

November, 2013

Put Old on Hold

e-Magazine

Advocating Balanced Lifelong Growth and Productivity

The doctor is in:

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Anti-Aging
Prescription”*

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**Get Your Stent
Checked**

John Paul Ouvrier

**The Secret to
Walking Youthfully
Part Three**

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Information to Help Live and Feel Better



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Lessons from Buying a House After 60

By Mary Lloyd

Life lessons don't always come from the most likely sources. I'm buying a house. The lessons I'm learning go well beyond real estate.

For the last 18 months, I've lived with my boyfriend in a gated, 55+ community--in a new house he bought three years ago. That's been hard for me. It's just not the lifestyle I need to thrive. Our trial run at living together was an essential step. We've learned living separately works better for us without having invested in real estate together. That's not exactly how "everybody does it." So there's Lesson #1: *The next step for you is not always the one that works best for everyone else.*



I sold my last house 18 months ago. It was time. I knew that for sure when I got an excellent price and had a done deal in less than a month. I thought I needed to sell that house because it had a lot of yard—with elevation. That wasn't the real reason, but it got me to take action.



Lesson #2: *The reason you act isn't always the reason you needed to act.*

About three months ago, I knew it was time to get back in the game. But did I need a *house*? How about renting instead? How about a condo? I moved through this phase fairly quickly once I admitted something everyone in the family already knew. I am a compulsive gardener. I need dirt. Rented dirt doesn't work. Lesson #3: *Be honest with yourself.*

I listed what I wanted in this new house—and promptly sabotaged myself big time. I rejected my own preferences, telling myself I needed to heed the "prevailing wisdom" about what older people need as housing instead. I wanted stairs—but what if I needed single-story living later in my life? I wanted a garden, but what happened if I couldn't handle the physical demands of that eventually? This ageist crap clobbered me hard. I was looking for a house I could "grow old in" and conjuring up all sorts of limiting scenarios.

A conversation with my older son saved me. When I told him I planned to live this house for

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the rest of my life, he laughed—and then told me that wasn’t likely. I challenged him thinking *he* was assuming I would not be able to live on my own eventually. His reply? “Mom, you’re a gypsy. You aren’t going to stay in *any* house that long.” Okay, Lesson #4: *Admit who you are.* Let’s throw in Lesson #5, too: *Beware of insidious ageist thinking!*

So I learned I needed to buy the house for *now*. Then the challenge became *where*.

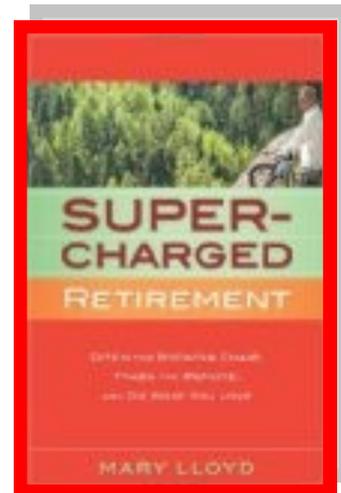
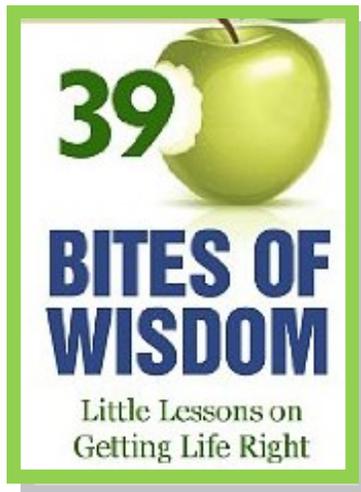
I had told the realtor I wanted to see things in areas I was familiar with, where friends lived and I already knew my way around. We looked at 43 houses. None of them came remotely close to fitting the bill. All were older than I wanted, needed significant updating, and/or had floor plans that didn’t work for me. I was thoroughly disheartened. Time for Lesson #6: *When it’s not working, you need to change something.*

I decided it had to be where I was looking that was all wrong. And it was wrong because I was thinking rationally instead of feeling authentically. When I finally admitted what I really needed and wanted at an emotional level, I realized I needed a *new* location to explore—but one that was closer to family. Lesson #7: *Important decisions should start with your heart and be handled rationally after the emotional aspects are clear.*

Once I realized I needed to be somewhere new, an amazing thing happened. I discovered an area that I’d been assuming was “too far away from everything” was actually closer to my family than the places I’d been looking. The homes were of the age I like. The neighborhoods were a delight for walking. Right on cue, a house I loved came on the market. The right size yard. The right amount of floor space. The kind of floor plan I love. So that’s Lesson #8: *Keep going.*

I’m still jumping the real estate hoops on the deal—offer, acceptance, inspection, etc.--but I feel really good about this house. It’s helped me learn so much already.

Mary Lloyd is a consultant and speaker and author of ***Supercharged Retirement: Ditch the Rocking Chair, Trash the Remote, and Do What You Love*** (which she wrote for those who want a better life than the current retirement stereotypes *Widow Boy* will be out in 2014. For www.mining-silver.com.



define). Her first novel, more, see her website,

When Financial Intent and Life Objectives Change

By Henry Montag



All too often life changes and we have no choice but to go along with those changes be they death, divorce or retirement. However sometimes we don't change the required administrative paperwork that goes along with our life changes and all of a sudden we find that our intent isn't being met. Perfect example is when a couple divorces but one spouse forgets to change the beneficiary designation on a life Insurance contract or on their retirement beneficiary designation. Even though the individual's intent was for his new wife or children to receive the proceeds of his life Insurance or retirement plan, and even though those wishes were clearly spelled out in his new will, those wishes will not be met and the former wife will receive them if the proper forms were not previously signed.



