

November, 2015

# *Put Old on Hold*

## *e-Magazine*

*Advocating Balanced Lifelong Growth and Productivity*

**Barbara Morris:**

**A Lesson From “The Intern”**

**Joyce L. Shafer:**

**Is It A Breaking Point or a Turning Point?**

**2 New Books:**

***The Brain Fix* and  
*A Cluster of Cancers***

**Michael E. Platt, M.D.  
Breast Cancer  
Revisited**

**Lura Zerick:**

**Assumptions About  
Older People**

**Good Stuff to Know:  
November 2015**

**John Paul Ouvrier:  
Find An Exercise  
Buddy**

**Linda J. Brown: The  
Worst Hurricane That  
Never Happened**

# What's Inside

**[A Lesson From "The Intern" - 3](#)**

Barbara Morris

**[New Book: The Brain Fog Fix - 5](#)**

Dr. Mike Dow

**[Patricia: The Greatest Hurricane That Never Happened— 6](#)**

Linda J. Brown

**[Breast Cancer Revisited – 9](#)**

Michael E. Platt, M.D.

**[Is It A Breaking Point Or A Turning Point? - 12](#)**

Joyce L. Shafer

**[Assumptions About Older People – 15](#)**

Lura Zerick

**[A Cluster of Cancers — 17](#)**

Dr. Sherry L Meinberg

**[Good Stuff To Know November 2015 — 18](#)**

Barbara Morris

**[Find An Exercise Buddy — 21](#)**

John Paul Ouvrier

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Cover: Barbara Morris' grandson Michael holding bad boy  
"Sammy"

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# A Lesson From "The Intern"

By Barbara Morris



During a TV show featuring people who became millionaires as a result of pursuing their dreams, a woman in the audience said she wanted to start a business but felt it was too late. "After all," she said, "I'm forty."

Alas, the downside of knowing the number of years you have lived.

How would your life be different if you didn't know your chronological age? What if you had nothing to go on except awareness of your mental and physical abilities, your dreams and aspirations? How would you live if you had enough money to live the way you would really like to live and not have to think about how

long you have to live?

Growing up, I can't recall the number of times I heard my mother lament that if only ten years younger she would have done "whatever". She was an intelligent woman with unappreciated talents and unrealized dreams. She respected and lived by the hidebound traditions of the time that kept her "in her place". Chronological age called the shots then. Unfortunately, to a great extent, it still does.

Times change, or seem to change. Age 70 is heralded as the new 50. It sounds good, but in a culture that has not caught up with reality, for most people, age 70 is still age 70 with all its bumps, warts, bruises, and limitations.

To get to age 70 and live as if age 50 takes ignoring a lot of set in stone stereotypical expectations "for your age". At around age 50, or before, you are gradually sucked into a cultural box labeled "These Are The Rules To Think, Act and Be At Your Chronological Age". The rules are

*(Continued on page 4)*

*(Continued from page 3)*

not published or posted anywhere, they are simply infused throughout the culture, handed down from one generation to another, and revealed and played out in an established senior lifestyle and mindset. You may not want to abide by the rules but you can't escape them entirely because they are so pervasive.

Recently I pulled out of my files an article from "Aging Today", November/December 2000. It opens with a quote by Matilda White Riley, founder of the National Institute of Aging's Behavioral and Social Research program. She opined that **age is "losing much of its importance."** She continued, **"Soon specific ages will no longer serve as rigid criteria for entry, exit and performance in social roles."**

That was 15 years ago and chronological age still rules, and stereotypical beliefs and attitudes (aka "The Rules") about "old" people still prevail.

I recently saw the movie, "The Intern" about a 70 year-old retired businessman who volunteers as an intern in a successful Internet business owned by a super smart young woman. It was inspiring to see him give up a boring existence and become part of a world that breathed new life into him.

I wonder how many retired persons who saw the movie took it as a cue or permission to "get a life" again. A few may have thought for ten seconds that it might be fun but the retirement culture doesn't encourage or support it. Old people, like the character in "The Intern" who have the guts to "unretire" and go for a more fulfilling life, are viewed as amusing anomalies, rewarded with accolades of "you are so wonderful for your age." The downside is that the unretired renegades are no longer part of "the tribe" and may even be shunned

by the tribe for their "alternative" lifestyle.

The movie reinforced three realities about "old" people and our stuck-in-the-mud culture:

- (1) Healthy retired individuals have a lot of expertise and wisdom to share but it is wasted (and even unwelcome) for the most part.
- (2) Old people add no benefit to the culture, so why try to change anything in their favor -- they will soon be gone.
- (3) Young people have a lot to learn about how to navigate life, and mature people can help them along the way. The experience and wisdom of successful old people should be highly valued and sought after, but unfortunately, it's not.

