

August, 2013

Put Old on Hold

e-Magazine

Advocating Balanced Lifelong Growth and Productivity

Obesity Epidemic: The “New Normal”?

Book Review

“The Secret Lives of Ordinary Women” by Ginnie Siena Bivona. Story-telling at its best by the best story teller around.

***“Off Their Rockers”
Bites the Dust***

***Ovarian Cancer:
A Preventable Tragedy?***

***Research: Ditch
“Senior Moments”***

To counter discrimination against obese people, “fat activists” are seeking to bring greater acceptance, less hostility and equal opportunity for people of differing sizes. Dr. Sheena Burnell challenges the wisdom of the activism.

What's Inside

[Angst From The Editor](#) - 3

[How Much News Is Enough?](#)- 4

Mary Lloyd

[A Weighty Issue: The Obesity Epidemic as a Medical Problem](#) - 6

Sheena Burnell, M.D.

[Conventional Thinking May Be Bad for Financial Wealth](#) - 8

Henry Montag

[Tone Muscles Without Weights or Going to The Gym](#) - 10

John Paul Ouvrier

[What Do You Want to Change vs. What Do You Want to Do](#) - 12

Joyce Shafer

[Dying From Ovarian Cancer: A Preventable Tragedy](#) - 14

Michael E. Platt, M.D.

["Off Their Rockers" Cancelled](#) - 15

Barbara Morris

[Book Review: The Secret Lives of Ordinary Women](#) - 16

[It's a Beautiful Day](#) - 17

Lura Zerick

[Stop Aging Self-Talk: No More "Senior Moments"](#) - 19

Barbara Morris

[Information To Live and Feel Better](#) - 20



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. 2013. All rights reserved. Contact us for permission to reprint articles. Thank you for respecting our copyright and that of contributors.

[Subscribe to the Put Old on
Hold e-Magazine and
Journal](#)

Angst From The Editor

I never thought I would see the day when American citizens would fear being spied upon by the government or have personal information stolen and misused. That day is here and it's frightening. People are becoming wary not only of what they post on political and social networking sites but cautious about leaving comments on innocuous websites. I admit I think twice about what I send into cyberspace. The general feeling seems to be, "I don't want to risk having my identity exploited or compromised."

Recently I received an email from a long-time subscriber that read as follows:

Hi Barbara,

I just want to let you know that I always read your newsletter. Sometimes I'd like to leave comments to let the authors know; but I refuse to sign on to any more social media accounts (Discus this time) and give access to all my data. I guess so they can post to my Facebook account and send me more e-mails.

Feel free to add my comments below the articles if you like.

For Mary: (Lloyd)

Mary, you make some excellent points. We seem to have lost our way as a nation as everyone clamors for a bigger piece of the pie. We've forgotten that the simple things and the good we can do have more value than "stuff" and who has more of it. Life is not a race to die with the most toys.

For Joyce: (Shafer) (whose article was so in sync with Mary's that I thought that might have been planned - until I continued reading):

Lovely words. Plus I learned a new word today "sheeple-minded". I love it!

For John: (Ouvrier)

Another excellent exercise tip. I've picked up many from your articles on Put Old on Hold.

I'm working to get back strength and flexibility after cast removal for a cracked elbow. Boy, I didn't realize how quickly you lose strength and flexibility when you don't keep working at it every day! I hope I can hold onto that lesson for the years to come.

For people who live alone and can't have someone "spot" for them just in case - I've done the wall sit with a stool beneath me. So if I go too low or get worn out and can't get up unassisted, I can gently sit all the way down. Do you recommend that?

For Barbara:

Thank you for introducing us to Helen Harkness and her work. I also sign onto the advice to avoid traditional retirement and have launched myself into my 3rd or 4th career. Yes, staying active does keep us younger!

I love Helen's phrase "Live long; die fast." That's definitely a goal worth striving for.

You and I agree on another point, Barbara. I also share my age because it helps to convey the message of my healthy aging website, "Walk along with me into a longer health span."

I have passed this email on to Mary Lloyd, Joyce Shafer and John Ouvrier to allow them to respond privately to the commenter.

How Much News is Enough?

By Mary Lloyd

Remember “No news is good news?” What happened to that? Now, no news means you’re either dead or lost in a South American jungle where even satellite reception falters.

“News,” at least in the dictionary, is “information about recent events or developments.” Sometimes it’s in print. Sometimes it’s on television and radio. Sometimes it’s through the computer. News is information about what’s going on where we aren’t. If we care about that place or have loved ones there, of course we want to know what’s happening. But what’s the point of being thoroughly informed about all the bad things that have occurred all over the world in the last 24 hours?



In this morning’s newspaper, I read about a train wreck in Spain that killed 79 people, a bus crash in Italy that killed 38, and an accident in Switzerland where two trains collided, seriously injuring five. I live on the West Coast of the United States. The only reason I can think of for



needing to know of those three disasters is to pray for those involved. But does such specificity improve Divine access? Would I do any less good if I skipped the news and prayed “God, bless everyone who needs it right now”?

In my life, there’s local news, sports news, national news, weather news, business news, and financial news. Our local TV news starts at 4 AM. The 24-hour news channels give me a dose *whenever* I choose to look for it. The internet can even custom tailor alerts about whatever I’m interested in. Around here, “the news” is often on midday, for as much as two hours at dinner time, and another hour or two before we go to bed. Is that a good thing?

It’s nice to be able to find out what’s happening regardless of when I decide I need to know. But being connected to everything that’s going on in the world all the time carries a lot of stress. There’s nothing I can do about most of it. Why is “the news” such a big presence in my life?

