

Put Old on Hold

e-Magazine

Advocating Balanced Lifelong Growth and Productivity

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- ✧ Two Grannies in a Garage*
- ✧ Cosmetic Medicine and the Mature Woman*
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Thanks for Making Me Laugh

By Mary Lloyd



Some people just leave you feeling a lot better about how your day is going. They're usually not the ones urging you to stay the course when everything is going up in flames or down in smoke. The folks who do the most good are light-hearted. They are the people who make you laugh.

Some folks can do this no matter what you talk to them about. When I was managing natural gas distribution for a bunch of small towns in Iowa, I worked with a corporate Public Relations person who had this talent. For those three years of my life, it seemed like some major thing went wrong at least once a week—and usually on Friday at 5:00 PM. But even when we were working on how to handle things like grand larceny and onsite protests, this woman would manage to say something that made me laugh. I've had my radar tuned for these kind of people ever since.

The kind of friend I just described is priceless, no doubt. But there are other ways people help you laugh. The people who are willing to do silly or outrageous things with you are a blessing, too. My siblings do this for me. One brother and I spent months on The Nun-of-the-Month Club—a complicated practical joke that provided on-going “laughter therapy” that whole time.

Sometimes, being silly can diffuse something potentially infuriating. After a 20-year marriage that involved losing the argument about having a “real Christmas tree” every year ended, I was keen to honor my own preferences. But my kids were not available to celebrate Christmas until January 8. Even in the Pacific Northwest, trying to keep a real tree fire safe that long seemed impossible. I definitely didn't want an artificial tree yet again. The whole thing seemed unreasonable to me.

I was so close to exploding about it that I didn't do anything at all—until a few days before Christmas. Then I asked my brothers, who were both coming to dinner on Dec. 25, to help me build a tree out of odds and ends. Bless them, they took my silliness seriously and brought supplies and ideas to add to what I'd come up with for getting on with the project.

And thus started one of my best Christmas memories to date. My sister-in-law said we sounded like a bunch of little kids. After the design and structural support phases were done--where we acted like intelligent adults, we attacked the challenge with the exuberance of five-

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year-olds. We even put a name on the thing, using leftover mailbox letters that had been hiding in my garage.

Allow me to present....PoopDud! 

Sometimes, the angels who make you laugh are very young. The first time I babysat my first granddaughter overnight, both her parents and I were a bit concerned about how it would go. As my "secret weapon," I'd brought along a bin of silly stuff (mostly hats) that I started collecting after reading Martha Beck's The Joy Diet. Not only did the little Mardi Gras Viking Princess make me double over with laughter, the photo I texted to her anxious parents helped Mom and Dad relax and enjoy their getaway.



Let's get this par-tay started!!

Sometimes it's what a child says. Sometimes, it's what she does. But so often they are the perfect tonic for an otherwise hard day.

Yes, we are blessed when there are people in our lives who make us laugh. But it's about more than just having a special friend or a happy child that can get you guffawing. It's not just a case of having someone who helps you laugh. We'd all be a lot better off if we could help others laugh, too. It's a great form of giving.

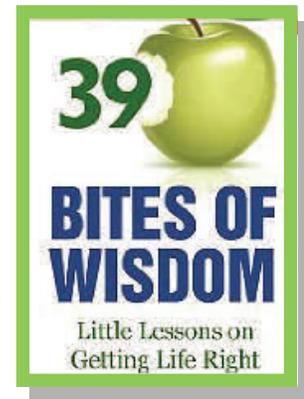
At one point in my life, I decided I needed to study humor. I got a lot of books on it and started working through them methodically. That proved absolutely lethal--I killed the very essence of "funny" by approaching it so rationally. So let's not get too serious about this. Humor is delicate, highly situational, and personal. Just stop fretting about everything and say—or do--what seems funny to you. Sometimes, you can even make yourself laugh.

I did confirm one really important universal truth about this funny business at a writers' conference some years ago though. Jonathan Winters, one of the wackiest guys on TV at one point, was a surprise guest speaker at the humor workshop one day. His advice: Laugh with people not at them. Laughing with people says "We're in this together and we can handle it." Laughing at people says "I'm better than you—or him." That's not humor; it's meanness.

So that's your homework for this month—find a way to make someone you love laugh.

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



Remembering “Simply Christmas”

By Lura Zerick



I remember when we younger kids would go to the woods with Mama to get a Christmas tree. It was an exciting time. On our farm we had a choice of cedars, hollies (with thorny leaves) or small pines. These evergreens were always available so a decision was necessary. After we agreed on a certain tree, one brother would be along to cut and carry the tree back to the house.

We didn't have many ornaments so we made do with items we could trim the tree and hopefully, add some color. Sometimes

we had a bit of red 'roping' to drape on the green boughs. We usually had saved the 'foil' from cigarette packs; this was not available in stores at that time. We used this shiny silver paper to wrap the 'balls' from sweetgum trees. This is a wild tree that grows in the south, available in most woods and/or creek banks. The leaves of this tree are shaped like stars! We would hang these silver balls on the limbs, glad of the results because this was so festive! Sometimes we found red berries on holly trees as well as the smaller red berries from the 'yeopon' trees in the Florida Panhandle.



As a young girl I read about stringing popcorn and hanging long strands on the tree but we didn't have popcorn so that was out. We also didn't have any Christmas carols to add to the Christmas-y atmosphere. Even so, we did what we could to make it a special celebration. This

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meant, to us then and now, the birth of baby Jesus. We learned more about Jesus in the small country church located one mile from our house.

Toys weren't big at our house; we knew there would be none. Usually we got an apple in one shoe with an orange in the other. There were no stockings hung on our mantle, though we did have a fireplace. An extra treat might be some walnuts if Mama could find these in the store. There were no 'supermarkets' where we can spend hours today, along with hundreds of dollars.

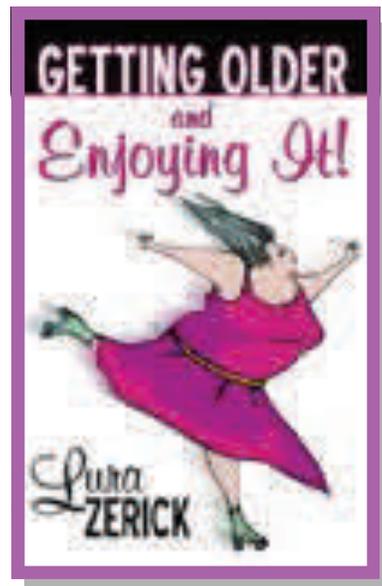
Mama would bake a cake or two; one of her favorites was a "Lane" cake, which had either whiskey or rum as an ingredient. Drinking whiskey was a no-no at our house so there was seldom any on hand for a cake. As I got older, I would help Mama bake mince pies. Sometimes she made apple or peach pies from the dried fruit; I remember that she first soaked the fruit in hot water. We enjoyed the baked items. We didn't always have dessert so these added to the occasion. All the pie crusts were made from 'scratch'; ready-made crusts were not available then. There were no servings of pie alamode; we had homemade ice cream only in the summer.

