

September, 2015

Put Old on Hold

e-Magazine

Advocating Balanced Lifelong Growth and Productivity

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It's Time to Travel**

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The Good Stuff?**

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Editor/Publisher: Barbara Morris, R.Ph. P.O. Box 937, Escondido, CA 92033-0937 Contact: Office1(at)Cox(dot)net. Copyright © Barbara Morris, R.Ph. 2015

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Can We Beat Sore Feet?

By John Paul Ouvrier



Sore feet and exercise; boy they can go together! Is there hope? Yes.

There is hope in helping the average sore foot, because the average sore foot hurts because it's not taken care of. Other foot aches and pains are between you and your doctor. Most everyone will have something their doctor needs to look at, from bunions to arthritis, the list is almost endless. Once the doctor has looked at your feet, the question then becomes, "What can I do myself proactively that will help my feet not ache, or not ache as much?"

This is best explained by example. Let's use the image of a person who knits regularly. If this person knitted for hours on a given day, their hands will usually become sore, and perhaps cramped. At this point the person will usually put down the knitting and stretch and rub their fingers. This is because when the hands are cramped and the muscles tight, we can't use them effectively. It's almost instinctive. If the hands cramp up, we rub them out and stretch the fingers, or something. Yet do we do the same for our feet?



Most of us don't do anything for the feet, yet we use them every day. And if you haven't stretched or loosened your feet and toes up in years, then you are most likely going to start taking smaller steps and or pull something in the feet or toes. Most people who have tight feet and tendons are constantly on the edge of hurting themselves. Please get into the habit of keeping your feet loose and flexible.

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So how do we loosen and strengthen the feet? Here are some ideas for you to get started and share with your doctor or physical therapist first:

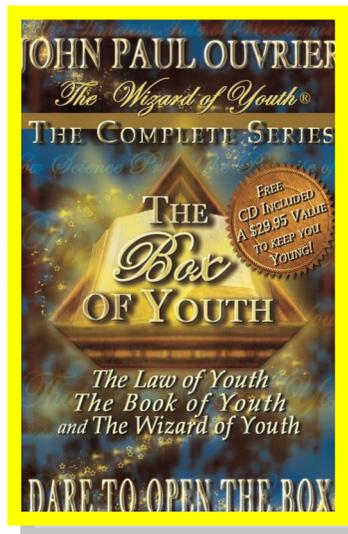
1. **Stretch your toes each day.** Stretch them forward and backward. This is easy if you can reach them, but if you can't here are some ideas:

- a. **To stretch them backwards** (towards the top of the foot), sit up tall in a chair, feet flat on the floor, shoes off, and gently push your toes into the floor and lift your heels up as high as they can go and pushing the toes back, feeling the stretch not only in your toes but up through the arch of the foot. For some of you, this movement will be minimal, and your doctor may not want you to do this, but most of us should be able. (See your PT for specific exercises for your feet.) Do this once for about a minute, one foot at a time.
- b. **To stretch them forwards** (toward the bottom of the foot) you need to be creative if you can't reach them. Some people while sitting will rest one foot on top of the other and curl the toes down on the top foot. Others will stand and while holding onto something solid, lift one foot behind them, resting the tops of the toes on the floor to get a good stretch. Do this once for 10-30 seconds on each foot.

2. **Do foot rolls each day.** Rolling the feet around in big circles both ways and side to side keeps extra mobility in the feet.

- a. **Foot Circles:** Roll them ten times to the right in a full circle, tracing a circle as big as your feet. Do this to the left as well.
- b. **Feet Side to Side:** Resting the heels on the ground, move the toes side to side as if you were making your toe move like a windshield wiper back and forth. Make the feet move side to side, NOT turning the legs side to side. Ten times on each foot.

Get used to the feeling of looser toes, feet, and ankles. Please understand that if you just get out and push yourself to walk faster, with bigger steps, and the tendons in your feet are tight, at some point in time, you will pull something. Most aches in the feet can be managed, and for those chronic issues, extra flexibility and mobility are a wise and safe idea. So go get those feet stretched out. Blessings.



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> and <http://fitness4charity.org>

Waiting For The Rolling Store

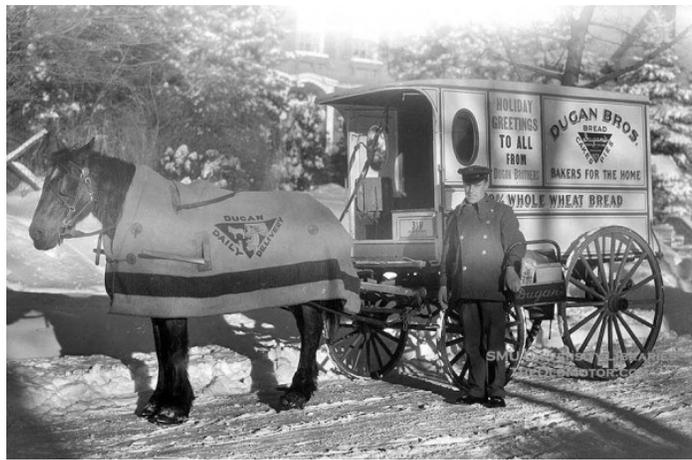
By Lura Zerick



When we were young, my youngest brother and I always looked forward to Wednesday. THAT was the day the ‘rolling store’ came by. This truck, filled with basic groceries and other items, stopped at each farmhouse on its’ route to offer their wares to the housewife who seldom went to ‘town’, 15 miles away.