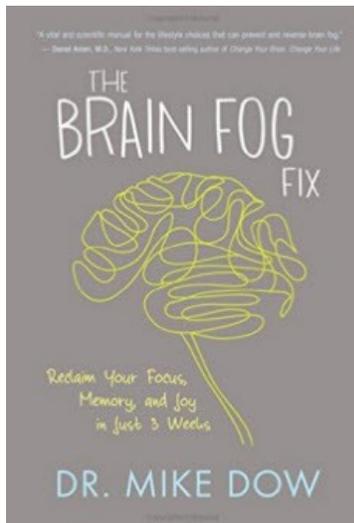
In the movie a young coworker asks the 70-year-old where he sees himself in 10 years. It's a legitimate question. If you are 70 you should have a plan for where you want to be or what you want to be doing in 10 years and awareness of your chronological age and cultural norms should not factor into it.

If you are reasonably healthy, and longing to escape the boredom of a supposed-to-be fantasy retirement that never materialized, and instead, mix things up in the real world, then ignore "your number". Get things in order for the end of life, applying the rotisserie sales pitch catch phrase -- "set it and forget it". Then, live each day with purpose and in a constant state of growth, fortified by a mindset that you will live forever. Making life decisions without regard for your age is not living in denial; it's the ultimate liberation.

Where do **you** want to be, or what do you want to be in 10 years? Whatever it is, live in anticipation of life, not death.

**NEW BOOK**

# The Brain Fog Fix



[The Brain Fog Fix](#) by psychotherapist Mike Dow, M.D. is a book that should be flying off the shelves. Who doesn't experience brain fog once in a while, or perhaps, every day — all day?

The author maintains that many of the foods we eat and the habits we have do not support our brains. We no longer get what is needed to produce essential chemicals that keep us energized, calm, focused, optimistic and inspired. And even worse, our choices could lead to long term problems like dementia, Alzheimer's disease, depression and anxiety. The way most of us live, it seems almost as though we've chosen a lifestyle deliberately intended to undermine our brain chemistry and our health.

[The Brain Fog Fix](#) provides an easy to follow three week program designed to naturally restore three of the brains' most crucial hormones: serotonin, dopamine, and cortisol. Rebalancing these chemicals enables the rest of the brain's chemistry to reach optimal levels. Each week of his program focuses on a different element of your life:

Week 1: You will improve your mood by modifying the diet and using cognitive strategies to overcome pitfall though patterns.

Week 2: You will increase your energy by focusing on sleep, exercise and memory-boosting games.

Week 3: You'll enhance your spirit through practices that help you connect with something larger than yourself and enable you to rediscover joy in life.

Dr. Dow says that by the end of the program you will be thinking more clearly, remembering more accurately, learning more quickly and unleashing your creativity. That promise may seem a tad overblown but why not give it a try. The plan is simple and inexpensive. His recipes are great and easy to prepare. This book is a great investment in your brain and overall health.

# Patricia, The Greatest Hurricane Show That (N)Ever was! Or, Stalking The Elusive Not-Yeti In Central Mexico!

*Linda J. Brown*

*World traveler Linda Brown was in San Miguel de Allende, Mexico, the day Hurricane Patricia didn't exactly hit much of anything!*



Fearlessly backpacking around the world

Well, that was NOT interesting! I'm still waiting for my date with that Brutal Beaut, so-called Patricia; but she's a no-show. I arrived in this small, colonial, mountain town, a little over a week ago; never realizing that a brazen, climatological hussy had set her sights on central Mexico, aiming to make it her slave before swaggering on to conquer Texas.

I had me some competition! But, I wanted to conquer this country with love and friendship, not dastardly deadlines. What to do? What to do? Did she plan to wash me out? I prepared for midnight evacuation. She seemed unbeatable and the broken records said so.

This marauder bellied up to Mexico's Pacific Coastline sandbars, all swagger and bragadocio; shouting about being the Biggest Hurricane In History! That audacious claim was confirmed by meters and millibars splayed about on CNN and BBC, advising preparation and/or evacuation in less-than-zero hours. This Wayward Woman came barrel-

*(Continued on page 7)*

(Continued from page 6)

ing onto our radar screens with six-gun shooters spewing record-breaking statistics to bust our balls and anything else she could get her hands on..... roofs, roads, beaches, bridges and muddy mountainsides.

Take no prisoners! Give no surcease! Big Mamma's here! Bow down in worship and wonder and then, run for your lives!