Since there were no [toys](#) the only doll I got was from some neighbor girls, sisters who shared a doll. They gave me their old doll when they got a new one for Christmas; I was elated over having a doll! Sixty-five years later

I DID have another doll! When I was around 70, I bought a doll for myself in a thrift store when I was visiting my daughter in Tampa. That doll is placed on top of a dresser in my bedroom. I usually smile when I look at her and always think, "I do, too, have a doll!" The little girl in me often stomps her foot just before saying that. Then I suddenly turn back into an-82-year-old great-grandma as I enjoy other memories.

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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 o cook, write and sing, as well as use their other abilities. She can be reached at lzerick@aol.com



[Available on Amazon](#)

Women Need to be True to Themselves

By Sandy Dumont
The Image Architect



Sandy Dumont
The Image Architect

Dressing for “comfort” has become rampant in this world of instant gratification. It’s too much bother to get up early to fix our hair, put on a little makeup and dress with care.

I recently gave an “all hands” presentation to a large corporation. A woman from the call center told me before the presentation, “I take the time to put on makeup and dress nicely, but most people dress horribly. They think just because they don’t meet with clients, how they look doesn’t matter. It matters to me! I have to look at them all day, and it’s depressing.”

One intensive university study proved that when we look at co-workers who wear attractive makeup, both our attitude and our immune system improve.

Other studies have shown that we’re more productive when we’re dressed professionally. The way you look matters!

Sometimes, though, *it’s a damned if you and damned if you don’t* world in the office. On a recent online forum for female professionals, a woman commented that she was dressed professionally at work and got a snide comment from a co-worker about “showing off.”

Under criticism from peers, most people react just like they did in high school. In those good old days, we dressed like everyone else in order to be accepted. Criticism continues to feel like rejection, and doubts creep in about our decision to dress professionally. Sometimes we simply need to remind ourselves that we’re adults and it’s okay to be true to ourselves.

Unlike most men, women generally love dressing up. It gives them pleasure. At the same time,

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Sometimes, though, it’s a damned if you and damned if you don’t world in the office. On a recent online forum for female professionals, a woman commented that she was dressed professionally at work and got a snide comment from a co-worker about “showing off.”

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they have an ancient and dread fear of being thought a show-off at the office. Women are conditioned from early childhood to reject the little girl who brags or shows off. That's what boys do. Little girls are modest and must never brag. Gender conditioning is very strong, so women are sometimes afraid to be true to themselves.

Deborah Tannen, gender-bias expert and PhD professor at Georgetown University, asserts that our reluctance to brag holds women back. She observed that men take over board meetings and brag about their accomplishments. Women sit quietly by, often feeling they can barely get in a word. Tannen says men lunch with the boss and brag about their achievements. Women, on the other hand, take their staff to lunch and nurture them.

Professor Tannen suggests women brag more if they want to get ahead in the corporate world. And bragging includes looking just as powerful as men do.

Instead of criticism, it's far healthier to be admired for looking polished and professional. A good way to get positive "image consensus" is to organize a "professional image" workshop for females in the office. Experience shows that not only productivity goes up when people dress professionally, both camaraderie and employee retention increase.

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Sandy Dumont is a seasoned image consultant who helps women develop a powerful professional image that commands immediate credibility and respect. Contact her at www.theimagearchitect.com or 757.627.6669



The Image Architect
Sandy Dumont

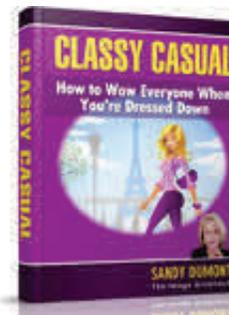
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COSMETIC MEDICINE AND THE MATURE WOMAN

By Sheena Burnell, M.D.



Like all aspects of ageing, the decision to have “something done” to maintain a youthful appearance is a deeply personal and highly individual one. While for some women this process may start as early as their 30's or even their 20's there are other women don't want or need any intervention until their 50's or beyond. The fact is that we all age very differently and our desire to look youthful or beautiful is as individual as we are.

For most of us however it's our late 40's with our changing hormone levels, thinning of the collagen layer and slowing of cell turnover when we first start to really notice changes in our skin.

For some women this is simply part of the natural ageing process and they'd no more think of trying to change this than deny their maturity and wisdom. For other women however the changes are unwelcome and many describe a mismatch between how they feel on the inside and how they look on the outside. With advances in healthcare and improved fitness levels, clients will commonly say they still feel 35 and don't know who this slightly grumpy older woman is looking back at them in the mirror! For women who feel this way, and cosmetic surgery may offer a very if performed skillfully and can give a without altering the appearance or



Here's to ageless beauty!

While most people associate ageing indeed wrinkle-relaxing treatments here to stay, the big news in recent understanding that ageing is not so actions of gravity on our faces as loss of losing the plumpness and cushioning effect of the collagen and fat pads under the skin. We all know about the ageing effects of dramatic weight loss past a certain age and as many women mature they like to have a little meat on their bones - as Sharon Stone famously said, "As I get older I realize I have to choose between my face and my butt". But whatever weight you are, as you age this volume loss accelerates and is most noticeable in the eye, temple, cheek, lip and jaw area. This results in the eyes and temples looking hollow, the cheeks looking flat and

cosmetic medicine satisfactory solution subtly fresher look looking 'done'.

with wrinkles and such as Botox are years is the much due to the volume, that is

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possibly lined, thinning of the lips and laxity of the tissues in the lower face and jawline, giving that slightly sad, jowly, bloodhound look detested by so many women.

With this in mind, many of the products now on the market are designed to replace volume. Whereas in the past a facelift was often the first (and only) option, judicious use of fillers which mimic the skin's natural physiology such as Restylane, Radiesse and Juvederm is now frontline treatment and may delay or even avoid the need for a surgical procedure altogether.

