

October, 2015

# *Put Old on Hold*

## *e-Magazine*

*Advocating Balanced Lifelong Growth and Productivity*

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# Haphazard Statin Use Harmful For Elderly

By Barbara Morris



On the few occasions that I visit a traditional medical doctor, he or she is surprised that I do not take any medications. I must be doing something right because at my age, I "should" at least be taking something to control cholesterol, coronary problems, high blood pressure and/or diabetes. I always reveal that I take lots of supplements but I am rarely asked, "Which ones do you take"? It's assumed they are useless and that I'm wasting my money.

I work with a naturopath. Several times a year I have a comprehensive blood analysis that reveals what's going on in my body. If something is "off" I adjust my diet and/or take one or more supplements to effect improvement. So far, that approach has served me well.

Because I know there is usually a better way to deal with health issues than ingesting drugs that more times than not, can have devastating side effects, it annoys me no end that the public has been conditioned to believe that whatever ails them can be fixed by something advertised on TV and available at your doctor's office, and as the TV commercial suggests, you remember to ask "Is drug X right for me". It is baffling that Big Pharma, with the blessing of the FDA, gets away with promoting a steady stream of questionable but profitable nostrums as if they are answers to all the ailments of mankind.

Recently I've written about side effects of the diabetes drug Farxiga, pitched on TV in a com-

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mercial that suggests sublime happiness for diabetics who take the drug, yet possible devastating side effects are mind boggling. I wonder how many men who take Farxia and develop discharge and a rash on their penis would be happy. [I've written about the new drug Addyi](#) for women with low libido that has the potential for disaster when taken with alcohol.

At the top of my list of "time bomb" drugs are statins, the very profitable drugs that lower cholesterol. Cholesterol is necessary for the brain to function properly, yet no one seems able to suggest a connection between rampant statin use and increasing cases of cognitive decline, and not just among the elderly.

As I have mentioned several times, I first became aware of the dark side of statins when I read [Lipitor: Thief of Memory](#) by Duane Graveline, M.D. In all the years statins have been on the market only sporadic warnings have appeared about statin safety, and those warnings haven't made a big splash on the evening news. For a comprehensive look at the range of problems possibly related to statin use, see "[FDA Adverse Event Reporting System \(FAERS\) Statin Review](#)". It scares the daylights out of me.

Most unsettling is that use of statins among elderly patients without vascular disease continues to rise despite a lack of evidence showing benefit in this age group. One of the most forthright warnings can be seen in an article titled, "[Haphazard Statin Use Harmful for Elderly](#)". This article is a "must read" if you are in the 70+ age group and taking a statin. To be expected, supporters of statins provide their evidence to the contrary.

Bottom line: Your health is YOUR responsibility. When it comes to taking medications of any kind, do some open minded research, preferably before you start taking prescribed medication(s). Ask questions. Respect your intuition and your intelligence. Apply common sense. Doctors are not all knowing gods. And bear in mind, TV ads for drugs are designed to produce profit, and lots of it, for drug companies.

# The Importance of Being Charming

By Barbara Morris



My new career in real estate requires that I interact well with clients. In other words, I need to be charming -- more charming than I already am. You may be thinking, "How can Barbara possibly be any more charming than she already is?" I'm thinking the same thing but I am always open to improvement. :-)

To improve my "charm quotient" I need to understand that today, feelings are easily hurt if a politically incorrect word or term is used unintentionally. A glance, touch or movement may be perceived as inappropriate. Tone may be taken as harsh or judgmental. Look at the furor created recently when Donald Trump's tone was considered offensive. Anchors and pundits at CNN became positively apoplectic.

So, because it appears almost everybody is offended by something, I need to learn how to deal with that new reality and be charming about it.

To start, I must stop being blunt. If you tell me something patently untrue, I must not tell you that you are full of crap because that's not charming. Instead, I must respond to you in a warm and fuzzy way and not offend your delicate sensibilities. If you are a male with facial hair, I must not tell you how disgusting I think it is, and I certainly can't say you look like a scruffy old fart because that would be intolerant and judgmental. Sure, "old" people are allowed to say whatever they want to say but because I take pride in not being "old" I can't get away with that excuse.

