

WARNING! Desk Rage For Office Workers...

First came “road rage”, now there’s desk rage! A shocking study shows that millions of workers are snapping from too much stress at the office. This is NO joke!

“You’ve got people shouting at each other and throwing things at their computers,” revealed Dr. Paul Rosch, president of the American Institute of Stress (AIS), a Yonkers, N.Y. based group of doctors and other health professionals that serves as a clearinghouse for information on stress.

“What we have in the American workplace is an extreme time emergency, there’s not enough time to do everything you’re supposed to do.” The new survey revealed that a staggering 64 percent of workers are suffering from office stress; 56 percent can’t sleep properly; 26 percent have gotten sick because of stress, and 28 percent have suffered a bout of desk rage that provoked a blazing argument with a colleague.

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May Events

May 1: May Day

May 3: National Teacher’s Day

May 14: Mother’s Day

May 20: Armed Forces Day

May 22: Victoria Day, Canada

May 29: Memorial Day

“The currents that determine our dreams and shape our lives flow from the attitude we nurture everyday!” – Author Unknown

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We will send them a welcome letter along with the first issue letting them know that you gave them a free subscription to our monthly “**TidBits for Today**” publication. This is a wonderful idea to help your friends and loved ones enjoy the most out of life.

Low Fat Foods Can Make You Fat...

Dieters beware; eating low-fat foods can make you pack on the pounds. That’s the startling revelation of a top nutrition expert who cautions that many so-called “diet” foods are loaded with calories.

“When people buy low-fat products they think they have a ‘license’ to eat as much as they want without regard to caloric intake simply because the fat content is limited,” says Dr. Earl Mindell, a leading nutritionist and author of “Vitamin Bible for the 21st Century.”

“The problem is that in order to make low-fat or no-fat foods tasty, manufacturers add high-calorie ingredients like sugar, which converts easily to fat. The other problem is that because these foods are deficient in nutrients, you must consume other foods to fill in more calories than you would have eaten if you had eaten something nutritious in the first place.”

“Of course, it’s important to limit fat intake in the diet to decrease health risks like cancer and heart disease,” noted Dr. Mindell, “but if, as a result, your diet is poor in nutrients, as most of these reduced-fat

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Now Hear This!!! A Natural Way To Beat A Common Ear Problem...

Most of us use our ears every day without a second thought, but for about 7 million Americans who suffer from Meniere's syndrome, taking the ears for granted is an absolute impossibility.

First described by French ear specialist Prosper Meniere in 1861, the syndrome has three primary symptoms: attacks of vertigo (dizziness), fluctuating hearing loss, and tinnitus (ringing, buzzing or roaring sounds).

These symptoms are often accompanied by feelings of fullness or pressure in the affected ear, and the development of nausea and headaches. Doctors believe the symptoms are triggered when the inner ear canal becomes overfilled with fluid called endolymph.

Like water filling a balloon, the fluid creates pressure that causes the inner ear to malfunction. Standard medical treatment for the problem involves anti-vertigo medications, sedatives, anti-nausea drugs, certain blood pressure medications, and surgery for very severe cases.

Fortunately, some simple nutritional approaches have been shown to be extremely effective in preventing or reducing attacks.

Meniere's Mystery

One of the reasons the syndrome is hard to cope with is the difficulty in predicting the course of an attack. A typical attack usually begins with loud tinnitus and sensations of ear pressure. Within hours, a sudden onset of severe vertigo occurs in the affected ear. Dizziness can last for minutes or hours and may be accompanied by nausea and vomiting.

Sometimes the symptoms are frequent and highly distressing for weeks or even months at a time and then disappear for months or years. In other cases, the attacks come and go quickly.

Thank You! Thank You! Thank You!

Special thanks go out to all of our clients and friends who graciously referred our law firm to their friends and neighbors last month! Our practice is built based on positive comments and referrals from people just like you. We just couldn't do it without you: Boris Gritzka, Jarek Frackowiak, Larry Najvar, Kyle Odiome, Tony Nguyen, Duc Nguyen, Ron Northcutt, Jennifer Tran, Brooks Schuelke, Dean Smith, Melanie Suswein, Kyle Odiome, Jeff Luftig.