Another time goals and objectives change is when tax laws change. For example as of Jan 1 of 2013 the estate tax exemption was raised just above \$5 million dollars. That meant that individuals with less than \$5 mil now no longer had to be concerned about paying estate taxes at their death. People often arranged to pay for those estate taxes by purchasing a life Insurance policy and placing it in an irrevocable life insurance trust. Now that the estate tax liability is no longer there for many people they should consider whether or not they still need to keep as much Life Insurance in their Life Insurance trusts as was

needed prior to Jan 1 2013.

Doing so might also be a way to rescue an interest-sensitive non-guaranteed life insurance contract that may have otherwise expired prematurely because of the sustained low interest rate environment we've experienced over the last two decades. If you own a Life Insurance contract or you are a beneficiary or trustee you have a duty or obligation to review your current life Insurance contract as you would any other asset. Recently a 71 year old

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prospective client with a \$2 million dollar life Insurance contract found himself in just that type of a situation as he was recently advised that his life Insurance contract, based on current interest rates would expire by the time he was 83 just 12 years away. Since he was relatively healthy we were able to apply for a new life Insurance contract for a lesser amount of death benefit but with a guarantee that the money would be there for the rest of his life. Needless to say he and his family were very happy that they would receive a lesser but guaranteed tax-free death benefit.

Sometimes an individual may find the need for the life insurance is no longer there and may wish to turn those dollars into a stream of tax-free guaranteed income for the rest of their lives. An other alternative to just stop paying a premium if one no longer wishes to continue or is no longer able to continue to pay their premium is what's known as a "Life Settlement" meaning you can actually sell your life Insurance contract to an Investment fund similar to the way you would sell any other asset you own.

Since there are currently new benefits available today that weren't available just 2-3 years ago many individuals are looking into ways to enhance their current benefits whether they're in or out of a trust. One such example is the chronic care rider that allows an individual to withdraw some tax-free dollars from the death benefit to pay for some qualifying long term care costs. Some individuals may now wish to take advantage of rules from the recently enacted Pension Protection Act that allows them to direct transfer dollars from the taxable gains of a tax-deferred annuity into an annuity to pay for a portion of an individual's long-term care costs or for all or

part of their long term care Insurance premiums.

Some individuals may find themselves with more retirement assets than they may need for themselves and would like to leave their IRA principal intact for a grown child or grandchild. They may consider setting up an IRA Trust. Doing so would allow the assets in the IRA to continue to grow tax deferred and accumulate for many years without having to take a distribution. This is known as a Stretch IRA and could continue to provide these tax deferred benefits until the grandchild is in their 20's or 30's, a very smart and effective way to defer taxes on assets and actually skip a generation of taxes.

Recognizing that as life changes be it personal or business it's important to adapt your financial and legal goals to coincide with your current goals and objectives.

Henry Montag, partner in Financial Forums Inc., is an Independent Certified Financial Planner, in practice since 1976 with offices on Long Island and NYC. Henry has lectured extensively on the subject of the proper utilization of financial products to protect and preserve assets, for individuals and business owners to organizations such as the New York State Bar Association, the New York State Society of CPAs, and various regional and local banks.

Over the years he has developed an understanding of the overall coordination of a client's assets, their goals as well as the features and benefits currently available in the financial marketplace today. He has been quoted in *The Wall Street Journal*, *Investor's Business Daily*, *Newsday*, *Long Island Business News*, etc. He has appeared as a guest on Fox News, News 12, FIOS T.V. as well as many radio financial talk shows.

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Book Review

The Beverly Hills Anti-Aging Prescription

Reviewed by Barbara Morris



Dr. Andre Berger

Author of *The Beverly Hills Anti-Aging Prescription*

Over the years I have read many “anti-aging” books. Some were good, many were great, and a few were spectacular. [*The Beverly Hills Anti-Aging Prescription*](#) by Dr. Andre Berger is spectacular.

Initially, I wasn’t excited about reviewing the book because I thought it was probably just a public relations piece designed to create excitement about a Beverly Hills cosmetic surgeon.

Oh, my, -- was I wrong. [*The Beverly Hills Anti-Aging Prescription*](#) may well create excitement about Andre Dr. Berger (and well it should) because it is a treasure trove of useful information such as I have not seen in a long, long time. Everything, and I do mean everything you need to know to help avoid decline is packed into this 193-page easy to understand e-book.

At the outset, Dr. Berger makes clear what he believes:

“This is the essence of anti-aging: to defy the common belief that we must face an inevitable debilitating decline as we grow older – and that it is normal. It is not.”

He’s absolutely right -- debilitating decline is not inevitable. Unfortunately, our culture hasn’t caught up with that reality, and as a result, countless men and women needlessly succumb to avoidable decline because of traditional outdated horse and buggy ways of dealing with the mind and body during the aging process.

Dr. Berger shows and tells why debilitating decline is not normal, and what can be done to prevent and even reverse it. He states,

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“ . . . by restoring some of the chemistry of youth, we can ‘trick’ genes into avoiding what is believed to be the inevitable decline of health, and thus ward off many effects of old age.

