

## Eat More While Losing Weight

Ladies if you would like to lose weight the right way and reshape your body all you need to do is follow this easy food strategy for life. *"Women succeed at weight loss when they get a handle on their portions and eat in a balanced way,"* says nutritionist **Lisa Young, PhD, RD**, who dished out the dietary advice for this program. Her three success tips:

- 1) **Get Your Protein:** Research shows that protein-rich foods such as fish, chicken, low-fat dairy, and lean meats can increase satiety, meaning they help you feel full longer. "Eat them with every meal, especially breakfast, to curb the urge to snack all day long," says Young.
- 2) **Eat Early:** Have breakfast, even if it's simply oatmeal or a hard-boiled egg. It jump-starts your metabolism and prevents late-day bingeing. Studies have found that dieters are most successful when they start their day with a meal.
3. **Get A "Hand-le" On Portions:** "Most of us eat too much—period. To lose weight, you have to eat proper portions," says Young. Use your hand to measure. (Continued on page 5)

## Police Joke

This is the true story of George Phillips of Meridian, Mississippi, who was going to bed when his wife told him that he'd left the light on in the shed. George opened the door to go turn off the light but saw there were people in the shed in the process of stealing things.

He immediately phoned the police, who asked "Is someone in your house?" and George said no and explained the situation. Then they explained that all patrols were busy, and that he should simply lock his door and an officer would be there when available. (Continued on page 7)

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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 (847) 854-7700 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!*

## Powerful Weight Loss Strategies For Ladies

Women may never have the biological or psychological weight loss edge that men have, however women are clever enough to learn new strategies. Here are five guy habits that can help you lose weight effectively—and keep it off. Happily, none of them involves testosterone.

- 1) **Men Don't Crave Sweets:** Both men and women have cravings, and no, he doesn't have an easier time fighting them off. A recent Cornell University study found that women seek out sweets to ward off the blues; men turn to meat when they want to indulge. The advantage of his choice: It's protein, which will help fill him up far better than your coffee cake. A study published last year by researchers at the University of Washington School of Medicine found that the secret weight loss weapon of low-carb diets is protein, because it promotes satiety, the scientific term for fullness, which curbs overeating.

If cravings are your downfall, you have a choice of tactics here:

- 2) **Eat a little protein:** When a craving hits you, have low-fat string cheese, a low-fat turkey and cheese roll-up, or fat-free cottage cheese mixed with some cut-up fruit instead of a sweet. (Continued on page 2)

**INJURED ON THE JOB ?** Need to get your Bills PAID? **Want to turn your injury into Cash?** CALL David N. Rechenberg at **(847) 854-7700** so he can answer all your questions and start working on your case right away!!

## A New Year's Message To All of Our Friends and Clients That We Enjoy Serving!

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!

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### Powerful Weight Loss Strategies For Ladies...(Continued from page 1)

3) **Have protein-packed chocolate:** Take a tip from weight loss advisor **Holly Wyatt, MD**, an assistant professor of medicine at the University of Colorado Health Sciences Center: *"When I'm craving chocolate, I have a chocolate-coated energy bar or another similar protein bar for 210 calories. I've gotten to the point where that tastes like candy to me."*

4) **Don't beat yourself up when you mess up on your diet:** Okay, you blew it. So, what! You had PMS, or your accountant called with news of a surprise audit, and the jelly doughnut hollered, "Eat me!" What do you do next? If you're a woman, you throw up your hands, tell yourself what a bad person you are, and reach for another doughnut. Then you wallow in self-loathing pity party all day long. So, what do men do?

"He feels okay, maybe even good, and really enjoys that steak," laughs emotional-eating expert **Edward Abramson, PhD**, a professor emeritus of psychology at California State University and author of *Body Intelligence*. But he doesn't order another one—he climbs back on the weight loss wagon, no harm, no foul. The best way to beat that diet-busting trap:

**Apply the 80% rule:** "Most guys avoid anything that even smacks of perfectionism," and that applies to dieting, as well states **Pamela Peeke, MD**, an assistant clinical professor of medicine at the University of Maryland School of Medicine and author of *Body for Life for Women*.

