

## Aromatherapy...A Healthy Idea That Makes Total Scents!!!

Aromatherapy is one of the simplest and most pleasant alternative treatments for stress, anxiety and fatigue. While mainstream American physicians remain largely ignorant of the great benefits of this approach, it has been widely studied and practiced in Europe for decades.

**Susan M. Lark, M.D.**, who specializes in preventative medicine and clinical nutrition in Los Angeles, Calif. says, "I've found it to be extremely effective among my patients for combating stress, anxiety and insomnia, and for boosting energy and alertness."

The basis of aromatherapy is essential oils, volatile liquids usually distilled from plants by steam, which are far different from standard perfumes and artificial fragrances. Traditionally, the oils are thought to carry the basic healing "essences" of the particular plants they are distilled from. Nutritionally, they contain trace elements of vitamins, minerals, enzymes, hormones and substances that stimulate the immune system.

(Continue on page 2)

## April Events

- April 1: April Fools Day
- April 2: Daylight Savings Time Begins
- April 13: First Day of Passover
- April 16: Easter Sunday
- April 17: Take Sons & Daughters To Work Day
- April 22: Earth Day
- April 27: Freedom Day (South Africa)
- April 29: Dia del Nino (Mexico)

## Tell a Friend about "TidBits for Today"

We sincerely love sharing our monthly publication with all our good friends and clients who tell us how much they enjoy receiving our newsletter. Now you can give a FREE subscription to a close friend, family member, or co-worker simply by calling our office at 512-343-2572 giving our staff the person's name and mailing address.

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.

## Now You Can Walk Away The Pounds Faster At The Mall...

If you're looking to drop weight, head to the mall! Walking around malls has become a hot exercise craze and for good reason. Women naturally walk faster in a mall, burning off more calories, than they do walking outside, reveals a new study.

**Dr. Richard S. Cimbalò**, professor of psychology at Daemen College in New York says, "Where you walk makes a difference, and something about the mall, possibly that it's a familiar and safe place may help women get a better workout."

If you walk for exercise your local mall offers several key benefits over the street or an outdoor track. The shopping center is air conditioned, lessening the strain hot weather places on your heart. Mall air is filtered, so you are less exposed to pollen and other airborne matter that trigger allergies. And you don't have to cope with auto traffic.

So the next time you are set to take a walk, head over to the mall.

*Continued from page 1...*

## **Aromatherapy...A Healthy Idea That Makes Total Scents!!!**

But most of their therapeutic effect is due to the specific chemistry of their aromatic compounds. The oils are taken by inhalation with the help of a vaporizer, a steam inhaler, or simply by holding an oil-dampened tissue to the nose. Once diluted, they can also be absorbed into the body and the nervous system through the skin by topical applications or massages.

The aroma of the oil stimulates the limbic system, the portion of the brain that is associated with emotions and feelings. Inhaling a particular aroma alters brain neurochemistry and produces physiological or psychological changes, often in just a few seconds.

Several commonly available oils are effective in combating stress, reducing nervous tension and promoting restful sleep. These include lavender, chamomile, orange, tangerine, lemon, rose, spruce and ylang-ylang.

Other oils reduce fatigue, boost energy, and increase mental focus, including jasmine, nutmeg, peppermint and rosemary.

Many studies have supported the effectiveness of aromatherapy. Lavender has been found to increase the alpha brain waves associated with relaxation.

A recent study found lavender was as effective as sedating drugs at promoting restful sleep. In another study with lavender, subjects had increased brain beta wave activity (suggesting drowsiness) and felt more relaxed.

If you decide to try these simple, enjoyable forms of anti-stress therapy, be sure to purchase high-quality essential oils, packaged in light-protective dark blue or amber bottles. And never take the oils internally.

### ***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 the positive comments and referrals from people just like you. We just couldn't do it without you. Tony Nguyen, Pete Nguyen, Brent Devere, Dominic Audino, Jamie Odiorne, Ron Northcutt, Jeanie Tolbert, and more.

## **Low-Fat, High-Fiber Diet Can Work Wonders For You Too!**

Our clients and friends can lose weight and keep it off just like Hollywood stars do with this low-fat, high-fiber eating plan. And the good news is that it doesn't require counting calories!

**Joy Bauer**, a nutritionist and registered dietitian says, "I created this basic approach to weight loss especially for people who want to lose weight quickly but don't want to be bothered with complicated plans and formulas."

"It's simple, effective and works quickly. If you follow it carefully you'll lose up to four pounds a week easily and continue the weight loss until you reach your target goal."

"I've seen it work for hundreds of men and women who have lost as much weight as they wanted from a few pounds to over 100 pounds. And it's a very healthy approach. After just four or five days you'll feel a definite increase in energy."

"The plan is based on a high-fiber, low-fat diet of about 1,200 calories a day for women and 1,400 calories for men. But it requires no calorie counting. Simply follow the directions."

