foundation and our relationship with Source can assist us, and is why we are meant to develop and strengthen these at all times. A true feeling of security comes from trust in Source, and self-trust; and the former supplies and nurtures the latter.

Awareness of impermanence – gentle awareness, not dwelling on it – can assist the quality of our experiences. When we're in the dream-state, where everything we are happy about or comfortable with or at the very least feel "sure" of "stays the same," we tend to miss or ignore how precious and special people and moments and experiences are. This kind of awareness or consciousness happens in the Now, and can only happen in the Now. The dream-state of "permanence" has us volleying back and forth between past and future; two moments we are never actually in. We are always in the Now. We are always in a state of impermanence. If you're really brave – or have expanded or embraced conscious awareness at a certain level, you could say we're always in a state of Divine Impermanence.

The dream-state can and does keep us out of appreciation. There's a wonderful quote by Meister Eckhart that says, "If the only prayer you ever say in your whole life is 'thank you,' that would suffice." When ANY change happens, we could use this quote as a power statement to help us navigate our feelings, our fears, our strength, and our trust in Source.

Appreciation is best expressed as often as possible and as soon as we can enter that state of mind and being, rather than just when the ego-aspect believes a moment is worthy of it. To the ego-aspect, this differentiation of worthy or unworthy makes sense or seems logical and appropriate. Our spirit-aspect

knows every moment is worthy of appreciation. Albert Einstein understood this when he said, "You either live as if everything is a miracle or nothing is a miracle." Nicely said. Not always so easy to live up to; but we can aim ourselves in this direction and benefit by it.

Einstein's statement reminds me of a powerful question you've possibly seen or heard before: Do you believe the Universe is friendly or unfriendly? Your response has ALL to do with your experience while here. And if your response is a result of what you learned in your formative years, you can either change your beliefs or enhance them, and do so in your favor. You are not locked into negative or non-beneficial beliefs. Remember, nothing but Source is permanent. Beliefs always change; real Truths never do. One of the most profound journeys you can ever make is the one that leads you to Truths that are permanent.

Begin to pay attention to what and who you appreciate (and what and who you don't apply this practice to). Ask if your appreciation is as present and deep as you'd like as a means to enhance your experience of joy, love, fulfillment, curiosity, illumination, and becoming the person you intend to be. Or as Patti Davis wrote, "I'm learning how, at age 60, to become the person I want to leave behind on this earth." It's a good practice, one you'll appreciate. Practice makes progress.

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Joyce 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" and other books/ebooks, and publishes a free weekly online newsletter that offers empowering articles and free downloads. See all that's offered by Joyce and on her site at <http://stateofappreciation.weebly.com>

BEING A MORNING PERSON

By Lura Zerick



When I was young, I hadn't heard the term 'morning person'. I just knew that there were things I had to do so I got out of bed and I did them. Now I know that a 'morning person' indicates one who prefers to get chores finished as early as possible.

Being a morning person has advantages AND disadvantages. I am a morning person; by 7:00 A.M. I have a laundry going, e-mail checked with replies, glance at Facebook, waste baskets emptied, front porch swept and items out to prepare supper.

Those who aren't morning people might have arisen, done what must be done and gone back to bed --- all with one eye closed. Saying 'good morning' to them might bring a glare which says, 'leave me alone!' We morning people learn to understand – and we love them anyway. We even tippy-toe while doing our thing, so we don't awaken them, in case it isn't necessary for them to rise and shine. Actually, they don't 'shine' until about 1:00 P.M., when it is time for morning people to have an afternoon nap.

It is more inconvenient if these are guests – and must sleep on the pull-out sofa – in the middle of, or very near, the place where we morning people must do our necessary things, such as put dishes away. We make noise which often cannot be avoided. We might think, 'get up already! It's time for lunch!' but we say nothing as we go into another room, shaking our heads.



Look at other advantages of being a morning person. When I have finished my 'must-do'

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chores, I am FREE TO READ for several hours! Actually, I am going to READ if nothing gets done...even with dirty dishes in the sink. I have heard many say, 'I don't have time to read.' Since reading is one of my favorite things to do, I will MAKE TIME to read.

SO, I am glad that I can finish the chores that must be done in order to do other things that I consider necessary. That 'thing' is to decide which book to read next. Aside from the books I buy, I get five books each week from the library. If I seem in a rush to do what must be done as in housework, fill dishwasher, prepare meals, fold laundry, etc., it is because I am in a hurry to get to my reading.

