



DRUG & GIFT SHOP
444 So. Flower, Ste 100
Los Angeles, Ca 90071
213-612-4300
www.uptowndrugs.com

Uptown Downtown

ACCEPTANCE

Acceptance is an important commodity. Some have even called it "the first law of personal growth."

Acceptance is simply seeing something the way it is and saying, "That's the way it is."

Acceptance is not approval, consent, permission, authorization, sanction, concurrence, agreement, compliance, sympathy, endorsement, confirmation, support, ratification, assistance, advocating, backing, maintaining, authenticating, reinforcing, cultivating, encouraging, furthering, promoting, aiding, abetting or even liking what is.

Acceptance is saying, "it is what it is, and what it is what is." Great philosophers from Gertrude Stein ("A rose is a rose is a rose") to Popeye ("I am what I am") have understood acceptance.

Until we truly accept everything, we can never see clearly. We will always be looking through the filters of "musts," "should's," "ought-to's," "have to's" and prejudices.

When reality confronts our notion of what reality should be, reality always wins. We don't like this (that is, we have trouble accepting this), so we either struggle with reality and become upset, or turn away from it and become unconscious. If you find yourself upset or unconscious--or alternating between the two--about something, you might ask yourself, "What am I not accepting about this?"

Acceptance is not a state of passivity or inaction.

We are not saying you can't change the world, right wrongs or replace evil with good. Acceptance is in fact, the first step to successful action.

If you don't fully accept a situation precisely the way it is, you will have difficulty changing it. Moreover, if you

don't fully accept the situation, you will never know if the situation should be changed.

When you accept, you relax; you let go; you become patient. This is an enjoyable (and effective) place for

either participation or departure. To stay and struggle (even for fun things: how many times have you tried real hard to have a good time?), or to run away in disgust and/or fear is not the most fulfilling way to live. It is, however, the inevitable result of nonacceptance.

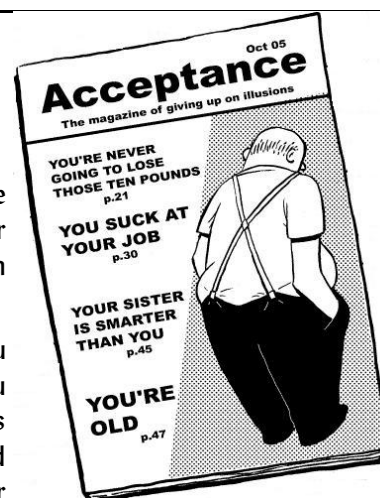
Take a few moments and consider a situation you are not happy with--not your greatest burden in life, just a simple event about which you feel peeved. Now accept everything about the situation. Let it be the way it is. Because, after all, it is that way, is it not? Also, if you will accept it, you will feel better about it.

After accepting it, and everything about it, you probably still won't like it, but you may stop hating and/or fearing it. At worst, you will hate or fear it a little less.

That's the true value of acceptance: you feel better about life, and about yourself. Everything we've said about acceptance applies to things you have done (or failed to do) as well. In fact, everything we've said about acceptance applies especially to your judgments of you.

All the things you think you should have done that you didn't do, and all those things you did that you think you shouldn't have done, accept them. You did (or didn't do) them. That's reality. That's what happened. No changing

(Continued on page 4)





Let's Talk

Dr. Jerry Shapiro

Will Health Care Reform Become a Reality? Is Health Care a Right or a Privilege?

Once again I am writing to you about a very important subject.

Although I am a health care provider and very involved with the process my initial observation is that while our political leaders tell us that we have gotten Health Care Reform, very little will be accomplished. I do not have to tell any of you that our Health Care System is not only broken, in a very short time we will not be able to sustain it financially. What should we do?

