

November, 2012

Put Old on Hold

e-Magazine

Advocating Balanced Lifelong Growth and Productivity

Take a Hike!

**The Better Posture Secret
That Really Works**

**Do Women Deny Their Age or
Compete with Daughters?**

**Dr. Oz . . . We Have To Talk
About Your 2-Day Cleanse**

And more . . .

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Take a Hike!

By Mary Lloyd

Yeah, yeah. You're not that kind of person. A hike is so... well...physical. Please. Consider taking a hike. It will change your life.

I come from a family of walkers. We do it for the exercise, but just as often it's to work off steam from something stressful, sort out a problem that seems—before our legs start moving—impossible, or keep a medical issue in check.

(One of my siblings has diabetes; he avoids insulin injections by walking.)

But even better than a walk is a hike. A hike is a walk in a wild place. One of my favorite Christmas memories is of an unconventional Christmas Day with my middle brother, hiking to a waterfall he wanted to see (in a downpour) and along a beach I love. (And then having a fun dinner at a little French restaurant on the way home. Perfect.)

Usually a hike is off the pavement, but even that's negotiable. A few weeks ago at Mount Rainier, we encountered dozens of people using walkers and even electric wheelchairs to hike. The park has asphalt trails just above Paradise Lodge-- very definitely a wild place. So if you can't make it without some mechanical help, don't rule yourself out. Hiking makes you strong—mentally, physically, and emotionally. Go for it if you can.

Not every hike will be to the Eighth Wonder of the World, but they all hold beauty and the



chance to remember that we are part of something large and wonderful. A hike is a way to connect—to nature, to the people with you, to yourself, to the Divine.

You don't have to live in southern Utah to be near a wild place. Some city parks offer great hiking options. (I have logged many miles in

both Garden of the Gods in Colorado Springs and Hummel Park in Omaha.) A wildlife refuge or a state park near you may have hiking options. You don't have to start with the Appalachian Trail either. Just find a path on public land and give it a try. But be smart—go with at least one other person.

Ask everyone you know about hiking if you don't have someone to get on the trail with. I found a terrific hiking group via a public art

advocacy group I belonged to. Work on finding people to hike with if you have to. Going with buddies is more fun. And it's safer. That doesn't mean you have to jabber the whole time you are on the trail. Even when you are hiking with a group of twenty, you can spend part of the time in your own quiet space on the trail. If a loved one is willing to give it a go, start there. If not, look for organized hiking efforts that will give you a chance to meet others interested in getting out.

You can spring for boots once you know more about how and when you want to go, but wear sturdy shoes the very first time. If you're concerned about balance, take trekking poles or a walking stick. (Ski poles work fine if you already have them.) Learn about "the ten essentials." If you hike in earnest, you want them with you.

Check with the information desk if you are in a

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park that has one. See if there are online comments with current information about hikes in the area. Talk to people on the trail. (This often nets you a great idea for your next hike and sometimes people to go out with.) If there are hiking guide books for your area, they're great for not only finding the trailhead but also for giving tips on when the wildflowers will be in bloom or the fall color usually peaks.

You'll amaze yourself at how far you can go eventually. I hiked over 100 miles that first summer--in six to twelve mile chunks. Most of those hikes involved at least 1000 feet of elevation gain. Please don't think I started this in good shape. I wasn't—but I was by the end of the hiking season! I was just short of 60 that year, but some of the strongest hikers in our group are in their mid-70's. If you test yourself and try to do a bit more, where you end up is astounding.

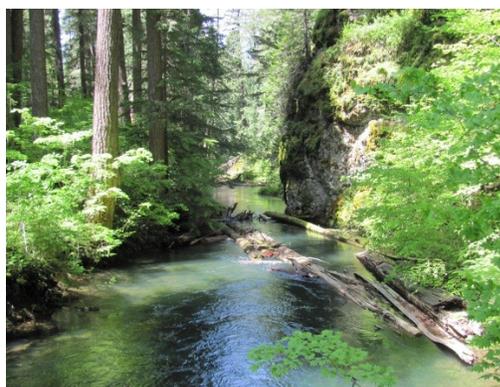
Not every step of every hike is exhilarating. It's work. But when you get to the destination you're in awe both of the scenery and the fact that you got there. It's amazing.

If you can find a way, take a hike. In case you need a visual nudge, I took all four of these photos on hikes.

Noble Knob trail—near Mount Rainier



Greenwater River Trail, Washington Cascades



Waterfall near Hope, BC (1/2 mile from road)
August)

Wildflowers Mount Rainier NP (late

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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](#)

The Better Posture Secret That Really Works!

A simple technique to make you look 20+ years younger

By John Paul Ouvrier



Over the years we have heard dozens of different ways to gain better posture — suggestions from relatives and friends pressuring us, our doctor reminding us, or by our own bent over reflection staring back at us.

I would like to share with you a wonderful way to gain and keep good posture, and in order to do this, I must share a little bit of my background with you.

In the fitness world, I am known as the Wizard of Youth. The truth is, I have severe scoliosis of the spine. I must work on my posture every day because my spine is crooked. If I do not do my exercises, within a day or two, one shoulder blade pops out and won't move back into alignment on its own. And if I wait a week or two, one pants leg becomes shorter than another. So I know the lack of freedom that poor posture can bring intimately.

