

April , 2015

Put Old on Hold

e-Magazine

Advocating Balanced Lifelong Growth and Productivity

Bill Sardi

Sugar Causes Cancer

Barbara Morris

Do As You Are Told?

Joyce Shafer

How To Succeed AT
Life

John Paul Ouvrier

Change With Your
Body– Don't Give
Up

Lura Zerick

This Is
Entertainment?

**Dying From Dirty
Teeth**

It Can (and does)
Happen

Pain Pill Anxiety

Why It's Happening

What's Inside

[A Personal Revelation - 3](#)

Barbara Morris

[Change With Yur Body—Don't Give Up— 4](#)

John Paul Ouvrier

[Sugar Causes Cancer? – 6](#)

Bill Sardi

[It Was Bound To Happen - 8](#)

Barbara Morris

[Dying From Dirty Teeth - 10](#)

Angie Stone

[How To Succeed AT Life - 12](#)

Joyce Shafer

[This Is Entertainment?– 14](#)

Lura Zerick

[The Tyranny Of Traditional Expectations - 16](#)

Barbara Morris

[Good Stuff To Know - 18](#)



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A Personal Revelation

By Barbara Morris



I have clots in my legs, but they are getting better -- much better.

My "clot story" began when I went to see a vein specialist to remove varicose veins.

He first performed a scan which revealed the clots. How could that be? After

all, I regularly walk on a treadmill. I was given a prescription for Coumadin (warfarin) and was scheduled for a second scan in three months.

At the end of three months I had another scan and the doctor was not pleased. He upped the dose of Coumadin and said if the clot issue is not resolved I was going to die sooner than later. As a pharmacist, I understand the risks and benefits of taking Coumadin and I was not happy about the new elevated dose.

I decided it was time for a second opinion. I saw another specialist who told me that yes, I did indeed have clots but they have probably been there for a long time. She advised me to immediately stop the Coumadin and furthermore, she would never have put me on the

Coumadin in the first place. This doctor is head of the department at a respected health facility.

What to do?

I discontinued the Coumadin, and I have not died -- yet.

This is what I DID do:

I have a stationary bike I do not use because I thought walking on the treadmill was all that was necessary. I decided, what the heck. I'll use the stationary bike for 15 minutes every day (in addition to walking on the treadmill for 30 minutes) and see what happens.

About the bike -- it's a motorized Theracycle. You turn it on, set the desired time and speed, put your feet on the pedals, push the "Start" button and the pedals turn automatically. I let it run at 12 miles an hour for 15 minutes which gives my legs a 3-4 mile workout.

After the next scheduled scan the doctor who told me I was going to die sooner than later was amazed. Not only is my clot issue resolving, but leg cramping at night has improved significantly. His advice was "Keep doing what you are doing -- whatever it is." I told him I attributed the improvement to consistent use of the Theracycle -- which he had never heard of.

I'm telling this personal story to encourage you to do three things when you have health challenges: 1. Don't hesitate to get a second opinion. It may even be appropriate to get a third opinion. No doctor knows everything, and some know a lot more than others. 2. Don't discount the value of exercise as a tool to help improve or resolve health issues. 3. Have an "I can do anything" attitude. It beats the pants off a "there's no hope" mindset.

Change With Your Body - Don't Give Up!

By John Paul Ouvrier



I'd like to address something close to my heart. It is something that I practice and preach every day, and that is, not giving up.

Life can be hard, and when the body doesn't work properly, it can be depressing. It hurts me to see people giving up as a result of changes within the body. This hurts me because I have seen thousands of people overcome physical challenges, and still maintain a healthy and happy quality of life.

When difficulties happen to us, the natural tendency is to isolate and heal, and this is where we get into trouble. We say, "I don't feel well right now, my balance is a little off and I don't want to use my cane, so I'll get back to walking next week or so when I feel better..." And of course, next week came and went six months ago.

Our body is made to move and exercise, and unless your doctor has ordered you not to exercise, then the standing order must be to exercise, changes or not. Don't give up.

I'd like to share with you a sad story. I taught older gentleman to exercise a number of years ago. He was a well known brilliant writer. He developed a nerve condition in his legs that made it impossible for him to walk without wearing braces. His condition was such that his legs could give out from under him at any moment, and the braces would prevent a fall. It was frustrating and we worked around it. Yet he wasn't happy.

Long story short, one day he decided to stay in bed and give up. When I asked him why, he said it was because he couldn't walk properly, and that his fans remembered him as a man who could walk. I told him most of his fans had never seen him, they loved his writing, and that they would still love to read more. Yet it did no good. He died a year later, in bed, attached to tubes, not knowing who he was, and never wrote again. It was heartbreaking to witness. He gave up.