Seems like yesterday that Mr. Clemmons came around his truck to ask my Mama what she might need. There were no refrigerated items, but he had a wide selection of foods in bags or packages....even a small choice of candies. Mama liked those ‘circus

peanuts’ so we hoped she would get a few. Occasionally we were given a penny or a nickel to spend. That was great; we could get five chocolate kisses for one penny – or a candy bar for five cents. That was such a privilege then! I never had \$5 until I was graduating from high school (1947) and that fiver was from the school for helping ‘run’ the school store at noon. Stupid me; I gave it to my father to ‘hold’



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for me and I had a difficult time in getting it back! My father's motto (and he said it often) was "A fool and his money are soon parted." He didn't part with much very often. I remember how he complained that my graduation ring cost \$12.00; I would have thought he would be proud of having another daughter graduate from high school. I had entered 12th grade at age 15, two years younger than my classmates. Because I was allowed to start school at age 4. I loved school.

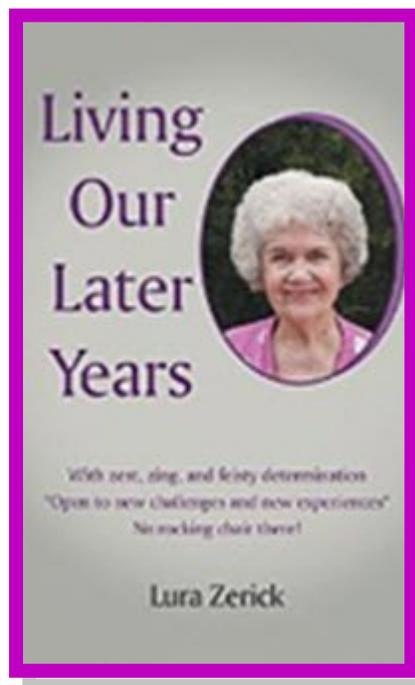
I was old enough, however, to appreciate the rolling store! It is amazing now to remember how excited we were on Wednesdays! We seldom got items from any store but we lived in hope.

Mama bought basic items, such as sugar, flour, baking powder or soda, maybe material to make a dress for one of us. Every mama knew how to sew. This was a life-saver for daughters; we were much older when we got a 'store-bought' dresses. My graduation dress was probably my first.

I was not allowed to date – though I felt that at 16 I should. I didn't know what a "wild child" was. Actually, I was book-smart but life-dumb. I wanted to go to college but my father was sure that daughters would get married and have a family. So what did I do to escape this strict father? I married that boy I had met at age 12, when I entered the 9th grade; that graduation dress became my wedding dress. Just to share where my priorities were, my new husband was the cutest boy in school.

So I became a wife. A school board member in his county told me that if I would go to summer school, he would see that I got a job teaching first graders the following school term....at age 16. I didn't; at that time I hadn't learned how to 'speak up' for myself.

Life went on but I never forgot the excitement of the 'rolling store'. Kids today might laugh at that idea but back then there were no 'malls' to drift through. Truth is, at age 84, I don't drift through very many now either!!!



Mom, You're 86 -- It's Time To Travel

By Barbara Morris



My boomer daughter thinks I should spend time traveling. After all, isn't traveling and taking life easy what "old" people are supposed to do? You've seen the TV commercials for river cruises that promise exposure to all kinds of cultural treasures in exotic places. She thinks that's ideal. I look at those happy old people enjoying themselves and think, "get a job -- your brain is turning to mush". (Yes, I understand how harsh that sounds.)

I have no interest in traveling, or seeing cultural treasures. I am my own cultural treasure. The year we went to Rome I couldn't wait to go home. Between the pickpockets and non-stop graffiti that marred beautiful old buildings, it was a stressful experience. My daughter thinks Thailand would be an interesting place to visit. Yeah, I suppose so, until a tsunami hits and you get washed out to sea or there is a 10.2 earthquake. I'd rather take my chances surviving an earthquake here in the People's Republic of California.

Truth is, I am a boring workaholic. Just give me my computer, preferably with two screens so I can multi-task, some exciting new software to learn and problems to solve and I'm a happy camper. Yes, balance in one's life is ideal, but one woman's balance is another woman's boredom. When asked how I stay "so young" I sometimes reply it's stress and aggravation that keeps my brain fired up. Nobody gets it because we've been conditioned to believe stress is a killer. Maybe so, but there is good stress and bad stress. Stress is good when you have a perverse enjoyment of what's causing the stress.