Here's the sad truth about the spine most of us don't consider: Gravity will win unless we make a conscious choice to exercise against it. Granted, I received the wakeup call earlier than most, yet all of us sooner or later, will become down and round unless we make ourselves long and strong.

When I finally learned how to straighten out my spine in my early twenties, I went off and did something I'd always wanted to do, ballroom dance. I had a difficult time. Yet through the patience of some wonderful teachers I persevered. One of the best coaches I ever worked with was a man named John Swick, a former champion dancer. He was and still is a wonderful man and mentor. One of his favorite quotes on posture was this:

“Forget everything you've ever heard about how to stand up straight, and just remember this, Lift up your posture by pretending to Lift Up Your Ears first...” This is because when we relax the back and just concentrate on lifting your ears up tall first, our back and shoulders will then have the room and space to go where they should go.

Too many of us lift our chest up, or pull our shoulders back, or tuck our hips under. (I was even told to pretend I was holding a nickel in my rear end to straighten my back out- and a doctor

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told me this!) Yet, nothing will happen if this twenty plus pound object- our head- is pushing and pulling our posture down. This is similar to the rule of pretending you have string on the top of your head pulling you up.

Here's how I have adopted Mr. Swicks amazing rule into my business:

Lifting the Ears, Takes off Years!



Get those ears up!

If we lift our ears up (in our minds), our head goes up, our chest can then come up, our tummy can go up and in, and our back (with its natural curves) can go where it needs to go.

Okay, you've been waiting for the secret that will make you look 20+ younger haven't

you? There is nothing like a little vanity to help with exercise. I believe if you're going to go to all the trouble, shouldn't you look good as well? Here it is. Please follow these directions carefully and do exactly what I am telling you.

While you're reading this, ideally while sitting, please lift your ears up tall.

Now lift them even higher

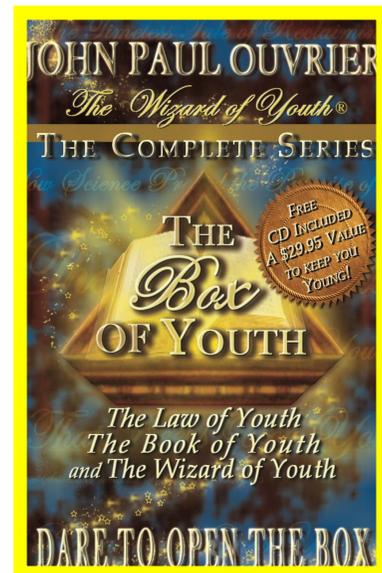
And lift them even higher...

Do you have any idea how much younger you look right now? Let me tell you why: When you pull up as tall as you can, especially your head area, what do you think happens to all the skin on your neck? It gets stretched up and many of those wrinkles and loose skin is pulled tight! This alone can take about 20 years off your face because now the neck and chin skin is pulled off your face, giving you a mini face lift.

Did you really think, with your head dropped down, and your neck getting forced outward and puffing out your face that you looked young? You didn't. Lifting the Ears Takes off Years, helps your posture, your balance, your breathing, and gives you a smaller waist and a younger face. Not bad for one movement!

Till next time, all my blessings and love from the Wizard of Youth.

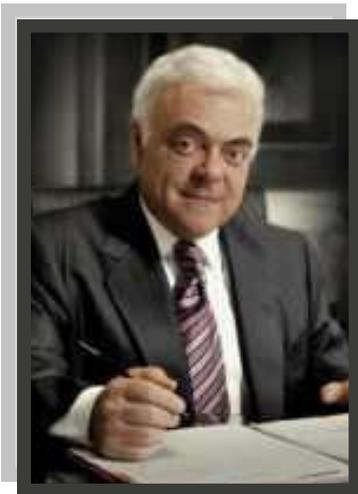
John Paul Ouvrier, is a fitness trainer who specializes in working with older adults. He is the author of 'The Wizard of Youth' series for adults and children, the creator of 'The Wizard of Youth 4 Kids Board Game' and the Executive Director of Fitness For Charity. His websites are: <http://wizardofyouth.com>.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



[Available on Amazon](#)

HRT: They Still Don't Get It

By Michael E. Platt, M.D.



The latest study on HRT (hormone replacement therapy) was released at the annual meeting of the North American Menopause Society. Their findings were as follows: there was no indication of any adverse cardiovascular effects, and that HRT should

be used in women only to try and relieve menopausal symptoms.

This study utilized two different types of estrogen. One was a low dose of Premarin, and the other was Estrace given as a patch. In both cases, they utilized a bio-identical progesterone preparation which was an improvement over the synthetic progestin that was used in the WHI study. However, they cycled it for two weeks on and two weeks off, which made no sense since these women were not trying to get pregnant. Also, they used an oral preparation which goes straight to the liver and converts into a different hormone called allopregnanolone.

There appears to be a profound ignorance amongst traditional physicians about the correct use of bio-identical hormones, especially progesterone. Used correctly, in most cases, progesterone by itself will eliminate hot flashes. Additionally, it is a natural antidepressant, and can certainly improve any emotional issues a woman might have going through the change. Progesterone also helps to control insulin, the number one hormone that creates fat. In addition, along with testosterone, it improves a woman's libido - something

that estrogen does not.

