

Green Tea May Cut Death Risk By 30%!

Health experts have touted green tea for years, but a new study shows just how great the benefits can be. Women who are heavy green tea drinkers can lower their risk of cardiovascular death by more than 30 percent, according to a large Japanese study.

The study, from Tohoku University, found that green tea may prolong your life by reducing heart attack and stroke.

Researchers found that women who drank five or more cups of green tea daily cut their risk of heart disease mortality by 31 percent. Men who drank that much cut their risk by 22 percent.

It's Official: Certain Foods Cause Arthritis Pain

Mainstream medicine is finally beginning to recognize what rheumatoid arthritis patients have known for years, eating certain foods can cause painful flare-ups. Researchers have found that certain foods cause a striking increase in antibody production in antibody production in the intestines of patients with rheumatoid arthritis.

These antibodies in turn cause joint pain. Norwegian scientist say high-protein foods such as milk, eggs, pork and fish were the most common culprits.

Events for November 2006

November 1: All Saint's Day

November 7: U.S. Election Day

November 11: Veterans Day (U.S.)

November 13-19: American Education Week

November 17: The Great American Smoke-Out

November 23: Thanksgiving Day

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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 "Tid-Bits for Today" publication. This is a wonderful idea to help your friends and loved ones enjoy the most out of life. Thank YOU!
Sincerely, Andrew Traub

When Did Thanksgiving Really Begin?

Although the first Thanksgiving in the United States was the Pilgrim's harvest celebration in 1621, the custom was not given official government recognition for 320 years.

During that time, Thanksgiving was celebrated in different parts of the country at various times during the year. In 1777, the Continental Congress declared the first national Thanksgiving and set the date in December for the next five years. President George Washington revived the holiday in 1789, and Presidents John Adams and James Madison continued the custom, although none of those celebrations occurred in autumn.

During the Civil War, it was not possible to find a consensus on a date. Abraham Lincoln declared national Thanksgivings in April and August to commemorate military victories of the North.

In 1863, Lincoln obligated, setting the annual celebration for the last Thursday in November, a precedent followed by every president since.

During the Depression, President Roosevelt hoped to extend the Christmas buying season by holding Thanksgiving a week earlier during 1939 to 1941. The move did little to boost store sales, though, and the public outcry at "Thanksgiving" was so great that he later signed legislation permanently establishing Thanksgiving on the fourth Thursday of November.

Women's Health

Fibroid Tumor Treatments – Which Option Is Right For You?

...

Many effective treatments for uterine fibroid tumors are available today, but choosing the right one is not easy, according to a top expert. “Now that we can individualize treatment to the patient’s particular situation, patients are more and more being put in the position of having to decide what they want,” said Michael Randell, M.D., medical advisor to the National Women’s Health Resource Center.

Uterine fibroids are an extremely common problem. They can be present in 15 to 20 percent of reproductive age women and up to 40 percent of women over 30. They can be microscopic or they can weigh several pounds. “The good news is that only about 20 percent of women with fibroids have symptoms severe enough that they require treatment,” said Dr. Randell, an obstetrician/gynecologist in Atlanta.

“These tumors are almost always benign, and if they aren’t growing rapidly, causing discomfort or excessive bleeding, nothing needs to be done about them.” The only truly definitive cure for fibroids is a hysterectomy removal of the uterus, which renders a woman infertile. But there are other options:

MYOMECTOMY

This procedure removes only the fibroids, leaving the uterus intact and preserving fertility. The surgery can be done through the vagina or navel but most commonly requires an abdominal incision. Myomectomy is considered major surgery, requires a lengthy recovery and may cause scar tissue that impairs fertility.

MYOLYSIS

In this procedure a small needle inserted into the tumor delivers electrical current to cauterize the blood supply that feeds the growth, prompting the fibroid to shrink and possibly disappear.

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. Ted Esquibel, Eric Wilson, Doug Carver, Brent Devere.