Here's a happier story: When I was sixteen, the scoliosis in my back had become so bad that I was having trouble moving around freely. I went to see three back specialists. The first two

(Continued on page 5)

(Continued from page 4)

told me I would not live a normal life. That I would never run again, and that I would more than likely end up in a wheel chair. And that I needed a long rod in my back. The third doctor told me something different and changed my life.

He said yes my back was bad, and yes an operation was a good idea, but not before I tried therapy and not before if I could see if I had the discipline to take care of my back for the rest of my life. He wasn't fooling around when he asked me to commit to him in that moment. I did, and now I teach exercise for a living. I didn't give up.

I can honestly say the last thing I wanted to do was to make myself exercise. I wanted to just shut out the world and wait until I healed. And of course there are days I still feel that way. I don't know how much longer I have to walk without pain. How much longer I can straighten out my back and do my daily exercises. What will happen? I don't want to find out. I won't give up.

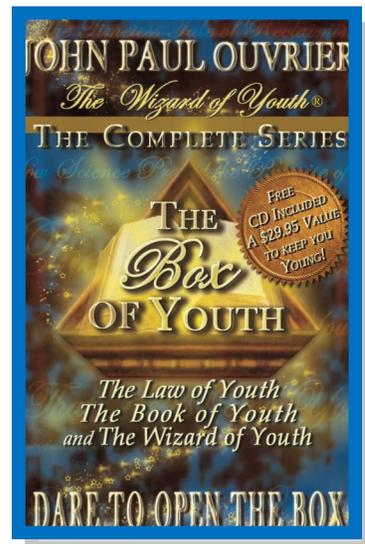
How much longer do you have? Maybe a lot more- if you don't give up. How much more can you get done? Maybe a lot! How many more moments can you appreciate your life, no matter what your body does? Maybe years worth! But please, please, please, don't give up!

If you give up and stop, two things will happen. One, you'll end up in more pain. And two, the end won't come as quickly as you may like. And believe me, that's not the choice you want to make!

So get up and walk. Go to that exercise class. Get involved. Call that friend. Breathe deeply, roll your shoulders around. Do your balance exercises. Stretch your fingers. Have faith and then go find more faith- just don't give up!

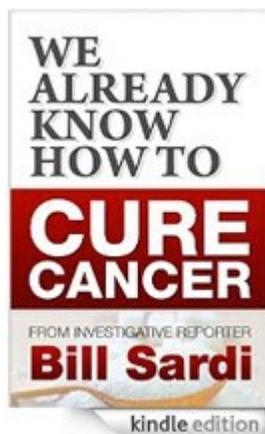
~Because you're stronger than you think, and you can do more
than you know!~

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 and bring him in to entertain your audiences! <http://wizardofyouth.com> and <http://fitness4charity.org>



Sugar Causes Cancer?

By Bill Sardi



I knew when I accepted the invitation to speak at the National Health Federation's 60th annual awards dinner on January 31st, 2015, that I faced a challenge. The point of my speech that night would take only a single sentence: sugar causes cancer. But what surrounds that statement would either make my speech convincing or not. After all, you have to think about the preconceptions of your audience before you attempt persuasion.

And with that in mind, I would have to overcome my audience's prevalent but mistaken belief that alkaline diets cure cancer. As you will learn below, I failed to totally dispel that idea.

Since I delivered that speech a number of people who shunned chemo and radiation treatment and have survived cancer by many years emailed me to say yes, they too had done their own research and realized sugar causes cancer.

The evidence that sugar causes cancer dates way back in the archives of medicine and is irrefutable (the way cancer is detected these days is to inject radioactive sugar and take a computerized image – a PET scan – of the sugar feeding the voracious appetite cancer cells have for sweets).

But there is more to learn about sugar and cancer than just to shun sugary foods. The body makes its own sugar in the form of glucose and that is the primary form of sugar that feeds cancer. There are natural molecules and synthetic drugs that help inhibit glucose entry into cancer cells that my e-book presents.

The reason why I offer an e-book is that some people are intellectually insulted by the many

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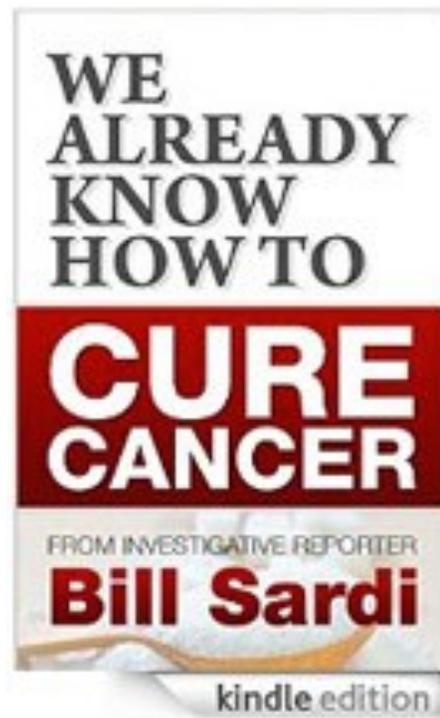
cancer nostrums that are offered online these days. This e-book provides many scientific references that can be checked directly via online links.