I’ve been thinking about this for a while now and there’s only one thing I’m 100% sure of. I need to go on an information diet. A lot of what I take in isn’t even good as “news.” Journalistic junk food. A while back, I used a stopwatch and learned that over 50% of what I was getting from the local 10:00 news was ads. Just how much of my time do I want to

(Continued on page 5)

(Continued from page 4)

dedicate to car commercials and lovey-dovey couples touting erectile dysfunction drugs?

“News” can also be defined as “somebody or something interesting or something previously unknown.” If I think about it that way, I can chart a wiser path to the information I really want to ingest. If I want news about someone I love or want to get to know, a phone call or e-mail beats Inside Edition. If I want to learn about something new, surfing the Net or going to the library will get me a whole lot farther than waiting through five minutes of ads so I can hear the 30-word follow-up to the 20-word trailer the evening news teased me with before going to commercial.

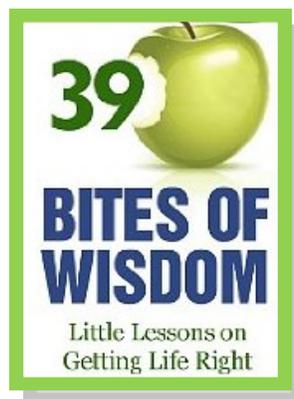
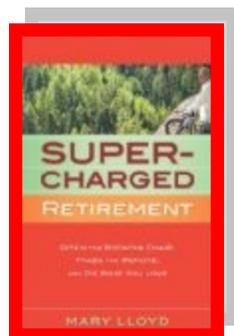
We hear way too much about stuff we don’t need to know--politicians who should have kept their pants on; paramours who should have kept their mouths shut; financial difficulties and deceptions; personal tragedies and traumas. We hear about crime and mayhem all over the globe. We hear the same awful stuff multiple times a day. It’s not just me. This is not good for any of us.

A steady stream of bad news is hard on you, even if you have no emotional connection to the people facing the problem. The very best we can hope to get from witnessing the current horrible thing is a fleeting moment of “feel good” when we write a check or text a donation in response. The rest is a combination of unrequited compassion and insensitive gawking.

I do want to be informed about what’s going on in the world. And I do care about people. But you *can* get too much of a good thing. I want to be an informed citizen of the world not a news junkie.

I’ve decided I need to learn to imbibe more responsibly. For that, I have to make myself answer three questions: What do I really need/want to be fully informed about? What are the best sources for that information? And, much as it makes me uncomfortable: Am I using watching news on TV as a bogus way to feel connected?

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.



A Weighty Issue: The Obesity Epidemic as a Medical Problem

A three-part look at our worsening obesity epidemic

Part One

By Sheena Burnell, M.D.



When I reached my 50s I started to notice gradual changes to my hair and even my body shape. While I was aware that my miniskirt days were some way behind me I wasn't quite ready for the elasticized pants either, so I went online for some websites to see what 'looking good' over 50 meant these days. As we boomers know websites there are aplenty for our ageing cohort and I found several great sites with hair and makeup tips, style forums, shopping ideas and more. But as I browsed through diverse topics ranging from buying chic yet comfortable shoes to beating incontinence, I was struck by a different subtext - and that was the number of women who casually mentioned being overweight. This got me thinking about a topic which has long concerned me and that is the dangerous 'normalization' of one of the most serious

health concerns in today's society.

First up I want to say that I'm all for women feeling comfortable in their bodies and not feeling tyrannized by largely male-generated advertising images - and as a successful female professional I have always loved the power and strength that women possess. However this gets to the heart of my discomfort. As a doctor and as a woman it genuinely pains me seeing women as they age trading active, strong, healthy bodies for increasingly overweight, immobile and unhealthy bodies - *as if it were perfectly normal*.

We all know there are people who are naturally larger-proportioned or people who are overweight but perfectly healthy, and certain ethnic groups and even families who tend to be overweight. However the problem is that as we age, being significantly overweight has an impact on our health far beyond any ideas of being 'curvy' or 'generously-proportioned'. During my intern years I noticed that elderly patients who presented for surgery were rarely significantly overweight. It wasn't that they were less healthy, quite the reverse, it meant that a large proportion of really overweight people hadn't made it that far.

In China where I live it is unusual to see someone who is very overweight and like most expats when I return home I'm shocked at how big we've become. While there are no doubt some genetic factors in play, one major difference is what and how the Chinese eat and the amount of exercise they get. In my neighborhood it's common to see older people out walking, taking part in communal dancing or tai chi,



(Continued on page 7)

(Continued from page 6)

or exercising in one of the small parks set up in each municipality for this purpose; in addition many older people still ride their bicycles, even in the chaotic Shanghai traffic, and it's very common to see them peddling serenely along with a bagful of eggs or greens slung over the handlebars.

The Chinese although renowned for enjoying their food also believe in not overeating and at banquets will generally stop eating before most Westerners do, and it's not uncommon for women (and men) to carefully watch what they eat to avoid "getting too fat". Meals are usually based around vegetables with small amounts of meat or fish, and 'fast food' until recently has meant a couple of steamed dumplings or a bowl of noodles. If Western food is on offer most Chinese will indulge in a far smaller amount than we would, and portion sizes of these foods are also smaller – thankfully 'supersizing' has yet to arrive here. Tellingly it is now the teenagers with their increased intake of energy-dense aspirational Western food and sedentary lifestyles who are steadily becoming obese, a clear message if ever there was one that while some genetic factors may be in play, the double whammy of too much food and not enough exercise affects even traditionally slender populations.