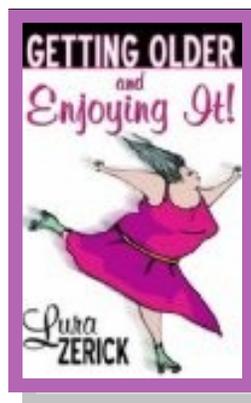
OR, if I am not reading, I am WRITING, as I work on various manuscripts of books or freelance articles. At 82, my days are full and I am a happy great-grandmother. Of course, I also must remember the birthdays of 12 grandchildren and 8 great-grands. I believe birthdays are very special and must be acknowledged with love.

As I go toward tomorrow, my mind is active and my health is good. I am blessed beyond words in being able to do what is necessary – for myself and loved ones around me. I am very grateful...even glad that I am a morning person who can enjoy a sense of achievement as I enjoy my 'later years'. By the way, my third book, GETTING OLDER AND ENJOYING IT! Will be followed by another book about aging, LIVING OUR LATER YEARS. The manuscript is almost finished; this is one of several that I am

working on.

Whether or not you are a morning person, I hope that you can enjoy doing the things that are most important to you.

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Lura Zerick an 80-year-old great grandmother enjoys learning new things. Give her an Elvis song with a good beat and watch her go! Her favorite things are reading, listening to music, singing, cooking/baking, birds and words. She enjoys 12 great grandchildren and 6 great grand children; loves to encourage them to cook, write and sing, as well as use their other abilities. She can be reached at lzerick@aol.com



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Be Your Own Best Friend

By Barbara Morris



This past year my husband was in the hospital several times with a severe urinary tract infection. A couple of times I was not sure he would leave the hospital alive but God, creator of his life, was not ready to call him home. Currently he's doing okay. After all the bouts with the UTIs I (hopefully) have learned how to recognize and avoid the onset of an infection and prevent more trips to the hospital.

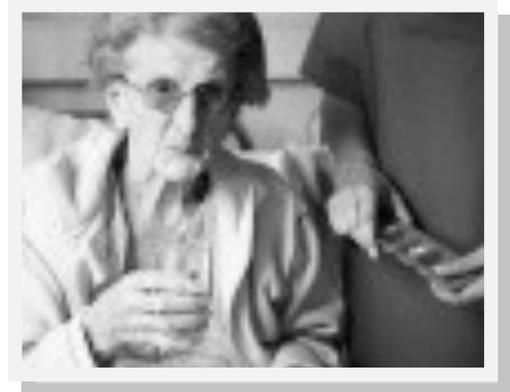
But this is not about my husband and his health; it's a warning for those not yet in their "golden years" to take care of their health because old people, never much valued in our society, are fast becoming an expensive disposable nuisance.

It used to be that within reason doctors did what they could to keep the elderly alive. When my mother developed breast cancer in her eighties she asked the doctor if he thought she was too old to remove the breast. His compassionate reply was, "It is not too late. Who knows how many years God has in store for you?" Her breast was removed; no chemo or other drugs were given and she died at age ninety-two from an unrelated condition.

Today it's a different story. Our violent and morally debased culture no longer values human life at any stage. The unborn are destroyed when they are not wanted, and the "not wanted" mindset has spilled over to shape the cultural attitude toward the elderly, especially when costly health care is needed.

A political ad shows grandma being pushed over a cliff because she is deemed too expensive to keep alive. On TV recently, college "boys" were shown playing an "abortion game," shouting "kill the baby" as they gleefully lunged at each other with what appeared to be a knife, trying to pierce the balloon under each other's shirt.

When evil is lauded as fun or a social good the defenseless are easy prey.



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Who is (or will be) protecting you from the culture vultures?

On my husband's last trip to the hospital the admitting doctor asked, "Do you want him resuscitated if his heart stops?" My reply was, "Yes, I do want him resuscitated. The young doctor apparently didn't approve of my request and in a snippy tone of voice she declared, "He's 81. He's old. He can't live forever." Her attitude was chilling.

Don't kid yourself, death panels are not a far fetched ideological talking point, to be dismissed as a right wing fantasy; they are real and right around the corner, moving ever closer to your doorstep.

