



David Miyoshi

The Attorney Next Door™

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

Laughing the Stress Away

"If you can laugh at it, you can survive it." – Bill Cosby



**A Good Laugh...the KEY
To Good Health!**

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Do You Have A Tough Legal Question You Want Answered?

I love 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 or email me at miyoshi@vel.net. Perhaps I'll feature you in a future issue!

Stress affects everyone and has become one of the most serious health issues of our times. There are many ways to deal with stress, some more effective than others. One of the quickest and easiest ways to reduce stress is to find humor in your daily life.

Administration at California State University have also recognized the benefits of laughter and humor in problem solving and creativity in business environments. Workers who find their jobs fun perform better and get along better with co-workers than those who do not view their jobs as fun.

In fact, it turns out that **laughing is good for your overall health**. Cardiologists at the University of Maryland Medical Center, have found that people with heart disease were 40 percent less likely to laugh in humorous situations than those with healthy hearts.

Laughter strengthens the immune system and lowers high levels of stress hormones. Business researchers at the School of Business

It is easy to inject humor into your daily life. Take time each day to enjoy something funny. Read a book of jokes or talk to a friend who makes you laugh. If you work on the computer a lot you might try adding a "daily joke" to your homepage. Both Google and Yahoo have this option.

Also, **being able to laugh at yourself goes a long way towards**

reducing stress. Humor can keep you from taking yourself too seriously and can make dealing with others easier. It can also distract you from the situation that is causing you stress, allowing you to take a moment to see things in a different light.

So, next time you are feeling stressed out, take a moment for yourself. Take a deep breath, smile, and think a funny thought. Grab a bite to eat with a funny friend or watch your favorite sitcom. Although it doesn't get rid of the situation, you will be better equipped to handle your daily stress.

The Eyes Have It

Your eyes are a window into your overall health. Regular eye exams can not only determine eye health and vision, but can detect some serious and even chronic diseases.

According to the American Optometric Association, people who are ages 18 to 40 should have their vision checked every two to three years. Those ages 41 to 60 should have an eye exam every two years, and people **over 60 should get**

their eyes checked every year. However, you may need your eyes checked more often if you have any of the following risk factors:

- Diabetes, hypertension, or any other systemic or chronic disease
- A family history of eye diseases
- Difficulty reading smaller type
- Frequent headaches



Don't Lose Sight of Good Eye Health!

- Burning in your eyes
- Loss of peripheral vision
- Difficulty driving at night
- Difficulty with eye-hand body coordination

The key to successfully treating many eye problems is prevention. By scheduling regular eye exams, you will increase your chances for long-term eye health.

Cool Stuff On The Internet

Want to add some fun to your online pictures? Go to www.Blabberize.com to find an easy way to create a talking picture. You simply upload a picture of a person or animal. Choose the part of the face you want to animate using simple-to-use tools. Then record your voice saying anything you'd like (imagine the possibilities...lol). Blabberize will synchronize your voice with the picture's movement. If you don't have a microphone attached to your computer, you can either upload a voice file or you can use your telephone to call in your message, which will be added to your picture. Once your talking photo is completed, you can email it to friends, family, co-workers, or add it to your website or blog. Best of all, Blabberize is free. You've got to love that!

Don't Trust Just Anyone!

Choosing an attorney or legal professional is just as important as choosing a qualified doctor. You wouldn't trust just anyone with your health and the same goes for your legal matters as well. You should never be in the dark about legal matters.

Before you trust just anyone allow me to send you more detailed information about my qualifications. I'll be happy to send this to you at no obligation and free of charge. All you need to do is call 310-378-0615 or email to miyoshi@vel.net and I'll rush it to you right away.

Will Your Car Hold Up In A Crash?

I think you'll agree that a car crash is the most serious safety risk most of us face on a daily basis.

The good news is that you can decrease your risk of serious injury by wearing a seatbelt, obeying traffic laws, and driving sober, but the type of car that you drive also counts.

According to a recent study by the Insurance Institute for Highway Safety, improved seat belt and side air bag features have made many cars safer. But, don't assume size or luxury

buys crash protection.

For example, a number of new midsize SUVs have been reengineered for the 2009 model year. The institute found some improvement in front crash test performance but most models were still not state-of-the art in side crash tests.

The Ford Taurus X won the institute's SUV Top Safety Pick for 2008-2009.

If you want to shop safety, a

number of Web sites offer car safety ratings.

To compare safety performance, go to www.iihs.org. Click on "Vehicle Ratings" to see how your vehicle compares with others on the road. You can compare one car with others in its class.

[Www.Safercar.gov](http://www.Safercar.gov) offers the federal crash rating (five star system), but also has complete, readable safety descriptions, and even photos of the crash tests when safety concerns are noted.

