

BoomerChick

UNIVERSITY

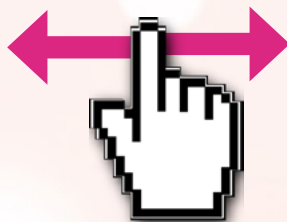
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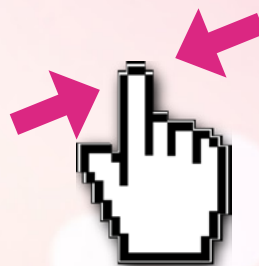
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HOW TO USE THIS APP

BoomerChick UNIVERSE MAGAZINE



**SWIPE
HORIZONTALLY
TO GO TO THE NEXT
OR PREVIOUS PAGE**



**PINCH
THE SCREEN
TO ZOOM IN
AND OUT**



**TAP
THE PLAY BUTTONS
AND LINKS TO VIEW
VIDEOS AND OPEN
WEB PAGES**



**PRESS
THE SCREEN
TO SHOW
MENU BAR**



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Publisher's Note...



*Dear BoomerChicks,
Because 90 is the new 60...
Because 60 is the new 40...
Because it's time to "Lean In"...
Because the world needs us...
Because women change the world...
Because we are amazing creatures...
Because we are worth it... because we shall show the way.
I write this because you are precious to all of the lives
that are touched and moved by your spirit.
Life is Good...
And the Best is Yet to Come!*

Jan Rose Distel

Publisher

BoomerChickUniverse

Nutritional Supplements



BY DIETITIAN JILL PLACE

I received a long e-mail the other day from a food sensitivity client. Her testing had revealed a possible candida overgrowth. So I placed her on a gentle supplement regime to

help minimize what I call “The Bad Gut Guys”... yeasts, molds, toxins, and other invaders that can strip the gut and the immune system that lies within it... and maximize “The Good Gut Guys”... friendly probiotic bacteria that keeps the gut working right.

My client sent me that long e-mail just before she was due for her next appointment. About how she had talked to a family member who had given her tons of advice about what supplements to take and how to take them for her candida. The person had recommended things I had never heard of for treating this particular condition. My client also asked me to recommend equivalents to what she was currently taking from a company I never used because this family member could get them half-price. She ended the e-mail by telling me about some research she had found online about another particularly troubling and persistent problem and asking if she should take some of the supplements recommended there.

Why am I telling you all this? Well, my client's e-mail contains almost every single mistake people make when choosing nutritional supplements. Here is some simple advice to help



avoid these costly mistakes and unravel the mystery of tracking down the right ones for you:

1 Consult a Professional. It just amazes me that people spend thousands of dollars on supplements that they heard about here and that Aunt Ida, someone at work, or even their dog, Fluff, found out about there. There are many factors to consider when choosing supplements. So it also amazes me that, of the over 50% of the US population that currently uses them, only 23% in one study actually consult a professional. The majority get their supplement advice from the internet and the Health Food Store clerk. Not great resources for highly clinical choices.

I don't know why people self-medicate. Perhaps it's because drugs are shrouded in mystery and dispensed behind plexiglass walls. And supplements seem much more approachable. After all, they're mostly food, aren't they? The truth is that choosing and taking them is possibly even more complex than taking drugs.



First of all, the knowledge base required is mind-boggling. Even though I've been recommending supplements for over 20 years, have spoken about them all over the world, and have written about them in textbooks, I still sometimes need to ask my learned colleagues for advice. That's how complicated and mysterious the right supplement choices may be.

Second, not all supplements suit all people. If you're taking medication, your professional must check supplement-drug interactions to make sure your supplements are safe to take. And if you're food-sensitive, they need to make sure no sensitive substances exist in the ones they're choosing. I also only recommend nutrients that have independent research behind them to back up their use. I shun Multi-Level Marketing and lay salespeople. Some give those of us who are serious about supplements a bad name.

Also, the professional must know which companies make the best supplements. And there-

fore should have a large selection of brands at their disposal. Best-made brands aren't formulated by pharmaceutical firms. Instead, most are made by companies you've probably never heard of that are only available to credentialed practitioners. Which is another reason why you should consult them.

2 We're Healing Systems, not Symptoms. Get out of your head right now the idea that you take one supplement like you do one drug and it instantly heals whatever ails you. That doesn't even happen with drugs; many take up to a month to work and, if they don't, your doctor will just add another drug. Drugs are also primarily meant to stop symptoms. You're depressed... you take a pill... you feel great! Works in theory but not always in practice.

Because stopping symptoms doesn't always get to the bottom of what actually ails you. For example, doctors just can't cure Irritable Bowel Syndrome (IBS). All they can do is give you a drug to stop the diarrhea or constipation. But

avoiding sensitive foods and taking natural compounds such as Probiotics, Glutamine and antifungals such as Oregano Oil and Grapefruit Seed Extract provide nutritional support to allow the body to heal itself. You not only have to repopulate with “The Good Gut Guys” but rebuild wounded and weepy gut terrain. It takes time and trust in the process to see progress. As well as lots of pills. Taking nutritional supplements, therefore, requires an entirely different mindset than taking drugs.



3 Stop Looking for Advice on the Internet. It just broke my heart when I worked in the cancer community. Patients would come into our clinic with lists of supplements costing upwards of \$500 a month that supposedly cured cancer. From people on the internet that were trading unethically upon the hopes of the desperately ill.



Anyone, even Aunt Ida and dog, Fluff, can put up information about supplements on the internet. And a lot of it is just outright bunk. Including, unfortunately, stuff that's posted by some healthcare celebrities. Add to that the fact that supplements are largely unregulated by The Food and Drug Administration (FDA). In other words, you have to be able to sift out a tiny pile of truth from a mountain of misinformation. As well as tracking down what particular companies make supplements with integrity. Again,



these things are best entrusted to a professional.

4 Does It Fit Your Lifestyle and Pocketbook? I once had a woman walk into my office with two shopping bags full of bottles recommended by a famous LA herbalist that, I'm sure, cost hundreds of dollars. She walked into my office, sat down, and cried.

I don't think it was about the money. But that should always be a consideration when making supplement choices as some of my pricier programs run upwards of \$300 a month. She cried instead because she had no idea how to integrate 20-plus supplements into her life. Because this famous herbalist had never asked her the most important question before she left his office—“Are you willing to take all this?”

We worked together to pare down those bottles by half. As well as coming up with a plan of what to take when. She left empowered, enlightened, and smiling. Making sure that clients know what they're taking and how to fit them into an often busy lifestyle is a big part of my job. And crucial to ensure that supplements do what they're supposed to do. If you don't take them consistently, they obviously won't.

5 The Most Expensive Supplement is the One That Doesn't Work. This is one of my favorite



supplement sayings. Cheap supplements have even cheaper ingredients that your body can't use and may even cause harm.

For example, once-a-day multis contain inorganic minerals that are not well absorbed by the body. That's probably why a recent editorial in *Annals of Internal Medicine* said they didn't work. But the study also didn't test the type of multi-pill vitamins with chelated, highly-absorbable minerals and active forms of vitamins that serious supplement practitioners use. That's another reason why it's important to take advice and get supplements from someone in the know.

One of my best friends texted me the other day concerned about low testosterone, something he was considering from "listening to commercials". His girlfriend recommended an herb that I had never heard of, let alone as something that might treat that condition. He asked me for feedback. I called him giggling and quoted Ockham's razor, "all things being equal, the simplest explanation is the best." I also said something like, "you fly all over the United States and spend most of your nights in strange hotel rooms. You're exhausted; go home and get some sleep!"

Dietitian Jill Place has been called a visionary and a trail-blazer by the medical community and her peers alike. Jill became fiercely passionate about the effect that food and nutritional supplements had upon health by running huge seminars for the authors of the then-best-seller, "Fit for Life". So passionate that she returned to school and became a Registered Dietitian, then a Certified Clinical Nutritionist.

Jill was among the first dietitians to study Alternative Medicine and became well-known internationally in the cancer community by writing chapters in several Oncology textbooks and speaking all over the world about nutritional supplements. Currently, Jill has private practice where she specializes in Alternative Medicine, food sensitivity and other cutting-edge nutritional testing, eating disorders, and weight loss. She counsels clients both in person locally and on the internet globally. Jill is currently readying a diet-less weight loss program called "Y of Weight Loss", a journey toward getting lighter from the inside out; it will be available in early 2014.

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Why The Most Common Thyroid Test Isn't Enough For Most

Why The Most Common Thyroid Test Isn't Enough For Most

By Gregory Ann Cox

Are you one of the millions of people who are walking around with too little thyroid hormone but have been told “your thyroid levels are normal?” Statistics vary wildly but it is estimated that anywhere from 12M to 60M people have thyroid problems that lead to symptoms and 60% of those who suffer from thyroid dysfunction are unaware of it.

How can someone feel tired, have brain fog, easily get out of breath, gain weight, lose hair, have extremely dry skin, sleep poorly, suffer joint pain, constipation, a reduced ability to sweat, and or be cold all the time and think nothing is wrong? Commonly we assume that this is what happens as we age, things start to go wrong. Or a doctor gave you the old stand by blood test to measure TSH levels and based on this number alone reported back, “Your thyroid is fine, it must be all in your head.” Diagnosing thyroid health from TSH numbers alone is like trying to figure out why you can't lose weight but only looking at what you eat. Sure food is going to play in to it but there are many other things to consider.

Let's do the science quickly so you understand the potential problems with common testing and diagnosis.



First of all TSH is a pituitary hormone. The pituitary gland produces TSH--thyroid stimulating hormone--which in effect yells to the thyroid to wake up and give the body some T4, thyroxine. T4 is not the active hormone of metabolism, good sleep, and feeling great, it has to be converted into T3 for that. (Rather than go into all the science about T4's uses suffice to say it has some but our problems mostly arise when we don't have convert enough of it to T3).

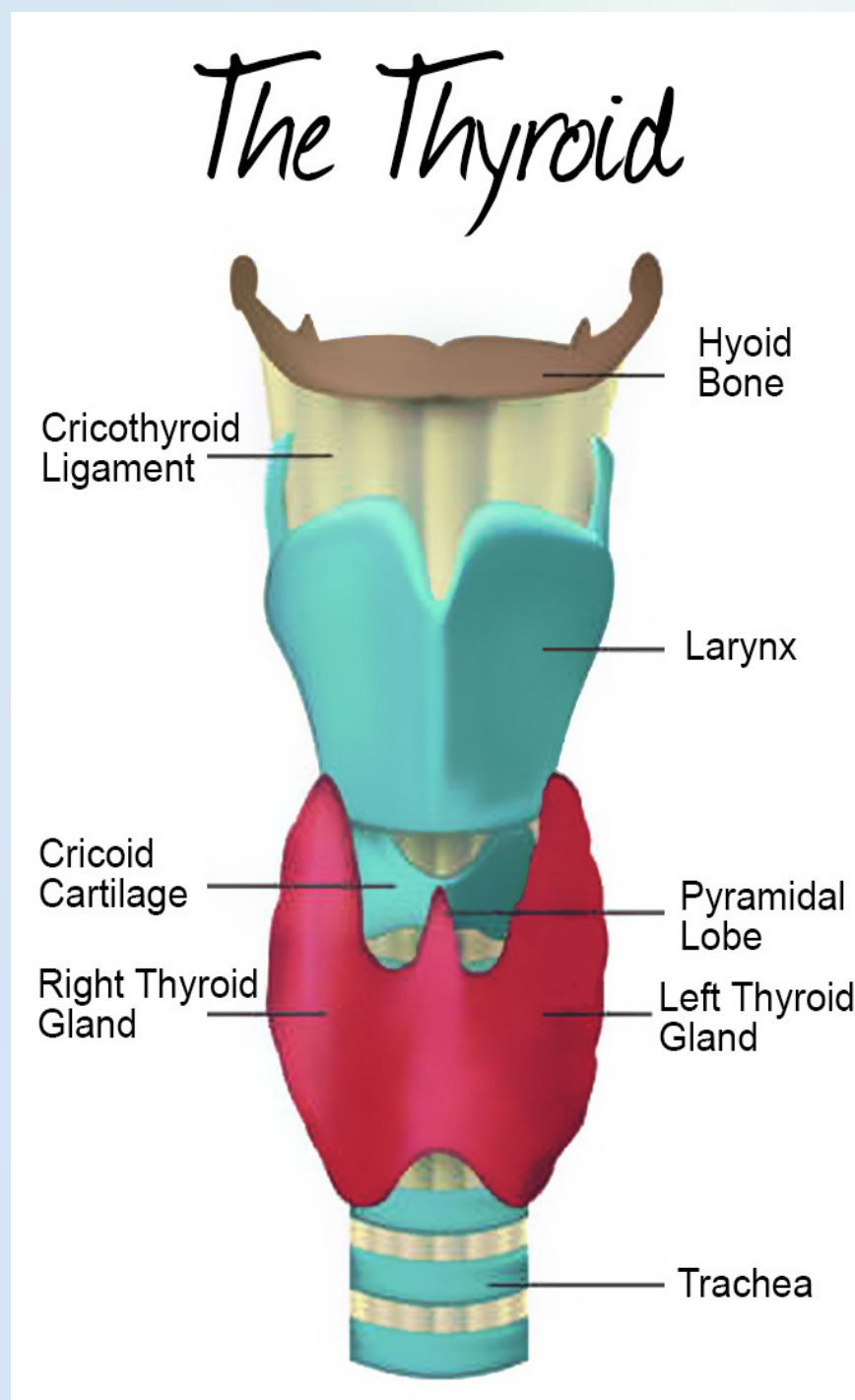
Then there are the reference ranges, aka, the range of blood levels within which someone should feel good and be healthy. The original



range was determined long ago and was updated on new findings but not all docs follow the newer ones. If your doc is using the old set of numbers you'll see these on your blood work report 0.5 – 5.0. The updated range is 0.3 – 3.0. We are looking for optimal health and that is usually found at the midpoint of any high/low measurement. Optimal TSH, according to Dr. Rind, a holistic thyroid expert based in Washington DC, is 1.3 – 1.8, lower than even the lower range of the accepted number. Using the conventional ranges, you could be a 3 or a 5 and be considered healthy yet that much off the mid mark could mean you feel awful.