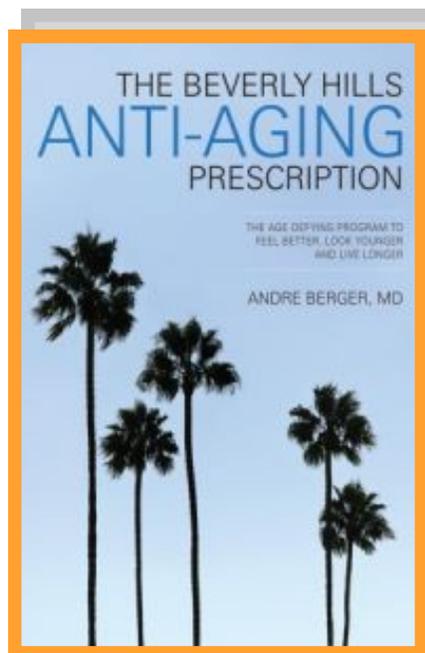
I believe - and have seen in my practice - that people can remain vital right up to or very close to our final decline. The way this can be done is by cleaning up the “soup” I discussed earlier - environment, nutritional input, and behavior - to every extent possible.”

In [*The Beverly Hills Anti-Aging Prescription*](#) Dr. Berger provides a plethora of helpful questionnaires, illustrations, diagrams, graphs, lists of anti-aging supplements and foods, and more. He explains hormone replacement in detail and makes clear why fluoridated water should be avoided. He discusses the vital importance of sleep and exercise and its effect on the aging process.

As a pharmacist with a focus on natural healing, I am gratified Dr. Berger believes “. . . it is paramount to get patients off all but the most vital medications. . . Good health doesn’t come in a pill. . . Some patients change quickly while others take a long time to wean off their medications. Regardless of the method, patients must really change their fundamental behaviors if they want to succeed with anti-aging treatments.”

[*The Beverly Hills Anti-Aging Prescription*](#) is available in paperback and e-book editions, but I recommend the e-book edition because just about every chapter opens with a video of Dr. Berger explaining a concept. How cool is that? This is where a traditional paper book falls short – it doesn’t allow you to see or hear the author, and I think it is tremendously important in this instance. It enables you to “meet” the doctor and know what to expect if you decide to have a face-to-face consultation.

Having written several anti-aging books myself, I recognize a content-rich blockbuster when I read one. At \$9.95, [*The Beverly Hills Anti-Aging Prescription*](#) e-book edition is a steal. If you can’t visit Dr. Berger in his office, his book will provide more than enough extraordinary information and motivation to help you begin your anti-aging journey on your own. It will help you achieve the youthful and vital mature years every woman and man wants, but few attain.



Therapy: Let's Talk About It

by Terryl Shouba

While self-help books and articles are good as far as they go, I found that I needed to look more deeply into myself to understand how I became who I was (depressed, anxious, and hating myself). Therapy helped me become who I am now (very much alive). So when I learn about others who—maybe for reasons they don't know—can't get unstuck from wherever they are no matter how hard they try, I want to suggest therapy.

Of course I don't, because the talking cure isn't something we talk about very much. But more people might benefit from hearing more about it. You may not realize that therapy is the reason that someone you know seems to feel at peace with herself or seems to accomplish whatever he sets out to do.



This spring I lost a friend of 45 years. With notes and now-and-then phone calls we kept in touch, and our warm friendship was mutual despite the geographical distance. And yet, in all those years neither of us mentioned how important therapy had been in our lives. She referred to her therapist a few months before she died. All those years of exchanged pleasantries could have been richer had one of us spoken up. I had a life-long habit of keeping my own therapy secret; apparently she did too. I miss her all the more, realizing how much I didn't know about her.



helped me?

I wonder what she would have said about therapy's meaning in her life. What did she learn from it during her 92 years? And if she had asked me, what would I say about the therapy that

Therapy is about a professional yet close relationship between two people who meet on a regular schedule to talk about the life of just one of them, to fill in missing pieces in the person's life story for as long as it is helpful. Working things out in this relationship affects the quality of *all* other relationships.

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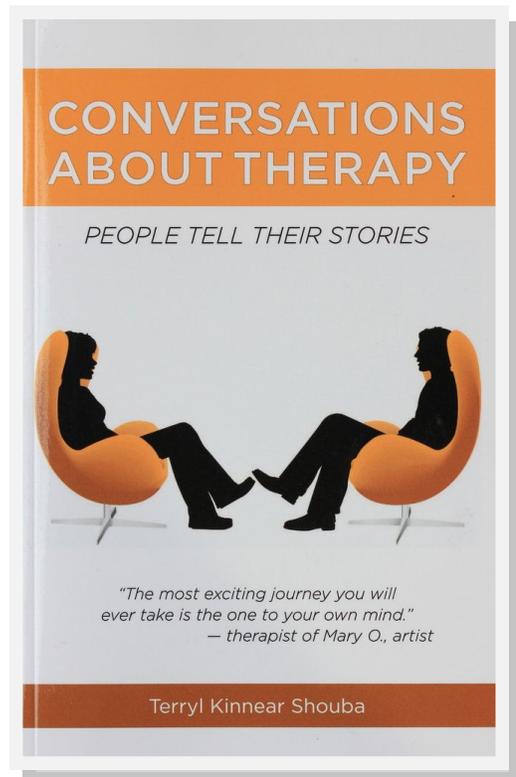
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Therapy is about the unplanned conversations, even the silences. Rather than aiming at one "symptom," it is about our whole selves and all of our feelings, following the threads. Inevitably they lead to stuff that's been buried. This way you never quite know what will surface and are open to learning surprising things about yourself.

Therapy is about retreat as much as it is about advances. We don't want to remember or feel what is painful; we don't want to know more about what we hoped was behind us. The process of opening ourselves for a closer look yields more of all our feelings, enriching our lives in the here and now. A good therapist helps us achieve a sense of freedom that most of us left behind in childhood.