New Non-Surgical Treatment Erases Wrinkles...

THERE’S a great new way to save face a new non-surgical method for erasing wrinkles. Sound waves are now being used to treat facial wrinkles and scars from the inside out, with excellent results, say experts.

“The ultrasound facial is a major improvement over conventional facials and peels,” declared Dr. Jim Baral, assistant clinical professor of dermatology at Mount Sini School of Medicine in New York.

“It removes dead skin and treats deep layers without even breaking the skin. It does a great job improving fine wrinkles, acne scars and stretch marks. “And there is no downtime, patients look and feel fine even immediately after each treatment.”

Called the Derma Phonesis System, the process involves several steps. First, a salt compound is blown onto the skin to open pores and remove layers of dead skin. Then, after a nutrient-rich cream is applied, low frequency sound waves are used to work the nutrients deep into the skin layers. “The sound waves create increased circulation and produce air bubbles between the skin cells, enabling the nutrients to migrate to peel layers of skin,” explained Dr. Baral, director of the American Dermatology Center in New York City.

“Finally, we seal the skin with special gel, and the patient goes home with softer, smoother skin.” For best results Dr. Baral recommends from 5 to 12 treatments, given every other week at the cost of \$250 per treatment. The process takes only about one hour for each session.

Italian Shrimp Stir-Fry...

Here's a savory pasta dish so nutritious it's suitable for diabetics, and so delicious, the whole family will love it. It's Italian Shrimp Stir-Fry, one of the dozens of recipes approved by the International Diabetes Center in Minneapolis and featured in "Betty Crocker's Diabetes Cookbook: Everyday Meals Easy as 1-2-3."

PREPERATION TIME: 15 minutes

COOKING TIME: 15 minutes

SERVES: 5

NUTRITION PER SERVING:

Calories 310, fat 8 grams, sodium 660 mg., cholesterol 100 mg., carbohydrates 45 grams

8 oz. uncooked linguine

¾ cup reduced-calorie Italian dressing

1 ½ tsps. grated lemon peel

3 cloves garlic, finely chopped

¾ lb. fresh or frozen (thawed) uncooked medium shrimp, peeled and deveined

3 cups broccoli flowerets

1 medium yellow squash, cut lengthwise in half, then cut crosswise into slices (1 ½ cups)

2 tbsps. water

8 cherry tomatoes, cut in half

12 extra-large pitted ripe olives, cut in half

¼ cup chopped fresh basil leaves

Grated Parmesan cheese, if desired.

Cook and drain linguine as directed on package; keep warm. Mix dressing, lemon peel and garlic; set aside. Spray 12 inch nonstick skillet with cooking spray; heat over medium-high heat. Add shrimp; stir-fry about 2 minutes or until shrimp are pink and firm. Remove shrimp from skillet.

Spray skillet with cooking spray; heat over medium-high heat. Add broccoli and squash; stir-fry 1 minute. Add water. Cover and simmer about 3 minutes, stirring occasionally, until vegetables are crisp-tender (add more water if necessary to prevent sticking.) Stir in dressing mixture; cook 30 seconds. Stir in tomatoes, olives, basil, shrimp and linguine; stir-fry until hot. Sprinkle with cheese.

Vehicle Facts

The Motor Vehicle Manufacturers Association reports that there are more than 400 million cars in use around the world, and an American owns one out of every three cars. The United States is the largest car market in the world, Canada is second, and Australia is third.

According to the U.S. Census Bureau, 9 out of 10 Americans have at least one car, van or truck at home for personal use; the Department of Transportation (DOT) reports that the average motor vehicle owning household has 1.8 vehicles.

There are a total of 157 million household vehicles in the United States, an increase of 10 million from 1988. The DOT also says the miles traveled, per vehicle per year, have increased from 10,200 miles in 1988 to 11,400 miles in 1994.

Let's Talk Turkey

The turkey has a colorful and delicious history. Here are some facts about our nation's favorite bird.