What do those numbers mean anyway? When your number is higher than what the range calls normal it means your pituitary is pumping out quite a bit of TSH. Again, TSH is thyroid stimulating hormone not a thyroid hormone. This means the thyroid is not making enough T4. (More TSH--not enough T4). Then you have biochemical individuality, body type, weight, age, and so on, and you soon see that using so small a range is wackadoodle. That said, if you are not symptomatic and fall within those ranges then all is well. It's the people who feel poorly who fall within those ranges that have the problem. And it's quite common.

Normal is a moving target. Let me repeat, you can have the "right" number and still feel awful. Why? One problem arises when T4 doesn't get converted to T3. T3 is the active thyroid hormone. T4 to T3 conversion is hampered by any number of things including nutritional deficiencies, high cortisol, low vitamin D, toxins, heavy metals, illness, and other things.



Another potential problem is autoimmune thyroid diseases. Hashimoto's causes hypothyroidism that can swing into hyper and is the most common. Graves leads to hyperthyroid states.

In addition to those the adrenal system supports thyroid function. If your adrenals are taxed or compromised your thyroid condition will be harder to fix.

You can see why your family physician might not be the best person to help you if you think you have a thyroid problem. There is so much to know. Diagnosis is only one part of the issue, prescribing is another.

If you feel you have a thyroid problem and have been dismissed as normal it's time to look for a new doc or get educated then go back and ask for new tests. Present your practitioner with the latest science. Here is a great book that will break it all down for you in an easy to understand way. *Thyroid Healthy, Lose Weight, Look Beautiful and Live The Life You Imagine* by Suzy Cohen. She's a former pharmacist turned holistic health advocate and she's made the thyroid her area of focus after having suffered through all of the symptoms and being told she was fine.

Here are the tests to ask for to get the big picture on your thyroid's condition:

Ultrasound--Often used to rule out cancer a thyroid ultrasound is safe, no radiation, no prep, and can detect enlargement, inflammation, or cancer.

The way to tell if you have Hashimoto's or Graves is to test for thyroid antibodies. These are ATA, thyroglobulin antibody and TPO, thyroid peroxidase antibody.

In addition to the TSH you should ask for Free T4, Free T3, Reverse T3. rT3 is an important number. The more you have of the reverse form of T3 the less T3 that can get into the cells.

One measure of thyroid health that is downplayed in importance in the western medical



world but is seen as valuable with the thyroid docs is the Free T3 to rT3 ratio. According to Suzy Cohen the suggested level is greater than 2. It evaluates tissue levels of these hormones and gives another piece of the puzzle when determining where you are and what it will take to get you better.

There is no reason to suffer in silence with symptoms that sound like just what happens as you age or to be dismissed by a doc with "it must be all in your head."

Thyroid problems are not the only cause of those symptoms I mentioned but it's a great place to start looking and frequently brings immediate relief with treatment.



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Gregory Anne Cox

How Much Protein Do I Need Each Day?



By Jenny Sugar

Worried if you're getting enough protein? There's no cut-and-dried answer for how many grams a woman should get each day - it depends on your weight, your activity level, and whether or not you're pregnant. But with a little elementary school math, there's an easy way to calculate the number of protein grams that's right for you.

Take your weight in pounds and divide it by 2.2 to figure out your weight in kilograms. Then multiply that number by 0.8 (not very active), 1.3 (active or pregnant), or 1.8 (ex-

tremely active), depending on how much exercise you get.

As a general guideline, the USDA's RDA for protein for women 30 to 51 years old is 0.66 grams of protein per kilogram of body weight per day. The CDC's average requirement of protein for women ages 19 to 70 is 46 grams per day. But, as you can see from this chart, you'll need to up that if you're expecting or training for a marathon.

Check out the chart below to see how much protein you should be eating each day. If you don't see your weight, just use the formula above to calculate your daily protein.



WEIGHT (LBS)	WEIGHT (KG)	PROTEIN PER DAY (NOT VERY ACTIVE)	PROTEIN PER DAY (ACTIVE OR PREGNANT)	PROTEIN PER DAY (EXTREMELY ACTIVE)
100	45.5	36.4 g	59.2 g	81.9 g
105	47.7	38.2 g	62 g	85.9 g
110	50	40 g	65 g	90 g
115	52.3	41.8 g	68 g	94.1 g
120	54.5	43.6 g	70.9 g	98.1 g
125	56.8	45.4 g	73.8 g	102.2 g
130	59.1	47.3 g	76.8 g	106.4 g
135	61.4	49.1 g	79.8 g	110.5 g
140	63.6	50.9 g	82.7 g	114.5 g
145	65.9	52.7 g	85.7 g	118.6 g
150	68.2	54.7 g	88.7 g	122.8 g
155	70.5	56.4 g	91.7 g	126.9 g
160	72.7	58.2 g	94.5 g	130.8 g
165	75	60 g	97.5 g	135 g

Based on the numbers above, do you already get enough protein per day?



Add a Mini-Workout to Your Workday... and Live Longer

For those of us with desk jobs, it was a big bummer to learn that sitting on our bums for hours on end can increase our mortality risk - even if we get regular exercise! - according to a recent article in *Current Opinion in Cardiology*. What's more, research has shown that the extreme dangers of prolonged sitting include an increased risk for cardiovascular disease... colorectal cancer... obesity... diabetes... and potentially deadly blood clots in the lungs.

Given that more than 80% of jobs in the US are now sedentary (compared with just 50% five decades ago), day-in-day-out sitting represents a huge and growing health problem. But there is good news - because breaking up sedentary time with spurts of activity has been shown to help offset the health risks of sitting.

So, even when we're stuck at the office, we can protect ourselves with some creative get-up-and-go strategies and a few nifty gadgets sold at sporting-goods stores and/or online.

For specifics, I consulted two renowned exercise experts and research collaborators, James A. Levine, MD, PhD, a Mayo Clinic professor in Rochester, Minnesota, and coauthor of *Move a Little, Lose a Lot...* and Catrine Tudor-Locke, PhD, director of the Walking Behavior Laboratory at Pennington Biomedical Research Center in Baton Rouge. Their suggestions...

Stand up when you can. Using the muscles necessary to stand activates substances that have good effects on how the body uses and stores sugars and fats. Plus, standing burns three times as many calories as sitting, Dr. Levine pointed out.

- Automatically get to your feet whenever a coworker stops by to talk.
- When on the phone, stand and rise up onto your toes, then lower your heels back to the ground... repeat these heel lifts as many times as you can.
- Get an adjustable-height computer workstation. Raise it so you can see the screen and reach your keyboard while standing... lower it when you want to sit down. (Avoid prolonged standing if you have back problems, Dr. Tudor-Locke cautioned.)

Step on it. “Standing is better than sitting, but walking is even better than standing,” said Dr. Levine.

- Walk fast to the restroom (and take the stairs to one on a different floor), then do an extra lap around the office before heading back to your desk. Helpful: Drink plenty of water throughout the day, Dr. Tudor-Locke suggested - this forces you to take more frequent bathroom breaks (as well as promoting good hydration).
- Rather than meeting with a colleague or two in your office or a conference room, have a “walking meeting” in the corridor.
- If you have enough space and the whir of a machine won’t bother coworkers, try a treadmill desk (a treadmill with a flat surface at the front). You don’t have to use it all day or even go fast - walking for one hour at a leisurely pace burns 100 to 200 calories more than sitting for the same period of time, Dr. Levine said. Or use a mini-stepper - a small device with two footpads that lets you step in place against resistance - when standing at your adjustable-height workstation.

When you must sit, move some muscles.

“You’re not trying to ‘feel the burn’ with an intense workout - the idea is just to move as much as you can,” said Dr. Tudor-Locke.

Sit on a stability ball (a large inflatable plastic ball). The continuous tiny adjustments necessary to stay upright on the ball will engage many more muscles (especially the abs, back and pelvis) than sitting on a chair, Dr. Levine noted. An average-height woman needs a 21-inch-diameter ball... use a 17-inch ball if you are shorter than five feet... use a 25-inch ball if taller than five feet, seven inches.

When waiting for a report to print, do some seated biceps curls or shoulder presses with five-pound hand weights. Or use a resistance band (a three-foot-long strip of latex) for some seated chest presses or triceps toners.

March in place as you read your e-mail, raising your knees as high as you can without hitting the underside of your desk.

Put a portable mini-cycle (a diminutive version of a stationary bicycle) beneath your desk and pedal while you work.

Helpful: Encourage your coworkers - especially your boss - to join in your “deskercise” movement. Dr. Levine said, “If workday physical activities are frowned upon or laughed at, they fail quickly. But when everyone is into them, you get a sense of merriment in the workplace - and then people are quite happy to get moving.”

Source: James A. Levine, MD, PhD, is a professor of medicine in the division of endocrinology and director of the Non-Exercise Activity Thermogenesis Laboratory at the Mayo Clinic in Rochester, Minnesota. He is also the coauthor of *Move a Little, Lose a Lot* (Crown). Catrine Tudor-Locke, PhD, is an associate professor and director of the Walking Behavior Laboratory at Pennington Biomedical Research Center in Baton Rouge, Louisiana.



Bottom Line. PUBLICATIONS

Expert Knowledge You Can Trust.

Drink **THIS** First Thing in the Morning

*This daily trick can
help you detoxify,
improve your
digestion and boost
your metabolism &
energy levels*



By Mike Geary - Certified Nutrition Specialist

Author of the best seller: *The Top 101 Foods that FIGHT Aging*

You're bombarded with toxins in today's modern world... everywhere from the polluted air you breathe, the water you drink, the shampoos and other cosmetics that lather your body with chemicals, and of course, all of the chemical additives, pesticides, hormones, antibiotics and other harmful compounds in the food that you eat.

All of these TOXINS can have harmful effects on your body, harming your metabolism and hormones, impairing your digestive system, and zapping your energy levels.

If I could tell you ONE thing that you could do **each morning** right as you wake up to help your body eliminate some of these toxins, improve your digestion, stimulate your metabolism, and

BOOST your energy, would you do it?

Of course you would... and it takes less than 1 minute!

Here's the trick...

Immediately upon waking each day, squeeze about 1/2 to 1 full lemon (depending on size of the lemon) into an 8 oz glass of warm or room temperature purified water. This is gentler on your body first thing in the morning compared to ice cold water. I've found that slicing the lemon into quarters before squeezing by hand is easier than squeezing halves.

Drink this at least 10 minutes before eating any food for the day.

Make sure to use fresh organic lemons to make this drink, and not bottled lemon juice. You want to use organic lemons to avoid the pesticides that can accumulate.

3 Major benefits of this morning drink to your body, health, and energy:



According to a leading health publication, TheAlternativeDaily.com:

“The health promoting benefits of lemons are powerful. For centuries, it has been known that lemons contain powerful antibacterial, antiviral and immune boosting components. We know that lemons are a great digestive aid and liver cleanser.

Lemons contain citric acid, magnesium, bioflavonoids, vitamin C, pectin, calcium and limonene, which supercharge our immunity so that the body can fight infection.

Lemons are considered one of the most alkalizing foods you can eat. This may seem untrue as they are acidic on their own. However, in the body, lemons are alkaline; the citric acid does not create acidity once it has been metabolized. The minerals in lemons are actually what helps to alkalize the blood. Most people are too acidic (from eating too much sugar and

grains), and drinking warm lemon water helps reduce overall acidity, drawing uric acid from the joints.

This reduces the pain and inflammation which many people feel. And the American Cancer Society recommends warm lemon water to encourage regular bowel movements.”

Benefits that you can enjoy:

1. Improves your digestion:

Lemon juice helps your body improve digestion and stimulates bile production. Lemon juice can even be an aid for heartburn and indigestion.

2. Boosts your energy for the day:

Even just the scent of lemon juice has been shown to improve your mood and energy levels, and reduce anxiety. Plus the detoxifying effect and alkalizing effect of fresh organic lemon juice can improve your energy through the removal of toxins from your body.

