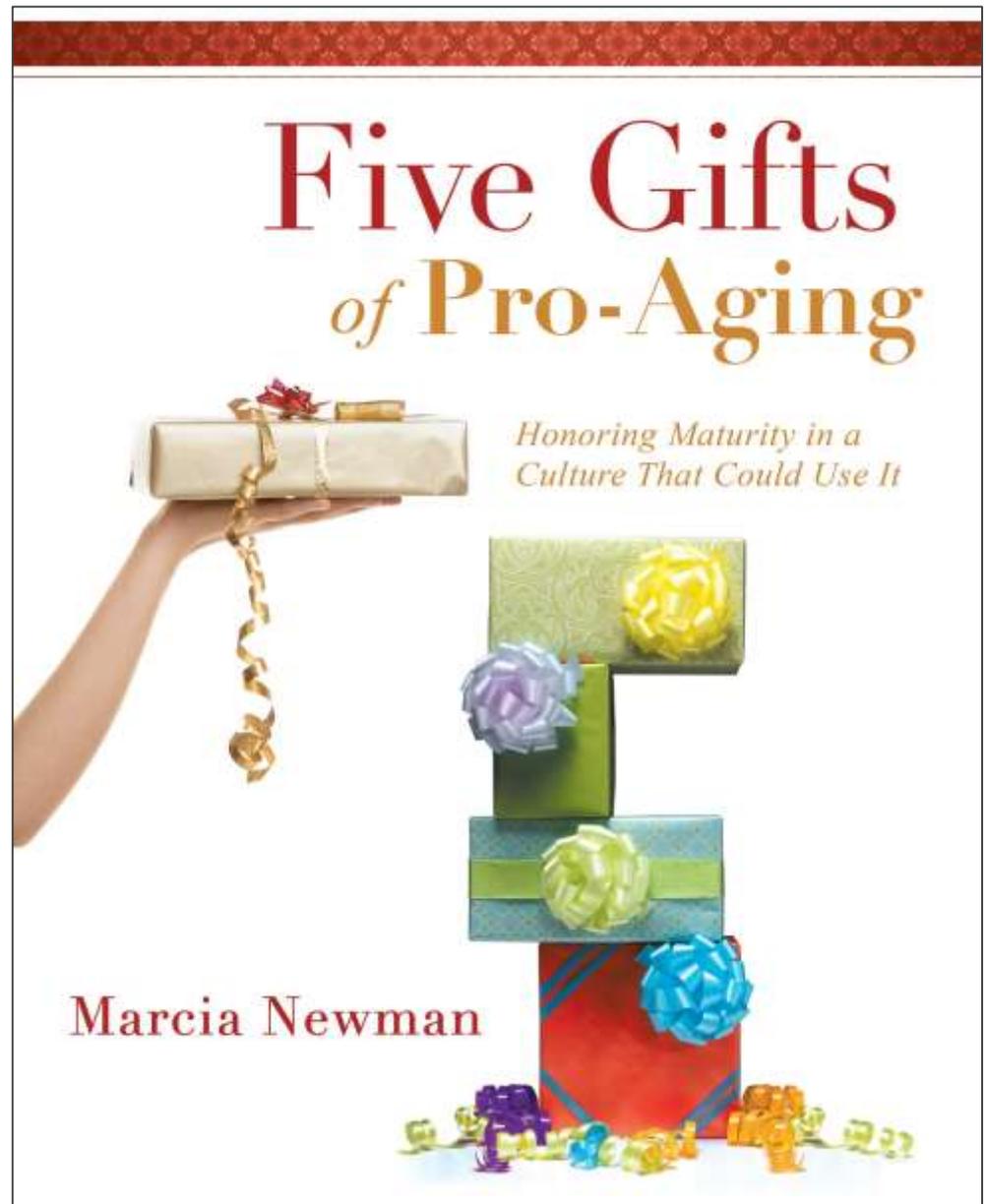


Welcome!

I hope you enjoy
today's Workshop.

Marcia's complete
Workbook is available
at the Conference
Bookstore.





What is Pro-Aging?

- ❖ A fresh response to an anti-aging culture.
- ❖ Confronting prolific social stigmas about growing older, especially the message that we as women, are valued as long as we remain youthful looking.
- ❖ Choosing new revolutionary roles for healthy maturity.
- ❖ Women involved in ongoing collaborative endeavors that make a meaningful difference on this planet.

Nip. Tuck. Laser. Fill.

Revenue in the anti-aging industry will exceed \$200 BILLION dollars by the end of this year.

Data: American Academy of Anti-Aging Medicine

Liposuction 101

In 2010, while consulting at a prominent Malibu
Addiction Treatment Center...

An excerpt: Five Gifts of Pro Aging: Honoring Maturity in A Culture That Could Use It.



*When you teach your daughter,
You teach your daughter's daughter.*
the Talmud

An Exploration of the Five Gifts

Authenticity, the first gift of pro-aging invites us to look honestly at our anti-aging society and approach our own limiting stereotypes.

Aging Awareness Questions & Discussion

Excerpt: Chapter One: The Gift of Authenticity – *The Five Gifts of Pro-Aging*

1. What do you think/feel about the following statement?
*“If a man is going gray, it makes him look more distinguished.
When a women let’s her gray show, she is letting herself go.”*
2. What kind of benefits do you receive for looking younger?
3. What do think about wrinkles?
4. On a scale of 0 to 10 where do think you are in terms of your age acceptance? And your body acceptance?
5. What is your top negative thought or stereotype about aging?
(Hint: What do you worry about most?)

The second gift of pro-aging is **Self-healing.**
**I provide and endorse practical body-mind
based tools that when practiced, can allow us
to be more happy and present to each day.**



An Evidence-Based Feminine Discovery

Until 2002, 90% of stress research had been conducted on males.