As a doctor I believe we are contributing to a terrible lie if we let our patients believe that it is okay to be overweight as if this was somehow a good choice. If someone you knew was struggling with issues such as drinking too much, gambling, or any other problem which threatened their health or wellbeing you'd naturally want to step in to help them. Why then should overweight be any different with its host of co-morbidities such as metabolic and endocrine dysfunction, cardiovascular disease, joint problems, mobility problems, esophageal reflux and sleep apnea? With this in mind, overweight is now recognized as a complex medical condition and the American Medical Association has recently classified overweight as a disease, such is its healthcare burden.

Being significantly overweight has become a health issue beyond the realm of aesthetic or

moral judgment. Chillingly, for the first time since industrialization, we are looking at the next generation living shorter lives than ours due to being massively oversized. Healthcare systems in all developed countries are now under enormous pressure to deal with the massive costs due to overweight and obesity, as research uncovers increasing evidence that being too fat involves metabolic, inflammatory, and endocrine changes which seriously impact our health and longevity.

What is increasingly clear is that the simple 'calories-in, calories-out' model is no longer adequate and doesn't explain why it is so hard for many people to lose weight and keep it off. New evidence suggests a more complex model with a negative feedback effect of increasing obesity and worsening health compounding each other, making this issue a medical one rather than simply a question of willpower or personal choice.

This new understanding will hopefully pave the way for health professionals and the general public alike to approach this issue in a factual, empathic and non-judgmental manner and thereby allow for meaningful measures to address this serious and life-threatening consequence of modern life.

In next month's article I'll discuss the physiology of overweight in more depth and talk more about current issues in weight management in the light of the latest research and findings.

Dr Sheena Burnell is an Australian-trained doctor currently living and working in Shanghai, China. Her primary training is in anaesthesiology however she is also trained in cosmetic medicine which she has mainly practised since coming to China. Her latest role is Director of Asia Healthcare Consultants, a boutique consultancy specialising in introducing Australian healthcare companies to the China market. She is also a wine educator and a noted specialist on Chinese textiles.

Conventional Thinking May Be Bad For Your Financial Wealth

By Henry Montag



When it comes to Retirement planning conventional wisdom has it that you direct your IRA or 401 contributions into a deductible IRA or 401,403 account, when you retire you'll presumably be in a lower tax bracket than you're in today. But what if conventional wisdom is wrong? In the mid 1980's top tax brackets were as high as 69%. It was logical to think that people would be in a lower tax bracket when they retire as most people earn less at retirement than when they're employed. However, today top tax rates are only 39.6% and when one considers our tremendous deficit and political pressure it's more likely than not that tax rates will once again rise in the future.

Moreover, there's a distinct possibility that scenario may happen. All of those dollars you've accumulated and have hopefully grown as a result of your hopefully smart investment decisions will be taxed in a higher tax bracket. So instead of paying a small tax on the "seed" -- your yearly contribution, conventional wisdom has you not only paying taxes on the entire harvest but doing so while you're in a higher tax bracket. That being the case, conventional wisdom has just harmed, not helped you to be better prepared to maximize your retirement assets.

A better nonconventional alternative would be to consider directing any new contributions to your IRA, 401 or 403 into a non-deductible Roth IRA or 401, 403 account. Everything except for the titling of the account stays the same. You have the same choices and receive the same statement from the same company. In both plans any of the gains in the account grow tax deferred. The only difference is that you don't take a current tax deduction on any contributions you make and you don't have to pay any taxes on the money you eventually withdraw. Regardless of whether taxes go up or not, being able to receive your income 100% tax-free is by far a much-desired choice.

Another situation faced by many occurs when individuals in their 50's finally realize they didn't take advantage of starting to save for their retirement 15 or 20 years ago. They do nothing figuring it is too late. Or, there are those who not only take advantage of the catch up provisions which now allow an individual over age 50 to deposit up to \$6,500 annually into their traditional IRA accounts, but they feel compelled to take unnecessary risk to try to make up for the fact that they hadn't taken advantage of what Einstein called the eighth wonder of the world -- "compounding Interest". Conventional wisdom tells us that there have only been

(Continued on page 9)

Put Old on Hold e-Magazine / August, 2013

(Continued from page 8)

only 2 times in the last 69, 10-year periods that the stock market hasn't risen, so Investing in the stock market is the place to be.

But since the last time it happened was as recent as 2002-2012, that thought has encouraged many people to feel that they need to take on even more risk to make up for those lost years, especially now that bonds are providing such low yields. Is there a better way to catch up? There is but only for those with a good trusting relationship with one or both of their parents who are healthy enough to purchase a life Insurance policy on their lives, and who can see past the emotional hurdle of a son or daughter benefiting from the death of a parent.

So Instead of placing that \$6,500 contribution into a traditional IRA, 401 or 403 account where the amount that they'll eventually receive could be more or less than what they've deposited, and will be fully taxable WHEN DISTRIBUTED, they could consider using all or part of that \$6,500 annual deposit to purchase a life insurance contract on one or both of their healthy parent's lives. The outcome will be a guaranteed death benefit significantly greater than what the individual deposited into their account. In addition, the death benefit of a life Insurance contract is 100% income tax free. The proceeds would be received by the retiree net of any taxes. A very good alternative strategy that can be used to catch up without taking any risk, let alone more risk.

About bonds: Conventional wisdom has always told us that bonds are relatively safe Investments with less risk than a stock. But with today's low interest rate environment I feel that the risk of rising interest rates make bonds far riskier than stocks.

Conventional wisdom ALSO tells us you can't

do anything about death and taxes. Not true. You can do a lot about your taxes. For example, an individual now receiving both social security and an IRA distribution can very simply convert a part of their IRA into a Roth because a distribution from a Roth IRA does not count towards the modified adjusted gross income, MAGI. That will bring down their income to an amount below the threshold for taxing ones social security benefits. The same holds true for determining the amount of Medicare premium a person will contribute as it's based on a person's adjusted gross income, AGI. While people can't evade their taxes they can certainly take steps to avoid them and arrange their assets so as to maximize their wealth and minimize their tax obligations.