"Men should add one extra serving of protein each day. I also recommend about ½ hour of exercise every day. This can include brisk walking, jogging, aerobics or any other form of exercise you enjoy. As with any diet, check with your doctor before you begin. Simply follow the sample meal plans on page 3.

## Amazing Discovery... Vitamin E Helps Restore Hearing!

Listen up! Vitamin E may prevent hearing loss. Patients who had recently lost their hearing significantly improved after taking 400 mgs. of vitamin E twice a day, a new study found.

Most of the patients who took the vitamin along with traditional steroid treatment got back 75 percent or more of their hearing, while just half of those getting steroids alone recovered.

Researchers believe that vitamin E, a potent antioxidant, works by preventing damage to the inner ear.

---

*(Continued from page 2)*

## Low-Fat, High-Fiber Diet Can Work Wonders For You With 3 Winning Menu Plans...

### MENU PLAN #1:

#### **Breakfast:**

1 cup skim milk  
1 serving cereal  
1 cup berries  
2 cups water

#### **Lunch:**

3 oz. grilled chicken on a large salad  
2 tbsp. low-fat dressing  
1 slice whole wheat toast  
2 cups water

#### **Snack:**

1 container nonfat flavored yogurt  
1 apple  
2 cups water

#### **Dinner:**

3 to 4 oz. cooked shrimp  
1 cup cooked pasta with ½ cup marinara sauce  
1 cup steamed broccoli  
2 cups water

### MENU PLAN #2:

#### **Breakfast:**

8 oz. nonfat flavored yogurt  
1 slice whole wheat toast  
1 banana  
2 cups water

#### **Lunch:**

egg white omelet (4 egg whites) with mushrooms and tomatoes  
1 tsp. butter for pan  
1 small pita bread  
2 cups water

#### **Snack:**

¾ cup low-fat cottage cheese  
1 orange  
2 cups water

#### **Dinner:**

3 to 4 oz. skinless chicken breast  
medium baked potato with 1 tsp. margarine  
1 cup steamed spinach  
2 cups water

### MENU PLAN #3:

#### **Breakfast:**

1 cup skim milk  
1 serving hot oatmeal plain  
½ grapefruit  
2 cups water

#### **Lunch:**

turkey burger on ½ bun  
tossed salad with 1 tbsp. vinaigrette dressing  
2 cups water

#### **Snack:**

cappuccino with skim milk  
1 pear  
2 cups water

#### **Dinner:**

3 to 4 oz. lean steak  
1 cup steamed carrots and string beans drizzled with 1  
tbsp. olive oil and garlic  
2 cups water

## THE COOKIN' CORNER...For April!

**Hearty Pork And Peppers!** Served sliced with roasted pepper, pork loin makes a delicious sandwich.  
*Marinated Pork Loins With Peppers*

**Preparation and cooking time:** About 1 ½ hours, plus at least 1 day to marinate. Serves 8 people.

- ✓ 4 cloves garlic
- ✓ 6 dried California chilies
- ✓ 1 (3 1/2 to 4 lbs.) pork loin, boned, rolled and tied
- ✓ 6 to 8 red bell peppers
- ✓ 2 to 3 tbsp. mayonnaise
- ✓ salt

TEAR chilies into ½ inch chunks; soak in 1 ½ cups hot water until soft, 15 to 20 minutes. Pour chilies and soaking water into a blender; add garlic and whirl until smooth. Rinse pork, pat dry, and set in a 9 by 13 inch pan; coat with chili puree. Cover and chill at least 1 day or up to 3 days, turning meat over occasionally.

Lift pork from marinade and set on grill, not over heat. Lay peppers over direct heat. Cover barbecue; open vents for charcoal. Turn peppers occasionally until charred on all sides, 15 to 25 minutes total; transfer to a platter; let rest 5 to 10 minutes. Cut peppers in half lengthwise and arrange around pork. Pour reserved marinade into a small microwave safe bowl; heat and stir in accumulated juices from pork roast. Add salt to taste. Slice meat and serve with peppers, adding salt and chili sauce to taste.

**Nutrition per serving: calories 373, Fat 17 grams, sodium 113 mg.**

From SUNSET RECIPE ANNUAL, 2001  
Edition by the Editors of Sunset Magazine.

**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, work injuries, wills, trusts, probate or buying or selling real estate* 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.

## Inspirational Thoughts By Norman Vincent Peale For April - *Positive Thinking Every Day...!*

- ◆ *Change yourself and your work will seem different.*
- ◆ *Constantly reemphasize to yourself the great fact that God built potential strength into your nature. By affirming it and practicing it, this basic strength will toughen up as muscles do.*
- ◆ *Every person can be opened up to more effective performance when you apply dynamic and creative motivation to him.*
- ◆ *Self-trust is the first secret of success. So believe in and trust yourself.*

## More Great Tips To Guarantee Weight Loss Success...

Here are some more great ideas how you can improve your health and weight loss results:

### **Breakfast:**

Select from dairy, 1 from grains and 1 from fruits. Drink 2 cups of water plus coffee or tea.

