

David Miyoshi

The Attorney Next Door™

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Attorney

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

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WE ARE GOING PAPERLESS

THIS IS THE NEXT TO LAST ISSUE BEING SENT BY REGULAR MAIL. AFTER THE JUNE ISSUE ALL ISSUES WILL BE SENT BY EMAIL.

For those receiving the newsletter by regular mail who would like to continue receiving the email edition, please go to our website www.miyoshilaw.com and click on the CONTACT US tab and fill out the information including your email address and we will make sure you continue receiving your free subscription by email.

WE ARE SORRY FOR THE INCONVENIENCE.

Beating the Chronic Pain Cycle

It's amazing to me how many people "deal" with pain on a daily basis.

So many people ignore the daily pains that come from working at a computer, being on your feet all day, or other occupational hazards. But why? Why do we accept the pain as "just one of those things" and manage it, rather than do something (or in some cases, doing more) to get rid of it? In addition, chronic pain can affect relationships and job performance.

The good news is that experts agree that there is no reason to live with pain on a daily basis. "There are options available," says Scott Glaser, M.D. of the American Society of Interventional Pain Physicians. "We are now able to find the source of the pain, treat it and control it, and give individuals back their quality of life."

The scariest part is that if these pains are not

addressed, you can end up with irreparable damage to your body.



A few simple steps could help you feel & live better

According to the American Academy of Pain Management there are many causes of daily pain, including body positioning at work, too much sitting or standing, injuries from workouts, or even stress. To help alleviate some of these concerns, try these techniques and options:

Move around. Getting up and moving around during the day helps your circulation and keeps your muscles healthier. If you have a sedentary job, try to get up at least once every two hours for a short

walk or some moderate stretching.

Consider your posture. Poor posture can easily lead to chronic pain. When sitting, don't slump your shoulders forward, or let your chin protrude. I often do this when the text on the screen isn't large enough. Try changing your settings so the text is larger than normal. You should also have an ergonomic workspace if possible. Many businesses will do an assessment of your workspace to see if there is anywhere improvements can be made. Ask your human resources rep for more information.

If you are behind the wheel for much of the day, you still need to concentrate on good posture. Place your seat in a position that allows you to easily reach the pedals without having the steering wheel too close to your chest.

Continued in page 2...

4 Simple Ways To Save Money & Get Ahead

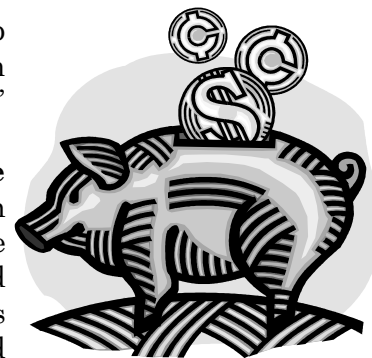
I know it sounds impossible. Getting ahead when you're just trying to stay on top of today? However, there are several very simple things you can do that will take little time, get your finances back in control and looking better than ever.

1) Take a good hard look at your tax situation. Get receipts and paperwork in order for tax time. In fact, taking just an hour or so each month to organize and review will save you a lot of time and headaches come tax time. Plus, the sooner you can file the sooner you can get your refund, or have time to figure out a payment strategy.

2) Commit to saving, regardless of the economy. Maybe the amount you're able to save will fluctuate, but saving something each month is essential to your financial future. Suzie Orman, financial expert, author and TV personality, says the easiest way to save is with an automatic transfer. "Search online for the highest-yielding bank or credit union savings account; after you've

opened one, set up monthly deposits from your checking account."

3) Review to get the Best Benefits. When open enrollment time at work comes around take the time to access your situation and change your plan accordingly. If your rates increase, check to see if there are higher deductible options and pair it with a health savings account. If you're in good health this may be a smart option.



Regardless of the economy
you can get ahead!

4) Gift Smart. Suzie Orman makes another great point about gifting. "The last thing family and friends want is for you to spend money on them that you don't have or can't really spare." And Suzie is right, graduations, weddings, birthdays, Christmas can really take a toll when bank accounts are being stretched. Keep your credit cards tucked away, instead create a separate account and save a small amount each month for these expenses. You'll really thank yourself for doing it come holiday season for sure!

Enjoy this Newsletter? Let me send it to your family and friends!

If you enjoy reading this newsletter each month, why not let me send a copy to your family, friends, business associates, co-workers, or anyone who would enjoy this fun & informative newsletter. Simply go to my website www.miyoshilaw.com and click on the CONTACT US tab and fill in their name and email address. Oh, and as always...it's totally free. It's That Easy!

Cool Stuff on the Internet

If you are a sports nut or a concert fan, you know that the most exciting way to catch a game is to attend a live event. But getting tickets can put a pinch on your wallet. One way to score cheaper tickets is to buy them on the secondary market, from fans who need to unload their unwanted tickets. **Fansnap.com** is the best online ticket comparison shopping site. You can do comparison shopping of over 50 of the best secondary market ticket sites to not only find the best seats, but also to get the best deal. You can use their interactive maps, seating charts, and best value function to find the best tickets in the house.

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...Sitting up straight, even in the car, can help with those aches and pains.

Take Relief Steps of Your Own.

