

November, 2014

Put Old on Hold

e-Magazine

Advocating Balanced Lifelong Growth and Productivity

John Paul Ouvrier
Keep Walking
Strength Strong

Paul Buri
Achieving Dirty Old
Man Status

Linda Vernon
An Offer I Can
Refuse

Nancy Nix-Rice
Looking Fabulous
Over 50

Michael E. Platt,
MD.
Making Breast
Cancer Awareness
Meaningful

Lura Zerick
An Attitude of
Gratitude

What's Inside

[An Attitude Of Gratitude - 3](#)

Lura Zerick

[Is It An Excuse Or A Reason That Holds You Back? - 5](#)

Joyce Shafer

[How To Keep Your Walking Strength Strong - 7](#)

John Paul Ouvrier

[An Offer I Can Refuse - 9](#)

Linda Vernon

[Achieving Dirty Old Man Status - 11](#)

Paul Buri

[Making Breast Cancer Awareness More Meaningful - 13](#)

Michael E. Platt, M.D.

[Looking Fabulous Over 50 - 15](#)

Nancy Nix-Rice

[Bookshelf: Is Grief More Taboo Than Sex? - 17](#)

Mary Lee Robinson

[Bookshelf: Mental Biology: New Science How Brain and Mind Relate - 18](#)

W.R. Klemm, Ph.D.

[Give Books For Treats - 19](#)

Barbara McNichol

[Good Stuff To Know - 20](#)



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An Attitude Of Gratitude

By Zura Zerick



I don't celebrate a Thanksgiving Day only in November; I celebrate my Thanksgiving Day EVERY DAY. I am grateful for so many things! I would not be able to list all of them. During the day – and sometimes night – I say, “Thank You, Lord” ...because I know where my blessings come from.

First of all, my good health allows me to live alone and do whatever is needed during my days. THAT is such a wonderful gift! As I near my 84th birthday on December 1, I am arranging a book signing following a television guest spot on a station that covers a lot of the tri-state area of Alabama, Florida and Georgia. This could not happen unless God made it possible.

This is a way for me to share the news of my latest book, *LIVING OUR LATER YEARS*, which available on Amazon, Barnes and Noble and websites.

In this book, I am urging those in their ‘later years’ to stay active as long as their health permits. Your talent might be anything you do well. Each of us has God-given abilities; it is up to us to learn what these specific talents are. We can have more than one but I am sure that it involves something that we do well and we also ENJOY doing. As we learn to use these abilities, the results can be a blessing for our families and possibly many others. My philosophy of life is that we are here to love and help each other. I've known many who have an opposite opinion but that doesn't change



(Continued on page 4)

mine. I have every reason to be bitter and full of hatred, just as others do. I CHOOSE to live in LOVE and enjoy my days.

For safety reasons, I voluntarily stopped driving at age 80. One of my sisters told me years ago that 'getting older' wasn't so bad but to stop driving was very difficult. I have to agree with her. I really miss driving but I have someone who will drive me wherever I need to go. If it is far away, I will fly. I drove 55 years and never had an accident. I could still drive but I believe I made the sensible decision. When I have opportunities open, I will be there!!! P.S.: it isn't always easy to be 'sensible'!!!

For those of younger years, be thankful for those special gifts! Be GLAD of the things you can accomplish in your effort to help others while your loved ones are included in the blessing. Realize that these things didn't 'just happen'. You have an opportunity to do things you were meant to do.

Life isn't just a string of long days that we must tolerate. These hours are an opportunity to help not only our loved ones (another gift) but also to do whatever we can to encourage others. Too many have a lack of self-confidence; they believe they *can't* do certain things. My motto is "you won't know unless you TRY." Our efforts to urge them to try can make the difference that might be an overwhelming result. Again, we won't know *what* we might accomplish unless we make an effort to *try*.

Many have told me, "I could never do what you do." My reply might shock them as I say, "I do so many things that I don't know how to do. I've learned that when I am willing to try, it works out well." I am so glad to have the courage to try. Otherwise I would never have enjoyed the positive results of my efforts. It is a wonderful experience to be able to encourage others to be the person God meant them to be. For this to happen, we must keep our relationship with Him alive and well. We can't ignore Him and succeed in being the person we were meant to be. Even though we might succeed financially, there is an empty place that can be filled only by Him.



Editor Note: Lura's birthday is December 1st. Send your good wishes to her at lzerick22@gmail.com

Is It an **Excuse** or a **Reason** That Holds You Back?

By Joyce L. Shafer

We sometimes say we want certain things and may, in fact, talk quite a bit about our ideas, but we don't take action to make them happen. Perhaps a more honest statement would be, "It would be nice, but I'm not willing (yet) to do what it takes." That's a better thing to say because it's authentic.

Someone intent on success, whatever that means to them, makes a plan, figures out resources needed, and gets started, taking step after step until the outcome is reached. Intention sees obstacles as clues for what doesn't work and inspires us to ask, What might work instead?

Many people are familiar with the huge number of "failures" Thomas Edison had before he discovered what would make a light bulb function as he believed it should, or the numerous rejections Colonel Sanders got before someone accepted his idea for how to successfully season and fry chicken. Edison's statement



was that every idea that didn't work was one more way not to make a light bulb. Sanders needed to find one person who believed, as he did, that his fried chicken recipe would sell. Many of us would give up long before either man considered doing so (but didn't). Theirs were bigger ideas than some of us have, but we can apply their examples to anything.

When we say we can't or shouldn't have to do something in order to have what we desire, this is the time to look within. Sometimes, a particular fear is the cause. Sometimes, it's a belief that doesn't serve us. If there is something you truly want but never seem to be able to attain it or stop just short of the mark,

you want to look at what's holding you back. Your excuses are a good place to start. Make a list of things you believe you want in life. To the right, make two columns entitled, "It Would be Nice, But..." and "Whatever It Takes, I Intend to Make This Happen." Place a checkmark in the correct column for each item. This not only distinguishes what you'd like from what you are committed to, but also shows where your energy is going and where it needs to be

directed.