Oh, don't think of taking my e-book to your oncologist to convince him or get his opinion. Oncologists generate 80% of their income delivering chemotherapy drugs intravenously in their offices. Anything that would interrupt that income stream will be predictably dismissed as unproven.

After I delivered my 17-minute speech a woman stood up to tell the audience that, yes, cancer can be overcome and she told how she overcame her own breast cancer with an alkaline diet. I realized then an ingrained belief is not going to be easy to dispel. By the way, the uncontrolled growth of breast tumors is strongly associated with sugary foods in the diet.

For that desperate cancer patient who has undergone chemo and radiation treatment and has exhausted all their options, maybe this e-book will be life-saving for them. Cancer patients are so gripped with fear it is unlikely they will initially opt for such a simple remedy as a sugar-free diet to overcome cancer. The book is available at Amazon.com — © 2015 Bill Sardi March, 2015

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It Was Bound To Happen

By Barbara Morris



The government's crackdown on quantities and refills of hydrocodone meds (Vicodin, Norco) commonly used by those with chronic pain was bound to happen.

See "[Hydrocodone Rescheduling Hinders Pain Patient Access](#)"

The National Fibromyalgia & Chronic Pain Association conducted an online survey of pain patients to assess the effects of this rescheduling at the patient level. The survey's key findings included:

*Approximately two-thirds of respondents were unable to access hydrocodone products, with some doctors refusing to prescribe hydrocodone to those who had been taking it at the same dose for years. (Doctors must keep careful records and are fearful of government scrutiny.)

*More than 15% of the respondents reported strains in their relationships with their doctors. (Doctors don't want to be known as "easy" or "over-prescribers".)

* A number of respondents reported an increased financial burden as a result of more frequent doctor visits, greater transportation expenses for those visits, higher medication co-pays, and lost income related to inability to work due to pain.

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* 27% of respondents reported suicidal thoughts due to being denied their hydrocodone prescriptions.

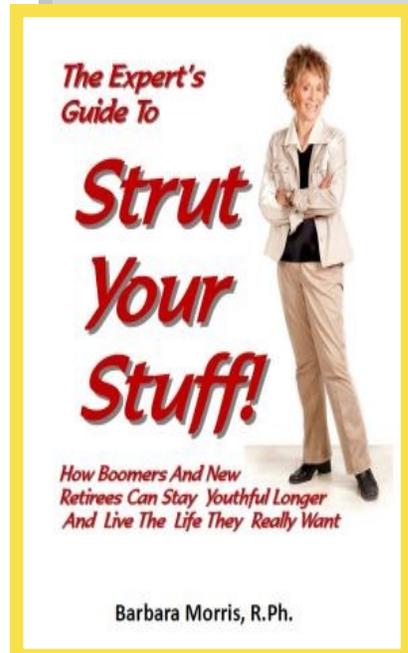
The moral of the story should be obvious for chronic pain patients: Accumulate a backup supply if possible, which should have been done before the government stepped in and decided how much pain you need to endure before you are allowed some relief.

This situation is particularly onerous for seniors because doctors can no longer "call in" or otherwise transmit a hydrocodone prescription to the pharmacy. The patient must obtain a prescription for each and every refill which requires a trip the doctor's office for a new prescription written on tamper-proof paper.

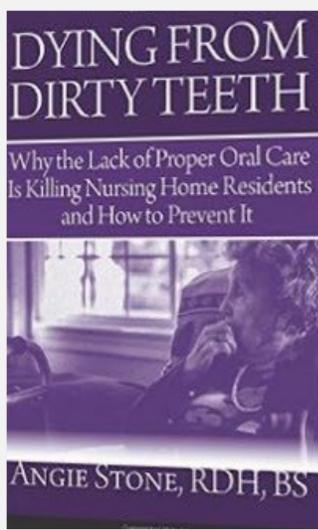
Which means, have your crutches, wheelchair or walker handy and hope you can find a parking spot within crawling distance of the doctor's office.

In the meantime, illegal drugs continue to flood across the border unabated . . . you may be able to find what you need on the street in your nice neighborhood.

A disgraceful situation.



Dying From Dirty Teeth



Lack of good oral hygiene is killing the elderly and the ailment is completely preventable, according to Angie Stone, RDH, BS, author of the new book "[Dying from Dirty Teeth](#): Why the Lack of Proper Oral Care Is Killing Nursing Home Residents and How to Prevent It". Ms Stone says "The elderly have increased risk factors for heart disease, stroke, diabetes, COPD, aspiration pneumonia, and thrush. The lack of adequate oral care increases these risks significantly."

