

Spring 2017 Issue

# Fabulous MAGAZINE over 50

Spring Into Fabulous!

**Your Life is Calling...**

**Go Get it!**

Get Your Home  
Ready to Sell

**Flush Fat**

**Cover Story:**

Harness the Power of YES!

**Special Feature:**

THRIVE



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# Fabulous OVER 50

Spring 2017

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### SPECIAL FEATURE

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# Happy Spring!

We are so excited to bring to you this spring issue of Fabulous over 50. Our cover story will connect you to one of our newest Fabulous Experts, The Millionaire Maker, Loral Langenmeier. In her article she talks about harnessing the power of YES! We hope that you will join us and say YES to attending her 3 Days 2 Cash workshop here in Chicago on April 20 to 22. By attending you will learn how to attract money and how to implement secrets of America's top earners. Use the link [www.FabulousOver50.net/events](http://www.FabulousOver50.net/events) to book your tickets.

We were able to meet up with one of America's TOP Fitness and Wellness coaches in Miami. Becca Tebon will be providing us with great advice on wellness. It starts with H2O and getting good hydration. Each issue Becca will share more of her knowledge with you and we invite you to get to know her through our Facebook page posts.

It is hard to believe that three years have flown by since we created the premier issue of Fabulous Over 50. Some of you came to our Ribbon Cutting parties that were a combination of celebrating the creation of the magazine along with bringing together Fabulous Women. We offer many ways for businesses to connect with Boomer Women from display ads and informational articles in the magazine, to blogs and postings on the website, as well as promoting events on our website and social media. We are working on putting together a Fabulous Event for the fall. We will be asking for your input so please check out our Facebook page for polls and posts asking YOU what you want, what would be a perfect event for Fabulous Over 50 Women and some ideas of where we should host this Fabulous Event this fall.

All the Best!



**Christine Neal**  
Founder/Publisher



# Fabulous MAGAZINE OVER 50

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**Becca Tabon** Becca, founder of Becca Tebon FIT (Fearless Integrative Transformations), went from being sickly since birth, to super healthy as an adult, after healing her body and is dedicated to helping others take charge and regain their health. She is a Certified Holistic Health & Life Coach, Certified Personal Trainer/Group Exercise Instructor and Lifestyle Advocate, an author and keynote speaker, emcee that gets the room jumping (sometime literally) and loves hosting and facilitating at retreats and conferences.



**Loral Langmeier** is a true American success story. She did not start out life with money or connections. Rather than realize her obstacles in life, she focused on the possibilities. By age 17, Loral built her first business, a health-training company.



**Kris Sergent** A single mom, professional speaker, consultant, coach, writer, vlogger and fitness enthusiast, 25 years of private practice experience as a Functional Medicine Authority and chiropractic physician, Dr Kris sparks people to action.



**Wendy Lee** Wendy's vast experience in all areas of the marketplace including first-time buyers, resale, investment properties, short sales, and leasing affords her an in-depth knowledge base to pull from and advise you to make the best decision for you. . She understands the importance of marketing your home aggressively.



**Theresa Kemper** A born writer who is proud to have worked on a variety of writing projects. She is a dedicated journalist and author of several short stories. Currently, she resides in Florida, where she can "write under a palm tree" .



**Julia Skeesick** is a Certified Personal Development Coach earning her accreditation from iPEC. The institute of Professional Excellence in Coaching is the one of the largest and most respected programs in the world.

---



*GET YOUR HOME READY TO SELL*

**Seller  
spring  
into step...**



---

BY: WENDY LEE

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**W**ith the moderately warmer weather we have had this winter, the spring selling market is in full effect. Buyers are looking for a home that will offer them the best features and price, so presentation is key so get your home ready to market. Please use these tips to whip your home into spotless shape and woo potential buyers.

### **Improve your landscaping.**

Curb appeal is crucial to a good first impression, so make sure your home's lawn is presentable. Mow the lawn, trim your hedges, plant full bloom flowers, add colorful mulch.

### **Clean the outside.**

An un-kept exterior will make buyers think you've slacked off on interior maintenance as well. Be sure to clean up and out the gutters and pressure, wash your home's siding or brick. Repair or replace any broken windows and torn screens.

### **Invitation to enter.**

Make sure the front door is inviting. Replace with a nice painted door if it needed. Also, replace any outdated exterior lighting fixtures. Buy new house numbers if the old ones are dated or faded. Buy a nice welcome home mat.

### **Make repairs.**

In a buyer's market, you want your home to be in the best condition possible. Take care of major defects a leaky roof or possible water seepage that could discourage buyers. Making any necessary repairs then buyers don't have to add that to their mental list of post-purchase expenses. There are other house(s) they could be considering that may not need any repairs. Remember it is not just about your house but the other competitive homes in the marketplace.

### **Spotless is sexy.**

Buyers look for detailed clean home top to bottom.

### **Bathrooms.**

Clean the grout. Scour those bathtubs and shower doors, no hard water stains please. Don't forget to Windex those mirrors and windows. Put all of your toiletries away. Bedrooms. Use neutral linens, make sure they are clean, & neat. Wipe down the windows and window ledges. Dust all of your furniture. Hardwood floors should be shiny. Carpet spot-treated.

