

Make Family #1 In Your New Year's Resolution!

Setting goals is a great way to mature your personal growth. That's why it's important to make New Year's resolutions for family if you want your family life to develop and improve. Consider including these goals this year:

Pare Down Activities: Families are busier than ever, so it's important to make room for consistent togetherness time. For example, think about cutting back on activities so everyone can eat dinner together most nights.

Build confidence in children's strengths: Parents spend a lot of time pointing out kids' weaknesses. Yet successful people become that way because they focus on their strengths. Do the same for your kids.

Consider establishing regular family meetings: These times should be used to discuss schedules and goals and even grievances.

January 2007 Events

January 1: New Year's Day

January 6: Twelfth Day Of Epiphany

January 9: Coming of Age Day-Japan

January 15: Religious Freedom Day

January 15: Martin Luther King Jr. Day

January 29: Chinese New Year

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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 and 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. Thank YOU!

So You Want To Get In Shape In 2007!

An estimated 3.3 million people in the United States will be joining fitness clubs in January. If you're a newcomer to the scene, take heed of the following tips to get the results you want and to avoid irritating gym veterans:

Before Signing a Gym Contract: Check with your family doctor first for a check-up. Make sure that you're not putting yourself at any risk.

Please Pace Yourself: Don't try to over-do it by trying to overcome years of neglect in the first week of joining the gym. Instead focus on doing some things consistently and shoot for three to four days a week instead of seven.

Wear Appropriate Clothes: Make sure you are wearing clothes that are both comfortable and flexible, allowing you to get a full range of motion during your workout.

Wear Gloves: If you've never used free weights before you should wear gloves, which allow you to get a better grip on the bars and dumbbells.

Do More, Talk Less: Few things irritate veteran gym-goers more than to watch people hanging around instead of working out.

Clean Up After Yourself: If you use weights and dumbbells, put them away. If you sweat on the bench, wipe it up. If you bring a bottle of water, throw it in the trash when it's empty.

A New Year's Message To All of Our Good Friends and Clients That We Proudly Represent!

As the New Year gets into high gear, my staff and I would like to wish you and your family a healthy, happy, and prosperous New Year!

Inside this month's newsletter you will find lots of helpful tips, uplifting quotes, and "great" recipes for you and your family to enjoy. Plus, lots of FREE tips you can share with your friends and loved ones!

Pick A Pooch To Match Your Personality

Pet owners get along great with their dogs if they choose one that matches their own personality. Dr. Stanley Coren, a psychologist at the University of British Columbia, quizzed 6,000 dog lovers in the U.S. and Canada over a three-year period to find out why they picked a particular type of dog.

Dr. Coren says, "We all know about the marvelous relationships people have with their dogs. Consider the fact that over a million people a year mention their dogs in their wills."

"But it's also a fact that 40 percent of all new puppies never make it through the first year with their owners. They're either returned, taken to shelters or abandoned."

Dr. Coren wanted to know what leads to these wonderful doggie marriages while others have terrible doggie divorces. "I found that your personality type predicted which type of dogs you tended to get along with best."

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, Joan Vand, Larry Hatzfeld, Jeff Luftig, John Cochran, Brad Stein, Brent Devere

The Natural Way To Avoid Strokes

With a half million victims every year and over 150,000 fatalities, strokes are the third leading cause of death in America and the leading cause of adult disability.

Caused primarily by atherosclerosis, blood clots, hemorrhage or aneurysm, some strokes are so slight the victims may not even know they're having them, while others are instantly devastating. Mainstream medicine often approaches strokes as emergencies to be treated as quickly as possible.

But in many cases, strokes can be avoided by preventing the underlying medical conditions that make us vulnerable to them. The biggest risk factor for stroke is high blood pressure. This can often be lowered through diet, exercise, weight control, and by limiting alcohol intake and stopping smoking.

In addition, studies show key nutrients can play an important role in helping us stay stroke free.

Victim E. Evidence suggests that vitamin E taken along with aspirin can enhance aspirin's ability to prevent blood clots, recommended 400 to 500 IU of dry, water dispersible vitamin E everyday. Check with your doctor before combining it with aspirin.

Beta-carotene. This very safe form of vitamin A helps prevent neurological damage from strokes and speeds recovery, according to recent studies in Belgium. Other studies have shown that people who eat foods containing high levels of beta-carotene have lower risk of strokes. Recommendation: 10,000 to 15,000 IU daily.

