

# NEWS YOU DIDN'T KNOW YOU NEED

November 2017

Carla Cotropia

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## *What's in This Newsletter?*

Carla's Thoughts of the month

Addiction of the Month

Laugh of the Month

Lyrics of the Month

Selected Articles

*I Am Not In Control And Neither Are You - Blog Post*

*Guess What? I Got Stem Cells - Blog Post*

*A Bedroom for Rover, Maybe Even a Condo - New York Times Article*



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## *Carla's Thoughts of the Month*

Addiction of the Month

Churchill Double Solitaire-warning, it is addictive.



## Laugh of the Month

Amazon Alexa Silver for Seniors  
- Saturday Night Live

[Click here to watch video.](#)



## Lyrics of the Month

*You've got to accentuate the positive  
Eliminate the negative  
Latch on to the affirmative  
Don't mess with Mister In-Between.*

"Ac-Cent-Tchu-Ate the Positive", Academy Award nominee for Best Original Song in 1945.

### AC-CENT-TCHU-ATE THE POSITIVE

from the Motion Picture HERE COME THE WAVES

Music by CAROL SCHLESINGER  
Lyrics by LOUISE BRIDGES  
Music by HAROLD ARLEN

© 1945 Paramount Pictures, Inc.

## *I AM NOT IN CONTROL AND NEITHER ARE YOU*

Carla Cotropia

According to recent research, our conscious mind is in control of only 10% of what we do. This is a scary thought because this means what we are doing is controlled by our subconscious mind, otherwise known as the unconscious mind.



According to the documentary "Automatic Brain: The Magic of the Unconscious", your subconscious mind needs specific direction. When I am ruminating about negative stuff, it is just firing up my subconscious mind in the wrong direction.

Your unconscious mind is like a young child. It needs clear, detailed directions and

takes instructions literally. When I say or think someone or something is a pain in the neck, my unconscious mind follows through and my neck hurts.

In order to get your subconscious mind moving in the right direction, you need to do positive self-talk. If you say I am lazy, then your subconscious mind heads you in that direction.

Your unconscious mind is all about protecting you. When you had a bad experience in the past and it scared you, your unconscious mind remembers. It thinks you need to avoid that experience again in the future, even if that experience is just something little or dumb that bothered you as a child. For example, when I was a kid I woke up in the middle of the night and on the way to the bathroom, I saw a snake in the middle of the hall floor. We lived in the country on a farm. My unconscious mind decided that it would protect me in the future, so it decreed that I should never ever sleep with my arm hanging off the bed. You never know, there could be a snake in the house and if it saw my arm hanging off the bed, it would move in for a tasty bite. To this day, my unconscious mind won't let my arm hang off the bed! Way too dangerous.....

To get your unconscious mind under control or to change habits, you should not use negative words like "don't" or "not" because, according to the research, your unconscious mind ignores negative words. Maybe this is why when I try to eat right and declare I am not going to eat my Mother's brownies, my unconscious mind blows right past "I am not" and completely ignores my good intention.

To make positive changes, your intentions should be in the positive. My personal example is "I'm not going to procrastinate about writing a blog." Instead it is "I want to sit down and write a blog."

Your unconscious mind makes associations and learns quickly. Unfortunately, it can interpret one bad experience to mean that same experience should be avoided in the future, like my snake example. If you were bad at sports as a kid, your unconscious mind may decide it is not a good idea to play any group sports. This explains why I don't like participating in sports unless you count gardening as a sport.

Another tip from the documentary is to review things before you go to sleep, thinking of personal goals right before you shut your eyes. Your goals will go straight to your subconscious mind, directing you unconsciously in that direction.

I knew watching DATELINE before I went to sleep was a bad idea.

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## ***GUESS WHAT? I GOT STEM CELLS***

Carla Cotropia

Wow, the wonders of modern medicine! Stem cells, in case you didn't know, are cells that can turn into other cells. Once injected, stem cells go wherever they are needed the most in your body. They head for the parts of your body that needs the most help. Stem cells are medically known as undifferentiated cells, but I just call them Fixer Bee Cells. They reduce inflammation and help your body repair and heal.

I ruptured my patella last summer. Word to the Wise-never do that. Because I am not a Spring Chicken, as hard as it is to believe, I needed some help to heal. This is why I decided to get stem cells.

The process is pretty neat. My doctor, Dr. Donald E. Baxter, (who is a genius in my

opinion and a caring down-to-earth one at that) took my blood which was spun down to get the plasma. Next the plasma was mixed with placenta stem cells from a lab in Miami. Two syringes later the stem cells were squirted into my leg. Ouch, it hurt but what doesn't.

I figured those stem cells would get injected into my leg, look around and think, "Holy Shit! This is a mess. Where do we go first?" Please don't suggest those stem cells headed for my brain.

Stem cell therapy is the way of the future. Thank you modern medicine for all your innovations. I am rejuvenating as we speak!



## *A Bedroom for Rover, Maybe Even a Condo*

Caroline Biggscot. 27, 2017

For serious animal lovers, pets are like family. And doesn't every family member deserve his own space?

[View the full article here.](#)



Whitten Sabbatini for  
The New York Times

# Cotropia Meditations



## Taking Steps to Settling Cases Two Sneakers @ a Time

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