A majority of individuals ascribe to many poor choices that are just plain wrong, and they must strive to overcome their PDD, Planning Deficit Disorder. People spend significantly more time planning their vacation than planning their own retirement. For example, conventional wisdom would entail purchasing a life insurance contract and then place it in a drawer never to be looked at again until a beneficiary sees it. If its a universal or term contract (and its not occasionally reviewed) you (may not) know if its a problem till its too late. Planning ahead is more than a phase, it's a way to challenge conventional thinking to make sure you come out on top.

[Watch Henry Montag's video advice on intergenerational wealth building](#)

Henry Montag CFP, CLTC
Financial Forums Inc.
516 640-1315

www.financialforumsinc.com

henry@financialforumsinc.com

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

Tone Muscles in Upper Body Without Weights or Going to the Gym

By John Paul Ouvrier



Toning our muscles and making them look better isn't as hard as one might imagine, and in this article we will explore some fun and easy ways to tone the muscles in our upper body. That being said, toning the muscles is not the same as lifting weights or strength training to increase bone density and for overall strength. We certainly need this, need to consult our doctors firstly, and may need equipment to do this. Certainly diet plays a significant role as well. However for those of us that know this already and would like to tone up our muscles within the comfort of our own homes, here are some fun ways to do this.

The big secret to doing this is by performing what are called isometric contractions. In layman's terms, we are referring to the act of pretending to lift weights without the weights. In other words, by isolating and squeezing the muscles as if we are lifting weights, we can help tone our muscles up. (SAFETY NOTE: Speak to your doctor first; some people due to medical conditions should not squeeze their muscles tightly like this.)

I call these exercises the 'Wizard Squeezes' and they can work miracles for toning! You can do your Wizard Squeezes standing, sitting, even lying down on your back. Ideally, let ideas give you a starting point, and then go see a good P.T. for additional advice.

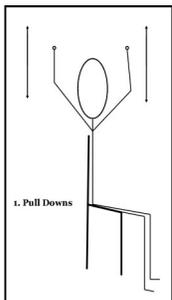
To do your 'Wizard Squeezes' properly, here are some ground rules.

1. Always breathe- don't hold the breath!
2. Relax your neck and shoulder muscles!
3. Follow the order of the exercises, working the big muscles to the smaller ones!
4. Start out by doing 10 contractions each, working up to 20.
5. Isolate and then squeeze your muscles tightly, throughout the entire exercise.

All done properly, this should take less than 5 minutes! Do once or twice each day.

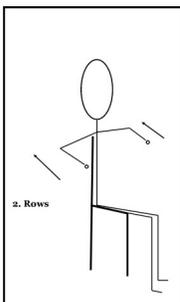
The Wizard Squeezes:

Continued next page



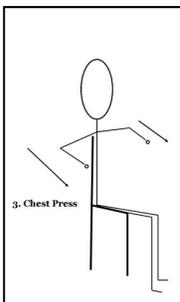
Pull Downs: Reach over head, hands facing away from you, and imagine pulling up and lifting up toward a chin-up bar. Breathe. 10 times.

easy combination of the two is this: Pull the arms up palms up, working the Biceps, and then when the arms reach your shoulders, turn the palms downward, and work the back of the back of the arms, pushing down to the starting position! Breathe. 10 times.)



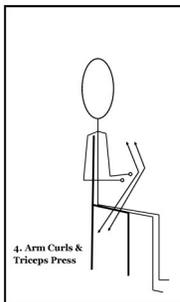
Rows: Imagine rowing a boat, putting your arms out in front of you, palms down, and pull back toward you, shoulder blades together. Lift up tall. Breathe. 10 times.

By doing these isometric contractions, if you squeeze really hard (keep the breath moving) you will find yourself getting tired very quickly. This a great workout!



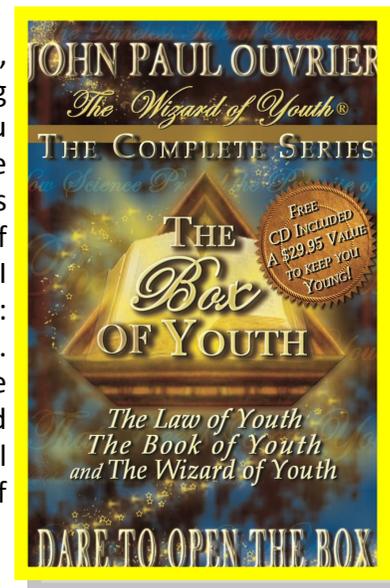
Chest pressing. The opposite of the row, press your hands away from you, like you're doing a push up. Lift up tall, breathe, 10 times.

Are there other factors involved? Diet? Metabolism? Medication? Etc., etc. Yes. And this isn't a quick fix- it's a wonderful, take 5 to 10 minutes anytime of the day, and can help whip your body into shape! And remember to consult with your medical professional first. Then if you can, get up and do your Wizard Squeezes!



Arm curls and triceps extensions. To work the front of the arms, start with your arms down by your side, turn your palms up, and bend your arms at the elbows, like you're picking something up. Stop a little above beyond 90 degrees. To work the back of the

As a side note, may I share something with you? I want you to point out one of the biggest lessons between the lines of this and other articles I write and that is this: You are not helpless. You can do much more than you think, and even when you feel down, a little bit of something counts.