Turkeys originated in North and Central America, and evidence indicates that they have been around for more than 10 million years.

- ❑ **Domesticated turkeys (farm-raised) cannot fly.** Wild turkeys can fly for short distances at up to 55 miles per hour. Wild turkeys are also fast on the ground, running at speeds of up to 25 miles per hour.
- ❑ **Only male turkeys (toms) gobble.** Female (hens) make a clicking noise. The gobble is a seasonal call during the spring and fall. Hens are attracted for mating when a tom gobbles.
- ❑ **More than 45 million** turkeys are cooked and 525 million pounds of turkey are eaten during Thanksgiving.
- ❑ **99 percent of American** homes eat turkey on Thanksgiving Day. Half eat turkey on Christmas.

THE COOKIN' CORNER...

Fall into a delicious soup! There's no better meal for a cool fall day than a piping hot bowl of soup, and this nourishing broccoli soup is as quick and easy as it is delicious.

Preparation and cooking time: About 5 minutes.
Makes 8 (1cup) servings.

- ✓ 4 (14-oz.) cans broth (chicken, vegetable, beef or a combination)
- ✓ 3 cups potato flakes or buds
- ✓ ½ tsp. garlic powder
- ✓ ½ cup powdered milk (optional)
- ✓ 1 (20 -oz.) pkg. frozen, chopped broccoli
- ✓ 2 tbsps. lemon juice (optional)
- ✓ chopped parsley, chopped scallions or chives, broccoli florets (optional garnishes)

IN a large stockpot, over medium-high heat, bring broth to boil. Remove from heat and stir in the potato flakes, garlic powder and dried milk, if desired. Allow mixture to sit while preparing broccoli.

Prepare frozen broccoli according to package directions. Stir the broccoli into the potato mixture. Heat soup over medium heat until hot. If desired, just before serving, stir in lemon juice and garnish.

Nutrition per serving: calories 186, Fat 6 grams, sodium 915 mg.

From the Idaho Potato Commission, Boise ID

FREE Legal Advice Is Only A Phone Call Away...If You Have A Legal Question!

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have any question about anything related to the law, please feel free to call our office at (512) 343-2572. We're always here ready to help our clients!

Inspirational Thoughts By Norman Vincent Peale For November

Positive Thinking Everyday...!

- ◆ *While fear thoughts can destroy creative capacity and bring to pass things that are constantly feared, faith and positivism can create and develop.*
- ◆ *We are not meant to be worms crawling defeated in the presence of a difficult situation.*
- ◆ *You have not only the right but the duty to be happy and successful.*

The Great American Smokeout Day

If you plan to quit smoking on Nov. 17, the Great American Smokeout Day, here's some advice on choosing a good cessation method from the medical advisory board of HeliosHealth.com, an online health resource:

If you smoke 15 cigarettes or less a day, stopping cold turkey is likely to be your best bet. If you enjoy the hand-to-mouth actions of smoking, try chewing nicotine gum or using a nicotine inhaler. For ease of use and for fewer reminders of your habit, opt for a nicotine patch.

Voice –Mail Greeting Reveals Your Personality

YOUR voice mail announcement reveals the real you, according to Dr. Sarah Myers, author of "Power Talk."

Folks who record long winded announcements with lots of "pleases" and "thank you" have a hard time saying no to people and try too hard to be helpful. Detailed announcements indicate someone who's focused and efficient, but not very trusting of others.

Short announcements with little information, such as "Jane Doe, "Leave a message" – reveal the closed personality of someone who has a small circle of friends and avoids new experiences.

Can Your Favorite GEMS Really Tell Others About Your Personality?

THE PRECIOUS stones you use to adorn your body reveal much more about the inner you, a noted expert says. “A woman’s favorite gemstone is a dead give away to her personality,” says Dr. Elayne Kahn, author of *2001 Ways You Reveal Your Personality*.”

