

Simple Feng Shui Tips To Improve The Energy Of Your Home...

Last month, I had a client call the office to tell me how much she loved the article on Feng Shui. So, I decided to give you 10 simple tips on how you can instantly improve the energy in any room of your home, creating a positive environment that nurtures health, improves wealth and fosters more love.

1. Clear Out Your Clutter: Get rid of everything you do not love in your home. Clutter clearing is a time and energy consuming process that will feel like therapy, but it will help you "lighten up the load," so to speak. Do not skip this step, as it is an essential one in creating harmonious energy in your home.

2. Life Energy: One of the cheapest and most effective ways of turning a space into a home is by adding life energy, such as real plants, fresh flowers, and delicious fruit. Take a look at the higher-end catalogs and home magazines. You'll notice they all have one of these three items in every photo. *(Continues on page 2)*

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, Work Injuries, Dog Bites, Construction Injuries, DUI Defense or Criminal Defense** please feel FREE to call us at (847) 854-7700. 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!

Thank You So V-E-R-Y Much For Telling Your Family And Friends About Us!

The highest compliment you could give our law firm is the referral of your friends and loved ones. Over the years, our practice has been built upon the trust you place in our ability to take care of those you care the most about. Our major purpose is to provide OUTSTANDING legal service to everyone who comes to us in need. We would like to thank you in advance for all your support and the trust you place in our firm.

Thank YOU - **Franks & Rechenberg, P.C.**

It's Time To Celebrate Father's Day!

Father's Day is right around the corner and everyone knows that it's just as important as Mother's Day. It's one day a year when we can all honor and give special thanks to our dads. Fathers work hard to support the family and give us a good quality of life. What is one day for us to spend an entire day with our fathers? What is one day to come up with something to surprise our dads and make that day a memorable one for our hero?

As simple as it might sound, you could surprise your dad on that day with breakfast in bed. You can ask help from your mother or siblings to prepare his favorite breakfast foods. Be sure not to make too much noise when you're preparing the breakfast or you'll wake up dad (that would certainly ruin the surprise). You can also add in a Father's Day card and some Father's Day sweets.

On that day, you can organize a small party at home. It doesn't have to be a fancy one. Make it a small party with everybody in the family attending. You can prepare a program or a little show for him. You may have a song or dance number with your brothers and sisters. In addition, you might even prepare some finger foods or some drinks too (definitely non-alcoholic drinks for the young ones).

(Continues on page 4)

David N. Rechenberg recently settled an auto crash injury case for \$100,000.00 (50,000.00 from the defendant and \$50,000.00 from the underinsured motorist coverage) and another for \$11,500.00. Personal Injury Cases Large or small RECHENBERG handles them all!

Simple Feng Shui Tips To Improve The Energy Of Your Home... (Continued)

3. **Pets:** Having pets can raise the Qi (chi) of a home or space. Their movement, sound, and energy can circulate the Qi of a space and facilitate the movement of stagnant or stuck energy.

4. **Lights:** The simple act of adding light to a space can help not only the feeling of a space but also how you experience a space. Consider having certain lights on a timer to welcome you home when you walk in the door at night. Take note of how it feels. This can also be a part of the exterior of a house to lift the Qi energy.

5. **Feng Shui Consultant:** One method is to hire a professional consultant to help you shift the energy of the space. They can help focus and adjust the mundane aspects such as addressing the visible factors and correcting the invisible aspects of a space. Many times, after a Feng Shui consultant visits a home, people report feeling a difference in the space right away. They describe the feeling of the room as "lighter", and they experience a higher level of energy and new opportunities.

6. **Religious / Spiritual Masters:** Based on your religious beliefs, you can ask your pastor or leader of your faith to visit your home and pray a blessing for your home or office.

7. **Always Be Mindful Of The State Of Your Home:** Which is how the energy in your home influences your well-being. Make a habit of paying close attention to the "Feng Shui triangle": your **bedroom**, your **bathroom** and your **kitchen**. The triangle is deeply connected to your health. In the world of energy, nothing is static. So be wise and keep your home healthy and happy.