And sometimes, if the sufferer can manage to get to bed and fall asleep, symptoms may ease and be gone upon awakening.

Niacin Solution:

Dr. Miles Atkinson, a hearing specialist formerly with New York University, has shown that the same factor that causes migraines, spasms of the blood vessels, can contribute to Meniere's syndrome.

When the blood vessels of the inner ear spasm, they increase blood flow and accumulation of fluid in the chambers of the inner ear, which can cause these symptoms, particularly vertigo.

Dr. Atkinson found that nicotinic acid, one form of vitamin B3 (niacin) helps control these spasms and is chronically deficient in Meniere's patients. Other nutritionally oriented physicians have successfully treated Meniere's with a high complex carbohydrate diet, omega 3- fatty acid (fish or flaxseed oil), and vitamin C. To be effective, B-vitamins should be taken together, so when you take niacin, also take a full B-complex supplement. **Here's a daily regimen that can help eliminate Meniere's:**

- * Supplements containing the antioxidant vitamins A, E, and C.
- * Vitamin B-complex: 50 mg.
- * Niacin: 200 mg. three times a day.
- * Multi-mineral capsule.
- * Magnesium: 200 mg.
- * Flaxseed oil: one tbsp.

In addition, it can be very helpful to reduce your salt intake, avoid alcohol, caffeine, and nicotine, and get regular exercise.

Low Fat Foods Can Make You Fat...(continued)

products are, you actually increase your health risks.” Be cautious when you see the terms “reduced fat,” he continued. “This simply means that the product has 25 percent less fat than the real version, but it doesn’t necessarily mean it’s truly low in fat and may, in fact, be just as high in calories.”

“Low fat, on the other hand, can have no more than three grams of fat per serving.” Instead of cramming yourself full of no-fat or low-fat snacks, Dr. Mindell suggests a healthy alternative of fruits and vegetables. And if you are on a diet, don’t rely solely on cutting back on fat and calories for weight loss. “Low fat foods don’t make up for a lack of exercise,” stressed Dr. Mindell. “You have to move, too.”

Give Your Bathroom a Makeover For under \$50!

Clean up your bathroom’s image with a magnificent makeover for less than \$50. Kathleen Wilson, columnist for Country Women magazine and author of www.TheBudgetDecorator.com says, “Bathrooms can be easy to update with just a few simple changes.” Here are a few steps that will leave you flushed with pride.

Buy a couple of new towels that complement your existing ones. Wilson also recommends dressing up plain towels with sewing fabric or ribbon on the edges. They can also be rolled up and put in a basket to add an interesting accent.

“Paint the walls a fresh color that matches or complements your tile, sink and other accents,” advises Wilson.

Don’t hire a professional, but instead try doing it yourself. Paint is one of the cheapest ways to make a quick dramatic change. Frame a plain mirror with strips of wood, fabric swags or large frames from garage sales. Buy a new shower curtain. A clear curtain makes the bathroom look bigger. Remember: Imagination is the key to making a splash with an updated bathroom.

Secrets You Need To Know For Slowing Down The Aging Process...

Most medical doctors would agree that a gradual loss of energy, mental acuity and sex drive is an inescapable part of growing older in both men and women.

But today things have changed dramatically. Much more is known about the positive effects of “precursor” hormones that can slow or even reverse many of the losses associated with aging.

As detailed in Susan M. Lark, MD’s book, “The Chemistry of Success,” these substances can safely boost health, energy, and yes, even sex drive.

With key vitamins, minerals and herbs that add to their effectiveness, these hormones can greatly retard age-related decline.

Pregnenolone and DHEA

These are naturally occurring substance the body uses to produce both male and female sex hormones. Levels drop with age, so people over 40 should consider taking one or both.

Pregnenolone: This has been shown to boost energy, mental function, stabilize moods, and reduce symptoms of arthritis, spinal cord injuries, Alzheimer’s disease, and multiple sclerosis. Take 5 to 10 mg. per day.