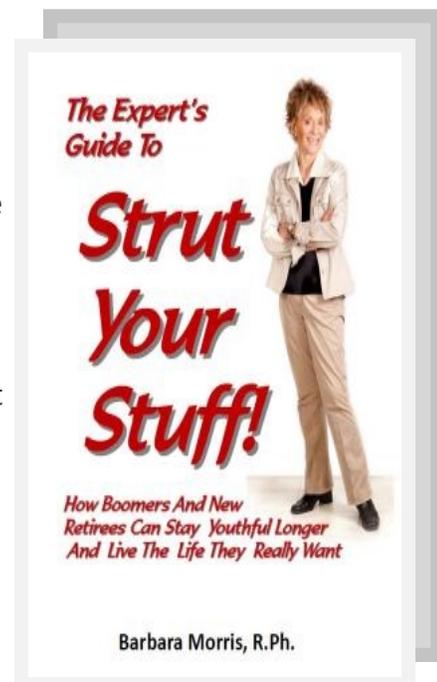
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My point in telling you this is that my daughter's assumptions and expectations for "old" people is a reflection of cultural assumptions, expectations and attitudes about "old" people that simply refuse to change. With few exceptions, our culture refuses to accept that times have changed; people are living longer and the tradition of old people passing time playing cards, bingo and shuffleboard, or mindlessly traveling, or playing non-stop golf just doesn't cut it anymore. And, because outdated assumptions and expectations persist, we have a plethora of decrepit old people who have done what the culture expected them to do and they are paying the price for not challenging cultural norms. You can't spend your "golden years" without testing your mind and body on a regular basis and not expect to experience decline. Leisure activities and mind-numbing entertainment are not challenging. Like it or not, we are made for work.

Now mind you -- my daughter is a boomer. In no time at all, her children will be saying to her, "Mom, you should quit the real estate business and take it easy and travel -- go to Thailand." In her case, she would probably say, "Yes. that's a great idea. I love to travel."

I'll bet that when her kids think it's time for her to do what "old" people are expected to do, being older and wiser, she won't appreciate their suggestions because she has a brain that is larger than a peach pit and would probably want to continue working real estate deals (or, in her case, supervising others who do deals). And, she might be annoyed that her kids are encouraging her to do what is expected of her at "her age" but she is not ready to do at "her age." I can assure you -- nothing is more annoying than having people who don't know what they are talking about, who don't know what's going on in your head -- nothing is more exasperating than when they tell you what you should be doing "at your age".

Of course, "at my age" I could be wrong about all of this, but probably not. As my favorite cartoon character Yogi Bear (who was too stupid to know he was stupid), used to boast, "Hey Hey Hey! I'm smarter than the average bear!"



The “New” Morning Sickness Pill

By Michael E. Platt, M.D.



Many people probably remember thalidomide which was a popular sleeping pill prescribed for pregnant women starting in the 1940's because it was touted to help with morning sickness. It was eventually removed from the market after it had resulted in thousands of babies being born with skeletal abnormalities such as only having hands without arms attached to their shoulders (a condition called focomyelia).

In 1956, a drug was introduced called Bendectin, and again used for morning sickness. It was a combination of two drugs, doxylamine and pyridoxine. Unfortunately, this drug resulted in many, if not more, of the same side effects as thalidomide. It should have been removed by the FDA, but they allowed it to be marketed until it was voluntarily recalled by its manufacturer, Merrell Pharmaceuticals, in 1983. It seems that the multiple law suits involved with this drug ate into their profits in a large way.

Two years ago, the FDA, who is supposed to be concerned about patient safety, allowed a Canadian drug company called Duchesnay, to have their drug called Diclegis approved for treating morning sickness. This drug has exactly the same formula as Bendectin. They got away with re-introducing it because the FDA never took it off the market like they should have.

Not surprisingly, Kim Kardashian was brought in to market this toxic drug. The problem with this multimillion dollar campaign is that she failed to mention the potential side effects, so that the ads featuring Kardashian were pulled for the time being. Frankly, it would appear that consider-

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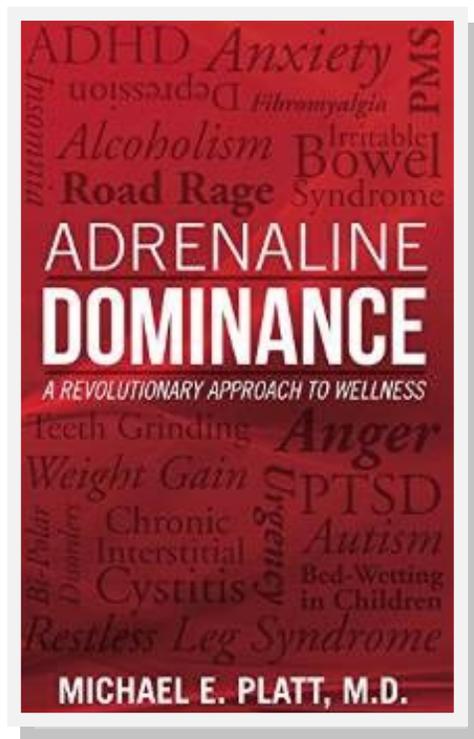
ing the history of this drug, doctors prescribing Diclegis is putting themselves on the same level of knowledge displayed by Kim Kardashian.

So what should women do to eliminate morning sickness? Those of you who have followed my blogs realize that my approach to conditions is to treat the underlying cause. Well the underlying cause of morning sickness during the first trimester is always estrogen. So would it not make sense to block the effects of estrogen? This is achieved with the use of a natural bio-identical progesterone cream - a hormone that not only will eliminate morning sickness, but at the same time is extremely beneficial and healthful to the fetus.

While on the subject of morning sickness, please be aware that there are some women who vomit throughout their entire pregnancy - a condition called hyperemesis gravidarum. Interestingly, it is only found in women with creative minds. It is caused by excess adrenaline, and creative people have the most adrenaline. This situation is also treated by progesterone, in conjunction with a meal plan to lower adrenaline.

I strongly recommend that women who do have this problem read my latest book called "Adrenaline Dominance". Not just for their own benefit, but also for the benefit of their offspring who will likely have the same hormonal challenges.