3. Helps you to lose fat:

Since lemon juice helps to improve your digestive system, aids in removal of toxins, and increases your energy levels, this all combines together to help you to lose body fat as well through improving your hormonal balance... Yet another reason to add warm lemon water to your daily morning routine!

That's a pretty simple trick, right?

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- ★ Nutrition tips for muscle building and fat loss
- ★ Fitness motivation and a success mindset
- ★ Healthy meals and recipes for a lean body

Vegan Smythe Smites the Protein Worries

VIDEO PLACEHOLDER

PROTEIN BASICS:

WHERE DO YOU GET YOUR PROTEIN?

“If you don’t eat meat, chicken, or fish, where do you get your protein?”

“You don’t eat dairy products or eggs either? How can you live without protein?”

“You can’t get enough protein on a vegan diet.”

“My doctor told me I could not stay healthy on a vegan diet”

“I tried a vegetarian diet, but I got sick.”

“I was on a vegetarian diet but I always felt tired. I needed more protein.”

In a clever, humorous, and engaging visual presentation, Vegan Smythe sings and dances while addressing the proverbial question bombarding vegans, “**Where do you get your protein?**” Without missing a beat, the performer even sings to the research references used in the video.

Vegetarians and vegans have heard these statements over and over. Myths such as these simply will not go away without the solid facts to prove otherwise. We've attempted to reassure friends and family who shake their heads and click their tongues in utter amazement that we've survived many years on a vegan diet and still haven't keeled over from lack of proper nutrition. Our only doctor visits consist of the annual check-up and accompanying lab tests that continue to affirm our excellent health. But simply telling people apparently isn't enough.

The hard fact that constantly comes to the foreground is that the focus on protein borders on obsession in countries of the Western Hemisphere. One glance at restaurant menus and the plates that come to the table is proof that the centerpiece of the meal is the large serving of meat, chicken or fish frequently smothered in creamy sauces or melted cheese. The portions served at one meal alone come close to fulfilling a day's worth of protein needs.

The meat and dairy industries spend billions of dollars to project their message right into your shopping cart through television commercials, magazine ads, and grocery store ads. These powerful industries even recognized it was important to teach young children "good nutrition" at a very early age. Since the end of World War II they spread their protein message to our nation's youth by providing schools across the U.S. with colorful charts of the "important food groups" that emphasized meat, dairy products, and eggs. For the decades following World War II, one simply could not ignore the emphasis on protein.

Could we fail to ignore the large billboards flaunting larger than life-size images of cheese, eggs, and milk? And who can forget the successful ad campaigns for "Where's the beef?" and "Milk does a body good"? The protein message comes at us from all directions, even on bus benches.



Don't misunderstand, we fully recognize that protein is a necessity to a healthy body, and that it is important to replenish our store of protein every day. Because the body doesn't store protein as it does other nutrients, we're aware it must be replaced each day as a source of nourishment for building and repairing new cells, hormones, antibodies, enzymes and muscle tissue. But, just how much protein do we really need?

Calculating Protein Requirements

Recently, studies on nitrogen balance provided more accurate ways to measure the body's protein requirements. Joel Fuhrman, M.D. in his book *Eat to Live* writes that an easy way to calculate your own daily protein requirement according to the U.S. RDA is to multiply 0.36 (grams) by your body weight. That translates to about 44 grams for a 120-pound woman and 54 grams for a 150-pound male. In metric terminology the RDA is 0.8 grams per kilogram of body weight.

Brenda Davis, R.D., and Vesanto Melina, M.S., R.D., in their book *Becoming Vegan* consider 0.9 grams per kilogram of body weight per day to be more ideal for vegans eating whole plant foods such as legumes, whole grains, and vegetables. Multiplying 0.45 grams by your body weight in pounds will give you the approximate



protein need for your body. These figures are a little higher than actual RDA requirements but were considered necessary as a safety factor to account for reduced digestibility of whole plant foods versus more refined foods such as tofu, textured soy protein, and meat substitutes.

With this slightly higher figure a 120-pound person would need 54 grams of protein daily and a 150-pound person needs 67.5 grams. Another way to calculate your RDA for protein is to take your weight in pounds and divide by 2.2 (pounds per kilogram) to determine your weight in kilograms. Then figure 1 gram of protein for every kilogram of body weight. Those who include tofu, textured soy protein, meat substitutes, and refined grains will find 0.8 grams per kilogram of protein daily quite adequate.

Protein Needs During Pregnancy and Breastfeeding

Reed Mangels, PhD, R.D. says, “The newest RDA has looked at all the places where additional protein is needed in pregnancy (fetus, placenta, amniotic fluid, uterus, breasts, blood, etc.) and has recommended that protein intake in pregnancy should be 1.1 grams per kilogram per day or 25 grams more of protein than the RDA for non-pregnant women.

“The same recommendation is made for lactation to account for the protein content of milk.”

During pregnancy and breastfeeding, protein needs can easily be met by adding a little extra of the foods higher in protein, such as enriched soymilk, beans, tofu, tempeh, nuts, and nut butters in addition to a wide variety of fruits and vegetables.

While the focus on protein is important, the leafy green vegetables such as collards, kale, mustard greens, turnip greens, and spinach are also necessary for their high content of folate known to prevent neural tube defects such as spina bifida.

Protein for Recuperating Patients

Patients recuperating from surgery or serious bodily injuries, such as burns, require extra protein to help rebuild tissue. Their protein intake should be at a level of about 20 % of their calorie intake.

Protein for Athletes

If you're an athlete or one who works at serious bodybuilding, one or more of your trainers may have suggested using protein powders or amino acid powders on a regular basis. Sports nutrition has focused heavily on protein.

In relating the position of the newest RDA information, Dr. Reed Mangels says, “Professional athletes may need more protein than those who are not in serious training, but how much more and even whether or not their protein needs are higher is a matter of differing opinion. I think the research supports slightly higher protein needs for athletes, but not everyone goes along with this.”

Recent studies suggest that strength athletes (weight lifters) and body builders need to consume up to 2.0 grams per kilogram of body weight to maintain sufficient amino acid balance. Some trainers recommend higher levels of protein intake, even exceeding 3.0 grams per kilogram. Endurance athletes require 1.2 to 1.4 grams per kilogram of body weight to provide for repair of muscle cell damage.

A diet that consists of 12 to 15% protein is considered ideal for both strength and endurance athletes who follow a vegan diet. For vegan athletes who want to keep their body weight low, 15 to 20% of calories should be protein. About 10 to 12% of calories as protein may be all that is required of those on very high calorie diets such as ironman athletes.

Dr. Ruth Heidrich, vegan ironman athlete, expresses the protein needs of athletes very simply. She says, “ With greater calorie burning,

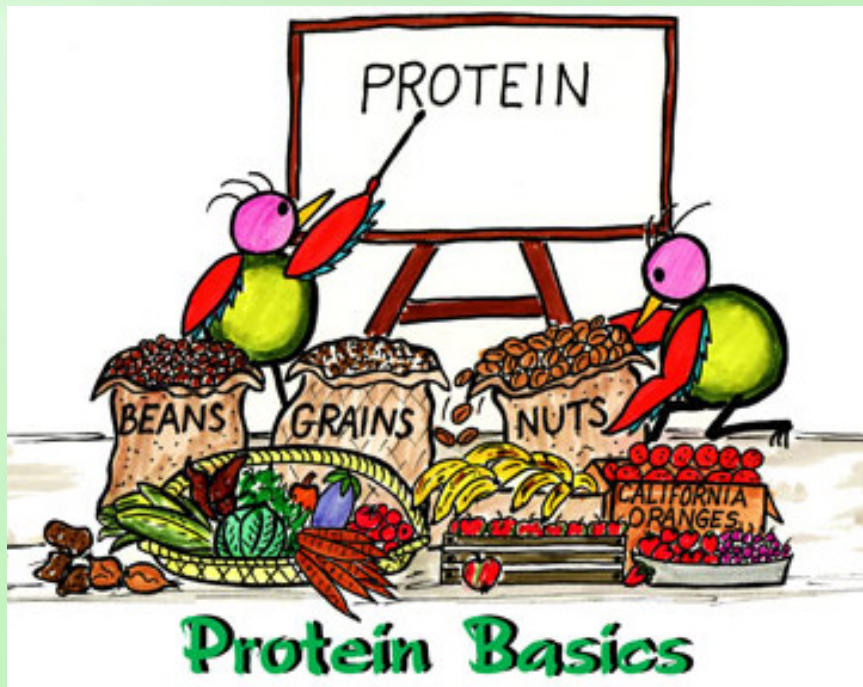
comes greater calorie consumption with its automatic increase in the absolute amount of protein.” For people who want to build more muscle, Dr. Heidrich discourages the use of protein supplements and stresses that “. . . if you want to develop a muscle, you have to overload it by putting more stress on it than it can handle. This is the **ONLY** way a muscle will get bigger and stronger.”

Protein Sources and Composition

Where do vegans get their protein? It's simple. The plant-based diet includes a wide variety of whole foods consisting of beans, whole-grains, fruits, vegetables, nuts, and seeds, along with products made from these natural foods, such as tofu, tempeh, and meat analogs. Those who believe plant protein is inferior to animal protein may be surprised to learn that plant proteins contain the same 22 amino acids as animal proteins.

Protein, one of the three macronutrients, is composed of amino acids, often referred to as building blocks. A complete protein contains 22 amino acids. From the foods we consume, the body has the ability to manufacture most of the amino acids it requires. Nine of these amino acids are the exception: isoleucine, leucine,





lysine, threonine, tryptophan, methionine, histidine, valine, and phenylalanine. This group of amino acids is considered essential to the body and must be obtained from the foods we eat.

Animal foods like meat, chicken, fish, eggs, and dairy products all contain complete protein--that is, all 22 amino acids. Complete protein in the vegan diet is found in the grain quinoa. Soybeans and products made from soybeans like tofu, tempeh, and miso, also contain complete protein. Soy sauce is not a complete protein.

Plant-based foods like legumes, most whole grains, fruits, vegetables, nuts, and seeds all contain protein but do not contain complete protein by themselves. However, the body forms an amino acid pool from the foods eaten throughout the day. When a vegan consumes a variety of foods eaten at breakfast, lunch, and dinner, the body can use these amino acids to make up complete protein.

Nutritionists advise that if a person is eating a broad selection of plant-based foods and con-

suming adequate calories, it is unlikely he or she will be protein deficient. Physicians in the United States rarely encounter patients who are deficient in protein. Deficiency is uncommon and is seen mostly in countries where serious shortages of food exist and malnutrition is prevalent.

Problems Caused by Too Much Protein

More common are the problems resulting from eating too much protein. In contrast to the U.S. RDA calculations, the average person in America consumes foods containing 100 to 120 grams of protein daily, mostly from animal products. Americans are also noted for their sedentary lifestyles. Excess protein especially of animal nature puts a great deal of stress on the kidneys. Some people, unaware that their kidneys are not operating optimally, could suffer premature aging of this important organ. A diet too high in protein could cause deterioration of the nephrons, which are the kidney's filtering system. That same diet places people at risk for developing kidney stones.

Other health conditions that may result from an overabundance of protein include excessive calcium leaching from the bones and causing osteoporosis, acid reflux, obesity, plaque build-up in the arteries, high blood pressure, pain from arthritis, high cholesterol, bad breath from sulfur-containing amino acids, and increased risk of cancer, especially colon cancer.



Why PepsiCo CEO Indra K. Nooyi Can't Have It All



“If you ask our daughters,” she said in a frank interview on work-life balance, “I’m not sure they will say that I’ve been a good mom.”

ASPEN, Colo. - While interviewing Indra K. Nooyi, the CEO of PepsiCo, at the Aspen Ideas Festival Monday*, David Bradley, who owns The Atlantic, asked two questions that elicited as frank a discussion of work-life balance as I’ve seen from a U.S. CEO. Below is a lightly edited transcript. The second question was preceded by a brief discussion of Anne-Marie Slaughter’s “Why Women Still Can’t Have It All.”

BY CONOR FRIEDERSDORF

Q. You come home one day as president of the company, just appointed, and your mom is not that impressed. Would you tell that story?

This is about 14 years ago. I was working in the office. I work very late, and we were in the middle of the Quaker Oats acquisition. And I got a call about 9:30 in the night from the existing chairman and CEO at that time. He said, Indra, we’re going to announce you as president and put you on the board of directors... I was overwhelmed, because look at my background and where I came from - to be president of an iconic American company and to be

on the board of directors, I thought something special had happened to me.

So rather than stay and work until midnight which I normally would’ve done because I had so much work to do, I decided to go home and share the good news with my family. I got home about 10, got into the garage, and my mother was waiting at the top of the stairs. And I said, “Mom, I’ve got great news for you.” She said, “let the news wait. Can you go out and get some milk?” I looked in the garage and it looked like my husband was home. I said, “what time did he get home?” She said “8 o’clock.” I said, “Why didn’t you ask him to buy the milk?” “He’s tired.” Okay. We have a couple of help at home, “why didn’t you ask them to get the

VIDEO PLACEHOLDER

milk?” She said, “I forgot.” She said just get the milk. We need it for the morning. So like a dutiful daughter, I went out and got the milk and came back.