Dehydroepiandrosterone (DHEA): In older people this supplement boosts energy and mood, improves sleep quality, increases sex drive, and enhances the ability to remain calm under pressure. It may also help prevent cancer, heart disease, autoimmune diseases, and obesity. Start with 5 or 10 mg. daily.

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**THE COOKIN' CORNER...For May!
Shrimp with Garlic and Herb Butter**
Preparation and cooking time: Preparation time about 10 minutes, cooking time 10 minutes. Serves 2 people.

- ✓ ½ lb. lightly salted butter
- ✓ 1 tbsp. finely chopped parsley
- ✓ 1 tsp. lemon juice
- ✓ 1 drop Tabasco sauce
- ✓ ½ tsp. Worcestershire sauce
- ✓ ½ tsp. freshly ground pepper
- ✓ ½ tsp. sea salt
- ✓ ½ tsp. finely chopped shallots
- ✓ ½ tsp. finely chopped garlic

SHRIMP:

- ✓ ½ lb. (8 to 10) raw shrimp
- ✓ 1 tbsp. butter
- ✓ 2 tbsps. Dry white wine

Soften the butter in the microwave for 3 to 5 minutes. Whip the butter and all the other ingredients together with an electric mixer, food processor or wire whisk. Cover and refrigerate until ready to use.

Preheat oven to broil, peel and divine shrimp. Butter a flame proof baking dish, just large enough to accommodate the shrimp, in a single layer, with the 1 tbsp. of butter. Arrange shrimp; lightly salt and pepper. Add white wine, place over direct heat and bring to a boil. After the wine boils, turn the shrimp over, allow to cook for less than 1 minute and remove from heat. Be careful not to overcook.

Dot shrimp with 2 tbsps. garlic and herb butter and place under the broiler until the butter melts. Serve at once.

From the book, Two For Tonight by Jacques E. Haeringer. Published by Bartleby Press, Silver Springs, MD. 20902.

**Inspirational Thoughts By
Norman Vincent Peale For May
Positive Thinking Every Day!**

- ◆ *At least ten times per day affirm "I expect the best and with God's help will attain the best."*
- ◆ *Formulate a goal; not a fuzzy, vague goal, but one that is sharp, clearly defined, and specific. Pray about it. Hold the image until it sinks into your unconscious. Then give it all you've got of thought, effort, imagination, and innovation.*
- ◆ *Practice hope. As hopefulness becomes a habit, you can achieve a permanently happy spirit.*

Warning...

**Too Much Computer Use
Can Make You Blind!**

If you spend a lot of time on the computer staring at your screen, you could be at a higher risk of going blind from glaucoma! And the risk is even greater if you're nearsighted, reports a Japanese study. Researchers at Japan's Toho University School of Medicine studied over 10,000 computer users.

Of that group, 165 workers were found to have glaucoma. All were heavy computer users and 136 were nearsighted. Glaucoma is a disease that causes pressure to build in the eye until the optic nerve is damaged. Left untreated, it can rob victims of their sight.

Researchers believe nearsighted people may be at risk because their optic nerves are more susceptible to damage from computer use. If you log a lot of hours on the computer, experts recommend these tips for preserving vision:

1. Give your eyes a break, look away from your screen and stare off into the distance for five minutes every hour.
2. Stay back, sit two feet away from the screen.
3. Sit up straight and have the screen slightly below eye-level.
4. Get a yearly eye exam and see your doctor immediately if vision problems develop.

**FREE...FREE...FREE! We Now Have
FREE SPECIAL REPORTS Available To
Answer Most Of Your Legal Questions...**

We'd love to hear from our good friends and clients who enjoy reading our newsletter. If you have a question regarding *car accidents, corporations and LLCs, real estate, wills, trusts, or probate* please feel FREE to call our office directly at 512-343-2572.

In fact, we've published several Special Reports that you can request at no obligation by calling our office **24 Hours A Day** and leaving a message on our office voice mail.

Secrets You Need To Know For Slowing Down The Aging Process...

(continued)

Vitamins and Minerals:

Take daily doses of vitamin C with bioflavonoid (500 to 1,000 mg.) E (400 to 800 IU), beta-carotene (25,000 IU), B-complex (25 to 50 mg.).