When we can't help ourselves to do and be more in our lives, and self-help ideas can't get us started, sometimes conversations with a caring and attentive therapist can free us from the burdens of the past to live more fully in the present. How sad that more of us don't talk about the ways that therapy has opened us to life; sadder still that more of us, even later in life, think that therapy is just for those who "need" it.

Terryl Kinnear Shouba holds a bachelor's degree from the University of Michigan where she studied English literature. She was a technical writer and instructional designer before returning to the classroom to teach students with emotional disorders. Throughout her career and the writing of her book, she has been in long-term therapy for post-traumatic stress disorder. Since 2005 she has written and spoken out about therapy—her own and that of others. She lives in Illinois with her husband and can be reached through her website, www.conversationsabouttherapy.com



Stop Giving Away Your Personal Power Through Blaming and Complaining



By Joyce Shafer

When you blame others or events for how you feel, you give your power to them. You're saying they control your thoughts, emotions, and subsequent words and actions. How's that worked for you so far?

It was a combination of things: too many days that were too active, various more-than-usual stresses each day, and a need for rest and sleep that led to my being more easily annoyed than I anticipated or appreciated. The more tired, exhausted, or overwhelmed we are, the easier it is to fall into this mode. The next thing I knew, I was off balance. I kept replaying the moments and conversations that had annoyed me over and over in my mind, and *that* annoyed me, too.

That's a vortex that a number of us tend to go into, or can, when we need to look out for our best interests or take better care of ourselves on all levels. Something I know but temporarily forget (especially when I'm annoyed) is that, yes, a person or an event may trigger me, but after that initial trigger, everything I think, feel, say, and do is mine and only mine. I'm responsible for it, no one else.

There's a positive aspect to this, though: It brought several things to my attention. For one, complaining and blaming absolutely does lead us to feel as though our personal power has diminished in some way; only, it isn't anything or anyone external to us who diminishes our power—only we can do that, because our personal power is within every visible and non-visible atom of our being. (Actually, our personal power never diminishes. We can only convince ourselves to believe that it does.) Feeling disempowered adds even more bad feelings into the mix. We can usually directly address what or who has triggered us, and hopefully do so in a constructive, productive manner. However, it also feels bad when, for whatever reason, we don't address issues in this manner and instead let our annoyance fester inside us.

There will always be situations we can't control, but we can always control how we manage ourselves through and beyond them. There will always be people who, even after we speak with them, won't alter their behaviors, but we can manage how we engage with them, as well as what we take on of theirs as ours. We can always find a way to restore belief in our personal power. A sure way to start on this path is to stop blaming and complaining. But that feels hard to do at times. So, what can we do to put our mental feet on this path?

Get off the topic. Seriously. When your thoughts of annoyance continue to loop through your mind, do something that requires your complete focus so you get your mind off topic like read or watch a movie. Do anything that holds your attention fully for an extended period of time. This isn't avoidance; this is a way to start to rebalance your energy and perspective.

Let's face it. If something gets addressed or even resolved, but not in the way you prefer, or if you aren't able to

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resolve it and you now have to deal with how you feel about that, you want to re-energize your personal power as quickly and easily as you can. Putting your focus elsewhere can help you do that for a while. Get off topic until you can approach whatever or whoever it is that has upset you, with less emotional charge. You will not be constructive or productive if you're an emotional mess. You'll also attract more of the same experiences and become even more of a mess. Then, not only will you be upset about the original matter but also with yourself, even if your ego-aspect insists you blame someone or something else for how you feel, other than your personal perspective and choices.

Here's something to keep in mind: **The Universe cannot yield to you anything different than what you feel about yourself.** Abraham-Hicks said that,

and it makes sense. If you're inclined to argue with this, pause and consider your life experiences and the basic tone or theme of them. This is also why you want to do whatever it takes to restore your awareness of your personal power: to shift the tone or theme your life has taken on as a result of being out of balance emotionally. In balance and in personal power is what you want your frequency, your transmitted attracting vibration, to be.

Another powerful statement Abraham-Hicks suggested we make whenever anything negative or even positive happens is this: **My point of attraction equals that.** When

anything positive or negative happens, pause and make that statement and see the truth of it. If you don't like your point of attraction, shift it. Complaining or blaming won't do that for you. In fact, you can even back up a bit and consider whether you were blaming or complaining before the latest event happened.

That's what happened with me. And it's a cause-and-effect pattern I'm well aware of after all these years, and I *still* sabotage myself with it from time to time. It's as though there's a realistic spiritual limit to how

much, for how long, and in what manner we are able to vent before that "glass" fills and spills over into blame and complain and creates a mess in our attraction energy fields. At least, that's been my experience. Once I remembered this, I was annoyed with myself about this as well, but then let that go and replaced it with appreciation that apparently (or so I prefer to believe) this was a path I needed to travel in order to *re-mind myself of this Truth*. Yet again.

When we allow our mind and emotions to become scrambled by annoyances, we become servants, so to speak, of the annoyance energies and of whomever or whatever we blame for "causing" us to feel them. We mentally and emotionally disconnect from our higher selves and our personal power during such times, and this is why perceived disempowerment feels so bad.