I banged it on the counter and I said, “I had great news for you. I’ve just been told that I’m going to be president on the Board of Directors. And all that you want me to do is go out and get the milk, what kind of a mom are you?” And she said to me, “let me explain something to you. You might be president of PepsiCo. You might be on the board of directors. But when you enter this house, you’re the wife, you’re the daughter, you’re the daughter-in-law, you’re the mother. You’re all of that. Nobody else can take that place. So leave that damned crown in the garage. And don’t bring it into the house. You know I’ve never seen that crown.”

Q. What’s your opinion about whether women can have it all?

I don’t think women can have it all. I just don’t think so. We pretend we have it all. We pretend we can have it all. My husband and I have been married for 34 years. And we have two

daughters. And every day you have to make a decision about whether you are going to be a wife or a mother, in fact many times during the day you have to make those decisions. And you have to co-opt a lot of people to help you. We co-opted our families to help us. We plan our lives meticulously so we can be decent parents. But if you ask our daughters, I’m not sure they will say that I’ve been a good mom. I’m not sure. And I try all kinds of coping mechanisms.

I’ll tell you a story that happened when my daughter went to Catholic school. Every Wednesday morning they had class coffee with the mothers. Class coffee for a working woman - how is it going to work? How am I going to take off 9 o’clock on Wednesday mornings? So I missed most class coffees. My daughter would come home and she would list off all the mothers that were there and say, “You were not there, mom.”

The first few times I would die with guilt. But I developed coping mechanisms. I called the school and I said, “give me a list of mothers that are not there.” So when she came home in



the evening she said, “You were not there, you were not there.”

And I said, “ah ha, Mrs. Redd wasn’t there, Mrs. So and So wasn’t there. So I’m not the only bad mother.”

You know, you have to cope, because you die with guilt. You just die with guilt. My observation, David, is that the biological clock and the career clock are in total conflict with each other. Total, complete conflict. When you have to have kids you have to build your career. Just as you’re rising to middle management your kids need you because they’re teenagers, they need you for the teenage years.

And that’s the time your husband becomes a teenager too, so he needs you (laughing). They need you too. What do you do? And as you grow even more, your parents need you because they’re aging. So we’re screwed. We have no... we cannot have it all. Do you know what? Coping mechanisms. Train people at work. Train your family to be your extended family. You know what? When I’m in PepsiCo I travel a lot, and when my kids were tiny, especially my second one, we had strict rules

on playing Nintendo. She’d call the office, and she didn’t care if I was in China, Japan, India, wherever. She’d call the office, the receptionist would pick up the phone, “Can I speak to my mommy?” Everybody knows if somebody says, ‘Can I speak to mommy?’ It’s my daughter. So she’d say, “Yes, Tyra, what can I do for you?”

“I want to play Nintendo.”

So she has a set of questions. “Have you finished your homework?” Etc. I say this because that’s what it takes. She goes through the questions and she says, “Okay, you can play Nintendo half an hour.” Then she leaves me a message. “Tyra called at 5. This is the sequence of questions I went through. I’ve given her permission.” So it’s seamless parenting. But if you don’t do that, I’m serious, if you don’t develop mechanisms with your secretaries, with the extended office, with everybody around you, it cannot work. You know, stay at home mothering was a full time job. Being a CEO for a company is three full time jobs rolled into one. How can you do justice to all? You can’t. The person who hurts the most through this whole thing is your spouse. There’s no question about it. You know, Raj always said, you know what, your list is PepsiCo, PepsiCo, PepsiCo, our two kids, your mom, and then at the bottom of the list is me. There are two ways to look at it. (laughing) You should be happy you’re on the list. So don’t complain. (laughing) He is on the list. He is very much on the list. But you know, (laughing) sorry, David.

** The Atlantic co-hosts the Aspen Ideas Festival with the Aspen Institute. PepsiCo is an event sponsor.*

See more at:

<http://www.theatlantic.com/business/archive/2014/07/why-pepsico-ceo-indra-k-nooyi-cant-have-it-all/373750/>

Ernestine Shepherd *The 75 Year Old* *Bodybuilding* *Grandma*



VIDEO PLACEHOLDER



85 & Awesome!

Meet Bergdorf's Style Dynamo



REFINERY29

By Annie Tomlin
Photographed by
Sunny Shokrae

Stylish and unfailingly honest, Betty Halbreich is the personal shopper we dream of guiding us to a better wardrobe. The 85-year-old legend has worked at Bergdorf Goodman since 1976, dispensing no-nonsense style guidance in the Solutions department. She's direct, but warm, and her decades of experience have given her an uncanny ability to size up someone — literally and figuratively. Basically, when Betty talks, you don't just listen; you want to hear more.

That's why we were beyond excited to enter Betty's corner office, where she showed us all sorts of amazing things: Bakelite brooches, personalized gifts from legendary designers, and some of the most stunning vintage pieces we've ever seen. (Dior, anyone?) Even better, Betty invited her dear friend, makeup wunderkind Edward Bess, to share in the storytelling. Since launching his cosmetics line at Bergdorf's back in 2006, he's been building a beauty empire — and he's quick to point out that he couldn't have done it without Betty.

Read on to see Betty's to-die-for collection of art, jewelry, and (surprisingly delightful) bargain perfume — and don't be surprised if you develop a sudden urge to make an appointment at Bergdorf's....



Edward Bess: "Betty is one of my closest friends. We met six or seven years ago."

Betty Halbreich: "He was on the floor, wandering in the Ralph Lauren department. He was dressed exactly the same way, but with short hair — so you can see how long I've known him. I went up to him, and I said, 'Can I say something to you? You are the best-looking human being I've ever seen.' Only at my age could you do that! I had seen him downstairs in the beauty department, standing there with shelves of lipstick. Edward, how long did you stand there?"

EB: "All day, every day."

EB: "People pass Betty and say 'Betty, I loved you in the Post,' but I know you're going to say something snarky like 'I don't read that gossip rag.'"

BH: “I don’t read my own press. Joan Rivers doesn’t read anything that’s written about her. Neither does Maggie Smith. There’s something mentally good about that. There is a whole plus to not reading about yourself. It’s very difficult to read about yourself - people strip you of the way you see your intimate self. And, that’s my serious side.”



R29: Betty, how do you work with your clients to identify their personal style?

BH: “I only have to meet them once. I’m pretty good at sizing up sizes after 36 years. I can tell you that you wear a two, and not a four or a zero. But that’s a little trick to the game, sizing someone up.”

“I don’t like everybody looking alike, so I try very hard to make everyone look a little different and not sell the same people the same clothes. That’s the trick. One thing about me is that I am very price-conscious for my clients.”

R29: That’s unusual.

BH: “Yes, and that’s why I don’t work on commission - so that I can take you to buy clothes on the 5th floor, to the couture on the 4th floor and mix it all up together. The individual looks a bit different, and put together differently. I’m

not out to sell the most expensive dress in the store - that doesn’t mean too much to me. I want to build a relationship with my customer, to know about them and their children, their happiness, their unhappiness, what they eat, what they don’t eat...so, it’s an ongoing and long process. Over the years, I’ve had people from three generations of families, their children, their grandchildren, and their dogs. I get questions like “Do you know a good dentist, or a good shoemaker?” I’m a real information booth. Which I like, because it keeps me out there, tuned in.”



R29: How has fashion changed most since you’ve been at Bergdorf Goodman?

BH: “It’s a bad thing to ask a woman my age when she’s been around such beautiful clothes in her lifetime. You couldn’t find clothes made like those vintage dresses today. All the beautiful fabrics don’t exist anymore, the artisans don’t exist anymore. People growing up don’t even know about them. I mean, you don’t even get a hem on a dress today! You could spend \$10,000 and still not get a hem on a dress to let it down. So, I go with the flow. I mean, I have to. I can’t say that something was more beautiful before, when there are also beautiful, innovative things today. Otherwise, I wouldn’t be in business.”

R29: Are there any designers that excite you?

BH: “I never name designers, because otherwise I’m a prostitute that way. Everybody does

something good, or we wouldn't be carrying it. If they don't, they fade away — but everybody deserves some sort of chance, and you don't know until you try them on. What's on a hanger is not what you get on the body."

R29: These dresses are beyond beautiful.



BH: "I've got closets full of them! I keep my good things for a long time. The polka-dot is Christian Dior — I don't even know how old it is. It's an original, and it still has the girl's name in it. Her name is Caroline; she's probably not with us anymore."

"This lace dress has been at the Fashion Institute of Technology. It's by an American designer, Donald Brooks. This man was really wonderful, and people didn't do what they should have done for him. He did beautiful clothes. This dress has been everywhere. I walked into FIT when they were having a huge show, and they had painted this dress up on the wall because they did a retrospective of him. I almost fainted! I really do love this dress. I remember very well when I got it — it was a sample. The Swiss lace is turning yellow, but it is quite unbelievable. This kind of thing is long gone."

"This purple piece is Jean Muir. Every year I take it out, and I think I'm going to wear it. One day, I'm going to get up the nerve to do it. The

Geoffrey Beene leather jacket — I still wear this today. I think this really is as good as it gets, with the little satin buttons."

R29: Have you always had short hair? It's quite chic.

BH: "Thank you. I cut my hair in about 1950. I don't play around with it. Most girls go upstairs [to the John Barrett Salon] and get their hair done, but I've never done that. I get my hair cut at the least expensive place uptown."

R29: That's a lovely scent you're wearing. What is it?

BH: "It's Edward's perfume and Coty's Lily of the Valley. It was my mother's. It's something like \$9 — you have to get it through a catalogue, though. Everyone always gave my mother the most expensive perfumes in the world, but she swore that this was the best. I'm addicted to it."



R29: You have so many beautiful things in your office.

BH: "I'm becoming the old lady who has all the collections! Do you know who William Ivey Long is? He's a very big costume designer for Broadway — Nine, The Producers — I mean, he's as big as they come. And, for 20 years he's been sending me valentines. I have portfolios of his stuff. If I open up the bag, out come all these sequins. He is unbelievable." **R29:** What is your beauty routine?





R29: What is your beauty routine?

BH: “Beauty routine? Ha! I get up at 6:30 in the morning, make my bed, put the coffee on, put food out for the cleaning lady if she’s in that day, and pack my own lunch. It takes me about 15 minutes to do my beauty routine. Really, though, I’ve never really had a beauty routine. You know why? Because I’m surrounded by people who do that every day. I do go to the dentist every three months to take care of my teeth, and I have a dermatologist who cleans my face once a year.”

R29: Betty, can you talk about this amazing jewelry collection?



BH: “Some of it is gifts from my daughter, and I have some Ruser jewelry from California, too. This bracelet is by Meredith Frederick, who is a contemporary jeweler here. She’s known for color, and I think this color is extraordinary. She really invented these roll-on bracelets, which have become so popular.”

R29: Betty, do you wear much makeup?

BH: “No, but I wear a Bobbi Brown lipstick that I’ve had for something like 20 years. It’s ancient. And, of course, Edward’s lipsticks — they’re the best.”

EB: “Well, if she’s been using the same tube of lipstick for 20 years, then she really must think mine is smooth! Deep Lust is the shade Betty wears.”



R29: You seem extremely at home in your work. What do you love about it?

BH: “It’s been 36 years. I always say that I’m not only at home here, but I’m very secure here. Out on the streets, I don’t feel so secure; stepping onto an airplane, I’m not so secure. This is my security. I do my best work here; I can do anything here at my desk. Nothing distracts me. It’s some sort of inner security. And, I think if I were to stop working, I’d just have to...go.”

R29: If you could go back and talk to a younger version of yourself, what would you say?

BH: “That’s a very difficult question. But...you have to go through the tough parts to get to the good place you are today.”

7 Steps to Releasing Resentment

Finally Check Your Baggage and Fly Free!



By Tammy Steele

Did someone do or say something that you find unforgivable? Do you find yourself still hurt or angry when you think about the pain? Does the resentment of this situation cloud your current happiness? It probably does, even if you aren't aware of the impact of holding onto past hurts this way.

Resentment can live inside you, feeding on your negative feelings and emotions and it will become stronger the longer it is ignored. Left unattended, it can prevent you from seeing the world from a balanced place.

When you hold onto resentments, they accumulate in your body and damage your health and happiness. The good news is that you can use this seven-step process as an effective way to release resentment and finally feel free to live your life with joy!

1 Take Responsibility

It is easy to feel like you have little or no control over powerful emotions. When someone says or does something that hurts you, you may feel justified in reacting in anger. But if your emo-



Resentment is like drinking poison and then hoping it will kill your enemies. ~ Nelson Mandela

tional state depends on what other people do or say, you will forever be at the mercy of others. Understanding that you have a choice in how you respond and interpret experiences is the key to stepping into your own power over emotions and your ability to heal. Someone may have said or did something that triggered your emotional response, but you own how you respond.

2 Use Your Body as a Witness

Your body is always in the present moment. Your mind is often in the past (anger, resentment) or the future (fear and anxiety.) You can use your body to help clear accumulated resentment!