So, 10,000 coastal tourists and a few lucky locals did just that, busing seven hours inland to Guadalajara, leaving beach honeymoons behind for cold gym floors. At sundown, Friday, Patreesia staggered ashore, all red and angry orange whirlwinds on underground weather channels.

Oh, such a Bad Asp she was! Gonna give Cleopatra a run for her money in the history books, alright! Wham, Bam, Thank you, Mam! I wondered when she'd arrive at San Miguel, halfway across the country on her stated agenda. Maybe midnight? Well, she'd surely wake me, so I went to bed. Listening with half an ear, I schlepped to the window a few times in the night to check the sugar cane. Was it bending in the wind? Was rain pelting my hotel yet? At last, the sun came up to uneventfulness. Only clouds, like far-flung scarves; or an old lady's long, grey hair.

Ah, Patrice, have I sensed your age? Are you all bluster and fancy talk? Can you no longer Get It Up?

What? Category One? This small mountain chain took it out of you so soon? According to your press release, you were "*The only Category Five to ever be! And yadda, yadda, yadda.* Now, look at you! Well, forget that.....I can't even SEE you! The sky is blue! The cane is quiet! Come on, show me whatcha' got!"

So, I left the window, disappointed. Until, I heard the low, slow, rumble of Power approaching. Okay, that's better! Hey, I'm from Florida. I know my hurricanes! This one hasn't shown me a thing, so far..... but now, maybe she'll live up to her reputation and all the press reviews. Those revving rumbles sounded weird. But good! It was time to check them out; open the window and stick my head way, far west, peering in the storm's direction.

What? Oh no! How super silly a comeuppance! Queen P has lost her crown to a whole batch of motorcycle riders, just launching from my hotel for their daily ride!

That does it! Let's fire up the electronics in here and get the news again....such as it is! Hardly a mention of the party crasher, now. Just mop-up remarks like: "Non-catastrophic!" "No deaths reported!" and "Much less damage than anyone expected!"

(Continued on page 8)

(Continued from page 7)

Patricia is going out like a lamb. She's made the record books, alright; but maybe... just maybe... that was a swan song; instead of a siren song of things to come.

Possibly, she simply took a shortcut, and was only bringing buckets of water to sun-parched Texas, all along. She was a servant instead of a serpent! Her bark was bigger than her bite! All show and no substance!

"Asp, and ye shall receive!" Right, Cleopatra? Your sister's gone patrician. She's a lady, now! She only tiptoes through our occupied territories in her new role as our Rain Goddess. But, not here in San Miquel, well-known for its rainy tendencies. This Saturday is sunny and hot, just like it planned to be.

Hey, maybe she'll run for President! I wouldn't put it past her. She's a windbag, that's for sure. Just an offshore gas well, blown its top and gone bananas. What else is new? Even at record-breaking proportions! Show's over, Folks!

There'll be no soggy circus today!

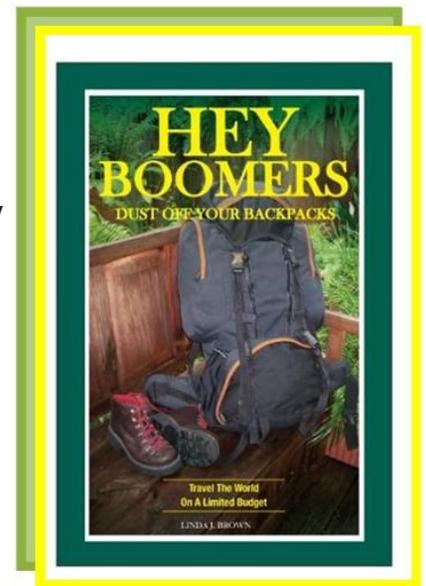
I'd like to think that hurricanes, in general, are **So Yesterday!** Not like my Florida high school years, when we scheduled happy hurricane parties to ride them out. We sure wouldn't have liked this Record-Breaker who spent her wad just wading ashore! What's the fun in that?

But, in my grown-up self, I'm happy that's the case and that everyone who went to bed last night, will also get up this morning. And home and family will be intact. Millenniums change things and here's the evidence:

Weirdly, there's a cluster of simultaneous, odd weather anomalies today, in different places on the globe. Smaller hurricanes or cyclones, like rabid animals come to say goodbye before dissipating and following in their Leader's wake. That must have been what Patricia was trying to tell us.

