

2005 BUSINESS DIRECTORY

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Cooking With Tea Provides Refreshing Results

When looking to add a hint of the exotic, cooks are turning to a traditional beverage—TEA.

It may come as a surprise to some that tea can be used to add flavor when cooking both sweet and savory dishes. Shrimp can be simmered in green tea. Cranberry sauce can be spiced up with "holiday tea." Classic Earl Grey tea can add a whole new dimension to rice, oolong tea can add an authentic Asian flavor to noodles, and tea in general makes a great marinade for meat.

A favorite tea marinade for meat is Constant Comment, created 60 years ago by Ruth Bigelow. The tea, with its distinctive blend of orange peel and spices, was first shared with friends but caused so many positive comments that it became—and remains—a best-seller. The spicy flavor of America's favorite specialty tea adds zest and appeal.



THE AWAKENED LIFE

Some Ideas For Putting Synchronicity To Work

Part of a Series

Revue the three stages of enlightenment and ask yourself in which you currently reside. If you are in **Stage One**, and still having to wait for time to elapse before you see the lesson in your traumas, then work at being there with the problem and trying to glean something positive from it while it is happening. This means suspending for a few moments your anger and frustration at the situation, and shifting to a different attitude: "All right, I created this mess for myself somehow, even though I don't quite understand how. What can I learn from it now?" This exercise takes you off what is missing or what is wrong, and puts you back on purpose.

If you are in **Stage Two**, and you are looking for the lesson in it as it is unfolding, then see if you can play the entire thing out in your mind, actually seeing the consequences in thought, and then working at eliminating the need to play them out in form, where suffering is bound to take place. Simply stop the trauma in its tracks with your powerful mind, and then follow your instincts as to how to let it go, since you have already seen what the results are going to be if you continue, and you know within your heart that you do not need to go there anymore.

If you are in **Stage Three**, and you are able to bypass those traumas, or at least minimize them by actually getting out in front of them in your mind, then by all means help those around you to do the same. Share your gift with others, and let them see the beauty of someone who is transformed.

(From Dr. Dyer's book, "You'll See It When You Believe It.")



Dr. Wayne Dyer

The words you use to describe others make sharp u-turns. Your judgments, criticisms and compliments boomerang back to you. What you say about others, you're also saying about yourself.

—Tavis Smiley

When Your Back Hurts:
New Approaches To Treating Severe Back Pain

A few days ago, you bent down to pick up a magazine and felt a sudden, sharp pain. Your back hurts severely. But before you dismiss your back pain to old age, think again. You may be suffering from a vertebral compression fracture—especially if you've been previously diagnosed with osteoporosis. Vertebral compression fracture is an injury that occurs when bone tissue inside the vertebrae (bones in the spine) breaks and collapses primarily due to osteoporosis, trauma or cancer.

"Osteoporosis is a 'silent' disease that affects 44 million Americans—80 percent of whom are women," according to Eric Grigsby, MD, a pain specialist at SpectrumCare Pain Treatment Center in Napa, Calif. "The condition is characterized by deterioration of bone tissue, weakening them and making the bone susceptible to fractures. "The elderly population is at greater risk. Most are not aware they have osteoporosis until they experience a break. Unfortunately, many believe their back pain is just a part of aging."

Vertebral compression fractures are diagnosed in over 750,000 people each year. The break can occur when doing daily life activities, like bending or twisting. People with vertebral compression fractures lose height and may develop a hunchback appearance, sometimes called "dowager's" or "widow's" hump. A single vertebral fracture increases a person's risk of further fractures.

Typically, the first line of treatment for vertebral compression fractures is conservative therapy, which includes pain medication, calcium and vitamin D supplements, bed rest, and external bracing. But often, these options are not enough to ease the pain, which could lead to loss of independence and depression.

Percutaneous Vertebroplasty: An Alternative to Conservative Therapy

This cost-effective procedure involves a small puncture through the skin with a biopsy needle. Specially formulated acrylic bone cement is injected into the fractured vertebrae, filling the spaces within the bone. The needle is removed and the cement hardens quickly—strengthening the vertebra and stabilizing the spine. The procedure is performed under local anesthesia or light sedation, and the patient leaves the medical facility the same day.

Percutaneous vertebroplasty is significantly less expensive than a similar technique called balloon kyphoplasty, which is an inpatient procedure that requires hospital admission.

"Patients who undergo percutaneous vertebroplasty may experience 90 percent or better reduction in pain within 24 hours," noted Dr. Grigsby. "Recent research has shown this procedure can relieve pain from vertebral compression fractures for up to nearly three years."

To learn more about vertebral compression fractures and to find a physician who specializes in percutaneous vertebroplasty, visit www.fracturerelease.com.

Kaye O'Bara
1340 NW 173 Terrace • Miami, FL 33169 • (305) 621-7905

When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.

Thanks to all of you who have been visiting and helping us so long. So many of you have come down and visited. Also thanks to so many of you for joining our prayer group the 24th of each month at 8 PM to pray for everyone whom Edwarda has been praying for.

In March we celebrated Edwarda's 36th birthday in the coma. A Japanese lady came to play the harp along with all the other activities you regularly expected to see.

Please continue to keep Edwarda's sister Colleen in your prayers. Her sight has come back, so far but she still sees in triplicate. She is on Rebit for M.S. I appreciate so many telling us of their bouts with M.S.

— *Kaye O'Bara*

*You're someone I can count on
For a sympathetic word,
And someone who will listen
When I'm bursting to be heard.
You're always there and ready
To lend a helping hand
And how I did without you...
I'll never understand.*

Any financial assistance would be greatly appreciated.
The check should be made out to:
Kaye O'Bara or (E. O'Bara Fund) P.O. Box 693482 • Miami, FL 33269

[Editor's note: Kaye has been caring for her daughter, Edwarda, who has been in a coma for the past 36 years. It has been very expensive. We at Boomer Times & Senior Life encourage each of our readers to contribute whatever possible. As Kaye says, "If each person could send at least \$1, it'd be a blessing. If not, send us a prayer."]