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The Attorney Next Door™

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Attorney
David Miyoshi's
Insider Tips For
Healthy, Secure &
Happy Living...

A Guide To Healthy Restaurant Eating That Won't Spoil The Fun



Smart Choices
For A Healthier
and Happier
Life!

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Do You Have a Tough Legal Question You Want Answered?

I enjoy hearing from my good friends and clients who enjoy reading my monthly letter. And I'm always looking to answer pressing questions you might have about *anything* relating to your personal or business legal affairs. If you have a question, tip, or idea, please feel free to call me at 310-378-0615. Perhaps I'll feature you in a future issue!

Note: WE'VE GONE ONLINE. For those who receive this newsletter by "snail" mail and would prefer to receive the pdf version by email, just email me (david@miyoshilaw.com) and request the newsletter be sent by email.

When you lead a busy life and don't have time to cook a well balanced meal, it can be a challenge to eat healthy and maintain an optimal body weight. Many restaurant meals are loaded with hidden carbohydrates, trans fats, and calories that are sure to sabotage your attempts at healthy eating.

Is healthy restaurant eating possible? Well, according to healthy living consultant and personal trainer Darlene Nicholson, there are a few simple tips to be armed with in order to help you choose healthy restaurant meals.

1) Learn to Love a Fresh Green Salad. Almost every restaurant will have a salad available in some form or other. This can be one of the healthiest choices you can make for healthy restaurant eating. You're getting vegetables which are loaded with

disease preventing antioxidants, as well as fiber to help keep your digestive tract in good working order. Be sure to make the right choice of dressing and request that it be served on the side. Also, ask your waiter to hold the cheese and croutons.

2) Be Wary of Appetizers! Appetizers at most restaurants are frankly...unhealthy. Many of them are deep fried and high in trans fats and carbohydrates. Do you really need to order that high fat appetizer AND a meal? If you can't resist, at least order an item that's not fried and ask that the sauce be placed on the side.

3) Choose Your Entrée Wisely. The wisest choice would be a grilled or steamed seafood dish or a grilled or baked lean chicken entrée. Again, the sauce can be a significant source of calories and fat. Ask that the sauce

be placed on the side so you can control the amount you consume. Better yet, hold the sauce, and add mustard or hot sauce to spice up your main course.

4) Watch Those Side Items. Make the smart choice when it comes to side items to go with your entrée. Instead of choosing the mashed potatoes or rice that comes with your selection, ask to substitute the vegetable of the day. Not only will you likely save on calories, you'll also be getting a healthy serving of vegetables. Vegetables should be a mainstay of healthy restaurant eating.

5) Eat Half Now and Half Later. When your meal arrives, immediately cut your entrée in half. Take home half in a takeout

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Poison Prevention and Response: Ways To Keep Your Family Safe Page 2

Did you know that, according to The Centers for Disease Control and Prevention, over 2 million people are unintentionally poisoned each and every year?

In fact, when I was reading about this startling information I also learned that poison can just as easily be inhaled or absorbed as it can be ingested.

So, I thought it might be good for us all to get a little lesson in poison prevention, and what to do when poisoning is suspected.

Poison Prevention

Medicines: Turn on a light when you give or take medicines. Read medication directions and keep medicines in their original bottles.

Store in a safe place where they can't be reached by children or teenagers.

Keeping medicines out of the hands of children I understood, but teenagers? Then, I read a story about a teen's friend who was stealing sleeping pills and pain medication from the teen's parent when they were over visiting. It took 2 months before the lady figured it out! Keep an eye out.

Household cleaners and chemicals: Keep chemicals, cleaners and beauty products in their original containers. Always read the label before using.

Never mix cleaning products together. Doing so could produce toxic gases. Wear clothing that covers the skin when you spray pesticides or other chemicals.

Open the windows and use a fan when using chemicals in the house.

Protecting young children: Keep drugs and chemicals in childproof cabinets that children can't reach.