***"It's over Folks! We Aliens won't be back! Y'all behave now! We were only trying to help with overpopulation and clean up your nest a little bit. But the Big Boss says to let you do it on your own!"***

***Ta Ta, now! I'll just tiptoe on along, 'cause, I've got a thirsty row to hoe in the Lone Star State! Here's a silver bullet! If anybody asks, just say it's from the Lone Stargate Stranger! Hiyo, Silver! Away!"***



## ***Breast Cancer Revisited***

***Michael E. Platt, M.D.***



*I published this one year ago in deference to October being Breast Cancer Awareness Month. Since nothing has changed, I feel the message is important enough to bear repeating. The unfortunate situation is that all things pink, including ribbons, has come to symbolize a complete lack of interest in achieving a better approach to breast cancer. The Susan Komen foundation is a farce, and the hundreds of millions of dollars her organization has received has done absolutely nothing to improve women's ability to deal with breast cancer.*

October is Breast Cancer Awareness Month. 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.

The problem with devoting a month to breast cancer awareness, is that it emphasizes the wrong approach to this problem. Would it not make more sense to promote a different concept and proclaim this month as Breast Cancer Prevention Month. Oh, wait a minute, I forgot, they do not allow preventive medicine in this country. This statement is not made 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. The one program in place that is touted as America's answer to preventive medicine is the annual promotion of flu shots. The problem here is that flu shots do not pre-

*(Continued on page 10)*

*(Continued from page 9)*

vent the flu and are more likely to cause it.

Women running around with pink ribbons promoting breast cancer awareness are likely to 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.

Obviously, the most valid and worthwhile approach to breast cancer is to prevent it in the first place. However, it is not difficult to embrace 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.

Once breast cancer has spread, perhaps the only chance for survival is to take a natural, alternative approach. Radiation and chemotherapy destroy the immune system, probably insuring an ultimate demise. In addition, Tamoxifen, the most commonly used drug to prevent recurrence of breast cancer, causes two different types of uterine cancers. The only known cause of uterine cancer is estrogen. I am waiting for someone to explain to me how Tamoxifen can prevent breast cancer.

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 upsurge in the incidence of breast cancer? The answer is that much of it can 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.

At the same time that women have been exposed to higher amounts of estrogen, there is now a worldwide epidemic of low progesterone levels, which is the hormone that protects women from estrogen.

In this regard, is it possible that the widespread use of BC pills can be blamed on the higher

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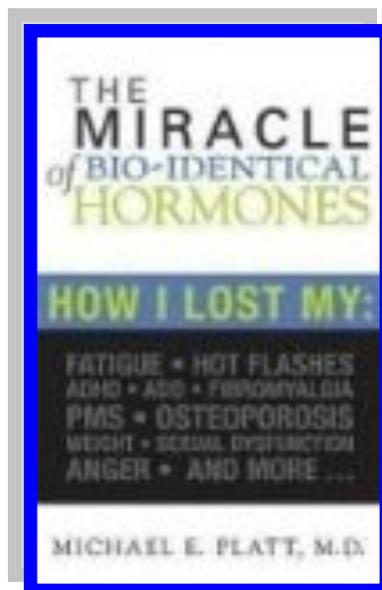
incidence of breast cancer? It is not so much that they contain estrogen and often a synthetic progestogen that is also known to cause breast cancer, but more importantly they prevent a woman from ovulating. It is during ovulation that a woman releases a hormone called progesterone, which protects women 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. And 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 that is a known carcinogenic agent into an animal that will be used for human consumption . Is it possible that economics has a greater priority than human health? And don't forget BPA and estrogen in plastics.

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 at least a 5% 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”.

And for those people who do wish to prevent the flu, please note that vitamin D3 in that strength prevents every flu there is, and every dementia as well.



# Is It a Breaking Point or a Turning Point?

By Joyce L. Shafer



There are crossroad moments in life, but there are also moments that have a stronger dynamic than that. These are moments when you face major decisions about giving up or giving out or going forward in life.

"A crisis only becomes a breaking point when we fail to use it as a turning point," wrote Guy Finley. Most of us have had a moment when we faced, or may now face, this truth. Depending on what's going on, we can feel weakened, either momentarily or for longer; and we may have to dig deep for the courage and self-love to head toward the direction of a balance point. Along with this, it takes an act of courage to reach out to others when we feel weakened so that we can get strong again, as author and motivational speaker Les Brown reminded us. That's not always easy or comfortable to do, especially if you have self-worth issues about your deservedness or a belief that you have to be perceived as perfect, which means you erroneously believe you must never have or demonstrate feelings other than those of empowerment.