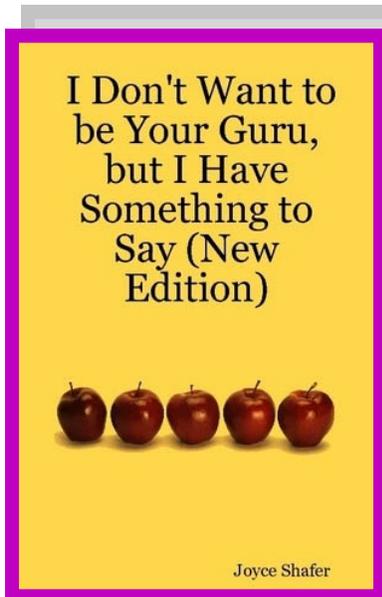
We feel alone and fragile. We feel in mental and emotional pain, weak rather than strong, ineffectual rather than creative and innovative.

The way to shift this is to remember we are more, that *we are always more* than how we appear to ourselves, and others, in any given moment that we feel disempowered. *We can reclaim our personal power the instant we cease to feel, think, say, or do anything that is opposite of personal power.* We might even follow the "Ask and it is given" philosophy with this statement: **Let there be Light here.** It's a good practice, one you'll appreciate.

Practice makes progress. © Joyce Shafer

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complete bio with it.



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

Get Stents Checked for Blockage



By Lura Zerick

A stent is a very small mesh that is inserted into an artery to improve the flow of blood. As we get older we often have hardening of the arteries, or whatever problem that slows our blood circulation. This stent, fairly new in the medical world, can make a huge difference in our health...for a time.

The average patient who has a stent is usually an older person, probably over 60 but possibly a few years younger. This procedure should be done by a vascular surgeon. The usual reaction after having a stent implanted is, "Great! Now my problem is 'fixed'!" All of us are thankful when a medical problem is resolved. What we don't know, *and often are not told*, is that this 'repair' is *temporary*. Within a time period, possibly three years or less, these stents can get BLOCKED just as the artery was before the stent was placed. This blockage can cause many problems as the blood is unable to flow through, thus bringing on a very serious situation.

The surgeon who inserted the stents MUST follow up on these patients. They know that the blocked stents can cause amputations; most patients are unaware of this until it is too late. Life gets busy and the patients believe all is well; they don't know the terrible results that can suddenly change their lives forever.

When I had stents placed in my femoral arteries in 2009, I went back for a one month check-up. I was not advised concerning further check-ups. Four years later, I felt a slight pain in my right thigh, something *very unusual* for me. Even as I near 83, I never have a pain *anywhere*. The only thing that had happened concerning that femur was when I had a stent implanted.

My first thought was, "I should have that checked to see if that pain is connected to the stent." I made an appointment and had my femoral stents checked. Sadly, I learned that BOTH WERE BLOCKED, though I didn't know how much. I made an appointment with the vascular surgeon who had implanted the left stent (entered through the right groin). Located on the East coast of Central Florida, HE would know more about the veins and arteries than one in another field of medicine. I live in S.E. Alabama so I had to travel.

Using his more sophisticated equipment, my stents were again tested and found to be

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blocked. He replaced the right femoral stent and it went well. I didn't ask the extent of blockage but on the left femur, he told me that the stent that he had implanted was 100% blocked. I asked what would have happened if I had not come to his office to have the stent checked. He told me that I would have lost my leg. How sad is that!

I have a friend who had stents since 1953. Apparently she was not aware that stents can get blocked. A few months ago, she had BOTH feet amputated! This terrible result could have been avoided if her doctor had followed up on her progress *after* he placed the stents. My heart cries for her; I cannot even *imagine* her emotional pain. Had I not reacted as I did to that slight unusual pain in my right thigh, the same could have happened to me! Who knows how many others have paid a huge price for being unaware that stents can become blocked. It is the doctors' responsibility to inform these patients! If YOU have stents, have them tested to learn if these are blocked!! Get it done!

ABOUT LURA ZERICK

82-year-old Lura Zerick is the mother of 5, grandmother of 12 and great-grandmother of seven. She was born and raised in the Florida Panhandle and now lives on six acres of woods in S.E. Alabama, near Geneva.

She has been writing since 1965. Her articles are published in regional and national magazines. She has authored five books: *Who Do You Think You Are?* (1989), *The Golden Olden Days*, (2002) *River Villa* (2007) *The House of Esther* (2011) *Getting Older and Enjoying It!* (2004) (The last book was one of three chosen nationally to be featured in an

article written by Donna Childress and published by the *National Council on Aging* in the Fall/Winter issue of their publication, INNOVATIONS)

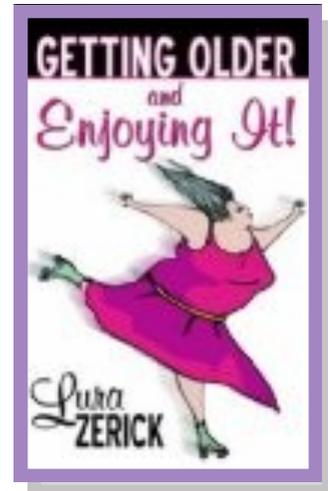
Lura has composed lyrics and music of 70 gospel songs and recorded 15 songs on 2 CDs.. She sang show tunes and popular songs in nightclubs, a cruise ship, with several TV guest spots.

She wrote and produced a weekly, then daily, radio program, "Encouragement for Today's Woman"; edited and published "Living with Hope", a quarterly newsletter of the writings of women across America; co-hosted a 2-hour weekly radio program, "The Saturday Morning Show"; participated in and co-produced a Sunday afternoon gospel music radio program.