Don't take medicine in front of children, since they often try to copy adults. When giving children a medication, never call it "candy." (*oops, I think I did that*)

Caution guests not to leave drugs where children can find them. Don't leave your own next dose on the counter.

Poisoning Action Steps

If you suspect that a child or adult has ingested poison, first, remain calm (*I know, I laughed a bit at that one too*).

* Call 911 if the victim has collapsed. If the victim is not

breathing, call 911, then give mouth-to-mouth resuscitation.

* If the victim is awake and alert, call the **Poison Control Center at 1-800-222-1222**. It is open 24/7.

* Be prepared to give the victim's age and approximate weight.

* Describe the substance. Read from the container if available.

* Never make the victim vomit unless instructed to do so by Poison Control.

* Give your address and phone number then stay on the phone for instructions from the emergency operator. The specialist may need to call you back.

GO TO...www.poison.org for free stickers or magnets to keep around in case of emergency.

Poison Control Center

1-800-222-1222

(Call 911 if victim is unresponsive)



Keep your home and family safe from poisons!

Cool Stuff on the Internet

How do you know if one food is healthier than another? An easy-to-use, free website can help. When you visit www.TwoFoods.com, you can input two different foods and instantly compare the nutritional data to see which one is a healthier choice. For example, a Twinkie is a better choice than chocolate cake, and a Whopper at Burger King has fewer calories than McDonald's Big Mac. You will also find information on the carbs, fat, and protein of each food. This website gives you a quick and easy way to keep track of your healthy diet choices.

Healthy Eating Out...from pg 1

box to eat for lunch the next day. Healthy eating requires portion control. With the size restaurant entrees are these days, you'll still have plenty of food left to eat.

6) Avoid Buffets and All You Can Eat Deals. They're fun, but even the best intentioned person has difficulty with portion control at a buffet. Buffets are usually not compatible with healthy restaurant eating. Save them for a special occasion when your weight is low enough that you can afford to splurge.

Make note of these easy healthy steps and you'll be looking and feeling your best for years to come.

Navigating the Car Shopping Minefield

Shopping for a car can be one of the more stressful things we have to do as consumers. Being prepared for the process can go a long way toward reducing that stress. I took some time to put together this brief plan, more details can be found at www.carbuyingtips.com.

Your first task should be to know what you want and need. **Make a list of features that are important to you**, separating your list into needs and wants. You also should have a solid number in mind regarding price to ensure your new vehicle will fit into your budget.

Next, realize **that your choices can affect the price you pay**. Hybrid vehicles will cost more. Adding a sunroof or



moonroof will too. But you can often splurge on some upgrades if you are willing to look at a lower-priced vehicle to begin with. Ask yourself if you would be happy with a lower-end vehicle if you could have some extra luxuries. You may find that you can get a car you love at a lower price.

Determine the fair price for the vehicle you are interested in. Go to www.carbuyingtips.com for several great resources to help you determine this price.

Use the competition to your advantage by getting multiple quotes. Many times you can get the same vehicle but one dealer may throw in lifetime car washes or free fuel.

Finally, **don't fall for dealers' tricks**. One-day, weekend, or three-day sales are most often gimmicks designed to get you to buy right away. The price you are offered today will still be valid tomorrow, so if you need some time to think about it, you can safely delay your purchase. Don't be scared to negotiate, with the struggling economy many dealers are willing to wheel and deal. However, watch out for added fees and extras that might be added on after you've negotiated your sales price as well.

With a little bit of planning, you can have a more satisfying car buying experience. Just remember, car dealers are in it to win the sale at the best profit level for themselves. Take your time and come prepared, and you will come out a winner too.

"Who Else Wants to Win Movie Tickets For Two?"

Your chances to win are better than you think!