### **Lunch:**

1 selection from proteins, 1 from grains, 2 from vegetables, 1 from fats. Drink 2 cups of water plus coffee, tea or diet soda.

### **Dinner:**

1 selection from protein, 2 from grains, 2 from vegetables, 1 from fats. Drink 2 cups of water, plus tea or diet soda.

**Grains:** One medium size slice of whole grain bread, or 1 serving of fiber-rich hot or cold cereal, or 1 small baked potato (fist-sized) or ½ cup cooked pasta, rice, barely or couscous.

**Protein:** 3 to 4 oz. skinless chicken or turkey breast, or 3 to 4 oz. lean red meat, fish or seafood, or 4 egg whites, or ½ cup cooked beans.

**Fruit:** One medium-size piece fresh fruit (apple, pear, banana, etc.) or large wedge honeydew or watermelon, or frozen fruit bar, or 1 cup fresh fruit salad or berries.

## Here's How To Get Portion Savvy...

You can become portion savvy by following this easy-to-follow plan based on Carrie Wiatt's Portion Savvy. Portions shown are for readers of medium height. If you are short, deduct 50 percent.

**CHOOSE healthy low-fat**, high fiber foods like low-fat skinless turkey and chicken, and very lean red meats. Wiatt recommends eating beef no more than twice a month, nonfat milk, fat-free salad dressing and lots of greens.

**FOLLOW** Wiatt's 60-20-20 plan. Carbohydrates should comprise 60 percent of your daily food intake, protein 20 percent and fat 20 percent.

**LIMIT daily caloric intake** to 1,200 calories if you're short, 1,800 calories if you're of average height and 2,000 calories if you're tall.

**NEVER pile food onto your place.** Instead limit the size of your portions. Meat, fish or chicken portions should be no bigger than a pack of cigarettes, pasta or potato the size of a small orange; vegetable or fruit no bigger than a billiard ball.

**WHEN EATING OUT**, share meals with friends or order appetizers as your main course.

**EXERCISE.** Burn at least 200 calories on five days of the first week, 300 the second week and 400 the third. You can do this with a 45 minute power walk in week one, a 60 minute power walk in week two and a 90 minute power walk the third.

## Got Dry Eyes? Drink More H2O

Doctors have discovered a simple, common sense solution to treat dry eyes - drink more water.

If you're one of the millions of Americans who suffer from dry, scratchy eyes because you spend long hours working on the computer, then you need to up your H2O intake, says Dr. Stephen Cohen, an optometrist from Scottsdale, Arizona.

Drink about one ounce of water for every two pounds of weight. That means a 128 pound women needs to drink 64 ounces, or eight, eight-ounce glasses a day. Cohen also recommends staying away from smoke and steering clear of over-the-counter medications that take the red out because they can make eyes even drier.

## Here's A Great Recipe...For Randy Owen's Coconut Cake!

The "Alabama" star tops a simple cake with sweet coconut.

**Preparation time:** about 5 minutes. **Baking time:** 30 to 45 minutes. **Serves:** 10 to 12.

**1 box white or yellow cake mix**  
**1 (14-oz.) can sweetened condensed milk**  
**1 (15-oz.) can cream of coconut**  
**1 (8-oz.) bowl whipped topping**  
**1 (7-oz.) bag coconut**

**MIX CAKE** according to package directions. Bake in 9 by 13 inch pan according to directions. Let cool, then puncture cake full of holes. Combine cream of coconut and condensed milk; pour mixture over cake. Top with whipped topping, then the coconut. Refrigerate. **Nutrition per slice: Calories 348, fat 16 grams.**

From the book CELEBRITY CHEFS OF COUNTRY MUSIC & MOTORSPORTS.

## Super Slimming Tips For Seniors...

Staying slim and trim becomes tougher as your metabolism slows with age. But you can keep your figure with a little effort and intelligent eating choices, experts claim.

Here are weight-loss tips for both men and women over 55 from alternative medicine specialist Dr. Susan Lark, author of "The Chemistry of Success."

1. **Cut down on saturated fat.** Switch from fatty dairy foods, meats, and desserts to fish, skinless chicken and low-fat dairy products and desserts.
2. **Eat more fiber**, including plenty of whole grains, beans and vegetables. These foods actually help eliminate fat from the body and also reduce your appetite.
3. **Go easy on alcohol.** NO more than one to two drinks a day.
4. **Get regular aerobic** exercise for 30 minutes to

(continues on page 6)

## Doc's Tip!

If your child has a basic sore throat you probably don't need to get medical treatment. However, if the symptoms get worse over a 24 hour period, call your doctor.