### **Kitchen.**

Clean your refrigerator and stove. Clear all food and excessive small appliances off the countertops and kitchen table. Make sure you wash all of your dishes and put them away. You do not want the buyer to feel the kitchen space is too small or there is not enough counter space. If not enough counter space, might I suggest purchasing a mobile cart so you can use that to show that there are other ways to gain counter space. Keep your cabinets clean.

### **Remove clutter and depersonalize.**

Buyers want to envision their belongings in your home. Eliminate any personalized trinkets - clutter can cost you a sale. Sloppy does not sell. Move out large chunky pieces of furniture. Rearrange furniture to make rooms appear as large as possible. Minimal magnifies.

### **Organize closets and drawers.**

Messy closets give the appearance that your home doesn't have enough storage space. Plus do not just throw things in your closets and cabinets, buyers need to know that the storage is sufficient...

### **Naturally neutral works.**

You might like your colorful home, but it may completely deter buyers. Paint your walls a neutral color that will appeal to a wide range of buyers.

### **Eliminate bad odors.**

Hide the litter box, power wash the basement floors if you have big dogs. When showing the home, fill it with inviting smells by diffusing essential oils or light a really fresh candle.

Wow, that is a long list. You can always ask your realtor to walk through your home and work with you to create a to do list. Good luck and happy selling.





*Partners for the Path Ahead*



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With much of her career spent working in the reverse sector of the mortgage industry, Nancy Putman is well-equipped to help each borrower through the home loan process.

Nancy loves working with the reverse mortgage clientele. She sincerely believes in reverse mortgages and loves helping clients use them as part of the retirement plans to do things they have never even dreamed of. Reverse Mortgages are not meant just for those in need, but also for those looking to increase and/or extend their financial income. Nancy's goal is to teach and educate all of her clients throughout the reverse loan process so they are comfortable with their decision. She enjoys working with elder law attorneys, financial planners and advisors, credit unions, banks that don't offer Reverse Mortgage, seniors and their children. Dedication, communication, and last, but not least, truly caring about her clients and their needs are the foundation for Nancy's business!

HomeBridge Financial Services Inc. is a leader in home mortgages, which is their only focus. Their uncompromising integrity leads to exceeding customer expectations in all they do, including providing a fast and honest response. HomeBridge funded nearly \$10 billion in home loans in 2016. On February 2, 2017, HomeBridge purchased the operating assets of Prospect Mortgage. In connection with the asset purchase, approximately 500 mortgage loan originators from Prospect, responsible for \$8.4 billion in loan production in 2016, became HomeBridge mortgage loan originators. They are privileged to be your partner for the path ahead towards the dream of home ownership!



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There are misconceptions about using your homes' equity to improve your financial situation with a reverse mortgage. Find out the facts, from someone you can trust.

Nancy Putman, has 10 years of experience in reverse mortgages and is licensed in Indiana and Illinois. She has helped hundreds of homeowners use the power of a reverse mortgage to help seniors age in place by doing such things as; covering monthly expenses, providing cash for remodeling costs or that special vacation or for medical expenses such as in home care. The funds from a reverse mortgage can be used in the future for whatever you your needs are. You choose, it's your home, you decide.



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# Harnessing The Power Of Yes!

## Energy To Build & Lead Your Wealth

---

BY: LORAL LANGEMEIER  
CEO AND FOUNDER OF  
WWW.LIVEOUTLOUD.COM

**W**e live in a time of being busy, but not productive. I meet far too many people that are doing too much for too little benefit and as the years pass by, they seem to move farther away from their goals, instead of closer.

Sound familiar?

In many cases, it's not their fault (or yours). Financial gurus and other leaders are having conversations about the wrong things. People are taught to manage their time, be more productive, work harder and longer to achieve their goals.

I believe in working hard, but I also know that becoming more organized and logging more hours at work isn't the cure-all solution that everyone is talking about.

This is one of the main reasons I started my company, Live Out Loud. For the past 20 years, I've been starting new conversations about money and wealth. My team provides coaching and mentorship programs that empower people to grow and lead their wealth in new ways that actually work.

If you're reading this right now, a part of you knows there has to be a better way to achieve financial freedom and live your life.

And you're right. There IS a better way to build wealth and live the life you want.

My bestselling book, *Yes! Energy : The Equation To Do Less And Make More*, offers a simple, yet profound concept that when you understand and embrace, your life will drastically change.

*Yes! Energy* focuses on managing your energy, rather than managing your time.

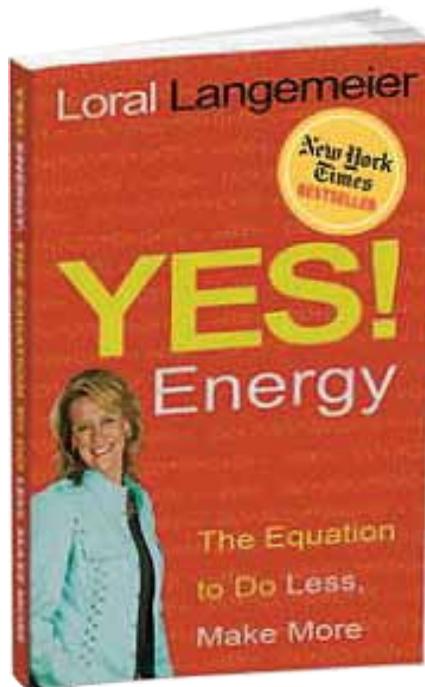


When you learn to manage your energy, you'll be acutely aware of your personal energy in certain situations or settings. For example, you'll soon recognize the people who drain your energy and the people who source positive energy that matches or uplifts yours. You'll know how to lead a room and inspire other people, while being inspired by them at the same time.