10. **Music / Positive Noises:** Many times you can use sound to disrupt stagnant Qi. This can be done with a simple clapping of your hands, playing a musical instrument, or ringing a space-clearing bell.

Please remember that I'm NOT an expert in Feng Shui. I'm simply looking for creative ways to help make your life more enjoyable. - *The End*

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.

www.FnRlaw.com

Depression Warning Signs To Watch Out For And How To Win!

Do you know someone who suffers with depression? With over 40 million America's suffering from some form of depression, I want to do something to help my clients feel better. Many sufferers are disgruntled by the fact that so many anti-depressants that are supposed to help don't! They either don't work, they're addictive, or have side-effects that cause serious health problems.

This has brought many to seek alternatives for relieving the symptoms of this debilitating condition. The good news is you're not alone. Maybe someone in your family suffers with depression. So, here are some positive tips that may help you or a loved one start to feel better.

One of your biggest factors when dealing with depression without antidepressants is "stress." There are many different causes of stress, and this can sometimes be overwhelming in your everyday life and affect recovery.

There are many ways to win this battle. The first thing to do is understand how stress affects your condition. Stress comes from your work, your friends and family, as well as worrying over things that are out of your control.

It will affect your sleep and eating habits, which is a big part of this condition. You can overcome stress, and help fight depression at the same time with a one-two knockout combination.

(Continues on page 6)

ARRESTED FOR A CRIME? Worried about what will happen? Need Answers? Call David Franks at (847) 854-7700.

"The New Do's and Don'ts For Your Good Health Starts Here!"

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Fun Food Trivia With Answer's

How did pound cake get its name?

A: From the one-pound quantities of the key ingredients (sugar, butter, eggs, and flour) in the original recipe.

What breakfast food gets its name from the German word for "stirrup"?

A: The Bagel.

What animal is the source of the milk used in making Roquefort cheese?

A: The ewe, or female sheep.

Why was the Animal Crackers box designed with a string handle?

A: The animal-shaped cookie treats were introduced in 1902 as a Christmas novelty--and packaged so they could be hung from Christmas trees.

How did the manufacturers of Old Grand-Dad bourbon get away with producing their whisky during Prohibition?

A: They marked the bottles "for medicinal purposes."

- The End

To Your Healthy Heart...

In your annual physical, the doctor sends you off for a blood test to check-out your cholesterol. But what is cholesterol anyway? And what does that "magic" number mean to your health?

Cholesterol is a type of fat in our bodies; it travels through our blood stream in particles called lipoproteins. Low-density lipoproteins (LDL) are bad because they can lead to a buildup of plaque in your arteries.

An accumulated mass of plaque can narrow your arteries and constrain blood flow much like trying to sip a smoothie through a clogged straw. Eventually, the plaque breaks off and forms a blood clot that cuts off the flow of blood, oxygen, and nutrients to the brain. This leads to a heart attack or stroke!

High-density lipoproteins (HDL), on the other hand, are beneficial because they snag the LDL congesting your arteries and take it to the liver. There, it's processed and eventually flushed out of your system.

A total blood cholesterol level of 200 and above is a cause for concern, according to the American Heart Association. Lowering your cholesterol reduces your risk of getting heart disease and dying from a heart attack, according to many experts.

What you eat can affect the amounts of HDL and LDL, as well as affect your blood pressure. So I've put together a cholesterol-lowering eating plan that's both tasty and effective for you. Try these eight super-foods and aim to eat all eight per day.

1. **Almond Joy** (not the candy bar though) - one ounce of dry-roasted, unsalted almonds. Almonds contain two powerful antioxidants—vitamin E and flavonoids— that prevent the oxidation of LDL. Eat almonds with their skins, which pack a hefty dose of flavonoids. Maybe stir a handful into yogurt or spread two tablespoons of almond butter on whole-wheat bread.