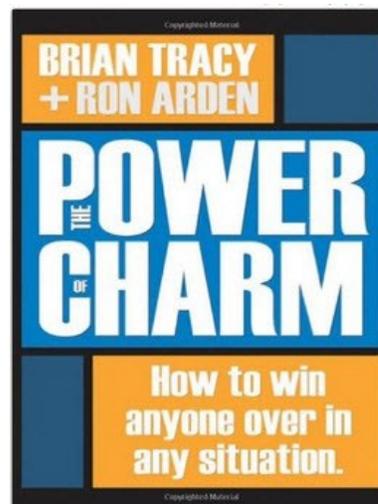
Furthermore, to show that I am in tune with the times, I also need to learn to use the new way of communicating (newspeak) using acronyms, abbreviations, and clichés, (not necessarily related to real estate). For example:

- You don't contact people, you "reach out" to them.
- You begin every sentence with "So", and there are no problems, just issues.
- When you go to a doctor for a test, the result is explained in acronym-eze: "The MRI showed you have a an OAB, UTI, and a STD but no one will know because you are protected by HIPPA." (It would take too much time to explain you have a weak bladder and a urinary tract infection. And oh, by the way, you have a sexually transmitted disease but no one will know because privacy laws (giggle giggle) insure confidentiality.
- When conversing about current events, it's important to understand our government doesn't deal with intelligence, it's "intel". Regulations are "regs". Our dear leader is POTUS. "The Supremes" is not a Motown musical group, but members of the SCOTUS.
- When coming to a conclusion, you "get to the bottom line" "at the end of the day."

So, the bottom line (cliché) is that in order to exude charm and successfully interact with others, I must be totally tolerant, nonjudgmental, flexible, and conversant in newspeak.

To help me achieve my goal, my charming daughter, who is also my charm mentor, suggested that I read *The Power of Charm* by Brian Tracy and Ron Arden. I really didn't think I needed to read it, but I read it not once but twice (it's a quick read) and I love it! As a result, I am becoming so insufferably charming it could torch your tush. (A not so charming cliché)

For example, as a result of reading *The Power of Charm* I now tell everyone I meet how much I appreciate them, being sure to speak slowly with a lilting quality, with a slight tilt of my head, while gazing into their eyes. I know that sounds like something out of a schmaltzy romance novel, or a pickup attempt at a bar, but that maneuver is considered charming. For practice, I'm using family members as guinea pigs and frankly, they are sick of it, dismissing my attempts to be charming with not so charming directives to "get over it", "give it up" or horror of horrors, "you are soooo full of crap". But I don't care; I'm going to practice until I am totally mesmerizing.



But, on second thought, at the end of the day (cliché), I don't know -- what if I don't feel like being charming? The answer is, if you want to get along well with others, you WILL be charming because everybody likes a charming person, even when they know (and you know) you are full of it.

## Good Stuff To Know October, 2015

### [Growth hormone reduces risk of osteoporosis fractures in older women](#)

For years after it was administered, growth hormone continued to reduce the risk of fractures and helped maintain bone density in postmenopausal women who had osteoporosis.

### [Oysters harbor, transmit human norovirus: Avoid raw ones](#)

Oysters not only transmit human norovirus; they also serve as a major reservoir for these pathogens, according to new research.

### [Can you avoid hangovers after heavy drinking?](#)

Are some people immune to hangovers, and can eating or drinking water after heavy drinking prevent a hangover? The answers appear to be 'no' and 'no' according to new research presented the ECNP conference in Amsterdam.

### [Testosterone changes brain structures in female-to-male transsexuals](#)

Brain imaging shows that testosterone therapy given as part of sex reassignment changes the brain structures and the pathway associated with speech and verbal fluency. This result supports research that women in general may deal with speech and interaction differently than men.

### [Knee and Hip Replacements May Be Bad for the Heart](#)

Contrary to recent reports, researchers found that osteoarthritis patients who had total knee or hip joint replacement surgery, known as arthroplasty, were at increased risk of heart attack (myocardial infarction) in the early post-operative period. However, findings indicate that long-term risk of heart attack did not persist, while the risk for venous thromboembolism -- blood clot in veins and lungs -- remained years after the procedure.