Energy will be abundant and you'll enjoy your life, while achieving success at the same time.

This book also focuses on saying YES to the right people, places and opportunities.

This includes saying yes to new ways of building and managing wealth. Most women I meet are afraid to take control of their financial situation and they're hesitant to make major decisions or investments.



No matter who you are or where you live or what you do, YOU NEED A WEALTH TEAM. A wealth team consists of, but is not limited to, a mentor/coach, an accountant, a lawyer and a supportive community.

The best way to make a positive change to your finances is to take action and learn from someone who's done what you want to do!

On April 20-22, 2017, I'm hosting a live Off Wall Street Wealth event in Chicago. This is my proprietary wealth building event where you'll learn how to make money, keep more of the money you make, build your wealth and establish your personal wealth team.

---

You can learn more about the event by going to [www.FabulousOver50.com/events](http://www.FabulousOver50.com/events) I look forward to seeing you there!

---

**If you experience fear or hesitation, there's a simple solution to resolve these feelings that are holding you back -GET EDUCATED-**

---

I've coached thousands of people from all over the world and there's one trend that is consistent.... If you're afraid, it means you don't know enough about a certain situation or subject to make a decision.

When it comes to finances (which is one of the most important, if not THE most important, areas of our lives) most people blindly trust a financial "expert" who likely earns far less than they do, to make their important financial and investing decisions.

This is what I call "parking and praying" and I do NOT recommend this investing technique to anyone. You don't need to be an expert at investing, but you DO need to know enough to successfully lead your wealth team.

**Fast Action Step:**

What is one action step you can take to start building a wealth team that supports your financial goals?

**Fast Action Step:**

What is one action step you can take towards getting the proper education so you can lead your wealth





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# Tired of Feeling Like Crap?

Are Your Bowel Movements Running Your Life?  
Do You Have A Thyroid or Hormone Imbalance?

## Functional Medicine is Root Cause Medicine!

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A single mom of two, professional speaker, practice consultant, coach, reader, writer, blogger/vlogger and fitness enthusiast (on top of running her own practice), 25 years of experience in Functional Medicine, chiropractic physician and FM Authority, Dr. Kris is the perfect representation of how women in today's world live. We take pride in our families, our careers, and our own personal passions- and we want to do them all to the best of our abilities. She is championing the fight to better living, better health, and living WELL!!! One. Patient. At. A. Time. And. Committed. To. The. Billion!



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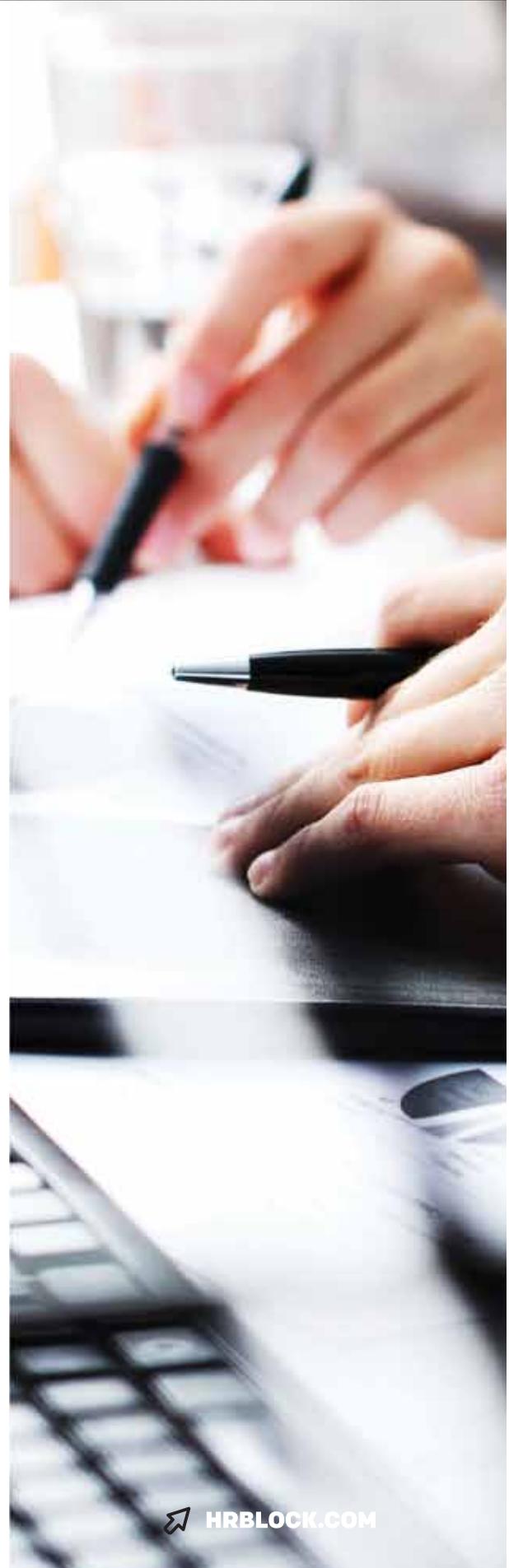
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# Could You Have a Thyroid Disorder?