Lura was executive editor of a regional magazine, Grassroots South; Editor's Assistant for an international publication, "Journal of Marital & Family Therapy"; wrote a newspaper column, "Encouragement for

Today " as well as features and news articles for various newspapers. Her articles have been published in *Alabama Living*, *Spirit Led Woman*, *Just Between Us*, *Writer's Digest*, *Mature Living*, *Christian Single*, *Army Flier*, *Army Times*, *Looking Back* and other publications.

Lura is currently working on three books: *Bible Quest*, *Feeding Our Spiritual Selves* and *Another Woman; Another Well*, the story of her life.



How to Have a Youthful Walk: The Third Secret



By John Paul Ouvrier

Welcome to exploring How to Have a Youthful Walk, Secret Number Three! Thus far we have been exploring that while walking is one of the healthiest exercises; most adults walk like they're much older than they are. And yet there are other older people (the same age), who walk like they are much younger. In the first two articles we have shed some light on this with our first two youthful walking secrets.

In this third and final article in this series, we will conclude with a wonderful secret that older adults, who walk like younger adults, do each time they walk. (Please consult with your medical professional before beginning any exercise program.)

Is there some miracle that 'young' walkers understand that the 'older' walkers do not? Other than medical issues, individual differences, and chronological age, the most common reasons one person walks differently than another is how well a person understands and is able to use their body. Okay, onto magical secret #3.

Your head. What is it doing when you walk? Specifically; where is it placed and does your head placement help or hinder your walk. This is very important to understand, and please read what I am writing because there is more to this than just a quick answer.

First off your head is heavy, and that's with or without your first cup of coffee! The average weight of a human head, with fluid and hair is about 10 pounds. There are those that say it is more or a little less, but let's take 10 pounds as a good number.

Now, if I asked you take a 10 pound dumbbell and hang it around your neck down the front of your body, how would that affect your walking? You'd have a sore neck, a pulled lower back, your body and balance would be pitched forward, you could fall with sudden movements, and the list goes on. However what I just described is what happens to most people when they walk.

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They look down with their heads. Their balance is compromised. Their ability to change direction is compromised. They have sore necks and backs. And that's what will happen if you walk and tilt your head downward while you walk. Notice I said 'tilt' your head down, because I think we should look down, but not with our head-with our eyes!

I was teaching a class one day, and trying to get this point across. So I adopted a very prim and proper English accent and said this, "You may look down your nose, but you may not lower your nose!" Of course, the class laughed, yet they all picked their heads up!

So here it is, secret #3"

Secret 3: While walking, keep your head and chin up! "You may look down your nose, but you may not lower your nose!"

The challenge with this is not in keeping the head up; the challenge is in letting the shoulders relax while we are keeping the head up.

HOW TO PRACTICE:

Do this BEFORE you start walking:

- Lift up nice and tall. (Standing or sitting.)
- Relax and roll your shoulders around.
- Breathe deeply.
- Relax the head and upper neck area. Then try to feel the weight of your head as if it's been balanced on the top of your neck, and that it can fall off at any moment. Get used to letting the weight of the head (by conscious control) be lifted and centered, on top of the spine

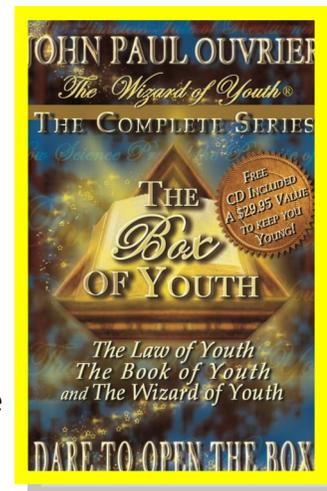
while your shoulders and neck are relaxed.

We must learn to be aware that the shoulder and neck muscles tighten up when we drop the head downward. This isn't helped by reading, sitting in front of the computer, etc. For argument sake, yes, the head will always be forward and front heavy, yet without some kind of conscious decision to hold it up, we will end up with the trained habit of a tight neck and a sunken forward body, lead by the head! As I say to all my students: *Long and Strong, or Down and Round...*

Thanks for your commitment to life, reading my words, and sharing this! Best Blessings of Health from the Wizard of Youth.

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 John at John@wizardofyouth.com, and bring him in to entertain your audiences! [http:// wizardofyouth.com](http://wizardofyouth.com) and [http:// fitness4charity.org](http://fitness4charity.org).



Too Young to Think About Getting Old?

By Barbara Morris



A subscriber opted out the newsletter giving this reason:

"Being 58, I think this is not for me yet."

If not at age 58, then when will it be time to think about putting old on hold?

Unfortunately, an "I don't want to think about getting old now" mindset at age 58 usually results in premature decline. At age 58, if you are not actively preparing and making an effort to put old on hold, then you are setting yourself up to become part of the traditional decline oriented senior culture.

At age 58, if you are not thinking about the future, you are living mindlessly, accepting life as it happens. When you do that, one day, perhaps after a couple of years in passive traditional retirement, you will be dealing with some kind of decline issue that could have been avoided and you will be asking yourself, "How did this happen?"

It is also unfortunate that at age 58, when you are relatively healthy and everything in your life is going reasonably well, there is the tendency to assume your present condition is how it will stay forever. Intellectually, you know that's not true, but human nature being what it is, you probably choose to ignore reality.

Youth is such a con artist; it mesmerizes you into ignoring reality. It sneaks away so imperceptibly that you don't see it go. For example, you admire your



Use it or lose it.