(Continues on page 5)

INJURED ON THE JOB? Need to get your Bills PAID? Want to Know what your Case is Worth? CALL David N. Rechenberg at (847) 854-7700 for answers to your questions and so he can start working on your case right away!!

www.IllinoisWorkInjuryLawyer.com

Franks & Rechenberg, P.C.'s
Eat Healthy Tonight "Quick-n-Easy"
for June 2010

Bistro Dinner Salad

This is a perfect light, quick, yet refined meal. The mustard tarragon vinaigrette complements the slightly bitter salad greens, while the pear adds a hint of sweetness. **Yield:** 4 servings

Ingredients:

3 tablespoons finely chopped walnuts
4 large eggs
Cooking spray
2 bacon slices (uncooked)
8 cups gourmet salad greens
1/4 cup (1 ounce) crumbled blue cheese
1 Bartlett pear, cored and thinly sliced
1 tablespoon white wine vinegar
1 tablespoon extra-virgin olive oil
1/2 teaspoon dried tarragon
1/2 teaspoon Dijon mustard
4 (1-inch-thick) slices French bread baguette, toasted

Preparation:

Place nuts in a small skillet; cook over medium-high heat 3 minutes or until lightly browned, shaking pan frequently. Remove from heat and set aside. Break 1 egg into each of 4 (6-ounce) custard cups coated with cooking spray. Cover with plastic wrap and microwave at high for 40 seconds or until set; let stand 1 minute. Remove eggs from cups and drain on paper towels.

Cook bacon in a skillet over medium-high heat until crisp. Cool slightly. Remove bacon from the pan, reserving 1 teaspoon of the drippings. Crumble bacon. Combine walnuts, bacon, greens, blue cheese, and pear in a large bowl.

Combine 1 teaspoon of reserved drippings, vinegar, oil, tarragon, and mustard in small bowl; stir with a whisk. Drizzle over greens mixture; toss gently. Arrange 2 cups salad mixture on each of 4 serving plates; top each serving with 1 egg and 1 toast slice.

- The End

"Positive Thoughts That Will WORK In Your Life (If You Try Them)!"

"Relentless, repetitive self talk is what changes our self-image." – **Denis Waitley**

"Learning is the beginning of wealth. Learning is the beginning of health. Learning is the beginning of spirituality. Searching and learning is where the miracle process all begins."
- **Jim Rohn**

"When one door closes, another one opens. But we often look so regretfully upon the closed door that we don't see the one that has opened for us."
- **Alexander Graham Bell**

It's Time To Celebrate Father's Day! (Continued)

On Father's Day, don't let your dad do any house work. If he heads to his workroom or garage, prevent him! Ask what he's planning to do and if you can handle it - do it for him instead. Treat him like a king on this very special day. Spend more quality time with him.

Most days of the week, he is out working his tail-off for the family. Dedicate the entire Sunday spending time with him. Watch his favorite sports with him. Ask him to tell you stories, or tell him yours instead. Before you call it a day, give him a big hug and tell him how much you love him.

Another good way to celebrate this special day with your dad is to prepare a Fathers Day dinner. Prepare your dad's favorite foods. If you don't know how to cook, ask your mother to help or dial in the delivery number of his favorite restaurant.

Always make sure that everybody is present at the table. Have fun, talk, and enjoy! Then, make sure to end the meal by giving him his favorite desert.

- The End

Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David Franks at (847) 854-7700 NOW! Learn about the Monitoring Device Drivers Permit (MDDP). www.McHenryCountyDUILawyer.com

To Your Healthy Heart... (Continued)

However, using "Almond flavored syrup" in your morning coffee does not count.

2. **Oatmeal** - 3 grams of beta-glucan, found in a half cup of dry oatmeal or oat bran Oats are rich in beta-glucan, a soluble fiber that acts like a sponge to soak up cholesterol. Try this if you're not a big oatmeal fan: Add cinnamon or dried cranberries/blueberries to your morning oatmeal for a flavor boost. Oat-bran is a highly concentrated source of beta-glucan and it's easy to mix into homemade bread, muffin and pancake batter. Don't forget about Oatmeal Chocolate Chip Cookies.

3. **Garlic** - One clove and one *Kyolic One Per Day Cardiovascular* aged garlic extract supplement. Garlic impedes the liver's ability to make cholesterol. Here's a couple ways to spice up your garlic. Chop garlic into small pieces to release its flavor. Sauté it with steamed spinach, add it to sauces and soups or purée roasted garlic with cooked potatoes and olive oil for a heart-healthy version of everybody's favorite: Mashed potatoes.