## Thyroid Function and Disease By: Dr. Kris Sargent; DC, MS-ACP

Thyroid issues are one of the most misdiagnosed and misunderstood health concerns. Kris Sargent, DC, Functional Medicine expert, and trained by Izabela Wentz and Datis Kharrazian's work, says her patients tell her they "feel like crap" and often there is an underlying thyroid condition. Dr. Sargent understands what the thyroid is and what it does; how to test for actual thyroid function, and how to improve thyroid function whether the patient is on medication or not.

Thyroid Disease plagues up to 27 million people per year, or up to one in eight people who have thyroid disease, and 13 million will go undiagnosed. Thyroid disease is on the rise. Our toxic environment, poor food choices, lack of exercise, and mental and emotional stress contribute to the sick thyroid.

What is the thyroid and what does it do? The thyroid gland is a butterfly shaped gland located around your Adam's apple. It secretes thyroid hormones, T4 (80%) and T3 (20%) as directed by the Pituitary gland which secretes TSH (Thyroid Stimulating Hor-

### So, how does the Thyroid work?

#### Common Thyroid Conditions and Symptoms

##### Low and Slow (Hypothyroid):

Fatigue, dry skin and hair, hair loss, constipation, menstrual and menopausal irregularities, depression, cold hands and feet, lower body temperature, weight gain, non-restful sleep, memory and concentration issues, infertility, muscle aches, high cholesterol and enlarged gland.

##### Fast and Furious (Hyperthyroid):

Nervous, irritable, sleepless nights, heat intolerance, weight loss, high heart rate, diarrhea or increased frequency of bowel movements and enlarged gland.

s:

An autoimmune condition, your immune system is attacking yourself instead of invaders, causing Hypothyroid condition.

An autoimmune condition causing Hyperthyroidism

### *s the rub...*

## Thyroid Testing

Most Doctors only test TSH or Thyroid Stimulating Hor-

This is a hormone secreted by the Pituitary, which is a small gland in the brain. TSH tells the Thyroid to produce Thyroid Hormones, T3 and T4, mostly T4.

Therefore, Doctors MUST test total T3, Free and Total T4, and possibly Reverse T3 in certain circumstances. Also, Thyroid antibodies need to be tested to check for autoimmune issues and to monitor the progression of the autoimmune disease. T3, the most active thyroid hormone, is primarily made in the tissues where it is converted from T4. All of these are NUTRI-ENT DEPENDENT processes.

The Thyroid functions similar to the thermostat in a home. The pituitary and the hypothalamus sense how much T4 is circulating in the blood. When the level of T4 gets too low, the pituitary makes Thyroid Stimulating Hormone to "turn up" the production of T4. When the Thyroid is functioning normally, it increases production of T4 (80%) and T3 (20%). T3 is the most active form of the thyroid hormones. It is produced out in the body by converting T4 to T3. When the thyroid is sick, T4 is not produced properly. There are five common areas of dysfunction:

1. At the Pituitary Level - the Pituitary may be sluggish in responding to low T4 levels.
2. At the Thyroid Level - the Pituitary makes TSH but the Thyroid doesn't respond by making T4.
3. Autoimmune issues are probable if TSH is high and T4 is normal.
4. TSH and T4 are normal but signs and symptoms are indicating hypothyroid, there is probably a conversion issue of T4 to T3.
5. If all numbers are normal, but symptoms still exist, there may be a receptor issue at the tissue level.

**All of these processes are nutrient dependent.** If the patient is does not have proper digestive function, continues to eat a poor diet, and lives a high stress lifestyle, the thyroid will not function properly. Never underestimate the power of stress and poor nutrition on the body's ability to function. Without proper nutrients, the body will not function properly.

Dr. Sargent knows how to test and correct Thyroid issues. Her

#### Nutrients Necessary for Proper Thyroid Function

T4 Manufacturing requires: Iodine, Zinc, Vitamins A, B-2,3,and 6, C

T4 to T3 Conversion: Zinc and Selenium

Hashimoto's and Grave's Autoimmune diseases are regulated by Vitamin D. Proper levels of Vitamin D help "turn off" the dysfunctional immune response.

**Gluten is an issue for all autoimmune diseases! Patients with autoimmune issues should be gluten free.** Gluten looks like "selfie" tissues to the immune system, and so, the immune system "kicks in" when it sees gluten, thereby creating more destruction of the already sick tissue.

Functional Health Panel includes ALL of the Thyroid Tests along with about 40 other tests to get to the ROOT CAUSE of your health issues.