Take a daily multi-mineral capsule that contains zinc and selenium. Women should also take extra calcium.

Energizing Herbs:

Try one or more of these to boost energy and fight stress and fatigue. Start with half doses and work up to the full dose over the course of a month.

* **Ginseng.** Take 100 mg. twice a day.

* **Licorice root.** Take one gram powdered root three times a day. Do not take this if you have high blood pressure.

* **Gotu Kola.** Take 60 to 120 mg. daily of the standardized extract.

Brain Boosters:

Taking these helps maintain the health of the brain and improve mental clarity:

* **Ginko biloba.** Take 40 mg. two or three times a day.

* **Phosphatidylserine.** Take 100 to 200 mg. per day.

(Continued on page 6)

Got Allergies? Don't Live In A High-Rise

Living on the upper floors of a building increases your risk of suffering from allergies, a study reveals.

That's because air currents carry pollen particles upward. The study, involving more than 17,000 people in Spain, found that the risk of pollen allergies was 17 percent higher for those living on the eighth floor of a building than for those on the lower four floors.

Watch Out For How Long Stuff Lasts...

Here is a helpful guide for when you should toss it

Mayonnaise- Unopened, forever; opened 3 months.

Maple syrup- Unopened or opened, 1 year.

Soy sauce- Unopened, 2 years; opened 3 months.

Soda- Unopened in glass bottles or cans, 9 months from "best by" date; opened, doesn't go bad, but tastes funny. Soft drinks in plastic bottles unopened, 3 months from "best by" date; opened doesn't go bad, but also taste funny.

Ground coffee - Unopened, 2 years; opened, 1 month in the refrigerator.

Bottled juice - Unopened, 8 months from production date; opened 7 days.

Peanut Butter - Unopened, 8 months from production date; opened 6 months.

Bottled salad dressing - Unopened, 1 year after "best by" date; opened 9 months if refrigerated.

Olive oil - Unopened or opened, 1 year.

Vinegar - Unopened or opened, 3 ½ years.

Desk Rage For Office Workers...

(Continued...)

"The increased workloads have made stress a real fact of working life," said psychologist Sue Keane, a stress expert who analyzed the survey. "We're seeing desk rage as stress builds to intolerable levels and conflicts boil over between colleagues."

Right now only 17 percent of office workers take a full hour for lunch, according to the study. And taking a full hour could be the key to defusing desk rage, says Keane.

"A change of scene for even a few minutes takes your mind off work and inevitably helps you to be more productive. Taking a lunch break could make all the difference in reducing tension."

FACT: An estimated 1 million U.S. workers are absent on an average workday because of stress related complaints.

Secrets You Need To Know For Slowing Down The Aging Process...(continued)

Anti-Aging Exercise:

Regular exercise is without doubt one true fountain of youth. It can do wonders to help you feel and look younger, no matter what your age.

It is strongly recommended that people get moderate aerobic exercise such as walking, jogging, bicycling, or calisthenics for at least ½ hour five days a week.

FREE...FREE...FREE!!! Do You Have Questions To Certain Legal Issues That You Need Answered?

We love to hear from all our good friends and clients who enjoy reading our monthly newsletter. If you have a question regarding *car accidents, corporations and LLCs, real estate, wills, trusts, or probate* please feel FREE to give us a call at 512-343-2572. In fact, we've published several Reports on these topics that you can request for FREE by simply calling our office and asking for one. I'll send you or a friend one of our informative Special Reports for FREE!

Diesel Fumes Linked To Ovarian Cancer

Warning: If you are a women driving behind a diesel truck hold your breath! Scientists in Finland report that women who are regularly exposed to diesel fumes have more than 3.5 times the risk of ovarian cancer.

If you work around diesel trucks, drive a diesel car, or have a history of ovarian cancer in your family, speak to your doctor about doing an ultrasound exam to check for the disease.

"Stay At Home and Watch a Great Movie This Weekend...Bill Harris tells you what's HOT and what's NOT!"