Sometimes, what holds a person back requires therapy to be discovered so it can then result in a significant shift. Most times, all that is needed is to, for a period of time, work with a life coach to discover and decide how to go beyond self-imposed limitations. At the very least, if you categorize what you believe you want into the two columns suggested above, you discover whether an item is a genuine goal, as well as where you limit yourself with

(Continued on page 6)

(Continued from page 5)

excuses or plan to succeed. The question is: Do you want to be remembered for your excuses or your successes?

I was recently contacted by someone who'd read one of my articles and seen my Take This Life and Live It! workbook. Our conversation left me inspired. A major transition is taking place in her life, one most would consider negative. She contacted me because she wants to move forward in the way most appropriate for her. This is courage in action.

Most of us have to cope with a major life transition at least once in our lives, one where the foundation we believed to be solid, shifts or crumbles, and we find ourselves looking for a foothold. Many deal with the accompanying emotions as best they can and do and eventually choose to get on with their lives. Some, sadly, choose to stay rooted in pain. The result of this is either a life not lived fully or a tragic story that makes the news.

The reason I say this woman is courageous is that she doesn't choose to focus on the past. She chooses to focus on the present and strengthen and direct herself so she can better create her future now. She intends to use the workbook to not only better understand what is happening at an inner level (emotions, thoughts), but to also map out how she wants her life to look from this point on (work, relationships, finances, etc.). She intends to make conscious choices on both levels and do what she can to make this jour-

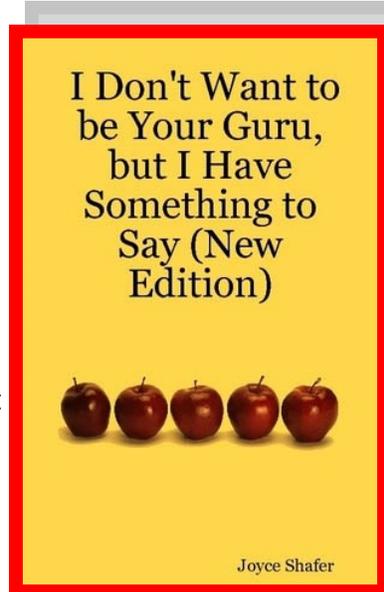
ney easier and focused. Detours will arise; but she'll have her direction in mind and will find her way back onto the path to get where she aims to go. Her choice is to respond, not react. To move forward, not stagnate. To be her own compass; her own North Star.

Courage is not the absence of fear. Courage takes action in spite of fear. Action sets you free. It's important to make it Right Action, not reaction. Since this woman decided to face this challenging time in this way, I can only imagine she will accomplish whatever she chooses as she heads deliberately onto her path. Whatever she was before, she is on purpose now. Be on purpose. It's a good practice, one you'll appreciate.

Practice makes progress.

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

How to Keep Your Walking Strength **STRONG!**

By John Paul Ouvrier



Hello everyone; blessings of wonderful health from the Wizard of Youth. I'd like to discuss a simple concept to keep your walking strength STRONG!

In my travels, I meet many older adults who will tell me about their day and how they walked. Many times, especially within retirement communities, they will tell me that they walk while doing activities such as going to the mail box, going to dinner, etc. And while these walks to and from these events or errands are certainly commendable, they don't do very much to keep you strong. Please let me explain.

Let's imagine that your activities could be drawn as a circle, and let's say that the bigger the circle the more activities you are doing. That's circle one: The Circle of Activity. Activities could include, shopping, going to the car, seeing friends, etc. Activities can be summarized by all the things you want to and do during the day.

Now, let's imagine there is a second circle, and this circle will represent your ability. So the bigger this circle is, the more able you are to do. Let's call this: The Circle of Ability. Abilities would be defined as; you have the ability to walk one mile, or climb 2 flights of stairs, or you have the strength to drag the hose over to the garden to water the plants. Abilities can be summarized as the needed strength, stamina, flexibility, etc., to participate in the activities you like.

The goal is simple:

Keep your Circle of Abilities bigger than your Circle of Activities.

Let me give you an example:

Mrs. Jones lives a long way from the dining room in her retirement campus. It's good exercise for her to go down to dinner every night and walk back and forth. The problem is, that's the longest walk she does every day. After a few years of this, her body can't walk any farther. And one day she hurts her big toe, and discovers because she has to walk more slowly and take smaller steps, that she's not strong enough to get back to her apartment without resting.

(Continued on page 8)

(Continued from page 7)

Because Mrs. Jones never walked any farther than the dining room and back, the slightest change in her stride is enough to exhaust her current ability and interfere with her walking. And sadly, she wrongly thinks she's now old and weak!

This is one of the most pervasive problems within the senior populations; seniors experiencing a physical setback and then wrongly assuming they're weak and old. This is a classic example of someone's abilities not being able to keep up with their activities. So what happens to Mrs. Jones? She begins to do fewer activities, which gives her fewer abilities, and thus begins a very common downward spiral. She does less and less, and her strength goes downwards.

How can she avoid this? Easily.

Separate your walking exercise from your daily activities.

Schedule a walk, everyday, that goes farther, and demands more from you than your daily activities do. For example, if your daily activities have you walking a total of ¼ of a mile each day, then plan your walking to have you go a full ½ of a mile at a time. In other words stay much stronger than your activities will ever demand of you, and you won't lose your strength in case your activities end up being much more demanding!

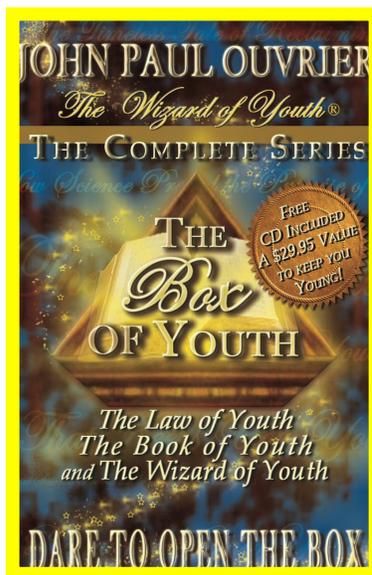
I am always amazed by the person who exercises with 5 lb. dumbbells, and then can't understand why they hurt their back picking up 20 lb. bag of groceries. If your activities demand you need the strength to pick up something heavy, then your exercise (your abilities) must have you working harder so you don't hurt yourself. In the example above, Mrs. Jones could have avoided all of this if she had of put in an extra walk every day; maybe one longer walk to the dining room and back without resting. Then she would have had the extra stamina!