### ***It's Your Health and Your Life***

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BUT HAS FOUND HER NICHE IN LIFE

*She is* PASSIONATE ABOUT THE WORK SHE DOES  
AND THE AND THE CAUSES SHE STANDS BEHIND

*She is* CALMER THAN IN HER YOUTH  
BUT STILL KNOWS HOW TO HAVE FUN

*She is* SOMEONE YOU WANT TO KNOW  
BECAUSE SHE WILL SHARE HER LIFE-EXPERIENCES

*She is* *She* APPRECIATES LIFE  
A TRUE FRIEND BECAUSE SHE HAS SEEN FRIENDS  
COME AND GO AND REALIZES THE VALUE OF ONE WHO IS TRUE

*She is* A DAUGHTER, A GRAND

*She* COULD ALSO BE A MOT  
OR CARE-TAKER, OR ALL

*She is* READY FOR THE NEXT  
AND IS WELL ARMED F

*She* ROLLS WITH THE CH  
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# Water

## An Easy Way to Flush Toxins, Belly Fat and More!

*Everyone wants the short cut, the magic pill, the one-an-done method to lose belly fat, get the sleek 6-pack abs and look younger. Water is one of the simplest solutions.*

### YUP, H2O!

BY: BECCA TEBON

#### Are You Drinking Enough Water?

The average adult human body is comprised of 50-60% water. The percentage of water in infants is much higher, typically around 75% water, dropping to 65% by one year of age. Too much water could result in mineral imbalances, while too little could cause dehydration, headaches or fatigue. So, how much should you drink?

Bio-individuality applies not only to food but also to the amount of water our bodies need to function properly.

Exercise, drinking coffee or caffeinated beverages have a dehydrating effect on the body and contribute to dryness, pain in joints, fatigue and altering the pH level in your body.

#### So how much water should you drink?

If you are trying to FLUSH weight, toxins and alter your digestion, chances are you'll need to up your water quantity. The basic rule of thumb is half of an ounce per pound of body weight. Those who have constant thirst should seek to talk to a doctor as many health challenges including diabetes are symptomatic of thirst and excessive urination.

#### Water intake should be increased in the following situations:

- Hot/humid temperature
- High altitude (above 8,200 feet)
- High exercise level
- Illness of fever, diarrhea, vomiting
- Infections of the bladder or urinary tract
- Pregnancy/breast feeding
- Increased alcohol intake



## 8 Benefits of Drinking Water

1. **Helps Prevent Muscle Cramps.** Drinking water helps prevent muscle cramping and lubricates joints in the body.

2. **Water Helps Energize Muscles.** Dehydrated muscles fatigue faster, and won't be able to get a great pump.

3. **Drinking Water Helps Maintain the Balance of Body Fluids.** Your body functions require water to properly aid in absorption, circulation, digestion, creation of saliva, transportation of nutrients, and maintenance of body temperature.

4. **Water Can Help Control Calories.** For years, dieters have been drinking lots of water as a weight loss strategy.

5. **Lower Stress With Water**  
About 70% to 80% of your brain tissue is water. If you're dehydrated, your body and your mind are stressed.

6. **Normal Bowel Movements require water.** Water helps dissolve waste particles and passes them smoothly through your digestive tract.

7. **Water Is The Fountain of Youth - "Natures Beauty Cream."** You'll notice your fine lines and wrinkles are deeper when you're dehydrated.

8. **Water Helps Your Reduce Kidney Stones.** Water flushes out impurities and improves circulation and blood flow. Kidney stones can't form in diluted urine, so reduce your risk with plenty of water!



## 3 Tips to Help You Drink More

Here are some tips to help you increase your fluid intake and reap the benefits of water:

- 1 Drink 30 minutes before or after a meal, not with meals.
- 2 Eat more fruits and vegetables —20% of our fluid intake comes from foods.
- 3 Use a 24-30 ounce bottle of water and keep refilling. Track your water in a journal (I offer a food, mood, poop, exercise accountability journal on my mobile app).

### WHAT IS THE BEST TYPE OF WATER TO CONSUME?

**Tap water**, most readily available, may not always be the safe option. Some cities have very good purification systems, while others leave traces of chlorination by-products, lead and sometimes bacteria.

**Water filters** can help to remove contaminants when environmental toxins pose a threat to water systems.

**Distillation**, a process consisting of boiling water, has also been found to remove impurities and toxins.

**Bottled water** has become a popular option for individuals without access to safe tap water; however, there are growing concerns about chemicals from the plastic seeping into the water, as well as the effects that the increasing number of bottles is having on the environment.

**Water ionizers** are gaining more recognition for their ability to create alkaline ionized water through electrolysis.

## Try These 6 Delicious Spa-infused Waters You Make Yourself

No need to run out and buy those expensive waters that are touted to be so amazing. You can create gallons for a fraction of the cost with these ingredients.



**Tangerine** allows your body to process glucose more efficiently, instead of turning it into fat.



**Grapefruit** boosts your metabolism, and their peels offer essential oils loaded with vitamin C and anti-inflammatory properties.



**Cucumber** stimulates a feeling of fullness and satiation.



**Mint** aids the digestive process, allowing your body to eliminate waste more efficiently.



**Cranberry** is a formidable diuretic and energy booster.



**Green Tea** is an antioxidant, reduces the formation of free radicals in the body and protects cells and molecules from damage.