*"When women start a diet, they go from zero to 100—they become 'perfect' overnight, which is a hallmark of failure. That's why I developed the 80% rule: Hit your weight loss goals 80% every single day you can. One day, it'll be 120% because it happens to be a great day. Other days, you'll hit 50% or even 20% when you're dealing with PMS. Just make sure it averages out to 80%."*

Men go to the gym and pump iron: Women are catching on to strength-training, but some experts think women ought to approach weights more like a man. *"When a guy goes to the gym, he'll usually pick an exercise that allows him to use the most impressive-looking weights,"* says **Lou Schuler**, a certified strength and conditioning specialist and author of *The New Rules of Lifting*.

The result: muscle building in less time, working a range of muscles at once instead of one in isolation. *"A woman, on the other hand, will go for light dumbbells and do an exercise that allows her to use perfect form—but will do the least amount of good."* To wit: *"the 12 triceps exercises women do"* to rid themselves of underarm dingle-dangle, says Schuler.

*"All those little exercises are like Chinese water torture for your muscles: a little drip here, a little drip there. You think if you do them enough then these nice, streamlined muscles will show up, but no, they won't."* So, stop wasting your time, and do what men do to bust stress and lose weight:

**Forget about the girly weights:** If you're doing two sets of 12 or 15 reps, your weights are probably too light, says Schuler. Graduate to free weights—the ones made of real iron—and move toward higher poundage that makes you strain to get 8 to 10 repetitions, says Schuler. *"Once your body is used to 10, then increase the weight until you're only able to do 3 reps. At sports medicine conferences, I've seen scans of women's upper arms before and after this kind of training program, and the girth of their upper arms hasn't changed, but you can see the fat tissue is reduced and how much more muscle there is."*

**Work out in life's gym:** Daily tasks offer opportunities to strength-train. *"As you boogie through your day,"* advises Peeke, "say, 'No, I can lift those grocery bags. I don't need a man to help me.'"

**Men don't use food as therapy:** Women are twice as likely as men to binge because they're depressed, reports a 2004 University of Minnesota study that examined the eating behavior of 1,800 people for a year. Women are also twice as likely as men to be depressed, which makes for a lot of eat-a-thons.  
(Continues on page 3)

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## How To Survive Buffet-Style Eating

Don't fear all you can eat style buffets at your workplace cafeteria. Here are some powerful tips 'n' tricks you need to survive.

### Salad Bar

If you're lucky enough to spot a salad bar, make a beeline for it. Stock up on leafy greens, beans, veggies, lean protein, and fruit salad. And stick with fat-free dressings whenever possible. No low-cal or low-fat salad dressing on display? Ask! Sometimes they'll have some fat-free packets hidden away. Avoid the mayo-glazed pasta and potato salads, as well as the oily croutons.

### Soup's On!

Soup can be a great low-cal, low-fat filler-upper. But it can also be a diet disaster. Avoid cream-based soups, as well as ones packed with cheese, and obviously fatty meats (that means Cheesy Bacon Potato Soup is NOT a great idea!).

### Hot Plate!

When faced with those giant pans of hot 'n' steamy entrees, it can be hard to pass up options like the gooey mac 'n' cheese. But those things are usually loaded with fat and calories. Avoid pizzas and pastas, and go for grilled chicken or fish (never fried or battered). Pairing up hot lean meats (like chicken or turkey breast) with your salad is a GREAT idea!

### Sub Stop

If you've got to cave to the carb-craving and order up a sandwich, follow these tips to make it the best choice. Avoid mayo, cheese, and (surprisingly enough!) anything ending in "salad" (tuna salad and egg salad are mayo-packed no-nos!).

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## 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. Please keep the referrals coming!

