

# *Put Old on Hold*

## *e-Magazine*

*Advocating Balanced Lifelong Growth and Productivity*

- ✖ *Go Ahead and Cheer!*
- ✖ *Busting Image Myths*
- ✖ *New Beginnings*
- ✖ *How to Beat Stiff and Cold Legs*
- ✖ *Are You Emotionally Wounded?*
- ✖ *Newtown Tragedy: What is Overlooked?*
- ✖ *Put Old on Hold Advice for Guys*



# What's Inside

**Go Ahead and Cheer! - 3**

Mary Lloyd

**Busting Image Myths As You Age - 5**

Sandy Dumont

**My Take on Newtown - 7**

Michael E. Platt, M.D.

**New Beginnings – 8**

Lura Zerick

**How to Beat Stiff and Cold Leg Muscles During Winter Months - 9**

John Paul Ouvrier

**Are You One of the Walking Emotionally Wounded?- 11**

Joyce Shafer

**Guys, Listen Up! Mother is Speaking! - 14**

Barbara Morris



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# **GO AHEAD AND CHEER!**

**By Mary Lloyd**



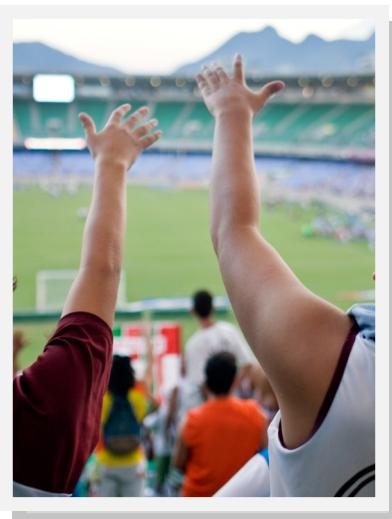
Is it social glue or manic behavior when we root for our favorite sports team?

Okay, I confess. I spent most of this afternoon watching the Seattle Seahawks finally beat the St. Louis Rams after 3+ frustrating hours of not-as-good-as-we-fans-have-come-expect football. That's over 10% of my day and almost 20% of my waking time watching someone else play a game. I am embarrassed to admit that—or at least I was.

I was particularly distressed once I realized that I'd done that with the time I needed to write this article. But everything—even getting waylaid by a football game—happens for a reason. This time around, it was to teach me that cheering for favorite team is an okay way to spend my time. So...since I have finally learned that, you get the short course.

The vast majority of us end up rooting for some team to win at something while we just watch at some point from time to time. Many of us do it all year long, switching from team to team as the various seasons begin and then end. We spend a lot of energy at it, too. Jumping up off the couch on a good play. Stomping out of the room when our team does something awful. Yelling at refs. Then we rehash the weekend contests at work—or wherever--on Monday... Tuesday... Wednesday...

Why do we do this? That's the question I asked myself after I realized I had frittered away my afternoon at it. Why did I do that instead of cleaning the garage? Or writing the great American novel? Or even calling a good friend for a long phone conversation? My assumption was that I'd chosen the potato chips rather than the veggies in how I had used my time—and that everyone who chooses likewise is just as derelict.



*(Continued on page 4)*

## Put Old on Hold e-Magazine / January, 2013

(Continued from page 3)

But when I started to research why we cheer, I came across two things that have given me a major change of heart. The first is TJ Dawe, one of the guys behind Beams and Struts, an online magazine that carries the tagline "A Project for Hungry Brains and Thirsty Souls".

TJ is not a sports fan. Usually those who aren't are rather aloof about all this cheering and whoopla. Instead he embraced discovering the "why" of it. It was not "How do I show how wrong all these people are for doing something I don't do?" It was "What makes us, as a culture, do this?"

TJ and his cohorts dedicate the magazine to this kind of thinking. It's 180 degrees from all the "we/they" stuff we're mired in these days and was incredibly refreshing—so much so that I ended up watching his entire TEDx Manitoba talk before I got back to the task at hand. (Look for that at [http://www.youtube.com/watch?feature=player\\_embedded&v=cj5LZBmiQu4](http://www.youtube.com/watch?feature=player_embedded&v=cj5LZBmiQu4) or go to the Beams and Struts website (<http://beamsandstruts.com>). If you want to see the article on why we cheer: <http://beamsandstruts.com/articles/item/1001-sports-cheering.> )

But I digress. What I learned—which he learned, in part from *Dancing in the Streets: A History of Collective Joy* by Barbara Ehrenreich—is that our current mores around sports teams have deep, important roots.