For the most part, women never stop making estrogen. Unless a woman is very thin, the need to replace it should be primarily to eliminate vaginal dryness. In this case, estriol cream is used, which is the only estrogen that does not cause cancer.

This latest study appeared to emphasize the fact that there were no deleterious cardiovascular effects from the hormones used.

Consistent with the lack of preventive medicine in this country, the doctors responsible for running these studies fail to realize that the hormone testosterone provides exceptional cardiac benefits for women. It is well known, that the heart has more testosterone receptor sites than any other tissue in the body. After the menopause, a woman's testosterone level plummets. I feel this is responsible for the fact that heart attacks are the number one cause of death in women, and are six times more common than any other cause of death.

For those interested in a better approach to the menopause, please take advantage of my offer to make free copies of my e-book available – “The Miracle

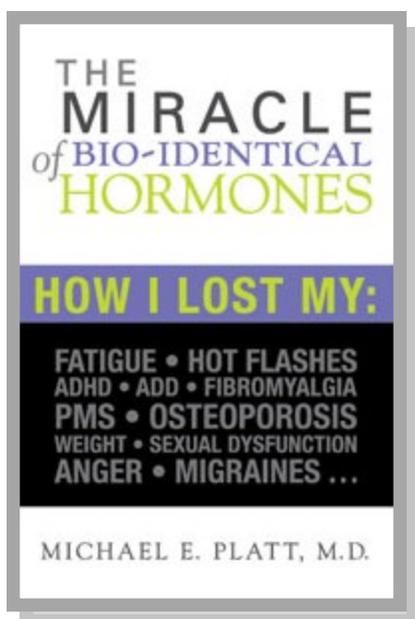
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of Bio-identical Hormones". Healthcare practitioners should note that my manual is available from my website as well, which provides my unique approach to hormone replacement. It also includes a chapter on managing adrenaline, something that is not available anywhere else.

My website is: www.plattwellness.com and my email is: questions@plattwellness.com

Important Note: All materials in these blogs are provided as opinion only and should not be construed as medical advice or instruction. No action should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being.



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See What's New At the Artful Crafter This Month



Neither Yesterday Nor Tomorrow Can Steal My Today!

By Lura Zerick

As most of you know, it is too easy for our thoughts to dwell on the negative events of yesterday. These experiences can cause us to dread tomorrow because we believe it might bring more of the same. To prevent either of these frames of mind, it is necessary to make the decision NOT TO ALLOW ANYTHING TO STEAL OUR TODAY! Our 'todays' are a gift; we can use those hours in a positive way or throw them away. It is necessary to remember that we won't have today again. We can't redo or undo anything that touches our lives but we CAN get a BACKBONE as we learn to ENJOY our days and ignore or try to avoid those who might make our days more difficult.

We never reach an age when there are no crushing events in our lives. As long as we breathe, regardless of

our physical state, there will be problems to resolve. We can see these as challenges or obstacles, depending on our attitude on how we face whatever happens. If we slide down in our recliners and let people 'run over' us, they will. These might include some that we had regarded as friends, acquaintances, relatives or even those in our family. It is much easier to dismiss the first three of these but more difficult when a family member causes our



hurts or disappointments. An in-law might try to turn our son or daughter against other family members. Another might take items that belong to other members, then deny it even if the evidence is indisputable. We find ourselves in the middle of a mess not of our making. That is when the metal hits the road. It is necessary that we know how to pray; there is no other solution.

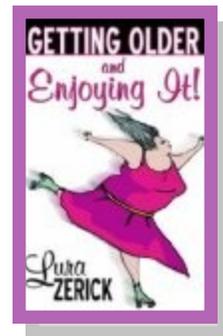
There are some whose sole purpose is to 'stir' things up, in other words, cause trouble or problems for others. I have met many who actually enjoy doing this. It seems to be the purpose of their days. Well, since I can now recognize and 'see through' these phonies, I say, "Come on down and meet this great-granny with a backbone. You don't scare me; I've met others like you and I REFUSE to allow your shallowness to touch my life." These might act big, brave and strong but the truth is that they are none of these. These

are adult bullies who have no goals or ambitions and are bent on destroying or causing damage to those who do. Call it envy or jealousy or whatever, but these trouble-makers have many lessons to learn. Sadly, they seem the type who ignore learning anything as they crash their way through their lives.

My advice to these is for them to realize that their efforts are wasted. Many, including me, have dreams to reach for, ideas to work on and plans to ENJOY our remaining days as we work toward making our dreams and plans a reality. We refuse to cower and/or give up because of your words or actions. We are not quitters; our experiences of past years have taught us to 'hang in there' and that is exactly what we plan to do! As we enter our later years, we believe that the best is yet to come. No one can change our attitude and this helps to bring our success.

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Lura Zerick an 80-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](#)

It May Not Be Easy to Forgive But It Is Worth It to YOU

By Joyce Shafer



Walking through life with resentment is like walking through ankle-deep molasses. You move, but not well, not far, and not fast. Forgiveness, resentment, resistance... let's look at them.

Here's something about forgiveness from two sources: One old, one new. The Bible,

in its various versions available, says anger happens, but don't "sin" (add to the issue) by letting the sun go down on your anger. In other words, take care of this promptly so you don't carry anger or resentment longer (or further) than is necessary or beneficial for you. Sometimes you can resolve anger and resentment with others, sometimes you can't. But you can always choose to release resentment for your own benefit.