Sometimes, what gets us to feel we're approaching a breaking point is a series of events that seem to pile up. Sometimes, it's one event. Sometimes, it's both, which has been my recent experience. Either scenario can make us feel that we're going to break open or break apart. That's why I was especially appreciative to reread Finley's and Brown's words. I've had to reach out to select others lately, in order to stay strong during a particularly challenging time. I've had to look at my role in the dynamics and own it, which has been painful but transforming; but doing this empowers me in many ways. What I've been facing can be viewed as a problem (breaking point) or as an impetus (turning point) to do something that's needed to

*(Continued on page 13)*

*(Continued from page 12)*

be done for quite a while. In its specific way, my situation is a signal to turn and aim my life in a direction that is more appropriate for me, as though I can hear the words whispered on the wind, "Your life is calling you." Along with the emotions I've experienced, I've also been able to see the gifts and the hand of Source at work for my and the highest good.

It's somewhat frightening and exhilarating to stand in this place. Like that phrase that refers to leaping and finding you can fly. The encouraging words of support and love that have been coming to me from family and friends, and messages sent by Source in its very special way, help me remember how blessed I am in my life, how much I have to appreciate. And I realize one of the biggest blessings is that I can recognize this.

I haven't popped right into "positive energy and emotions only" mode as yet, nor will I put that unrealistic demand or burden on myself: There are still things to resolve and healing work to be done. I know that staying in an agitated state won't fix anything and is potentially damaging to the body, as well as every area of life. Einstein's words come back to me, "No problem can be solved from the same level of consciousness that created it." I can't keep doing the same things and expect different results; none of us can. And I can tell you that making specific changes has not been received well by one and all, though, support for the needed changes is strong from others; though, that shouldn't be required in order for any of us to take strength in any choice we make that's in our best and highest interest. In fact, making specific changes has set other dynamics into motion, as is wont to happen; but I completely trust Source to continue to support me, as well as act for the highest good of all involved.

Why is it that we sometimes feel compelled to wait to make changes until we have to? I'm one who believes everything has a purpose, so there's no judgment in that question. I can think of lots of reasons we might do that. Sometimes the reasons include being a kind, caring

*(Continued on page 14)*

(Continued from page 13)

person who doesn't like to give up, which means the person also doesn't know that necessary endings are natural and, well, necessary, whether that's a complete ending or ending only what doesn't work. Sometimes it's because a co-dependent (toxic) relationship has been formed, whether personal or professional, and any number of fears get in the way, preventing a needed shift from happening. Sometimes it's because we live from the outside in rather than from the inside out, which puts the quality of our life into the hands of others instead of in our own hands and in partnership with Source. Sometimes it's to get our attention onto an inner healing that is needed, which of course could result in any or all of the above reasons I listed here. I'm certainly now aware of my reasons, and I'm directing my energy in a way that lets me move forward, however this challenge unfolds.

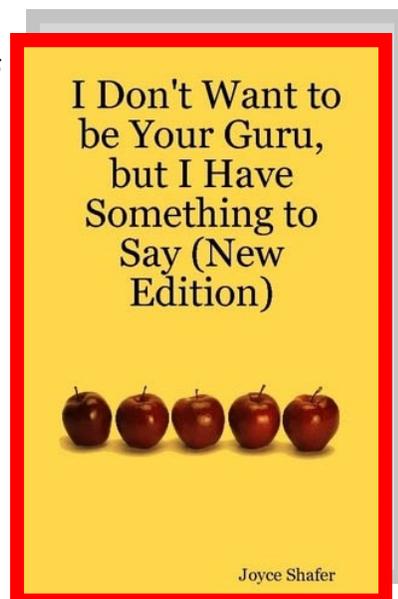
If you experience a moment, or are in one now, that feels like a breaking point, what might you do to make it your turning point? It's a good practice, one you'll appreciate.

Practice makes progress.

© Joyce L. Shafer

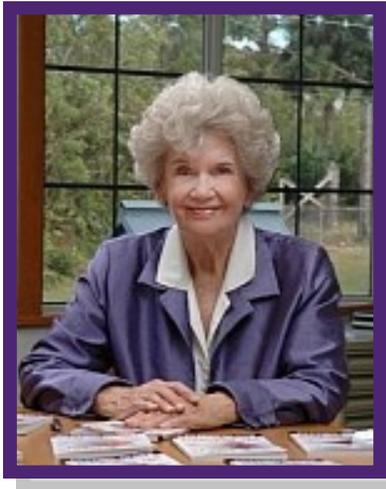
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*Joyce L. Shafer is a Life Empowerment Coach dedicated to helping people feel, be, and live their true inner power. She's author of "I Don't Want to be Your Guru, But I Have Something to Say" and other books/e-books, and publishes a free weekly online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



## Assumptions About “Older People”

By Lura Zerick



Last year I met the new wife of a friend. We had never seen each other, knew nothing about each other. Yet, five minutes after meeting her, as we discussed some subject that I knew nothing about, she laughed and told me, "You just forgot about it."