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waning youthful image in the mirror and in response to the seemingly unchanging reflection you see, you fool yourself into believing you don't have to do anything "now" to keep what you see. You are satisfied that you are holding your own. Thinking beyond next week is not a priority. You rationalize that you will start to exercise "soon" and you will start to eat a better diet "soon." Partying with Jack Daniels is more important right now. If that's your attitude at age 58 (or any age over 40), you are living with your head in the sand.

Most people still don't pay attention to the reality that the lifespan has increased by 30 years in the past century. They are not mindful of those potential "bonus" years that can be filled with either pain or joyful living. The indisputable fact of increased longevity makes it imperative to plan ahead.

It could be argued that in spite of what you do to prepare for the future, bad things happen to good people who try to do all the right things. That's life. But you also have free will to decide how you **try** to live your life. The reality is that the sooner in life you think about and prepare for the future, the better your chances will be that in spite of possibly being hit by life's curve balls, you can hit home runs with wise choices made before decline takes hold.

One of the easiest ways to help avoid premature decline is walking. Yep — just walking. One of the best pieces of exercise equipment you can own is a treadmill. It's an investment, but unlike investing in stock or bonds, a treadmill, if used regularly will not only pay health dividends but your principal (your body) will improve as well. If you sit in front of a TV for even a half hour a day, use that time to take care of yourself. Jump on your treadmill and move!

Yes, at age 58, you need to prepare and plan for the future you want. That's the only way you have a chance to beat Mother Time at her aging game. She will win if your mindset about anti-aging preparation and information is "Being 58, I think this is not for me yet."



**I'm
Not
Goin'
There!**

*A Gutsy Girlfriend Guide
For Boomer Women
Who Don't Want to Spend
Their Golden Years
Cuddling With Their Cats*

Barbara Morris, R.Ph.

Information to Help Live and Feel Better

Broccoli to Fight Skin Cancer ** Vitamin C Saves Dying Man of Viral Pneumonia ** Fecal Transplant Pill Wipes Out Infection ** Dangers of Fake Marijuana Called 'Spice' or 'K2' ** Surgeon Uses Fat Transfer for Mastectomy Reconstruction

[Hepatitis C Test for Baby Boomers Urged by Health Panel](#)

An influential health advisory group has reversed itself and concluded that all baby boomers should be tested for hepatitis C, meaning that under the new health law many insurance plans will have to provide screening without charge to patients.

[Broccoli to Fight Skin Cancer?](#)

With skin cancer emerging as one of the world's most prevalent forms of cancer, researchers are using every tool at their disposal to fight this disease. The tool of choice for Sally Dickinson, PhD? Broccoli.

[Living Proof: Vitamin C - Miracle Cure?](#)

The amazing story of a King Country dairy farmer who caught swine flu and very nearly died. Intensive care specialists were all set to pull him off life support, saying there was no hope. But his family refused to give up. They demanded the doctors try high doses of Vitamin C, a radical treatment well outside mainstream medicine. The hospital told them it wouldn't work but the family insisted. It turned into a fight, the family even hired a top lawyer. But in the end, as Melanie Reid will show you, the farmer is now very much alive.

[Vitamin C Saves Man Dying of Viral Pneumonia](#)

The Allan Smith Story – TV Documentary

Allan Smith, a New Zealand Dairy farmer, contracted Swine Flu while away on vacation in Fiji. When he returned home, the flu quickly evolved into severe pneumonia which left him in a coma on life support in the Intensive Care Unit. Chest x-rays showed the lungs were completely filled with fluid with an "opaque" appearance called "white out". After three weeks of this, Allan's doctors asked the family permission to turn off the machines and let him die. Allan's wife Sonia had a brother with some medical knowledge, so he stepped in and said, "you haven't tried everything, You have got to try high dose IV vitamin C on Allan". At first, the doctors resisted, saying it was useless. Next, the three sons weighed in with a persuasive argument to try the IV vitamin C, saying there was nothing to lose.

[Fecal Transplant Pill Knocks out Recurrent C. Diff Infection](#)

Swallowing pills containing a concentrate of fecal bacteria successfully stops recurrent bouts of debilitating Clostridium difficile (C. diff) infection by rebalancing the bacteria in the gut, suggests a study being presented at the IDWeek 2013™ meeting today.

[Believers Consume Fewer Drugs Than Atheists](#)

Young Swiss men who say that they believe in God are less likely to smoke cigarettes or pot or take ecstasy pills than Swiss men of the same age group who describe themselves as atheists. Belief is a protective factor against addictive behaviour. This is the conclusion reached by a study funded by the Swiss National Science Foundation.

[Long-Term Cognitive Impairment Too Common After Critical Illness](#)

Patients treated in intensive care units across the globe are entering their medical care with no evidence of cognitive impairment but oftentimes leaving with deficits similar to those seen in patients with traumatic brain injury (TBI) or mild Alzheimer's disease (AD) that persists for at least a year, according to a Vanderbilt study published in the New England Journal of Medicine.

[Understanding the Dangers of the Fake Marijuana Called 'Spice' or 'K2'](#)

The harmful effects of increasingly popular designer cannabis products called "Spice" or "K2" have puzzled scientists for years, but now a group of researchers is reporting progress toward understanding what makes them so toxic. The study, published in the ACS journal Analytical Chemistry, describes development of a method that could someday help physicians diagnose and treat the thousands of young adults and teens who end up in emergency rooms after taking the drugs.

[Omega-3 supplements linked to younger biological age in older people](#)

Supplements of omega-3s may slow cellular ageing in older people with mild cognitive impairment, according to results of a pilot randomized clinical trial.