## Powerful Weight Loss Strategies For Ladies...(Continued from page 2)

Worse, after a binge, a woman is likely to feel guilty, becoming even more depressed, and soothe herself with more gluttony. Get off that circuit with these tips:

1) **Identify what's behind your need to feed:** Start making the connection between stuffing your face and stuffing your feelings. Santa Barbara, CA, psychotherapist **Gloria Arenson**, author of *Five Simple Steps to Emotional Healing* says, "*Rank your desire to eat on a scale of 1 to 10 as if it were an earthquake, 10 being 'Watch out!' If it's an 8, then look at what in your life was an 8 that day. Your boss yelled at you? Your dog ran away? Your kid got into trouble at school?*"

By matching your numbers—the craving and an equivalent stressor—you'll soon learn how to determine whether you're hungry or medicating a bad mood. This technique works because you are focusing your mind on roadblocks between you and that soothing piece of chocolate cheesecake. With a little practice, and some patients you can you're yourself before taking the first bite, says Arenson.

2) **Take time for yourself:** Guys do it, says Sass. "*They'll say, 'I need to get away,' and go out and play basketball or golf with their buddies. Women don't say, 'I need to take the day off and get pampered.'* For many women, their only pleasure, their only source of gratification and reward, is food." Begin today, get away for a few hours, but don't use it to meet your girlfriends for lunch. Give yourself something to look forward to, whether it's a Saturday morning at the outlets or a monthly girls' night out for pedicures at a spa.

3) **Get physical:** "*The standard prescription for a guy who's angry is to go out and pound nails, not eat chocolate,*" says Abramson. Guys are more likely to do something physical to dissipate their negative emotions such as boxing, martial arts, or cut down a tree in the back yard. Women tend to swallow them—usually with an entire row of chocolate chip cookies. So the next time you get mad, get moving, and kick some butt.

4) **Stop making such a big deal:** Guys are less vulnerable to emotional eating because they tend not to dwell on things for too long.

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## The Cookin' Corner...January 2008

### Norma Jean Darden's Mac 'n' Cheese

(makes approximately 6 servings)

- 2 cups dry macaroni
- 2 teaspoons salt
- 1 can (12 oz.) evaporated milk
- 2 large eggs, beaten
- 3 cups cheddar cheese, shredded
- 1/4 cup (1/2 stick) butter, melted
- 1/2 teaspoon salt

1. Preheat oven to 350 degrees.
2. Grease a 9" X 13" baking dish.
3. Cook the pasta in boiling water with the two teaspoons salt until al dente. Drain and set aside.
4. In a large bowl, beat the eggs and whisk in the evaporated milk until well blended. Add 2 cups

of the cheese, the 1/2 teaspoon salt, melted butter, and cooked pasta.

5. Pour the mixture into the baking dish. Top it evenly with the remaining cup of cheddar cheese.
6. Bake for approximately 40 minutes or until the custard has set and the cheese on top turns

### It's Time For A Joke...

A man was in his front yard mowing grass when his beautiful, blond, female neighbor came out of the house and went straight to the mailbox. She opened it, looked inside, slammed it shut, and stormed back into her house.

A little later she came out of her house again, went to the mailbox, again opened it, and slammed it shut again. Angrily, back into the house she went. As the man was getting ready to edge the lawn, here she came again. She marched to the mailbox, opened it and then slammed it closed harder than ever.

Puzzled by her actions, the man asked her, "Is something wrong?" To which she replied, "**There certainly is! My stupid computer keeps telling me I've got mail!**"

## Great Inspirational Quotes To Help You Stay Positive All Month Long!

*"Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will."*

– **George Bernard Shaw**

*"Listen to those inner signals that help you make the right choices—no matter what anyone thinks."*

- **Wayne Dyer.**

*"Everything is always impossible before it works. That's what entrepreneurs are all about - doing what people have told them is impossible."*

-- **Hunt Greene, Venture Capitalist**

*"Be fully alive while you're on this planet; you'll have an eternity to experience the opposite after you leave." - Wayne Dyer*

*"A wounded deer leaps highest."*

– **Emily Dickinson**

## How To Survive Buffet-Style Eating

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Stick to lean meats like chicken and turkey, or go veggie with hot and sweet peppers, cucumbers, pickles, shredded lettuce, tomato slices, and other goodies. Also, stick to regular-sized bread -- not those massive sub rolls.