As well as these tried and tested synthetic products, there is also an exciting new wave of techniques based on kick-starting new collagen growth via stem cell stimulation. These treatments are often spinoffs from more mainstream medical developments and include treatments such as PRP, the "stem cell facelift" and facial fat grafting. Results of these treatments can be very long-lasting and as the bodies' own cells are used, are extremely safe and risk-free.

Also popular are laser and light therapy treatments again aimed at stimulating collagen production as well as improving skin texture and colour. Very safe and a long way from the destructive older-style laser treatments, these newer laser treatments aim to create plumper fresher skin with far less discomfort and minimal down-time, and are especially popular for the neck and jowl area with women who either don't need or don't want a surgical procedure.

What all these treatments noticeably have in common is improving on what you already have rather than trying to alter the underlying features, and they are therefore very suitable for mature faces. Most importantly the

treatments can be tailor-made to your aesthetic goals so the results are extremely natural and subtle and bear no resemblance to the 'wind-tunnel' or 'permanently surprised' looks of previous decades.

As in everything in life good results depend on choosing the best and being prepared to pay for it. Regardless of the materials, techniques and technology available, good results depend upon having realistic expectations, finding the best practitioner you can and being prepared to communicate to them your aesthetic goals, and in turn heeding their advice about what can be achieved.

Cosmetic medicine and surgery are hot topics in today's age-conscious society and there are just as many people warning of dire consequences as there are those who consider Botox a normal part of their beauty routine. The most important thing to remember is the choice is a private and personal one and despite pressures from family, friends, the media and society, the decision to have or not to have some type of cosmetic procedure is yours and yours alone and should therefore be made with only one person in mind - and that is you.

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Dr Sheena Burnell is an Australian-trained medical doctor currently living and working in Shanghai. Although her primary qualification is in anaesthesiology, she has also received training in cosmetic medicine and has a particular interest in the use of injectables such as Botox and fillers as well as laser for facial rejuvenation. Dr Burnell also has interests in art, music, wine education and Chinese textiles, and writes regularly for several publications.

What is Hollywood's Real Secret to a Smaller Waist?

By John Paul Ouvrier



It's amazing how often I hear people complain about their waist line and how much it continues to grow no matter what they do. Now let's just assume we all adult enough to recognize that if you don't do anything but eat and not exercise that your stomach is going to stick out. And let's further assume that we all know that that the loose skin on top of our stomach isn't something that any dieting or sit ups will fix completely. (That's something to speak to your doctor about!)

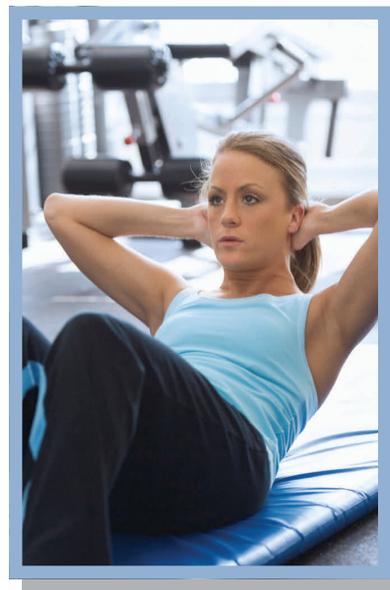
Yet if we're looking for a smaller waist line, and we are willing to eat a smart diet and exercise, and know that we can't make everything look exactly like we'd like it- what should we do? Is there a secret to getting and keeping a smaller waist line? Yes. Is this something most people are not taught? Yes. Is this something I am going to share with you now as your Wizard of Youth? Yes. And does this mean, my loyal readers, that I am the first person you will call to speak at your next function? That's a big yes! So here's your secret:

Up and In, Keeps Me Slim!

Easy enough to say, yet it requires some understanding as to how it works. Ladies, let me ask you something about how you make your figure look good in an evening dress. How do you stand if you want to make the waist line look smaller and the bust line look bigger? You lift up as tall as you can, and pull your waist line up, right?

You do what a dear woman I worked with years ago told me she used to do during the Second World War. She told me she KYSI'd. When I asked her what KYSI meant here is what she told me:

"During the Second World War, it wasn't easy to get a man- there weren't too many men to go around back then. So the girls and I had a saying, KYSI. That stood for 'Keep Your Stomach In'.



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Because no man wants a girl whose stomach stuck out, and if you wanted a husband, you KYSI'd!"

We may laugh at this, but think about the fashion back in that era; slimmer waists were the norm. We showed our waist line. Now the fashion is Hawaiian type, hang out of your pants, un-tucked everything, which promotes a larger waist! Why fix it- just don't look at it!

What we don't do is to tell our waist line to be smaller, so why should it stay small? If all day long we let the stomach hang out, that my dear readers is an instruction to the body to let the stomach hang out! Up and In Keeps Me Slim is the only way to counter this.

So throughout the day, lift your stomach up and in. And how do we physically do this?

Imagine you are in cold water up to your belly button and you want to pull up and away from the cold. That's what it means to pull up and in. You lift your chest up tall, pull the lower tummy up and in, and you are able to breathe. And that takes us to Hollywood's real secret to a smaller waist line.

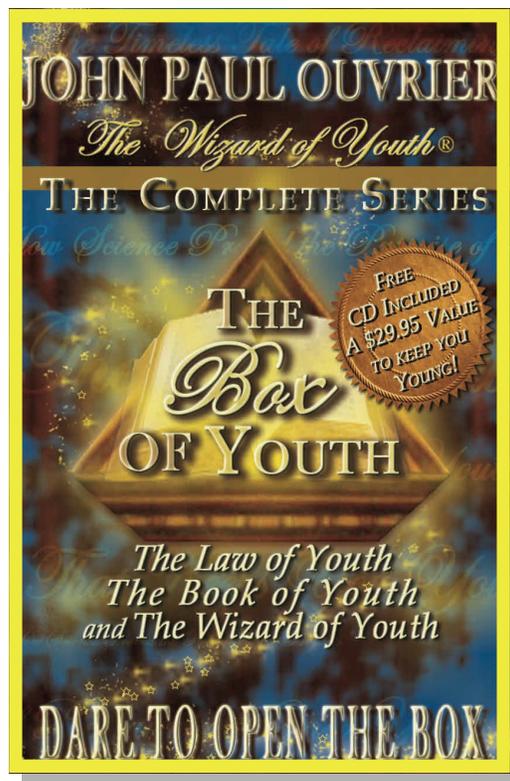
Thinking about everything we just said, imagine if you were out here in Hollywood and you were trying to slim the waist line down for a movie and you were doing sit ups in a gym. If you didn't apply the Up and In Keeps Me Slim secret, you'd be doing crunches and sit ups with your stomach sticking out, which would train it to stay out. That's the big slim waist line secret here in Hollywood; lift up as tall as you can, pull your tummy up and in BEFORE you do your sit ups, or you'll give yourself a round waist. Sadly most people do lots of sit ups and crunches, they don't pull their waist line up and in, and they train their stomachs to stick out...

