

## How To Age Backwards So You Instantly Look Younger!

Have you ever asked yourself how you can turn the clock back on your face and body? Here are six amazing steps for aging backwards. When a woman (or a man, for that matter) reaches a certain age, the signs of aging inevitably start showing. We look in the mirror and suddenly notice crow's feet, age spots, forehead lines, sagging skin and laugh lines. All this need NOT be! Here's some great news, you can definitely reverse the aging processes without expensive and risky surgery or toxic injections.

**Step One:** Skin Care. You are going to have to invest in a set of high quality skin care products. You will need a good cleanser that is just for your face, a daily moisturizer with an SPF factor of at least 15 that will protect your face from both UVA and UVB rays.

A nightly moisturizer will nourish your skin and help repair the sun and environmental damage that has already accumulated.

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### **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!

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

## Do You Want To Succeed? Don't Ignore These 10 Secrets From Self Help Books...

When you know what to do you can become successful. The best thing self help books provide you with is knowing how to change your life. That's why I went ahead and picked out 10 tips you absolutely can't ignore.

**1. Know What You Want.** Be precise and accurate in what it is that you plan to achieve in life. Know what you want and how you plan to go about getting it.

**2. Be Passionate.** If you want something you never had before, you've got to be passionate about going for it. Be prepared to take the risks that will lead you to the fulfillment of your endeavors. As the old saying goes, "No risk; no gain." Feel the fear and do it anyway!!!

**3. Start With A Plan.** What is it that you want out of life? What are your personal goals? Are they realistic and achievable? Are you willing to pay the price in advance to make your dreams a reality? People don't plan to fail, they simply fail to plan. Planning is half the battle to getting started.

*(Continues on page 4)*

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## How To Age Backwards So You Can Instantly Look Younger! ... (Continued)

You will also want some additional problem solvers to address the specific areas where you want to see a turnaround in your skin. This could be your chest and neck area, deep facial lines, sagging skin, large pores, age spots, etc. Aging backwards includes a vigorous skin-care regime directed specifically towards correcting sun damage and years of unhealthy living.

**Step Two:** Diet. The bottom line is you simply have to eat the right foods. Fresh produce and whole, unprocessed foods are essential. I also recommend a series of detox to clear your organs and digestive tract from accumulated toxins and years of bad eating habits. Eighty percent of your diet should consist of fresh vegetables and limited quantities of fruit (the greener and more organic the better). The other twenty percent can include healthful protein sources like soy, lean low-mercury fish (like salmon), whole grains and nuts. The way you eat has an undeniable impact on how young you look. If you eat healthy, you will lose weight (if you need to), your health will improve, your hair will be strong and shiny and your skin will begin to heal. Very rapidly, you'll start actually aging backwards!

**Step Three:** Hydration. Drink a liter of purified, alkaline water for every 30 to 40 lbs. of weight that you carry, every day. This means 32 ounces 3 to 4 times a day. Water is vital to your system. A well-hydrated body is a healthy body. A healthy body looks more youthful. Drink the right kind of water and you will start looking younger...and start to age backwards.

**Step Four:** Exercise. Fitness is an absolute MUST in reversing the effects of aging! As you become less active during middle age, there is a tendency toward couch-potato syndrome. The fact is: the more you sit around, the more your skin will begin to sag, your muscle tone will grow flaccid and the signs of aging will become more prominent. Conversely, if you do some form of aerobic plus weight training 4 to 5 times a week for at least 30 minutes, your muscles will become toned, your cardio-vascular system will improve, your vital organs and immune system will function better and your skin will glow.

*(Continues on page 5)*

## ***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.

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## **How to Get Your Teen to Respect You**

Is your teen driving you nuts? Discover how to get your teen to respect you, so you can start having more peace and tranquility around the house.

Imagine a teen who speaks to you as though you are worth more than the empty pizza box he used to throw under his bed but no longer does because he regards you with high esteem.

Picture a teenager who now listens to you without interrupting, even turning off his cell phone. This character trait can transform family life in amazing ways, but how to get your teen to respect you? Let me answer that with these helpful tips:

**1) Become a Positive Role Model - -** You must become a model of respect if you expect your teen to exercise that trait towards you. If you want to be treated as though you have value, you must first treat others as though they have value. Don't ask how to get your teen to respect you until you learn how to show that you value him or her.

Learn how to get your teen to respect you by thinking about how you treat others in the family. Do you engage in husband or wife bashing? Do you say things either to or about your spouse that reflects poorly on the spouse? Does speaking negative about your spouse show that you value your spouse?

When other family members speak to you, do you show their value by focusing on them? When your son or daughter comes with a question, do you turn off the TV to listen, showing that he or she is more important than the news that's on the television?