Since she just met me, how can *she* know what I do or do not forget? Yes, I *am 84*, but I'm in good health, live alone, do whatever is necessary, such as cooking, doing my laundry, folding and putting away clothes, do all my paperwork, such as reconciling my bank statement and keeping my check ledger straight. I continue to write articles and books. I AM 'old' but I am blessed that my mind is still fairly sharp.

When she left, one of my classic movies went with her. The only time I mentioned that movie was to tell her and her husband that my son and I had recently watched it together; I enjoy old movies. They stayed in the room where the movie was while I went to another room momentarily. I knew that if I mentioned it, she would more than likely say that I gave it to her, which I did NOT. -----But I am old; I'm not to remember what I say or do. I will buy another copy; in the meantime, she won't be invited back to my home. My thought is that if one steals small things, they will also steal 'big' things.

My Mama, however, taught me that to take something that isn't mine is WRONG. She also taught me to tell the truth. I do, even if it makes *me* look bad. I have known so many that lie and think nothing of it. It is my thought that one lie usually demands another and another and another. Even the best can't remember the many lies they tell – nor do they often care. ---

*(Continued on page 16)*

(Continued from page 15)

AND, even the 'best' liars are usually found out.

// I was trying to be 'sensible' about it and now, almost five years later, I still think that I made the right decision.

Recently I was told that I said a certain thing concerning something I would do. I did not say that *then*, for the same reason *that I would not do that NOW* ..... a very STRONG reason. Others, however, infer that I 'forgot'. Whether or not they admit it, they KNOW WHY I would not do that particular thing. My reason still stands -- and no one can do a thing about it!!!

Life goes on and I pray that I can be productive, in some way, the rest of my days. I know that I am one who needs a goal. Like most others, I need to have something to reach for. I truly don't want to have to learn how to 'twiddle my thumbs'!!!

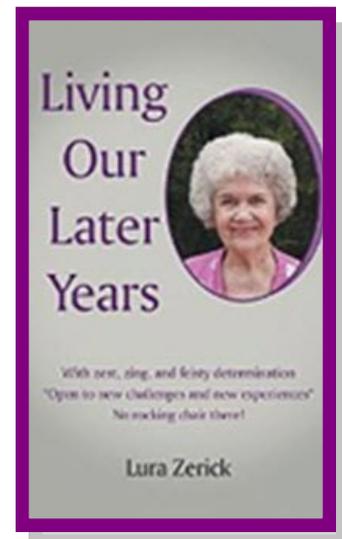
To face the day with nothing to do would be terrible. For one thing, even as I near age 85, I am still neck-deep in 'paperwork'!!! I would prefer that there would be a time when there is no more paperwork but, of course, that is not possible. As long as we do any kind of business at any place, we will be involved in paperwork. Better paperwork than nothing! I am thankful that I *can* still do my bookkeeping, etc. Of course, I continue to write freelance articles for regional and national magazines as well as a column for the monthly internet journal, that I thoroughly enjoy, [putoldonhold.com](http://putoldonhold.com); this I *enjoy*!!

I know too many 'oldsters' who watch television *all day*! I keep up with the national and sometimes local news but that covers my television watching. I've already lived the soap operas and refuse to go back there. I DO enjoy the guest spots that I have on various programs... but that is to promote my books, which are written to help my readers enjoy a better life. If I wrote for financial gain, I would starve. I am happy with my accomplishments; I believe that we are here to love and help each other and I have no hidden agendas. I am a very open person, maybe sometimes blunt, but I prefer that to being a phony. I have known too many of these and have learned to avoid having these as much as possible.

With my past experiences, I have every reason to be bitter but I choose to see the good in others. Each of us has some bad qualities, combined with good. It is our choice which of these we will explore further, whatever age we are.

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83-year-old Lura Zerick is the mother of 5 adults, grandmother of 12 and great-grandmother of 7. She lives on six acres of woods in S.E. Alabama, near Geneva.