So my dear friends, up and in during the day and up and in during exercise, or you shall be down and round with a basketball for a

middle. God bless you, don't take no for an answer, and use your brain to get your body to do what it can, because it can always do more than you think. #

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



[Available on Amazon](#)

What Is True Inner Peace About?

By Joyce Shafer



Joyce Shafer

You may think if you had more of something, then you'd have peace. The opposite is true. There's something you need less of, in order to have and feel

peace.

Having less of something to feel better seems counterintuitive to ego-mind. But you would indeed have greater peace if you had less mental activity, especially about what you feel you lack in yourself and your life, or anything that's got your attention in a negative way. This doesn't mean you don't meet your needs or go after your dreams, it means you do so from a particular mental attitude, one that doesn't rely on frenetic mental energy about going after these or having them. You can take action (or even appropriate non-action) AND practice quiet mind.

In my article, "Our Unintentional Sabotage of Authenticity and Spirituality," I shared a quick and easy technique from Dr. Frank Kinslow that allows you to not only quiet thought, but touch Awareness. I suggest you either see the article or get his book "The Secret of Quantum Living" so you know how to do the technique, which leads you into the gap between thoughts. That gap proves two things: you genuinely are not your thoughts, and if you're not your thoughts but are still aware of your beingness, then you are Awareness!

In order for your Awareness to have experiences, it created and uses your ego-mind. The "glitch" is that we've moved ego-mind into the dominant position, and we experience and feel the effects of this. So what is true inner peace about? Peace isn't

the absence of anything that annoys or discomforts you; it's a quiet mind no matter what is going on.

I mentioned the gap that leads you into Awareness and would like to share an interesting gap I experienced when I was nine years old, long before I knew anything of what I know now. My mother was rolling my hair when I felt tremendous pressure in the back of my head. I shifted my head slightly, looking left, in hopes that would relieve the pressure. Everything – to use a technical TV and movie term – faded to black. The next thing I was aware of was that "I" was floating above my father's favorite chair in the den, about two and half yards from where my mother and my collapsed body were.

I was aware that "I" was floating near the ceiling, and was completely undisturbed by it. I watched my father carry my body toward the door, with my mother hurrying alongside him. My thought was, "They look so worried. They shouldn't be. I'm fine." My mother said, "Do you think we can make it to the hospital in time?" My thought was, "I don't want to go to the hospital." And as soon as I had that thought, I – my consciousness - zoomed back into my body. I opened my eyes and smiled at my dad so he would know I was okay, that everything was okay.

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Our family physician and friend came to the house to examine me and make recommendations for further tests. He kept asking me questions. I recall feeling really peaceful (though at nine, I wouldn't have thought of that word) and was not interested in talking. I was in a state of bliss and wished everyone would leave me to it. I don't know if my mouth was smiling, but my consciousness was. The only thing that puzzles me, or maybe I should say interests me is where my consciousness was during the gap between losing consciousness while inside my body and regaining my consciousness outside my body about 45-60 seconds later. Whether it was losing consciousness or hitting my head when I fell that sent me into a different level of Awareness, I don't know. I only know I went there and felt true peace while in my non-physical consciousness; though, that feeling continued for a few hours once I rejoined my body.

If you do Kinslow's technique or any technique that provides the result of a quiet mind, you discover inside the gap between thoughts, that silent, still Awareness, where every thought you have comes from. You realize you are the thinker. You are the creator of your thoughts, though you've been trained to abdicate this creative power to ego-mind. You – the Awareness You Are – creates your experiences; though, this Truth

may ruffle ego-mind's "feathers." True Trust resides in that Awareness, in the awareness of this Truth.

Worry cancels prayer, affirmations, Trust, and peace. Trust in the Universal Consciousness opens you to peace. The words "I Trust," if genuinely felt bring peace, or at least a trusting acceptance of what-is and what can or may be done about it, for your highest good and the highest good of all involved. A key phrase here is "genuinely felt." Maybe you'll have a Knowing first, but more often than not, Trust comes from experience, from witnessing something remarkable happening for your benefit, and possibly in a way you never imagined, even if this isn't clear until some time has passed, and even if ego-mind perceives it as a negative experience initially.

Peace, as is worry, is like a seed you plant. You can't plant worry and grow (expect) peace, just as you can't plant tomatoes and expect zucchini. The fruit (result, effect) is within the seed (worry, peace) that you plant. Your thoughts are seeds you plant. The more attention you give them, the likelier they are to produce, but produce only that which is within the seed as its pattern. Earnest Holmes wrote, though he capitalized every letter, "Every thought sets the fulfillment of its desire in motion in mind, and mind sees the thing as already done!" Your desire to NOT experience something can, with enough energy from you,

fulfill it as though you had desired it. As Joyce Meyer might add, "You're talking to yourself anyway. You might as well start saying something that makes sense."

Trust is a challenge only because ego-mind has called the shots for so long. Ego-mind is set in its ways, in its reactions, whether or not the "fruit" of that creates desired results or not. Ego-mind is busy-mind. So to let go of standard reactions and choose Peace, Awareness, and Trust makes ego-mind anxious. This is because ego-mind believes that even if you turn in circles and go nowhere, any action is better than no action. Ego-mind believes its safety, and desired results, can only come from action, but especially mental action. It trusts only itself. This is why knowing you are not your thoughts and that you are Spirit helps you to let go of what ego-mind clings to, which is the only way to be in a state of peace or return to it.

This kind of peace, and Trust, can happen quickly; but as I said, usually happens gradually, in a progression of experiences where we pay attention in a different way during and after events. This practice of different attention is what enables us to eventually choose Trust and peace before events, as well. Ego-mind wants this feeling of trust and peace to happen immediately, as soon as you think about it. Your Spiritual aspect knows the reason it

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sometimes takes time is because each time you Trust or choose peace, it's like peeling away a tentacle of ego-mind's that's been tightly wound around a belief for a long time. The core belief of all ego-mind's beliefs is that it is the power. Your Spirit Being knows that you, as an expression of Universal Consciousness, are the True Power and that ego-mind is your tool, not your leader, or dictator.