Dr. Glaser says "ice and heat applications are time-honored therapies" for chronic pain. Other options include chiropractic treatments, physical therapy, massage and biofeedback. Jacob Teitelbaum, M.D., author of Pain Free 1-2-3, recommends boswellia, willow bark and curcumin-based supplements, which have anti-inflammatory properties.

Talk to your doctor.

If you find that you are doing everything right (a good workstation, frequent breaks, good posture, stretching before exercising, ice, heat and more) and you still are suffering from daily pain, you should talk to your doctor. He or she can help develop a plan to give you the tools you need to cut back on the stress on your body and begin to heal before more damage is done.

Hidden Travel Fees: You Won't Believe What They're Charging For!

Every time I travel it seems to get worse. From the insane new body scans, to the ever-shrinking seat size, and now FEES that you just won't believe. Travel & Leisure Magazine editor Mark Orwoll had me shaking my head when he described some possible new airline and cruise ship fees that are going to be introduced in the near future.

No-frills Irish carrier Ryan Air may start charging passengers to use the restroom. The airline plans to take out two out of the three toilets to put in more seating. While I seriously doubt the major airlines will adopt such a fee, it really shows the lack of desire to get and keep customers by airlines that are in a panic to make a profit...no matter the cost.

Other new fees are Continental Airlines new "Farelock fee. This

allows travelers to lock in the price of a ticket for a few days before actually buying it. So, if you are planning a cruise or hotel vacation, see a good airline price but need a little time to secure the other reservations before you commit, you can lock in your airline rate for a fee while you decide.

Sprint airlines not only charges for check baggage, now they are even charging for the overhead baggage as well. The press has really given them a hard time (as well they should) and even Secretary of Transportation, Ray LaHood said "I don't think they care about their passengers." I'm happy to report that no other

airlines have implemented this fee.



Travel smart and be aware of the FEES that are sure to pop up!

Other fees to look for:
- Holiday travel surcharges of \$10 that are automatically added to tickets during Thanksgiving, Christmas and some summer vacation travel months. Be sure to watch for these fees.

- Fees for redeeming reward miles.

- Even cruise ships

are starting to charge for meals, instead of the all-inclusive plans they are known for. Orwoll suggests that you carefully view the terms of the cruise, never assume everything is included, and even consider travel insurance to cover you in case you get ill or have a sudden change in plans.

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

Your chances to win are better than you think! Just Call!

Last month the winners were: Keith Oldham of El Segundo CA, Bob Tani of Encino CA and Patty Yanaga of Torrance CA. They were the first to correctly call with the answer to...

What was Harry's first broomstick?

Answer: The Nimbus Two Thousand

Now, a really good one for this month...

What problem did Leonardo da Vinci, Winston Churchill, Albert Einstein, Thomas Edison and General George Patton have in common?

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

310-378-0615

Note: Movie tickets are only valid within the continental U.S.

Please state your name and U.S. address where to mail the tickets.

Have a Legal Question or Concern?

No need to wonder about the security of your family or business. No need to leave yourself exposed to unnecessary and unwanted legal issues. **Call me at 310-378-0615** and I'll be happy to answer your questions and help you in any way I can. No hassles...no obligations...just call.

Word Of The Month. . .

Philately \fuh-LAT-uh-lee\, *noun*. 1: the collection and study of postage and imprinted stamps: stamp collecting

Example Sentence: Given his interests in both philately and football, Michael was excited to learn about the post office's new series of stamps featuring legendary quarterbacks. (Miriam-Webster, online)

Quick Tips of the Month

Healthy Living Tip- Knowing your health history can be the key to understanding your risk for certain diseases. With this knowledge, you can do all you can to help prevent disease or to detect it early. Make it your goal this year to gather information from your family members about their health and conditions. Document this and share this information with your doctor at your next regularly scheduled visit. He or she may want to do some specific testing based on this information and will be able to share lifestyle changes with you that can be helpful.



Check with family & update your health history!

Home Tip- After each season, and especially after the holidays are over, you may feel that your home needs a little pick-me-up. This is the perfect time to touch up paint. You may even want to paint a wall or two in a bright clean color. Add some new throw pillows to your sofa. You can get a new tablecloth for your dining area to brighten things up. Finally, place some fresh flowers in your favorite vase for an instant boost to your living space.

Food Tip- When you are making a home cooked meal from scratch, plan to make double the amount you normally would. When you are finished with your meal preparation, pack up the second meal into freezer containers and place them in your freezer. You really are not doing much extra work by cooking both meals at the same time. This way you will have another great meal waiting for you to reheat on a busy day.

Do You Find Yourself Unclear About A Legal Matter?

Sometimes we find ourselves in troubling situations. It's important you have someone you can trust for legal advice. Here at the Miyoshi Law Office we take those extra steps to provide you with the highest level of professionalism and confidentiality.

Call us at 310-378-0615 and we will be happy to answer all your questions and help you make the best decision for you and your family.

Call to set up a free consultation!



Quotes to Live By...

"Forgiveness is like faith. You have to keep reviving it."
~Mason Cooley

"A man always has two reasons for doing anything: a good reason and the real reason."
~J. P. Morgan

"A successful man is one who can lay a firm foundation with the bricks others have thrown at him."
~David Brinkley

"A man who dares to waste one hour of time has not discovered the value of life."
~Charles Darwin

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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!