

January , 2015

Put Old on Hold

e-Magazine

Advocating Balanced Lifelong Growth and Productivity

Paul Buri

That Damn Printer

Barbara Morris

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Are Idiots—Who
Knew?

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Editor/Publisher: Barbara Morris, R.Ph. P.O. Box 937, Escondido, CA 92033-0937 Contact:
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Science Says Men Are Idiots—Who Knew?

By Barbara Morris



Ah, science. I love it.

The weather in some parts of the country has become unusually cold from early fall to late spring, with unprecedented snow and ice storms that keep thermometers stuck below zero. Some climate scientists insist the frigid weather is indicative of global warming and it's going to kill not only the polar bears but humanity as well. Brrrr.

Which makes me wonder: Should scientists be believed when they opine about *anything*?

For example, some scientists claim men are idiots. Not maybe, not possibly, but for sure. Here is the scientific evidence: [Study supports the theory that men are idiots](#)

I don't know about you but right about now I am ready to hoist my "Men Are NOT Idiots" sign and organize a protest to make my outrage known. Frankly, I am horrified by such a dreadful, hurtful, sexist claim. I don't care how scientific it is, I think it's unfair to label ALL men idiots. (I'll stop sobbing in a minute. I just have to wipe my eyes and blow my nose. Don't go away.)

I feel better now and I'm thinking more clearly so let's have some reality here. If men are idiots it's because women allow or cause them to behave like idiots. I refuse to believe it's just testosterone overload that is responsible for episodes of male idiocy. (Girlfriends, don't hate on me for this allegation -- hear me out.)

Here are three pieces of evidence to support my contention that women can be bigger idiots than men:

1. Women put up with beards, which are in effect, a male burka. How can you read a man's face when it's indistinguishable from the mug of the hairy gorilla in the "Gorilla Glue" commer-

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cial? (No offense to gorillas intended - I don't want a posse of PETA people pursuing me.) Look, a woman can't get a driver's license with a scarf covering her face yet bearded guys looking like grizzly rejects from the stone age are readily given a license without any fuss. I don't see women protesting the unfairness of that -- clear evidence women can be bigger idiots than men.

Then there is the hygiene issue. Aside from looking dirty, beards are a health hazard, harboring all kinds of nasty germs and remnants of the secret sauce from last week's (maybe even last year's) Big Mac. Yeah, yeah, I know -- not all men are slobs but give a man a beard and you give him a license to be a moving mass of contagion. If women demanded that guys cleaned up, men would behave and look less like idiots.

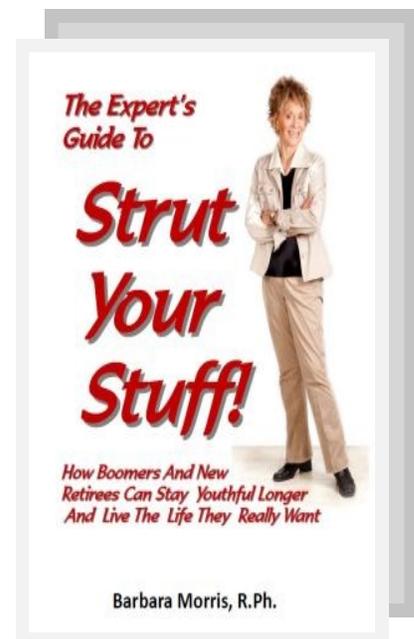
2. An alarming number of women think money can prove and or buy love and loyalty. I offer as evidence the number of cases that come before Judge Judy -- stupid women who "loaned" money to idiots and are trying to get their "investment" back. The guys unabashedly insist the money is a "gift." (More than a few of the giftees are bearded and wear earrings. Not only are they idiots, apparently they are gender conflicted as well.)

3. Women are such idiots they even pay "their share" on a "date"! Outrageous! Girlfriends, listen to the voice of experience! If a guy wants to be in your delightful company he should consider himself lucky to be in your presence and be willing to pay for the privilege, not with a couple of smoothie drinks from the local organic food truck but with flowers and a first class dinner complete with the best wine. If he is worth the effort, you can provide some scintillating conversation. He will never know what hit him.