We rely on thinking, and thinking has its purpose. But thinking has spoiled (gone bad) when it causes you to panic, get angry, etc., before anything has happened other than in your imagination. Spoiled thinking can send you into unproductive or destructive behaviors once something does happen, and worse, before anything does happen. Trust happens when you pause your unhelpful thinking and expand your awareness to include the big picture, including about who you really are, rather than just your immediate ego-mind based perspective. And you, Spirit You, do this without understanding every detail or dynamic first, which really annoys ego-mind.

Trust lets you put emphasis on Awareness (that different form of paying attention) rather than fear or just on fear, so you are more present in the now. In this state of mind and being, you observe what's going on around you, but you observe what's going on within you even more.

You cannot objectively observe what's going on within you so that you can address it, from any state other than a calm one, or rather, one of Trust. When anxious, you're in ego-mind. Once you choose to get calm, to Trust, you connect with peace, and your ability to "see" and respond appropriately expands. Then you can manage your choices and energy from consciousness that's connected to the guiding hand of Spirit.

Awareness takes you out of ego-mind's story and into your Spirit Self and how you can choose to relate to what-is. All of this opens you to choose peace, and peace always comes from Trust. You can deal with issues or emergencies and be peaceful while you do this. Ego-mind wants to control, and it uses stories (past, present, and future ones) to manipulate you. This is why Awareness should be sought and valued. Awareness lives spontaneously in the Now, not in the stories and reactions to the stories.

Peace happens when you let go of the need to control. Ego-based control and Awareness do not and cannot operate on the same frequency. One leads to peace, the other never will. Letting go of that need to control is not about giving up or taking no appropriate action, and is the pathway to Trust, Awareness, and Peace. Peace, Awareness, and Trust are integral aspects of being fully functional as we all desire to be.

Ego-mind wants us to believe

that choosing peace or Trust, especially amid tribulations, is irresponsible. Not choosing them is counterproductive. We're just so used to habitual reactions that we're afraid to feel or be seen as irresponsible (or afraid we – ego-mind – will die), if we choose to deal with situations from a place of peace, trust, and awareness. And yet we crave it. And yet it is the most effective way to move through any experience.

Give the technique I mentioned a try. See what it feels like for you to enter the gap. Allow yourself to retrain you to not just have Peace, Awareness, and Trust when you sit still or meditate, but to have these as you move through life and required or inspired actions. It's a good practice, one you'll appreciate.

Practice makes progress.

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

Can Love Be Better the Second Time Around?

By Patricia Bubash



Patricia Bubash

Yes it can! This is according to the couples that I interviewed for my book, *Successful Second Marriages*. What prompted a book about second marriages? The failure of my own second marriage, and my admiration for remarrieds who found success in this second chance love. Success, in spite, of the negative numbers for second marriages. Statistics approximate that half of first marriages end in divorce. For second timers, the odds for making it get even tougher. Two thirds of those taking the plunge-again don't make it. With odds like this, it is surprising that more than half of those first time exes do remarry. But they do! Because we are a nation in love with love.

So, yes, love can be better the second time around if we do some self-introspection, a little homework. When we meet with failure attempting a new project, a recipe, school, job, etc. we question what we did wrong? We don't want to repeat our

mistake, and fail again. This should also be true for a marriage. Whatever happened in that first union, we contributed to the demise- ok, maybe not as greatly as our ex-spouse, but we were half of the failed twosome. Mary Duparri, a family/marriage therapist has observed a certain pattern with clients who have found love again. Their comments relay their total lack of responsibility for their failed first marriage. They express to her, "Now, I have found the right person. I choose the wrong person before. I

shouldn't have married him (her) in the first place, but this time, I have the right one!" The therapist expressed her dismay that her client does not assess personal liability for the previous marriage, does not look into what went wrong, so mistakes are not repeated. Rather, concludes it was the wrong person. Now, this new love is the right person –a perfect match.

Bonus for this therapist would have been to have the couples I interviewed as her clients. These nine couples had done their homework before committing to another relationship. As



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much as they all agreed that after their divorce, they hoped for another relationship, they also, very vehemently, stated, "I never want to go through another divorce!" They were going to do everything in their power to make #two a success. The tagline on my book reads, inspiring, encouraging and hopeful, words descriptive of the couples interviewed. . Every time I left a home, I felt humbled and gratified for our conversations. And, I knew that I needed to be more attentive to my own marriage (yes, I am on third time is charm- 23 years), aspiring to the quality I was observing.

Their stories were the catalyst, a personal goal to write a book. First, for my own personal understanding of what went wrong with my second marriage? What had I contributed to the failure of it? And, what was the formula for success the second time around?

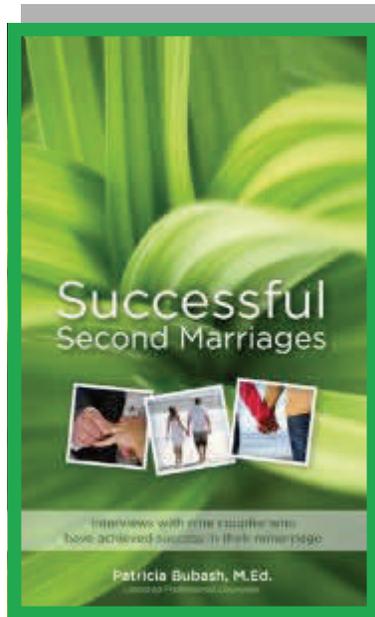
1. Know yourself. Before you say, "I do" again, know what you really want in a marriage. Are you looking for companionship only, security, credibility, a family? What are you willing to contribute? Do some introspection. I was impressed with the number of individuals I interviewed who did just this: spent some time alone, getting to know themselves better vs. rushing out to become a twosome again. Taking time out for crucial self-awareness.

2. Discuss finances. I do know this was a problem in my second marriage. I owned the home, earned more money. This is especially important when each person has children. Decide who is responsible for what expenses, have this clearly determined before you

become "legal".

3. Don't expect love and acceptance from his/her kids! Many a troubled, disappointed parent has come to my office to bemoan, "I have found the love of my life, and my children are being horrible. I don't know what is the matter with them." Well, you may be in love, but they are not. They have another parent-so give them time-don't rush them to acceptance of this "wonderful" new husband or wife.

I learned much more than these three tips from my wonderful second timers. Love can be better the second time around when we don't rush to action (marriage again), do some introspection, clarify financial responsibility, give kids some time, and read Successful Second Marriages.