Close your eyes and consider the action or words that triggered the resentment. Notice



where in your body you feel the emotion rising. Observe the feeling and allow your attention to embrace it. Breathe into this area of your body. Acknowledge the feelings and sensations without trying to change them. Notice the emotions and sensations in your body start to release when you do this.

3 Label Your Feeling

Next you will give a name to whatever sensation you feel in your body. Use simple words such as fear, anger, guilt, frustration, or sadness. Our conditioning often has us reach for words like betrayed, let down, hurt, or any word that implies that someone else is to blame for how we are feeling. These words are actually victimizing words because they disable you from moving on unless someone else does something! By simply labeling your feeling with an empowering word, you avoid the temptation to rehash the long, complicated story. Every story is about the past. Your sensations and emotions are in the present.

4 Express Your Feeling

This is super important! If you resist, ignore, or suppress emotions, they only become more toxic. Expressing your feelings allows them to release from your mind and body. This isn't about expressing how you hate or blame someone else but to truly free it from your present with clarity and insight.

You will want to write your feelings down:

- First describe the situation and your feelings from your point of view.
- Next, express what happened from the other person's point of view. Understanding allows for forgiveness. We can acknowledge that the person did the best they could with their abilities and current state of consciousness.
- Finally, describe the situation as though you were a reporter writing an objective news story - just the facts.

When you describe all three perspectives, the intense emotions lose their grip on you and your awareness expands.

5 Share Your Feeling

Now you have an important choice to make – that is, choosing someone you trust and then sharing your feelings with them. Include the whole process you’ve been going through and all three points of view. Let the person know you would like them to just listen and allow you to share your experience of processing the resentment. You don’t need them to take “your side” or offer advice; you just need them to hear your process. Hopefully you will now be able to share without blame. If you find yourself going into blame, just pause, breathe, and start again. The aim is to be heard and get a true reflection, which the right listener can provide.

6 Perform a Release Ceremony

Cultures throughout time have used ritual and ceremony to deepen the meaning of significant life events. Create your own ceremony for symbolically releasing the resentment. You may want to write down what you’re releasing on a piece of paper that you then burn or simply allow a rock or leaf to represent the resentment and throw it into a body of water or allow a river to float it away. You can do this alone or invite others to join in witness of this important release.

7 Celebrate and Live Life!

Last but not least, do something nice for yourself to honor your release. This doesn’t have to be expensive or elaborate (but it could be ☺) You might simply listen or dance to your favorite music, buy yourself a special present or enjoy a delicious meal. Just something special for YOU!

We can never control what other people do or say, but we can control how we react. When you practice owning your reactions, expressing yourself, and embracing forgiveness you clear yourself from resentment’s cloud and enjoy life in the present!

Tammy helps women worldwide reconnect with their sexy vibrant selves and empowers them to take care of themselves without feeling guilty! She offers private coaching, personal healing sessions and in person and online workshops. For a powerful course in learning to tweak your language to transform your relationships (with yourself and others) check out: www.fullypresent-women.com/gettingwhatyouwant



How Can I Trust Again?



By Cheryl Lazarus, CRC,
Founder of ZengaLove

"I can't wait to kiss you tonight, baby!"

The text burned in Jan's hand. She dropped Ted's phone; her world shattered. Pain seared her heart as the text confirmed what she had been suspecting.

Sue and Ellen shared everything. Life partners for 10 years, they traded clothes, books and secrets. Ellen finally shared her most humiliating secret of all; and then discovered that Sue had told it to their entire circle of friends!

"Your mortgage payment is 3 months late," the notice said. Janet didn't understand as her husband Peter always paid it on time. She checked their joint bank account. It was overdrawn and their credit line was hocked up. Janet panicked as she realized her husband's drug addiction had kicked it again.

HURT - BETRAYAL - BROKEN TRUST

Has this happened to you, too?

Do you wonder if you'll ever fully recover?

Be able to trust again... in yourself, a partner, in love?

Healing and regaining trust is a process. It takes time and dedication; going through the pain and coming out renewed on the other side. Yet it can be done.

When my 20 + year marriage broke up, I was devastated. I went through a lot of pain, soul searching and did an intense inventory of my relationship patterns. Eventually, I was able to create change; to regain trust in myself, in a



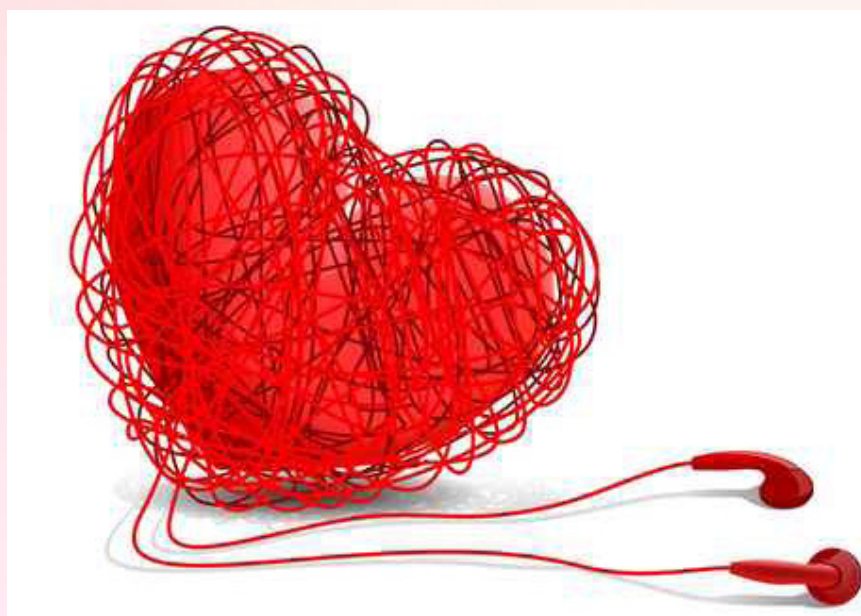
partner, and then to trust in love itself. This led me to develop a powerful "Trust Again Program" which has helped my clients to be able to trust and develop fulfilling relationships. I'm going to share some important elements with you here.

First, it's important to know that devastation and the break down of a structure can be the catalyst to a change that needed to come. We often avoid change out of fear; we get comfortable with the status quo because we don't know what the future would bring. Sound familiar?

When trust is broken, the relationship needs to be reevaluated, revamped or ended. While it can be difficult to experience the depth of the hurt and pain, it also creates an opportunity for more honesty with yourself and to develop healthier new patterns. Then you can attract more positive experiences and people into your life!

Whether you have recently been hurt or it's years in the past, here are 3 steps that you can take now to regain trust.

1 Allow Your Emotions



After the initial shock has worn off, anger, grief, and/or fear may arise. These emotions could be triggered even years later or when you are in a new relationship. Hurt and betrayal are a death; of what was, the relationship as you knew it, and of trust. Your emotions may seem like a roller coaster ride; yet it's necessary to express them and to keep your energy flowing. Otherwise, anger can become depression, unhealed grief can close your heart, and fear that runs rampant can turn into chronic anxiety. There are healthy ways to express all three.

A favorite anger technique that I teach clients is the towel wring. Using a bath towel, twist and wring it as hard as you can, thus releasing the anger from your body through your hands. You can even accompany it with a few choice words that help you feel better!

My client, Tess, is going through a divorce. She was sending angry provocative emails to her ex in response to his business like inquires about medical expenses. I “prescribed” the towel wring - two times a day for five days. At the end of five days, she said that she felt a peace that she hadn't experienced in the three years

since he left. She was then able to respond to his emails neutrally as I had also taught her.

Honor your tears. Know that there is no timetable for grief. Everyone heals at their own pace. so be careful not to allow ‘well meaning’ friends, to cause you to feel that ‘you should be over it by now.’ Write in a journal, cry and talk with people who support you and get professional help. This will help the healing process. I lead my clients through a heart healing process which create deep healing from within.



2 Accountability - From Victim to Empowerment

Most broken - trust events don't happen in a vacuum. Small infringements or deteriorations usually lead up to the devastating event. We may, however, want to deny what is occurring or ignore red flags along the way.

Jan and her husband, Ted had been drifting apart. She gave her time and attention to their three children, while he spent more and more time at the office. Their communication had eroded along with their intimacy. Jan was lax to bring this up as she was afraid of confrontation. She also enjoyed her home and their lifestyle so chose to ignore the dissolving nature of their marriage. There was “room” for another woman to come it.

As we explored these issues, Jan could see her part in the situation.. She realized the ways that she had neglected Ted, hadn't listened to his needs for attention or communicated her dissatisfaction with their marriage. As we examined her patterns of complacency and avoidance, her feeling of victimization lifted

Discovering even 5% of your part in a situation, can transform you from feeling powerless to empowered. You can learn from their lessons and get relationship coaching to help create change.

3 Conscious Choice



How often have you said “yes” when you really wanted to say “no.”

Have you ignored red flags because you didn't want to face the truth?

Do you sabotage relationships out of fear, not knowing a different way?

This happens often. We abandon ourselves in order to get love, and then it doesn't work out. We receive mixed signals and don't pay attention; then we get hurt. We push people away because we're afraid of getting too close; and then wonder why they eventually leave.

With awareness and choice, you can have a different outcome. Awareness takes you out of “automatic” while “choice” puts you in the driver's seat.

Kelley's mom had abandoned her when she was very young. Years later, her husband did the same. When we started our coaching, it was several years after her divorce. She was in a relationship with a caring man named Sam, yet she hadn't healed from the past.

When Kelley and Sam became too close, she got scared. She would provoke a fight or criticize him. He would pull away. This caused her even more pain and reinforced her belief that she can't trust men. “They will hurt me,” she said.

We began with healing her heart from loss; both past and current. I then brought awareness to her sabotaging behaviors. As I helped her with new responses to her fears of intimacy, she could then have choice. Through choice she could start to trust herself and eventually trust Sam. For example. When Sam and Kelley became close she could then choose to create a fight; soothe her frightened child within or to have an open conversation with Sam about her fear.

Kelley wanted to move through her fear, to resolve issues around trust, and to have a loving relationship. She consciously made choices which supported this and created a trusting, close relationship with Sam.

Healing and Trusting Again

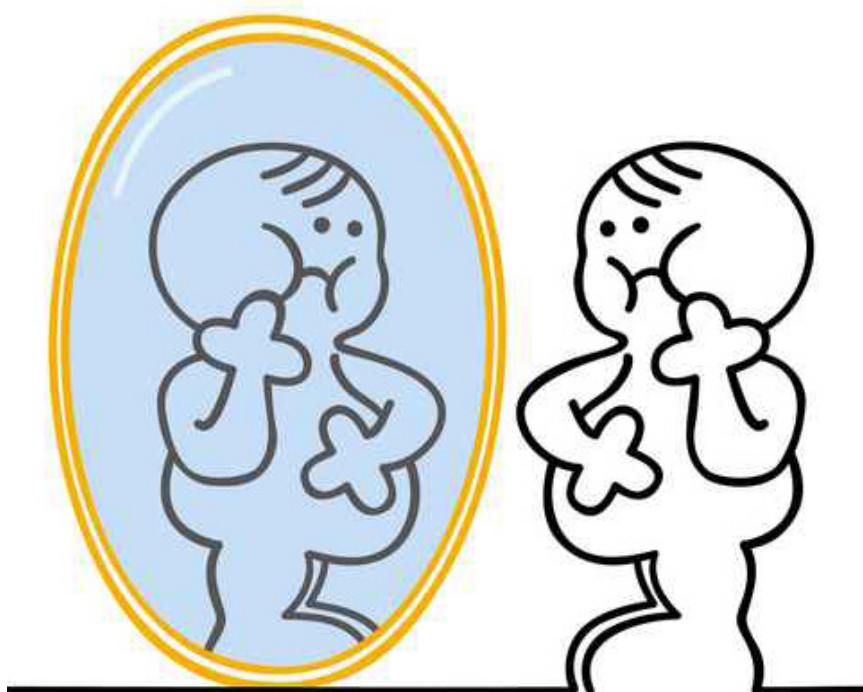
Healing and trusting again is a choice. It may be painful at first. It takes time and dedication; and you may experience setbacks. This is a natural part of the process, so do be compassionate with yourself. The rewards are worth it!

Feel your emotions as they arise, examine your part in the situation and start making conscious choices. Through this process, your confidence will grow, along with your ability to trust yourself and another. Then you'll have the foundation for creating a fulfilling, loving relationship if this is what you desire!

ZengaLove.com



Marry Yourself



By Gregory Ann Cox

It is hard to escape the connection between June and weddings. This got me thinking about marriage and the different kinds of love.

Marriage is not for the faint of heart. Neither is loving oneself which is the basis for any healthy relationship. Ain't that a bitch?! Love all the ugly? Yup, cause it's only you calling it that. And anyone outside of you who is calling anything about you ugly is persona non grata, kick their not so helpful "suggestions" right out of your mind.

Self-love hinges on self esteem, a belief in your self worth. Those of us with a healthy dose of those are the product of a nurturing environment and strong examples of those.

People who have suffered mental or physical abuse, rejection, chaos, or abandonment are likely to be confused about their sense of self worth - if they have any at all.