Stone's book summarizes numerous studies indicating that teeth and gums burdened with the bacteria that cause periodontal disease can initiate cardiovascular disease, stroke, diabetes, and dementia. These bacteria can also complicate the control of existing diabetes.

A 30-year veteran of the dental profession, Stone has served patients as a dental assistant and clinical hygienist. Her original research was published in the journal "Integrative Medicine."

Stone says there are several causes of death that can be associated with poor oral health, including heart disease, stroke, diabetes, chronic obstructive pulmonary disease (COPD), and dementia.

Heart Disease: Several studies have shown that periodontal disease is associated with heart disease. Research has indicated that periodontal disease increases the risk of the development of heart disease. Scientists believe that inflammation caused by periodontal disease may be responsible for the association. The development of periodontal disease can also worsen existing heart conditions.

Stroke: Additional studies have pointed to a relationship between periodontal disease and stroke.

Diabetes: People with diabetes and periodontal disease may have more trouble controlling their blood sugar than diabetic patients with healthy gums. This appears to be a two way street. Those with periodontal disease are more likely to develop diabetes.

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(Continued from page 10)

Chronic Obstructive Pulmonary Disease: Research has shown those with periodontal disease have a 60 percent higher likelihood of developing COPD than those without periodontal disease.

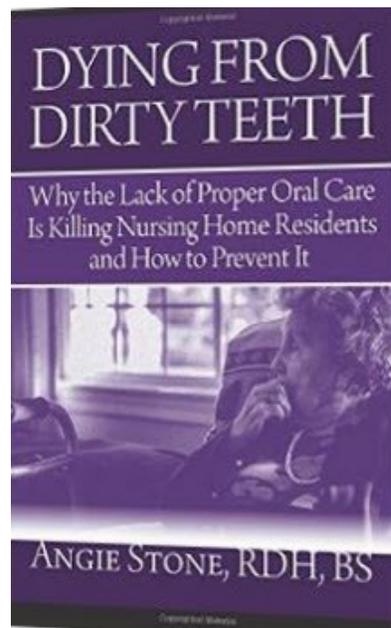
Dementia: Oral bacteria in the mouth due to poor dental hygiene have been linked to brain tissue deterioration.

Periodontal disease occurs when bacteria are allowed to thrive in the mouth and create a biofilm in which to live and do their dirty work. Once the body realizes the bacteria are doing damage, the immune system releases substances that inflame and damage the gums, the ligaments around the teeth, and eventually the bone that support the teeth. The body does this in an attempt to get rid of the bacteria.

Stone says the greatest risk of dying from dirty teeth comes when the bacteria in the mouth get aspirated into the lungs and the person contracts aspiration pneumonia. Aspiration pneumonia is a lung infection that is a result of oral bacteria, stomach contents, or both, being inhaled (aspirated) into the lungs. It is not unusual for small amounts of this material to trickle or be inhaled into the airway and into the lungs. In the general population the inhaled secretions have low bacterial count and are usually cleared out by normal defense mechanisms such as coughing.

In the 2000 report, *Oral Health in America*, the U.S. Surgeon General pointed out that total health cannot be attained until oral health is improved. There needs to be a movement to end this epidemic. While death certificates do not list oropharyngeal bacteria as the cause of death, they are most certainly the origin of many illnesses that lead to death.

"There are many challenges and this problem can seem unmanageable, however the circumstances can be turned around so elders are not dying from dirty teeth," says Stone. "This needs to be done sooner than later. The population is aging and our baby boomers are going to be the next generation of dependent adults.



How to Succeed AT Life

By Joyce L. Shafer



We all think we know what success is. There are certainly enough definitions of it and opinions about how to succeed IN life. But, how can we truly succeed AT life?

We can succeed AT life by being true to ourselves. It's not always as

simple or easy to do this as we might imagine or wish; but maybe that's already been your experience. For one thing, as we move through our life, we have a trail of expectations following us, those expectations imposed on us by others, and those we erroneously impose on ourselves. We walk in a wake of negativity as a result, because we don't know how or feel confident enough to be true to ourselves after years of others' influences swarming around us, attempting to tell us what to think, feel, say, and do.

Ernest Holmes wrote an interesting passage about negativity in his book, *The Science of Mind*. But it was what came at the end of that passage that got me thinking. Here it is: "Thought which is built upon a realization of

the Divine Presence has the power to neutralize negative thought, to erase it, just as light has the power to overcome darkness; not by combating darkness, but by being exactly what it is: LIGHT."

Light overcomes darkness "not by combating darkness, but by being exactly what it is: LIGHT."

