

## How To Ward Off Cancer And Arthritis With Miracle Mushrooms...

Serving incredible, edible mushrooms can combat cancer and arthritis, boost your immune system and help balance your blood sugar and other metabolic functions.

“Mushrooms are a great super-food, providing many healing properties that boost your overall health, support the immune system and improve your body’s ability to ward off disease,” says Dr. Allen Josephs.

“For example, Shiitake mushrooms contain a polysaccharide that boosts immune-system function,” says Josephs, a New Jersey based doctor and author of *Natural Cures From A Real Medical Doctor* (Common Sense Publishing.)

“This biochemical revs up your body’s ability to fight off everything from colds to flu to AIDS. It has also been credited with powerful protective properties against cancer.” Mushrooms, especially the common white button and crimini varieties, are chock full of the antioxidant selenium which is  
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## Events For July 2006

July 3: Dog Days of Summer Begin

July 4: Independence Day

July 5: Take The Day Off And Have FUN!

July 23: National Amelia Earhart Day

July 24: Parent’s Day

July 29: NASA’s 49<sup>th</sup> Anniversary

## We’ve Moved!

As of July 1, we have moved into larger offices to accommodate our growth! Our new address is:

**7719 Wood Hollow Drive  
Suite 200  
Austin, TX 78731**

Our phone will remain 512-343-2572 and my email will still be [andrew@attorney-austin.com](mailto:andrew@attorney-austin.com)

## Our Independence Day, July 4<sup>th</sup>

With the war on terror here are some words to ponder for this year’s Independence Day:

“I believe in the United States of America as a government of the people, by the people, and for the people, whose just powers are derived from the consent of the government; a democracy in a Republic; a sovereign Nation of many sovereign States; a perfect Union, one and inseparable; established upon those principles of freedom, equality, justice, and humanity for which American patriots sacrificed their lives and fortunes.”

“I therefore believe it is my duty to my Country to love it; to respect its flag; and to defend it against all enemies.”

That’s “The American’s Creed,” written in 1917 by William Tyler Page, an employee of the Capitol Building in Washington, D.C., as an entry in a writing contest shortly after the United States entered World War I.

The judges selected Page’s entry out of thousands because, in just 100 words, he gave “*the best summary of the political faith of America.*”

Page incorporated passages and phrases from the Declaration of Independence, the Preamble to the Constitution, and Abraham Lincoln’s Gettysburg Address. Congress officially adopted the Creed on **April 13, 1918.**

## Feeling a Pinch at The Pump? Try These MONEY \$aving Ideas!

With gasoline prices going through the roof, savvy motorists have started carpooling, comparing prices and consolidating multiple errands into mileage-cutting single trips.

But as fuel costs continue to skyrocket, many desperate drivers are wondering what else they can do to slash their gas bills. Well, cheer up, folks because you've only begun to economize!

For starters, experts say prices are lowest in the middle of the week, especially midday Tuesday and early Wednesday, before dealers increase rates for the weekend.

And take note that most dealers reset their pumps one way or the other at 10 a.m. Avoid pumps at highway exits because they usually charge top dollar. Always buy gas when the sun doesn't shine because the pumps deliver more gas at cooler temperatures. That's because the sun's heat causes gasoline to expand and sometimes even evaporate, taking your money with it.

Don't run your tank down to the fumes because it only makes your engine work harder for the fuel. The best time to gas up is at half a tank.

Always keep your engine properly tuned and your tires properly inflated. Overall, cutting corners on maintenance costs more than it saves. Strip your car of excess weight. And be creative. For example, most vans and SUV's have removable back seats and luggage carriers.

Don't bother turning off your air conditioning, say experts, because you'll only end up losing even more gas to the aerodynamic drag by leaving the windows down.

Driving smoothly and steadily wins the race to save money. Accelerate and decelerate gradually, and never drive over 55. Use your cruise control whenever possible.

## *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. Loc Dang, Pete Nguyen, Brad Stein, Tony Nguyen, Jana Cox, Harvey Pikoff, Jung Yu, John Moore, Terri Foss.