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### [Prolonged television watchers have higher risk of fatal pulmonary embolism](#)

Prolonged television watchers have a higher risk of fatal pulmonary embolism, a condition associated with long haul flights, reveals research.

### [Men who buy sex have much in common with sexually coercive men](#)

Men who buy sex have less empathy for women in prostitution than men who don't buy sex and are more likely to report having committed rape and other acts of sexual aggression, according to a new study. The study of 101 men in the Boston area who buy sex and 101 men who do not -- all of whom were promised confidentiality -- indicates that the perspective of sex buyers has similarities to that of sexual aggressors.

### [Vitamin C: The exercise replacement?](#)

Exercise improves health in overweight and obese adults but can be hard to incorporate into a daily routine. New findings show that taking vitamin C supplements daily instead can have similar cardiovascular benefits as regular exercise in these adults.

### [Connection between mouth bacteria, inflammation in heart disease](#)

Oral infections are the most common diseases of humankind and are also a key risk factor for heart disease, which is the leading cause of death worldwide. In a review article, researchers summarize the latest clinical evidence supporting a link between oral infections, which are caused by the bacteria in our mouth, and heart disease, and they emphasize the important role of inflammation in both of these conditions.

### [Gene Chip Technology, Available As Soon As Next Year, Would Distinguish Biological Age From Chronological \(Calendar\) Age With Simple Blood Test](#)

The idea of testing for activation of healthy aging genes rather than disease genes suggests a model for healthy longevity is being established in humans for the first time.

### [Fracture Risk Added to Diabetes Drug Label](#)

Type 2 diabetes drug canagliflozin (Invokana, Invokamet) can decrease bone strength and increase the risk of fractures, the FDA is warning health care professionals. - See more at: [http://www.pharmacytimes.com/product-news/fracture-risk-added-to-diabetes-drug-label?utm\\_source=Informz&utm\\_medium=Pharmacy+Times&utm\\_campaign=PT%5ENews%5FDaily%5F9%2D16%2D15%5FSavaysa#sthash.v59LqPIa.dpuf](http://www.pharmacytimes.com/product-news/fracture-risk-added-to-diabetes-drug-label?utm_source=Informz&utm_medium=Pharmacy+Times&utm_campaign=PT%5ENews%5FDaily%5F9%2D16%2D15%5FSavaysa#sthash.v59LqPIa.dpuf)

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[Virus in cattle linked to human breast cancer](#)

For the first time, researchers have established a link between infection with the bovine leukemia virus and human breast cancer. Researchers analyzed breast tissue from 239 women, comparing samples from women who had breast cancer with women who had no history of the disease for the presence of bovine leukemia virus (BLV). They found that 59 percent of breast cancer samples had evidence of exposure to BLV, as determined by the presence of viral DNA.

[Multilingual Drug Label Law Passed by California Lawmakers](#)

Pharmacists in California could soon be required to provide prescription drug labels in 5 languages besides English under a law unanimously passed by state lawmakers. Under state bill A.B. 1073, California pharmacists would need to provide medication instructions in Spanish, Tagalog, Chinese, Vietnamese, or Korean—the 5 most common languages in the state after English—upon request from patients or their caregivers.

[Researchers: Junk food diet leads to brain weaknesses](#)

New research has shown for the first time that the part of the brain used for learning, memory and mental health is smaller in people with unhealthy diets.

[JAMA study links low vitamin D levels to ‘profound’ and ‘rapid’ cognitive decline](#)

Vitamin D deficiency and insufficiency may have “substantial” accelerating effects on cognitive decline in the elderly, says a new study from UC Davis and Rutgers University.

[Birth control pills pose small but significant stroke risk](#)

Birth control pills cause a small but significant increase in the risk of the most common type of stroke, according to a comprehensive report in the journal MedLink Neurology.

[Researcher advocates ending Medicare coverage of controversial mammography tool](#)

A costly tool used on nearly all mammograms does not increase cancer detection rates and should no longer be covered by Medicare, argues a family physician and comparative effectiveness researcher.