What happens when we are not our true selves or true to ourselves is we engage in an inner battle, though we may also battle with others who, for their own reasons, attempt to deter us from being true to ourselves. With so much focus on battles, little energy is given to the real matter: being ourselves and evolving in the way and timing appropriate and fulfilling for us. You cannot live YOUR purpose (much less *your* life) if you're living according to someone else's expectations that you are *not* in alignment with.

Anthropologist Margaret Mead had a particular mindset when her daughter was born. She said she couldn't wait to see who this person was. She didn't say she couldn't wait to mold her daughter into who she wanted the girl to become. Big difference. Most of us did not have the benefit of such refreshing open-mindedness in the environment where we grew, learned, and developed. We were not, in general, provided with a nurturing space to discover and determine who we are, so much as we were told, by so many, who we were expected to become. How often we see others (or have it as our own experience) who follow the wishes or expectations of one or more others, rather than follow what's in their heart and spirit. It's not a pretty picture when that happens.

One example comes to mind of someone I

(Continued on page 13)

(Continued from page 12)

know who wanted to be a musician but his parents wanted him to be a doctor. So he slogged through all the years needed to put M.D. behind his name. Yes, he learned useful things, but he had no passion for his practice. A sad, serious side-effect was that he lost compassion for his patients. He did what was expected of him, barely. And, he was miserable. He turned to drugs and other not-in-balance practices to buffer him from the negativity and restriction he felt he couldn't escape. Whether or not he would have become a professional musician is not the point. What might have happened had he not succumbed to his parents' expectations? We'll never know. But there is a chance that he may have found his way to a life that fulfills him, rather than one he has to numb himself against.

In that and similar situations, one result is clear: **Everyone whose life is touched in any way by someone not being true to themselves becomes, in some measure, a hostage to expectations and outcomes;** and the effects and outcomes don't cease after the first time this happens. An ongoing ripple effect is created. Many would look at that man's life and see only that he's a doctor, with a doctor's income and what it allows him to buy and get away with, and call him a success. Now that you know some of the real story, you may hesitate to assign that label to him.

How much of the negativity we experience is a result of not being true to ourselves? Think about the implications of that for a moment. What are you doing and who are you doing it for? If your why is one you have head and heart alignment with, no problem. If you don't have that alignment, you have negative

thoughts buzzing like bees in your mental, emotional, and spiritual life, which, of course, can affect your physical body. It definitely affects your energy and what you attract into your life as your experience, as well as how you relate to yourself, others, and your life. The proverbial vicious circle gets created.

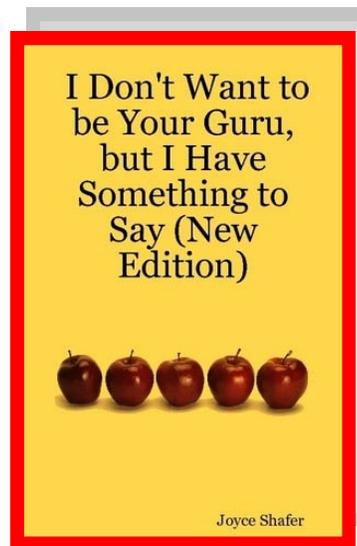
Whatever you've been indoctrinated or convinced to believe about success, the truth is that real success is an inner experience—a feeling. When you find what makes you happy and fulfilled in ways appropriate for you, and this in turn, causes you to spread some good into your circle or world, you are a success. Maybe you have enough material things in your life that causes others to call you a success and maybe you don't. Should their opinions matter? Do you really want them to? Or do you want to **put the measure of success where it belongs—in your hands?** 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>



This Is Entertainment? NO!

By Lura Zerick



I feel like I have lost a friend. Even worse, I am disappointed, disgusted and reviled by what I just read in one of the many books I read each week. I realize that vulgarity sells books. There are many on the best seller list that should be listed under pornography. This book, however, was written by one of my favorite authors; I've been reading her books for years. She's *already* famous, so it wasn't done for publicity purposes. If so, it was a negative decision.

I read for entertainment and to grow as a person. It is what I CHOOSE TO DO, WEEK AFTER WEEK. I laugh as I say I don't watch television – unless I am on it (to critique my guest spot). I do watch national and local news and the weather report, to be aware of what is happening around me and in the world. I've already lived the soap operas, so I refuse to return there.

The truth is, I'm going to READ, whether or not I eat. In the library nearest my home, I get five books, the amount allowed, each week. My days would be LONG if I could not read. I began reading in elementary school and plan to continue as long as I live. If I get to a point where I can't read, then I will get audio books.

When my five children were growing up, I bought few toys (though they had these) and many children's books to read to them. I didn't neglect my children to read, but would find times to enjoy my hobby. My oldest son, now 66, often tells me, "Mom, thanks for teaching me to enjoy reading."