Your child may have a strep infection which requires antibiotics. Symptoms of strep includes: a fever, very bad swollen tonsils, a stomach ache, vomiting and a belly rash.

Dr. Steven Sheloy, is the author of the American Academy of Pediatrics' new book, "**The Guide to Your Child's Symptoms: Birth Through Adolescence.**" It's a great book every parent should have at home.

### **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, on the job injuries, wills, trusts, probate or buying or selling homes* 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 me. She'll send you or a friend one of our informative Special Reports for FREE!

*Continued...*

### **Super Slimming Tips For Seniors...**

60 minutes a day, three to five days a week. This can include dancing, walking, jogging, tennis, biking or similar activities. These kinds of exercise help burn calories more efficiently and are also very good for the heart, circulation and brain.

### **For Women Only**

Middle-aged women, who often gain 10 to 12 pounds during menopause, can stay slim with these tips from dietitian Debra Waterhouse, R.D., author of the books "**Outsmarting the Midlife Fat Cell**" and "**Why Women Need Chocolate.**"

(Continue on page 7)

### **"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.

#### **THE SHAGGY DOG (PG-13):**

**Tim Allen** is at his funniest talking about Disney's 1959 original, which he describes as "kind of stupid." The Home Improvement star plays the lead in this family comedy remake as a man who occasionally turns into a big old sheepdog. He's lovable, but definitely a dog, and definitely having both pooch and people problems. **Kristin Davis** is his loyal wife, with a kennel of co-stars from **Jane Curtin** to **Craig Kilborn** to **Robert Downey, Jr.**

#### **ASK THE DUST (R):**

**Colin Farrell** and **Salma Hayek** star in a period romantic drama set in 1930's Los Angeles (but shot in South Africa!) Frida star Salma plays stunning Mexican beauty Camilla. Desperate to find a good match, she falls hard for Italian writer Arturo, who is resisting her efforts. Is he crazy?

#### **New DVD Releases...**

##### **JUST FRIENDS:**

**Ryan Reynolds** stars as Chris, the school nerd (in a fat suit), who always longed for pal Jamie (**Amy Smart**). But now Chris is handsome and rich...and he's come back!

##### **GOOD NIGHT, AND GOOD LUCK:**

**George Clooney** directs and co-stars with **David Strathairn** as news legal Edward R. Murrow in an Oscar-nominate Best Picture of 1950's America.

### Guinness Records Made In April

Here are some of the unusual records that were set in the month of April, according to the Guinness Book of World Records:

- **Fastest beer bottle openers**, April 2, 1999: A team of 3 Germans opened 300 bottles of beer in one minute, 47 seconds.
- **The longest walk with a milk bottle balanced on head**, April 22-23, 1998; A New York health food store manager walked 80.9 miles around a track in New York City park for 23 hours, 35 minutes before the bottle fell off.
- **Greatest distance by wheelchair in 24 hours**, April 6-7, 2000: A Canadian wheeled himself 77.6 miles around a track in North Vancouver, British Columbia Canada

### What Should You 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 all the 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.

### Congratulations To Our Client Of The Month!

Every month, we choose a very SPECIAL client. It's our way of acknowledging our great clients and saying thanks to those who support our firm by telling others about us.

This month's Client of the Month is Jamie and Kyle Odiorne. We're treating them to lunch!

*Continued...*

### Super Slimming Tips For Seniors...

1. Eat five small meals of no more than 300 calories each day, making dinner the lightest one.
2. Eat at least one fat source a day. If you eat only non-fat foods, you may feel less satisfied and eat even more calories. It's better to eat less of the real thing and feel satisfied.
3. Don't resist chocolate cravings. If you want chocolate, eat two Hershey's kisses. It will satisfy your physical craving and won't lead to weight gain.
4. To help reduce menopausal symptoms and decrease the urge to overeat, eat one to two servings of a soy product daily.
5. Besides aerobics, lift weights twice a week to maintain muscle mass and keep your bones strong.

"We were completely pleased with the services and our experience. We were very impressed with Andrew's accessibility. We were never shuffled to a secretary and were able to deal with Andrew directly."

Mrs. Margo Brown

***TidBits for Today...!***

is a FREE monthly  
newsletter from your  
friends at  
The Traub Law Office  
5900 Balcones Drive  
Suite 132  
Austin, TX 78731  
512-343-2572  
[www.attorney-austin.com](http://www.attorney-austin.com)

## What's Inside?

1. Healthy Idea That Makes Total Scents!!!...(Page 1)
2. Low-Fat, High-Fiber Diet Plan For Guaranteed Success.....(Page 2)
3. More Great Tips For Slimming Down.....(Page 4)
4. Super Slimming Tips For Seniors.....(Page 5)

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