In my view the answer is simple. Tell our elected leaders that we want a single payer universal health system. Not only does every other industrialized country in the world use this method but we actually do for our seniors. It is called Medicare. While there are problems with Medicare as it is today they can be fixed. What can not be fixed is our private health care system. Here are some facts and you can make your own decision. Most of us think that we have complete coverage until we get sick. That is the time when we actually need the system. We need to remind health care providers to once again remember just why they became Doctors, Nurses and Pharmacists. That is to help people

who are ill and bring them back to good health. What we do not need is a system of deductibles, co-pays and maximum out-of-pocket expense. These are all techniques to help deny people the health care they need when they most need it. The numbers have been verified numerous times by independent auditors, by removing the insurance companies from health care there would be an immediate \$400 billion dollar savings per year (General Accounting Office) and allow for providers to care for all of the people in our country sick or well, rich or poor. What I continually hear is that this is socialized medicine. Let me ask each and every one of you, do you consider the police or fire department socialized? Yet we pay taxes to maintain these services. Instead of premiums we would be paying taxes to take care of this new health care system which would cover all of us no matter what we had. Not only would we be receiving better and more complete care, but our businesses would be able to compete in the global economy on an equal footing. Also please remember that after the passage of Medicare 90% of Americans joined within the first year.

You would be able to choose the health care provider of your choice rather than being forced to go to one in particular. You could also use any pharmacy and not be forced to go to mail order. These options would still be available but not mandatory.

Feel free to speak to me about any of these comments.



Taking Medications

It is extremely important that you understand the medicines your doctor prescribes for you. To be sure you have all the information you need, ask your pharmacist these questions about your medications.

Because these are questions that you should ask, you will see that this article does not always answer them. Instead, each question is followed by a short explanation of why you need to ask the question. Get the answers by asking your pharmacist.

What is the name of the medication, and what is it supposed to do?

You should know the names and intended use of all your medications. Because you may see more than one physician, you should always tell your doctors about other medications you are taking, including non-prescription drugs, herbal remedies, teas, dietary supplements, vitamins, and minerals. This will ensure that the medication you take—both prescription and non-prescription—is appropriate for your condition. If you are taking medicines for long-term

conditions, it may be helpful to keep a list of all your medicines, their dosages, and the reason you are taking them.

When and how do I take it?

Taking your medication correctly is very important so that it can give you the help you expect. Examples of questions you might ask are: Should I take this medication on an empty stomach or with food? How often should I take it? Do I take it at the same time every day?

How long should I take it?

Serious problems may result from not taking all your medication or by continuing medications too long. It is very important that some medications, such as antibiotics, be taken for the prescribed length of time. Patients must not stop taking medicines before the time period prescribed because they feel better. Some medicines may need to be stopped by lowering the dose a little at a time. This is called tapering the dose. It is done to avoid side effects that can occur if you stop taking the drug all at once. If you always use the same pharmacy, the pharmacist will be able to follow your drug therapy more closely and check on your prescription refills.



Hints from JoAnn

KITCHEN HINTS

Keep the linings from cereal boxes--they make great substitutes for waxed paper.

To keep potatoes from budding, place an apple in the bag with the potatoes.

Use a meat baster to "squeeze" your pancake batter onto the hot griddle--perfectly shaped pancakes every time.

Use lifesavers candy to hold candles in place on your next birthday cake! Kids love 'em.

Poke an egg with a small sewing needle before hard-boiling, and the egg will peel with ease! And hold that needle in place with a magnet refrigerator clip.

Zap garlic cloves in the microwave for 15 seconds and the skins slip right off.

To prevent egg shells from cracking, add a pinch of salt to the water before hard-boiling.

For easy "meatloaf mixing", combine the ingredients with a potato masher.

If you don't have enough batter to fill all cupcake tins, pour

1 tablespoon of water into the unfilled spots...this helps preserve the life of your pans.

To easily remove honey from a measuring spoon, first coat the spoon with nonstick cooking spray.

Mash and freeze ripe bananas, in one-cup portions for use in later baking--no wasted bananas (or you can freeze them whole, peeled, in plastic baggies).

To quickly use that frozen juice concentrate, simply mash it with a potato masher--no need to wait for it to thaw.