I tolerate some of what is published today but am choosy about what I read. I am not a prude. I know all those words the authors use; might could *teach* them a few, if I were inclined. I draw the line, however, and often put a book down when it gets too raunchy. That's what I did today.

I don't understand it; I wanted to *cry*. *Regardless of who the author is, to describe sticking a bottle into a 15-year-old virgin's vagina, DOES NOT ENTERTAIN ME !!!* I take a risk each week as I choose my five books. I select some books by authors I don't know. I wish it had been one of these.

(Continued on page 15)

(Continued from page 14)

I write books; my sixth just out last October. I try, however, to write in a way that uplifts the reader. I want to help them have a better life. Life can bring unhappiness, even misery; each of us needs all the encouragement we can get. I have learned to be 'picky' in what I put in my mind.

I spent ten years in nightclubs, singing and dancing...so I KNOW ABOUT PEOPLE AND LIFE. In the process, I learned other important facts.

I learned that the better one looks, the more trash is often drawn to you. Many want to simply be seen with beautiful people while others might have more negative reasons. Some WANT to see or hear the painful experiences; don't ask me why. 'Beautiful' has many more problems than 'average' does.

Many who pretend to be friends are actually acquaintances – and often have no idea what real friendship is.

I never considered myself beautiful; I'm just a farm girl at heart. Yes, I can 'dress up' but I can still make biscuits for breakfast. Others might have thought I was pretty, but I was just 'me', regardless of where I was. Even when I

could have acted like a big deal, I was still the same person; I really wasn't trying to 'impress' anyone. Either you liked me or you didn't. My biggest problem at that time was learning to like myself.

Looking 'sexy' was not an advantage, even if that was/is fashionable. This brings a negative element rather than simply good-hearted people who like you for you. Most of the men said whatever helped their exploits; few looked for the person underneath the 'good looks', nor were they really interested. I imagine that this is still true today.

One can be very lonely even in a marriage; it is possible to be married and not have a husband. So those lonely years helped to prepare me for NOW. I don't LIKE being alone, but it is what it is. I accept and enjoy my days; I am involved in several activities, even from home..

I still consider each day a gift, wherever I am.

=====

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.



The Tyranny of Traditional Expectations

By Barbara Morris



When you are "old" the expectation is that mentally and physically you are less competent than you used to be.

Before continuing, let's establish the prevailing cultural understanding of "old", chronologically speaking. If we are to judge by the number of retirement communities for those "50 or better" or if we are to judge by the number of people who retire at age 55, then it seems safe to say "old" begins at age fifty and that's when the expectation that you are losing it starts to kick in. You know how it goes:

"Take it easy -- you are not as young as you used to be."

"You are going to hurt yourself doing that. Let me help you."

"Why are you still working when you should be taking it easy"

"Why are you spending money on THAT! At your age!"

"What? You have a boyfriend/girlfriend?" That expression of disgust may be followed by a sarcastic "how cute", "tsk tsk", "act your age" or perhaps a raised eyebrow that suggests you must be teetering on the brink of senility. After all, "old" people don't fall in love, that's the province of young people.

All mentally competent "old" persons know their degree of competence. To suggest they are not realistic about assessing their abilities is condescending.

That said, in many cases, expectations of decline are accurate because of failing health. In other cases, decline in competence is a result of giving in to expectation. For example, because human nature prefers leisure over effort, if you know less is expected of you, then you do less, thereby conforming to expectation and thus, you experience decline. The admonition to "use it or lose it" is particularly apt when you are "old".

But let's be real. "Old" people often are responsible for some of the "old people expectations" when they behave like teenagers trying to be "cute" or demean themselves with "old people"

(Continued on page 17)

(Continued from page 16)

jokes, or think their age allows them to ignore acceptable standards of speech or dress.

But let's also acknowledge that it doesn't help that supposedly funny TV shows portray old people as senile ("Off Their Rockers"). And let's not forget TV ads that depict old people as less than competent or engaged in ridiculous behavior, or ads that consistently show "old" people in stereotypical roles, such as puttering in the garden, baking, playing with grandchildren -- but never in roles that reflect the reality of many "old" people who still have a job they go do every day or in some other way are still productive.

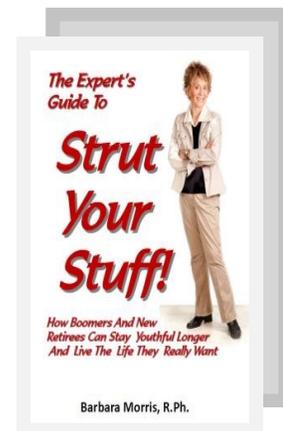
More "old" people are beginning to reject the tyranny of outdated expectations, which makes it possible for them to live with the same vibrancy and capacity for accomplishment as when younger. However, at this point in our cultural development, those who challenge tradition, deviate from expectation, or act in defiance of expectation, are lauded as an anomaly -- "wonderful for your age".