(Continued on page 3)

The Natural Way To Avoid Strokes – Continued.

Calcium and vitamin D. High intakes of dietary calcium and vitamin D have been linked to reduction in stroke risk. Recommendation: 800 to 1,500 mg. calcium daily and 200 to 400 IU of vitamin D.

Selenium. This mineral has also been linked to a reduction in stroke risk. Recommendation: 100 to 200 mcg. daily.

Potassium. High intake of potassium has been linked to reduced blood pressure. Recommendation: 100 to 300 mg. daily.

Omega-3 fatty acids. Polyunsaturated fatty acids, found primarily in fish such as salmon, halibut, tuna, bass and sardines, are natural blood thinners that prevent the clots that can lead to stroke. Take as directed.

Garlic. This herb helps reduce blood pressure and the risk of clots. Recommendation: 1 to 2 capsules of aged, raw, odorless garlic up to 3 times daily.

Ginkgo biloba. Ginkgo improves blood flow to the brain and reduces the risk of clots. Recommendation: one or two 60 mg. capsules daily.

Coffee: Drink UP!

Enjoy a few cups of coffee with breakfast, plus as an afternoon pick-me-up, and a cup after dinner. It's good for you!

Researchers at Harvard Medical School found that women who drank at least four cups of java a day reduced the risk of having high blood pressure by 12 percent compared with those who rarely indulged.

Magnets Really Do Have The Power To Fight Pain

It's official, magnets do help relieve pain and promote healing! Three careful scientific studies have found major benefits for patients treated with the safe, inexpensive devices.

"This is extremely exciting," says Dr. Agatha Colbert, assistant professor of physical medicine and rehabilitation at Tufts University in Massachusetts. "Treating pain with magnets is a breakthrough!"

Dr. Colbert tested magnetic mattress pads on 25 patients suffering from fibromyalgia, a condition characterized by widespread muscle and skeletal pain. Doctors don't know its cause and there is no known cure.

"Patients just hurt all over," Dr. Colbert said. "The patients treated with real magnets had less pain and were able to sleep better," she said. "Patients in the placebo group did not improve." In another eye-opening study, Dr. Carlos Vallbona, a professor at Baylor College of Medicine, found that magnets dramatically reduced the pain suffered by post-polio patients.

And Dr. Daniel Man, a board certified plastic surgeon in Boca Raton, Fla., tested magnets on patients recovering from liposuction surgery on stomach, thighs and other areas. Following surgery, magnet containing patches were placed on the operative areas.

Ten patients received active magnets; 10 got fake ones. Patients treated with real magnets had significantly less pain, swelling and discoloration from the procedures.

No one is sure how magnets relieve pain, but Dr. Man is convinced they "can indeed make surgery a little easier to cope with. They can work very, very well."

THE COOKIN' CORNER...January

Pork Chops coated with flavor! Dress up simple chops with a light pecan-based breading.

Preparation time: about 20 minutes. **Broiling time:** 25 minutes. Serves 4 to 6 people.

6 pork loins or rib chops (about 2 lbs.)
2 tbsp. Dijon mustard
2 tbsp. Mayonnaise or salad dressing
1 tbsp. Vegetable oil
1 slice bread
½ cup chopped pecans
½ tsp. Salt
4 sprigs fresh parsley or 1 tbsp. Parsley flakes

Cut and discard most of the fat from chops. Mix mustard, mayonnaise and oil. Tear bread into small pieces. Place bread, pecans, salt and parsley in blender or food processor. Cover and blend on high speed until pecans are finely chopped. Place pecan mixture in shallow bowl. Move oven rack so tops of pork chops will be about 6 inches from the broiler. Spread mustard mixture over all sides of pork. Coat all sides with pecan mixture. Place pork on rack in broiler pan. Broil about 10 minutes or until brown. Turn pork; broil 10 to 15 minutes longer or until pork is slightly pink when you cut into center.

Nutrition per serving: calories 280, Fat 20 grams sodium 350 mg.

From Betty Crocker's Entertaining Basics Learning To Entertain With Confidence.

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, wills, trusts, probate, and buying and 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 voice mail.

Dr. Norman Vincent Peale Shows You How To Think Positive Everyday To Help You Get Through The Month of January!