## Here's To Your HEALTH!!!

### Breakthrough in Alzheimer's Prevention

If you want to reduce your risk of getting Alzheimer's disease make sure to eat plenty of black currants. A recent study published in Chemistry & Industry magazine showed that two antioxidants in the little berry help to protect brain cells from the ravages of this heartbreaking ailment.

Even though no one knows exactly why the two compounds, anthocyanins and polyphenolics, seem to delay or prevent the onset of Alzheimer's, they appear to improve lines of communication between neural cells.

Says researcher James Joseph of Tufts University: "We have evidence that the compounds protect against Alzheimer's by influencing early gene expression in learning and memory."

### Exercising When It Hurts

Don't let minor joint or muscle pain derail your workout. Exercise can actually reduce pains and aches in the long term, say health experts.

Just follow these tips from the Mayo Clinic Women's Health Source: Proceed with caution if your muscles are sore and aching, as long as your doctor has given you the O.K. to workout.

Stop exercising and see your doctor if the joint swells and gets red, warm, or your pain worsens with exercise, you have severe pain that causes you to limp or your joint locks up or feels unstable.

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## If You Plan On Going To Any 4<sup>th</sup> Of July Parties...Here Are Some Important Tips To Help You AVOID A DUI/DWI Conviction!

Whether you are going to a summer party, out to dinner, a wedding reception, bachelor party, or simply going out with some friends, most people know whether they will be consuming alcohol on a particular night.

So, remember...even if drinking is on the agenda, driving after consuming alcohol does not have to be part of the plan!

Some say that the best way to avoid a DUI conviction is never to drive a car after drinking. Great advice, for sure. Here are a few tips for avoiding a DUI/DWI conviction:

- ◆ **Discuss Your Agenda with Others In Your Group.** If you don't plan ahead, you could expose yourself to a possible drunk driving charge. Someone needs to be the designated driver. It's just pure and simple!
- ◆ **If You Know You're Unable To Drive Safely Call A Cab.** Some communities have developed a program offering FREE cab rides to you if you have been drinking or have had too much to drink.
- ◆ **"Thanks, But I'm Going To Drive After Drinking Anyway":** Certain people do not choose to seek alternate means of transportation on their "nights out." For people who drink and drive, even in moderation, a good bit of advice is in order.

### Special Offer!

Thea O'Bannon, a respected professional photographer who uses natural lighting to give her subjects an authentic look, is offering my readers **\$100 off a photo shoot until the end of July** (bringing price to an unbelievable low \$200). Here's what you need to do: cut this coupon, and call Thea at 512-968-8700. For more samples of her work, you can visit [www.eyeofherstorm.com](http://www.eyeofherstorm.com).

## New Hope For Thousands of Stroke Victims...

Until now, there has been no effective treatment for hemorrhaging strokes, which account for 20 percent of the 700,000 strokes that Americans suffer each year. A remarkable drug is offering new hope to thousands of victims of the deadliest kind of stroke. NovoSeven, a drug used to treat hemophiliacs, has been shown to stop bleeding before a stroke causes irreparable brain damage or death.

Joseph Broderick, M.D., professor and chair of the department of neurology at the University of Cincinnati Medical Center said, "This is very exciting. Bleeding or hemorrhaging strokes are terrible. More than 40 percent of patients who have a hemorrhage are dead within a month."

In the past, it was believed that bleeding in the brain lasted for just a few minutes and then stopped. Doctors assumed that by the time the patient reached the hospital, the damage was already done and there was nothing they could do.

"But our research has shown that the bleeding can continue for hours," Dr. Broderick said, "We realized that if we only had something that could control the bleeding we would improve their chances of survival." Dr. Broderick looked to NovoSeven, a drug that keeps hemophiliacs from bleeding to death. He believes that if given quickly enough, it could stop the ongoing bleeding inside the brain.

A study of 400 patients proved him right. NovoSeven isn't for patients who have the more common ischemic stroke in which a blood clot forms in an artery and blocks the flow of blood. In those cases, a drug is used to dissolve clots quickly.