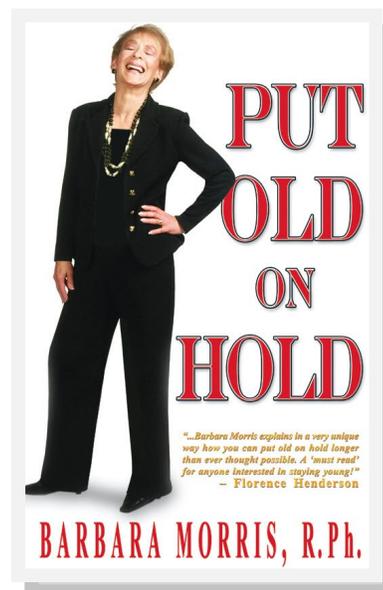
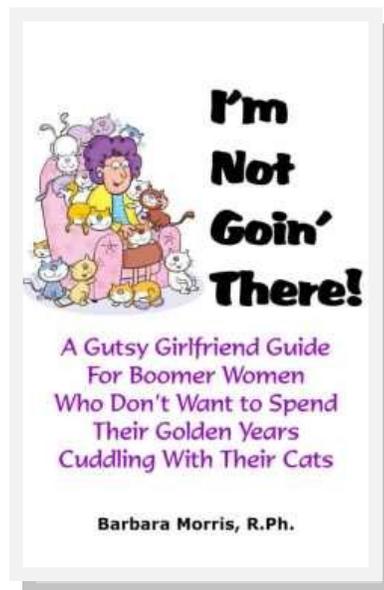
President Obama's favorite economist Paul Krugman, speaking at a Synagogue in Washington, D.C., admitted we're "going to have to ... really make decisions about health care, (and) not pay for health care that has no demonstrated medical benefits." Krugman made it clear, saying "Death panels and sales taxes is how we do this."

So again, the question: Who is looking out for you? It had better be you. If you are enjoying good health, be zealous in taking care of it NOW. It is a priceless jewel. As time goes on we all have to deal with the realities of unfortunate genetic predispositions and health issues over which we have no control, but we can't blame all health problems on ancestry or environmental causes. We have to take personal responsibility for maintaining health starting as early in life as possible.

Good health is not achieved in a week; it requires constant awareness and effort over time. The goal should be to stay as healthy as possible to avoid having to deal with a rapidly growing utilitarian attitude about human life held by too many "enlightened" politicians, physicians, and hospitals.

Be your own best friend and advocate. Valuing

your health and keeping it in the best condition possible will help avoid collision with an Orwellian "health care system" that doesn't seem to value ailing old people all that much.



Premenstrual Dysphoric Disorder - PMDD

By Michael E. Platt, M.D.



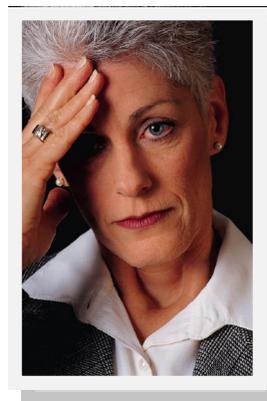
The following is an excerpt from my soon to be released new book *Adrenaline Dominance*.

PMDD is a condition that has a tremendous impact on the quality of life of the woman who has it - as well as on the people who surround her. Comparable to the other conditions I have written about, it also falls into the category of "we don't know what causes it". However, when I describe the symptoms, the cause of this disorder will become readily apparent.

Although PMDD shares some of the characteristics of PMS, it is in a category all by itself because of the severity of the symptoms. Almost always, the symptoms occur about a week before the period, and are generally resolved about 2 to 3 days after the period starts.

It is felt to affect about 5% of women who are menstruating. The symptoms always interfere with a woman's routine functioning - at school, at work, or in the household. The classic symptoms are generally severe and include the following:

- 1) extreme mood changes
- 2) depression with feelings of hopelessness
- 3) severe anger issues that are often uncontrollable
- 4) an underlying feeling of pervasive anxiety
- 5) a feeling of "brain fog" with difficulty focusing
- 6) trouble falling asleep or staying asleep
- 7) overwhelming fatigue
- 8) muscle aches and pains and/or headaches



Needless to say, all the above symptoms are related to adrenaline. However, PMDD also has additional symptoms that are related to estrogen dominance - cramps, breast tenderness, fluid retention, and bloating.