The bottom line is that men may be idiots but women can be bigger idiots because women are smarter than men but don't always know how to use those smarts. (Alas - most men don't know how to use the paltry amount of smarts they do have.) Women give up their power hoping to be loved but wind up being used by whatever needy bearded creature happens along and is willing to move in with them to "share expenses". An expense a woman often incurs as part of an arrangement with an idiot to "share expenses" is bailing him out of jail which he considers a gift.

Men are idiots? Let's think about this. Men may be opportunists, but idiots -- not so much. So called "women's liberation" has paid off for men in ways too numerous to mention and they are taking full advantage of the benefits. They would be idiots not to.

Certainly, I could be wrong about all of this, but probably not because I know everything and I am always right about everything. The last time I was wrong we had an earthquake here in California, and that's been a while ago so I guess it confirms that I have been right about everything ever since. That's not scientific of course, but who cares what science says, anyway.



Let's Get Fit for the New Year!

By John Paul Ouvrier

Welcome to another year that you're still here. 2015! And before you say, "Can you believe it?" I would like you to say, "I am brave enough to take it!"



I would like you to be brave enough to take the dark side of fitness to task. To say to those aches and pains, "You're not going to stop me; I've got a lot to do!" To say to your doctor, "Show me how to fix this and don't quote age statistics to me!" To say to your body, "As long as there is breath and consciousness in this body, I am the boss here!" To take the things that none of us like and actively set up a plan to counter them.

Let's make the New Years fitness resolution simple: Let's add 5 minutes a day to your existing routine. (And if you haven't been doing what you're supposed to, then get back to it!)

Let's add 5 minutes every day of simple movements that enhance freedom, improve balance, increase energy, and put your muscles onto the same page!

Spend one minute a day working on balance. Don't do this when you're walking or when you're out and about. Do this in the morning after you've been up for thirty minutes or so. Challenge your balance: Hold on to a solid object, and sink up and down into the knees, and stand on one foot at a time. A minute a day will make a difference and you may end up doing a little more...

Lift your arms up over your head and stretch. Do this standing, sitting, or lying down. This simple movement is a miracle for posture, circulation, the heart, digestion, etc. There is a reason this movement is a part of most exercise routines. I like to sit or lie down I do this so I can yawn deeply at the same time!

Walk like you're young and very happy. Practice for a minute walking around like the world is yours and nothing bad will ever happen to you. If you don't practice a

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youthful walk, do you really think your existing walk will help? I worked with an Academy Award winning actor in his 70's a number of years ago. No matter what we did, I couldn't get him to walk properly. Finally I asked how old he was when he won his Oscar, and he replied 35. I said, "Fine, walk like you're 35, and going on stage to get your award!" And sure enough he did! He smiled, swung his arms, and turned into a 35 year old man in front of me. Have some fun- go on stage and get your award!

Find a reason to get up and down off the floor. If you still can get up and down safely from the floor, please do so each day. Go down to your knees, then lie down if able, and get back up. If this is not safe to do, then sit in a chair and while staying seated, reach down safely to the floor to something such as touching your shoes or the floor. (Make sure your doctor approves this one!)

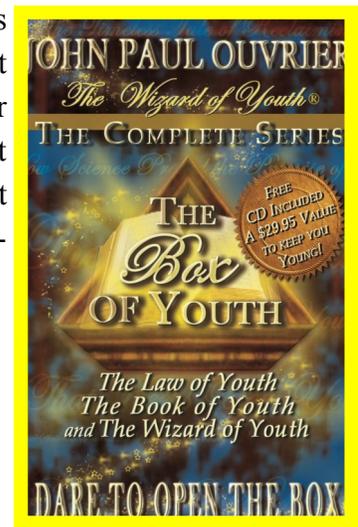
Breathe in deeply and out deeply ten times. I like to sit for this one, because sometimes I get light headed. Breathe in as deeply as you can, and then exhale as deeply as you can. (I like to count to 4 or 6 while inhaling, and then the same while exhaling) Then on the next breath, try to inhale and exhale even more, with each breath filling up and emptying more.

These are your new New Years fitness goals; something to add for 5 minutes every day. And please add or delete as you see fit.

New Year to you and your family.

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

John Paul Ouvrier, known as The Wizard of Youth, is a fitness trainer who specializes in working with older adults. Please consult with your doctor or medical professional before beginning this or any exercise program or advice. The contents of this article do not constitute medical advice. Contact him at John@wizardofyouth.com, and bring him in to entertain your audiences! <http://wizardofyouth.com>. & <http://fitness4charity.org>.