Eckhart Tolle said we would do well to forgive each moment so as not to allow resentment to build. He stated in his book, [The Power of Now](#), that the mind has the unconscious belief that "... negativity or unhappiness in some form, will somehow dissolve the undesirable condition. This, of course, is a delusion. The resistance that it creates, the irritation or anger... is far more disturbing than the original cause that it is attempting to dissolve."

Tolle also said this: The ego believes that in your resistance lies your strength, whereas in truth resistance cuts you off from Being, the only place of true power. Resistance is weakness and fear masquerading as strength. What the ego sees as weakness is your Being in its purity, innocence, and power. What is seen as strength is weakness. So the

ego exists in a continuous resistance-mode and plays counterfeit roles to cover up your "weakness," which in truth is your power.

One level of resistance we have to forgiveness, from our ego-mind that is, is that it seems unfair to "have to" forgive, like it's letting someone get away with something or off too easy. Ego-mind wants retribution; it wants others proven wrong and at fault. Our true Being knows that Universal Law has a remarkable and appropriate way of handling restoration of balance in each individual life and in the bigger picture, so that we don't burden ourselves with resentment, or regret, or as some call it, bad karma or negative attraction. A good thing to remember is that Universal Conscious always has more information than we do.

Releasing resentment, which is what the practice of forgiveness is about, contributes to a more harmonious experience of life for all involved, but most especially for you; and you are the only one you have any true, lasting influence with. I know... Forgiveness is easier said than done at times, but doable, if we really understand what forgiveness is about. Forgiveness is ultimately about us, about

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expanding our spiritual nature and wisdom, about releasing ourselves from the prison without bars that resentment, in its many forms, keeps us and our lives and our love trapped inside.

Here are two significant reasons to practice forgiveness:

What It Does to You:

Resentment causes your moments in life to be miserable or less than they can be because you're living through your ego-mind and not in your moment and not as your Spiritual Being, most of the time. You wake, go through your day, and go to sleep holding a grudge, or more than one. This means your ego-mind is controlling you rather than you choosing for yourself how to feel and be. So you feel angry or upset, but powerless or, worse, destructive. You identify with ego-mind's interpretation and script rather than Spiritual Being's understanding, wisdom, and true power.

Powerless is a concept of ego-mind, which it encourages you to feel, because, as Tolle is cited above, ego-mind believes if it fumes or rants long enough, that will somehow resolve the issue... possibly, that others will prefer not to incur your wrath so will behave the way your ego wants them to. If this

really worked, well... it's obvious it doesn't, because, for one thing, none of us have the only ego on the block. Nor does taking destructive action create the feeling of restored peace and balance you actually desire as a Spiritual Being, though ego-mind will attempt to convince you it will satisfy you. But even ego-mind is not satisfied by this action and will continue to hold resentment.

Then there's the matter of what it does to your body. Any level of anger releases chemicals in your body that immediately, in some cases, but eventually, in all cases, creates one or more health imbalances and even disease. And, resentment causes these chemicals to re-release on a consistent basis. One health "bible" I recommend everyone have on their bookshelf is Louise Hay's book, *You Can Heal Your Life*. At the back of the book is a comprehensive list that links health imbalances and diseases to emotions. I've used this for myself and others since I discovered it in the 1980s. If you want to understand what we do to ourselves through improper use of emotions (and what can be done about it), this is the book that demonstrates it clearly.

How Resentment Causes You to Behave: It causes you to speak poorly about others. Yes, venting is sometimes

necessary; but not all commentary is done to vent and then resolve an issue. If it was, many of us would have no long-standing issues; and we know that's not the case.

There are three BIG reasons speaking poorly about others is a no-no:

Reason 1 involves Law of Attraction. I've bumped my head against this one a number of times and I'm finally getting the message: What you speak of you get more of. Having this one manifest in my life irks me because I really DO know better. As I said, I'm much improving in this. And not just by not speaking about certain things, but also by not dwelling in the thought forms that might be spoken but aren't. Better thoughts are a choice. Even better is if they stem from enlightened insight.

Reason 2 is that you may say things you can never (and I mean never) take back. Even if the person forgives you, you may have a challenge forgiving yourself. And then there's gossip, which Gandhi said is a form of violence, which it is... to whomever is being gossiped about, and to the gossiper.

Reason 3 is one that often escapes our notice because we're too busy feeling self-righteous: We demonstrate more about how out of true

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consciousness and balance we are to others than we ever intended to. Ouch!

But this isn't about keeping your mouth shut and your feelings pent up. It isn't about denying what happened or putting a false positive spin on it. It's about deliberately not giving it more energy with your thoughts than is genuinely required, and doing so from enlightened insight about why this is important to YOU. Again, venting to a support person in order to move forward is different than telling anyone and everyone about what's bothering you about something or someone, especially if you have no intention of doing anything constructive about it at the inner or outer levels.

Here are two significant ways to practice forgiveness:

First: Know that resentment puts your ego-mind on what happened, recently or long ago, and not on what good or something better you can create Now. As author Augusten Burroughs said about regret, "Like all the other high-octane feelings—anger, jealousy, love—regret can be burned as fuel. In fact, it should be. Regret should power something beneficial," do the same with resentment. Power something beneficial for all involved, even if this means the only thing you do

or can do is release your resentment. This is more empowering than you may now realize or imagine.