Spa Fat Flusher Drink (from my "FLUSH THE FAT" free download [www.BeccaTebon.com](http://www.BeccaTebon.com))



# Planning a Wedding or Party? We can help!

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Relax and let us clean and set-up for your special event. Many times the host is so stressed from cleaning for their special event, that they are too tired to enjoy it. No More! We will have your place sparkling!

## Serving Food & Drinks During Event

We love to serve! You will be enjoying your guests as we make sure everyone is taken care of and enjoying the food.

## Cleaning Up After Event

Who has the energy to clean up after an event? We do! Cleaning up afterwards is our favorite part because this is where we really "shine".

- ★ **Weddings**
- ★ **Graduation Party**
- ★ **Office Party**
- ★ **Family Reunion**



★ **Relax and Enjoy your Party!** ★

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Dusting of furniture and light fixtures. Vacuuming carpet and professional cleaning of all flooring.

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Cleaning & Disinfecting of counters, bathtubs, sinks, toilets, floors and mirrors.  
Dusting cabinets, ledges and all light fixtures.

### Kitchen

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### All Other Rooms

Dusting of all furniture and light fixtures.  
Vacuuming carpet and professional cleaning of all flooring.

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Fabulous Women

# Meet Mary Ziola-Vega



**M**spent over 20 years being a salesperson for a fortune 500 company where she was given goals and quotas to make, it was all dictated to her. After years of being told what to do, Mary decided it was time to take her sales skills and set some goals of her own. And now she is helping other women do the same.

Mary was first drawn to the network marketing business because she was told that in this business, “the success you create is all yours and yours alone to earn.” If ever she would succeed, it would be up to her, not the quotas dictated to her by corporate America. She was also drawn to the excitement of building a team of others that would want to be on the same journey.

Mary had ventured into network marketing throughout the years trying so many different products. Like many others, she found that she was spending more money than she was making. Her twin sister Jean told her that the network marketing business was made for her, she only



“The key to any network marketing business is passion. If you love the product you represent then it is easy to share.

MARY ZIOLA-VEGA

”

needed to find the right product. Then along came Thrive by Le-Vel. As a person that wanted to oversee her own life and financial destiny, Mary found that Le-Vel is enabling her to do just that. She is now enjoying meeting new people and helping them do the same.

After trying Thrive on a trial by a friend in Canada, Mary was immediately hooked on how wonderful she felt. All she wanted to do from that point was share that feeling with others. She wanted everyone to feel the same as she did, FABULOUS. At that time, Mary had so many medical issues. After taking the product and finally feeling so amazing and healthy, she just wanted to tell everyone.

From her love of the product she is building a team of like minds. It wasn't easy at first. She did not start out on the right foot. Coming off a corporate career of goals and quotas, she was attracting the wrong people. She then realized that she had to find people that were as passionate about the product as she was, and then grow from there. Mary says that is the key to any network marketing business. Passion. If you love the product you represent then it is easy to share.

Mary says, "Since network marketing has such a bad rap from the public eyes, you must learn to not be a typical sales person. You have to be a passionate about your product and want others to feel the same. The most successful people in network marketing make it as easy as possible to share. Le-Vel makes it easy to share Thrive with others. They have a cloud based business, free to join,



## Stepping Out of Corporate America & Thriving!

and easy to replicate success. Plus, an awesome compensation plan that helps everyone earn money right away. So, with no upfront cost a person can earn \$800 to \$1600 in the first two weeks. Earning right away in network marketing is what keeps people interested. Too many have joined other companies and spent thousands of dollars to get nothing back, which can make one lose attention, real quick."

Mary has been with Thrive by Le-vel for two years. She has reached the rank of 12K a month and has earned a car bonus and lifestyle get-a-way's, like her recent trip to Dallas and a trip to Toronto this summer. Le-Vel has continued attainable contest and incentives that are also offer additional monies to be made. This year alone so many people have even

earned a 200K bonus!

Mary's advice to anyone looking to succeed in network marketing is to find a product you yourself enjoy and use. Then just share that with others. They will feel your excitement and want to join you. The main thing is, do not sell your future team members, you'll see them leave as fast as you gained them. Instead look for the customers that love the product and want to get involved, the ones that are passionate about the product. These happy customers will become the best promoters.

 If you are interested in a career in network marketing or want to order product, contact Mary at 708-289-0595 or go to her website at [ThriveinChicago.Le-vel.com](http://ThriveinChicago.Le-vel.com)



# The Midlife Call

## Your Life is Calling... Go Get It!

BY: JULIA SKEESICK

Okay, so we have been here before. This nudging and neddling, this yearning and burning to do something different, something more. Like me, maybe you have felt this call most of your life. The omnipresent knowledge that there is something bigger and better that you are called to do, that eats away at you, and is so hard to ignore. It is an intrinsic part of our humanity to crave change, to strive, to grow and it is this aspect of our nature that spurs discovery, adventure, actually everything ever experienced or achieved. That's the upside.