As Dawe put it, "For hundreds of thousands of years, there's been a strong adaptive advantage in feeling the pull to be part of a group. I am them. They are me. Their efforts are mine, and vice versa. I look out for them, they've got my back too." The grumpy guy who didn't bother to get involved with the rest usually met a quicker demise as a result of his separateness.

We don't hunt woolly mammoths together anymore. We don't go out to gather acorns or

wild rice and millet with huge wild animals on the prowl. But that sense of banding together is still wired in. So we gather to urge "our" team on to victory instead. A symbolic successful hunt.

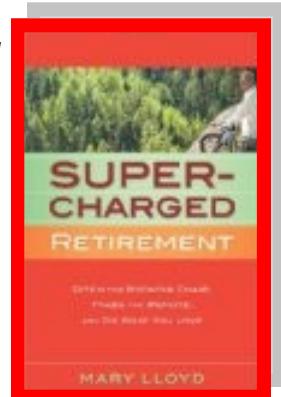
When I started this article, I had a second question in mind: Why don't we cheer for ourselves instead? Why don't we use that energy to make something happen in our own lives instead of going crazy over a bunch of overpaid jocks? I honestly believed that's where this article would go—to a "we can do better than this" conclusion.

I can't say that. When we go nuts as sports fans (assuming "nuts" is legal and that you're not so obnoxious you get kicked out of the venue), it's a chance to be part of a "we." And we need "we" opportunities. So connect and go crazy for a few hours every once in a while. Even the zany fan behavior is consistent with the carnival nature of the sporting events of the Middle Ages, when we were closer to those "you have my back, I have yours" days. It really is very old behavior.

So tune in and cheer. Life is not always about getting things done. Even if they lose, you've been a part of something bigger than yourself for a while. And that is good for you. Besides, no one ever died saying, "I should have had less fun."

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](http://www.mining-silver.com) and her blog <http://mining-silver.com/retirement-planning/>



# Busting Image Myths As You Age



**By Sandy Dumont**  
*The Image Architect*

Time and time again I come across old wives tales in glossy magazines regarding beauty tips. For example, More Magazine consulted renowned beauty experts and outlined 40 beauty tricks for women over 40. Item Number Two pronounced "Go Golden" in order to look younger. The advice was to wear warm-toned foundations and use golden bronzers.

Actually, as you age, your skin becomes more yellow, just like a garment or handbag. Take a look at a white shirt that is a few years old and you'll see what I mean. With each year it becomes more yellow. Thus, in order to look more youthful, as you age you ought to add a bit of pink, not yellow, to your foundation, lipstick and blusher colors.

Here are the five biggest image myths today.

1. "Go Golden" as you age! See above paragraph.

2. As you age, you should lighten your hair color, especially if your natural color was black or very dark brown, such as Italians and Greeks often have.

An acquaintance of mine was a victim of this myth. As her near-black Italian hair started to get streaks of white, she was advised by a stylist to lighten her hair overall to a medium brown shade so she would look younger. Gone was her lustrous black and silver hair, and in its place was a head of mouse brown hair that was actually aging. Fabrics with high chroma as well as shiny hair will brighten the complexion and give a more youthful appearance. Hair that has lost its luster drabs the skin and the persona. It is aging.

In reality, if you have black hair, you don't usually need to alter your hair color, you need to alter your makeup colors. Dark clothing colors often look severe. Dark hair can have the same effect, especially as we age, so a bit of "softening" is often necessary. Black garments look harsh when worn with orange lipstick and blusher, and it is much the same with dark hair. You'll look severe, even older, with orange lipstick as well as peachy-brown tones. Pink tones melt away black's harshness like snow in the sun.

A few caveats: if your dark tresses do not grey attractively; i.e., your hair begins to look drab or yellowy, you may consider coloring your hair or asking your hairdresser to brighten the grey tones. Otherwise, dark hair usually looks attractive with silvery streaks. If you opt to color your hair, choose a color half a shade lighter than your natural color, rather than choosing a shade darker. Consider leaving a few silver streaks at the front for a dramatic look.

If your hair is medium or light brown, you have the option of adding blonde highlights close to the face instead of dying it. The blonde streaks will keep your hair from looking drab.