# The Importance Of Books

## *And How They Can Touch Our Lives*

By Lura Zerick



I have been an avid reader since my early school days. As I near age 85, I still read five books each week. I enjoy my daily hours of reading; wherever I am, I always have a library card. These books, plus those I buy, fill my days with a special pleasure. My local library allows only five items at a time but I switch these each week. A dear friend and neighbor drives me to the library (first), then to the supermarket for my few grocery needs. I stopped driving (voluntarily) at age 80 though I could still drive if I chose. I was trying to be *sensible* about it...and I still think I made the right decision – even if this takes away from my independence.

Life would be almost intolerable if I had to stop reading. If and/or when I might be unable to read, I will get audio books. I have already *lived* the soap operas, so I refuse to go back there. Since that time I have learned how to enjoy and *appreciate* the gift of my days in the simple things of life.

I can safely say that I have read *thousands* of books. If a book doesn't grab my interest in the first chapter, I put it down. I finished a book recently around four o'clock in the morning, that was probably the best book I have ever read. I always stack my books in the order that I will read them. Since I often select my library books by the names of favorite authors, this was the last one in the pile because I didn't recognize the author's name. I absolutely could NOT put it down ! I realize that at my age I should be asleep at an hour that is reasonable and I *usually am*. This was an exception and definitely was worth it.

The title of this book is [\*An Invisible Thread\*](#) and it is not fiction but is a true story, which makes it more interesting. The author's name is Laura Schroff, co-authored with Alex Tresniowski. This is a book that I won't forget. It teaches us about love, compassion, forgiveness, understanding and many traits all of us need to know. Published by Howard Books, a trademark of

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Simon & Schuster, Inc. in November, 2011, ISBN 978-1-4516-4251-3 and is available as an [ebook](#).

These days are spent as I use my God-given abilities in writing either books or freelance articles for national magazines. Over the years I have learned how to keep my mind alert for new writing subjects. One word, thought or sentence can give me an idea. I often write these down if I am away from my home; I might forget these ideas otherwise. Presently I have NUMEROUS ideas jotted down so it will be *months* before I can finish these articles.

I am one who needs a goal. I believe most of us need this; without that my days would be empty and sad. When I have something to reach for, however, I get busy with my *desktop* while I 'git'erdone' .

So, the truth is, if I'm not reading, I am writing. I *choose* to write words that will *uplift* the reader, rather than the garbage of many of today's 'bestsellers'. I am aware of that pit of despair and refuse to drag my readers downward. I know all those 'dirty words'; might could teach a few new ones but that is not my style or my purpose. I have learned, too, that there are many ways we can be rich. My needs and wants are few but these are provided. I have never yearned for financial riches. I have known many who have money but no peace or happiness.

I have already experienced the results of wrong or quick decisions so in my 'later years', I want to be a blessing, to help my readers toward a better life. If we allow it, our painful experiences can destroy us – and mine almost did. Decisions made in the past, often in youthful ignorance, can ruin our present and future even years down the line. We must be alert to this danger as we learn to pray about

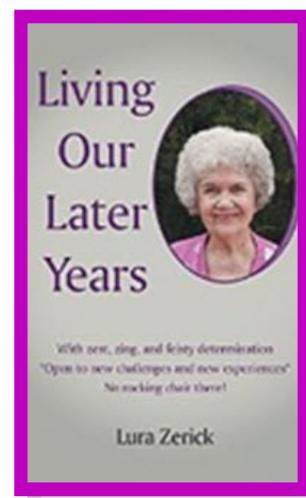
any decision we must make.

I am thankful that I can continue for awhile as my present sunny, cool days pass. It might be that I can touch at least a few lives with encouraging words while I am here.

84-year-old Lura Zerick is the mother of 5 adults, grandmother of 12 and great-grandmother of 7. She was born and raised in the Florida Panhandle and now lives on six acres of woods in S.E. Alabama.

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

Lura was Executive Editor of a regional magazine, Grassroots South; Editor's Assistant for an international publication, Journal of Marital & Family Therapy; wrote a newspaper column, Encouragement for Today and wrote features and news articles for various newspapers. Her articles have been published in Alabama Living, SpiritLed Woman, Just Between Us, Writer's Digest, Mature Living, Christian Single, Army Flier, Army Times, Looking Back and other publications.