- ♦ *First thing every morning before you arise say out loud, "I believe," three times.*
- ♦ *If you feel afraid, you can make yourself courageous by acting courageous. If you are feeling unhappy, by deliberately acting happy you can induce happy feelings. If you are lacking enthusiasm, by simply acting enthusiastic you can make yourself enthusiastic.*
- ♦ *Practice word therapy – serenity, urbanity, imperturbability - mind-healing words repeated to yourself every day. Let them recondition your stressful attitudes.*
- ♦ *Let go and let God. Let Him take over your life and run it. He knows how.*

6 Simple Makeup Tricks That Work Better Than Plastic Surgery...

Forget about painful, dangerous and expensive plastic surgery. You can correct facial flaws with a few simple makeup tricks, according to top cosmetic experts.

"Makeup can totally transform a woman's face without surgery," says celebrity makeup artist **Samy**, who's worked with **Gloria Estefan, Raquel Welch** and **Bo Derek**. "If everybody knew these tips, a lot of plastic surgeons would go out of business."

Hollywood makeup artist **George Vargas** adds: "With a few makeup secrets you can actually look better than a woman who's had plastic surgery. It's just a matter of knowing the tricks."

The two experts reveal makeup tricks that are better than plastic surgery.

INSTANT FACE-LIFT: Apply egg whites to the skin for 15 minutes, wash and then use a light moisturizer with sunscreen.

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6 Simple Makeup Tricks That Work Better Than Plastic Surgery...

ERASE EYE BAGS: Drench your face in ice before applying makeup. "This tightens the skin, closes pores and helps makeup settle," says Vargas.

GIVE YOURSELF A FACE-LIFT: Use a concealer stick a few shades lighter than your skin tone. "Trace over areas like your brow furrows and blend," says Vargas. "Then use a cream-based foundation that matches your skin tone."

LOSE FRECKLES AND AGE SPOTS: Try Dermablend, a corrective makeup that covers blotches, bruises and beauty marks. It's available at many department stores.

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WARNING: Be Wary of Decongestants!

If you have high blood pressure, make sure that you read the label on your over-the-counter cold medicine carefully.

Many contain decongestants, which can raise blood pressure even further, according to the American Heart Association. In fact, if you are considering any over the counter medication, it's a good idea to check with your doctor.

We Now Have FREE Special Reports 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 houses* 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!

Here's A Great Recipe...For Pasta Salad!

Ladies who love lunch will love this crunchy salad from Patty Loveless, country songbird.

Preparation and cooking time: about 20 minutes.

Serves 10 to 15.

1 (16-oz.) box rotini

3 cups broccoli florets

3 cups cauliflower florets

¼ cup scallions

1 lb. Turkey ham, cut into cubes

1 (5-oz.) jar Spanish olives, sliced

1 (8-oz.) package feta cheese

1 tbsp. parsley

2 tbsp. Ground pepper

1 (8-oz.) bottle Italian dressing

COOK pasta according to package directions.

Rinse with cold water, drain and set aside.

Combine broccoli, cauliflower, scallions, turkey ham and olives. Add cooked pasta and mix. Add feta cheese, parsley, pepper and Parmesan cheese; mix thoroughly. Shake and pour entire bottle of Italian dressing, mix thoroughly. Chill and serve.

**Nutrition per serving: calories 210,
fat 8.8 grams.**

Your Leftovers May Not Be Safe To Eat...

Do you know how long you can leave leftovers in the fridge before having to toss them? Some do the smell test; others look for fuzzy mold to appear before throwing food out. Some people even scrape mold off the top and eat the rest, which is not a good idea at all. You may think you've gotten rid of all the contamination, but spores shoot through the food. \

Once mold is present the food is definitely contaminated and should be tossed. Here are some basic guidelines for how long leftovers will keep in the refrigerator:

Vegetables: 3-4 days

Greens: 1-2 days

Pasta: 3-5 days

Rice: 1 week

Seafood: 2 Days

Meat: 3-5 days

Gravy and broth: 1-2 days

Get Some Sun and Lose Some Weight!!!

Can this be true? With health experts always warning us that sun exposure increases our risk of developing skin cancer, there is some good news for sun worshippers. Sun exposure increases levels of hormones called melanocortins, which cause the skin to darken, otherwise known as tanning.

Apparently melanocortins give more than a bronzed glow. These hormones work with leptin to control appetite while helping to increase the signals that stimulate fat burning in your cells. However, you shouldn't expect to drop five pounds just by lying in the sun, but a little sun exposure could benefit your overall fat-loss program.