Remember: There is no wasted effort, you are a gift, and you are needed. God Bless.

arms, do the opposite. Start with the arms bent, up by your shoulders, palms down, and press the arms down to your side. (An

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. John's websites are: <http://wizardofyouth.com> and <http://fitness4charity.org>

What Do You Want to Change vs. What Do You Want to Do



By Joyce Shafer

We hear that “Change is a constant” and “People resist change.” What a conundrum we find ourselves in because of this clash.

We tend to approach what we want for ourselves and our lives by looking at what we want to change. Considering that many of us react to or resist change, maybe that’s not the better or best approach to aim at a targeted outcome. What if focus on what we want to change is a form of looking backward instead of forward? Attention on what we want to change, it seems, may not lend itself to being as supportive to us as we might like or need.

When we look at what we want to change, we’re focused on what is rather than on what could be. What-is generally doesn’t stand alone, because it’s often difficult to look at what-is without being aware of whatever from the past is attached to it. You *can* be at peace with what-is, which is far more beneficial than resisting it. Resistance holds you back from what can be. There is a way to move forward from what-is, and I’ll get to that in a bit.

The idea of changing something about ourselves or our life, by deliberate choice or by default, also carries a mental-emotional imprint of work, effort, perhaps even sacrifice. Our ego-aspect doesn’t like this. This perspective usually does not lead to lasting success or fulfillment of desired experiences or outcomes—because we resist change. Instead, ask yourself what it is *you* want to *do*. This question has the potential to open your imagination, reveal your unspoken wishes, and aim your focus out ahead of you.



There are times when I ask clients and others what it is that they want to do. Some know; other says they have no idea. I think the latter response comes from not having allowed their

(Continued on page 13)

(Continued from page 12)

imagination to play, or maybe not having allowed themselves to imagine life beyond their responsibilities—or fears. When someone gives “I don’t know” as an answer, I ask, “If you did know, what might your answer be?” This is an excellent question because the mind likes to answer questions given to it; it likes to fill in the blanks. It’s also a form of permission to explore possibilities from the mental and emotional perspectives.

The statement, “Something has to change,” whether this is about us, another, or a situation, can have an energy of helplessness attached to it. After all, what can we really change that has happened, is happening, or about another who is the only one with the power to change themselves?

“What do I want to do,” however, leads you forward to “What can I do,” which leads you to **“What can I do that I will do,”** which is an empowering question. It’s a question that opens your creative mind to explore your strengths, talents, resources, intentions, and commitments.

Do you want to change your physical form or state, or do you want to be healthy and fit? Do you want to change your financial situation, or do you want financial serenity? See how these questions are played with and turned in your favor? The first part (before the “or”) brings up all sorts of things you’d “have” to do, whereas the second part focuses and holds your attention on what you desire as your experience and outcome. The second part is also open to interpretation about *what is appropriate for you*.

The question “What can I do that I will do” can assist you in any situation, mild or severe. As I said, there are some situations that you cannot change; and this can cause your ego-aspect to feel disempowered. But, “What *can* I do that I *will* do,” restores personal power. You can then be constructive, creative, and/or collaborative.

Next time you hear your ego-aspect expressing a desire or need for something or someone to change, ask what it is that you can do that you will do, and let positive possibilities open to you. It’s a good practice; one you’ll appreciate.

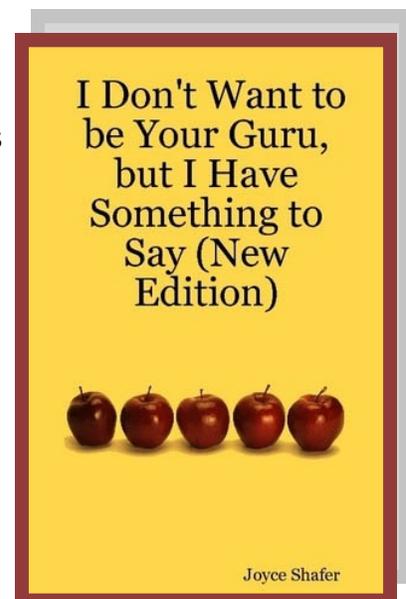
Practice makes progress.

© Joyce Shafer

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

Joyce 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/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://](http://stateofappreciation.weebly.com)

stateofappreciation.weebly.com



Dying From Ovarian Cancer - A Preventable Tragedy

By Michael E. Platt, M.D.



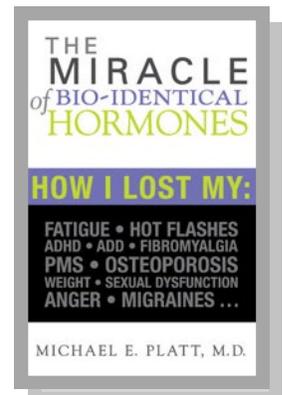
Pierce Brosnan's daughter recently died after a three-year struggle fighting ovarian cancer. I am writing this particular blog to make people aware that this is an example of a tragedy that might have been preventable.

His daughter was 41 years old at the time of her death, the same age her mother was when she also died of ovarian cancer. As many people are aware, there is a blood test called a CA125 test which can be used as a screening test for ovarian cancer. Although this cancer is unusual in young women, it is definitely not unheard of. Certainly, with a family history of ovarian cancer, it would be a strongly advisable test to perform.

The thing about ovarian cancer, it is almost 100% curable when caught early, and almost 100% fatal if allowed to spread (except perhaps if treated with alternative approaches rather than traditional approaches). Perhaps, a CA125 test done in her early thirties showing a slight rise might have prompted a prophylactic bilateral oophorectomy and might have saved her life. For some reason, gynecologists have not insisted that insurance companies pay for this as a screening test. The gynecologists' objection is that it is not diagnostic since other conditions can cause an elevated test, such as endometriosis. However, an abnormal test at least gets the doctor to keep an eye on the ovaries. PSA tests for men are covered as a screening test, and they are certainly not diagnostic of cancer.