For those women who are looking for a therapeutic strength of progesterone, you can order Platt Pro 5% from my website. It provides 50 mg per pump, the strongest progesterone cream available without a prescription. It can also be found in a number of health food stores under the name Pro Max 5%. My website is: <http://www.plattwellness.com>.



New book

The Widow or Widower Next Door



Mary Lee Robinson

According to Mary Lee Robinson, author, 50% of happily married couples will become *The Widow or Widower Next Door*. Mary Lee joined that 50% in February 2013.

Her story is one of many in the book. They had just relocated 11 months prior to their brand new home in the Low Country of the Carolinas. Her husband suffered a massive cerebral hemorrhage and was gone at age 63. She hit the wall of loneliness and grieving at 90 mph. It was startling not only to her, but to the other story tellers that most people don't have the faintest idea what to do for the bereaved. Strangers can be very kind, and familiar folks can be downright cruel.

Grief is very poorly understood and not tolerated well in our culture.

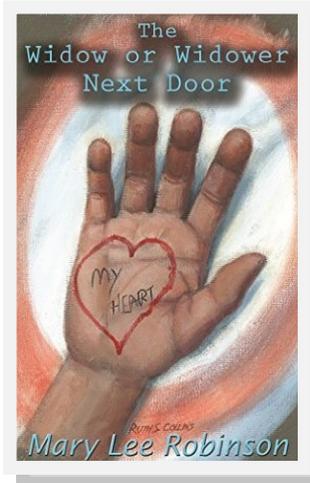
It was also evident to her that she was going to have to build her own life raft and she started an online widow and widowers club. The club offered a variety of events and activities in the area with others who were suddenly alone. Within a year, in a town of 30,000 residents, they had 170 members. That should speak volumes about an unmet need.

Together twenty five of the widows and widowers wrote the only book we know of, about losing a mate in today's world that is authored by a *group* of "wids." They answered twenty five questions about what helps, what hurts. Mary Lee's Pastor (a remarried widower himself) and her Grief Counselor got behind the project and made contributions of their own.

Mary Lee states; "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."

It is the "wids" fervent hope that they can debunk some of the myths and misconceptions. They hope to educate those who have not known loss that the attitude of "It's been 48 hrs. You're OK now, right?" is not the way it works for the grieving. It seems society cares more about whales and sea turtles than the "wids" right next door!

Speaking about grief should be not be more taboo than talking about sex, especially once you learn that "talking about it" is one of the most healing things a griever can do.



What Really Blocks the Good Stuff from You and Your Life?



By Joyce L. Shafer

Maybe you've been on the spirituality/metaphysical/Law of Attraction path for

quite a while, yet don't feel as *in the flow* as you'd like to or that it's easy to get in the flow, no matter what you know. What's up with that?

You may or may not like what this is really about, but until you take hold of it to help you move forward, you'll likely stay frustrated in one or more areas of your life. Ernest Holmes got right to it when he wrote, "We are One with the Universe, and that Spirit flows through us at the level of our recognition and embodiment of it.... Spirit expresses itself through each indi-

vidual at the level of his [or her] consciousness."

Okay, so we have to face the truth that this is akin to water seeking and meeting its own level, which means the energy of what's going on to us, for us, and through us meets our own consciousness level. And the only place energy and consciousness can increase is within us, by choice, intention, and commitment. So what blocks this from happening easily for us?

Ernest Holmes (again) said "The Spirit can do for us only what IT can do through us. Unless we are able to provide the consciousness, IT cannot make the gift." Catherine Ponder said it this way: "God can only do for you what He can first do *through your mental attitudes*." This leads us to look at our habit of thought, or said another way, our mental/emotional attitudes.

What happens when things are not going well for you? Your ego-aspect runs amok, for one, whether it's about the state of your health, finances, business, job, relationships, and so on. It resists what's happening, probably in a big way. Maybe it blames others, who may have been triggers, but it doesn't want to take any responsibility, or take as much as it might, for perpetuating your mental/emotional

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discomfort. Maybe it expresses envy about others who aren't having the same experiences (and ignores other experiences they may be having). Maybe it goes into self-pity and stays there. Maybe it starts talking in statements (thoughts) that oppose (are opposite of) your good and won't shut up.

I just learned about a book and method called *The Emotion Code* by Dr. Bradley Nelson, which I'll read soon. You can look up his videos on YouTube (especially check out the one called "Emotion Code example" that runs almost 12 minutes). He points out that some of what blocks us may not even be ours. Wouldn't that please the ego?! But, it could be true. It's now ever more widely believed that we inherit more than just physical aspects through our DNA, we inherit non-physical ones, as well, such as beliefs. That sense of lack or any prevalent negativity you feel and haven't been able to shake that you wear like a wool overcoat, for any area in life, *may not be yours*. You could be living your life according to one or more patterns that aren't yours and can be easily released.

But, there are your own patterns to consider, as well. What happens when you hold onto resentment, fear, un-forgiveness, crit-

icism, or any negative emotional attachment to any part of your past (and the past can be five minutes ago)? You create one or more blocks that cause you to unwillingly, unknowingly reject YOUR good that Source is eager to deliver to you, whether that's health, finances, or whatever area of life you feel blocked in. Maybe you believe it's more spiritual to give than receive, rather than realize it's a loop of energy, so you block receiving. Any or all of these, when practiced, are why you ask and ask—maybe plead and plead, yet "it" doesn't happen the way you desire and which your spiritual self knows it's designed to and is meant to.