[Surgeon Uses Fat Transfer for Mastectomy Reconstruction Patients](#)

For most women, the fight against breast cancer is scary, especially as they look at various treatment options. What might be just as frightening to many women are the steps after diagnosis and treatment. What happens after a mastectomy? According to a University of Michigan study, seven out of 10 women don't know their reconstruction options.

[Euthanasia can be an economic decision made early](#)

Economists typically assume that individuals seek to maximize their lifetime satisfaction - yet, when it comes to voluntary euthanasia, the law prohibits such a decision. Moreover, many dying people are beyond the stage where they can act according to this calculation; younger people are much better equipped to make this rational choice in advance.

[Brain May Flush out Toxins During Sleep; Sleep Clears Brain of Molecules Associated With Neurodegeneration: Study](#)

A good night's rest may literally clear the mind. Using mice, researchers showed for the first time that the space between brain cells may increase during sleep, allowing the brain to flush out toxins that build up during waking hours. These results suggest a new role for sleep in health and disease. The study was funded by the National Institute of Neurological Disorders and Stroke (NINDS), part of the NIH.

[Taking Guns Away from Mentally Ill Won't Eliminate Mass Shootings, Psychiatrist Argues](#)

A string of public mass shootings during the past decade-plus have rocked America leaving policymakers and mental health experts alike fishing for solutions to prevent these heinous crimes. A Mayo Clinic physician, however, argues that at least one proposal won't stop the public massacres: restricting gun access to the mentally ill. J. Michael Bostwick, M.D., a Mayo Clinic psychiatrist and

author of the editorial published online in Mayo Clinic Proceedings today, argues several points including that mass shootings are carefully planned -- often spanning weeks or months. There is plenty of time for a meticulous planner and determined killer to get a gun somewhere in that time, he argues.

[One In Four Students Contract Sexually Transmitted Infection In First Year Of University](#)

A quarter of students contract a sexually transmitted infection during their first year of university, it has been revealed. The figures have prompted concerns at a leading sexual health charity, which says the message of safe sex "seems to have been forgotten".

[Preventive Effect of Plant Sterols in Alzheimer's Disease](#)

It's no secret that many of the phytochemicals in fruit and vegetables have a positive effect on our health. For instance, plant sterols (also known as phytosterols) help to lower cholesterol levels. According to a new study by researchers at Saarland University, they also appear to prevent the onset of Alzheimer's disease. The scientific research team led by Dr Marcus Grimm has shown that a particular sterol, stigmasterol, inhibits the production of proteins that play an important role in the development of the disease. The study has recently been published in the Journal of Neuroscience.

[Food Additive May Prevent Spread of Deadly New Avian Flu](#)

A common food additive can block a deadly new strain of avian influenza virus from infecting healthy cells, report researchers at the University of Illinois at Chicago College of Medicine in the online journal, PLOS ONE.

[Lower Blood Sugars May Be Good for the Brain](#)

Even for people who don't have diabetes or high blood sugar, those with higher blood sugar levels are more likely to have memory problems, according to a new study published in the October 23, 2013, online issue of Neurology®, the medical journal of the American Academy of Neurology.

[What Should You Know About E-Cigarettes?](#)

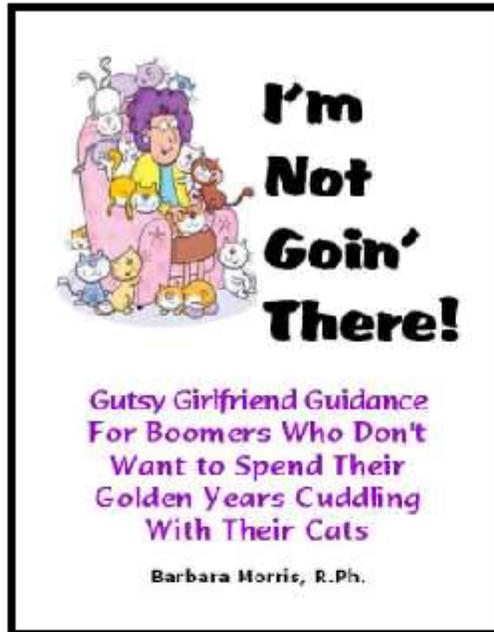
E-cigarettes are becoming increasingly popular and widely available as the use of regular cigarettes drops. Recently, the Centers for Disease Control and Prevention (CDC) reported that e-cigarette use by children doubled from 2011 and 2012. The health effects of e-cigarettes have not been effectively studied and the ingredients have little or no regulation. Mayo Clinic's Nicotine Dependence Center experts are available to discuss what people should know before trying e-cigarettes.

[Testosterone Therapy May Reduce Risk of Cardiovascular Disease](#)

Research from Boston University School of Medicine (BUSM) suggests that testosterone treatment in hypogonadal (testosterone deficient) men restores normal lipid profiles and may reduce the risk of cardiovascular disease. These findings currently appear online in the International Journal of Clinical Practice.

[Natural Compound Can Be Used for 3-D Printing of Medical Implants](#)

Researchers from North Carolina State University, the University of North Carolina at Chapel Hill and Laser Zentrum Hannover have discovered that a naturally-occurring compound can be incorporated into three-dimensional (3-D) printing processes to create medical implants out of non-toxic polymers. The compound is riboflavin, which is better known as vitamin B2.



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Before It
Devours
You!**

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- 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.
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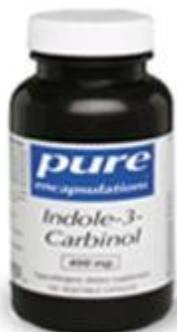
Barbara Morris Recommends. . .



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