As long as the medical community fails to understand the cause of this condition, it cannot be appropriately treated. It seems that women are inadequately and poorly treated by doctors

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who fail to understand how hormones affect how the body operates. Conditions such as menstrual migraines, postpartum depression, difficulty conceiving, miscarriages, asthma, plus others can be quickly taken care of or eliminated by natural hormone interventions. The treatment of all these conditions are presented in my book, *The Miracle of Bio-identical Hormones*.

Getting back to PMDD, the approach to eliminating this condition involves the understanding that the cause is strictly a hormonal problem. The main hormone that needs to be addressed, of course, is adrenaline.

I suspect that most, if not all, of the women who have this condition are creative types, since these people have the most difficult time with excess adrenaline. The most likely scenario that occurs is as follows: during the week before their cycle the progesterone level is dropping. As a result, the woman's insulin levels go up leading to periods of hypoglycemia (low blood sugar). The body will respond to this by releasing adrenaline to raise sugar levels for the brain. Adrenaline also causes the release of cortisol, which is a hormone that also raises sugar levels. So now there are two hormones raging sugar levels, which again lead to the release of insulin, which again leads to hypoglycemia, resulting again in the release of adrenaline and cortisol, ad infinitum.

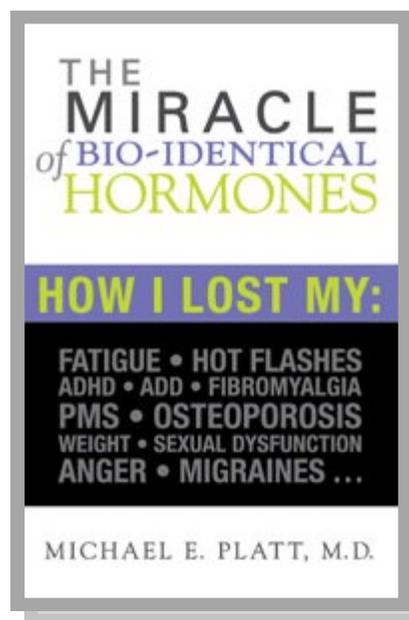
Of course, the insulin is also contributing to the fluid retention and weight gain, as does the estrogen which is unopposed by progesterone.

Treatment of this disorder requires a combination of bio-identical progesterone along with a meal plan that helps to lower adrenaline. Progesterone will control the insulin, relieve any symptoms related to

estrogen, and will help to block adrenaline.

A more thorough understanding about how to manage adrenaline can be obtained by reading the wellness manual that I wrote for healthcare practitioners, called "The Platt Protocol for Hormone Balancing". It is only available by going to my [website](#)

Finally, as some of you may know, I'm trying to improve healthcare in this country. This can only happen when practitioners change the way they treat patients. They need to start approaching conditions from their cause, and stop giving out Band-Aids. It is unlikely that this will happen unless patient start getting angry, and start asking their doctors to utilize more logical, effective approach to treating illness.



[Available on Amazon](#)

Combo Plans Combine Life and Long Term Care Insurance

By Henry Montag

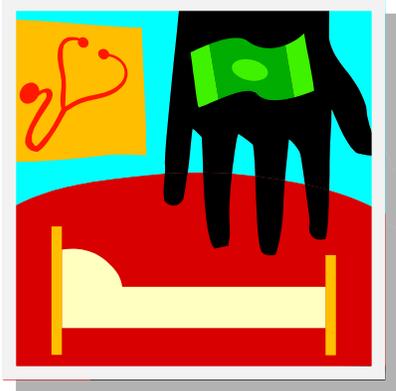


Several years ago the life insurance industry's in response to a dismal 8% market penetration of long term care Insurance was to learn why approximately 92 % of the population chose not to take advantage of the insured option of protecting themselves from this looming threat.

The insurance industry found that people were staying away from this product for several major reasons "What if I pay for the Insurance premium all those years and then I die without ever getting the

benefit". In other words it was a "Use it or lose it" proposition.

Another major reason people chose not to purchase a long term care ins contract was "It probably wont happen to me but if it does I'll just self insure". The insurance industry took aim at the both of those reasons and developed a product that allowed an individual to avoid the "lose it or use it" scenario as well as to provide for a leveraged tax free distribution to pay for any long term care expense if they were unable to do two of the activities of daily living or developed a cognitive impairment such as Alzheimer's. This translated into making the tax free leveraged dollar from one of the combo or linked plans significantly more valuable than the taxable dollar that one would have to withdraw from one of their taxable investments or annuities in order to pay for any type of a long-term care expense.