Anyone fortunate enough to avoid the scourges of dementia, cancer or other debilitating disease can be "wonderful for your age" if it is understood that youth is a gift received at birth but lasts only approximately only 40 years and then fades away, UNLESS effort is made to retain the most vital aspects of youth -- mental and physical competence.

Anomalies Are Never "Old"

Everyone is inspired by anomalies who are wonderful for their age. An inspiring example is 89 year old Gloria Struck who rode her Harley 1,700 miles to Sturgis SD. I would not ride on a Harley under any circumstances, even if wrapped in Kevlar, but I'm thrilled that Gloria rides. She inspires me to go for as much gold in my life as I can. [Read about her here.](#)

Then there is [Ida Pieracci](#), a San Jose California Country Club legend. At 102 she holds the course record with eleven holes-in-one and still regularly plays golf.



If you have watched Dr. Cristiane Northrup on PBS you know how inspiring she is. Not yet of "senior" age, she talks about cultural beliefs about aging and admits she hates being around "old" people. It's not that she doesn't like "old" people, it's being around them that she doesn't like. Watch her brief video [here](#)

I hope these "anomalies" inspire you to challenge your potential and be all that you can be -- chronological age and cultural expectations be damned.

Good Stuff To Know April 2015

[Vitamin D deficiency linked more closely to diabetes than obesity](#)

People who have low levels of vitamin D are more likely to have diabetes, regardless of how much they weigh, according to a new study. Vitamin D helps the body absorb calcium and maintain bone and muscle health. The skin naturally produces this vitamin after exposure to sunlight. People also absorb smaller amounts of the vitamin through foods, such as milk fortified with vitamin D. More than 1 billion people worldwide are estimated to have deficient levels of vitamin D due to limited sunshine exposure.

[Your privacy online: Health information at serious risk of abuse, researchers warn](#)

There is a significant risk to your privacy whenever you visit a health-related web page, some researchers warn. An analysis of over 80,000 such web pages shows that nine out of ten visits result in personal health information being leaked to third parties, including online advertisers and data brokers.

[Unexpected outcomes for elderly couples who stop driving](#)

Even if just one member of a couple stops driving, negative consequences result for both the driver and non-driver, a study concludes. The researcher recommends that the elderly and their adult children carefully discuss and plan for the transition to driving cessation.

[Sleeping over 8 hours a day associated with greater risk of stroke](#)

People who sleep for more than eight hours a day have an increased risk of stroke, according to a study -- and this risk doubles for older people who persistently sleep longer than average. However, the researchers say it is unclear why this association exists and call for further research to explore the link.

[Widely used food additives promotes colitis, obesity and metabolic syndrome, shows study of emulsifiers](#)

Emulsifiers, which are added to most processed foods to aid texture and extend shelf life, can alter the gut microbiota composition and localization to induce intestinal inflammation that promotes the development of inflammatory bowel disease and metabolic syndrome, new research shows.

[Oat breakfast cereals may contain a common mold-related toxin](#)

Oats are often touted for boosting heart health, but scientists warn that the grain and its products might need closer monitoring for potential mold contamination. They report that some oat-based breakfast cereals in the US contain a mold-related toxin called ochratoxin A that's been linked to kidney cancer in animal studies.

[Omega-3 fatty acids, vitamin D may control brain serotonin, affecting behavior and psychiatric disorders](#)

Although essential marine omega-3 fatty acids and vitamin D have been shown to improve cognitive function and behavior in the context of certain brain disorders, the underlying mechanism has been unclear. In a new paper,

(Continued on page 19)

(Continued from page 18)

serotonin is explained as the possible missing link tying together why vitamin D and marine omega-3 fatty acids might ameliorate the symptoms associated with a broad array of brain disorders.

[Intimate partners with low self-esteem stay in unhappy relationships](#)

People with low self-esteem are more likely stay in unhappy relationships, suggests new research. Sufferers of low self-esteem tend not to voice relationship complaints with their partner because they fear rejection.

[Marijuana: The allergen you never knew existed](#)

As marijuana's legal status throughout the country continues to change, people should know it can cause allergic reactions.

[Marriages more likely to end in divorce when wives get sick](#)

Countless couples have recited the words, 'in sickness and in health' on their wedding day with the intention of honoring those vows. But as it turns out, that may be easier said than done.

[Men tend to be more narcissistic than women, study finds](#)

With three decades of data from more than 475,000 participants, a new study on narcissism reveals that men, on average, are more narcissistic than women.

[Excess sitting linked to coronary artery calcification, an early indicator of heart problems](#)

Sitting for many hours per day is associated with increased coronary artery calcification, a marker of subclinical heart disease that can increase the risk of a heart attack, according to research. Coronary artery disease is the most common type of heart disease and the leading cause of death in the United States.