In conclusion: Please separate your exercise, especially your walking, from your daily activities, and then always walk farther than those activities demand, and you'll keep your walking strength STRONG for many years to come!

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

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

[Available on Amazon](#)



An Offer I Can Refuse

By Linda Vernon



I noticed I've been thinking a lot about death lately. I guess because I'm getting older and the future isn't as wide open and expansive as it used to be.

It's like I'm reaching the crest of the hill of life, whereupon it's all downhill from here on out. Don't get me wrong. I'm not saying the ride down that hill (in a car without any brakes) to one's final destination (a drop off to the unknown) isn't fun, *as such*.

I'm just saying that once you're hurtling down that hill in the Death Car of Life, the scenery is going by way too fast. Which is ironic because when you get older, you tend to want to go slower and dwell on the details of living ad nauseam, like noticing the health of shrubbery, or caring deeply about the quality of the current garbage service or taking time to obsess over whether or not the checker overcharged you for that ham.

Lately, it seems like every time I go to my mailbox there's an advertiser that just can't wait to tell me about the great deal they have for me concerning my impending demise. It's usually some insurance company who is happily offering to make me feel better about dying by taking a lot of money from me now, so that in the future when I die, they can give a little bit of it back to my favorite relative.

Today I got something in the mail from a "cremation society." Apparently this cremation society isn't really a society at all. For instance, it isn't the kind of society where there's regular meetings or anything of that nature (probably due to the fact that all its members are dead). But, instead, it's a society that is asking me if I wouldn't mind giving them dibs on my vessel when it becomes empty and paying them for it right now.

(Continued on page 10)

According to this cremation society, there are lots and lots of wonderful reasons why you need to pre-purchase your funeral pyre. Let's take a closer look at what this cremation society says those reasons are, shall we?

1) Being cremated is convenient!

If you pay for your cremation now, perhaps when you die, one of your family members (whoever gets the shortest straw) can simply go to the cremation society drive-thru window, pick up your ashes and set you on the book shelf until the next family reunion -- where you will be lovingly lugged along and incorporated into the prayer before the potluck lunch is served.

Upside: It's convenient as all get out.

Downside: Alive or dead, you'll have to attend the next family reunion.

2) Cremation is much less expensive and has less impact on the environment!

Now how can anybody say no to less expensive and to a better environment? Well, unfortunately, there's not any group of people on earth who could care less about the environment than those who have already left the environment to go to a "better place."

Downside: It's so cheap you might even have to pay for it yourself.

Upside: Hey!! Lookee me! I'm recyclable!

3) It allows families to provide a dignified resting place to memorialize their loved one!

Just what is the cremation society trying to imply? Are they trying to imply that your current plan -- to give Great Granddaddy, Mortimer, the ol' heave ho on your next Carnival Cruise -- isn't a dignified enough resting place?

Upside: Oh yeah?

Downside: Just watch you!

Listen "cremation society," I don't care how convenient you are, how cheap you are or how good the "recycled me" will make the shrubbery look. Nice try but no cigar ashes. I will, however, seriously entertain any proposal I get in my mailbox that offers me a good deal on fixing the brakes on my Death Car of Life -- providing they have good Yelp reviews, of course.

Achieving Dirty Old Man Status

By Paul Buri, RSA



Editor's note: This article is four years old, but other than the Andy Rooney reference, it's timeless.

I am a firm believer in setting goals. Over the years I have achieved many of the goals that I set for myself. On the other hand, I have also missed a lot of them. I am sure that I've said this before but I believe that if you are achieving 100% of your goals, you are not to be complimented; you're just not setting them high enough.

Now having said all that, I keep wondering how old I have to be to achieve my goal of becoming a dirty old man. I recently celebrated my 81st birthday (well I didn't exactly celebrate) and one of the thoughts I had was that I have still not yet reached the age when I can say outrageous things and have other people around me simply tolerate them with a knowing look and an understanding shake of their head. Over the years I have always known people - both men and women - who were outrageously outspoken and had no trouble getting away with it. But it seems to me that that goal keeps eluding me like when I'm dreaming and running toward something but never quite reaching it.

I guess that at this point in my life, my idol is Andy Rooney on **60 Minutes**. Andy seems to get away with whatever is on his mind, never worries about being fired and I'm sure - is being paid a very handsome salary. I surely wouldn't refuse the handsome salary but even without that, I still want to be able to say ex-

(Continued on page 12)

(Continued from page 11)

actly what is on my mind whenever and wherever it occurs to me. And I'd have no problem putting up with a few scolding headshakes.

I think the thing that keeps me from my goal is remembering my Grandma who always told me as a little child, "If you can't say something nice about a person, don't say anything." Or something like that. I guess that precludes me from talking about certain governmental incumbents, the president of Iran, the government of Myanmar, the lady ahead of me in the grocery store check out line who is paying with loose change and a fist-full of discount coupons, the people who deny that we have a global warming problem, and that Nigerian gentlemen who keeps sending me all those emails. That sure restricts my conversational options.

But I haven't totally given up on my dirty old man goal. Here's a recent example of my progress.

I was asked to substitute teach a class at the local Adult Education Center for a friend of mine. I agreed and the paperwork process began. It was soon discovered that my tuberculosis certification had expired and that I needed to be re-certified. That took two days and two trips to the Health Office at Santa Barbara City College. I passed the test and I was handed a small green postcard that I was instructed to mail to the education office. Then the woman hesitated and suggested that instead of mailing it as the postcard, I might want to put it in an envelope and mail it. When I asked why, she said that the postcard con-

tained personal health information that I might not want anyone to know about. I replied, "I really don't care who knows that I'm TB negative. It's my child abuse record that I want to keep confidential."

She shot a meaningful look at one of her associates and gave me one of those headshakes. Ta-dah!

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

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

Making Breast Cancer Awareness More Meaningful

Michael E. Platt, M.D.



October is Breast Cancer Awareness Month. Another prime example of how women get abused in this country. There is no debate about the fact that women should be aware of breast cancer since it is approaching epidemic proportions. At the turn of the last century, the incidence of breast cancer was about 1 in every 94 women. It is now 1 in every 8 women.