3. As you age, you should wear softer colors. Pastels, in particular are recommended.

*(Continued on page 6)*

## Put Old on Hold e-Magazine / January, 2013

(Continued from page 5)

My own mother was a victim of this myth. In reality, pastels are aging when you're past 40. When she was young, my mother wore black a lot because it flattered her blonde hair. She decided to switch to mauve and slate blue once she reached 60, because she had read "softer" colors were better when you're older. I was shocked when I saw her when I came home for a holiday visit. I took her to the bathroom mirror, added a little fuchsia lipstick and soft pink blusher and showed her how beautiful she looked in black. Then I let her see that the drab blue and mauve colors made her look much older.

The truth is, fuchsia is more flattering than mauve; and royal blue is kinder to the face than slate blue. It's not the dark colors that are aging, it is makeup and hair in "aging" colors and styles that do the most harm.

### 4. Red nail polish is aging.

This is really a myth. As you age, your hands often tend to have

more discolorations. Veins become more visible; knuckles can look a little red, for example. Red nails become a camouflage, in fact. They actually take the attention from discolorations because they are so much brighter. And due to the principle of simultaneous contrast (Google it and you'll understand), the red nails actually cause your hands to appear whiter, so they look younger.

### 5. Lengthen your skirts as you age.

You only need to look at the silhouette of Betty Ford on the arm of President Bush, being escorted down the aisle of the National Cathedral for her husband's funeral to know that this is a myth. Mrs. Ford was a dancer with the famed Rockettes in NYC when she was young. Then, and at the funeral at age 88, her legs were shapely and fabulous. So was her figure. It's not age that determines your skirt length, it's the "quality" of your legs.

Unless you've developed bulges or extra fat at the knees, the

most flattering length is anywhere around the kneecap, including an inch above - like Betty Ford. Wearing your skirt at mid calf is extremely aging. If you need to cover unsightly knees, wear your skirt just at the spot where the kneecap ends. Otherwise wear pants! You'll look younger than with a mid-calf skirt.

Sandy Dumont is an international image consultant who has been helping women look better for more than 30 years. Contact her at [www.theimagearchitect.com](http://www.theimagearchitect.com) or 757.627.6669.

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# My Take on Newtown

By Michael E. Platt, M.D.



I suspect that the final, definitive answer for the Newtown tragedy will not be forthcoming. The only person who might have provided some insight was the mother. Unfortunately, she was the first one who was killed. So what I will be proposing is pure conjecture, based not on fact, but on my understanding of what has been reported about the gunman.

Let me start with the fact that he evidently had some type of mental disturbance; the words autism and Asberger's have been quoted. A baby sitter from years ago mentioned he was on some type of psychoactive drugs, and I certainly would not be surprised

that he has been on them recently. People that have known him have mentioned that he has been withdrawn and not very sociable - which does smatter of autism. Autism and Asberger's are not associated with violent behavior, however, my feeling is that both disorders are associated with excess adrenaline in the brain.

Adrenaline, as we know, is a rage hormone. I can visualize a scenario where rage may have been building up inside him, but it was trapped in a persona that was not able to communicate. With the holidays, his awareness of young, "happy" children may have been a reminder of his bleak, lonely childhood that was friendless. Who better to blame than the one who brought him into this world.

Autistic children can be exceptionally intelligent. He was given an indoctrination to guns that I suspect is unusual in most households with autistic children. Like many other children, he very likely got exposed to violent video games which may have triggered in him the idea for an outlet of his rage.

I cannot conceive of this type of behavior in any person that does not have anger issues. My understanding is that the majority of young people involved with shooting episodes have been on psychoactive drugs. If it does turn out that he was on a drug or drugs, I would say unequivocally that it contributed to what happened. These drugs are a frequent cause of suicide in young people, and we know that a number of these children kill others before they

kill themselves.

It does not matter if we are talking about ADHD, depression, autism , or Asberger's (the latter two I suspect are a type of ADHD) - these conditions are often associated with excess adrenaline, the fight-or-flight hormone. Since I am a great believer in treating the cause of illness, would it not make more sense treating these problems in children by reducing adrenaline than by using drugs that may be contributing to these tragedies.

Gun control measures, eliminating violent video games, having teachers carry guns to school, etc., are all Band-Aids. They do not deal with the basic cause of the problem. However, if this country and its drug-controlled medical system is unwilling to approach illnesses from the cause, then by all means try the other measures, but I suspect they will not work, and the recurrent slaughters will continue.

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**HOW I LOST MY:**

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MICHAEL E. PLATT, M.D.