# Impermanence Is Here to Stay

By Joyce L. Shafer



There are times we wish for change and times we dread it. To paraphrase the truth-filled saying, the only constant in life is change.

Our ego-aspect fools itself by believing what we have will always be there, will never change. It's like a form of temporary amnesia or a dream-state we walk around in, whether this is about a change we would welcome or one we wouldn't. The ego-aspect wants to believe the dream-state, more often than not, so it can feel secure and comfortable. But everything changes, doesn't it, either by improving or by diminishing, until it's a memory only.

So, we can say there are two types of impermanence, as far as our ego-aspect is concerned: what is not our choice and what is.

We don't like to feel uncomfortable or unsure. In fact, we often take it as a personal affront when something happens that causes us to have changes in our life that we (our ego-aspect that is) don't desire.

But, family and friends move away or pass on; jobs change by our design or someone else's; children are born and the family expands, as does its needs; the weather and even the planet bring about gradual or immediate changes: the list is endless because everything changes. Everything changes because we (and our planet) mature and age, and our needs and wants change through the years.

We are meant to be of service, in ways appropriate for us; meant to learn, evolve, and create betterment for ourselves and others. Some of the most significant innovations, inventions, and services might not be around today, were it not for neces-

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sity brought on by change being the “mother of invention.”

We are also meant to enjoy and appreciate what we have, while we have it. And when we see the signs of impending change, either from within or outside of us or both, we are meant to prepare ourselves for it. The first preparations should take place at the inner level. The next preparations should address anything at the outer level that we know we must do, are inspired to do, or that we intuit should be done, including right timing about these.

Sometimes change happens suddenly, and we feel shaken somewhat or to our core by it, even if we mentally, emotionally, or physically prepared a bit or a lot. But this is when the strength of our spiritual foundation and our relationship with Source can assist us, and is why we are meant to develop and strengthen these at all times. A true feeling of security comes from trust in Source, and self-trust; and the former supplies and nurtures the latter.

Awareness of impermanence – gentle awareness, not dwelling on it – can assist the quality of our experiences. When we’re in the dream-state, where everything we are happy about or comfortable with or at the very least feel “sure” of “stays the same,” we tend to miss or ignore how precious and special people and moments and experiences are. This kind of awareness or consciousness happens in the Now, and can only happen in the Now. The dream-state of “permanence” has us volleying back and forth between past and future; two moments we are never actually in. We are always in the Now. We are always in a state of impermanence. If you’re really brave – or have expanded or embraced conscious awareness at a certain level, you could say we’re always in a state of Divine Impermanence.

The dream-state can and does keep us out of appreciation. There’s a wonderful quote by Meister Eckhart that says, “If the only prayer you ever say in your whole life is ‘thank you,’ that would suffice.” When ANY change happens, we could use this quote as a power statement to help us navigate our feelings, our fears, our strength, and our trust in Source.

Appreciation is best expressed as often as possible and as soon as we can enter that state of mind and being, rather than just when the ego-aspect believes a moment is worthy of it. To the ego-aspect, this differentiation of worthy or unworthy

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makes sense or seems logical and appropriate. Our spirit-aspect knows every moment is worthy of appreciation. Albert Einstein understood this when he said, "You either live as if everything is a miracle or nothing is a miracle." Nicely said. Not always so easy to live up to; but we can aim ourselves in this direction and benefit by it.

Einstein's statement reminds me of a powerful question you've possibly seen or heard before: Do you believe the Universe is friendly or unfriendly? Your response has ALL to do with your experience while here. And if your response is a result of what you learned in your formative years, you can either change your beliefs or enhance them, and do so in your favor. You are not locked into negative or non-beneficial beliefs. Remember, nothing but Source is permanent. Beliefs always change; real Truths never do. One of the most profound journeys you can ever make is the one that leads you to Truths that are permanent.