My contention about devoting a month to breast cancer awareness, is that it emphasizes the wrong approach to this problem. Few people can argue that it would be a lot more beneficial to promote a different concept and proclaim this month as Breast Cancer Prevention Month. Oh excuse me, I forgot, they do not allow preventive medicine in this country. I do not make this statement lightly. If you consider that there has been no decrease in the incidence of cancer, heart attacks, diabetes, obesity, etc., in this country over the last 60 years, it is fairly safe to say we are not preventing disease.

And by the way, flu shots do not prevent the flu, they are more likely to cause it.

When you speak to a woman with a pink ribbon promoting breast cancer awareness, it is very likely that she will recommend mammograms as part of the awareness program. However, we all know that mammograms do not prevent breast cancer, and as many people realize, the radiation actually increases a woman's chances of getting breast cancer.

It does not take a genius to realize that the most valid and worthwhile approach to breast cancer is to prevent it in the first place. At the same time, it is not difficult to encompass the idea that breast cancer is an extremely lucrative proposition to the medical community, especially if you include the cost of breast biopsies, surgery, hospitalization, chemotherapy, radiation, anesthesia, post-op care, reconstructive surgery, cat scans, MRIs, blood tests, plus I am sure many other modalities. I am not suggesting that breast cancer is good for the business of medicine, I will leave that idea for the reader to decide.



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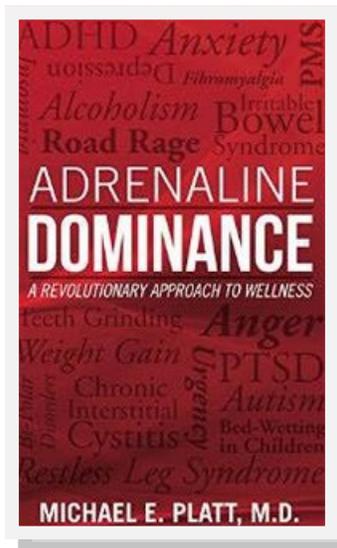
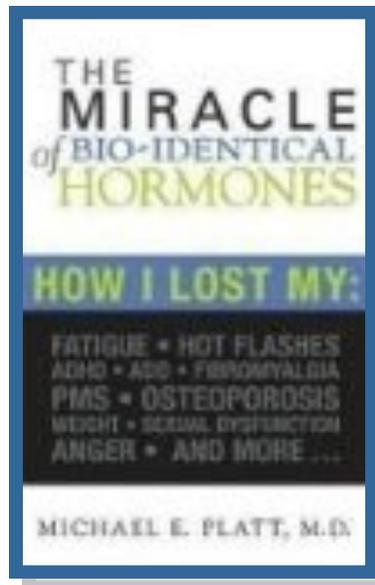
There are actually two very easy and effective modalities that women can incorporate to prevent almost 100% of breast cancers - which I will get to in a bit, I promise. But first, the question has to be asked, what accounts for this tremendous insurgence in the incidence of breast cancer. The answer is that it can very likely be attributed to the omnipresence of the hormone called estrogen. Estrogen is a known carcinogenic agent, and is known to cause at least six different cancers in women.

Is it possible that the widespread use of BC pills can be blamed on the higher incidence of breast cancer? It is not so much that they contain estrogen and often a synthetic progesterone that is also known to cause breast cancer, but more importantly they prevent a woman from ovulating. It is during ovulation that a woman releases a hormone called progesterone, which protects women from getting estrogen-induced cancers.

In addition, estrogen is the most commonly replaced hormone after the menopause, a fact that is actually scary. Women often subject themselves to incredibly high doses of estradiol, the strongest estrogen, in the form of pellets inserted beneath the skin. The only need for this would be if a woman is trying to get pregnant - not a likely scenario after the menopause. It is extremely rare that these pellet pushers ever protect women with the right type of progesterone.

In addition, you have to add into the equation that estrogen is used in chickens and cattle to fatten them. I have always found this fact interesting because it is illegal to inject anything into an animal that will be used for human consumption that is a known carcinogenic agent. (Not to mention BPA and estrogen in plastics.)

Is it possible that economics has a greater priority than human health? As I alluded to before, there are two things a woman can do to prevent breast cancer (and many other cancers, as well). The first is to utilize progesterone cream and the second is to supplement with high-dose vitamin D3 - at least 10,000 IU per day of a powdered preparation, not a gelcap. You will also need to take about 180 mcg of vitamin K2 to prevent vitamin D3 from putting calcium into blood vessels. You can get all these products on my website: <http://www.plattwellness.com>. Those women wondering what to do about the menopause, please read my book "The Miracle of Bio-identical Hormones".



Looking Fabulous Over 50 (even Sexy Over 60 or 70!)

By Nancy Nix-Rice



For women “of a certain age”, it may be time to rethink our style savvy. It starts with a realistic look in the mirror. We’re still beautiful ... but we’re beautiful a little differently than we were in our 30’s and 40’s. Here are five quick steps to Fabulous ...

Reconsider color. Our hair is losing pigment, and even if we “chemically enhance” it, we usually choose a softer shade. Our skin and eye colors are softening too – typically making the brighter clothing colors we used to wear look harsh.

Best step: an updated color consultation with a pro.

Interim steps: Soften your current brighter clothes by replacing a bright-white blouse with light tan or soft gray. Add a scarf that integrates the garment colors and your hair color for a custom look. Avoid outfits with more light/dark contrast than you see in your own facial color pattern. Too much contrast pulls all the focus to the garment and away from YOU. And think long and hard before leaving the house wearing black near your face.

Add an updated shoe and a great looking bag to your wardrobe. Look for something in a color that relates closely to your hair. Because you’ll wear them most days, they can have a big impact on your look immediately.

Make an appointment for a professional makeup consultation to update your cosmetic colors. You’ll learn contemporary application techniques in the process.

Style your shape. Chances are you’ve thickened a little through the middle, so choose styles that skim over your body rather than hugging too closely. Look taller and trimmer by dressing in color columns – matching pant and top with a contrasting jacket (worn open so the eye can follow the vertical color bottom to top). Or match the pant and jacket, with a pop of color in the shell underneath.