Good Stuff To Know

January 2015

**Vitamin supplement successfully prevents noise-induced hearing loss
*** Vitamin D deficiency, depression linked in international study ***
Drugs in the environment affect plant growth *** New study
strengthens evidence of connection between statin use and cataracts;
any risks should be weighed against benefits *** How red wine pre-
vents cancer *** Religion or spirituality has positive impact on ro-
mantic/marital relationships, child development, research shows ***
How long can Ebola live?**

[Vitamin supplement successfully prevents noise-induced hearing loss](#)

A way to prevent noise-induced hearing loss has been found in a mouse using a simple chemical compound that is a precursor to vitamin B3. This discovery has important implications not only for preventing hearing loss, but also potentially for treating some aging-related conditions that are linked to the same protein.

[Vitamin D deficiency, depression linked in international study](#)

Vitamin D deficiency is not just harmful to physical health -- it also might impact mental health, according to a team of researchers that has found a link between seasonal affective disorder, or SAD, and a lack of sunlight.

[Drugs in the environment affect plant growth](#)

By assessing the impacts of a range of non-steroidal anti-inflammatory drugs, research has shown that the growth of edible crops can be affected by these chemicals -- even at the very low concentrations found in the environment. The research focused its analysis on lettuce and radish plants and tested the effects of several commonly prescribed drugs, including diclofenac and ibuprofen. These drugs are among the most common and widely used group of pharmaceuticals, with more than 30 million prescribed across the world every day.

[Did the Institute of Medicine miscalculate the RDA for vitamin D?](#)

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The RDA for vitamin D is based on a miscalculation and should actually be higher than the tolerable upper level for the nutrient, say academics.

[New study strengthens evidence of connection between statin use and cataracts; any risks should be weighed against benefits](#)

Few classes of drugs have had such a transformative effect on the prevention of cardiovascular disease (CVD) as have statins, prescribed to reduce total cholesterol and low-density lipoprotein cholesterol. However, some clinicians have ongoing concerns regarding the potential for lens opacities (cataracts) as a result of statin use. In an article, researchers report increased risk for cataracts in patients treated with statins. An accompanying editorial discusses the history of statins and positions this new study in the context of conflicting results from previous analyses of purported adverse effects due to statin use.

[How red wine prevents cancer](#)

'Alcohol damages cells and resveratrol kills damaged cells,' says a scientist who studied red wine and its relationship to preventing cancer. "Alcohol bombards your genes. Your body has ways to repair this damage, but with enough alcohol eventually some damage isn't fixed. That's why excessive alcohol use is a factor in head and neck cancer. Now, resveratrol challenges these cells -- the ones with unrepaired DNA damage are killed, so they can't go on to cause cancer. Alcohol damages cells and resveratrol kills damaged cells," he says.

[Religion or spirituality has positive impact on romantic/marital relationships, child development, research shows](#)

Adolescents who attend religious services with one or both of their parents are more likely to feel greater well-being while romantic partners who pray for their "significant others" experience greater relationship commitment, according to research.

[How long can Ebola live? No one really knows](#)

The Ebola virus travels from person to person through direct contact with infected body fluids. But how long can the virus survive on glass surfaces or countertops? How long can it live in wastewater when liquid wastes from a patient end up in the sewage system? A new article reviews the latest research to find answers to these questions.

[Cocaine consumption quadruples the risk of sudden death in people between 19 and 49](#)

The increase in sudden cardiovascular death with the recent consumption of cocaine has been, for the first time, documented by researchers. In people in the 19-49 age bracket this risk is quadrupled. In fact, cocaine consumption doubles the risk of death of cardiovascular origin that can be attributed to smoking, and becomes the main risk factor among subjects under 50.

[Training elderly in social media improves well-being, combats isolation](#)

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Training older people in the use of social media improves cognitive capacity, increases a sense of self-competence and could have a beneficial overall impact on mental health and well-being, according to a landmark study carried out in the UK.