Second: This significant way to practice forgiveness may seem an unusual one, for some at least, but it's one of the quickest ways to release resentment and gain conscious wisdom. It's all about the Mirror Effect... or another way to put it: It's all about ME. The Mirror Effect is based on attention to the FACT that others reflect us. They reflect what we do or what we've done, in some measure and in some way. This is one I use often, and often just shake my head when I do it and have the inevitable realization. It can be annoying, upsetting, or liberating to see the truth of the Mirror Effect, but your response is a personal choice.

Let's do a quick demonstration right now. Please be completely honest with yourself so you get the full benefit. Think of someone you hold resentment about or have a complaint or criticism of at this time. State to yourself, in one concise sentence, what you're upset with them about. Are you now or have you ever done the same or something similar to them or someone else, or at all, in any manner? Though I have plenty of my own examples, I'll use an obvious one someone said to me once:

"I cannot tolerate intolerant people!"

Relationships—personal, professional, and social—can be the trickiest. You may recall the quote, "Familiarity breeds contempt." But is contempt the only thing familiarity breeds? No; nor does it have to. What leads to that contempt is ego-mind chattering away about what it wants or needs, based on its fears and insecurities. Our Spiritual Being self has the power to address what-is quite differently. Viktor Frankl, a concentration camp survivor, contributed powerful writings about his experiences and choices. One of his statements is, "Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

What causes any of us to do some of the things we do, to make some of the choices we make? Sometimes, we aren't objective enough or conscious enough to do better in a particular moment. Practice looking at others' situations and at possible reasons for their behaviors and choices, by looking at your own behaviors and choices, current and past.

We tend to feel justified in our behaviors, but deny this to others. We don't understand

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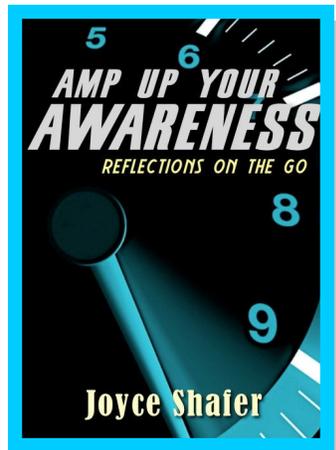
how they can make certain choices, but we expect our motivations to be readily apparent and accepted. We can release some of our judgments and resentments of others, if not all of them eventually, and even of ourselves, if we use this Mirror Effect (It's All About ME) exercise. When you become more understanding about this with yourself, it becomes easier to be more compassionate and empathetic with others. Amazing shifts happen when we do this.

If you want to live the higher form of love, and serenity, which is resentment-free, YOU have to do that, not wait for others to give you a reason to do that or respond in kind. You have to find your why and your how within you then practice it. You can give others a reason to respond in kind to you first. This doesn't mean you allow abusive behavior. Speak up. Even break your association, in extreme or particular cases, if that's required.

But you can do either of these from personal power and empathy for how challenged we all feel when we live from the unconsciousness of ego-mind and not Being, rather than act from anger that keeps you bound by resentment and limited in

how you experience your life. If you are not free of resentments, you'll find there are other areas of your life where you don't experience freedom or harmony. No part is ever truly separate from the whole.

The best way to not carry resentment is to put it down on the path and leave it behind. When you put this into practice, you begin to relax. You begin to release. You begin to let go of expectations of others to be perfect, just as you don't wish to have that expectation placed on you. You begin to



find life and being with others easier, and they begin to find it easier to be with you, too. Fewer resentments build. Fewer causes happen to trigger resentments.

All behaviors create a loop. Might as well loop around what you prefer to experience, as much as you can. You and how you experience life and others can

become more joyful, or at least easier, which is what ego-mind desires but doesn't know how to accomplish. But your Spiritual Being self does. Release resentments to free up parts of your life that don't work as well as you'd like, because then you are freer energy-wise than you have been. Don't just imagine a resentment-free experience, become it. See what this attracts into your life. 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>

Dr. Oz ... We Have to Talk About Your 2- Day Cleanse

By Carole Bertuzzi Luciani

Hi Dr. Oz, my name is Carole and I just completed the 2-day cleanse prescribed by you in *O Magazine* a few months back.

Dr. Oz, I readily admit I will try anything once, perhaps out of boredom; maybe for the challenge; often just to 'live to tell the tale'. So I was intrigued that wintry day when I read of your 48 hours of 'spring cleaning' where you promised the opportunity 'to eat whole foods' (a place I never shop), nourish the body's detoxifying organs, and basically provide a good flush

to the system of all the bad stuff.

I was intrigued not so much for me but for my husband who as a drug user (NOT that kind) surely must be filled with inner dust and particles needed to be cleared away. And since he is the family cook I would have to go along for the ride ... and the challenge.



Here are my thoughts about the experience ...

I was actually looking forward to it. I knew it had to be better than the 'liquid plumber' of a routine colonoscopy regime which not only flushes out every lingering morsel but leaves you tooting like a bread wagon horse. I knew it wasn't about weight loss, although I would not turn my back (or side) to it. And you assured me I would not be left hungry. Thank goodness because it

can get dangerous when that happens.

I took it upon myself to create the grocery list for Joe which was so extensive I thought of sending a search party out to look for him. He eventually did arrive home laden with enough bags of special ingredients to fill the entire counter.