### Breakfast Buffet

Mornings can be the scariest time to visit a buffet. Try to avoid the waffles, pancakes, French toast, croissants, pastries, sausage, and bacon (but know that a pancake or waffle is typically a better choice than French toast or a croissant). Instead go for oatmeal, fresh fruit, cereal (avoid the sugary ones) with skim or light soy milk, and egg-white omelet's packed with veggies and topped with salsa. Then grab a cup of tea or coffee to help round out the meal.

### Self-Serve Shockers!

\* One cup of tuna salad typically contains over 450 calories and more than 30 grams of fat! Throw that on a sub, and your meal's likely to total over 650 calories!

\* Granola, a seemingly healthy b-fast option, often packs in as much as 500 calories and 20 grams of fat per cup! Unless you're simply sprinkling a spoonful of this stuff over something guilt-free, avoid it at all costs!

Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David Franks at (847) 854-7700 NOW ! [www.Illinois-DUI-Counsel.com](http://www.Illinois-DUI-Counsel.com)

## How To Improve Your Love Life (By Going To The Gym)

Depending on who you talk to about dating it can either be easy and fun or stressful and impossible. More often than not, the people in the later category are looking in the wrong places for that special someone. By far the gym is a great place to meet someone, either directly or indirectly.

You are surrounded by people who share a common interest like yourself. They enjoy physical fitness and living a healthy lifestyle. You can also meet someone through fitness by increasing your self confidence in how you look. If you know you look good, there is a good chance that someone else will see that self-confidence and think you look good too. Nothing is sexier than self-confidence. Here are some important reasons why a focus on fitness can improve your love life.

**Improve your physical appearance** – If you feel better about how your body looks and feels then you'll feel much better about your appearance. As you start to feel better about your appearance your self-confidence improves, then the odds of attracting potential mates improve, as well.

**Get rid of that couch potato syndrome** – Instead of watching TV for countless hours each and every night, you'll become more achievement oriented. Being active enhances you more socially which in turn improves your chances of meeting someone new. It also adds a few more years to your life.

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### 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, Work Injuries, Criminal Defense or DUI** 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!**

### 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.**

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### Use Your Hand-el On Your Portions

Food	How To Measure
Meat, Fish, Poultry ---	3 ounces = palm of hand
Mixed Nuts -----	1/4 cup = 1 layer on palm
Cereal/Popcorn -----	1 cup = 2 cupped hands
Cooked Pasta -----	1/2 = 1 rounded handful
Cheese -----	1 ounce = 1 thumb
Butter/oil -----	½ teaspoon = 1 fingertip

**DO YOU WANT THE STATE TO DECIDE HOW TO DISTRIBUTE YOUR ASSETS AND WHO SHOULD BE THE GUARDIAN OF YOUR CHILDREN IF YOU DIE? If not call, Franks & Rechenberg, P.C. (847) 854-7700 to schedule an appointment for a Will, Durable Health Care Power of Attorney and Living Will. Don't leave home without them.**

## How To Improve Your Love Life (By Going To The Gym)

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**Increase your confidence** – Countless studies have proven that people who work out regularly feel more confident in their daily life. Self-confidence helps you approach that gorgeous girl or cute guy across the bar.

**Sleep much better at night** – Exercising raises your heart rate during the strenuous activities but it will also help you fall asleep quicker and easier at night. Getting a good night of sleep improves your concentration and awareness during the day leaving you to make your move when that cute guy or girl approaches you.

**Maybe meet someone at the gym** – Going to the gym and working out regularly, will expose you to new and exciting people. You'll make friends F&R with some people who also know other people. Who knows, maybe one of them will lead to a new relationship.