A complimentary ebook copy of *The Miracle of Bioidentical Hormones* is available by request at [questions@plattwellness.com](mailto:questions@plattwellness.com)

# NEW BEGINNINGS

By Lura Zerick



The beginning of a new year gives me the same feeling as Spring; it is a time for 'new beginnings'. First of all, I thank God for giving me the beginning of a new year, then I try to loosely organize the things I would like to accomplish within that year, or whatever time I have. I might not finish all of the 'list' but this will give me something to work toward, a worthwhile goal to fill my days.

I am one who must have a goal. Without something to aim for, I would be simply there, with no purpose to fill my day. That idea doesn't work for me and I imagine it doesn't work for others. Without a goal, there is nothing to do. We can twiddle our thumbs for a short time and then what?

I realize that we need time to do the daily things that are necessary plus time to enjoy our families with special activities. This is understood but what about the other times? With nothing in mind, time goes slow, 24/7 can leave us with no sense of purpose and this can drag us down into depression. This is too easy when we see no reason to be here. Therefore, we need to wake up to the possibilities of all we can accomplish with the abilities each has been given.

YOU can do things that I cannot; each of us can do certain things well. When we do those things, not only we, but others, can be helped and encouraged. We need each other, whether or not we admit it. By linking our efforts we help each other, probably never knowing those we helped. This is as it should be.

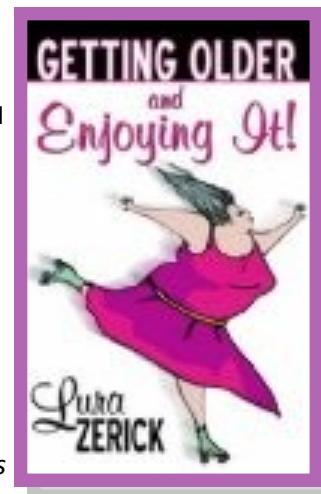
Whatever your special talent is, do it! This would be the things you enjoy doing more than other things. All of us must do things we don't especially like to do but that is life. For instance, chuckle if you want, but I don't like to make a bed. It seems to take forever when I get clean sheets out to put on my bed...BUT it is a necessary thing to do. You might not like to hang clothes in the closet but again, all of us must do these things.

Along with things we don't like to do, there are those things that we enjoy doing. All these 'things' make up our days and give us opportunities to experience a sense of accomplishment that has no price. To be open to ideas – and to be able to make these become a reality gives us a terrific sense of accomplishment.

Age has nothing to do with this; we can be young or old and still do things that will help others as well as ourselves. We must have the 'urge' to do something or nothing gets done. That means that many are waiting for us (me and you) to do the things we can; their response might depend on it. Let this be your 'goal' – to do whatever it is that you can do to encourage others to do the same. This might even be your 'new beginning'.

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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 to cook, write and sing, as well as use their other abilities.*



# How to Beat Stiff and Cold Leg Muscles During the Winter Months

(And my favorite *Keep your legs warmer at night trick!*)

By John Paul Ouvrier



Are you one of those that can predict the weather based on how your leg or other muscles feel? Can you tell all of us if there is a storm coming because your joints tell you first? Does it take a lot longer than you'd like to admit to get up and moving because everything is so stiff? If so, this article can shed some light on the most common sense ways to take care of your muscles during the colder times of year, and share my favorite winter bedtime tricks to help keep the legs warm.

First off let us say that if stiff and cold leg muscles belong to you, this can easily be due to an underlying medical

condition that should be addressed with your doctor. Though I am blessed to be the Wizard of Youth, and my collections of writings and communications can easily save a life, anything that happens due to the circulation within your muscles is a Doctor first, Wizard second situation, okay? Now my friends, who have a tiny weather person in their legs, knees and ankles, let us explore some points of knowledge.

Rather than say any of us are older than we'd like to admit, let us say that some of us have more miles on our engines than we care to remember. And like a car with miles on the engine, it takes a few minutes to warm up before we go driving right? Such is the same with the human body. Blood tends to pool in the lower parts of the body, like oil does in the bottom of the engine, and must be kicked up into the engine to work properly. In our body, we do this by moving the muscles around first, as in the Wizard's rule of, "Wake up Before You Stand Up!" This means move the feet and legs throughout the day to keep the blood pumping. If you don't pump the blood, the muscles don't get fresh oxygen and you will naturally get colder. So the legs need movement to help stay warm.