Sneak in some Spandex. Your clothes can only look as good as the undergarments you’re wearing. Start with a professional bra fitting. Contact your department store for the dates of their next Wacoal

(Continued on page 16)

(Continued from page 15)

Bras fitting event. Or work with one of the professionals at Soma Intimates – found in malls across the country. The fullest part of your bust should rest half-way between your sternal notch (that little indentation at the base of your neck) and your belly button. Measure it right now if you need convincing...

Tone up your bottom half with body shaper panty hose. They are a big improvement over old control-top ones that ended their control right in the soft part of your thigh – oops! These diminish their oomph gradually from waist to toes. You won't believe how much sleeker you'll look. Check out Great Shapes TM on www.NoNonsense.com.

And don't overlook the posture-power of removable foam shoulder pads. Not the fullback look of old Joan Crawford jackets, but an inconspicuous tool to square off your shoulder line, minimize fuller upper arms, visually lift a low bust, balance any extra bulk lower on your body – they really are magic, despite the fact that you've heard they're "out of fashion". We're not talking fashion trends here, but rather figure balancing strategies.

Emphasize "eyes-up" accents. Keep attention focused on your face/eyes/communications with a fresh hairstyle (shorter than chin-level), subtle but polished makeup and accessories like statement earrings, fun necklaces (above bust level) and colorful scarves.

Just say "NO" to these aging duds:

Sweats. Sleek new yoga pants and top look much more current. And that Spandex smoothes your lumps and bumps in the bargain.

Jogging shoes, unless you're actually work

ing out. Lightweight Keds are a sleek, comfortable alternative that looks a lot more contemporary.

Holiday sweaters (and other themed embellishments) except maybe for Grandparents' Day at pre-school.

Single-strand pearls. If you love your pearls, layer several varied strands for a fresher look.

Granny undies. C'mon now ... maybe we're 60 but we're not 6 feet under. Treat yourself to something new and pretty.

Gathered or pleated skirts. A gently tapered slim skirt is more flattering on nearly every figure and size.

Visible elastic waistlines. If you need flexible fit, be sure the coordinating top is one designed to be worn out-and-over – never tucked in.

Granny jeans. If you still look good in shapely denim – go for it! But if you're not so sure, opt for a well-fitted tailored trouser instead. Microfiber wovens and ponte knits wash like a dream, never need pressing, wear like a tank and look "dressed" with an easy sweater and scarf. And shoulder pads ...

For more information on looking your best at

any age, any weight, any budget ... sign up for my **free** email newsletter and check out my Style Solutions blog at www.NancyNixRice.com.

It's a years worth of mini-lessons on updating your style and your wardrobe.



Bookshelf

Is Grief More Taboo Than Sex?

By Mary Lee Robinson

Review by Barbara Morris



According to Mary Lee Robinson, 50% of happily married couples WILL become [*The Widow or Widower Next Door*](#) so it's not a question of if, but when one of you will be alone. No one has figured out how to avoid that. Mary Lee joined that 50% in February 2013.

Think you know what grieving the loss of a spouse is like? Are you uncomfortable talking about grief, yet more at ease discussing sex? You probably are, unless you have walked that path of loss yourself.

Mary Lee and her husband had just relocated 11 months prior to their brand new home in the Low Country of the Carolinas when he suffered a massive cerebral hemorrhage and was gone at age 63. Her story is one of twenty five storytellers in the book who speak from the heart about their experience.

You are very likely friends with, related to, or neighbors with a widow or widower. [*The Widow or Widower Next Door*](#) will help you help them; to understand what helps, and what hurts. The answers will surprise, and maybe even shock you.

In today's world we go to pre-school to prepare for first grade. We have to study for and test to receive a driver's license. We attend marital counseling to prepare for marriage. There are no classes offered in advance to prepare us for dealing with the death of a spouse. There is no instruction of any kind for either widows or widowers or those that care about them. This book is about how NOT to bumble along awkwardly, but to assist or heal with some grace, love and dignity.

Contact:

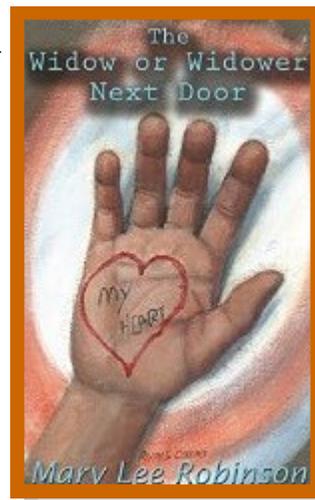
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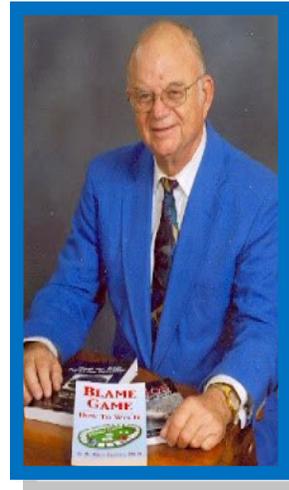
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Bookshelf

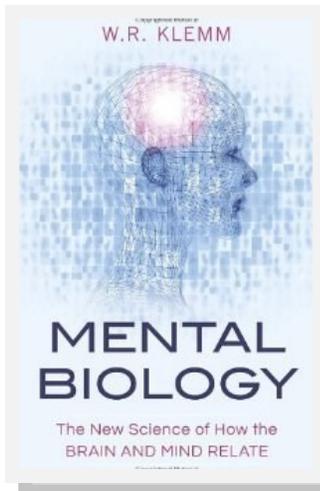
Mental Biology: The New Science of How the Brain and Mind Relate

By W.R. Klemm, PhD.



Review by Barbara Morris

As most readers know, I am always looking to celebrate productive older men and women (I don't call them "seniors" -- I call them "matures") and W.R.Klemm, Texas A&M University professor is a solid gold "find". Razor sharp at age 80, Dr. Klemm can not only find his car keys every day, but he probably has some good clues to help you find yours.



At an age when many of his colleagues have long since retired, Dr. Klemm, a neuroscience professor in the College of Veterinary Medicine & Biomedical Sciences at Texas A&M is not ready for the shuffleboard court just yet. In the last 10 years, he's written or contributed to eight books (he's working on three more), authored seven peer-reviewed papers and had research grants from such groups as the National Science Foundation and the National Institutes of Health.