DIAMONDS: “Because they are among the most expensive, these stones are most loved by women who appreciate the finer things in life,” Dr. Kahn said. “They also suggest an extremely romantic person. The late Princess Diana comes to mind here.”

PEARLS: “Women who love pearls prefer a low-key, conservative but classy lifestyle. Pearl ladies prefer a style of demure elegance. First Ladies Barbara Bush, Nancy Reagan and Jackie Onassis usually wore pearls.”

RUBIES: “Red is the color of passion so it’s not unusual for ruby-loving women to be passionate and capable of winning and breaking hearts. They are unpredictable, creative and artistic individuals who don’t mind standing out in a crowd. Sophia Loren wears rubies.”

SAPPHIRES: “Women who favor these gems are deep thinkers who can be extremely determined and single-minded. Women of mystery gravitate to sapphires. Screen queens like Greta Garbo and Grace Kelly favored this exotic stone, which emphasizes a very sexy aloofness.”

EMERALDS: “Women with a sense of power like Cleopatra’s favorite gemstone, the emerald. It helps them make the statement that they are unique and not to be fooled with. Watch old movies starring Irish beauty Maureen O’Hara, and you’ll see the power of the emerald.”

AMETHYSTS: “resourceful spiritual and intuitive women are attracted to these purple or lavender stones. These women trust their instincts. She is a woman who would rather find a soul mate than a rich husband. She leads with her heart.

Are Tongue Piercing Dangerous To Your Health?

IT’S TIME to mouth off about tongue piercing, because the fad can be fatal.

A 22-year old woman who got a hole punctured in her tongue nearly died after she developed a severe brain infection, according to doctors at Yale University.

“She is lucky to be alive, she had to undergo critical brain surgery to survive,” said Dr. Richard Martinello, an infectious disease expert in Yale’s Department of Medicine.

“The blood vessels that drain blood down from the skull through the sinuses, middle ear, and mouth lack valves to block bacteria from spreading upward,” he explained. “The woman with the tongue piercing started having problems almost immediately after the stud was put in her tongue.

Dr. Martinello: “We are not recommending that tongue and facial piercing be stopped completely, banning it would never work. Rather, we strongly urge that people be very much aware of the symptoms that point to danger. “It can save your life.”

Do Men Really Suffer From PMS?

MEN suffer from a male version of PMS! That’s the surprising conclusion from 25 years of research by David Goodman, Ph.D., founder and director of the Newport Neuroscience Center in San Marcos, California.

“Men experience wildly swinging emotions on a cyclical basis similar to a women’s monthly period,” he declared. I have observed this male cycle over 20,000 times in my research. If you give men a PMS questionnaire you find that they are just as moody as women.”

Dr. Goodman said the male PMS cycle can range anywhere from 30 hours to 34 days, and generate consists of four stages. “The stages are most clearly identified in men’s dreams,” said Dr. Goodman, who detailed each stage: **QUIET UP:** Calm, mellow, with a feeling that everything in your life is A-O.K.

Dreams: Favorite subject that interest you, such as art, science, sports, etc. often in abstract form.

VACATION...It Can Save Your Life!!!

TAKE a vacation – it could save your life!

“*Getting away from it all*” is just what the doctor ordered, says scientists, who’ve discovered that an annual vacation actually boosts life span.

Stress can kill – and the temporary easing of stress with regular down time saves wear and tear on the body.

Over five years, some 12,000 males at high risk for heart disease filled out questionnaires, disclosing if they had taken a vacation in the previous years. The more frequently the men answered “yes,” the less likely they were to die from heart disease or any other case during the nine years that followed, say researchers.

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, and Buying or Selling Real Estate* please feel FREE to call us at (512) 343-2572. We have 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!

Check List For Keeping Your Career Healthy

Add this annual check-up routine to make sure you’re not neglecting the health of your career. Ask yourself these six key questions at least once a year.