Here's a common problem: People sit all day long, which not only increases the chances of blood clots, sitting actually decreases blood flow because (continued next page)



## Put Old on Hold e-Magazine / January, 2013

(Continued from page 9)

we are squashing the pipes (the blood vessels) that bring blood to our lower extremities. So sitting all day long, in addition to causing many other problems doesn't help in the cold department. The solution: Get up and walk for 2 to 5 minutes every 30 minutes, or on commercial breaks. Remember that habits formed today tell the body what to do tomorrow, and youth is a habit. (Use it or lose it...)

Here's another easy and fun tip; buy one of those cheap floor peddler exercise machines you see in the catalogs on a day you know you'll be sitting for hours. Just set it down, and pedal. This is easy and though not walking, can prevent a blood clot and a fall. (Want a great gift idea for a senior who doesn't do what they should- buy them one of these devices. They run 20 to 40 dollars, and the 20-dollar one isn't much cheaper than the 40 dollar one! You could easily save a life.)

Okay, so now you know, get up and/or move to keep the blood flowing to keep some heat in the lower extremities. It's now time to share my two favorite, "Keep the legs warmer at night" tricks.

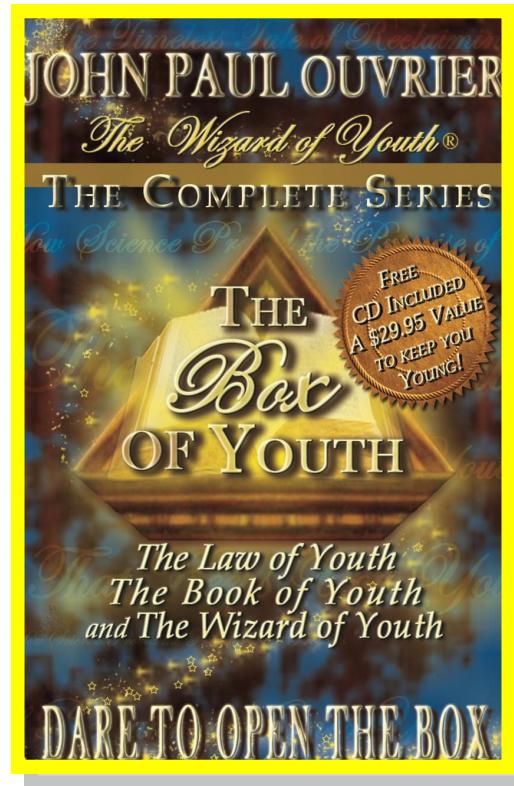
Here are the facts: The body temperature drops to its lowest point between 2 to 4 am. Add to that, that we're not moving the legs and that blood flow is decreased. That's a recipe for cold lower legs. How to help? Wear a pair of socks that you can pull up to at least your mid calf or so that aren't too tight (unless your doctor says so). This will help that. And the easiest one of all? Take a blanket, fold it in half, and lay it on the bottom half of the bed, over the other covers, so that your lower legs have a little extra warmth!

Though the days of trays with warm coals and hot water bottles may be over for most of us, the logic of these ideas shouldn't

be forgotten; add a little warmth to your legs and feet! Thank you once again, and I will keep my Wizardly feet warm 'til next we meet. Blessings!

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



[Available on Amazon](#)

# Are You One of the Walking Emotionally Wounded?

By Joyce Shafer



Carolyn Myss once said that when we tell someone about our emotional wounds, we've let them know how the relationship will be manipulated. This "information" also reveals how we live.

A friend recently experienced a catharsis that took her through and beyond old wounds, wounds that caused her to armor herself since childhood, without really realizing to what degree this armoring had been done. The experience was not easy and happened faster than most would be able to tolerate or process so quickly. Through this experience she discovered she didn't like herself as she'd been; didn't like the falseness that had been a veil over so much of how she'd felt and lived, which was based on wounds and shields. A result is she now feels emptiness, not a negative form, though, but the form that isn't filled by ego-mind's fears and resentments. She said she now wakes each day concerned only with how she can be of service that day, and she more readily sees how others live through their wounds. She's cast off her wounds, no longer willing to live dragging anger, resentment, and judgment with her.

I want to make a valid point before you continue to read: The ego is not the "bad guy". It's here to protect us, to make sure we desire to protect ourselves. But like anything and everything, it has two sides. One side is in harmony with our spiritual self and how we interact with others and our experiences, and the other is heavily influenced by indoctrinated beliefs and how those beliefs cause us to react to others and our experiences. You do not need to eliminate the ego, you simply need to do the inner work that allows you to know when to listen to it and when not to.