In April 2014 his latest book was released, [*Mental Biology: The New Science of How the Brain and Mind Relate*](#), written in a jargon-free style understandable to the lay reader.

What is particularly appealing to me about [*Mental Biology*](#) is that Dr. Klemm takes on researchers who argue that the conscious mind is merely a passive observer and free will is an illusion. It makes me crazy when someone makes a bad decision and wails, "It wasn't my fault". Dr. Klemm presents evidence showing that mental creativity, freedom to act, and personal responsibility are very real. He also explains the brain-based differences between non conscious, unconscious, and conscious minds.

If you are fascinated how the mysterious three-pound organ in our heads creates the rich display of human mental experience, including the sense of self and consciousness, [*Mental Biology: The New Science of How the Brain and Mind Relate*](#) should be on your reading list.

Also, if it concerns you that too many don't like to take personal responsibility for their actions, be sure to check his blog: [Blame Game: Essays on Personal Responsibility vs. Excuses](#)

Barbara McNichol: Give Books for Treats



Barbara McNichol

Books for Treats is a nonprofit program that encourages giving new or gently read children's books instead of candy at Halloween. Says its founder Rebecca Morgan, "With the burgeoning numbers of kids with diabetes and obesity, it's time to shift Halloween treats to something that feeds their minds, not their cavities."

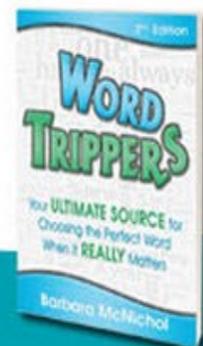
Giving books instead of candy not only helps raise kids' interest in reading; it increases the feeling that the community cares about their future. Reading encourages curiosity, imagination, and life-long learning.

The National Endowment for the Arts has reported that the average person aged 15 to 24 spends only seven minutes a day on "voluntary" reading. What if you could help kindle children's excitement about it before they become teenagers? They will then be more likely to carry a

reading habit into adulthood.

So this Halloween, feed their minds instead of their cavities. Go to Books for Treats and download a free kit of imaginative ways to offer books to your trick-or-treaters.

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Good Stuff To Know

Are Doctors Over-diagnosing Memory Problems? * Medications are main culprit of allergic deaths in U.S. comprehensive study finds *** Coffee Combats Tooth Loss *** Omega-3s Enhance Brain Cell Structure *** Study Questions 21-Day Quarantine Period For Ebola *** Positive Subliminal Messages On Aging Improve Physical Functioning In Elderly *** Cold Sores Increase Risk Of Dementia, Research Suggests *** Red Hot Competition As Placenta Businesses Jockey For Supremacy *** UK School to Fingerprint Children in Order to Monitor Their Diets *** If You're Over 60, Drink Up: Alcohol Associated With Better Memory**

[The Dangers Of Teens Using Marijuana](#)

Whether states should legalize marijuana for recreational and medical use is a hot topic across the country. As the debates continue a potentially dangerous environment is being created where more preteens, teens and young adults are beginning to use the substance with the feeling that it is safe.

[Adolescent Exposure To Thc May Cause Immune Systems To Go Up In Smoke](#)

When it comes to using marijuana, new research involving mice suggests that just because you can do it, doesn't mean that you should. That's because a team of scientists have found that using marijuana in adolescence may do serious long-term damage to the immune system.

[Are Doctors Over-diagnosing Memory Problems?](#)

Watch out for a new trend, led by the USA and England, to screen older people for minor memory changes. (These memory changes are diagnosed as Mild Cognitive Impairment [MCI], sometimes referred to as "pre-dementia".) Read The British Medical Journal's warning on how this is leading to a 23% over diagnosis rate and potentially harmful treatment.

[SAGE - A Test to Measure Thinking Abilities](#)

The Self-Administered Gerocognitive Exam (SAGE) is designed to detect early signs of cognitive, memory or thinking impairments. It evaluates your thinking abilities and helps physicians to know how well your brain is working.

[Memory Loss Associated With Alzheimer's Reversed: Small Trial Succeeds Using Systems Approach To Memory Disorders](#)

In the first, small study of a novel, personalized and comprehensive program to reverse memory loss, nine of 10

(Continued on page 21)

(Continued from page 20)

participants displayed subjective or objective improvement in their memories beginning within three to six months after the program's start.

[Medications are main culprit of allergic deaths in U.S. comprehensive study finds](#)

Medications are the leading cause of allergy-related sudden deaths in the U.S., according to an analysis of death certificates from 1999 to 2010. The study also found that the risk of fatal drug-induced allergic reactions was particularly high among older people and African-Americans and that such deaths increased significantly in the U.S. in recent years.

[Self-Compassion Key To Positive Body Image, Coping](#)

Women who accept and tolerate their imperfections appear to have a more positive body image despite their body mass index and are better able to handle personal disappointments and setbacks in their daily lives. Research has found that this self-compassion might be an important means to increase positive body image and protect girls and young women against unhealthy weight-control practices and eating disorders.

[Internet-Savvy Seniors Retain Cognitive Skills](#)

Digital literacy is the ability to engage, plan and execute computer-based actions such as web browsing and exchanging emails. Andre Junqueira Xavier at the Universidade do Sul de Santa Catarina (Brazil), and colleagues analyzed data collected on 6,442 participants, ages 50 to 89 years, enrolled in the English Longitudinal Study of Ageing, for 8 years. The data measured delayed recall from a 10-word-list learning task across 5 separate measurement points. Observing that: "Internet/E-mail use predicted better performance in delayed recall," the study authors conclude that: "digital literacy may help reduce cognitive decline among persons aged between 50 and 89 years."

[Coffee Combats Tooth Loss](#)

Coffee is a major dietary source of antioxidants as well as of other anti-inflammatory factors. Nathan Ng, from Boston University (Massachusetts, USA), and colleagues analyzed data collected on 1,152 men, ages 26 to 84 years at the study's start, enrolled in the US Department of Veterans Affairs Dental Longitudinal Study. Observing that: "It was found that higher coffee consumption was associated with a small but significant reduction in number of teeth with periodontal bone loss," the study authors note that: "No evidence was found that coffee consumption was harmful to periodontal health."