- Am I achieving my objectives?
- Have my career objectives changed?
- Is this job meeting my expectations?
- Am I doing what I’m good at and enjoy doing?
- Are my skills up-to-date for this job and organization?
- How can I best achieve satisfaction either in this job or in another job or career?

“Why Not Stay At Home And Watch A Great Movie This Weekend...Bill Harris tells you what’s HOT & 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 video authority presents his written review.

THE PRESTIGE (PG 13)

Huge Jackman might blush when he reads here that’s co-star **Scarlett Johansson** thinks he’s “incredibly charismatic, gorgeous, talented and a charming guy...like an old movie star, a real movie star.” Well, add co-star **Christian Bale** and **Michael Caine** and you have magic. And that’s exactly what you do have in this elaborately crafted thriller with Jackman and Bale as two fiercely competitive magicians in turn-of-the century London when magicians were the supreme entertainers of the day.

Their bitter rivalry leads to obsession, jealousy and deadly consequences. But like any great magic, there are illusions and surprises. And is that rocker David Bowie as legendary inventor Nikita Tesla? Director **Christopher Nolan** has delivered a movie constructed like a magic trick. You’ll see...

FLAGS OF OUR FATHERS (R)

A great young cast including **Ryan Phillippe, Jesse Bradford, Adam Beach, Paul Walker** and **Jamie Bell** focus on an emotional turning point of World War II.

It’s the story of one of the most inspirational scenes of American legend, when six soldiers raised our flag on the island of Iwo Jima. Clint Eastwood directs the story of the flags raisers who became an instant part of history, but who only wanted to be a part of Easy Company.

November Health Tip!

Having strong abdominal muscles work with back muscles to stabilize the spine. If you have weak abs, you'll most likely overuse your back muscles, which increases the potential for back strain. Back pain often goes away after a short time. Moving around is the best way to speed up the healing process by loosening and strengthening your muscles. When your back aches, go about your daily activities and add light to moderate physical activity like stretching and relaxation exercises.

How To Drive Safely In Bad Weather!

Depending on your travels between now and spring, weather and road conditions may be tough to manage. The last time you probably reviewed safe driving rules was in your teen years. So just to refresh your memory, here are some basic winter driving tips:

Make sure your auto is in good condition.

You don't want to be stranded or paralyzed by such avoidable things as weak batteries or marginal brakes.

Clean headlights at least once a week. The same goes for taillights. Also, turn signals on at least once a week. The salt and dirt dim lights quickly in the winter, making it hard for other cars to see you. Note that you should drive with lights on during dim winter days.

Follow basic safety. That means always buckle up.

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.

Selling Your House? You May Qualify for Free Legal Assistance!

Free legal assistance offered if you are selling real estate in Travis and Williamson County. While certain restrictions do apply, you can come in and discuss our services free of charge. As a thank you just for coming in, we will give you a copy of "The Insider's Guide to Selling Your Home Without a Realtor" written by Andrew and Talia Traub (this offer is available to you whether you use a realtor or not).

So call our office at (512) 343-2572 to set up your free consultation.

Don't drive when you're tired. Drive slower than usual if the conditions are bad. Sit upright. And make sure nothing is blocking your view behind, in the front, or on the sides.

Don't trust the roads. Even when they seem clear, keep your eyes peeled for patches of ice. Places to pay particular attention: shaded bends in the road, bridges, and overpasses.

Give yourself plenty of road space. It's especially important to give yourself room to maneuver on winter roads. If you can, stay to the far right or left lanes so you can pull off to the shoulder to avoid an accident.

Follow skid basics. Turn in the direction of a skid. Don't jerk the steering wheel. If you're skidding, look at the spot you want to end up, not at the skid. That's because your hands, and subsequently your steering, follow your eyes.

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John Cochran, Austin, TX

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What's Inside This Months Issue of TidBits?

1. Green Tea May Cut Your Risk of Death By 30%!
2. Amazing Non-Surgical Treatment For Wrinkles!
3. Let's Talk Turkey...
4. How To Drive Safely In Bad Weather!

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