I'm pleased to announce the three lucky winners of last month's trivia contest are: Thomas Butler of Palm Coast Florida, Bob & Virginia Mikami of Rancho Palos Verdes, CA and Mits Shimotsu of Culver City, CA. They were the first three people to correctly call with the answer to...

In England, some people are employed as "lollipop people." What job do they do?

Answer: crossing guards at schools

Ok, that was a bit challenging...how about this one...

Which auto company developed a car called the Road Runner with a car horn that sounded "meep, meep" just like the cartoon character?

a-Datsun, b-Ford, c-Plymouth, d-Volkswagen. .

The first 3 people to call me with the correct answer will win those movie tickets! 310-378-0615

Note: Tickets only valid within the U.S. Those receiving pdf newsletters by email need to state name and U.S. address

A Heartfelt Message To My Special Clients And Friends...

I would like to take a moment to acknowledge and thank a few of the special people in my life who've helped build my business with their enduring support and referrals. I couldn't do it without you!

Hiroko Asano

Richard Yamauchi

Brad Thomas

Word Of The Month. . .

Studies have shown that your income and wealth is directly related to the size and depth of your vocabulary. Let's put it to the test and maybe fatten our wallets too!

arbitrary • \AHR-buh-trair-ee\, *adjective*: determined by whim or caprice : existing or coming about seemingly at random or by chance .

Example Sentence: The 10 p.m. deadline is arbitrary -- we could have easily selected another time for the contest to end

Quick Tips of the Month

TRAVEL - If you are planning on traveling after any type of surgery, you should be aware of the risks. Air travel can increase the risk of deep vein thrombosis, which is a potentially fatal blood clot that develops in the deep veins of the legs. This risk increases if you've had recent surgery. In general, you should wait 10 to 14 days before flying after an operation. When you do finally board the plane, be sure to stay hydrated, avoid caffeine and alcohol, walk the aisles as often as possible, and do seated stretching exercises. You may also consider wearing



Stay healthy,
wealthy and wise
with these cool tips!

compression stockings for added support.

MONEY- A new windshield can cost up to \$1,200. This expense can be avoided if you get any small chips or cracks repaired before they affect your entire windshield. Small chips usually

only cost around \$100 to fix and this expense is often covered by your car insurance. Auto glass repair shops can fix a small chip by using a clear resin. This dries clear and you often cannot even see where the repair was made. This will save your windshield and your wallet.

GREEN LIVING - Want to have a healthier life and help the planet at the same time? Try going meatless, at least one or two times a week. According to a study released by the University of Chicago, eating 20 percent fewer animal products each week can reduce your carbon footprint as much as switching from a sedan to a fuel efficient hybrid. Not only will you be helping the Earth, you will also be helping your heart by reducing your intake of fat and reducing your cholesterol count.

HOME - If you have an older, dried out wooden cutting board, it is easy to bring it back to life. Warm a small container of mineral oil in a bowl of hot water. Using a soft cloth, wipe the oil into the surface of the board. Leave the oil on the wood for four to six hours and then wipe off the excess. Your cutting board will be enriched and improved.

Need An Answer To A Pressing Legal Question Right Away?

Email me at david@miyoshilaw.com and I'll get back with you ASAP with an answer. I always have an open door (and email) and I would love to hear from you. Or simply call my office at 310-378-0615.



"Honestly, do you really think anyone will be interested in what you write every day, Blog?"

Quotes to Live By...

I think we could all use some laughs these days...enjoy!

"Some people ask the secret of our long marriage. We take time to go to a restaurant two times a week. A little candlelight, dinner, soft music and dancing. She goes Tuesdays, I go Fridays".

~ Henny Youngman

"Middle age is when your age starts to show around your middle."

~ Bob Hope

"A hippie is someone who looks like Tarzan, walks like Jane and smells like Cheetah."

David Miyoshi

The Attorney Next Door®

Whether you need legal advice, or if you simply want to stop by and say "hello", that would be great too. Please contact me anytime, I'd love to hear from you!

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