[Study supports the theory that men are idiots](#)

The theory that men are idiots and often do stupid things is backed up by new evidence. The findings are actually based on an analyses of sex differences in idiotic behavior. Worthy candidates of idiocy include a man stealing a ride home by hitching a shopping trolley to the back of a train, only to be dragged two miles to his death before the train was able to stop; and the terrorist who posted a letter bomb with insufficient postage stamps and who, on its return, unthinkingly opened his own letter.

Journal Reference:

B. A. D. Lendrem, D. W. Lendrem, A. Gray, J. D. Isaacs. The Darwin Awards: sex differences in idiotic behaviour. *BMJ*, 2014; 349 (dec10 20): g7094 DOI: 10.1136/bmj.g7094

[People trust typical-looking faces most](#)

Being 'average' is often considered a bad thing, but new research suggests that averageness wins when people assess the trustworthiness of a face. The research indicates that, while typical-looking faces aren't seen as the most attractive, they are considered to be the most trustworthy.

[Graying, but still golden](#)

Getting old doesn't spell doom when it comes to making important financial decisions, a team of researchers reports. Using credit scores and cognitive ability tests, the researchers found evidence that "crystallized intelligence," which is gained through experience and accumulated knowledge, is more important than "fluid intelligence," the ability to think logically and process new information. Past research has clearly shown that fluid intelligence decreases with old age, a phenomenon known as "cognitive decline."

[Perils of Tattoos](#)

Thinking of defacing your beautiful body with a tattoo? Watch the slideshow of possible dangers

That Damn Printer

By Paul Buri



A few months ago I bought a new printer but it was only until about a week ago, however, that I tried to print some pictures on it. I spent about three hours researching the operating manual online.

(Two and a half hours to find it and a half hour finding the part about how to print photographs.) I carefully loaded a few sheets of photo paper in the upper cassette per the instructions and then tried to print some of the pictures from a recent trip. It spit out a few poor prints on plain paper from the lower cassette.

"No, no. I want the prints to be on the photo glossy paper," I screamed.

After another hour or so of searching through all the printing options on my computer, I finally found the setting that would print from the upper cassette where the photo paper was. Pushed PRINT and the computer started to do its thing. Moments later I saw a print starting to emerge from printer. Success! It was coming from the upper cassette at last.

Still no luck. It was on the photo paper all right but the print color was awful and the ink was wet and smeary. Another few hours and about \$9.00 worth of photo paper and I gave up.

This morning I decided to grit my teeth and call the manufacturer for some real live "face-to-face" help. I resigned myself to a three-hour ordeal of waiting while the recording politely told me that my business was important to them and to please hold for the next technician. Amazingly, I was connected to a technician within a few minutes. But then we had to go through the usual 20-minute interrogation of my name, my phone number, my email address, my mother's maiden name, the model number, the serial number, the version number of my computer system and several other important pieces of vital information. Then we finally got to my problem.

I explained my problem about getting poor quality color prints on the photo paper. Then the technician asked me, "Are you loading the paper face up or face down? It needs to be loaded face down."

I quietly said, "Thank you." and hung up the phone.

Paul Burri is a self-described retired smart ass who feels he has earned the right to say anything he damn well pleases. He is an inventor, entrepreneur, business consultant, educator, newspaper columnist and has been a SCORE (www.score.org) counselor for over nine and a half years. Over his 65-year business career he has owned 9 businesses and has worked as general manager for many small companies and on a managerial level for such major companies as Northrop-Grumman and The Disney Corporation. He has over 175 inventions to his credit, counseled over 190 SCORE clients, served as a docent at the Santa Barbara Museum of Art, sits on the board of directors of several local small businesses, and is currently writing a book about small business.

He lives with his wife in Santa Barbara CA and can be contacted at pburri@cox.net and has nothing better to do than to tell his "war stories" to whoever will listen - many times repeatedly.

The Simple Meaning of True Magic

By Joyce L. Shafer



When we get Law of Attraction to work the way we prefer, it feels like true magic, doesn't it? Here's something that puts what really makes it work, what

our true magic is, into practical perspective.