Because the warning signs for both ischemic and hemorrhaging strokes are similar - paralysis, dizziness, blurred vision and slurred speech - quick diagnosis by a doctor using a CT scan is crucial to determine the proper treatment. "NovoSeven has to be administered within four hours," said Dr. Broderick. "The quicker, the better the likelihood it will benefit the patient."

## THE COOKIN' CORNER...

**Shrimp from the Orient!** Instead of taking your family out to your favorite Chinese restaurant, try cooking up this delicious dish right in your own kitchen. For variety, substitute chicken or pork for the shrimp.

**Preparation and cooking time:** About 35 minutes.  
Serves 4 people.

- ✓ 1 ½ cups long grain white rice
- ✓ ¾ cup fat-skimmed chicken broth
- ✓ 2 tbsp. soy sauce
- ✓ 2 tbsp. white wine
- ✓ 1 tbsp. cornstarch
- ✓ 1 1/2 tsp. sugar
- ✓ ½ tsp. hot chili flakes
- ✓ ¼ tsp. salt
- ✓ 1 lb. Broccoli florets, rinsed and cut into 1-inch-wide pieces
- ✓ 1 tsp. salad oil
- ✓ 1 tbsp. minced fresh ginger
- ✓ 2 tsps. minced garlic
- ✓ 1 lb. (41 to 50 per lb.) shelled, de-veined shrimp
- ✓ ¼ cup chopped roasted, salted peanuts

IN a 2 – 3 quart pan, combine rice and 2 ¾ cups water. Bring to a boil over heat and cook until most of the water is absorbed, 7 to 10 minutes. Turn heat to low, cover, and cook until rice is tender to bite, 10 to 15 minutes longer. Spoon rice into a bowl.

Meanwhile, in a small bowl, mix broth, soy sauce, vinegar, cornstarch, sugar, chili flakes, and salt until smooth. Stir cornstarch mixture and add to pan. Stir until sauce boils. Pour shrimp into a bowl and sprinkle with peanuts. Serve with cooked rice.

**Nutrition per serving: calories 492, Fat 8 grams, sodium 932 mg.**

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

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

- ◆ *When you become mentally convinced that you can make a comeback from any adversity, then all of your creative forces will come to your aid.*
- ◆ *By acting as you wish yourself to be, in due course you will become as you act.*
- ◆ *If you want to get somewhere you have to know where you want to go and how to get there. Then never, never, never give up.*
- ◆ *There is only one real security in this world, only one; identification of the soul with the ultimate reality – God, our refuge and strength.*

## Are You Buying The Right Luggage?

Consumer experts recommend buying your luggage based on your most regular mode of transportation.

**Air travel:** Opt for hard-sided luggage with wheels. That hard exterior will survive the baggage handling machines, and the wheels allow you to move through the airport without porters or carts.

**Train travel:** Buy soft-sided luggage with large handles so you can easily lift it onto the overhead rack.

**Car trips:** Choose duffel bags for flexible arranging in the trunk and/or suit bags that can be hung on the side hooks.

## **EXTRA...EXTRA...! 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, wills, trusts, probate, or buying and selling real estate** please **feel FREE** to give us a call at 512-343-2572. In fact, we've published several Special Reports on these legal 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 revealing Special Reports absolutely FREE!!

## How To Go Away On Vacation Without Gaining Any Weight

A national health club, Curves for Women, offers these tips on how to enjoy your vacation without gaining any weight:

**Plan to eat your largest** meals at breakfast or lunch so you'll have much of the day to work off the calories.

**Keep on the move** and incorporate physical activities into your trip.

**Eat every four or five** hours to keep your blood on an even keel and hunger pains at bay.

**If You're Going Away On Vacation This Summer And Need To Go On Plane Make Sure You Read This!**

The continuing war on terrorism as well as recent airline crashes have made many travelers more than a little queasy about flying.

Yet from time to time we are required to take a plane to get to our destination. How do you cope with the fear of flying? Try these tactics:

- **Take a look at the facts.** Flying remains one of the safest modes of transportation, above and beyond driving.
- **Weigh the risk and benefits.** There may be a very small chance of something going wrong, but there's huge opportunity for professional and personal growth and progress if you fly to your destination.