If you grew up hearing "you are so clumsy" or "what a stupid girl" and "who would want you?" you might be holding subconscious ideas about your adult self that reflect those words. Empowering? Hardly. Self-doubt and self-judgment will be the soundtrack playing softly in the background of your adult life.

Hard then to love someone else and receive their love in return huh?

So what to do about this self love/self esteem thing?

Millions of entries show up in a Google search for those phrases, gurus market to those who lack them, and chances are good that more than a few of us sit down at the end of a long day with a glass of wine or a large whack of premium chocolate and call it a little bit of self love.

Loving oneself in a tub of bubbles or bubbles in a glass can feel loving and help us to celebrate our wondrous selves and I encourage those things. (There isn't enough celebration for no reason except of our fabulousness anyway)

When followed by "Ah, I am so loving this bath and Oh lord would you look at those thighs" you've just ripped the needle from the Barry White record of self-love.

Here is a conversation I overheard the other day while shopping for something to wear.

Shopper 1: "I am so fat I can't stand it."

Shopper 2, standing just outside the try on room: "Oh my gawd I feel the same way. I can't believe I'm such a jerk for eating like my husband all the time when I know it's not the best idea."

Sounds like harmless bathing suit shopping horror right? Well it is and isn't.

While it is common for us to talk about ourselves in negative terms, it is not harmless. This kind of talk also means our identity is bound up in a temporal, aging, changing, physical form.

We are not our thighs!

The body is the vehicle through which we experience our lives. That is all.

But what about repeating actions we know are not best for us, doesn't that qualify as stupid?

My answer to that is this, "Don't judge yourself one way or the other." You are neither stupid nor smart when you decide to do something. You are you and either choosing actions and behaviors that are in line with what you say you value or not. They move you closer to your goal or further away. Judging is punitive. Self-love is supportive.



We need support and in the moments we are not with our coaches, mastermind groups, friend circles, or at church, we must rely on ourselves.

But "I don't deserve to be happy, I hardly ever do what I say I will," you might say. Phooey, you come in worthy of all that is good and joyous. Worthy is in your DNA. Action does not affirm or negate that.

"I am not strong enough to change my body," you plead. You most certainly are. Has your life not proven that you stronger than you know until put to a test?

"I'm such an idiot" is one of my favorite, easy-to-roll-off-the-tongue poisons to the relationship I have with me. Am I? No. "So what's the big deal", you ask, "it's just words." The big deal is that your mind accepts what you say, think, or experience as true. Repeated actions, words, and experiences will shape the brain into grooves. Once the grooves are there the needle plays over and over in that groove and it is harder for us to do or think something different. "I am an idiot" is the same as "I am brilliant" as far as the mind is concerned. But which would you rather see yourself as? Brilliant sounds powerful, unstoppable.

There's more. If you believe that we are energy you must also believe in the concept of vibrations. Negative thoughts and words are low on the vibration totem pole. They go out and find other low vibrations to tune in to and you get less of what you want. More importantly, you "Be" less than is possible for you when you treat yourself poorly.

"If you put a small value on yourself, rest assured that the world will not raise your price." - Anonymous

You are the baby everyone thought was perfect and lovable. You are the child you cherish and want to protect with all your heart. You are doing the best you can or you would do something else I promise.

That said it's good to check in when there is a surplus of judging and self loathing to see if you could stretch, do more, be more, show up for yourself as you would for someone else. If you hear judgment tune in and use it for change. Remind yourself you are better than letting yourself down.

Mostly let your judging, negative voice go. Be loving, forgiving, gentle, like you do for others. Marry yourself. Make the commitment to love all of you and see what you are up to as brilliant and just as it should be. Do it if for no other reason than that it will, guaranteed, make your life better.

Now Is The Right Time to Find a Partner, Beautiful Boomers! including you Indian ones :)



BY JASBINA AHLUWALIA



Many women over the age of 50 find themselves back in the dating game for the first time in decades because of divorce or the death of a spouse. If that's you, read on for some tips and common pitfalls to avoid before getting out there. I'll begin with tips which apply to everyone regardless of ethnicity, and then end with some culturally-nuanced tips for the Indians and their non-Indian prospective partners among you!

Mindset

A positive mindset will be one of your absolute greatest assets. Viewing dating as an adventure makes the dating process fun and fulfilling.

Be Selective, Not Picky

Leverage your life experience, and be thoughtful about what you seek in a partner. Consider having three must-haves, and being as flexible as possible about everything else to optimize your chances of finding a partner you'll be happy with.

Are you a beautiful boomer with lots of love to give, and desirous of having a special partner with whom to savor the years ahead?

If so, you are in good company. Due in part to higher divorce rates, and longer life spans, there are currently more single Americans than at any other time in our nation's history.

According to the U.S. Census, of the 97 million Americans who are 45 or older, almost 40 percent (~36.2 million) are single.



Authenticity

When it comes to dating at an older age in what sometimes may start to feel like a youth-obsessed culture, you may feel tempted to assume a persona in the hopes of beginning a new relationship. Authenticity is important for a sustainable and fulfilling relationship. If you're online dating (The 50+ segment is the fastest growing group of subscribers for on-line dating, according to Lehman Brothers Equity Research, February 2007), differentiate yourself from the other women online by not being afraid to share what's unique about yourself. Invest time and energy in presenting yourself in the most authentically appealing manner online, be it your profile, photos, or online communications.

Beware of Putting All Your Eggs in One Basket Prematurely

I encourage you to embrace dating more than one person at a time until you are in a mutually exclusive relationship. If it's been quite

a while since you last dated, there's a good chance that you went exclusive with just one person very early on. Dating multiple people at early stages lessens the tendency to put a lot of counterproductive pressure on yourself, your dating partner and the fledgling relationship. Dating multiple people in the early stages of getting to know someone also makes it less likely you will rush things prematurely. When you're feeling chemistry with someone, it's can be easy to go overboard with infatuation and project a romantic fantasy onto the person. Allow men to reveal themselves by their actions over time.

STDs

Sexually transmitted diseases (STDs) may be a relatively new concept for women unaware of the number of STDs, the symptoms of those diseases and how best to protect against them. Precautions such as mutual testing prior to intercourse, practicing safe sex, and taking your time before rushing into bed with a new partner can save lives.

While the foregoing tips broadly apply to singles of all ages and ethnicities, I have included below some cultural nuances for the Indian boomers among you, as well as their non-Indian prospective partners.

Indian Cultural Nuances

Sociologist Professor Kevin Lewis of UC San Diego Division of Social Sciences studied the interaction patterns of 126,134 users of dating website OkCupid.com in the U.S. over a two-and-a-half month period, and found members of dating sites are most likely to contact individuals who share their own racial background on dating websites.

Interestingly, the sociologist found the tendency to initiate contact with someone from a shared race is strongest among Asians and Indians and weakest among whites.



That said, I work with many Indians who are open to non-Indian partners.

For non-Indian partners, it's generally helpful to be aware that family life tends to be highly-valued in the Indian culture, and as such family events will likely become part of your shared life.

I also generally counsel Indians that even if you're both Indian, it's generally not well-serving to presume commonalities. A potential blind-spot danger in dating someone from the same culture as you is the presumption that you value the same things. However, one of you might be more invested in certain aspects of the culture or heritage than the other. I encourage partners to openly discuss what being Indian means to them in their day-to-day rather than having expectations regarding religion, family, spirituality, gender roles, etc.

Many boomer Indians likely are accustomed to arranged marriages as the norm; and they may be dating for the very first time in life. In such cases, I encourage people to explore during the dating process their values, priorities, and how they see each other fitting into each other's lives. I believe the tips/pitfalls discussed above apply equally to Indians.

A discussion of dating for Indian boomers wouldn't be complete without at least a reference to traditional doctrine regarding widowhood culturally rooted in Hinduism (the faith most widely practiced by Indians in terms of sheer number) which some continue to practice to varying degrees to this day. Under this doctrine, widows are generally expected to mourn and remain chaste until the end of their lives.

As a matchmaker and dating/relationship coach who helps South Asians with a wide-range in terms of age, faiths, values and belief systems, I generally embody a non-judgmental stance towards beliefs I don't share. That said, I strongly believe that any widow who is desirous of having another chance at love should not be held back by this doctrine.

Bottom line, beautiful boomers, is if you're single and desirous of sharing your life with a partner, don't let anything hold you back!



Jasbina Ahluwalia

Founder and President:
Intersections Match

www.IntersectionsMatch.com

INTERSECTIONS
MATCH
by Jasbina

On The Journey to Healing - A Mother's Journey

*I read of a reverend who stood to speak at the funeral of his friend.
He referred to the dates on her tombstone from the beginning...to the end.
He noted that first came the date of her birth and spoke of the following date with tears,
but he said what mattered most of all was the dash between those years.
For that dash represents all the time that she spent alive on earth...
and now only those who loved her know what that little line is worth.
For it matters not, how much we own; the cars...the house...the cash.
What matters is how we live and love and how we spend our dash.
So think about this long and hard... are there things you'd like to change?
For you never know how much time is left. (You could be at "dash mid-range.")
If we could just slow down enough to consider what's true and real,
and always try to understand the way other people feel.
And be less quick to anger, and show appreciation more
and love the people in our lives like we've never loved before.
If we treat each other with respect, and more often wear a smile...
remembering that this special dash might only last a little while.
So, when your eulogy's being read with your life's actions to rehash...
would you be proud of the things they say about how you spent your dash?*

The Dash reprinted by courtesy of the author. (www.lindaslyrics.com)

By BONNIE ROSS-PARKER

Glenn David Ross was two months shy of his 40th birthday. He was filled with excitement at having just finished his Master's Degree and looking forward to more freedom, a pay hike, spending more time with his long-standing girlfriend and to receiving the official letter from the university acknowledging his accomplishment. It was the same day of the horrific Haiti earthquake, January 12, 2010, that I lost my son to a rare disease. While his struggle was over, mine was about to begin.



I had read "The Dash" many times. Its true meaning and relevance never had the same impact as it did thinking of my son, Glenn. It's painful that his dash was cut short. But what he did have is one that added so much value, meaning, love, caring, laughter, and friendship to those whose lives were touched during his time with us.

Glenn led his life with dignity. In spite of an illness that was his constant companion, he never let that interfere with living his life at full throttle. I can remember times, after the fact, that he'd talk about jumping out of an airplane, white water rafting, competitive tennis, soccer, and rock climbing in Jamaica. Knowing I'd try to talk him out of it, I understood why he never told me ahead of time! Glenn let nothing stand in his way when it came to a great time!

As a former educator, when Glenn made the decision to enter the teaching profession, I was thrilled. All of us knew he'd make a great teacher. Unable to have children of his own, he loved kids. He was a joke teller and juggler and his classroom was the perfect setting for his authentic self! During student teaching, Glenn shared a required taping with us and reviewing again recently, I smiled just seeing him in action. I had emailed Glenn that I was not being prejudiced and that even if I wasn't his mom, I could honestly say his science lesson rocked. As soon as you saw kids clamoring to answer his questions, you recognized his impact on his students.

All parents raise their children to be honest, to care about others, and to contribute who they are to make the world a better place. Glenn was truly a gift to the world. Whatever his dad and I did, even with the inevitable mistakes along the way, Glenn grew up to be an exceptional man. In our lifetime, we all desire to make a difference in the world – to leave it a bit better than before and to know that our life mattered. While Glenn's dash was cut short, who he was and what he accomplished in his 39+ years had a huge impact. He will forever live on in

our hearts and in the lives of those he touched, including his beloved colleagues and students of Hull Middle School in Duluth, Georgia.

In their 2010 yearbook, a special page was included to memorialize Mr. Glenn Ross. With love and pride I share this acknowledgement.

*Gone from our school that smiling face,
the cheerful happy ways.*

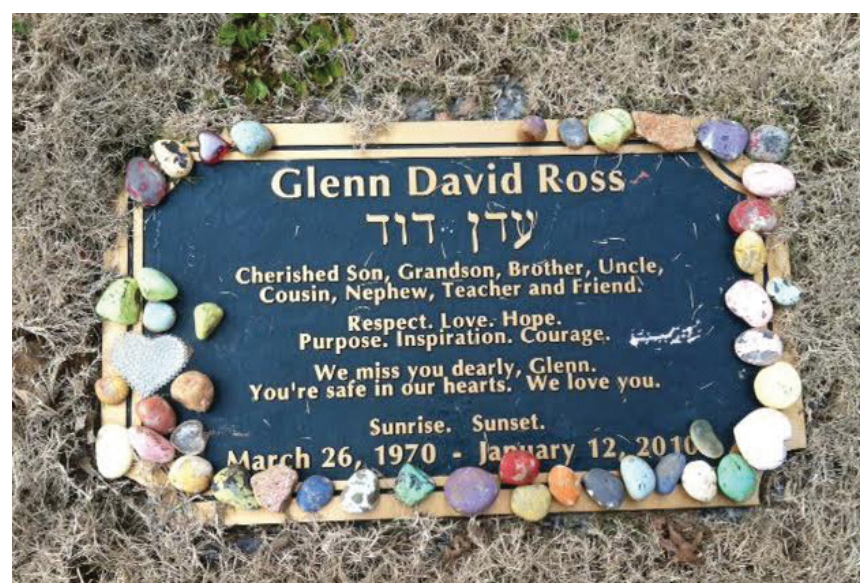
*The heart that won so many friends, in
bygone happy days.*

*Lonely is your class without you, science
to them is not the same.*

*All the school would be like Heaven, if we
could have you back again.*

*We miss him and mourn him in sorrow
unseen.*

*And dwell on the memory of days that
have been.*



Dates have a way of reminding us of joys experienced and sorrows endured. At the beginning of every year, all of us imagine fresh possibilities, goals to be achieved and the promise of happiness. And, yet, on the 12th day of 2010 I went from excitement and anticipation to the depth of despair. A beautiful and loving son, a middle school teacher who was devoted to his students, and all who admired and respected Glenn's carefree, easy going life were suddenly facing an unimaginable loss.