In light of the recent Angeline Jolie episode that highlighted doing genetic testing for BRCA mutations, I find it interesting that the medical system failed to take advantage of this unfortunate episode to inform women about having a CA125 test done. I strongly suspect that if Pierce Brosnan's daughter had been on bio-identical progesterone and/or vitamin D in a dose high enough to prevent cancer (at least 10,000 IU per day), she may never have developed ovarian cancer.

As I have said, we live in a world that does not allow preventive medicine. If those people who are reading my blogs are truly interested in changing the healthcare system where they live, they should encourage their practitioners to read my book, [The Miracle of Bio-identical Hormones](#) and my manual [The Platt Protocol for Hormone Balancing](#). They are both available at my website. Nothing in healthcare will change until doctors learn how to treat disease from the causation, rather than just giving out Band-aids in the form of drugs.



“Off Their Rockers” Cancelled

By Barbara Morris

Betty White’s TV show, “Off Their Rockers” has been cancelled and it appears I’m not the only grouch celebrating its demise. A perusal of comments on entertainment sites following notice of cancellation indicates many viewers found the show distasteful.



The premise of the misguided effort is said to be “A troupe of senior citizens pulls pranks on unsuspecting folks.” The “unsuspecting folks” are usually embarrassed young people. Also embarrassed are viewers who hang around long enough to watch “senior citizens” acting as if they are *non compos mentis*. To watch an elderly actress make an inappropriate suggestion to a teenage boy just for laughs is not amusing. Raunchy old women are not funny; they are disgusting.

In response to my campaign to get the show off the air I received an anonymous email that attempted to justify the show claiming it was all in fun, and suggested I should lighten up. However, if the show were demeaning to blacks, gays or other minorities I doubt the “it’s all in fun” premise would have made it past the first episode.

In her ninth decade, still able to function as if decades younger, it’s difficult to imagine Betty doesn’t see how wrong it is to participate in a project that makes her peers look like senile fools. Aren’t old people disrespected enough already? Hopefully, she will make more thoughtful project choices in the future.

Betty is in an enviable position. Very few women her age have the mental and physical stamina to do what she does. In that sense she is inspiring, providing assurance to older women that incapacitating decline does not necessarily accompany advanced age. That said, with her extraordinary talent and access to so many resources, in so many ways Betty could motivate and help older women reach their full potential, empowering them to use their brains, wisdom and life experiences to not only enhance their own lives, but to be of service and value to others.

Betty, are you listening?

Book Review

The Secret Lives of Ordinary Women

By Ginnie Siena Bivona

Reviewed by Barbara Morris

Ginnie Siena Bivona is more than a writer. She is an artist who paints pictures with words. I think many people who consider themselves a writer are capable of little more than stringing together words that result in a boring experience for the reader. Ginnie is not that kind of writer. Once you start reading her work you are drawn in by the beauty and intensity of the words she chooses to use to tell a story. And what a storyteller she is!

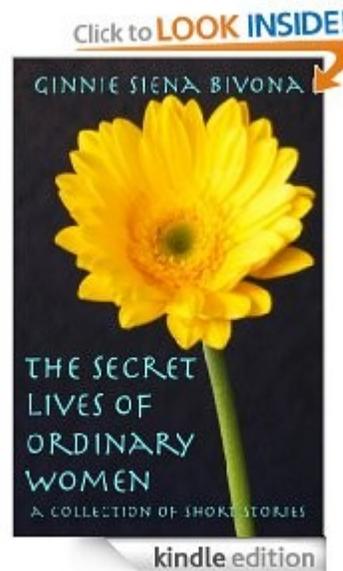


If you enjoy the writing of Edgar Allan Poe you will be delighted with *The Secret Lives of Ordinary Women.* You will be mesmerized with unexpected twists and turns the author elegantly weaves into her stories. As an example, in the story about "The Gold Box" you are captivated by the behavior of the main character and the ambience of the setting. Absolutely enchanting.

I enjoyed every one of the twelve stories in *The Secret Lives of*

Ordinary Women but the one that has stayed in my memory is "Sarah's Gift," an exploration of childhood cruelty that evolves into a compassionate love story between a child and a lonely, rejected old woman. The author gets into the nooks and crannies of a precocious child's immature mind that is wise beyond her years and shows how the child develops a caring, sensitive maturity.

If you want to escape from the real world for a while, or just want to enjoy some exceptional writing, [*The Secret Lives of Ordinary Women*](#) is for you. There is nothing ordinary about Ginnie Siena Bivona's talent as a writer.



IT IS A BEAUTIFUL DAY...

By Lura Zerick



Since I am a morning person I awaken early, often at 3:30 or 4:00. I plug in the percolator (my preference) and begin my day. While waiting on my coffee, I turn on my computer and check e-mail with a glance at Facebook. There aren't many of my friends online at that time of morning but I can transfer meaningful columns to share with others. THEN I decide which manuscript I want to work on; having several in-progress books and/or articles gives me a choice.

This morning I closed an e-mail with, "It's a beautiful day in S.E. Alabama." After I sent the message, I realized that daylight was

just easing through my many windows. I thought, "How can I say it is a beautiful day when it is mostly dark outside; it could be a stormy day." Then I realized that the beauty of my day has *nothing* to do with the weather. Knowing that I have been given the gift of another day makes that time a thing of beauty.