**Job Insecurity Can Damage Your Health**

If you want to stay healthy, get some regular exercise, eat a balanced diet, and find a job you can feel secure about!

That's the latest advice gleaned from a recent University of Michigan study, which showed that job security has a big impact on both the physical and mental health of American workers.

After examining data from 1,000 employed subjects 60 and younger, researchers found those who were worried about losing their jobs were half as likely to categorize their health as "excellent" or "very good" as people who felt secure in their jobs.

Private-sector workers seemed more affected than those in the public sector, but African - Americans appeared to be the most affected of all, reporting that they were three to four times more likely to suffer symptoms of depression due to job insecurity than their white counterparts.

**10 Super Ideas for Summer Fun!**

**1. Water piñata** – Fill a trash bag with water. Put a rope around the neck of the bag and hang it from a tree or other tall object. Get everyone into their swimsuits, then blindfold the kids and let them hit the bag with a stick or broom handle as you pull it up and down. Each kid gets two whacks.

**2. Have an ice time** – Fill up a kiddie pool with water. Everyone sits on the ground outside the pool with just their feet in the water. Dump a bag of ice cubes in and see who can get the most ice cubes out using just their feet.

**3. Star for the day** – Pick a date when a youngster gets to sleep in late and select the activities that everybody does that day. The child chooses what foods are served and gets to skip any chores. And at dinner, everybody makes a glowing toast to the child.

**4. Hide and go sleep** – One night, have all your kids find an alternative place in the house to sleep. Make it an adventure by giving them a sleeping bag, a flashlight and snacks. It can be under the dining room table, in a closet. One kid might put his pillow in the tub. See who lasts all night.

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**Ward Off Cancer, And Arthritis With Miracle Mushrooms...(Continued)**

considered a major cancer fighter, say experts. An eight-ounce serving contains about half the estimated daily dietary requirement of selenium.

These marvelous mushrooms are also rich in essential nutrients like zinc, copper, potassium, vitamin B2 (riboflavin), B3 (niacin), and vitamin B5 (pantothenic acid), say experts.

Zinc helps stabilize blood sugar, regulate metabolism and may prevent upper-respiratory infections. Copper can reduce the symptoms of rheumatoid arthritis while keeping joints and blood vessels flexible. And, when combined with the wealth of iron in crimini-mushrooms, it can promote healthy red blood cells.

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## Ward Off Cancer, And Arthritis With Miracle Mushrooms...(Continued)

The B vitamins give our bodies energy while protecting our cells. Vitamin B5 is especially good at preventing fatigue during stressful times.

Now food scientists at Penn State are using ultraviolet light to make the tasty, low-calorie mushroom even better by boosting the fabulous fungi's levels of vitamin D. In experiments endorsed by the FDA and funded by the Mushroom Council, researchers have learned that five minutes of UV rays can create a serving of button mushrooms with as much vitamin D as two tablespoons of cod liver oil.

**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 client newsletter. If you have a question regarding *car accidents, wills, trusts, probate, or buying and selling real estate* please feel FREE to call us 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 voice mail. We'll send you or a friend our Special Report for FREE!

## It's Time To Plant Those Flowers

Gardening experts say that perennials, flowers that bloom year after year, are ideal for gardeners who want low-maintenance flowerbeds and a long season of colors and blooms. Purchase plants that will thrive in your area by asking gardening centers if a particular perennial is within your "hardiness zone."

Conduct a soil test, using a home kit or calling on a landscaper. In the fall, examine the plants to determine if it's necessary to divide crowded clumps of plants. Popular perennials include:

- \*Asters
- \*Mums
- \*Delphiniums
- \*Carnations
- \*Dahlias
- \*Candy Turf
- \*Peonies
- \*Lilies

## Bill Harris tells you what's HOT and what's NOT at the movies!

Hollywood movie reviewer Bill Harris of cable's E! Entertainment Television has spent years on ShowTime, "Entertainment Tonight" and "At The Movies."