Trying to figure out how to make Law of Attraction work for us, in our favor that is (it is *always* working), and feel confident about our skills is something a lot of people focus on, and often. I had a dream where five critters had been presented to me in a certain way, to get my attention. At first I had no idea what it meant, until I thought about the critters and realized they were represented in some material I have: *Medicine Cards* by Jamie Sams and David Carson. So I picked up the book and read about each critter. Then I

found it—a phrase that said it in a nutshell: “. . . **magic is no more than a change in consciousness.**” If you know anything at all about metaphysics and Law of Attraction—and even if you just think of magic tricks, you recognize or realize that the statement is absolutely, undeniably correct. Similar statements have been made by many others, but sometimes it's a matter of reading or hearing the right one for you, at the right time.

This connects to something else I read just a few days before I looked at the medicine cards. I was cleaning out a chest of drawers, getting rid of stuff I no longer needed to keep, when I came across one of my TUT messages from 2008 (TUT is a site where you can sign up to receive clever, uplifting daily notes from The Universe, aka Mike Dooley). This was the message:

“Tell me, when you think of taking consistent action in the general direction of your dreams, (your name), do you imagine discipline, stamina, work, sacrifice, monotony, courage, and strategies, or are you thinking adventure, discovery, new friends, excitement at the crack of dawn, magic, surprises, fun, laughter, and, on occasion, the Macarena? P.S. Your chosen perspective changes everything.”

Wow! Read *that* every morning, before you start your activities for the day and before you start any and every project—or anything you're going to do (and maybe every night), and how do you imagine you might feel and perform? What and who do you think you'll attract to you? Which version do you usually choose? Which version would you prefer to choose? Yeah, I prefer to choose the fun version, as well. Okay, there will be times when you read that message, if you choose to practice this, and you're aware that

your energy is a little lower than you'd like. This tells you that your thoughts about conditions are influencing you. I say more about conditions in a moment.

When we practice the first version in that message, we suppress the true magic that is innate in us, which means we block it from ourselves and our lives. Then we likely do all manner of machinations to try to find a way to put the magic back in, *while we continue practices that don't and will never allow the magic to perform for us as it's designed to.* We are the spiritual magicians in our lives; all we need to do to experience the magic—our magic—is to shift our consciousness so that the innate magic can work for us. Easier said than done, you say? Is that a fact? Only if we decide it is. Yes, you may have to apply yourself to this, but practice makes progress.

Why do we struggle with shifting our consciousness? Because the mindset we've operated with for so long is a habit and who the heck likes to shift a habit? This would mean we'd have to work at it. We want it to be easy, to just happen (and happen immediately); plus, we don't like the word “work.” This would mean *we'd have to really see ourselves*—our thoughts, feelings, words, and actions that we often let control us and sabotage us and our lives—then do something about them, for crikey's sake! It might *really* annoy us to see how often we practice anti-magic thoughts, feelings, words, and actions, and who the heck wants to admit they're ever wrong, or worse—doing it to themselves? And, this would mean we might not enjoy the process, and who wants to do more of what they

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won't enjoy (but this is true only until the moment you begin to experience desired results, of course, then, you're in, even if it takes a while for you to really jump in with full commitment and enthusiasm).

Ernest Holmes wrote in *The Science of Mind*, **"To rise above the contemplation of conditions is to enter that field of Causation which makes all things new in our experience."** If we look at the TUT message again, we see how when we practice the first part of that message, we do so because we *are* focused on conditions. If we practice the second part, we rise above conditions via our thoughts, feelings, words, and actions. And this will cause conditions to shift and improve or, at the very least, will improve our perceptions, which can lead to serenity, even when life feels stormy. We gain new, preferred experiences rather than repeat old, worn-out ones because of what we practice, as well as, likely, gain deeper understanding.

To paraphrase and add to something else Holmes wrote, *all our experiences represent the different phases of our beliefs*, which means we can give ourselves over to the Truth and the good magic as easily as any other belief, if we are confident in and or one with our spiritual realization of Truth. Why we may not find this as simple as we'd like ties in with what I said about why we struggle when it comes to shifting our consciousness. To realize our responsibility makes us uneasy. Eleanor Roosevelt said, "One's philosophy is not best expressed in words; it is expressed in the choices one makes... and the choices we make are ultimately our responsibility." Another relevant quote comes from Ralph Marston: **"Concern yourself more with accepting responsibility than assigning blame. Let the possibili-**

ties inspire you more than the obstacles discourage you."