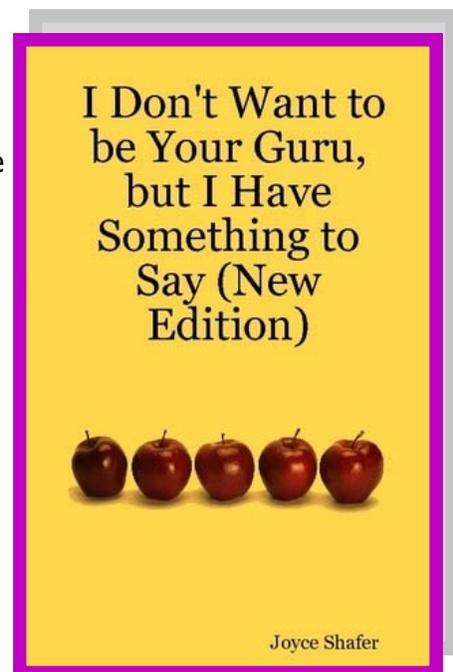
Begin to pay attention to what and who you appreciate (and what and who you don't apply this practice to). Ask if your appreciation is as present and deep as you'd like as a means to enhance your experience of joy, love, fulfillment, curiosity, illumination, and becoming the person you intend to be. Or as Patti Davis wrote, "I'm learning how, at age 60, to become the person I want to leave behind on this earth." It's a good practice, one you'll appreciate.

Practice makes progress.

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



New Book

# Handbook of Manly Quotes: Be A Man!

A talk show host was commenting on Millennials and how they have difficulty dealing with life's ups and downs and disappointments. Specifically, the host was explaining that college counselors are overburdened with distraught students who feel they have been slighted, cheated, or disrespected in some way, or were traumatized by a mouse in a dorm room. Millennials are said to bring their parents to job interviews. In short, they are devoid of coping skills every successful adult needs to navigate the realities of life.

Somebody or something has to help wake up misguided and coddled young people who can't deal with the rigors of growing up. One solution may be as simple as requiring them to read an 86-page book titled [\*Handbook of Manly Quotes: Be a Man!\*](#) edited by Max Strong. The book is divided into twenty sections containing inspiring quotes of famous people dealing with everything from Hard Work and Perseverance to Politics.

Here just a few quotes that would well serve everyone, young and not so young, if they choose to think about them and incorporate them into their thinking and behaviors:

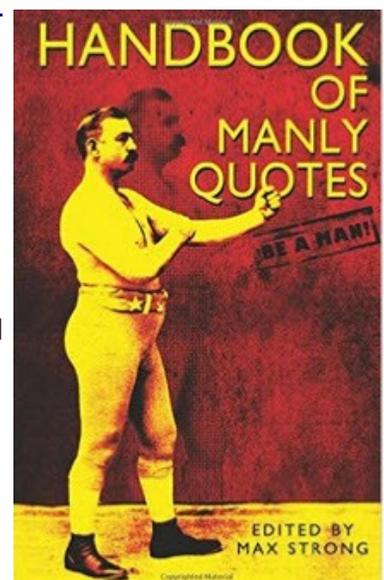
*The coward is the one who lets his fear overcome his sense of duty. Duty is the essence of mankind -- George S. Patton*

*A man must be big enough to admit his mistakes, smart enough to profit from them, and strong enough to correct them -- John C. Maxwell*

*Being the richest man in the cemetery doesn't matter to me. Going to bed at night and saying we've done something wonderful, that's what matters to me -- Steve Jobs*

*Failure is simply the opportunity to begin again, this time more intelligently -- Henry Ford*

The quotes will benefit not only men, but women and children, and I will go out on a limb and suggest this little gem should be required reading at every stage of the education experience -- from elementary school through college. It's that worthwhile. I know that's not going to happen so it's up to parents, grandparents and pastors to make the [\*Handbook of Manly Quotes: Be A Man!\*](#) available to those in their charge. What a great opportunity for parents and grandparents to connect with their kids and grandkids as they impart much needed wisdom, guidance and inspiration they may not get anyplace else. A great alternative to boring bedtime fairy tales.



**Put Old on Hold**  
Superior Supplements for Healthy Longevity

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Antioxidants  
Cardiovascular  
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Daily Wellness  
Detoxification  
Emotional Well-Being  
Essential Fatty Acids  
Glucose Metabolism  
Herbal Extracts  
Hormone Support  
Immune Support  
Intestinal & Digestive  
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**Barbara Morris Recommends. . .**



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