This powerful spark is also responsible for sleepless nights, anxiety attacks, insecurity, confusion and regret. Sometimes it is so clear what we need to do, it scares us. Other times the need to act is so vague it haunts us.

At midlife this "voice" can become even more insistent and urgent, and because of this we may be more willing to listen and able act than ever before. As we approach "Fabulous Fifty" and beyond we may have already achieved much, but undoubtedly have also fallen short at least as many times. We are poignantly aware of our mortality and are inspired to make this next phase of our lives even better than the first. We want more joy, more fun, and more freedom, but we also want our lives to be significant, full of meaning, and to make a positive impact on the world.

We stand at a threshold of possibility that is exciting but also a bit intimidating. I have found through my own journey, as well as that of dozens of clients I have worked with, that there are

two major struggles associated with this midlife call. They can be categorized as, I do not know and or I do not roll.

### I Do Not Know:

In my experience this is most prevalent and is characterized by simply not knowing what we want. When I first starting coaching it surprised me how many successful, middle age women really did not know what they wanted to do. They had simply forgotten what they once desired, what had stirred their passion and spoken to their soul. If you are unsure of what you want to do next or what might fulfill your call be assured you are not alone in your uncertainty.

**First**, trust that if you are feeling a call there is something there. Second, believe that you can discover what it is and choose to pursue it. The steps are simple:

- *Commit to a plan of exploration*, investigation and discovery.
- *Begin by setting aside time to simply listen.* Most of us rarely spend time in silence or alone yet this is the only time a still small voice can be heard.
- *Practice daily meditation.* Consider writing a daily journal. Spend time in nature in deep reflection.
- *Ask yourself pointed questions* about the future such as what you would do if you knew you could not fail or had no restrictions of time or money?
- *Investigate the past* by asking what have you have done that you most enjoyed or excited you? What did you plan set to do in your youth that may have been set aside by other pressing life concerns? Removing practical limits allows more creativity to start a brainstorming process.



*Write everything down.* Pay attention to which ideas carry energy and emotion.

#### I Do Not Roll:

You have a clear plan, a big idea, but you just do not take action. There are many reasons for this -- most based in fear. Midlife bestows the wisdom of our years to inspire, but that same life experience can hold us back. We may have tried to pursue a dream in the past and been bitterly disappointed, we may have lost everything on a business idea or had negative people undermine our confidence in our ability.

**Take heart.** With a little discipline and effort you can turn your fear into fuel.

*Recognize that every success and failure* you have experienced you have survived. You are still standing and are in fact standing stronger and smarter than before. Just because something did not happen the way we thought it would in the past does not mean it will not work differently in the future.

*Recognize that then times were different* and we were different. Don't let past problems limit future possibilities. The truth is, we are more mature, more informed, and more capable every day. We are also more resilient and bring the resources of experience to bear.

*Consider the evidence of past triumphs and trials fairly.* Most of us have situations we perceive as mistakes or failures that become seared into our brains, but we hardly recall the times when we nailed it.

*Inventory all your success,* all accomplishment big and small. Note the times you risked and how good it felt.

*Add in the times you came up short* but do so in a way that cultivates the lessons you learned and how that will support rather than prevent your next attempt.

*Realize that if we are unwilling to act now* we may never do so! The fear of failing at the dream we have may be put into perspective best by the fear of dying without trying.

*Identify what exactly is holding you back*, and most importantly the reasons that underlie it. Do you need more confidence or support? Are you lacking resources or necessary information?

All of these challenges can be resolved once they are identified. Identify what needs to be done then take a good look at that resume you just compiled and hire yourself to do the job of making it happen.

The midlife call is not always loud and clear, it is also not necessarily lofty and life changing. Whether you are moved to travel more, improve your health, write the great American novel, fight for peace in the world, or simply find peace in your own life, all calls are valid, valuable and worth pursuing. The best gift of midlife is the sense of coming into our own. Knowing ourselves better, trusting ourselves more, and caring less what others think. At some point we must ask if the life we are living is the life we want? Maybe that is where the burning desire comes from and why so often the midpoint in our lives becomes the flashpoint, the catalyst for change for more self-fulfillment. By our nature women are passionate, curious, and creative. We yearn to connect, to be fulfilled, to make the most of ourselves, and to share that with the world. If we are bold enough to answer the call, we will!





Fabulous Women:

# Meet Gail Brown

## Founder of Engaging Speakers



***Gail Brown** is a dedicated wellness coach and mentor who has worked with countless fabulous women over the past 20 years. Gail was looking for ways to expand her business with Shaklee. Having a vast knowledge of wellness products, she knew she could help a lot of people by arranging speaking engagements for herself in front of business groups like the local Chamber of Commerce, as well as Community Groups like AARP. Once she gained success in speaking, she developed a passion for helping others “speak their way to more business.” by founding Engaging Speakers. Through this organization, she can offer a wealth of resources to anyone who wants to grow themselves professionally.*

### Becoming an Engaging Speaker

Getting involved in Engaging Speakers is easy. While it's normal to be nervous, even if you are an expert in your field, the organization is designed to be very supportive. Engaging Speakers works to help put you in front of your target audience and seeks out high-quality events to participate in.