As I watched him unload, I studied the supplies, all foreign in our household ... a whole load of 'c' sounding foods like quinoa, cabbage, kale, caraway, cucumber and chia, (all to be chopped) but not a carb to be seen. Without going through every step of your plan I will say other than my morning cuppa coffee, I followed it right through to your pointer to take an evening bath with Epsom salts.

Thanks to that suggestion it took me a good hour to make sure the tub was clean enough for me to bathe in since it has been years since I indulged. I will admit however, the lounge time did give me an opportunity to plan our next bathroom renovation.

The breakfast was mediocre at best. Was the ginger and nutmeg really necessary? The mid meal snack was palatable but not tasty and way too green. The luncheon smoothie was actually pretty good

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except for the flaxseed lining my upper gums and teeth. And the dinner was well, truthfully somewhat nasty. I gotta tell you chewing on those shiitake caps reminded me of gnawing on my dolls rubber arm when I was a child.

And the fermented sauerkraut chaser? Now I know with all that vinegar, if there was a hint of a germ finding homage in my digestive tract, it would be gone (lice despise vinegar, nail fungus shrivels up at the scent of it and weeds pass out and die when subjected to it). What starving gremlins designed this plan?

By dinner time, I was giving Joe, the Vince Lombardi of life, the pep talk to not give up. Truthfully it's not that my attitude was much better, as I only survived a repeat of Day 1 because I knew it was Day 2 and therefore, the last.

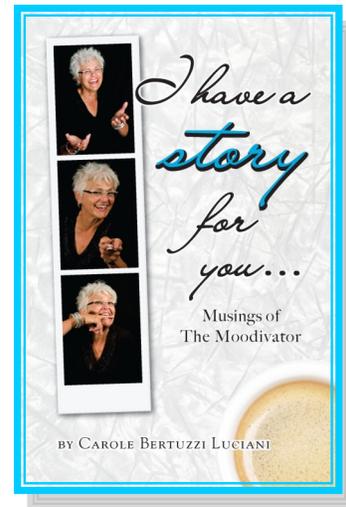
As you guaranteed there would be frequent trips to the washroom ... 14 day 1, 16 day 2 to be precise. I kept track. But that was just pee. I was so looking forward to 'the other' of which I am generally most consistent with both frequency and constitution (sorry for sharing). I would ace your 'poop' test. It didn't help that Joe had quickly boasted about his flush which was akin

to the evacuation of a small village. By the 36th hour if anything, I on the other hand was CONSTIPATED#!@! I know what you're thinking that perhaps Joe was more full of 'beep' than I. No fair. I eventually did have a few B.M.'s but nothing to brag to Joe about and certainly not worthy of the \$100 grocery bill.

So, Dr. Oz although you assured me I would physically feel better, I am left feeling gaseous and yearning for something explosive to happen to make it all go away. You mentioned it left you with a sense of peace ... funny, but not one person has said to me "oh, you look so calm, serene, and peaceful." However my family has griped a few times about how grumpy I am.

And then you said: "There is a spiritual effect as well." Now, you're right there because numerous times over the 48 hours I uttered our Lord's name in vain (mea culpa on that). But somehow I don't think that counts.

So in conclusion. I'm not happy. I experienced the 2-day cleanse and all I lost were 2 days of Joe's great cooking. Sorry but I must excuse myself ... I have some gas to pass.



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Carole Bertuzzi Luciani is a professional speaker known as 'The Moodivator'. As an author of a self published book "I have a story for you ..." Musings of the Moodivator' as well as the writer of over 150 posted blogs, her goal is to apply a gentle tickle to your funny bone. Her sidewalk view of the world is a familiar one guaranteed to make you sit back and see yourself in it.

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Moodivator](http://www.youtube.com/user/Moodivator) (videos)

Calling All Adventure-Loving Medical Volunteers

By Barbara E. Joe



Barbara Joe with former lip-palate patient

Nine years ago, while serving as a Peace Corps health volunteer in Honduras, I first encountered a medical brigade organized by International Health Service of Minnesota (IHS, ihsmn.org). I've returned to Honduras eight times since leaving the Peace Corps to volunteer with IHS in villages located around the picturesque mountain town of La Esperanza, the Hope, my second Peace Corps site.

That town, along with my first posting, El Triunfo, the Triumph, inspired the title of my memoir, *Triumph & Hope: Golden Years with the Peace Corps in Honduras* and my first IHS

brigade experience is described in the book's epilogue. If you are a health practitioner, doctor, nurse, dentist, pharmacist, or physician's assistant, retired or still employed, we need you now for one of several brigades going to Honduras next February, including to the Esperanza area where I will again be providing interpretation and medical assistance services. In addition to medical personnel, there's a need for more Spanish interpreters like me, as well as for general helpers to set up and clean up, and for short-wave radio operators too. Although February is a few months off, we are organizing teams right now. (Continued next page)



Honduras dancers

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Our medical brigade work is challenging, 100% volunteer, with no office, overhead, or paid staff, and performed under rustic conditions, the same conditions in which local people live all year round. Volunteers are not limited to Minnesotans, but come from all over the United States and Canada. IHS expects a lot of volunteers, who not only must take time out of their regular schedules, but pay their own air fare and pitch in an extra amount for their food in-country and for medicines and supplies. They will need to bathe in a solar-heated shower provided by the brigade and must bring along their own tents and sleeping bags, to be transported from one village to another. Since most villages have no electricity, a flashlight or forehead light is useful too. Sometimes Honduran practitioners also join us. Local people are always immensely grateful for our services. Last time, I was thrilled to see a boy I had once taken for a harelip/cleft palate repair now able to eat and talk normally.