Neale Donald Walsch said that blocks we bump into are requests for our attention on unfinished business. More often than not, that unfinished business is about our mental/emotional attitude (but it could also be an emotion code). We've got crud in our stream that blocks the flow of our energy and our good, blocks our ability to be *in flow and receive our good*. So we keep asking and asking Source for what we need or desire, and Source patiently waits for us to clear the way for its delivery. Sometimes, we relax enough for some of our good to squeeze through to us. Maybe we recognize this for the demonstration of

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a mental/emotional attitude it is, or maybe we don't.

Forgive yourself for not knowing better, as well as for anything you've been rejecting about yourself. Release others from your rejection of them, because like you, they picked up patterns that weren't theirs, as well as sometimes just didn't have a *bleeping* clue about what they were doing to themselves, much less to others, just as we all sometimes experience. Release the crud that your ego finds so tantalizing to dwell on and in. Swap those thoughts, every time they surface, with better thoughts, especially with the thought that you, from now on, choose to learn what you can, and will keep only the good from everything. Choose to now accept *the possibility* of what's new and good. As Catherine Ponder also said, "Although we cannot force good into our life, we can invite it by dwelling on it." Our good, our success, our relationship with Source are not usually what many dwell on most of the time.

When we dwell on and in opposing thoughts to our good, we create experiences that the ego takes as rejection from outside of us, when in fact it is we who are doing the rejecting of something, from a subconscious level. And what we re-

ject *for* ourselves is actually something we reject *about* ourselves, because of patterns of beliefs we carry that need to be shed or shifted. Source would NEVER and will never reject us. So, it is us doing the rejecting. That's worth looking into.

We also have to let go of the idea that our good can come to us from only one source or only a few sources. Source's resources are INFINITE and always available to us, according to what is appropriate for us, which is something our spiritual self is directly involved in determining, not Source. As far as Source is concerned, if we ask and have the consciousness to allow and receive it, it's ours. But we do have an inner coach (our Spirit) calling the game for our particular experience and evolution. Only when our ego-aspect works in opposition to our own inner spiritual coach do we hit roadblocks and detours. And even if some of our experiences are not what our ego-aspect would ever sign up for, our relationship with our inner spirit self allows us to say, "Show me." And we can glean from our experiences that which will help us evolve in the way we came here to do, in each moment.

Another gem from Catherine Ponder about this is, "**You do not so much attract**

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what you want as what you are—according to your secret thoughts.” Any negative secret thoughts come from that chatterbox we call the ego-aspect. It gnaws on our mental and emotional attitudes the way beavers gnaw on trees. And it’s just as effective at damming (and damning) the flow as the dams beavers build. From Emma Curtis Hopkins, we get these wise words: **“The world in which we live is the exact record of our thoughts. If we do not like the world we live in, then we do not like our thoughts.”** This can be both a discomfiting and comforting realization. But it also inspires us to monitor and shift our thoughts in order to shift our experiences.

I’m not just “whistling *Dixie*” about this topic: I’ve bumped up against it in a big way (more than a few times—if I had a dollar for every time...). As an image posted on a social site said, “If you’re still looking for that one person who will change your life, take a look in the mirror.” I had to look at how much of what I’ve learned and know is floating on the surface of my consciousness, meaning what I’ve yet to integrate as a mental attitude or way of being versus what I have integrated. And like me, maybe you’re doing this as well, not realizing that you aren’t, at times, actually prac-

ticating what you know the Truth to be (and instead are letting ego drive your bus); that knowing the Truth is never enough to get you where you want to go—you have to live the Truth to make the journey you truly desire to make.

I can say that this, as Ponder wrote, has been my (repeated) experience: “...when we dissolve the barriers of repellent thought and substitute a receptive attitude of mind, good things come to us in unexpected and wonderful ways, and sometimes with a promptness that is astonishing.” Now, I just have to practice remembering this and living it more than I sometimes do, and especially when I’ve allowed my ego-aspect to get my mental and emotional knickers in a knot.

Why don’t we practice what we know as we should or could? It’s because we often practice opposing thoughts yet are unaware of this because of the emotions we feel and are justified to feel, but get stuck there. We may practice patterns that may or may not be ours. What also blocks us is if we have somehow become locked into the negativity of others. In the Bible, there’s the story of Jesus going to the home where the daughter had died. When he got there, all the mourners told him there was

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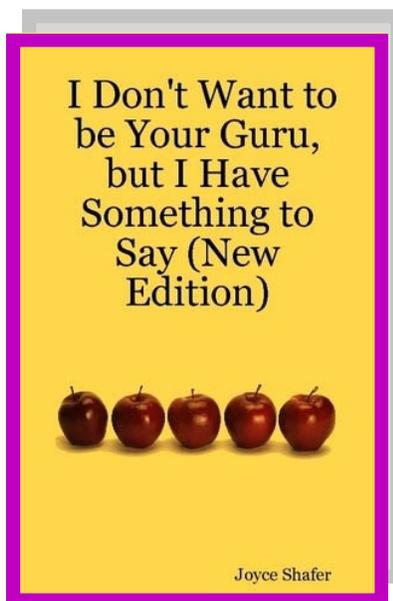
nothing he could do about it. He knew differently, but he also knew something else; and this knowledge caused him to kick everyone out so he could do what he knew he could. It's not always easy to put an end to or remove ourselves from the negativity in our lives, but it is imperative to do this as much as we can so we can function and perform what we know we're capable of. Not doing something to shift negativity or remove ourselves from its influence is more often than not a form of self-rejection (ouch!), not necessarily stoicism, which does have its place, but is a wholly different energy.