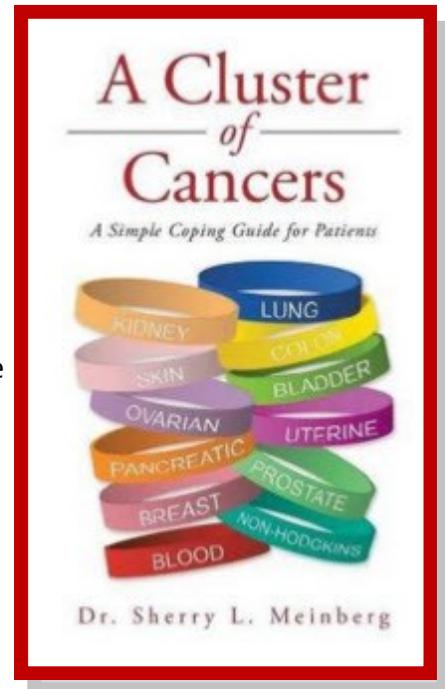
## New Book

# A Cluster of Cancers

Author: Sherry L Meinberg

Sooner or later, everyone is touched by someone who is struggling with cancer -- a friend, neighbor, co-worker, acquaintance, or family member. The latest report says that one half of men, and one third of women in the USA, will receive a diagnosis of cancer sometime in their lives.

[A Cluster of Cancers: A Simple Coping Guide for Patients](#) by Dr. Sherry L Meinberg is different from other cancer books, in that it doesn't speak to the readers' specific medical conditions (as there are well over 200 different cancers). It focuses on the mindset of patients, and how they can become participants in their own healing process.



The author includes her own cancer experiences and she often has a different take on things, a different slant, which may raise eyebrows or ruffle some feathers. This open minded approach makes this book particularly appealing.

She tells about a 46-year-old neighbor who announced at a party that he had been diagnosed with cancer, with only six weeks to live. As a result of the diagnosis, he seemingly gave up. He sat in his house, and waited for the end to come. Sure enough, six weeks later, he died, having done little to counteract or improve his situation. He believed he would die. The author wants want readers to feel optimistic about their futures; to embrace life; to know that the journey y is just as important as the destination.

[A Cluster of Cancers: A Simple Coping Guide for Patients](#) brings a positive approach to a scary subject and shows how readers can participate in their healing process along with their treatments.

Dr. Sherry L. Meinberg has been an educator for over 50 years. [A Cluster of Cancers](#) is her thirteenth nonfiction book. She is approaching her eighth year as a cancer survivor.

## Good Stuff To Know November 2015

### [Warning For All Men](#)

According to Henry Ho, M.D., medical director of head and neck cancer at the Florida Hospital Cancer Institute, sexually transmitted HPV, or human papillomavirus virus, a well-known cause of cervical cancer in women is responsible for an alarming number of head and neck cancers in men. Dr. Ho calls it an epidemic.

### [College students say prescription stimulants easy to find on campus](#)

Seven out of 10 college students say it is somewhat or very easy to obtain controlled stimulants without a prescription, according to a new survey conducted on eight US campuses.

### [The end is in sight for reading glasses](#)

A researcher is developing a new eye lens, made from the same material found in smartphone and TV screens, which could restore long-sightedness in older people.

### [Study compares traditional, modern views of aging](#)

Traditional societies may see the aging process in a more positive light than modern societies, according to a researcher.

### [Case report finds 'popcorn lung' in patient using e-cigarettes](#)

*(Continued on page 19)*

*(Continued from page 18)*

A case report has been presented of acute inhalation lung injury related to the use of e-cigarettes and a flavored e-cigarette liquid containing diacetyl.

[Some patients in a vegetative state retain awareness, despite being unable to move](#)

New insight into a vital cerebral pathway has explained how some patients in a vegetative state are aware despite appearing to be unconscious and being behaviorally unresponsive.

[Better communication about sex is just as effective as 'female Viagra'](#)

A hormone treatment with oxytocin improves the sexual experience of women suffering from sexual dysfunction. However, a control group that only received a placebo via a nasal spray, showed similar improvements. Sexual dysfunction in women is therefore not merely a question of a chemical hormone deficiency but is often also a sign of a lack of communication with a partner and an expression of everyday stress, emphasizes an expert.

[Later age recommended for first screening mammogram: Now 45 not 40](#)

Among the changes in the American Cancer Society's updated breast cancer screening guideline is that women with an average risk of breast cancer should undergo regular, annual screening mammography beginning at age 45 years, with women having an opportunity to choose to begin annual screening as early as age 40; and women 55 years and older should transition to screening every other year (vs. annual), according to a new article.

[People with sedentary lifestyles are at increased risk of developing kidney disease](#)

Being sedentary for too long during the day may be a risk factor for chronic kidney disease, according to a new study.

[MRI shows heart ages differently in women than in men](#)

*(Continued on page 20)*

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The main pumping chamber of the heart ages differently in men and women, according to a MRI study. Researchers said the findings may support different treatment approaches for men and women with heart disease.