Then we have to face another fact: All of this is not about our thoughts alone, but about the *feelings* we have underneath our thoughts. This is why you can affirm or practice something out the yin-yang, but until you find a way to believe what you're saying and thinking—to find some measure of Truth in your statement that you align with and feel as truth, you're basically spinning your wheels. **Never confuse activity with productivity.** This includes mental activity, especially mental activity.

We struggle with the fact that the Law of Attraction is subjective. Holmes explained it this way: The chief characteristic of the subjective Law is that It is sensitive, creative and can reason only from a deductive viewpoint. Being the very essence of sensitiveness It is compelled to receive the slightest impression of thought; being creative, It is compelled to act upon this thought; and being deductive, It cannot argue back or deny any use of It that may be made.

It isn't that once you reconnect with your magic everything will be perfect and life will be challenge-free. In fact, to have that idea or belief is just another way to focus on conditions we don't prefer. Challenges assist us to focus on possibilities and to hone our magic skills, if you will. And we can use our magic to buffer the effects of challenges that show up as we strive to deepen our understanding of ourselves and of how the magic works for us. What we can also understand is that a challenge may lead us to initially feel like the first part in the TUT message, until we adjust our consciousness to one that supports the second, possibility-driven version.

We make tremendous strides the moment we realize we don't acquire our magic; we awaken to the fact that *it is already there*, and then we apply it to the physical universe around us with more conscious awareness than subconscious default practices, practices you can change through your conscious choices and practices. This is when we rise above group consciousness that may be influencing us and instead express our lives in an individualized way, in a strengthened, -in-Source-and-ourselves way. When we do this, we realize the Truth that *our magic IS* no more than a change in consciousness. It's a good practice, one you'll appreciate.

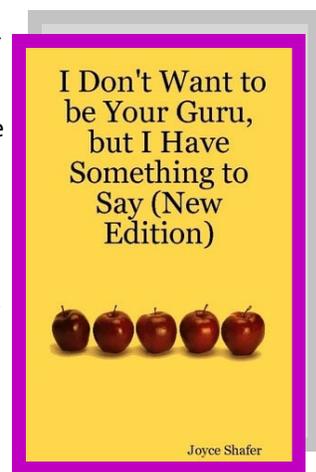
Practice makes progress.

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Joyce L. Shafer is a Life Empowerment Coach dedicated to helping people feel, be, and live their true inner power. She's author of "I Don't Want to be Your Guru, But I Have Something to Say" and other books/e-books, and publishes a free weekly online newsletter that offers empowering articles.

See all that's offered by Joyce and on her site at <http://stateofappreciation.weebly.com>



Focus Off The Family

By Lura Zerick

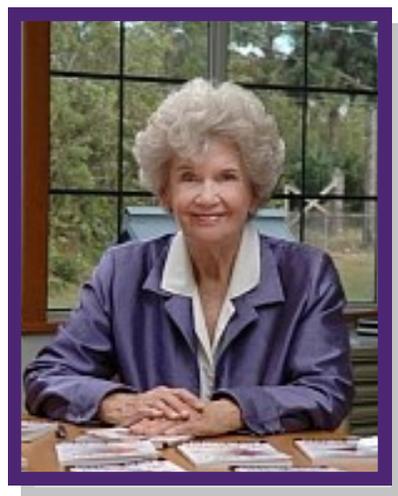
When I was growing up, all the family sat around the fireplace in the evenings. My parents sat in each corner with the 'kids' sitting in a half circle between them. I was the youngest of eight and the most 'at home' during my time was six. Daily activities were discussed, along with plans for work in the coming days. We lived on a farm of 160 acres, usually with two gardens of vegetables for our food. ALL of us worked on various 'jobs' in those gardens.

We also had many fruit trees, including peach, pear, pomegranate, blueberry and a pecan orchard of eighteen trees, with three of another kind in our yard. We had a scuppernong vine, (a grape variety) along with a purple grape we called 'bullaces'. My Mama made preserves and jelly, canned vegetables to be used the following winter. There were no freezers; we didn't have electricity at that time. We had a refrigerator which held a 100 pound block of ice, delivered twice a week by the 'iceman'.

As the ice melted, the water went down a pipe to a 'dishpan' on the floor. When I got old enough, it was my 'job' to empty the dishpan by throwing the water in the yard and replacing the pan under the refrigerator. Occasionally I would forget and the pan would overflow onto the floor. What a mess *that* was for my Mama to clean up! I was just a little kid and Mama didn't get angry; she just scolded me a bit as she reminded me to remember my job.