Arrangements were made to attach these provisions to the 2006 Pension Protection Act which first became effective January, 2010. One of its goals was to have a life insurance product pay a person from its death benefit if the Insured became ill and couldn't do two activities of daily living, or had a cognitive impairment. The result has been a very rapid increase in the amount of individuals opting to

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cover themselves with some sort of insurance product in the event that they became ill and needed assistance.

As one of the early students of LTCI (Long Term Care Insurance) when it first appeared on the marketplace in 1982, I was a critic and later an advocate of the product. Therefore, anytime I see an increase in awareness of people seeking to protect themselves from what I've referred to as "The greatest threat to an individual's retirement, an unexpected unreimbursed long term care medical expense", I'm delighted.

Once the law became effective in January of 2010 it took the insurance industry until January 2011 to create various types of intertwined products that combined life Insurance and long term care Insurance, and annuities which went on to become known as Linked or Combo products.

One of the great attractions was that if an insured individual never needed to use the long-term care benefit then their beneficiaries would receive the entire life insurance death benefit proceeds on a tax-free basis. It was no longer a "Use it or lose it situation."

The result was a proliferation of a new generation of various combination products that now allow an individual to withdraw money from the death benefit of a life insurance contract or an annuity to pay for a long-term care cost. When considering the various choices and options available to you be advised that some companies require you to pay an up front additional cost for the rider that allows for this exchange to take place, while others do not charge such a fee but instead charge a stated interest rate if and when you use the money for the time the

money is withdrawn. Point is that individuals now have a preponderance of choices available to them to pay for a long-term care expense.

The question becomes which is best for your particular situation, a traditional long-term care contract, or one of the new combination plans. My suggestion is to examine the pros and cons with an experienced independent professional knowledgeable with the various options based on your particular situation, needs, budget, and preferences.

Regardless of your choice its extremely important that you review your existing life insurance portfolio to make certain that the contract does not expire prematurely and that you're taking advantage of the new tax advantaged ways of getting money from your life insurance contract to pay for a long term care expense.

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to learn more about Henry Montag: <http://www.youtube.com/watch?v=yTpACuc33fg>



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Choose Breathing for the Activities You Want *or Your Breathing will Choose Activities for You*

By John Paul Ouvrier



I'd like to share with you one of the most effective ideas on how to take control of the strength you have, versus what most people do which is waste the strength they have, by taking conscious charge of how you breathe. Once you understand this idea and start to implement it, you will see many of your peers huffing and puffing, wasting strength.

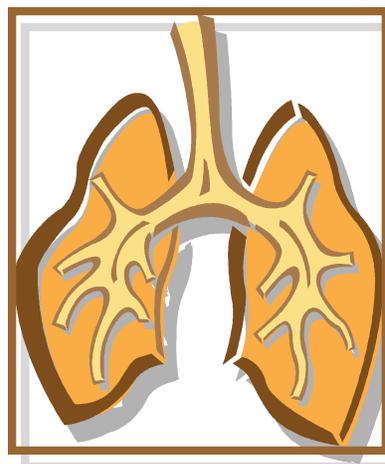
Proper breathing is everywhere in athletics. In fact no coach would ever train an athlete without a thorough explanation of breathing. So what do we need to know as non athletes? Firstly, that athlete or not, every activity demands a certain amount of air. The harder the activity, the more air, and better the breathing needed to participate.

One of the things that happens with older adults who have been in bed for an extended time, or for those who sit daily for hours on end is the nasty habit of shallow breathing. And why should the body breathe deeply if we're just sitting and doing nothing? Multiply the days of nothing, or doing 'not much', and what you end up with is a body that has gotten into the habit of breathing shallow. What happens next is scary: We end up doing an activity that demands more air than we have, we run out of breath, wrongly assume we are weak, and cease the activity. This becomes a self-fulfilling prophesy; we don't think we can do, so we do less, and so on.

Now certainly there are lung conditions, spinal conditions, inability to participate in strenuous activities conditions, and of course is between you and your doctor. However, what no medical professional can do for you is be there to remind you to breathe deeply; you must do this for yourself. You must cultivate this habit!