### Here's what members have to say:

When I first joined Engaging Speakers, I was trying to launch a new career as an entertainer for women's groups. I do an entertainment piece titled “Husbands: An Owner's Manual.” Through the organization, I have had direct bookings, hired a booking agent to increase those bookings. I learned how

To apply for membership, visit:

[www.engagingspeakers.com/memberships/](http://www.engagingspeakers.com/memberships/)

If you are looking to hire a powerful speaker for your next event, visit:

[www.engagingspeakers.com/find-a-speaker/](http://www.engagingspeakers.com/find-a-speaker/)

to promote my speaking through social media, improved my performance skills and received the encouragement to write a book based on the performance script.

# Grow Your Business with Engaging Speakers



BY THERESA NEAL

**N**etworking is a very powerful tool, but it takes much more than attending a few meet and greets to make an impression. If you want to become an industry leader, you need to get in front of people. Engaging Speakers helps women get over their fears of public speaking and plant the seeds they need to grow their businesses. As their business grows, their confidence grows.

Gail Brown founded Engaging Speakers to help women promote their businesses across multiple channels. Many women see themselves as a diamond in the rough, lacking clarity or the confidence they need to stand out. By attending meetings and hearing other professionals speak, eventually, members gain confidence and get a presentation together and present it to the group. Their peers help to make constructive

suggestions for improvement and offer support. If you are looking for an organization that can help to guide your business growth and you want to help others, Engaging Speakers is for you.

### The Engaging Speakers Message

Engaging Speakers is designed to help connect people who are passionate about their industry. It is much more than a typical networking group. Instead of looking for people who want to make connections, they look for collaborators. This key difference makes the group far more productive and allows the members to focus more on personal development and joint ventures to get them where they truly want to be. Public speaking is a great way to educate your target audience and promote your services. You'll make great connections within your industry while posi-

tioning yourself as an expert. Whether you are publicly speaking or seeking a seasoned professional for your next event, Engaging Speakers has the resources you need.

### Are you responsible for hiring speakers for your company or organization?

Engaging Speakers provides meeting planners, program directors, associations and corporations with a free website that allows them to access many highly qualified, prescreened speakers, so they can effectively book all of their meeting speakers in one place in a fast and efficient manner. Meeting Planners can also attend our monthly meetings to meet our speakers, get a feel for their style and content, and book them for their future meetings, workshops or conferences. What a time-saver!

## Here's what members have to say:



*When I first joined Engaging Speakers, I was trying to launch a new career as an entertainer for women's groups. I do an entertainment piece titled "Husbands: An Owner's Manual." Through the organization, I have had direct bookings, hired a booking agent to increase those bookings. I learned how to promote my speaking through social media, improved my performance skills and received the encouragement to write a book based on the performance script.*

JUDI SCHINDLER

*I love Engaging Speakers. It has helped me be a confident, comfortable speaker. The free mentorship that comes with membership helped me to set up the business side of my speaking business. I value the opportunity as a professional member to have my own customized speaker webpage and the opportunity to speak at chapter meetings.*



PHYLLIS MARLENE



*Gail has given voice to aspiring speakers (as well as elevating experienced speakers) for over a decade. I have personally experienced the impact her reputation has in opening doors to opportunity. In addition to what she has done for me personally, I have seen members create life changing programs, move onto international stages, speak in areas of politics, the arts, diversity, health, business, the list is extensive.*

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## New Technology

# Monitor Your Parents When You Can't Be There

*It is never easy when a parent's health starts to decline. We want to be with them constantly and make sure they are ok. Even if your parent is still very independent, it's natural to want to tend to their needs. We often feel torn between our day to day responsibilities, such as our job or home,*

*and running to check on mom or dad. They need someone there to make sure they haven't fallen down, wandered off or had a decline in health. We care about our parents and want to be able to know how they are doing and want to check on them to make sure that all is well.*

BY THERESA NEAL



### Technology Keeps Us Informed

We can easily keep in touch by phone, video, or email. While these communication tools can help us, they don't always keep us informed. Loved ones with Alzheimer's or dementia can't always communicate that something is wrong. Even when combined with frequent check-ins, we need to find more advanced ways to monitor our sick loved ones.

### New Wearable Technology called the HELO LX.

The HELO LX is wearable technology, that looks like a bracelet. It is an excellent solution, allowing us to closely monitor our loved ones, without keeping in constant contact with one another. They can feel more independent and we can have peace of mind knowing that if something does happen, we will be the first to know. [www.originalhelo.com](http://www.originalhelo.com)

### HELO LX Monitors Mood, Energy, Breath, and More

This comfortable bracelet monitors all the wearer's vitals. "We Care" feature allows you to monitor anyone within your network, so you can easily look after more than one person. Simply enable the "Guardian" feature to get alerts when a vital is off. The bracelet discreetly measures heartbeats per minute, breaths per minute, changes in energy or mood, and more. Plugins and modules are also available, so the list of features is constantly growing.



To learn more about HELO LX and other helpful tools, please contact:

Renee Olsen: (815) 405-1363

Email: [ReneeOlsonBiz@gmail.com](mailto:ReneeOlsonBiz@gmail.com)

Or Jane Granner: (630) 926-1729

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