**Look better at the beach or a pool party** – Is there anything worse than going to the beach or to a friend's house for a pool party and being to embarrassed to take your shirt off? If you're in great shape, you'll feel confident enough to relax and have some fun. You may even attract a cutie or two.

**Live longer and healthier** - A strong healthy heart improves your chances of living longer. Is there anything more important than extending the best years of your life after you meet that special someone?

### 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, workers compensation, divorce or DUI please feel free to give us a call at (847) 854-7700 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, a family member, or friend one of our informative Special Reports.

## Powerful Weight Loss Strategies For Ladies...(Continued from page 3)

On the other hand ladies tend to spend hours upon hours turning one small negative thought around in their minds, adding a few others, and whipping it all into critical mass, says Yale University researcher **Susan Nolen-Hoeksema, PhD**, author of the new book *Eating, Drinking, Over thinking*. That's called rumination, and research suggests it can lead to depression, which itself can lead us directly to where we've hidden the Milano cookies.

**5) Men and women are hard wired differently:** In the brain, thoughts are linked in a network of associations, so I'm a fat pig lives on the same neural pathway as I'm a lousy cook and you're not going to amount to anything (that one's from your mother). Think about one and the others light up like an old-fashioned switchboard. Ladies don't fall in the trap of using food to snap out of depression.

Instead, try this suggestion from **Nolen-Hoeksema:** Pick a word or phrase that makes you aware of what you're doing and helps you gain control (like Knock it off! or I won't let myself get sucked into this). This is a very powerful tool that you can use to snap you out of your funk!

**6) He doesn't give up things that he likes:** Austrian researchers, looking at gender differences in eating and dieting, found that *"men's approach toward nutrition is uncomplicated and pleasure-oriented."* For women, it's more punitive. Peeke agrees: *"When guys go on a diet, they don't give up their Doritos. They're like Condi Rice—they negotiate. 'The big game is coming up. I'll have a third of the Doritos I usually do, but I will have some Doritos and guacamole.'"*

On the other hand women approach dieting by depriving themselves of all those luscious "forbidden foods" until they can't stand it any longer, then they fall like starved dogs on year-old Halloween candy stuck to the back of the freezer.

Studies by University of Toronto obesity researcher **Janet Polivy, PhD**, found that restrained eaters—that's the average female dieter—are more likely to not only overeat after dieting but also to gorge themselves if they just think they're going to go on a diet. Scientists call it *"the last supper effect."*

David N. Rechenberg will get you the big money from your personal injury case! Call today to schedule an appointment for a free audit of your case!

## Police Joke

(Continued from page 1)

George said, "Okay," hung up, counted to 30, and phoned the police again.

"Hello, I just called you a few seconds ago because there were people in my shed. Well, you don't have to worry about them now because I've just shot them all."

Then he hung up. Within five minutes three squad cars, an Armed Response unit, and an ambulance showed up. Of course, the police caught the burglars red-handed.

One of the policemen said to George: "I thought you said that you'd shot them!" George said, "I thought you said there was nobody available!"

### 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.)**

### FREE Monthly T-Shirt Contest !!

Every issue of Tidbits for Today will have hidden inside the newsletter an "F&R" (including this issue). The first person to call our office and correctly identify where the "F&R" is located in the newsletter will win a stylish Franks & Rechenberg, P.C. T-shirt. Kindly identify your size when calling. One winner per household per year. Good LUCK!!

September's T-Shirt winner was **Mary Strub** Congratulations to **Mary** on being the first person to find the hidden "F&R" and call in to win !!

## 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 Mrs. Dawn Pleva. We're treating Dawn and her husband Keith to the movies!

### SENILITY PRAYER

God grant me the senility to forget those people I never liked anyway, the good fortune to run into those I do like, and the eyesight to tell the difference. Amen.



### "Car Accident Victims"

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**What's Inside This Issue of Tidbits for Today?**

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Questions Are Inside The January 2008 Issue!