One of the most common complaints I see with older adults when I am walking with them is that they run out of air. In fact once they sit, they breathe deeply. When I point this out to them and ask why didn't they breathe deeply they usually say, "Breathing? I never thought about it..." And that's the key right there; becoming conscious of breathing.

Listen to my words: Getting older isn't about harder, it's about smarter. Smarter isn't about



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using more energy, it's about economy of the fuel we have. That starts with breathing. If you are sitting a lot and have a shallow breathing pattern, don't expect to not run out of breath when you need to do something demanding. You won't be getting the fuel into the tank, and need will exceed supply, and you'll have to sit to then breathe and refuel. Can you see the pattern? Add a couple of things we tend to do as humans such as holding the breath when doing something difficult and holding the breath during times of stress and we end up with a society of people who don't breathe properly. There are books on this subject! In the meantime, this is what the Wizard of Youth can advise you on right now:

Become conscious of your breathing pattern, what do you do or not do throughout the day?

Talk to your doctor about this. Breathing issues must be dealt with professionally and Wizardly shortcuts do not take the place of this!

Assign numbers to your breathing for practice. Breathe in deeply for a count of 3 or 4, and then exhale deeply for the same count. Be sure to sit when you do this, as it's easy to get dizzy when you first start doing this. Do this 10 times in the morning and in the evening. With each successive count, try to breathe in a little deeper, essentially forcing the lungs to open up. (Stretch your arms up and yawn if you can as well. No, this is not naptime!)

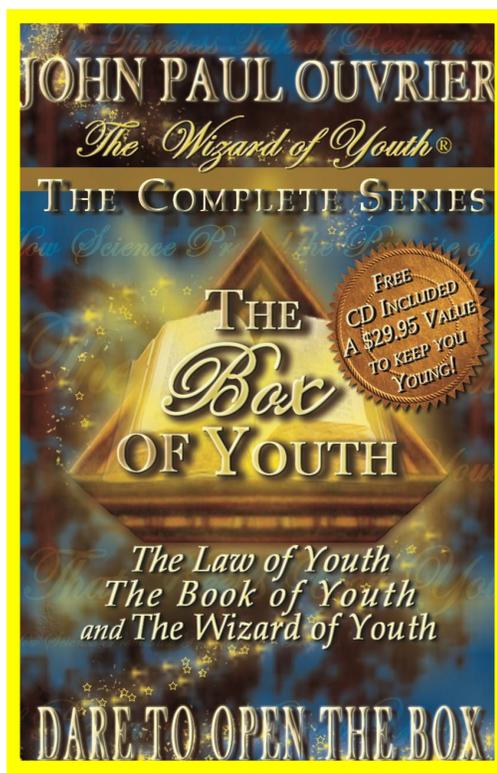
And my favorite, an old ballroom dance trick: As above, assign numbers to your breathing when you walk, but make the count of your breathings inhalation in time with your steps. In other words, breathe in deeply for 3 or 4 steps, and then exhale for 3 or 4 steps. (Or less or more, whatever that does NOT make you dizzy, especially while walking).

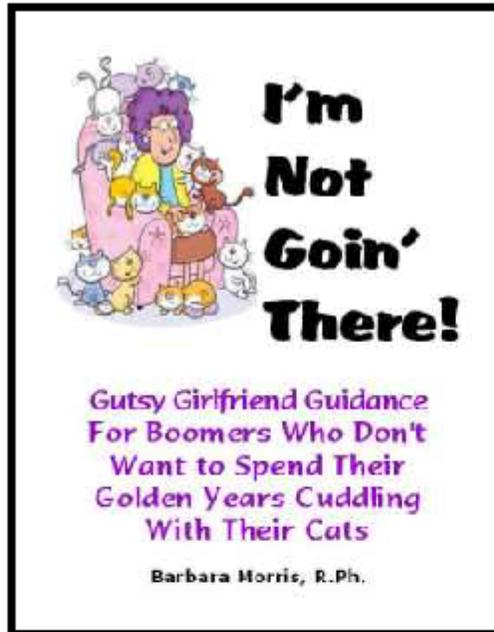
I was a professional ballroom dancer for a number of years, and we were taught this early on to conserve our energy so we could dance all day. Those of you who run, or did run will remember these exercise ideas as well.

