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The Five Most Important Powers Mid-life Women Must Use to Stay Young

By Barbara Morris R.Ph

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Gerontologists say that 70 percent of the aging process is controllable with the right lifestyle choices. Anti-aging expert Barbara Morris agrees, and has written a hot new book, Put Old on Hold that explains how and why at 75, she feels and functions as a 50-year old. She says, "It's easy when you start early to make anti-aging lifestyle and attitude adjustments. If I can do it, others can do it too. The traditional aging process that our society has adopted unnecessarily relegates middle age people to early decline. There is a better way."

In Put Old on Hold, Barbara Morris, who works full time as a pharmacist, offers plenty of "what works for me" advice. Here are five of her "power tools" for smart women (and men, when they are not too stubborn to listen!) to help control the aging process:

1. Take control.

Aging is inevitable but getting old is strictly an option. Smart women don't buy into society's outdated model for aging; instead, they constantly grow and improve, defying convention and horse-and-buggy traditions and customs. If you don't take charge of your life, and you just let life happen - life will just happen, and the result will be typical, fossilized old age we accept as normal.

Bottom line: Smart women decide how old they are going to be no matter how old they actually are.

2. Inventory and monitor youthful characteristics.

Observe old people. What is it about their "oldness" you would like to avoid? How strong and flexible are you, mentally and physically? Can you bend and touch your toes? Can you walk up stairs without becoming out of breath? Keep and improve what you can, while you can! Youth makes us arrogant. Every day we see a seemingly unchanging image in the mirror that slips away even as we admire what we see.

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Bottom line: Smart women stay aware of what they have and work to keep it.

3. Plan your future.

By age 50, smart women have a plan for a healthy, productive second life at retirement age because they know they will probably live to 100 or more. In 1950, there were a mere 2,300 centenarians. Today, there are over 40,000. By 2050 close to a million people will be 100 or more.

Bottom line: Smart women maximize their future by protecting and building their health, and visualizing their future.

4. Avoid the ultimate social disease.

No, it's not sexually transmitted, it's worse than that - it's self-inflicted, and it's called retirement. Once you internalize that you are no longer productive, that you no longer have goals, decline sets in rapidly. Everything slows - movement, reaction time, thinking, walking, talking. The mind and body go into a shutdown mode in preparation for the final event -- death.

Bottom line: Smart women rewire instead of retire.

5. Manage and fix correctable symptoms of aging.

For example, a slow shuffling gait, poor posture, unattractive teeth, and uncorrected hearing loss. Invest time, effort, and money where it matters: Buy a treadmill and use it daily to maintain a youthful gait, cardiovascular fitness and weight control. Get on an anti-aging diet, and do weight-bearing exercise daily to stay strong and upright.

Bottom line: Smart women manage how they change with age.

Barbara Morris, R.Ph. 75, is a practicing pharmacist and anti-aging expert. She is the author of Put Old on Hold. For more information about the author, staying young, healthy, and mentally alert as you get older visit

Discover The Shocking Truth About Russian Women

By Marina Smiley

Every agency on the Internet features young, captivating Russian girls on their feature pages. Beautiful to look at, alluring, smiling, just waiting for you to take them as a bride. As you look at these beautiful young women, you ask yourself, will these women be able to love ME, as the agencies promise!??

Are they as beautiful in person as they are in their photos, which are plastered all over the Internet? Well, the short answer to your question is.....Yes, they are beautiful, just as most young girls, all over the world, are and as all young girls, they dream about a handsome young man, coming to sweep

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them of their feet.

The key word here is YOUNG, so how can you believe a agency who promises you that these young women will be happy to marry a man much older then they are? What do you think? Is it possible? What about young women in your own country?

You need to understand that this is a business. A business promoting foreign women, willing to leave their country for a husband and new life. Every dating/marriage agency on the web has their share of fairy tales about these May to December marriages How some young thing just adores her old, aging foreign husband. Be very careful when you see these kind of testimonials.

If it was true, you would see a lot of these kinds of marriages in Russia. It is very seldom that you will meet a family or couple, where the husband is more than 3–5 years older. In fact, in Russia, people who are in the midst of trying to marry, are almost the same age, usually no more than a one – three year age difference.

Human nature being what it is, we all want to believe in some for of magic and the advertising business attempts to use our belief in magical things happening to us very much to their advantage. This scenario of young Russian women wanting to meet and marry older men is no different than believing in the advertisements that there are magic pills to make you lose 20 pounds in 2 days, or some scheme to GET RICH in 24 hours.

If you are interested in a Russian woman, at least be wise enough and choose a Russian woman who will match your life interests and your age. Don't believe these advertisements that tell you that young Russian girls are happy to marry men much, much older than they are.

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Marina Smiley is the author of "Your Russian Bride–
The Shocking Truth"
This eBook is available through

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