[Omega-3s Enhance Brain Cell Structure](#)

A growing number of studies suggest that consuming oils with high polyunsaturated fatty acid content, in particular those containing omega-3 fatty acids, exerts beneficial health effects.

[Lift Weights, Improve Your Memory, Study Shows](#)

Here's another reason why it's a good idea to hit the gym: it can improve memory. A new study shows that an intense workout of as little as 20 minutes can enhance episodic memory, also known as long-term memory for previous events, by about 10 percent in healthy young adults.

[Omega-3 Fatty Acids May Prevent Some Forms Of Depression](#)

Patients with increased inflammation, including those receiving cytokines for medical treatment, have a greatly increased risk of depression. For example, a 6-month treatment course of interferon-alpha therapy for chronic

(Continued on page 22)

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hepatitis C virus infection causes depression in approximately 30% of patients. Omega-3 fatty acids have a long list of health benefits, including lowering the risk of heart disease and reducing triglyceride levels. These nutritional compounds are also known to have anti-depressant and anti-inflammatory properties.

[Link Between Depression, Abnormal Brain Response To Visceral Pain In Patients With IBS](#)

High rates of anxiety and depression amongst patients with irritable bowel syndrome (IBS) have led many researchers to believe there could be a causal relationship between psychological factors and IBS symptoms. Now, scientists have found clear evidence that patients with IBS process pain signals from the gut abnormally, and that disturbed brain responses to pain are particularly pronounced in patients with more depression symptoms.

[Common Painkillers Combined With Other Drugs May Cause High Risk Of Gi Bleeding](#)

Nonsteroidal anti-inflammatory drugs -- such as ibuprofen and aspirin -- increase one's risk of upper gastrointestinal bleeding. When taken in combination with other drugs, this risk is significantly higher, according to new research.

[Making Old Lungs Look Young Again, With Ibuprofen](#)

The lungs become more inflammatory with age, researchers say, and add that ibuprofen can lower that inflammation. Immune cells from old mouse lungs fought tuberculosis bacteria as effectively as cells from young mice after lung inflammation was reduced by ibuprofen.

[Economist Finds Formula For 'Perfect Ask' In Online Fundraising](#)

Going it alone and setting targets are part of the 'perfect ask' fundraising formula to generate the most online donations for charity events, according to research.

[People Prone To Delusions Make Rushed Decisions, Research Shows](#)

People who are prone to delusions gather insufficient information before making decisions, according to research. "In our study, the combination of rewards and costs created optimal decision points, allowing us to investigate genuine 'jumps to conclusions'. Our results confirm that delusion-prone people are less likely to wait for the best moment before making a decision. This indicates that they would rush to make choices in their everyday lives, relating to anything from money or jobs to family and friends, which could lead to less successful outcomes for them," authors said.

[Women Face Dishonesty More Often Than Men During Negotiations](#)

Women in business negotiations face more deceit than men, according to new research. "We found that men and women alike were targeting women with more deception than men," said a co-author of the new research. "It was interesting that men and women alike tried to deceive women in negotiations."

[Lifetime of fitness: a fountain of youth for bone and joint health?](#)

Being physically active may significantly improve musculoskeletal and overall health, and minimize or delay the effects of aging, according to a review of the latest research on senior athletes (ages 65 and up) appearing in the September issue of the Journal of the American Academy of Orthopaedic Surgeons (JAAOS).

[CDC FACT SHEET: Incidence, Prevalence, and Cost of Sexually Transmitted Infections in the United States](#)

In February 2013, CDC published two analyses 1,2 that provide an in-depth look at the severe human and eco-

(Continued on page 23)

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conomic burden of sexually transmitted infections (STIs) in the United States. CDC's new estimates show that there are about 20 million new infections in the United States each year, costing the American healthcare system nearly \$16 billion in direct medical costs alone.

America's youth shoulder a substantial burden of these infections. CDC estimates that half of all new STIs in the country occur among young men and women. In addition, CDC published an overall estimate of the number of prevalent STIs in the nation. Prevalence is the total number of new and existing infections at a given time. CDC's new data suggest that there are more than 110 million total STIs among men and women across the nation.

[Over Half Of Food Inspections In Mainland China Failed Last Quarter](#)

Orders for food inspections in mainland China—almost half of which have failed—have increased at a fast rate in the wake of recent food scandals, a report by quality-control services provider AsiaInspection (AFI) has said.

[Middle-Aged Mothers Live Longer](#)

Comparing two groups of women born in 1896, we found that women who lived to at least age 100 were four times more likely to have had children while in their forties than women who survived only to age 73. The ability to have children in the fifth decade may be a marker for slow ageing and subsequent ability to achieve extreme longevity. We propose that the evolutionary pressure to extend lifespan is closely linked to prolonging the period of time during which women can bear children.

[The Dwindling Stock Of Antibiotics, And What To Do About It](#)

Pharmaceutical companies have largely abandoned the business of discovering and developing antibiotics, and our stock of these "miracle drugs" is beginning to shrink. Researchers are working to create new models for drug discovery that could replace the failed private enterprise model.

[Life Expectancy Calculator](#)

The Living to 100 Life Expectancy Calculator uses the most current and carefully researched medical and scientific data in order to estimate how old you will live to be. Most people score in their late eighties... how about you? The calculator asks you 40 quick questions related to your health and family history, and takes about 10 minutes to complete. At the end, you will be asked to create an account to store your answers.

[Common Anesthetic Procedure Dramatically Improves Well Being Of Veterans With PTSD](#)

A single application of a common anesthetic procedure could be the answer to alleviating anxiety, depression and psychological pain in those suffering from chronic, extreme post-traumatic stress disorder (PTSD), according to research.

[25 Ways to MEND Memory](#)

MEND is UCLA's personalized program to reverse memory loss. In a recent MEND study, nine of 10 participants displayed significant improvement in their memories. Learn how.

[3d Harvard Make-Up Invention To Change The Whole Beauty Game](#)

'3D' printing is the buzz word of the moment in the cosmetics industry. The latest innovation in the area claims consumers can make their own colour cosmetic formulations at home for a fraction of the price that beauty brands charge. This has seen the industry sit up and take notice.