So, we need to look at the blocks we practice without realizing it or without realizing how fully they affect us, such as self-rejection, in all its forms and influences. We need to look at how much we carry the past around with us and resolve to release all but the good we can extract from past experiences. We need to look at our attachment to self-pity and shift this by embracing our relationship with Source and allowing Source to supply and support us. We need to discover whether or not patterns we practice are actually ours or if we picked

them up from others, and then release these patterns, no matter their origin. We need to become better at identifying our opposing thoughts and replacing them with supportive ones. And, we need to love and accept ourselves as we are and as we evolve, and honor this, be available to it. 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>

Short Shorts

Gossipy girlfriend stuff and other interesting tidbits

By Barbara Morris

Barbara's note: While I have taken a snarky approach to this subject -- make no mistake -- it's serious, with potential for lawsuits, personal injury -- or worse.

"Female Viagra" Approved by FDA

The good news: The FDA has approved flibanserin (Addyi), the first drug to treat **premenopausal** women with low sexual desire. The appropriately colored pink pill has been described as the female equivalent to the erectile dysfunction drug, sildenafil (Viagra).

(Sorry, postmenopausal ladies. You will have to continue to rely on the prowess of your partner to rev you up. It might be as easy as a bouquet of flowers, or if your partner showers more than once in a blue moon and shaves the thorny shrubbery off his face. Girlfriends, am I right about that?)

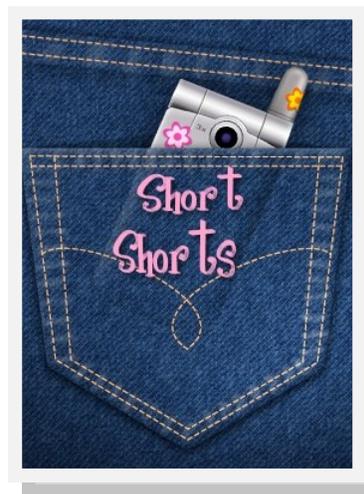
The bad news: Addyi is not for patients with liver impairment and the medication carries a Boxed Warning about the risks of severe hypotension (low blood pressure) and **loss of consciousness among those who drink alcohol. (If this warning is not a red flag for disastrous behavior in bars, what is?)**

Of course, it's comforting to know that because of the label warning, Addyi will only be available through certified health care professionals and certified pharmacies. (Sure, like you can only get Oxycontin on prescription -- unless you know a street dealer.)

My vision of what may happen:

Ultimate optimist that I am, because of the government's super success in stopping illegal drug use, I anticipate creation of a new federal bureaucracy, staffed with government agents paid at least 100K a year (big brothers/sisters -- like Obmacare Navigators) to oversee and monitor premenopausal female revelers at bars and other venues where alcohol is served. This could be paid for by tax hikes and/or cuts in Social Security or Medicaid.

To avoid lawsuits, and before dispensing drinks, bartenders would have to be trained, credentialed, and required to administer blood or saliva tests to premenopausal women to detect the presence of Addyi (creating yet another costly, useless level of bureaucratic "healthcare"). Furthermore, bartenders would be held responsible for Addyi being slipped into a woman's drink by nefarious types that infest bars. Surely, one can see the endless possibilities and opportunities for the government to inter-



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vene in lives of premenopausal women in an attempt to protect them from themselves and from predators.

Back to reality: Addyi was approved with a Risk Evaluation and Mitigation Strategy (REMS) because of risk of severe low blood pressure and loss of consciousness. **Prescribers of Addyi must be certified with the REMS program and complete training.** They must also use a Patient-Provider Agreement form to emphasize the risks of drinking while taking Addyi. **Pharmacists are responsible for counseling patients prior to dispensing about the importance of alcohol abstinence. (As if pharmacists do not have enough counseling responsibilities already).**

Question: What is it about this medication that requires physicians to be specially trained and certified in order to prescribe Addyi? Is it that potentially dangerous?

Around 2400 premenopausal women took 100 mg of Addyi in 3 24-week placebo-controlled trials. Around **10% of the women in the trials who took the treatment reported meaningful improvements in sexual events, desire, or distress.**

Seriously, 10% is not a great result considering potential problems with careless or illegal use of the drug. The cost is anticipated to be around \$400 a month and must be taken daily so the annual tab could be around \$5,000 a year. Typically, health plans do not cover "lifestyle" drugs.

Think Before You Ink: Are Tattoos Safe?

As the popularity of tattoos continues to grow, so does the concern about potential risks. Some risks, such as the spread of infections through the use of unsterilized needles, have long been known. But what isn't clear is the safety of tattoo inks. Recently, the Food and Drug Administration (FDA) became aware of a problem after testing inks in home use tattoo kits marketed by White and Blue Lion, Inc. FDA has confirmed bacterial contamination in unopened bottles of the company's inks. Check out this sobering [warning](#) from the FDA.

Naaah, It Can't Be True: Places With More Marijuana Dispensaries Have More Marijuana-Related Hospitalizations

People who live in areas of California with a higher density of marijuana dispensaries experience a greater number of hospitalizations involving marijuana abuse and dependence, an [analysis has discovered](#).