[Promising 'natural' Alzheimer's treatment moves toward clinical trials](#)

A promising new natural treatment for Alzheimer's disease is moving toward clinical trials. This will be a major step forward as there is nothing on the market that slows the progression of Alzheimer's; natural products chemist has patented a botanical compound, withanamides.

[Age-related discrimination can add to healthcare woes](#)Discrimination by doctors or hospitals can make older patients even sicker, researchers report. A national survey shows that one in every three older Americans who are on the receiving end of age-related discrimination in the healthcare setting will likely develop new or worsened functional ailments in due course.

[How cannabis use affects people with Bipolar Disorder](#)

The first study to examine the use of cannabis in the context of daily life among people with Bipolar Disorder has shown how the drug is linked to increases in both manic and depressive symptoms.

[Recommendation for vitamin D intake was miscalculated, is far too low, experts say](#)

Researchers are challenging the intake of vitamin D recommended by the National Academy of Sciences Institute of Medicine saying their Recommended Dietary Allowance for vitamin D underestimates the need by a factor of ten.

(Continued on page 20)

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[Diet soda linked to increases in belly fat in older adults](#)

Increasing diet soda intake is directly linked to greater abdominal obesity in adults 65 years of age and older. Findings raise concerns about the safety of chronic diet soda consumption, which may increase belly fat and contribute to greater risk of metabolic syndrome and cardiovascular diseases.

[Are antipsychotic drugs more dangerous to dementia patients than we think?](#)

Drugs aimed at quelling the behavior problems of dementia patients may also hasten their deaths more than previously realized, a new study finds. The research adds more troubling evidence to the case against antipsychotic drugs as a treatment for the delusions, hallucinations, agitation and aggression that many people with Alzheimer's disease and other dementias experience.

[Low vitamin D predicts more severe strokes, poor health post-stroke](#)

Stroke patients with low vitamin D levels were found to be more likely than those with normal vitamin D levels to suffer severe strokes and have poor health months after stroke, according to new research.

[Hydrocodone Rescheduling Hinders Pain Patient Access](#)

National Fibromyalgia & Chronic Pain Association conducted an online survey of pain patients to assess the effects of this rescheduling at the patient level.

The survey's key findings included: • Approximately two-thirds of respondents were unable to access hydrocodone products, with some doctors refusing to prescribe hydrocodone to those who had been taking it at the same dose for years. • More than 15% of the respondents reported strains in their relationships with their doctors. • A number of respondents reported an increased financial burden as a result of more frequent doctor visits, greater transportation expenses for those visits, higher medication co-pays, and lost income related to inability to work due to pain. • 27% of respondents reported suicidal thoughts due to being denied their hydrocodone prescriptions.

[Changing how rice is cooked could cut calories](#)

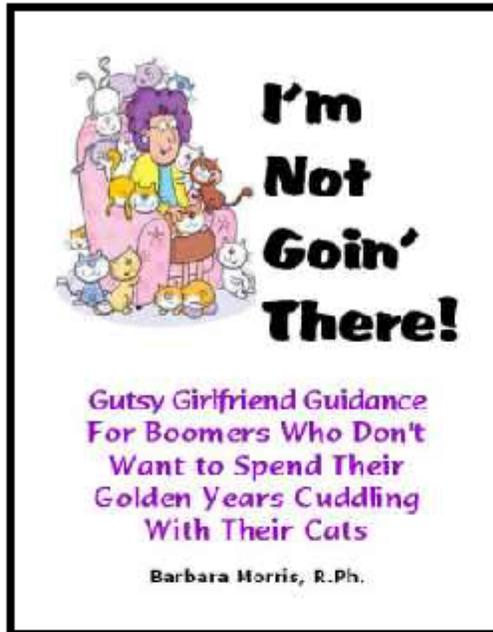
A novel cooking and cooling process for rice could help slash the number of calories absorbed by the body by more than half by increasing levels of resistant starch, say researchers.

[Acid from wine tasting can soften teeth 'within minutes'](#)

Researchers from the University of Adelaide have discovered that the acid in wine can make teeth vulnerable to erosion within just minutes.

[Testosterone needs estrogen's help to inhibit depression](#)

In popular culture, the phrase "battle of the sexes" seems to pit the male hormone (testosterone) against the female (estrogen). Now a researcher has documented a way in which the two hormones work together to protect low-testosterone males from the effects of anxiety and depression. #



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- 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...



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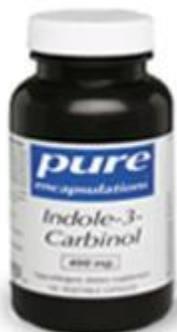
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