

## Think Young. Be Young

In his book *The Placebo Effect*, Dr. Joe Dispenza cites a 1981 Harvard University study conducted on a group of men in their 70s and 80s.

These participants attended a five-day retreat where they were instructed to pretend they were more than 20 years younger than their actual ages.

To help them get in touch with their younger selves, old copies of magazines were placed about for them to read. Reruns of decades-old television shows were available to view, while songs from 20 years prior played through radios. These men were also asked to engage in discussions on sports, politics and world events from that earlier era.

At the end of the retreat, positive changes in hearing, eyesight and memory were noted for the participants. The men also showed improved posture and gait, and more physical flexibility and grip strength. A few even played a game of touch football.

In less than a week, these men were able to transform their bodies with the help of a very powerful tool that we all possess: an active mind.

Sadly, it seems we are conditioned by society – media outlets, prevailing thought and perhaps the good intentions of organizations wanting to help the elderly – that as we age we are supposed to be thinking and doing less.



People naturally want to age with good health. How is that done? By eating nutritiously, keeping physically active, staying connected with family and friends, seeking medical treatment when necessary, etc.

In the years – and hundreds of articles – since the founding of the *Life Care LEADER* magazine in 1986, we have learned what the Harvard

study proved. Older people are invigorated by recalling and explaining in detail important events and circumstances in their lives. And the hearers are blessed in the process.

Asking people to tell their stories – whether for a magazine interview or in private conversation – has social *and* health benefits.

– Beecher Hunter