### NACHO LIBRE

**Who is in it:** Jack Black, Ana de la Requera, Hector Jimenez

**The Basics:** Your ability to deal with this movie about a priest who yearns to be a masked wrestler will depend on your tolerance for Black. He's a whole lot of What He Is, and some people can't deal with it. Personally, I'm only annoyed when he gets too tenacious with the singing and dumb faces. Otherwise I'm good.

**What's the Deal?** The deadpan junior-high silliness of *Napoleon Dynamite* (director Jared Hess' first movie) is here in full effect, but it feels looser and less derivative. In other words, you can be one of those people who didn't enjoy that earlier movie at all and still find yourself laughing at this self aware doofus-fest.

**Is It Racist?** It's a long way from Mickey Rooney as the comic-relief Japanese man in *Breakfast at Tiffany's*, or even Rooney in blackface in one of those old musicals he did with Judy Garland way back when. But yeah, it's a white guy playing Mexican, and you can be offended by that if you want. Just know that in real terms it's respectful and doesn't play as racist at all.

**How Much Authentic Luchador Stuff?** The supporting cast is full of real wrestlers, none of whom I recognized. But they weren't wearing their masks, either, so who would?

**Warning:** See this movie now and enjoy yourself, before all the jerks start quoting it and buying the T-shirts (which are already on sale at Hot Topic, by the way) and making you hate that it even exists. Kind of like *Napoleon Dynamite*.

**If You Or Someone You Know Has Recently Been In A Car Accident And Would Like To Increase The Value Of The Case...Read THIS!**

**IT'S TRUE...**Allstate's (auto insurance giant) own documents show that, "consumers with attorneys filing claims against Allstate receive 2-3 times more in awards!"

**"NOT represented \$3,464.00, represented \$7,450.00!"** Your insurance adjuster might NOT have told you EVERYTHING when you signed legal documents. *Don't let this happen to you!* Just call our office at 512-343-2572 and ask to set up your FREE auto accident **audit** consultation!

### **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 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.

## **Is Your Business In a Slump?**

Do you want more customers? Do you want your current customers to come back more often and buy more when they do? Do you have a marketing system that will bring in sales like turning on the tap?

Call Talia at 914-2572 for a free consultation or email her at [taliat@taliapampromotions.com](mailto:taliat@taliapampromotions.com).

### **10 Super Fun Ideas For Summer *Continued!***

**5. Eat and run** – Get together with other families and have a progressive supper. Each course is served at a different house so you work your way down the street eating appetizers, the main course and finally dessert.

**6. Track and field** – Play a game called tracking. Divide the kids into two teams, each with an adult. One group writes clues and leaves them on trees or fences that the second group has to follow to get to a destination, such as the park, school or ice cream store. Then the groups reverse to get back home.

**7. Turn over a new leaf** – Have the youngsters take one leaf each from different trees in your neighborhood, and then have them go to the library for a book on tree identification so they can identify the leaves they've taken.

**8. Measure up** – Have your kids try to guess the measurements of things. It can be the length of your bare foot, the dog's tail, the height of the TV. Then use a tape measure to see if they are right.

**9. Time for your close-up** – Go outside with a magnifying glass and find things to study. You can take the kids to the pond at the park, examine the cracks in the sidewalk or the underside of leaves.

**10. The buck stops here** – Give each kid a dollar and go to a yard sale and let them buy what they want and see who can come home with the best item. You'll be amazed at what the kids will find and the fun they will have.

"Friendly. Courteous and funny. Oh yeah and informed." – A.G.

*TidBits for Today...!*

is a FREE monthly  
newsletter from your  
friends at  
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## What's the Answer?

1. How To Ward Off Cancer And Arthritis Naturally
2. Feeling a Pinch at The Pump?
3. 10 Super Ideas for Summer Fun!
4. Secrets For Avoiding A DUI Conviction!
5. Job Insecurity Can Be Damaging To Your Health

**“The Answers To These And Many Other  
Questions Are Inside The July 2006 Issue!”**