The "dark" side of the ego tells us to cling to our emotional wounds. When we experience certain emotional wounds, especially as children who are not guided about how to deal with and heal them, the wounds stay with us. This lack of guidance means we're likely to carry our unskilled ways into adulthood. The wounds become familiar. And painful or not, we become identified with them; they become a part of us. They move in and take up residence in us. This is akin to why some men die or decline relatively soon after retirement: for a very long time, they identified with, took their identity from, what they did rather than who they are as individuals.

Just suggest to someone to give up their attachment to a wound before they're ready and it won't be a pretty scene. This is because they've only or have primarily nurtured the wound, not the Self, and most likely, not the Spiritual aspect of who they are. They may want to improve, but cannot understand why this is a challenge, or why their resistance is as painful as the wound is, if not more. Letting go of an emotional wound will feel like death to ego-mind, so the person will fight to keep the wound alive, because they won't know who they are without it, as long as they live guided by the darker side of ego-mind, that is. This "death sentence" is a subconscious belief, hidden from their conscious awareness.

Another reason we cling to our wounds is because we're afraid to take action. We've lived in the same "house" for so long that the idea of stepping out of it frightens us, makes us feel insecure. We feel for those who

(Continued on page 12)

## **Put Old on Hold e-Magazine / January, 2013**

*(Continued from page 11)*

experience a psychosis and literally don't leave their homes. We grasp how affected the quality of their life is; but those who live through and with wounded personalities experience a similar self-entrapment.

Emotional wounds lead to unskillful, sometimes dysfunctional behaviors, behaviors we and others consider justified. Even if we know the behaviors don't lead to desired results, don't cause us to feel good about ourselves, we repeat them because we don't "connect the dots" between behaviors and old wounds. Even if we see the connection, we may choose not to adjust behaviors because We Are Still Angry! Angry with the originator(s) of the wound(s), angry the wound(s) happened in the first place.

We cannot live a life and not get wounded; not yet, at least. The point is not about figuring out how to not get wounded but to learn to heal and continue on, to learn how to assist and encourage others to heal and continue on, even if only or especially by example. A child experiences many bumps and scrapes as s/he learns to walk. This is an inescapable process. A wise parent checks that the child is okay and encourages her or him to get up again knowing it's the only way the child will build muscle, strength, and agility. We need to be our own wise parent.

All unhealed wounds get passed on, whether we realize it or not. Children watch and copy our actions more than our words. They read our energy and absorb and copy that. We swear we'll never be like the parent or parents or authority figures we had difficulties with, and so we don't see our own repetitions of their unskillful behaviors, even or especially how they think and process thoughts. We may even do the opposite of their behaviors, but in the extreme. Either way, it's like putting makeup on a bruise to cover it so we don't have to look at it or can pretend it isn't there. Then, we only remember its presence when it gets bumped or prodded.

Then there's the blaming aspect to consider: "If so-and-so hadn't done that to me, I wouldn't be the way I am." There's even this one: "God made me this way." We believe blame is a justified and acceptable way to deal with our unhealed wound or dysfunctional behaviors. We choose anything but actually healing it or adjusting us, again, because we consider the wound (or behaviors) part of who we are, or, we believe it's who we really are. Is it any wonder that when we feel so assaulted and insulted or self-righteous that we resist forgiveness, of others and ourselves, no matter how long ago an event happened?

Forgiveness comes more easily when we deliberately recognize that those who wounded us were similarly wounded. Ego-mind will resist this recognition process because it only wants them labeled as Villain, not human... just like us. "They should have known better, or figured it out!" ego-mind will insist. If this is a truth, then so should we know better or figure it out.

When we get a wound to the flesh, we tend to it. If the wound requires professional assistance, we get it. We can tend to our emotional wounds the same way. We can also see them for the opportunities they are, not just so we can feel better, but to learn something important like more skillful behavior...like when we were children learning the skill of walking. Yes, maybe we cried or wailed when injured, but we got back up and kept going. Our tears dried, and we focused more on our mobility and desired destination than on a temporary injury or what caused it.