### [The power of thank you: Gratitude linked to positive marital outcomes](#)

A key ingredient to improving couples' marriages might just be gratitude, according to new research. Researchers say they "found that feeling appreciated and believing that your spouse values you directly influences how you feel about your marriage, how committed you are to it, and your belief that it will last."

### [Advocating for raising the smoking age to 21](#)

A physician, who during his 31-year career in medicine has seen the harmful effects of smoking on his patients, advocates for raising the smoking age to 21. He says the move would help curb access to tobacco products at an early age and lead to reductions in smoking prevalence.

### [Spine patients who quit smoking report diminished pain](#)

Smoking is a known risk factor for back pain and disc disease. In a new study, researchers reviewed smoking cessation rates and related pain in 6,779 patients undergoing treatment for spinal disorders with severe axial (spine) or radicular (leg) pain. Information on each patient's age, gender, weight, smoking history, assessment of pain, treatment type and co-morbid depression also were assessed.

### [Active body, active mind: The secret to a younger brain may lie in exercising your body](#)

It is widely recognized that our physical fitness is reflected in our mental fitness, especially as we get older. How does being physically fit affect our aging brains? Neuroimaging studies, in which the activity of different parts of the brain can be visualized, have provided some clues. Until now, however, no study has directly linked brain activation with both mental and physical performance.

# Find an Exercise Buddy!

**By John Paul Ouvrier**



Let me share a wonderful story with you. I worked for several years with two men; one was ninety four, and the other was ninety five. They each knew about the other through me, but they never met nor talked. One day, I was having a hard time motivating the ninety four year old, so I told him how well the ninety five year old was doing- it was worth a try. He didn't much care at that moment.

However all of that changed when I told him, "You need to get up, because if another World War II vet can get up and exercise, so can you!" He then looked up and stared at me. He asked me what the other fellow did during the War. I told him he was a radio operator in France. He got excited; he too was a radio operator!

Long story short, both of them were radio operators; one in the Pacific on a B-24 Liberator, laying mines, and the other in occupied territory, decoding and delivering messages. What a small world- and that did it! My ninety four year old got up and exercised, and gave me a message for his fellow veteran, of which I delivered. And though they never actually spoke, and only received messages through me, they motivated each other until the day they passed.

I look back on the blessing of being able to work with these two men, and how they motivated me and am reminded of a simple fact: We are social creatures, and we do better with a buddy. And that's my message today- find an exercise buddy and communicate with them about what you're doing.

*(Continued on page 22)*

*(Continued from page 21)*

This can be through emails, though letters, phone calls, an actual person, through a journal being written for the grandchildren, etc. Somehow somehow find someone you can exercise with and be responsible to and for.

Science has proven that our brains work better with others. We are more relaxed, more motivated, we sleep better, etc. Healthy relationships can keep us going in tough times, and this gets tough when we are caregiving for another, or there aren't many others left. Yet anything we can do, to find someone to help us through, is to our advantage.

These two male vets, stubborn and thinking they were independent (and they were not and drove their caregivers crazy!), didn't need to speak to each other, they just needed to know the other was alive and was working on staying alive. Please, please, please, find someone like that for yourself. Even if it's not a traditional relationship; do whatever it takes.

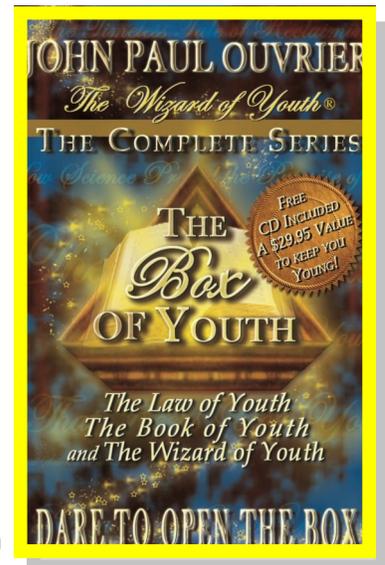
Be that person that the kids on the school bus look at. Be that person who gets up even when you don't want to and motivate others. Give that overloaded nurse a smile and be their strength. Be the best buddy you can be, and find an exercise buddy for yourself.

During one of my last visits to my ninety four year old patient, we were talking about World War II. I said, "If I haven't ever told you, thank you for your service. I greatly enjoy the life I lead, which is in part because of you." He just smiled, ever devious with a twinkle in his eye and said, "Did you just now figure that out Johnny boy?" Indeed, indeed I did!

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

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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](mailto:John@wizardofyouth.com) and bring him in to entertain your audiences! <http://wizardofyouth.com>. & <http://fitness4charity.org>



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