Although Glenn's condition was diagnosed as genetic rather than hereditary, I guess deep inside of me existed a gnawing feeling that somehow, in some way, I was responsible for his shortened life. Each time we talked about it, he did his best to reassure me that he felt no anger or resentment toward me for what he had to endure – continuous hospital stays, operations, treatments, and on and off sickness. Because of the recurring challenges he faced over the years, I often avoided honest communication. Not wanting to cause any more discomfort than he was already enduring, to say “I walked on egg shells” is in many ways the truth.

My journey began slowly and without direction. Sympathy cards and condolences kept coming even from individuals with whom I had lost contact. Somehow they found out about my loss and wanted to express their sorrow. You felt and appreciated their need to offer support. It helped. It was really challenging to find a ‘good day’ or a ‘pain free day’ when my life as it had been was torn apart. My faith was shaken and no one could really understand my broken heart.

In the beginning I found the most comfort in books. They were written by well-known authors who focused their writing on death and dying. In reading stories of near death experiences or individuals who communicate to loved ones after dying, I slowly began to accept the possibility that Glenn would find a way to connect with me. I even had a few sessions with individuals who have the capacity to communicate ‘with the other side’. During one particular instance, I was actually told that Glenn was present with me, loved me, and wanted me to know he is safe and happy. His reassurance through a third party was overwhelming and I held onto that experience for a long, long time. Since then, on my own, I have repeatedly asked Glenn to communicate – a light touch, a vision, a whisper. While it hasn't happened yet, it doesn't stop me from still asking!

I never imagined that I'd join the sisterhood of parents who've lost children prematurely. Our family was acutely aware of his condition – a unique genetic disorder, called – Ehlers-Danlos Syndrome (EDS for short). Yet, in spite of the odds, his outlook, activities, and zest for life never gave us any indicators that we'd lose Glenn so soon. It was both unimaginable and unthinkable.

This is a mother's journey of going from light to darkness and back to the light. It was a tough trip. Your mind is filled with regrets. You look back and wish you had handled certain situations differently. You recall the decisions that had lasting impact. Admittedly, Glenn and I weren't best friends. As hard as we both tried, and I really believe we did our best, there was a constant edge in our relationship, similar to a nagging ache or pain that doesn't go away.

Glenn's smile shines on me every day. There's a beautiful picture of him sitting at his school desk that I've placed beside my work area on my computer desk. It helps me to glance at him throughout the day and think that the smile is really here. I have placed other reminders throughout my home so Glenn is never far from view. I suppose others do the same thing. Each of us in our own way does our best to hold onto memories and pictures to keep loved ones ever present and close by.

Healing happens as time passes. You focus on all the good memories. You build your faith and trust and slowly accept those circumstances over which you have no control. You change what you can control – yourself.

Not long ago, a friend sent me the following short poem by Mary Elizabeth Frye (1932) that really helped me see light once more:

Do not stand at my grave and weep.

I am not there, I do not sleep.

Do not stand at my grave and cry.

I am not there, I did not die.

I've done my share of asking, "WHY?" Why did this happen to my son? Why did he have to endure so much suffering between times of joy and well-being? Why did God end his life when he was just beginning to live? It was almost easy for me to overlook Glenn's illness because everything around him was so positive. But he could never forget. He lived his reality. He dealt with it. He recognized he had to live with gusto when he felt at his best. He knew better than any of us his time was running out.

The journey that ultimately brings understanding and acceptance must be traveled individually. There is no answer to the 'why' that plagues all who suffer. It's taken me a long time to recognize that the question is not 'why' did something happen the way it did. The answer comes from finding the strength to believe in the invisible, trust in the way life unfolds and be grateful.



As I mentioned earlier, Glenn loved teaching. His enthusiasm for Science, for the kids in his classroom, and for the staff and administration were fulfilling parts of his life. He'd share stories and brag about the progress his students were making. You could feel his energy and happiness in his calling as an educator. The classroom was a great diversion for what was going on in his personal life. No one ever knew of his health challenges. He never wanted anyone to treat him differently if they were aware of his fragileness.

As a family, we wanted to do something special in honor of Glenn's memory. We came up with the idea to provide an annual financial award to a deserving 7th grade Science student. In some small way, this gesture would keep Glenn connected with the school he loved for years to come. A plaque currently hangs in the school's hallway with the names and years of three students voted by teachers as the outstanding student based on an essay contest. Returning to Hull Middle School for the annual awards assembly has been a great blessing, and part of our healing.

There's a saying that goes something like – You can't possibly know what it feels like to walk in someone else's shoes. It has more meaning to me now than it ever did before losing Glenn. People are suffering every day. Individuals everywhere are dealing with death and dying. No one can ever know how one will respond to life's toughest challenges until it happens. At the time of Glenn's death, I was often asked, "How will you ever get through the loss of your son?" I didn't have an answer. What could I say? For a while, I was dying inside. The expression – one day at a time – could never have been more real than it was three years ago.

Today, I love my son more than ever. I made a choice to remember the best of times. I know that he is without pain and that God did have a plan for Glenn when he was taken from us on the day of the Haiti earthquake. God chose Glenn because HE knew that my son was the perfect person to welcome, to embrace and entertain the children of Haiti that lost their lives under horrific circumstances. I choose to believe this because Glenn loved children. And, there is no doubt that that's what he's doing right now.

We can find hope. We can move on even when facing the challenges that feel like climbing Mt. Everest one step at a time. I have moved from darkness to light. If you are facing a difficult time, I know you can get through to the light as well. Give yourself time. Trust that if you are willing to be patient, answers will come. Know that what we see is not necessarily what is. We can only do our best, be our best and have faith that our journey has purpose. Seek meaning for yourself. Don't ask why. Ask yourself, how can I grow from what I am experiencing? How can I become a better person? What can I do to strengthen my faith and be a light to others? Light overcomes darkness. All you have to do is light a candle to know this is true. May my story inspire you to meet your challenges with courage, faith and trust. You are never alone.



Bonnie Ross-Parker
America's Connection Diva

www.bonnieross-parker.com

A TRUE ORIGINAL... SHE DID IT HER WAY!



BY KAILASH SOZZANI



Kailash could have been one of those sad statistics for she started her adulthood as a single mom with two kids under the age of two and no high school degree.

Yet, now in her 70's, she makes six figures in her own business doing what she loves-empowering women to say "Yes!" to themselves. And she finds the time to assist her daughter, Kendall Summerhawk, in her multi million dollar coaching organization; as well as being grandmother supreme and nurturing her 29 year old loving, but long distance marriage. Her husband, Kaveen, works in Switzerland most of the year, while she lives in her beloved Tucson, Arizona.

Saying "Yes" to herself in her 20's had her explore hairdressing, while she and her children moved back into her parents' home. Within a year, she found a local master hairdresser who she worked with for the next four years. And when he became ill and had to retire, she developed her own business based in her new home.

In her 30's she remarried, made her business even more successful, but felt "something start to churn in me." She wanted more. Her search in the seventies included: EST Training, Tai Chi, Jiu Jitsu, the Trager Approach, therapy groups and many weekend spiritual and meditation workshops.

Finally during a meditation, a voice broke through loud and clear, "Stop all the BS! Start to do and be. Do all you're supposed to do." She realized then that she had always known this. She just didn't know she knew this until that awakening.

FINDING HER TRUE LOVE...

Kailash also started to visualize a person and a place that she needed to find. Now in her late 30's and her children off on their own; she left her second marriage and set out for Oregon where a spiritual teacher from India lived in a self sustaining community of 3,000 disciples.

Kailash knew that "Rajneesh" was the one she kept seeing in her meditations. And her meditations showed her distinct landmarks that

she now saw on the Oregon property. This is where she found her spiritual core and deepened those beliefs over the next three years. And she met the love of her life, another disciple living on the property, Kaveen Sozzani, a Swiss citizen.

From the start their relationship involved separation as he was called back to Switzerland. Yet, they both felt committed to one another and to each other's happiness. When I asked their secret; Kailash answered: "That we said "Yes" to ourselves no matter what. If one of us has to go, we know and trust that it's right".

For the next 10 years Kailash and Kaveen lived a nomadic existence that hinged on creating enough money to live in India for up to 6 months at a time for this was where her guru now resided. They lived together and apart in Tucson, Sedona, Boulder, Sausalito and Switzerland. She worked at hairdressing and anything else, while he taught French at University level or painted houses. And then that all changed when in January 1990, their guru, "Osho," as he was now known, died.

CREATING HER PERFECT BUSINESS...

They continued to explore many different options and places until Kailash realized her 2nd passion. She had always wanted to be a clothes

buyer for a store. So she trained to become a color and image stylist for women and started this business in her mid 50's. With coaching from her daughter, Kailash grew her passion into a successful six figure business that supports her unique lifestyle and her special vision for empowering women to say "Yes!" to themselves.

Working with Kailash means, "Letting go of worn out beliefs that no longer serve you and transforming the way you look, think and feel about yourself, opening a space in you for your unique and beautiful brilliance to be revealed and lived."

And she realized that she was really attached to her two children who she had spent a lot of years living away from. So coming back and living mostly in Arizona has been a blessing. Kaveen totally respects this, but his work has him in Switzerland for much of the year. At the time of this interview, Kailash was set to leave on a six week reunion with Kaveen in Switzerland, France and Italy.

When I asked her, "How does a Kailash come about?" She thoughtfully replied, "I think I've been gifted with a feisty temperament since I was very young. I did what I did and never knew there was any other way to be. Although my actions could look really illogical to the outside world, I knew I had to say, 'Yes!'"



Live Your True Colors ~ Love Your Whole Life!

Transform the way you look, think, and feel about yourself

with

Kailash Sozzani



“I Get a Paycheck of the Heart”

BY JANIS PULLEN

Janet, I remember seeing you rocking it out as a celebrity up on stage at Kendall Summerhawk’s Conference on Women & Money last April. I looked at you, said to myself, “OMG! That’s my BoomerChickUniverse brand right there on the stage.”

I just knew I had to speak to you. So help me understand. What did you do before fifty? When did you start your present business? And when did you first make six figures in business?

I started out as a CPA credentialed in two states and realized in my late 30’s that “I did not want to run in that rat race anymore, so I decided to join Mary Kay Cosmetics just as a temporary job, until I could find a “real job.”

Eighteen years later, I was the Senior Sales Director with the pink Cadillac, helping women build their business in Mary Kay. “What I realized was that through the years that I didn’t really care what they put on their faces. They could put lard for all I care, (not much integrity there)... but what I “Really” loved was to help the women build their business and feel good about themselves.”

HER REGRETS HAUNTED ME...

And then my friend, who I was supporting in her battle with lung cancer, died. Her regrets haunted me. ‘I wish I had done this. I wish I had done that.’ It got me thinking, “When I get to my death bed, what do I want to say that I



have done? And I knew it wasn’t Mary Kay.”

I knew what it wasn’t...but I didn’t know what it was. So I started to ask myself and others how they saw me, what did they see as my purpose on this earth? Three or four people told me that they saw me as a Life Coach. “And I’m thinking, ‘What is a Life Coach?’”

I looked into it and took action. While still working for Mary Kay, I joined a year long intensive coaching program, commuting to California for a year from New Mexico where I live. “During this time I realized that this is where my heart is, helping people to be the very best that they can be.”

AT 54 I CHANGED CAREERS...

I left Mary Kay and coached anybody who had a pulse on any topic whatsoever. And then I realized that I needed to get a little more specialized. I knew from my past experiences that I not only had the CPA skills to offer, but I also loved to help people make their business extremely successful.

Having struggled with both anorexia and obesity, I have been able to maintain a healthy relationship with food for the last ten years. "Now, I knew that I wanted to teach people to love and to adore themselves and to not fight anymore with food."

In 2008 I designed Ontological Weight Loss (O.W.L.): Your Once-in-a-Lifetime Solution which uncovers and shifts 9 sabotage patterns. It shifts and heals the beliefs, emotions and perspectives - our psychology that sabotages our best efforts. And as successful as that was with private clients, I knew that I wanted to train other weight management professionals in this signature system to reach out beyond myself with this work.

Last year I started to certify others in my signature program. Now I get to use all of my skills: my CPA, my business, my management, my psychological understandings and my intuition. "I'm so passionate about helping others achieve their goals and not to have to struggle

so much. You know even people in their 50's & 60's still wonder, "Am I good enough?"