That all changed when two women scientists (at UCLA at the time) began talking one day at the lab. Drs' Laura Cousin Klein and Shelley Taylor described it as a classic “aha” moment.

“There was a joke that when the women who worked in the lab were stressed---they came in, cleaned the lab, had coffee and bonded”, says Klein. They began to notice that when the men were stressed out, they'd each hole up somewhere in the lab on their own.

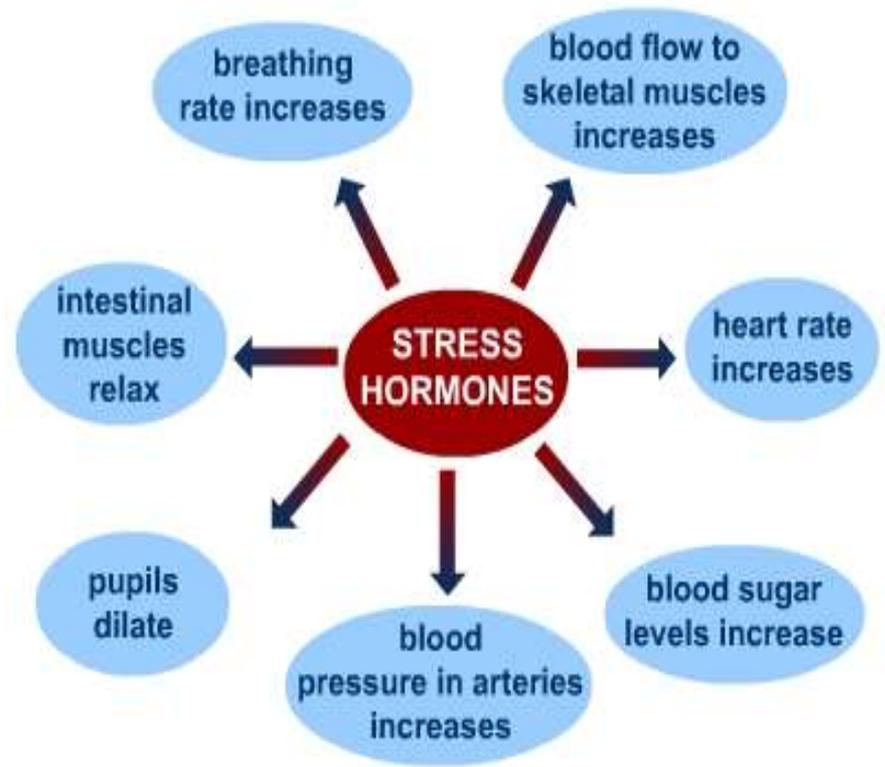
The women started looking deeper into the data and knew they were on to something...

Taylor, S. E., Klein, L.C., Lewis, B. P., Gruenewald, T. L., Gurung, R. A. R., & Updegraff, J. A., Behavioral Responses to Stress: Tend and Befriend, Not Fight or Flight.. *Psychological Review*, 107(3):41-429, 2000.

Our Basic Stress Response

In general, when men and women are stressed--the hormones cortisol and epinephrine are released together, which raise a person's blood pressure and circulating blood sugar level.

Then oxytocin comes into play, which counters the production of cortisol and epinephrine and produces a feeling of calm, reduces fear and counters some of the negative effects of stress.



Important Gender Differences in the Stress Response

Men release much smaller amounts of oxytocin than women, leaving them to feel more acutely the effects of the flight-or-fight response. Men tend to respond to stress by escaping from the situation, fighting back or bottling up their emotions.



The calming response does not occur as much for men because testosterone (which men produce in higher levels when under stress) reduces the effects of oxytocin.

The effects of estrogen appear to enhance oxytocin.

Tending and Befriending

When the hormone oxytocin is released, it buffers the fight or flight response and encourages us to gather and to attend to others.

Women are wired to have a larger behavioral repertoire than just flight, flight or freeze.

Additional studies suggest that when women DO ENGAGE in “tending and befriending behavior” even more oxytocin is released, which further reduces stress and produces an increased calming effect.

The Not So Good News: Friendships get placed on the Back Burner

“When women get busy with their work and family, the first thing they do is push away their friendships due to lack of time or energy. They lose sight of the strength that women provide each other and the healing benefits that are derived.”

- Ruthellen Josselson

Author of *Best Friends: The Pleasure and Perils of Girls' and Women's Friendships*

The pro-aging gift of **Discernment is relentless in its important reminders to help us keep a clear focus.**

Substance Use & Co-Occurring Disorders

The Isolation Factor:

With active mental illness and/or addictions, social bonding (attachment) with other healthy women becomes seriously compromised.

With aging comes more losses and increased risks for women to isolate. Especially if there is a loss of friendships as a result of;

- work changes
- housing re-locations
- work retirement
- death of a female friend or sibling

A nurses' health study from Harvard Medical School found that the more friends that women had, the less likely they were to develop physical impairments as they aged and the more likely they were to lead a contented life.

In fact, the results were so significant, the researchers concluded NOT having close friends or confidantes was as detrimental to your health as smoking or being overweight.

More studies continue to show us the healing power of female friendships and helps to reduce the risk of disease by lowering blood pressure, heart rate and cholesterol.

Friends Help Us Live Longer!



The fourth pro-aging gift -- **Wildness,
links us to our animal nature,
and to our ongoing creativity.**

**The gift of wildness honors the magnificent
power that fuels the cosmos and brings each
breath.**

Collaboration is the fifth gift of pro-aging.
It beckons the feminine to step into the
center of more conscious governing circles.



We are ripe to help put the humane back into humanity.

Q & A