The simple truth is that our activities are decided upon by our breathings functionality, please take the best control of it, or it will take control of you. Blessings and Love.

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John Paul Ouvrier, is a fitness trainer who specializes in working with older adults. He is the author of 'The Wizard of Youth' series for adults and children, the creator of 'The Wizard of Youth 4 Kids Board Game' and the Executive Director of Fitness For Charity. His websites are: <http://wizardofyouth.com>. & <http://fitness4charity.org>. He can be reached at john@wizardofyouth.com





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Links to Help You Live and Feel Better



[Postmenopausal Women Who Smoked Are More Likely to Lose Teeth Due to Periodontal Disease](#)

Postmenopausal women who have smoked are at much higher risk of losing their teeth than women who never smoked, according to a new study published and featured on the cover of the Journal of the American Dental Association by researchers at the University at Buffalo.

[New Study Shows Cannabis Effects On Driving Skills](#)

New research appearing online today in Clinical Chemistry, the journal of AACCC, shows that cannabis can be detected in the blood of daily smokers for a month after last intake. The scientific data in this paper by Bergamaschi et al. can provide real help in the public safety need for a drugged driving policy that reduces the number of drugged driving accidents on the road.



[Brain Can't Cope With Making a Left-Hand Turn and Talking On Hands-Free Cell Phone](#)

Most serious traffic accidents occur when drivers are making a left-hand turn at a busy intersection. When those drivers are also talking on a hands-free cell phone, "that could be the most dangerous thing they ever do on the road," said Dr. Tom Schweizer, a researcher at St. Michael's Hospital.



[Aggressive Advertising Makes for Aggressive Men](#)

Does advertising influence society, or is it merely a reflection of society's pre-existing norms? Where male attitudes are concerned, a new study implicates magazine advertisements specifically aimed at men as helping to reinforce a certain set of views on masculinity termed "hyper-masculinity." The article by Megan Vokey, a Ph.D. candidate from the University of Manitoba, and colleagues is published in Springer's journal Sex Roles.



[Praising Children for Their Personal Qualities May Backfire](#)

Praising children, especially those with low self-esteem, for their personal qualities rather than their efforts may make them feel more ashamed when they fail, according to new research published by the American Psychological Association.

(Continued on page 19)

(Continued from page 18)



[Horsemeat found in products from Taco Bell, Birds Eye and Brakes](#)

The latest Food Standards Agency (FSA) tests have revealed four beef products sold by Bird's Eye, fast food outlet Taco Bell and foodservice firm Brakes contained horsemeat above the 1% threshold.

[Chewing Gum Helps You Concentrate for Longer, Study Suggests](#)



Chewing gum can help you stay focused for longer on tasks that require continuous monitoring. This is the finding of new research by Kate Morgan and colleagues from Cardiff University due to be published in the British Journal of Psychology today, 8 March.

[96-year old L.A. blogger pops onto Amazon's bestseller list](#)

Los Angeles blogger Barbara "Cutie" Cooper has seen a lot in her 96 years: the Prohibition era, World War II, children, grandchildren, a 73-year marriage, the death of her husband Harry in 2010 at age 98, 18 presidents, and countless technological innovations.



[Olive Oil Makes You Feel Full](#)



Reduced-fat food products are gaining in popularity. More and more people are choosing "light" products in an attempt to lose weight, or at least in the hope that they will not gain any pounds. But whether these products are effective or not is a matter of dispute: While it is true that they contain fewer calories, people tend to overcompensate by eating more if they do not feel full. Now a study has shown how "natural" oils and fats regulate the sensation of feeling full after eating, with olive oil leading the way. So what makes this oil so effective?

[No Attention-Boosting Drugs for Healthy Kids, Doctors Urge](#)

The American Academy of Neurology (AAN), the world's largest professional association of neurologists, is releasing a position paper on how the practice of prescribing drugs to boost cognitive function, or memory and thinking abilities, in healthy children and teens is misguided.



[Using Handsfree Kit or Sending Texts Behind the Wheel Is as Dangerous as Being Twice Over Legal Alcohol Limit, Study Suggests](#)



Scientists from various Australian universities in collaboration with the University of Barcelona have compared the effects of mobile use while driving with the effects of alcohol using a simulation. Their experiment demonstrates that using a handsfree kit or sending text messages is as dangerous as being above the legal alcohol limit.

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