Because I consider that my health is good; I am able to do all that I need to do and I am thankful for that. I have just a tad of a stubborn streak, so Parkinson's, neuropathy, numerous mini-strokes, and high blood pressure doesn't stop me. I can walk around my home in the woods as I enjoy the scenes of nature surrounding the property. This reminds me that I have a Heavenly Father who is sustaining me each hour. I can thin the new veggie plants in the garden before it gets too hot outside. I can put more flowering plants in the broken-handled wheelbarrow in the yard, insuring a cloud of red and white blossoms which are eye-catching from the long driveway.

I can use these early hours to thank the Lord for comforting those who are grieving. I can pray for those in depression for whatever reason, that they too will be comforted as they are

I can thin the
new veggie
plants in the
garden before it
gets too hot
outside.



(Continued on page 18)

Put Old on Hold e-Magazine / August, 2013

(Continued from page 17)

reminded of God's love. I can voice my gratitude for my blessings...which are too numerous to count.

After preparing fresh sweet iced tea for supper, I sit on the front porch as I enjoy another cup of coffee. I especially enjoy sitting here while watching the rain and listening to the soothing sound as the heavy drops hit the metal roof.

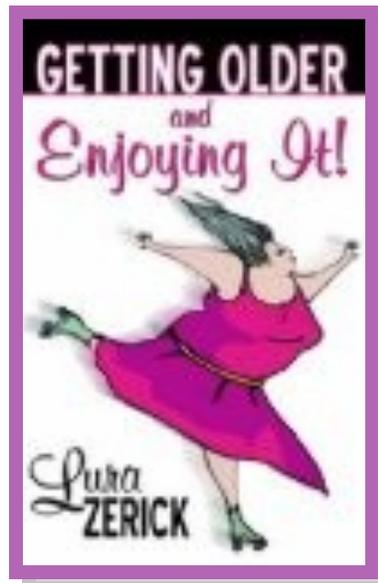
Yes, there are situations which could keep me upset. In a large family, and in life, there are possible problems all around us. The secret is to learn to control our thoughts. It isn't necessary to dwell on the painful experiences we have or have had. This brings us down into the ditch of despair. At that point we see nothing that makes us glad to be alive...and nothing in the future. This is a very *lonely* place to be.

We must change the channel of our thoughts. We KNOW, but don't realize, that *we can* choose our thoughts. Being more AWARE OF THAT FACT helped to change my life as I realized the difference between really living and only existing. These are two different worlds! All of us have negative experiences that can destroy us IF we allow it. All must learn, as I have, to look for the positive thoughts, the happy memories, to seek that sense of achievement rather than throwing away any possibilities yet to come. From being tired of living, I had no idea that my best years were in the future – where *I look forward to each day! I realize* that something wonderful could happen today --- and it often does!

Don't look for the storm clouds all around us. LOOK for those small rays of sunlight that are barely visible but are trying to burst forth in our dawns. THESE are the ones that bring us peace with God as well as the peace of God. At age 82, this works for me; why don't YOU try it?

=====

Lura Zerick an 82-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 lzerick22@gmail.com Visit her [website](#)



Stop Aging Self-Talk: No More “Senior Moments”!

By Barbara Morris

Even though existing evidence makes clear that negative self-talk about aging can have damaging consequences the practice continues. Why? Because everybody does it. Well, just because everybody does it does not mean it's okay and by the way, not everybody does it, although more do it than don't. It's the power of custom and tradition at work.

Admit it: Are you guilty of saying the following:

- “I must be getting old” when you do something klutzy. As if younger people are not klutzes at times.
- “I'm not as young as I used to be” when you look in the mirror. No kidding! No body is as young as they used to be. So what? Unless complaining about it motivates you to take action to improve what you see, why moan it?

And the worst offender of all:

- “I'm having a senior moment” when you experience a memory lapse. When a teen has a memory lapse (and they have plenty of them!) it's not shrugged off with “OMG! I'm having a teen moment.”



Yes, you can remember passwords!

Recent research from USC [Davis School of Gerontology](#) provides evidence of the damage done when you tell yourself “I'm having a senior moment”:

“Of the many negative stereotypes that exist about older adults, the most common is that they are forgetful, senile and prone to so-called “senior moments.” In fact, while cognitive processes do decline with age, simply reminding older adults about ageist ideas actually exacerbate their memory problems, reveals important new research.”

“Older adults should be careful not to buy into negative stereotypes about aging -- attributing every forgetful moment to getting older can actually worsen memory problems,” said Sarah Barber, a postdoctoral researcher at the USC Davis School and lead author of the study.

Could it be more clear? If you are prone to using your age to justify normal memory lapses, **you need to cut it out!** Give yourself time to recall and if you can't recall, so what? Shrug it off and get on with your life. It's not the end of the world! You will remember when you are less stressed about your ability to remember.

Here's a tip to help stop behaviors that contribute to premature aging: Take charge of what goes on in your head. Refuse to pigeonhole yourself. If you do not categorize yourself as a senior, you will be less inclined to think in terms of having a “senior moment” when having difficulty with recall. Remember, the word “senior” is loaded with subliminal cultural and traditional images and ideas of decline that burrow into the nooks and crannies of your subconscious and wield tremendous power over how you think and live. If you reject the senior designation and instead, declare yourself a competent and mature adult, you can enjoy an entirely different, more fulfilling life while others focus on and stress out about getting old and having so-called “senior moments.”

Information to Help Live and Feel Better

[Benefits of Cholesterol](#)

Cholesterol is not only the most common organic molecule in the brain, it is also distributed intimately throughout the entire body. So how did cholesterol come to have such a bad reputation?