4. **Phytosterol-Containing Foods** - 2-3 grams of phytosterols a day spread over two meals. Phytosterols are a fat found in plant foods such as fruits, nuts, seeds and vegetable oils. They interfere with cholesterol absorption by blocking it from your intestinal cells.

Even a vegetarian diet only provides 300-400 mg of plant sterols a day, so supplement this with foods containing added phytosterols - chocolate bars, margarine, cheese, granola bars and cookies, to name a few—, but keep an eye on saturated fat and trans-fat content. Check out this Cranberry-Almond Granola. See? And you thought cutting down cholesterol would require you to eat foods that taste like cardboard.

5. **Flaxseeds** - 2 tablespoons of ground flaxseeds. Flaxseeds contain lignan and soluble fiber, which block the production of LDL and increase your body's ability to get rid of cholesterol. Eat ground flaxseeds rather than whole ones because your body can better absorb its nutrients. You can try sprinkling them into your morning oatmeal or cereal.

(Continues on page 7)

What You Should Do In Case Of A Car Accident - Safety Tips To Remember!

If you're ever in a car accident here are some safety tips that can save your life and protect your family.

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. **IF** you don't have an auto accident handbook, please contact our office and we'll send you a **FREE** copy! Make sure to call **TODAY!**

Increase Your Brain Power

Have you been thinking about additional ways to maintain your mental vitality? Start using your creativity as you plan new ways to challenge your brain cells. Here are seven tips to follow as you exercise your brain to keep it active and dynamic:

1. **Exercise your brain with mental aerobics just as you do your body.** The Seattle Longitudinal Study found that 66% of older Americans doing brain exercise activities had significant cognitive improvement. Learning new skills increases the number of neural connections in the brain to keep them firing.
2. **Explore new areas and interests.** Have you wanted to learn to play the drums or piano, take Spanish, or study computer graphics? Check out your neighborhood center, school district, or extension courses at a college or university near you.

(Continues on page 6)

Involved in an automobile accident and the Insurance Adjuster is asking to take your recorded statement and requesting you to sign an authorization? Find out what to do by ordering our free Audio CD and learn the 7 questions you must ask the Claims Adjuster when he calls demanding answers from you!

Call today **(847) 854-7700** to get your free CD today!

Increase Your Brain Power (Continued)

Traveling to new places? Surf the web for information about educational travel in America and throughout the world. This will help to jumpstart your brain function.

3. Play word or number games. Do crossword or jigsaw puzzles to keep your mind active and sharp. Researchers believe that these kinds of mental challenges and “disorienting dilemmas” build new neural pathways that help buffer the brain against age-related degeneration. Injecting novelty into your everyday tasks can have a similar affect. For example, use your non-dominant hand for brushing your teeth, rearrange the furniture in your rooms or carry out activities blindfolded.

4. A U.C.L.A. geriatric psychiatrist has developed a technique for improving memory and learning new information. First, actively observe what you want to learn. Next, create mental snapshots of your memories. Finally, link your mental snapshots together. This technique can help you remember information ranging from the names of new people you meet, where you parked your car, or where you left your keys.

(Continues on page 7)

Depression Warning Signs To Watch Out For And How To Win! (Continued)

There is meditation, which you can do on your own. Sometimes this just means taking some time out of your day to reflect on what’s causing you to feel this way, then figuring out what can be done about it.

There are many relaxation techniques such as deep breathing exercises, yoga, and other self-help methods that can help you feel better. There is also an abundance of books on the subject, and you can read these for free at your local library. You can learn from these examples to fight the battle against stress without antidepressants.

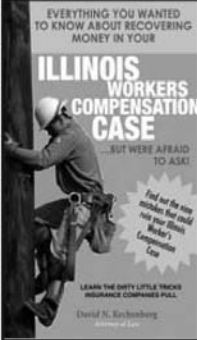
The biggest things you can do to win the fight over depression without medication is simply educate yourself. You can find a wealth of information on the internet. You can use these methods to find out what kinds of foods will help relieve your stress and anxiety. You can also search for what kinds of herbal supplements and essential fatty acids to take.