If it's this bad in California where pot is not legal except for "medical purposes", what is the pot related hospitalization rate in Colorado where pot is legal? But really, does anyone care?

Who Knew? Romantic Kissing Is Not The Norm In Most Cultures

For generations, passionate kisses immortalized in movies, songs and the arts have served as a thermometer of romantic affection. But [current research](#) has found that not only is romantic kissing not the norm in most cultures, some find it uncomfortable and even flat-out repulsive.

Being somewhat of a germ-a-phobe, I tend to agree. Can't we just shake hands anymore? What do you think?

No kidding! Smoking Cessation Drug (Chantix) Not Boosting Number of Smokers Who Quit

The introduction of prescription smoking-cessation aid, varenicline, (Chantix) in 2006 has had

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no significant impact on the rate at which Americans age 18 and older successfully quit smoking, [according to a study](#). (Relentless TV advertising would have you believing differently.) Additionally, Chantix has some alarming potential side effects. If you are considering using the drug, see [Chantix: Why the Black Box Warning is Not Enough and Drug Should Be Removed from the Market](#).

Living Overseas On The Cheap?

Many Americans, fed up with what's happening at home, consider living abroad. This interest is fueled by an increasing number of subscription only retirement publications that glorify the benefits of living in a foreign country. The usual enticement is it's cheaper to live "there" than "here". It is becoming clear, at least to me, that "The grass is greener on the other side of the fence" phenomenon relating to expat living may be (and probably is) illusory. [I subscribe to a blog from Ecuador](#) and while many U.S. expats call Cuenca, Ecuador home, it's not a place I would like to live. Take a look at the blog -- it doesn't paint the same kind of rosy picture of expat living praised in pricey subscription publications that promote overseas living.

New Ring Can Diagnose Sexually Transmitted Diseases In A Single Test



Credit: Image courtesy of Investigación y Desarrollo

A ring with the ability to diagnose sexually transmitted diseases like syphilis, gonorrhea, chlamydia and trichomoniasis has been developed. The portable medical device called Hoope is a ring placed on the thumb, contains a disposable cartridge with a retractable needle for single use and sends the data to a smartphone where an app gives results in less than a minute. The Hoope has an anesthetic system by which an electrical pulse generates numbness, preventing pain at the time of the puncture.

Every year more than 500 million people around the world contract one of the four STDs mentioned above, 50 percent of them are between 15 and 23 years of age. (Increasing numbers of much older people are infected and don't know it. When pregnancy is no longer an issue condom use declines with the inevitable result). The problem is that 75 percent do not present early symptoms, therefore the need for an early detection strategy.

The device functions as a home diagnostic tool and will be manufactured in China and available in January 2016 through an Indiegogo campaign. It will first be marketed in Mexico and the rest of Latin America, later in Europe and the United States. It will have a price of \$ 50.

Good Grief!! Is ANYTHING safe to eat?

Ever wonder what that the words triple-washed or pre-washed on a bag of baby spinach mean? [Not much according to engineers](#). They discovered that small peaks and valleys in baby spinach leaves could be a key reason why there have been numerous bacterial outbreaks involving leafy green vegetables. Furthermore, cross contamination in commercial processing facilities that prepare spinach and other leafy greens for the market can make people sick. But researchers are reporting a new, easy-to-implement [method that could eliminate](#) or reduce such incidences. I don't know about anyone else, but I will continue to trust that the "triple washed" greens I eat won't hurt me.

Good Stuff To Know September 2015

[Two classes of inexpensive generic drugs can reduce breast cancer deaths, new research shows](#)

Two different classes of drugs, aromatase inhibitors and bisphosphonates, can each improve survival prospects for postmenopausal women with early breast cancer, two recent studies indicate. Moreover, the researchers suggest that the two types of drug can be used together, increasing the benefits while also decreasing some side-effects.

[Scientists discover link between common medications and serious falls in older men](#)

A significant link between serious falls causing injury in older men and a particular group of commonly used medicines has been identified by a group of researchers. Many medicines which are commonly prescribed for older people for bladder problems, depression, psychosis, insomnia, and respiratory problems, have anti-cholinergic effects. The medications affect the brain by blocking a key chemical called acetylcholine which is involved in passing messages between nerve cells. This can lead to side effects including blurred vision, increased heart rate, sedation and confusion.

[Prostate cancer is five different diseases, experts say](#)

Scientists have, for the first time, identified that there are five distinct types of prostate cancer and have found a way to distinguish between them, according to a landmark study.

[Ecuadorian fungus could speed up the decomposition of plastics in landfills](#)

On an expedition to the Ecuadorian rainforest, Yale University students discovered a new type of fungus which may speed up the decomposition process of discarded plastics in landfills.

[Researcher calls for improved firearm safety counseling by physicians](#)

Physicians should improve the way they discuss firearm safety with patients by showing more respect for the viewpoints of gun owners, according to a new article.

[Brain infection study reveals how disease spreads from gut](#)

Diagnosis of deadly brain conditions could be helped by new research that shows how infectious proteins that cause the disease spread. Research reveals how the proteins -- called prions -- spread from the gut to the brain after a person or animal has eaten contaminated meat.