=====

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Reaching Beyond Our Daily World

By Barbara E. Joe



December 10 is Human Rights Day around the world, recognizing that human rights belong to every human being, whatever his or her particular circumstances, personal qualities, or native country. The day is celebrated openly or in secret, depending on the country, not likely to be celebrated publicly in North Korea, China, Cuba, Syria, or Belarus.

Last year, on Human Rights Day, December 10, 2011, my local Amnesty International group co-sponsored a letter writing event at the National Press Club in Washington, DC, held jointly with Reporters Without Borders, where one of our speakers was Birtukan Mideska of Ethiopia, actually a subject of our Human Rights Day letter-writing campaign two years earlier. Seeing in the flesh a former prisoner like Mideska, to whose release we had contributed, has always been exciting. Another speaker was Nada Alawadi, a Bahraini journalist who had been arrested, threatened, and silenced, then decided to leave the country. While missing their homelands, the two women were grateful to now be alive and safe.

How did I first get involved with Amnesty International? Sometimes when you feel you simply cannot take on another task, actually going that extra mile will yield unexpected rewards, opening up a whole new world. In 1981, as a single parent, newly separated from my husband of 24 years, I helped found a local Amnesty group, Group 211 in Washington, DC, to which I still belong. Not that I had any free time to spare, but I just made the commitment and never looked back. Our group was successful in helping free several prisoners of conscience in

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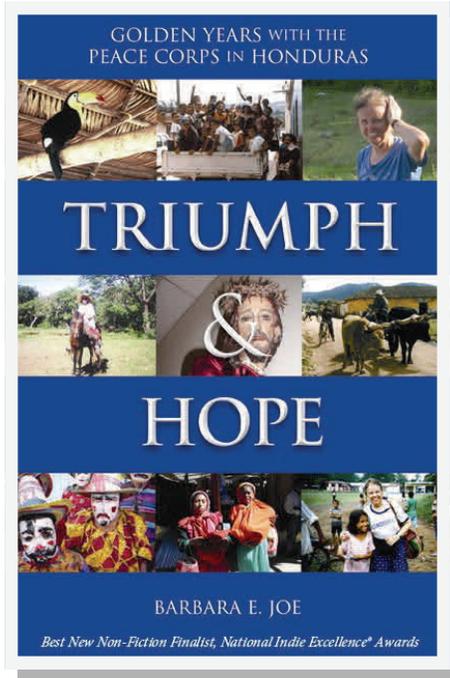
countries from Bhutan to Somalia. One of our most dramatic achievements occurred back in 1984, when we welcomed 26 long-term Cuban prisoners at Washington's Dulles airport, greeting them when they first arrived with presidential candidate Jesse Jackson, to whom we had given their names. One, carpenter Basilio Guzman, imprisoned for 22 years, ended up staying in the DC area, marrying a member of our group, and fathering a now college-student daughter. At age 75, he's still working renovating houses.

After that, I took on even more volunteer duties for the national organization, including as Cuba and Dominican Republican Coordinator and, for the last eight years, as Caribbean Coordinator, while also remaining a member of my local group. In San Francisco in 2011, we celebrated Amnesty International's 50th anniversary at a conference where Joan Baez sang live and newly liberated peace laureate Aun San Suu Kyi talked by speakerphone from Burma, a special thrill for all of us who had fought so long for her freedom.

At age 74, after more than 30 years as a human rights activist, I am not ready to retire from the struggle, especially not now when our efforts are needed as much as ever. Everyone needs to find a special cause or purpose to which to devote their energy, something providing meaning beyond everyday life. Those of us who have been around for some years know that life is about

more than "me-me-me" and achieving financial success. Sometimes our volunteer activities have a greater impact than we could have ever imagined, both on others and on ourselves. Whatever your passion or cause, dedicate yourself, even if you think you don't have time. It will give new energy and meaning to your life.

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*Barbara E. Joe, a freelance writer and Spanish interpreter and translator, lives in Washington, DC, and is the author of **Triumph & Hope: Golden Years with the Peace Corps in Honduras***



[Available on Amazon](#)

A License to Kill: Prescription Drug Deaths

By Michael E. Platt, M.D.



The Los Angeles Times is beginning a series of articles about the large number of people who have died from prescription drugs in the LA area. Their tally did not include drug deaths by suicide, or deaths from drug-related accidents, or from deaths by overdose where people bought prescription drugs on the street.

Right now, prescription drugs are the fourth leading cause of death in this country. Another way of stating this, is that doctors are a major factor in death statistics.

The LA Times article pointed out that the California Medical Review Board has been oblivious to this problem. It has failed to examine records that are readily available that detail deaths by medications, as well as those that provide lists of the doctors that tend to over-prescribe pain medications.

Needless to say, the majority of pain medication related deaths can be attributed to so-called "pain doctors". These are often board-certified anesthesiologist who have wandered from a hospital-based practice to an office based practice, primarily, I suspect, for financial reasons. Personally, I feel that the idea of making money in medicine is endemic and is certainly not limited to pain doctors. However, I feel that this type of medicine personifies one of the major faults of the medical system, which is the tendency to treat problems with Band-Aids instead of treating the underlying cause.



For example, patients with chronic low back pain might be better served with prolotherapy or acupuncture, rather than pain pills or injections. People with pain from fibromyalgia should be treated for the underlying cause, since it is often easily cured by using that approach. Patients addicted to sedatives, or antidepressants, or pain medications can often be treated just by reducing adrenaline levels.

Knowing how the California review board operates, it is not surprising that those doctors who do approach problems from the causation are often singled out for investigation. I suspect that

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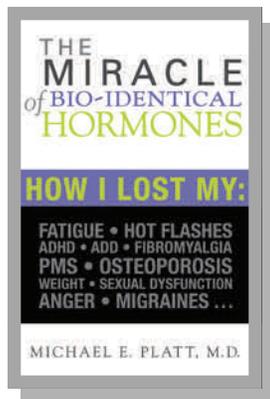
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this is because they are not good for the business of medicine. Unfortunately, the board is no longer there to protect the consumer. It would appear that they consider doctors who kill patients with medications are within the standard of care.

My book, [The Miracle of Bio-identical Hormones](#)", was severely criticized by doctors at PACE at UC San Diego. These doctors, led by William Norcross, M.D., are a part of the enforcement arm of the review board. They felt the ideas in my book were so dangerous that I should not have a license to practice medicine. And yet, all my book talks about is treating the underlying cause of illness and getting people off of toxic medications.