Here is a poem by Persha Gertler that speaks volumes in few words. Its title is "The Healing Time":

Finally on my way to yes  
I bump into  
all the places  
where I said no  
to my life  
all the unintended wounds  
the red and purple scars  
those hieroglyphs of pain  
carved into my skin, my bones,

*(Continued on page 13)*

## Put Old on Hold e-Magazine / January, 2013

(Continued from page 12)

those coded messages  
that send me down  
the wrong street  
again and again  
where I find them  
the old wounds  
the old misdirections  
and I lift them  
one by one  
close to my heart  
and I say  
Holy Holy

We share being emotionally wounded with others around the world, but fight instead of heal ourselves and help each other heal. Who but the wounded fight and wage war in close relationships and with strangers? Here are some unedited excerpts from something written and compiled by David Crossland and/or Craig deMott. It's a story you may be familiar with about an extraordinary Christmas night during World War I: British troops holding the front line in Flanders on a cold, clear Christmas Eve four months into the war heard 'Stille Nacht' ('Silent Night') being sung across the battlefield littered with frozen corpses.... Along the entire 40 kilometres from the Belgian North Sea port of Nieuwpoort to the town of Ypres, soldiers met and arranged not to shoot each other over Christmas.... It was the first Christmas of a war that has come to epitomize pointless sacrifice on a biblical scale.... If there had been live television footage at the time and people had seen the pictures of this truce, it would have been the end the war...." This is evidence of what can happen when we realize we share more than wounds, when we realize we have more in common than we tend to remember if we're living from wounded personalities.

The way off this crazy merry-go-round is through compassion, reassessment, through attention to our own behaviors and thoughts and choices. We can notice that many (if not all) of our overreactions are not about a current event, but an old, unhealed wound. That is, if we can even recognize when we overreact. To know this, we have to pay attention so we can address it. We can use a scale of 1 to 10 for how angry we feel then use the same scale for how serious the "infraction" actually is, and see whether or not the two ratings are in proportion and adjust our reaction or choose a more appropriate response.

At the time of this writing, we approach the end of the year 2012. Many believe a shift is upon us. Whether you believe we near the end of life as we know it, or a major spiritual, upward shift in consciousness, or just 2013, give consideration to whether or not you truly wish to continue living through and with your wounds. Consider the effects on our shared world and shared experiences and shared existence of so many walking wounded making choices for ourselves and for or against others. We can decide to continue as we have been or to heal, starting with ourselves. Our own Self healing practice will create healing ripples in our familial, local, and global communities. We have to start sometime, somewhere. Why not here and now? It's a good practice, one you'll appreciate.

Practice makes progress. © Joyce Shafer

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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>

I Don't Want to  
be Your Guru,  
but I Have  
Something to  
Say (New  
Edition)



Joyce Shafer

# Guys, Listen Up: Mother Is Speaking!

By Barbara Morris



My brother-in-law has been nagging me to write a “put old on hold” book for guys and my usual response is, “I don’t understand the male psyche well enough to do that” to which he responds, “I don’t understand the male psyche either.” So I’m thinking, what do you want from me?

Really, guys don’t need a book to figure out how to put old on hold. They just need an overbearing mother (that will be me) to tell them critically important things they ought to know and do, but don’t.

Let’s start here. A young man who even occasionally thinks about putting old on hold (i.e. being a stud forever) has to put a leash on testosterone-fueled carousing and drinking. The “live for today

only” mantra does not serve a young man well in the long run. You can’t beat up your body with a crappy lifestyle at age 30 (and continue to do so) and think that at age 50 you can be the incarnation of George Clooney. At age 30 it’s important to consistently eat a healthy diet and be in a regular exercise program so that at age 50 or before, you are not creaking with arthritic joints, dealing with high blood pressure, obesity, and other issues that make you feel and behave like a cranky old fart.

By age forty if not sooner you may not feel quite as feisty as you used to because you’ve been slowly losing testosterone. You mistakenly attribute your “slowing down” to old age. Now is the time to take action. It’s time to get a comprehensive blood analysis (not just for testosterone) to determine what’s really going on in your body.

Drug companies are hawking testosterone for “Low T” on television but by the time you realize you have low testosterone you could have been on a program to restore optimum levels as well as other vital elements your body needs to stay healthy and put old on hold. With regular blood testing it’s possible to determine and maintain appropriate hormone levels as you age, detect and control excessive estrogen, manage other factors that affect health and aging, and you can continue to rock ‘n roll while your peers complain about their prostate or other malfunctioning parts.