As we grew up, each was given certain jobs, according to age and ability. We learned to work together for the family's benefit. We might have whined a little but we knew to do what was expected of us. That fireplace allowed most of the heat to go up the chimney. The best heat was from the kitchen woodstove, which gave us each various jobs to bring in the wood for the stove, along with 'fat' wood, called 'splinters' to help start the fire.

The only kids who had bicycles were those who sold a weekly newspaper called 'Grit', now published in a magazine format; still popular and full of news. When these kids gathered



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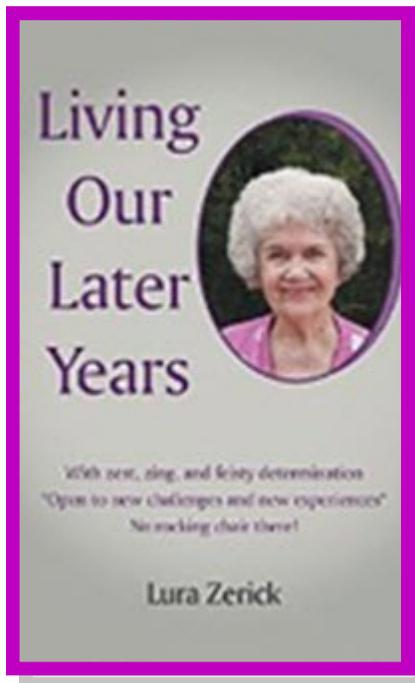
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a certain number of regular customers, they 'won' the prize of a bicycle. These kids were envied by neighboring kids and often shared their 'bikes' by allowing others an occasional ride. We learned about 'teamwork' and the advantages of being part of a loving family.

This isn't true today. Too many families seldom eat a meal together. They eat as they arrive home from wherever. There are few family 'discussions'. Each is busy with a private agenda which others might or might not know. There is seldom any 'togetherness' that was so important in the past.



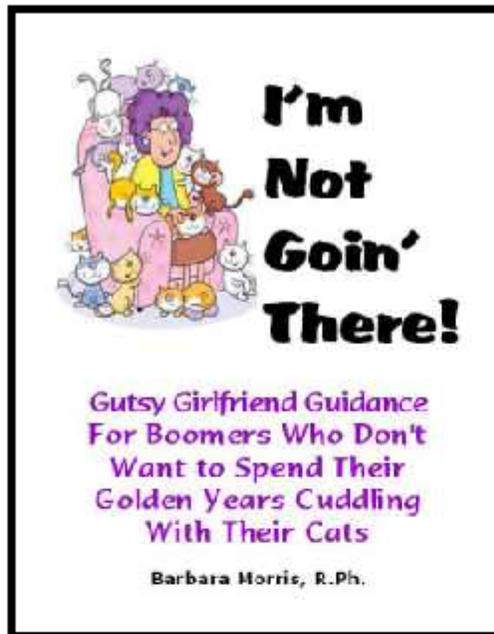
First it was television that had the attention of everyone. No one talks when all eyes and ears are focused on the program. Technology has brought many new items that keep members too busy for an informative family discussion. With cell phones, 'smart' phones, I-phones, I-pads and other electronic marvels, there are few chances for the family to know what the 'others' are doing. We might be too 'busy' to even wonder or care.



Sadly, many are unable to drive a vehicle unless they have a cell phone in the other hand. I, for one, want to say, "Turn your cell off or at least put it down and give your attention to driving." That labels me a 'crank' who isn't 'with it'. Even while riding together in a car, there is often no conversation because the driver is constantly talking with others on the cell phone. When *that* conversation ends, the passenger says a silent thanks but, wait – suddenly *another conversation* is going on. So it goes for most of the trip. No opportunity to make plans for lunch or whatever we might enjoy together.

Frankly, I object to the modern electronic gadgets that cause us to move further away from each other, rather than bringing us closer. I often long to be sitting in a circle in front of the fireplace. At least we knew what was happening in the family from day to day. Now the best we can do is guess.

Too many are too busy with too many electronic gadgets to consider what many of us want and need most.....and that is 'family togetherness'. Too sad to allow our thoughts to dwell on.



**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.
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