Getting enough daily exercise is also a vital part to your overall health. It triggers the release of endorphins that relieves stress. This will help get your mind off your problems that happen during your day. Often at times, even more than you think, taking antidepressants can actually have a negative side effect on endorphin production in your brain as well as suppress your body's natural ability to fight stress.

Another way to fight stress and depression is being careful about over extending yourself. This means try not to do so much in one day. You put stumbling blocks in your path by doing that and create stress. Everyone these days feels the need to multi-task. By doing too, much it actually has an opposite effect; it increases stress, causing you to take more time to complete projects.

Setting priorities and taking on projects one-at-a-time will help you deal with these issues much easier. Learning to say “NO” to people and being able to set aside time for yourself can help you to alleviate these pressures.

- The End



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Congratulations To Our "Client of The Month!"

Every month, we choose a very SPECIAL client. It's our way of acknowledging our great clients and saying thanks to those who support our firm by telling others about us.

This month's Client of the Month is Mary Weine. We're treating Mary and a friend to popcorn soda and to the movies!

Increase Your Brain Power (Continued)

5. **This one is my favorite - develop your creative talents.** Scientists have found that as you challenge yourself to look at things in a new way and try novel behaviors, you exercise important parts of your brain. Women in their middle years have taken up a wide range of creative activities such as painting, acting, writing poetry, photography, and making jewelry.

6. **And don't forget that physical activity helps keep your mental powers sharper too.** Make sure that you plan your schedule to include physical activity regularly. Choose an activity that you enjoy and find engaging - walking with a friend, working out at the gym, or biking with your partner. A daily brisk 20 to 30 minute walk will allow you to feel better emotionally and think more clearly.

7. **Increase your physical activities and include aerobics, flexibility and strengthening exercises.** Fast walking, jogging, dancing, biking or climbing stairs are all good. Studies at Columbia University indicate that aerobic exercise brings more blood and oxygen to your brain cells, encouraging the growth of new nerve cells and connections between them. Mild to moderate physical activity will elevate your mood and control your weight while protecting yourself against cognitive loss, all at the same time.

As your family lawyer, I want to add years to your life and life to your years. The best way to do that is by increasing your brain power.

Thank you for allowing me the opportunity to not only be your family lawyer, but your friend as well!

- The End

To Your Healthy Heart... (Continued)

Recent studies also show that whole flaxseeds are better than flaxseed oil for lowering cholesterol.

6. **Beans** - 1/2 cup of legumes (beans, peas or lentils). Beans contain a special soluble fiber that's fermented in the colon. Healthy bacteria eat the fiber and bean sugars to form short-chain fatty acids, which travel to the liver and inhibit LDL production. I recommend cannelloni beans (try them in Tuscan soups, an Italian bean-based soup) and kidney beans; they're perfect in your favorite Hawaiian chili or Portuguese Bean Soup.

7. **Apples** - An apple a day helps to keep the doctor away, of course. Apples, particularly the skin, are rich in polyphenols, powerful antioxidants that help prevent plaque buildup. You can chop, slice or dice 'em, but leave the peel on for maximum health benefits.

8. **Soy Protein** - 20-25 grams Soy protein contains phytoestrogens, which are compounds that increase the number and effectiveness of LDL cholesterol receptors. The receptors improve the liver's capability to get rid of cholesterol in your bloodstream. Here's a couple of my favorites: Order a soy latte at your favorite coffeehouse; throw tofu into a fruit smoothie; use soy flour when baking; or mix a handful of roasted soy nuts with dried fruit for an energy-boosting trail mix.

A healthy diet isn't your only defense against cholesterol. Every one of these recommendations helps to lower your cholesterol in a specific way. By combining them all, you get an extremely powerful LDL-lowering approach.

- The End

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EXTRA-EXTRA...Read All About It...

“A Healthier, Wealthier, More Energetic You”

More Simple Feng Shui Tips(Page 1)

Depression Warning Signs (How To Win).....(Page 2)

To Your Healthy Heart.....(Page 3)

Increase Your Brain Power.....(Page 5)

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HAPPY
FATHER'S
DAY!