To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before squeezing.

Spray your Tupperware with non-stick cooking spray before pouring in tomato-based sauces--no more stains.

Transfer your jelly to a small plastic squeeze bottle--no more messy, sticky jars or knives. This also works well for homemade salad dressing.

Wrap celery in aluminum foil when putting in the refrigerator it will keep for weeks.

Rinse cooked, ground meat with water when draining off the fat--this helps "wash away" even more fat.

Slicing meat when partially frozen makes it easier to get thin slices.

Honey and Cinnamon

(Last in a series)

According to Weekly World News, a magazine in Canada, research by western scientists supports honey and cinnamon's use in the following health conditions

FATIGUE:

Recent studies have shown that the sugar content of honey is helpful for strength of the body. Senior citizens, who take honey and cinnamon powder in equal parts, are more alert and flexible. Researchers say that a half-tablespoon of honey in a glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon around 3:00 p.m. (when the vitality of the body starts to decrease), increases the vitality of the body within a week.

BAD BREATH:

People of South America gargle with one teaspoon of honey and cinnamon powder mixed in hot water first thing in the morning, so their breath stays fresh throughout the day.

HEARING LOSS:

Honey and cinnamon powder, taken in equal parts daily morning and night may help improve hearing.

Where'd That Come From?

"Feather in your cap"

Meaning: To gain approval.

Origin: It was once a common practice to award a feather to a soldier who had killed an enemy. These feathers were worn on the helmet, or other headgear and were considered symbols of social status much as modern soldiers receive and display medals.



"Dear Andy: How have you been? Your mother and I are fine. We miss you. Please sign off your computer and come downstairs for something to eat. Love, Dad."

(Continued from page 1)

the past. You can struggle with the past, or pretend it didn't happen, or you can accept it. We suggest the latter. A life of guilt, fear and unconsciousness is, to say the least, not much fun.

Even a prime-time disciplinarian such as St. Paul admitted, "That that I should do I don't do, and that that I do I should not." And that was a man who knew his should's! The next time you find yourself doing something you "shouldn't," or not doing something you "should," you might as well accept it. "If it was good enough for St. Paul, it's good enough for me."

While you're at it, you might as well accept all your future transgressions against the "should's," "musts," and "have-to's" of this world. You will transgress. Not that we necessarily endorse transgression. We do, however, accept the fact that human beings do do such things and if you haven't yet accepted you're a human being--with all the magnificence and folly inherent in that--now might be a good time to start.

When you're in a state of nonacceptance, it's difficult to learn. A clenched fist cannot receive a gift, and a clenched psyche--grasped tightly against the reality of what must not be accepted--cannot easily receive a lesson.

Relax. Accept what's already taken place whether done by you or something outside of you. Then look for the lesson. You might not enjoy everything that happens in life, but you can enjoy the fact that no matter what happens, "there's a lesson in here someplace."

Things I've Learned

I've learned that you cannot make someone love you. All you can do is stalk them and hope they panic and give in.

I've learned that no matter how much I care, some people are just jerks.

I've learned that it takes years to build up trust, and it only takes suspicion, not proof, to destroy it.

I've learned that you shouldn't compare yourself to others--they are more screwed up than you think.

I've learned that we are responsible for what we do, unless we are celebrities.

I've learned that regardless of how hot and steamy a relationship is at first, the passion fades, and there had better be a lot of money to take its place!

I've learned that 99% of the time when something isn't working in your house, one of your kids did it.

I've learned that the people you care most about in life are taken from you too soon and all the less important ones just never go away.

Uptown Drug & Gift Shop offers a large selection of both elegant and eclectic jewelry. Stop by to pick out that perfect gift of jewelry for someone special.



Uptown Pharmacy



Tired of waiting
for your prescription?

We offer quick, convenient

and friendly service.

Phone, FAX or bring
in your prescription.

Tel: 213-612-4300

Fax: 213-612-4313



Delivery available