"I set my own hours and I work on the projects I love. I get a pay check of the heart because I'm helping people."

For anybody questioning if they can do it: of course they can do it. You need to have the right people around you who believe in you and help you shift some of your doubtful voices and keep you on track.

Reminds me of a story in a great book I read, "The Art of Possibilities". Two salesmen go out in the jungle to sell shoes. One comes back and says, "It's impossible, nobody wears shoes." The other salesman comes back and says, "Good news. This market is wide open, nobody wears shoes."

This is where my Virtual Community helps me stay open to possibility. I have friends, colleagues and clients from all over the world. So even though I live in a remote part of New Mexico, I'm not isolated by my physical geography or the limitations of friends and family. You know I'm in my 60's now and I have goals to certify more coaches to reach and help more people. I hit six figures in my 50's doing what I love; and this year, I'm on track to reach a quarter of a million. "I love, love, love my life!"

Janis Pullen

Executive Mastery Coach for Wealth, Weight, and Leadership

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Nadia Tumas



The Life Purpose Decoder

BY NADIA TUMAS

“ I tried many things and I made good money, but I didn't feel like my heart...I didn't feel like I was making impact in the world, so I was really at a very low point of my life. That happened five years ago, and I'm sixty now. Oh, I give away my secret.”

So with all my education and achievements in each field- I've worked as a chemical engineer, a nurse and as a financial advisor, I felt emptiness. Since I was sixteen years old, I could read people's hands. I would look at people's hands and I know who they are, but I thought it was not serious and I didn't use it. I didn't make a big deal out of it.

Five years ago, I met a very famous medium from Canada. I visited him because I was frustrated, looking...seeking. He looked at me and said, “Nadia, you know why you are here?” And I said, “Yeah, I want to know, tell me what it is.” He said, “You came here to discover people's highest potential life purpose through their hand.”

Could you believe, I was very disappointed at this. I think he wants me to sit on the beach

and read people's hands. That is our image of people reading hands, and I didn't realize that his was a special international school/institute that trains people professionally through scientific hand analysis.

I researched what he was talking about and in two weeks I started studying this analysis. I look at people's hands and I am very comfortable with it and I became an expert, so to speak. I knew I was designed to do this from the youngest age. It was my purpose.

It doesn't matter how old you are; if you are designed to for something, you are going to bring your goodness to the world. And that is why my work is dedicated to people at any age, to help them discover their purpose, to make their soul soar and shine, so they can bring the wisdom and beauty of the soul, and share it with the world in a big way. And make a lot of money doing this.

OVER 5,000 CLIENTS FROM ALL OVER THE WORLD...

I have more than five thousand clients from any country possible; because when I started doing this, I had no idea how people found me; and the

VIDEO PLACEHOLDER



business started growing. I realized when you are doing what you are designed to do, the Universe supports you.

“The Universe is clapping saying, ‘Oh my God! I’m so happy, thank God.’ You listen, you listen to your soul and it doesn’t matter. I want to give every woman and man-(the wise man who is listening.) There is no barrier, like I’m too old. It is not in my vocabulary. It’s not. My mom is eighty-four years old, and if I tell her, ‘Mom you are old,’ she will slap me. Absolutely slap me because she says, ‘I’m not old; I am wise.’”

Originally from Russia where people love education, I trained and worked as a Chemical Engineer. That was my profession when at forty, I divorced my husband and came to the United States with two small children and zero language skills. I did not know what I was going to do, it just took total faith and trust-the Universe was going to provide me something. I decided to go to Nursing School and made good money doing charity work for seven years, but I realized it was too small for me. I wanted more, and I went to the financial industry. I became a fully licensed Securities Professional doing investments in big companies like Pacific Life, ING and Alliance. I became a Branch Office Manager teaching other people how to sell and how to make appropriate investments in this big company. Again, within seven years I was good and had achieved certain results.

But again, my soul said, “I don’t feel good in myself if I don’t do something deep that I came here to do. And after that I discovered hands; and hands were always in my vocabulary- I just didn’t pay attention to it.”



When I was a young girl, I had this wild personality and I looked a bit like a gypsy. I just loved people's hands, I liked this mystery. I would hold people's hands and I would know who this person is. Usually people said, 'Nadia, it is like 97% accurate.' But I never use it and I never even pay attention to it. Now I use 100% of my gift... all of my gift.

"Yes, so now I feel like I'm floating in the air, by doing what I came here to do, like people say, swimming in champagne (if you like champagne)."

HOW DOES IT WORK?

It is easy for me because I send people a package that uses special ink. They print their hand and finger print; send it to me and then schedule a session, easy like that. Then I look at the hand, and I decode the configuration of uniqueness of the print. Remember, the finger print is

our identity. We all have unique finger prints, and the finger prints form five months before we show up in this world. So we already have a problem that we are going to come into this world to experience or to solve. Nobody told us so we are wondering like all human being-wondering what am I here for?

Now I'm so passionate to help other people to know, to stop wasting time and really bring their gift to the world in a big way, because if we are all doing what we came here to do, imagine how much impact we can make for each other.

"I came as a refugee-I did not come as an immigrant. I knew no one, I did not speak the language, I had two small children and I had to start over from scratch. Now I am the highest paid woman in this field. I don't say this to brag, I say to inspire everybody. 'Never give up on yourself. You are so awesome and your soul is so powerful...never forget this. I do this work to inspire women to really tap into their brilliance.'"

MY MISSION...

I am on a mission. My goal in the next five years is to touch a million women all over the world and bring them on a purpose. This is my vision, it's my vision, and I can do it, by sharing my gift. I invite everybody to step on this movement and share your gift. There is no age; we are ageless. There is no such thing as retirement. How can you retire from being comforted? How can you retire from life? It gives you so much hope, it is going to give you so much excitement, so much enlightenment.

So many of my clients say, 'Okay, so do you think it is too late for me to start?' I remember one woman said, 'I'm 75, do you think it's too late?' I said, "How can it be too late to be on purpose. It's never too late."

www.nadiatumas.com

How To Stair-Step Your Fees To Give Your Income A Boost

BY KENDALL SUMER-HAWK



I love the phrase “little hinges swing big doors” because it inspires me to take small actions that create a big impact.

And when applied to your fees, the “little hinge” of raising your rates can swing a big door of increased income flowing into your business.

But while raising your fees sounds simple, women entrepreneurs often get stopped at step one, and all because they get their emotions in a tangle over what is essentially a very easy, practical business action.

For example, the doubts and fears my Stars coaching clients often start out sharing with me is:

- **Do I raise my rates for my current clients?**
- **What do I tell the people who have been working with me for a long time?**
- **Won't people get mad at me if I raise my fees?**
- **Will I have to include more in my programs if I'm charging more?**
- **I'm scared I'll lose clients if I charge more**
- **I'm already struggling to get clients, so why would I want to raise my fees?**
- **How can I charge more than others who have more experience/training that I do?**

So first, take a breath... and let it out while I reassure you about 3 key points:

#1. Your current fees are NOT meant to be forever.

#2. Any fear over raising your fees is actually a gift — mirroring something that is currently holding you back in your business (usually, fear of rejection, loss or of what others will think).

#3. When you know how to “stair-step” your fees, you free yourself to charge what you're worth AND provide awesome value.

To get you started, let me share with you the first steps to take so that you're not stuck charging the same fees you've always charged, and, so you attract ideal clients who value YOU and the results you deliver.



Step #1: Stop Letting The Past Define You

Just because you've always charged a certain amount or by the hour does not mean you're stuck with that method or amount forever. Your first step is to decide how much your services are going forward, starting today. This decision is independent of what you are charging current clients. What is represents is your rate for all new clients signing on with you.

Action: Write your new fee down where you can see it.

The emotion you need to release in this process? Guilt. Remember, you're worth MORE than what you're charging!

Step #2 Set Your "How Many And By When" Date

One of the tips I love to share with my Stars clients is that it is perfectly okay to "stair-step" your fees upward, rather than making a big leap all at once.

The key to this technique is to set a limit ahead of time as to how many clients you'll accept at the new (intermediary) fee and by when.

For example, let's say you want to double your fees and create packages instead of selling

your time by the hour. With stair-stepping you can decide to create your packages now, and raise your fees by 50% for the first 3 clients. Then raise them again after that. Plus, you set the goal of signing on those 3 clients within 30 days.

Action: Write down how many clients you'll accept at the new (intermediary) fee and by when, and post where you can see it.

The emotion you need to release in this process? Fear. Remember, you're setting yourself up for success by breaking this down into phases... easy!

Step #3 Follow A System For Transitioning Current Clients Into Your New Fees

Stair-stepping gives you permission to start charging more with new clients, while transitioning your current clients into the new model over time. But this is NOT a permission slip to allow leaky boundaries such as letting clients



go on forever with the old fees, while you're charging higher rates for newer clients. You'll end up feeling out of integrity and at odds with yourself!

The solution is simple: set a "by when" date for when all clients need to be onboard at your new rates and packages, then stick to it!

To transition your current clients into the new model, have a personal conversation with each client, following a simple outline that looks like this:

First, create a list together of all the results they've achieved in working with you. Next, share how excited you are to be taking your business to a new level, and that you've designed a new package (or two). Finish the conversation by discussing which package is best for them and presenting the new fee, not in total, but as the difference between the old and the new.

Yes, you may lose a client or two in this transition BUT the gains you'll make with your new clients far outweigh any potential losses.

Action: Write down your "by when" date and a simple schedule of when you'll speak with each of your current clients.

The emotion you need to release in this process? Hesitation. Remember, successful women entrepreneurs are decisive and have awesome boundaries that help others respect and admire them.



Kendall SummerHawk
Money, Marketing and Soul®
*for the Woman Entrepreneur Who's Ready to
Charge What She's Worth and Get It!*

Would you like to learn simple ways you can brand, package and price your services, quickly move away from 'dollars-for-hours work' and create more money, time, and freedom in your business? Check out my website, <http://www.KendallSummerHawk.com>, for free articles, resources and to sign up for my free webinar, 'How to Make More Money in One Day (as much as \$3,000 - \$10,000) Than You Currently Do All Month Even if You Don't Have a Big List.'

Award-winning, multi-million dollar coach Kendall SummerHawk is the leading expert in women entrepreneurs and money."

At the end of the day...

Your fees set the stage for the quality of clients you attract, your sense of self-worth, and the income you create.

So, my lovely friend, isn't this the moment that you kiss guilt, fear and hesitation good-bye... and take these beginning steps to charging what you're truly worth?

You can do this!



Lucky Brand Ads Show *Model Hasn't Lost Her Gift*

Lauren Hutton

Lauren Hutton is having a moment. The 69-year-old model has landed a new ad campaign for Lucky Brand, posing solo in one photo and with seven other models in another wearing this fall's hottest denim.

Hutton pulls off skinny jeans and a moto jacket with the best of them, which is no surprise given her modeling chops. She's been posing since her teens, a fact we were reminded of last week when nude photos from 1962 surfaced, showing the model at 19. (Some of the photos were eventually published in Penthouse.) More recently, she was featured in Net-A-Porter's The Edit and had one of her vintage photos grace the cover of Town & Country's June/July 2013 issue.

And she's stayed down to earth through it all. Women's Wear Daily was on the Lucky Brand set and noted, "She also brought her own makeup and took care of every last brush stroke herself." Sounds like a true veteran to us.



HUFF
POST **STYLE**

Our Favorite 63-Year-Old Model's Skin-Care Line Is Everything



By Gabrielle Korn

We've been majorly crushing on 63-year-old model Cindy Joseph since August, when she told us about her inspiring pro-aging philosophy and let us photograph her in a park. We also love her makeup line, BOOM!, so we thought it was time to introduce our favorite product from it. Okay, maybe it's three products, but the Boomstick Trio is a full set of wonderfulness that's about to get us through the week.

The set includes three travel-sized, paraben-free, multipurpose cream sticks. They're basically all you need for a complete look. First comes Boomstick Glo, an organic moisturizer that can be used anywhere from your eyelids to your hands. It's made with olive oil, beeswax, and vitamin E, among other simple, natural goodies. It dries to a silky-smooth finish and provides a great base for makeup.





The other two products, a blush and a highlighter, work like magic on skin of all tones and ages. The blush, called Boomstick Color, is a sheer, berry shade that finishes just like a natural flush. It doubles as a lipstick, too, for a rosy monochromatic look. The highlighter, Boomstick Glimmer, has been giving our faces a pearlescent sheen since we started swiping it atop our cheekbones and our brow bones like addicts.

The best part? This tiny set lets us ditch the jam-packed makeup bag to travel with essentials only. Moisturized skin that's pinky and radiant with just three products? Doesn't get more essential than that.

Bonus: If you go to the BOOM! site, you'll find a video tutorial in which Joseph applies the Boomsticks to herself and gives some helpful tips for when you (inevitably) try them out. Plus, she's just so beautiful and nice we kind of can't stop watching.

BOOM! By Cindy Joseph Boomstick Trio, \$68, available at BOOM! By Cindy Joseph.



See more at:

www.boombycindyjoseph.com

BOOM!
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