Do You Have Questions About Any Legal Matter That You Want Answered?

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have a question regarding anything related to auto accidents, wills, trusts, probate, or buying or selling real estate please feel free to give us a call at (512) 343-2572. In fact, we've written several Special Reports on these topics. To get your FREE Copy simply call our office and we'll send you or a friend one of our informative Special Reports.

WARNING:

Bike Seats Shrink Men's Sex Drive!

Watch out, Lance Armstrong! When men sit on a bicycle seat, they may imagine they're pedaling towards good health but they may really be headed for impotence! A dozen new studies support earlier research showing bike seats can put a crimp in a man's love life, even when using man-friendly saddles.

Reproductive expert Dr. Steven Schrader, of the National Institute for Occupational Safety and Health in Ohio, said that while men who only ride occasionally shouldn't worry, men who spend long hours in the saddle need more protective seats.

"Go To The Movies 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 video authority presents his written review.

The Pursuit of Happiness (PG-13)

Hollywood's feel-good film of the season misspells the title, as **Will Smith** plays the real-life single father whose story brought tears on "20/20." Broke, homeless and unemployed, he did his best to change his life while caring for his 5-year-old son – even bathing him in public restrooms...when a producer saw the show and decided to tell his tale. Tandie Newton is the mom who leaves, but it's Will and **Jada Pinkett Smith's** real life son, 7-year-old **Jaden**, who shines as Dad tries so very hard to make good at changing his life and fortunes. With no guarantees, he goes all-out for a chance at a securities job in a tale Will calls "the embodiment of the American dream." You'll see.

The Good German (R)

A romantic mystery/thriller shot in the classic film noir tradition, **George Clooney** is an American war correspondent in 1945 postwar Berlin. **Tobey Maguire** is his driver, a corporal who works the black market and plays the angles. And **Cate Blanchett** is George's ex-lover, now with Tobey – until everything changes with a gunshot. "Everyone in this film has a hidden agenda," says Cate, and she's right.

Charlotte's Web (G)

Dakota Fanning is the young farm girl who rescues a doomed newborn piglet, voiced by **Dominic Scott Kay** in a Babe-like retelling of the classic children's story. Other voices range from **Julia Roberts** as the title spider to **Oprah**, and **Cedric the E** to **Reba McEntire** all delivering a message of loyalty and friendship.

Are Teens Safer Drivers Alone?

A study by the John Hopkins School of Public Health found that teenage drivers are nearly 40% more likely to have an accident if driving with another passenger, particularly another teenager or someone in his or her 20's.

The percentage doubles and triples with each additional passenger. The study cites "general foolishness and distractions" from animated conversations with friends, which could lead to dares, running red lights, or speeding.

What To Do If You're In An Accident

Here are 9 Important Safety Tips that can help you and your family survive a serious accident. Remember, "safety" FIRST!

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. You should have an auto accident handbook in your glove box at all times. **(If you don't have an auto accident handbook, please contact our office and we'll send you one for FREE.)**

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.



The Traub Law Office is now a Chicago Title Fee Office!

If you are buying or selling a home, contact us for the 10 best reasons to have us assist your closings, including having two real estate attorneys available, fast and prompt response, and much more...

6 Simple Makeup Tricks That Work Better Than Plastic Surgery...

GIVE YOURSELF A NOSE JOB:

To narrow a wide nose, apply a gray and beige powder down the sides of the nose. To shorten a long nose, outline the tip of the nose with neutral shades and blend.

INSTANT CHEEK IMPLANTS: "Suck in your cheeks like you're sucking on a lemon," says Samy. "Then brush on a very neutral blush along the hollow of the cheekbone. Finally, smile and use light strokes of blush on the cheek area."

Steroids Cuts Risk of Losing a Baby

Women who have had many miscarriages may be able to reduce the risk of another if they take the steroid pill prednisolone while trying to get pregnant. One woman on the drug, usually used for asthma, gave birth at age 42 after 19 miscarriages.

Scientists at the University of Liverpool in England believe the steroid blocks natural killer (NK) immune cells that become overly active in a woman's womb and prevent embryos from implanting.

"Very, very easy & Fast" – Mr. Mark Morneault

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The *Answers* To These And Many Other
Questions Are Inside The January 2007 Issue!