Brigades last about ten days and include fun activities as well as plenty of hard work. Last February, in the village of La Sorto, in coffee growing country, we were invited to pick coffee and see it processed during our free time. The country's well-advertised reputation for violence does not extend to the gentle people we serve in rural villages who often entertain us evenings with dances, songs, and skits. Since I am 74 now and return every year, you know the experience must be rewarding!

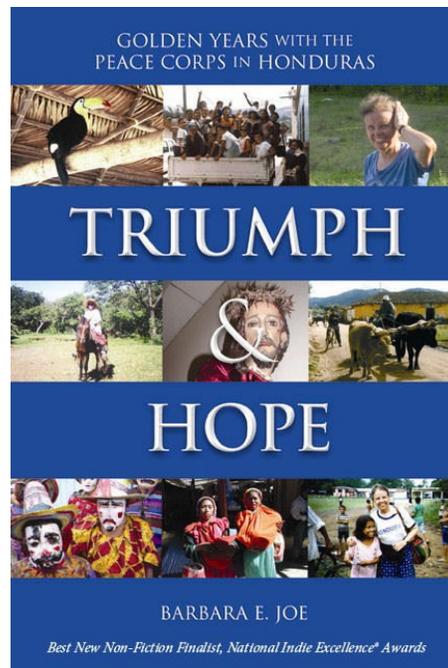
In addition to working with IHS medical brigades, every February, I have other Honduras projects partially supported by my book sales, including work with a residential

school for the blind, a rehabilitation center, and scholarships for selected young people.

Blog photos and reports on my last four Honduras visits, including IHS brigade participation, appear on the following dates: March 11, 2012; March 21 2011; April 28, 2010; and March 28, 2009.

If anyone is interested in participating with our upcoming February IHS medical brigades, please contact organizer John Kirckoff ASAP, JMKKEK@Yahoo.com, Phone: 320-634-4386, or contact me via my blog (address below).

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*. Blog: <http://honduraspeacecorps.blogspot.com>.



[Available on Amazon](#)

DO WOMEN DENY THEIR AGE OR COMPETE WITH DAUGHTERS?

By Barbara Morris

A reader commented on [my article about middle-age "mean girls" behavior in the October issue](#) of the newsletter. I responded briefly to the comment but wouldn't you know – I have lots more to say about it.

The comment:

Great advice! As one who is in her forties I avoid the middle-aged gripe club and referencing my age all time. But I have a question. Maybe the answer is in your e-book, but what do you say to people who claim that doing what you prescribe is denying their age? And what do you think about women who say having a youthful vibe, particularly in dress is "trying to compete with your daughter?"

Let me be clear: I do not "prescribe" denial about your age or that you are aging. I do "prescribe" defiance. While it's foolish to deny reality, it's

smart to defy avoidable decline that may make you appear older than you are. For sure, much decline associated with advanced age is avoidable; it's nothing more than failure to make an effort to keep what you have.

That said, it's not always easy to defy decline because as the years go on, our human nature prefers ease over effort and the leisure oriented senior culture mindset and lifestyle do not make it any easier. So, what to do? Recognize what you are up against and defiantly be a pit bull in the battle against untimely decline.

An example of an act of pit bull defiance is starting an exercise routine while you still have the strength and

capacity to bend and stretch, and sticking with it year in and year out. Continuity of effort begun early in the aging process produces amazing results needed most in the older years. If you can make

that happen, you definitely will appear younger than your chronological age and the envious may hiss that you are trying to deny you are aging. So what?

Trying to Compete With Your Daughter?

As for the charge you are "trying to compete with your daughter" – many older women DO look as good as their daughters, and can wear their daughters' clothes and look great in them, but I don't think a woman whose head is

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on straight tries to compete with her daughter.

When a woman implies another woman is trying to compete with her daughter, what's really going on? Is it nastiness or perhaps just a well-meaning suggestion that an "on trend" garment worn by a young woman may look silly on an older woman? For example, a super short dress that seems to be made of barely a yard of fabric may look cute on a slim, trim 18-year-old, but on a 50-year-old woman (sans pantyhose) with cellulite and spider veins? I think most (not all!) women know the difference between a "youthful vibe" and looking ridiculous. But clothing is just part of the picture. What really projects vibrancy is self-confidence that unfortunately, is often misinterpreted as trying to appear younger than you are.

An aside:

Seeing women of all ages who seem blissfully unaware (or care?) that the view of their front or back landscape may change dramatically when sitting or bending even ten degrees, I am often tempted to utter a childhood taunt when I see such trendy fashionistas:

"I see London, I see France, I can see your underpants"

Perhaps you are not old enough to have heard that expression but as a first grade six year old (waaaay back when) I heard it a lot. A cute classmate's parents owned a clothing shop for young children and Jacqueline always looked picture perfect in her short short flouncy Shirley Temple dresses, a sight that motivated gleeful little boys to let her know (to her horror) they could see her picture perfect lace-trimmed underwear. Never seen a Shirley Temple dress? If you have watched teen idol

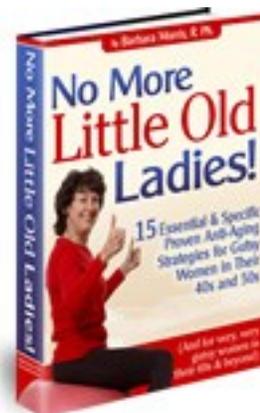
Selena Gomez energetically bounce up and down around the stage in her short short flouncy dress (to the delight of panting pre and post-pubescent boys), you have the picture.