[Does Being a Bookworm Boost Your Brainpower in Old Age?](#)

New research suggests that reading books, writing and participating in brain-stimulating activities at any age may preserve memory. The study is published in the July 3, 2013, online issue of *Neurology*[®], the medical journal of the American Academy of Neurology.

[Exercise Reorganizes the Brain to Be More Resilient to Stress](#)

Physical activity reorganizes the brain so that its response to stress is reduced and anxiety is less likely to interfere with normal brain function, according to a research team based at Princeton University.

[Banned Fountain of Youth Drug May Be Making a Comeback](#)

Despite it being more than 30 years since the "fountain of youth drug" Gerovital H3 was banned in the United States, it may be making a comeback. In an editorial published in this month's *Journal of the American Geriatrics Society* BUSM researcher Thomas Perls, MD, points out that a few U.S.-based anti-aging and longevity clinics have begun to advertise Gerovital H3 in pill form and as intravenous infusions despite the fact that the U.S. Food and Drug Administration (FDA) banned it in 1982.

[Older Women Who Quit Smoking Can Cut Heart Disease Risk Regardless of Diabetes Status](#)

Postmenopausal women who quit smoking reduced their risk of heart disease, regardless of whether they had diabetes, according to a new study conducted by Juhua Luo, an epidemiologist at the Indiana University School of Public Health-Bloomington.

[Single Men, Smokers at Higher Risk for Oral Human Papillomavirus Infection](#)

Smokers and single men are more likely to acquire cancer-causing oral human papillomavirus (HPV), according to new results from the HPV Infection in Men (HIM) Study. Researchers from Moffitt Cancer Center, the National Cancer Institute, Mexico and Brazil also report that newly acquired oral HPV infections in healthy men are rare and when present, usually resolve within one year.

[Aging Stereotypes Can Hurt Older Adults' Memory](#)

Of the many negative stereotypes that exist about older adults, the most common is that they are forgetful, senile and prone to so-called "senior moments." In fact, while cognitive processes do decline with age, simply reminding older adults about ageist ideas actually exacerbates their memory problems, reveals important new research from the USC Davis School of Gerontology.

It's easy to list the negative stereotypes attributed to the elderly: they are considered forgetful, hard-of-hearing, absent-minded and confused.

(Continued on page 21)

Put Old on Hold e-Magazine / August, 2013

(Continued from page 20)

[Think Memory Worsens With Age? Then Yours Probably Will](#)

Thinking your memory will get worse as you get older may actually be a self-fulfilling prophecy. Researchers at North Carolina State University have found that senior citizens who think older people should perform poorly on tests of memory actually score much worse than seniors who do not buy in to negative stereotypes about aging and memory loss.

[Long-Term Cannabis Use May Blunt the Brain's Motivation System](#)

Long-term cannabis users tend to produce less dopamine, a chemical in the brain linked to motivation, a study has found. Researchers found that dopamine levels in a part of the brain called the striatum were lower in people who smoke more cannabis and those who began taking the drug at a younger age.

[Do Antibiotics in Animal Feed Pose a Serious Risk to Human Health?](#)

As fears rise over antibiotic resistance, two experts on the British Medical Journal website today debate whether adding antibiotics to animal feed poses a serious risk to human health. David Wallinga from Keep Antibiotics Working: the Campaign to End Antibiotic Overuse in Animal Agriculture, believes that physicians and policymakers have "overlooked the critical role played by the ongoing overuse of antibiotics in livestock and poultry."

[Weekly And Biweekly Vitamin D2 Prevents Vitamin D Deficiency](#)

Boston University School of Medicine researchers (BUSM) have found that 50,000 International Units (IU) of vitamin D2, given weekly for eight weeks, effectively treats vitamin D deficiency. Vitamin D2 is a mainstay for the prevention and treatment of vitamin D deficiency in children and adults. Continued treatment with the same dose of vitamin D2 every other week for up to six years after the initial eight-week period prevents vitamin D deficiency from recurring with no toxicity.

[Get Vitamin D3 here](#)

[The Dark Side of Artificial Sweeteners: Expert Reviews Negative Impact](#)

More and more Americans are consuming artificial sweeteners as an alternative to sugar, but whether this translates into better health has been heavily debated. An opinion article published by Cell Press on July 10th in the journal Trends in Endocrinology & Metabolism reviews surprising evidence on the negative impact of artificial sweeteners on health, raising red flags about all sweeteners -- even those that don't have any calories.

[Acid Reflux Drug May Cause Heart Disease, Study Suggests](#)

Drugs that help millions of people cope with acid reflux may also cause cardiovascular disease, report scientists from Houston Methodist Hospital and two other institutions in an upcoming issue of Circulation (now online). It is the first time researchers have shown how proton pump inhibitors, or PPIs, might cause cardiovascular problems.

[Sleep Deprivation Linked to Aging Skin, Study Suggests](#)

In a first-of-its-kind clinical trial, physician-scientists at University Hospitals (UH) Case Medical Center found that sleep quality impacts skin function and aging. The recently completed study, commissioned by Estée Lauder, demonstrated that poor sleepers had increased signs of skin aging and slower recovery from a variety of environmental stressors, such as disruption of the skin barrier or ultraviolet (UV) radiation. Poor sleepers also had worse assessment of their own skin and facial appearance.



**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

Sign-In | Vie

Search

Home | What's New | All Products | Quick Order

SHOP BY CATEGORY:

- Adrenal Support
- Amino Acids
- Antioxidants
- Cardiovascular
- Children's Formulas
- Daily Wellness
- Detoxification
- Emotional Well-Being
- Essential Fatty Acids
- Glucose Metabolism
- Herbal Extracts
- Hormone Support
- Immune Support
- 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.

TELL ME MORE

Welcome to PureCapsPro.com



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.