Here is something else to know: Most likely you can’t depend on a traditionally trained physician for diet and hormone advice. [Nutrition education](#) as well as natural hormone

The bearded old goat that shows up every Christmas in the TV commercial for DosEquis beer claiming to be the world’s most interesting man doesn’t look interesting or sexy -- he just looks like an old codger hoping he can still get it on with young women with the help of some nasty tasting beer.

## Put Old on Hold e-Magazine / January, 2013

(Continued from page 14)

management training in medical schools continues to be seriously lacking. Do yourself a favor and find a naturopath to help you age with vitality. There are bound to be a couple of naturopaths in your area. Interview them and see who makes the most sense to you. But be prepared: they probably don't take insurance but if you are no longer blowing your discretionary income on babes and booze, you will probably be able to handle their fees. If you think (or your doctor has told you) naturopaths practice voodoo, remember these wise words from English philosopher Herbert Spencer:

***"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance -That principle is condemnation before investigation."***

Think about that counsel. You are intelligent enough to investigate for yourself. (That applies to all advice given here. :-))

Some more wise advice from your mother: Beards, mustaches and other hairy outcroppings on the face make an older man look 20 years older. When you look old, you think, feel, and behave old. Younger women are not attracted to a man who resembles their senile grandpa. You attract women who want to "mother" you. And let's not pretend we don't know this: guys tend not to be the cleanest of God's creatures. Beards not only look dirty, it is not inconceivable that they are hiding places for the remains of last week's barbequed wings, or, heaven forbid, last Thanksgiving's turkey gravy. What woman wants to get close to that?

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And about the hair on your head: A pony tail is for women or bikers. Please, no Donald Trump comb-overs. Get a buzz cut. Or go bald. Short hair (or no

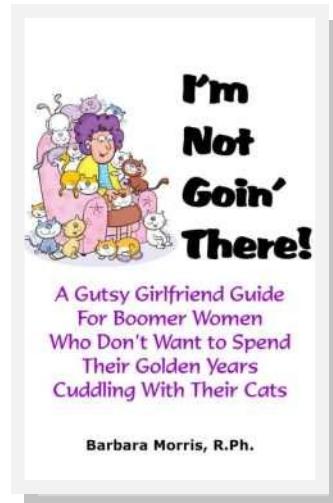
hair) will make you look more virile and more intelligent.

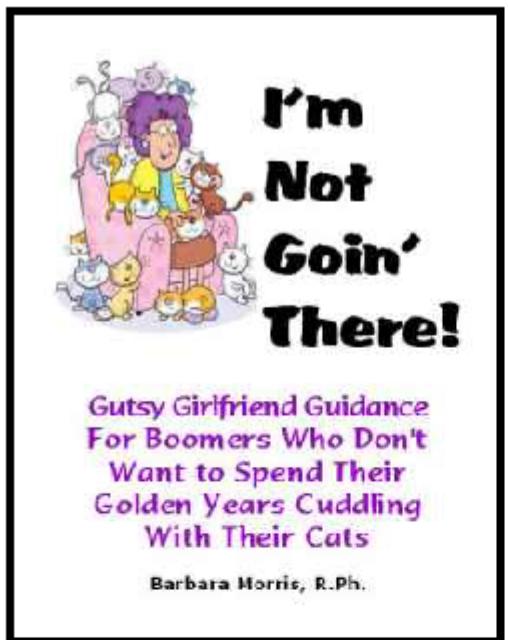
But wait – there is more! Take care of your teeth. If you have bleeding gums there is probably an infection and the bacteria circulates all over the body causing aches and pains that appear to have no cause. You can be in the best shape physically but if your teeth and gums are looking unhealthy you will know why you can't attract the cute young thing on the treadmill next to you at the fitness center.

Finally, when "up there" in years, and imagine you are hotter than George Clooney, (or whatever reigning aging male heart throb) please don't get grabby with young women – it's a pathetic sign of touch deprivation. A better way to connect with another human being is to give your mom a hug and tell her you love her and appreciate all the sacrifices she made to raise you to be an upstanding, independent man. You may not have hugged her since the day she dropped you off at the kindergarten door, with you scared to death, tugging at her skirt, wailing "Mommy, don't leave me."

Now go to your room and think about what I've told you. When you finally realize I'm right, you will thank me forever. Of course, I could be wrong, but probably not. And remember, your mother loves you more than anyone else ever could.

Sorry about piling on the guilt. But what good mother doesn't pile on the guilt? She only does it because she loves you. Be grateful.





## 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...

# Put Old on Hold

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