Your Best Retirement Investment

It is easy to find a wealth of information regarding financial investments for retirement, but don't overlook the investments you should be making in your health as well. *Exercise can prove to be the best investment you can make towards your retirement.*

One perk of investing in your well-being is that it can be done almost cash-free. It is easy to spend a lot of money on gym equipment or memberships, but you can start a healthier way of living without spending much more than the cost of some good fitness shoes.

It is obvious to most people that increasing the amount of exercise in your daily life can bring you

long-term health benefits. But it can also save you money. By *staying fit longer*, you will spend less on doctor bills and medication costs. And by *staying active longer*, you will have more options in the event you choose to work into your retirement years.

According to the American Council on Exercise (ACE), investing in an exercise program can also save you time. The amount of time you spend in regular exercise will increase your general well-being, giving you more focus and increasing your energy level. ACE says that it can actually add years to your life!

Of course, all investments have risks. You can minimize your risk

of injury from exercise by consulting your doctor before beginning any exercise program. Start slowly and build gradually to a consistent daily routine. Break up your exercise goal into small pieces that can be completed during the course of a day. You may also be at risk of quitting your exercise program. Try exercising with a friend. Choose an activity that you like to do, say walking or water aerobics. Chart your progress and reward yourself when you hit your milestones.



Invest in your Health...and future!

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

Your chances to win are better than you think!

Guess Who Won Last Month's Trivia Question? I'm pleased to announce the two lucky winners are...drum roll please: Evelyn Abe of Torrance California and Wendy Hirano also of Torrance California were the two people to correctly answer my quiz question...

How many sticks of gum does the average American chew in a year?

- A)135, b)455, c)300, d)595

The answer is "C" 300 sticks of gum A YEAR! WOW! So let's move on to this month's trivia question...

Who provided the voice of Stinky Pete the prospector in "Toy Story 2"?

- a) Tim Allen, b) Robin Williams, c) Kelsey Grammer, d) Gilbert Gottfried.

The first 4 people to call me with the correct answer will win! 310-378-0615

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!

Yojiro Kitamura (Tokyo)

Malik Ohtani (Dubai)

Trudy Nodohara (LA)

Chet Wilson (LA)

Taku Hamada (Redondo Beach)

Dato' Raymond Liew (Kuala Lumpur)

Word Of The Month . . .

Studies have shown that your income and wealth is directly related to the size and depth of your vocabulary. Here is this month's word, so you can impress your friends. You may even be able to fatten your wallet!

Eclectic (i-KLEK-tik), *adjective*: selecting and using what seems best from various sources or systems; made up of selections from various sources

Example Sentence: Sara had an **eclectic** collection of tea pots that she accumulated from her travels abroad.

Quick Tips Of The Month

FOOD - If you are looking for a way to make quick meals at home, nothing beats ground beef. To make things even easier and faster, cook up several one pound portions of ground beef, place in freezer bags, and pop into your freezer. You can season them if you like with taco seasoning, sloppy joe sauce, or leave them plain. When you are ready for dinner, simply take out the bag, reheat it in the microwave or on the stove and dinner is almost done. Use the precooked beef in your favorite recipes. By buying ground beef when it is on sale in bulk, you can help your grocery budget as well.



Tips to make life a little easier!

CAR - Your air filter should be replaced at regular intervals as recommended by the manufacturer of your vehicle. You should know, however, that if you regularly

drive on dirt roads or experience a lot of stop-and go traffic, you may need to change your air filter more frequently. After a winter of sanded roads, you may also need a new filter. Changing your air filter yourself is easy, and can save you \$10 or more, plus labor costs. Read your owners' manual to learn how to swap out air filters on your vehicle.

TRAVEL - When staying in a hotel, be sure to take some simple safety precautions. Park in a well-lit part of the parking lot, as close to your room or the main entrance as possible. Always lock your car and do not leave valuables visible inside. Once in your room, lock it using the deadbolt or chain lock. Do not let anyone into your room without verifying his or her identity first, even if you are expecting a friend or room service. If you are waiting for a friend, do not leave your door propped open. Lock it at all times.



Quotes to Live By...

"Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless."
~Jamie Paolinetti

"If it weren't for the fact that the TV set and the refrigerator are so far apart, some of us wouldn't get any exercise at all."
~Joey Adams

"If you tell the truth, you don't have to remember anything."
~Mark Twain

"You can't have everything... where would you put it?"
~Steven Wright

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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!

David Miyoshi
Miyoshi Law Office (a div of MILO)
1055 Wilshire Blvd, #1890 LA, CA
310-378-0615
www.global-law.org