Hollywood movie reviewer Bill Harris of cable's E! Entertainment Television has spent years on ShowTime, "Entertainment Tonight" And "At The Movies." His syndicated radio show features air nationwide. NOW, TV's number one authority presents his written review.

Friends with Money

Writer-director **Nicole Holofcener** has had features such as *Lovely & Amazing* and *Walking and Talking*. Thanks to the names in the cast of her latest feature, *Friends with Money*, she may be poised to reach a wider audience this time around.

Friends with Money features **Frances McDormand, Jennifer Aniston, Joan Cusack** and **Catherine Keener**, who has starred in Holofcener's previous two films as well. The film examines how the varying financial situations of four longtime friends affects their relationships.

Larry the Cable Guy: Health Inspector

PG-13 for crude and sexual content and language

Larry is a big city health inspector who is happy with his usual beat of greasy spoon diners and low-rent ethnic restaurants.

But his easygoing life is turned upside-down when he's saddled with a straight-arrow rookie partner and assigned the biggest case of his career: investigating an outbreak of mysterious food poisonings at the city's swankiest restaurants.

Going To Work Sick Is Bad For Your Heart

Going to work when you're sick could be deadly. Researchers at the University College of London found that employees who went to work with even a slight fever or cold could put their hearts under tremendous strain.

Of the 10,000 civic servants studied in a 10 year period, about a third of those who were ill but showed up to do their jobs anyway, had twice the risk of coronary heart disease.

"People think they are doing good," says Prof. Sir Michael Marmot, "when in fact, they are increasing their risk of an early death."

What You Should Do In Case Of A Car Accident - Safety Tips To Remember!

If you're ever in a car accident here are some safety tips that can save your life and protect your family.

1. **DON'T** make any sudden moves to your head and neck. You may have sustained a serious injury that could be aggravated by sudden movements.
2. **TURN** the engine off **IMMEDIATELY!**
3. **MAKE** sure that everyone in your car is conscious and hasn't sustained any cuts or lacerations.
4. **IF** you have small children in the car make sure that they're OK.
5. **IF** you have a cell phone **call 911** for help.
6. **IF** you smell gas fumes get out of your car at once.
7. **BEFORE** getting out of your car make sure that no other car is coming.
8. **IF** you're OK to get out of your car check on the other driver.
9. **IF** you don't have an auto accident handbook, please contact our office and we'll send you a **FREE** copy! Make sure to call **TODAY!**

A Word Of Thanks...And A Great BIG Welcome To Our Family!

I would like to welcome the following new clients to our firm and "Thank You" for being our client. If you would like to receive a **FREE** Auto Accident Handbook just call our office at 512-343-2572. When you call for your booklet, make sure to get one for each car in your family. It's a great idea to have one in every car.

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March 2006 Austin Area Home Prices



Single Family Median Price Single Family Avg Price

2006 \$166,500 +7% ↑	2006 \$230,364 +11% ↑
2005 \$155,000	2005 \$205,700

**Data courtesy of Austin Board of Realtors.*

How much is your home worth? For a free, no obligation, basic analysis of your home's value, visit www.BuyingGreaterAustin.com and select "Your Home's Value".

No Bones About It... They're Bad For Your Pooch!

Many common household items can take a big bite out of your dog's health. Homes are filled with chemicals, drugs, plants and other items that are poisonous, even fatal to dogs, warns top veterinarian Carol Osborne. **Here's what you should know to keep your dog's tail wagging safe:**

1. Never give dogs bones.
2. Never give your pets any medicine unless your vet prescribes it.
3. Chocolate is poisonous to pooches so keep those treats out of reach.
4. Keep household plants away from your pets.
5. Don't feed your pet table scraps.
6. When treating the lawn with herbicides and insecticides, keep your dog away from the area until it is completely dry.
7. If you use rat poison, snail or slug bait or roach poison, make sure these sweet-smelling products are never applied or stored where your pet can get to them.

"I feel like I am working with a member of my own team, and not like I am another customer." – Ron Northcutt, Austin, TX.

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The *Answers* To These And Many Other
Questions Are Inside The May 2006 Issue!