In my own small way, I am trying to enlighten people that we have a medical system that is broken. Obviously, a big part of the solution involves educating doctors that there are alternative approaches to getting people well. Hopefully, some will avail themselves of my manual, "The Platt Protocol to Hormone Balancing: A Wellness Manual for Healthcare Practitioners". This way they can start enjoying the practice of medicine and be reinforced by actually getting their patients well. Frankly, it should be mandatory reading for the doctors at PACE as well as those doctors on the California Medical Review Board.

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Resveratrol EXTRA - Resveratrol promotes cardiovascular health, helping to maintain healthy platelet function and arachidonic acid metabolism. A recent study suggests that it may also promote overall health, metabolic function and longevity. Grape seed extract and red wine concentrate offer polyphenols, complementing the cellular and cardiovascular health benefits of this complex. One capsule of Resveratrol EXTRA contains the amount of resveratrol equivalent of an average of 66 bottles of red wine.



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Book Review

Let. It. Go.

by Karen Ehman

Reviewed by Arlene Pellicane



Arlene Pellicane

Calling all women who like to be in control! You probably want to arrange your home a certain way, manage your health, make decisions for your adult children, and make sure everyone gets what they need when they need it.

But it can be awfully hard to control everything all the time. Being too controlling stifles your relationships and leads to discontent and exhaustion.

That's why author and speaker Karen Ehman's latest book, *Let. It. Go.* contains such

a timely message for women. In this funny yet thoughtful book, Karen writes about the freedom that comes with letting go. When you allow God to take care of the things that are beyond your control, you will experience peace like never before.

I love Karen Ehman's down-to-earth writing style. I interviewed her about her dramatic weight loss story in my book [31 Days to a Younger You](#). She knows the feeling of being out of control with her health. From her many life experiences, she provides hope for the control freak in all of us.

Here's an excerpt from the book:

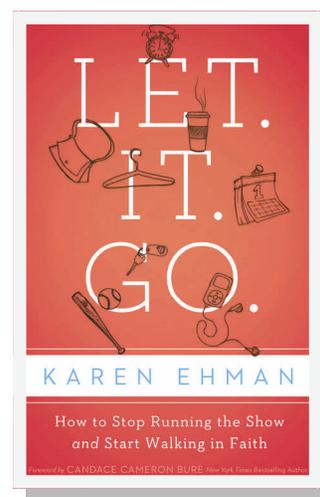
Why are women compelled to control? The answer is simple: because we have a false notion that it actually works. And when it appears that it isn't working, we think the remedy is found by exerting even greater control. Never in a million years would it cross our conniving minds that the answer in fact lies in letting go, not in tightening your grip.

Whether you're bossy or worried, a pouter or a control freak, you will be challenged to lay down your desire to manipulate others.

There are three main parts in [Let. It. Go.](#) Part One is Why We Women Love to Run the Show. Part Two is Domestic Director or Tin-Pot Dictator?

Running the Show at Home. Part Three is How to Lose Control and Keep the Faith.

If you want to learn how to loosen your grip and allow God to be the ultimate leader of your life, this is a great read to bring you to a place of quiet rest.



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Arlene Pellicane is a speaker and author of [31 Days to a Younger You](#) and [31 Days to a Happy Husband](#)

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HELP! MY NET IS LOSING ITS STRANGLEHOLD

By Linda J. Brown

Why can't I....why won't I, blog anymore? It's been soooo long since I posted anything on either of my websites: www.heyboomers.com and www.insecretdiffusion.com. By now, the news that I need to share to catch everyone up on my life is so extensive that I simply put off doing it, over and over again.



Plus, the underlying problem is not likely to clear up for at least six weeks. It could even be next year before the situation changes.

When did the internet take over my life? I can't even remember. I was using tower computers in 1989 to organize grassroots group tours to the Soviet Union just as the country opened up. Dos! I remember those exciting green words moving across the screen. We had a "sort of a way" to connect with groups of other people who owned computers throughout the world, but it wasn't, at all, what we have now; though we could exchange what amounted to emails.

I know, because people throughout the USA and Europe signed onto these two-week friendship/homestay trips to finally get acquainted with the Russian people. Everything was done with our big desktop computers and fax machines. We were so modern! Plus, there was no such thing as a slow computer. Everything was faster than the postal system. No matter that it might take ten minutes to send.

But it wasn't the web!

I bought my first laptop in 2000 and used it mainly as an improved typewriter. Maybe the internet came along during those years. I truly can't remember because I lived in beautiful Aspen, Colorado and my time was filled with real-space-and-time activities like



Fearlessly backpacking around the world—alone

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mountain climbing, skiing, hiking, work and social activities. Not cybertime!

In 2003, I moved to Florida to help my son. We both had computers. Towers, as I recall. I discovered emailing, blogging, and travel arranging online. Wheee!

By 2005, when I went around the world solo for the first time, the net was alive and well and internet cafes had sprung, like mushrooms, throughout the northern hemisphere. I wrote a regular blog on the Aussie backpacking site, Boots'n'all. Email proved that I was surviving the "Dangers of The Road" to friends and family.

Computer dependency was full blown by then; and deepened when I returned to write and publish three books in a row, as well as nine movie scripts. By then, I ran two websites of my own.

In 2012, I launched my second solo round the world journey, which I will be on for the foreseeable future. I am dependent upon the internet for money functions; ticket and accommodation purchasing and writing and researching. Is there any other way? Like a spider, I must now remain connected to the center of my own complex cyber-universe. This time around, a laptop and its accoutrements weighs down my suitcase.

But, guess what! I'm in the South Pacific! American Samoa, right now....in lush rainforests; on volcanic islands; surrounded by tall mountains, coral beaches, turquoise seas. I'm in Paradise! People here are modern but still live in villages, with tribal/

family shelters called fale's and their ancestors' graves in their front yards.

They do have internet here, but it's sort of like, way back in the early 2000's, technologically. Computers are common but wi-fi is isolated to hot spots, which cost an arm and a leg.

I scramble to maintain the computer lifestyle to which I had, heretofore, become accustomed. My serious dependency has been revealed. Being in Oceania is like being in Rehab. And it's working!

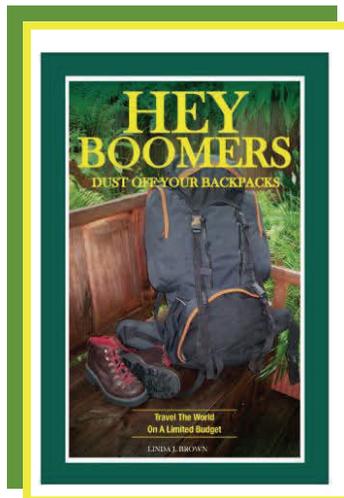
I'll never give up the computer, though I might "diet," now and then. I'm a writer, after all, attempting the most awkward and ambitious project of my life; so I'm well-hooked. But, my extended Island Time is teaching me that I had become a wee bit carried away with my own obligations and it's not going to kill me to wake up and smell the Frangipani.