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[Think Before You Ink: Are Tattoos Safe?](#)

As the popularity of tattoos continues to grow, so does the concern about potential risks. Some risks, such as the spread of infections through the use of unsterilized needles, have long been known. But what isn't clear is the safety of tattoo inks.

[Inks Used in Certain Tattoo Kits Cause Infections](#)

Recently, the Food and Drug Administration (FDA) became aware of a problem after testing inks in home use tattoo kits marketed by White and Blue Lion, Inc. FDA has confirmed bacterial contamination in unopened bottles of the company's inks.

According to Linda Katz, M.D., M.P.H., director of FDA's Office of Cosmetics and Colors, using these inks for tattoos could cause infection. "FDA has confirmed one case of skin infection involving a consumer that used this company's tattoo products," Katz says, "and we are aware of other reports linked to tattoo products with similar packaging."

[Romantic kissing is not the norm in most cultures](#)

For generations, passionate kisses immortalized in movies, songs and the arts have served as a thermometer of romantic affection. But current research has found that not only is romantic kissing not the norm in most cultures, some find it uncomfortable and even flat-out repulsive.

[Many seniors overestimate their mobility](#)

Many seniors who visit emergency departments require more assistance with physical tasks than they think they do, which may lead to hospital readmission later on. The results of the study were published online in *Annals of Emergency Medicine*.

[Abusive men put female partners at greater sexual risk, study finds](#)

Men who were physically and sexually abusive to women were more likely than non-abusive men to engage in behaviors that exposed them and their partners to sexually transmitted infections.

[Places with more marijuana dispensaries have more marijuana-related hospitalizations](#)

People who live in areas of California with a higher density of marijuana dispensaries experience a greater number of hospitalizations involving marijuana abuse and dependence, an analysis has discovered.

[What makes someone appear sexy?](#)

What makes humans attractive to other humans? Experts believe that it is the consistency of the whole appearance rather than the attractiveness of the parts.

[Why statins should be viewed as a double-edged sword](#)

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Statins have significant cardiovascular benefits, but also serious side effects. A new study finds that statin use impairs stem cell function, which helps in slowing atherosclerosis but hinders other body processes. Because of these effects, the study supports weighing individual risk when considering statins as a preventive measure.

[Smoking cessation drug not boosting number of smokers who quit](#)

The introduction of a new prescription smoking-cessation aid, varenicline, (Chantix) in 2006 has had no significant impact on the rate at which Americans age 18 and older successfully quit smoking, according to a study.

[Opiate addiction spreading, becoming more complex](#)

The growing availability of heroin, combined with programs aimed at curbing prescription painkiller abuse, may be changing the face of opiate addiction in the US, according to sociologists.

[Republicans have happier marriages than Democrats, study indicates](#)

Republicans tend to be happier in their marriages than Democrats, and are less likely to be divorced, reveals a new article. The findings add to an ongoing debate over which set of political ideals help to lead people to a happy life, say the investigators.

[How clean is your spinach?](#)

Ever wonder what that the words triple-washed or pre-washed on a bag of baby spinach mean? Not much according to engineers. They discovered that small peaks and valleys in baby spinach leaves could be a key reason why there have been numerous bacterial outbreaks involving leafy green vegetables.

[Change in process of disinfecting spinach, salad greens could reduce illness outbreaks](#)

Cross contamination in commercial processing facilities that prepare spinach and other leafy greens for the market can make people sick. But researchers are reporting a new, easy-to-implement method that could eliminate or reduce such incidences.

[Brain-in-a-dish as mature as five-week-old fetus brain](#)

Scientists have developed a nearly complete human brain in a dish that equals the brain maturity of a five-week-old fetus. The brain organoid, engineered from adult human skin cells, is the most complete human brain model yet developed.

[Study links leisure time sitting to higher risk of specific cancers](#)

Spending more leisure time sitting was associated with a higher risk of total cancer risk in women, and specifically with multiple myeloma, breast, and ovarian cancers, according a new study. The higher risk was present even after taking into account BMI, physical activity, and other factors. The study, appearing in *Cancer Epidemiology, Biomarkers, and Prevention*, found no association between sitting time and cancer risk in men.

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[UTMB study finds that testosterone therapy is not linked with blood clot disorders in veins](#)

A new study from The University of Texas Medical Branch at Galveston of more than 30,000 commercially insured men is the first large comparative analysis to show that there is no link between testosterone therapy and blood clots in veins. The study found that middle-aged and older men who receive testosterone therapy are not at increased risk of this illness. The findings are detailed in Mayo Clinic Proceedings.

[School lunch study: Visual proof kids are tossing mandated fruits and veggies in trash](#)

Less than a month before Congress votes on whether to reauthorize a controversial program mandating healthier school lunches, a new study confirms the suspicions of school officials -- many students are putting the fruits and vegetables they're now required to take straight into the trash, consuming fewer than they did before the law took effect.

[Lemon juice disinfects against human norovirus](#)

Noroviruses are the predominant cause of gastroenteritis outbreaks in community settings such as hospitals, cruise ships, and schools. The virus is extremely contagious and is mostly transmitted via "fecal-oral-route," i.e., through contaminated hands or contaminated food. Symptoms include violent and sudden onset of diarrhea, vomiting, and nausea.

[Cannabis use may influence cortical maturation in adolescent males](#)

Male teens who experiment with cannabis before age 16, and have a high genetic risk for schizophrenia, show a different brain development trajectory than low risk peers who use cannabis.



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