(Continued on page 24)

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[Insect Canapés Will Be The Next Foodie Trend](#)

Insects could be the next big 'foodie' trend, if a start-up firm which aims to make them more acceptable to UK consumers, has its way.

[Can Sleep Loss Affect Your Brain Size?](#)

Sleep difficulties may be linked to faster rates of decline in brain volume, according to a study published in the September 3, 2014, online issue of *Neurology*[®], the medical journal of the American Academy of Neurology. The study found that sleep difficulties were linked with a more rapid decline in brain volume over the course of the study in widespread brain regions, including within frontal, temporal and parietal areas. The results were more pronounced in people over 60 years old.

[Study Questions 21-Day Quarantine Period For Ebola](#)

One of the tenets for minimizing the risk of spreading Ebola Virus has been a 21-day quarantine period for individuals who might have been exposed to the virus. But a new study suggests that 21 days might not be enough to completely prevent spread of the virus. Experts say there could be up to a 12 percent chance that someone could be infected even after the 21-day quarantine.

[Sugared Soda Consumption, Cell Aging Associated In New Study](#)

Sugar-sweetened soda consumption might promote disease independently from its role in obesity, according to UC San Francisco researchers who found in a new study that drinking sugary drinks was associated with cell aging.

[Scientists Find 'Hidden Brain Signatures' Of Consciousness In Vegetative State Patients](#)

Scientists in Cambridge have found hidden signatures in the brains of people in a vegetative state, which point to networks that could support consciousness even when a patient appears to be unconscious and unresponsive. The study could help doctors identify patients who are aware despite being unable to communicate.

[Feds Spend \\$2.1 Million To Develop Weight-Tracking Insoles, Wearable Button Videotapes What An Obese Person Eats](#)

The federal government is spending more than \$2 million to develop wearable insoles and buttons that can track a person's weight in order to fight obesity. The National Institutes of Health (NIH) has awarded grants for two projects that will monitor "lifestyle behavior" through technologies that will encourage people to exercise more.

[Snail Skin Care Trend Hits The Us](#)

The benefits of snail mucus on the skin have been known to the cosmetics industry for a while, and having seen a big trend in Korea, it is now heading to American shores and is expected to be the 'newest fad'.

[Positive Subliminal Messages On Aging Improve Physical Functioning In Elderly](#)

Older individuals who are subliminally exposed to positive stereotypes about aging showed improved physical functioning that can last for several weeks, a new study. "The challenge we had in this study was to enable the

(Continued on page 25)

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participants to overcome the negative age stereotypes which they acquire from society, as in everyday conversations and television comedies," said lead researcher Becca Levy, associate professor and director of the Social and Behavioral Science Division. "The study's successful outcome suggests the potential of directing subliminal processes toward the enhancement of physical function."

[Sport In Old Age Can Stimulate Brain Fitness, But Effect Decreases With Advancing Age](#)

Physical exercise in old age can improve brain perfusion as well as certain memory skills, say neuroscientists who studied men and women aged between 60 and 77. In younger individuals regular training on a treadmill tended to improve cerebral blood flow and visual memory. However, trial participants who were older than 70 years of age tended to show no benefit of exercise.

[Cold Sores Increase Risk Of Dementia, Research Suggests](#)

Infection with herpes simplex virus increases the risk of Alzheimer's disease, researchers claim. "Our results clearly show that there is a link between infections of herpes simplex virus and the risk of developing Alzheimer's disease. This also means that we have new opportunities to develop treatment forms to stop the disease," says one of the researchers behind the study.

[Viagra Protects The Heart Beyond The Bedroom, Study Finds](#)

Viagra could be used as a safe treatment for heart disease, finds new research. The study reveals that long-term daily treatment of Viagra can provide protection for the heart at different stages of heart disease, with few side effects.

[Subliminal Strengthening: Improving Older Individuals' Physical Function Over Time With an Implicit-Age-Stereotype Intervention](#)

Older individuals who are subliminally exposed to positive stereotypes about aging showed improved physical functioning that can last for several weeks, a new study.

[Red Hot Competition As Placenta Businesses Jockey For Supremacy](#)

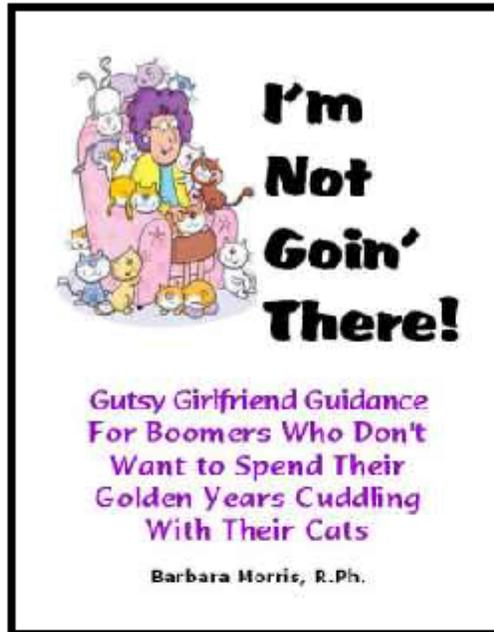
With more than a quarter of Japan's population over the age of 60, it is said that country suffers more from the issues of an ageing population than any other country. That's no doubt why the anti-ageing industry is doing so well.

[UK School to Fingerprint Children in Order to Monitor Their Diets](#)

According to the Express & Star, a British newspaper, the Redhill School in Stourbridge is introducing a controversial (and costly) new biometric system "as part of a plan to implement a cashless system throughout the school." In order for students to be able to purchase their meals, they will be required to have their fingerprints read by a machine, which then converts the fingerprint into biometric data, which is then used to identify each pupil's account.

[If You're Over 60, Drink Up: Alcohol Associated With Better Memory](#)

For people 60 and older who do not have dementia, light alcohol consumption during late life is associated with higher episodic memory -- the ability to recall memories of events -- researchers report. #



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- How to adopt revolutionary new stages of aging to help you stay youthful and productive longer.
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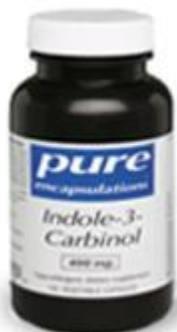
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