What in the world has happened to us all, during the past twelve years?

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Linda J. Brown studied Journalism & Broadcasting at the University of Florida; produced two radio programs in the '70's; planned and led grassroots tours to the Soviet

*Union in the '90's; backpacked alone around the world for a year in 2006 solely on her Social Security; published three books and numerous articles, as well as eight movie scripts. She is accepted as a Bermuda Historian for her extensive work on a large letter/ photograph collection concerning her maternal great-grandparents: the Hollis Family Letters, donated to the Bermuda Archives. Now involved in her second solo ramble around the world, she will present another historical collection from her father's early sailing days during a speaking tour to American Samoa, as well as shop her sea saga script, *The Insatiable Sea*, to the New Zealand Film*



Industry.

TWO GRANNIES IN A GARAGE

By Barbara Morris

I love success stories. I am inspired by women determined to achieve their dreams, regardless of their age, and there is no better place to witness success (and failure) of women of all ages than on the TV show, "Shark Tank".

A recent Shark Tank episode featured two mature women (with thirty plus grandchildren between them) who laughed as they referred to themselves as grannies and insisted traditional granny pastimes such as quilting or crafts are not for them. They started a business in their garage making and selling xylitol candies and business is booming. If you missed the episode you can get their full inspiring story on their website: <http://www.icechipsandy.com/ice-chips-peppermint-xylitol-mints>



Granted, not many older women have the entrepreneurial spirit of these two go-getters. Why do you suppose that is? Because most women of the age of these two women are physically and or mentally incapable, or could it be because the culture and tradition say that once you are a certain age or reach a particular decade in life, you should no longer dare to dream and achieve?

When mature women work to attain outstanding success we "ooh and aah" and gush "Aren't they wonderful for their age!" They may indeed be wonderful, but their age has nothing to do with their wonderful-ness. They simply push awareness of their age to the back of their consciousness and forge ahead to get to where they want to go in life.



It's true that many older women remain productive far beyond what our culture considers "normal" but we rarely hear about them, either because they don't want their age known, or they have their own business and are too busy taking care of and growing their business.

They don't have time to focus on or obsess about their age, and they don't have time to chase

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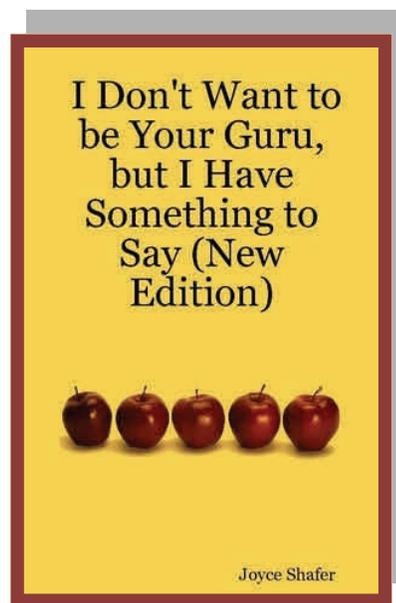
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after publicity to brag about how wonderful they are “for their age.” And so, we continue to “ooh and aah” when mature female entrepreneurs come out of the age closet (or the garage in the case of these two women). (By the way, their mints are delicious.)

When my sister became a pharmacist in the 1940s, it was so unusual for a woman to become a pharmacist that she was featured in a newspaper story. There were two women in her graduating class. When I became a pharmacist in the 1950s, there were six women in the class. Today, probably more women than men become pharmacists. Gender is no longer a big deal in most occupations, and the age and ability of older productive women should not be a big deal, either.

With the lifespan having increased by thirty years in the past century, age 60 is no longer old but our culture continues to perpetuate the nonsense that it’s okay to refer to a 60-year-old as a “granny” or “senior.” Unfortunately, too many mature women accept the implied “age incompetence” that attaches to those two words. As a result, healthy older women who could be enriching their lives being productive, accept the traditional granny label and lifestyle and fall into decline that comes with prolonged mental and physical inactivity.

Kudos to the “grannies in a garage” for going for their gold. I hope many older women who watched them on Shark Tank have been inspired to go for dreams that may have been put on the back burner because tradition told them they were too old to do what they wanted to do and were perfectly capable of doing “at their age.”



This amazing little book is Deepak Chopra, Wayne Dyer, Napoleon Hill and more all rolled into one little treasure. Extraordinarily written and busting at the seams with wisdom. Once you start reading it you'll immediately be glued to every word. I'm a national peak performance expert. I've read over 5,000 books on every imaginable topic relevant to life, achievement, psychology and spirituality. I can say that in the current sea of personal development books on the market, few stand out. This one is tops. Buy a copy for yourself and everyone you know, you'll be glad you did.
~ **Jim Fortin, International Author/Speaker**

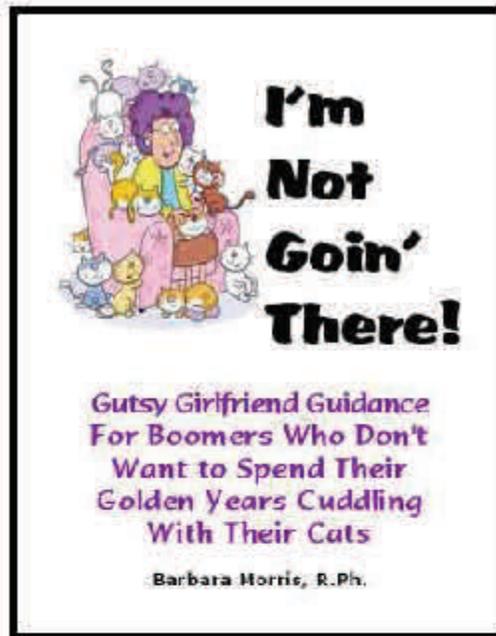
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- The disastrous outcome of choosing to "age gracefully."
- How to adopt revolutionary new stages of aging to help you stay youthful and productive longer.
- The consequences of telling your age and dwelling on the significance of your chronological age.
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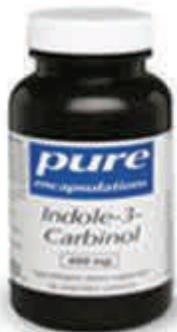
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