I don't know why I remember Jacqueline so clearly. Maybe it's because I was so envious of her long black Shirley Temple curls and even more envious of her lace trimmed anklets and shiny black patent leather Mary Jane shoes. I never had a pair. I usually had to wear what my sister Margie outgrew and she never had Mary Jane shoes either. (I still feel the sting of deprivation and thank you for feeling my pain.)

End of aside. 😊

You have to live with YOU the rest of your life, not with those with nothing better to do than conjecture about your age, your appearance, or that you are trying to give the impression you are younger than you are. Ignore the harpies. As for remarks about trying to compete with your daughter, you have lived long enough to know how to dress and look fabulous, not foolish.

Bottom line: Your goal should be achievement of healthy, independent, DEFIANT agelessness, with a focus on learning, growing and staying productive. In the end, reaching THAT goal is what matters so do what it takes to make it happen.



[Available on Amazon](#)

New Research to Help You Live and Feel Better

[Social Bullying Prevalent in Children's Television](#)

A new research study led by an Indiana University professor has found that social bullying is just as prevalent in children's television as depictions of physical aggression.

[Over 65s at Increased Risk of Developing Dementia With Benzodiazepine, Study Suggests](#)

Patients over the age of 65 who begin taking benzodiazepine (a popular drug used to treat anxiety and insomnia) are at an approximately 50% increased risk of developing dementia within 15 years compared to never-users, a study published today on bmj.com suggests.

[Marathon Runners May Be at Risk for Incontinence](#)

While many marathon runners may be preoccupied with shin splints, chafing and blisters come race day, one thing they may not consider is their bladder health.

[Testosterone Increases Honesty, Study Suggests](#) Testosterone is considered THE male hormone, standing for aggression and posturing. Researchers working with Dr. Armin Falk, an economist from the University of Bonn, have now demonstrated that this sex hormone surprisingly also fosters social behavior. In play situations, subjects who had received testosterone clearly lied less frequently than individuals who had only received a placebo.

[Neuroimaging Technique Captures Cocaine's Devastating Effect On Brain Blood Flow](#)

Researchers from the Department of Biomedical Engineering at Stony Brook University have developed a high-resolution, 3D optical Doppler imaging tomography technique that captures the effects of cocaine restricting the blood supply in vessels -- including small capillaries -- of the brain. The study, reported in *Molecular Psychiatry*, and with images on the journal's October 2012 cover, illustrates the first use of the novel neuroimaging technique and provides evidence of cocaine-induced cerebral microischemia, which can cause stroke.

[Science Reveals the Power of a Handshake](#)

New neuroscience research is confirming an old adage about the power of a handshake: strangers do form a better impression of those who proffer their hand in greeting.

[Drug Used to Treat Glaucoma Actually Grows Human Hair](#)

If you're balding and want your hair to grow back, then here is some good news. A new research report appearing online in *The FASEB Journal* shows how the FDA-approved glaucoma drug, bimatoprost, causes human hair to regrow. It's been commercially available as a way to lengthen eyelashes, but these data are the first to show that it can actually grow human hair from the scalp.

[Steroid Injection Linked to Increased Risk of Bone Fractures](#)

Patients treated with an epidural steroid injection for back pain relief are at increased risk of bone fractures in the spine, according to a Henry Ford Hospital study.

[Advanced Cancer Patients Overoptimistic About Chemotherapy's Ability to Cure, Study Finds](#)

Findings from a nationwide study led by researchers at Dana-Farber Cancer Institute suggest that patients with advanced lung or colorectal cancer are frequently mistaken in their beliefs that chemotherapy can cure their disease.



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Barbara Morris Recommends. . .

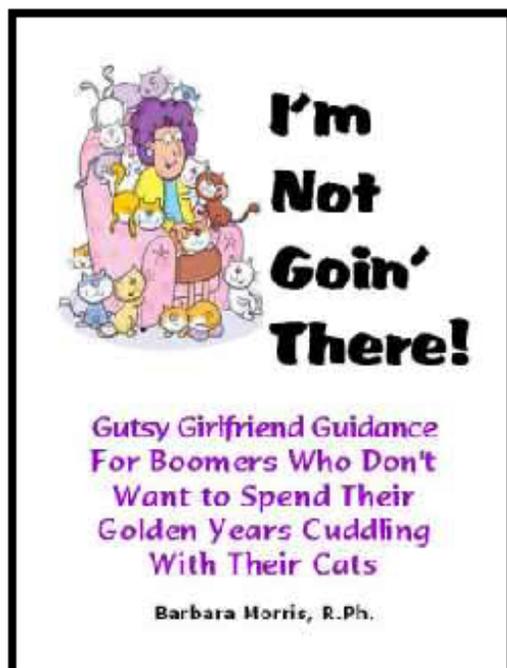


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