*(Continues on page 3)*

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### Fun Food Trivia With Answer's

Under what name did Domino's Pizza chain get its start? **A: DomiNick's.**

What European nation consumes more spicy Mexican food than any other? **A: Norway.**

What is the literal meaning of the Italian word Linguine? **A: "Little tongues."**

What food product, marketed as Elijah's Manna in 1904, was renamed because of objections from the clergy?  
**A: Post Toasties cereal.**

What was margarine called when it was first marketed in England? **A: Butterine.**

What American city lead all others in per capita consumption of pizza in 1990?  
**A: Milwaukee.**

How long does it take a ginseng root to reach marketable size? **A: Seven years.**

What is the most widely eaten fish in the world? **A: The herring.**

*- The End*

## How to Get Your Teen to Respect You...

*(Continued)*

If you and a friend are enjoying small talk on the phone and your adolescent asks you a question, do you send the kid packing or ask your friend to call later?

If you are serious about learning how to get your teen to respect you, take time to evaluate yourself. Start by looking in the mirror. You are a family leader. You are to lead your teen. Lead by example and your son or daughter is more likely to follow.

**2) Definition:** Learning how to get your teen to respect you once you model the quality will require that you define this character trait clearly. Adolescents don't want vagueness. They want you to define your terms clearly.

Define respect as a character trait that recognizes each person's value. Tell your son or daughter that they have value and you try to recognize that value in the way you treat them. You don't have to become technical just because you want to know how to get your teen to respect you. Be clever. Employ your grasp of how to get your teen to respect you by suggesting that a good-looking boy or girl who is worth more than a passing glance has some value. You probably treat such people in ways that show their value.

**3) Get Practical:** Once you know in theory how to get your teen to respect you, you must become practical. You will need to give your son or daughter specifics. You will need to supply realistic, down-to-earth ways that you want your teen to exercise this vital character trait.

In conclusion learn how to get your teen to respect you and you will be light years beyond many parents and teachers - especially those that think insolence is a direct, inescapable result of raging hormones. You will be able to tell them, from personal experience, that once you learned how to get your teen to respect you, your home life will become tranquil compared to what it used to be.

*- The End*

Do you have a friend who was injured in a car crash, hurt at a construction site, or as a result of a defective product and they are wondering how to hire a personal injury attorney, and what questions to ask? Give that friend great advice. Ask them to order the FREE audio CD "How to Choose an Illinois Personal Injury Attorney" by calling (847) 854-7700. You can also order one for yourself to hand out to family and friends.

<<FRANKS & RECHENBERG, P.C. >>  
Eat Healthy Tonight "Quick-n-Easy"  
for July 2010

### Shrimp and Pine Nut Spaghetti

Because the noodles will quickly absorb the creamy sauce, it's best to serve this calcium-rich entrée right away. It's also good with rotisserie chicken.

**Prep Time:** 30 minutes

**Yield:** 4 servings (serving size: about 1 cup)

#### Ingredients:

8 ounces uncooked spaghetti  
12 ounces peeled and deveined medium shrimp  
2 tablespoons pine nuts  
1 cup 1% low-fat milk, divided  
1 tablespoon all-purpose flour  
1/2 teaspoon Dijon mustard  
1/4 teaspoon ground nutmeg  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1/2 cup (2 ounces) grated fresh Parmigiano-Reggiano cheese  
1/3 cup finely chopped fresh basil  
1/4 cup torn fresh basil leaves

#### Preparation:

1) Bring 4 quarts water to a boil in a large saucepan. Add pasta; cook 7 minutes. Add shrimp to pan; cook 3 minutes or until shrimp are done and pasta is al dente. Drain; keep warm.  
2) While pasta cooks, heat a small nonstick skillet over medium heat. Add nuts to pan; cook 2 minutes or until lightly browned.  
3) Combine 1/2 cup milk and flour in a large saucepan, stirring with a whisk until well blended. Place pan over medium heat; gradually stir in remaining 1/2 cup milk. Stir in mustard and nutmeg. Bring to a boil; reduce heat to medium-low, and cook 5 minutes or until mixture begins to thicken, stirring constantly. Stir in salt and pepper; cook 1 minute. Add drained pasta mixture, cheese, and chopped basil, tossing gently to combine. Sprinkle with nuts and torn basil.

- The End

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

"Many of life's failures are people who did not realize how close they were to success when they gave up." ~**Thomas Edison**

"If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them." ~**Henry David Thoreau**

"Courage is doing what you're afraid to do. There can be no courage unless you're scared." ~**Eddie Rickenbacker**

"Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it." ~**Goethe**

### 10 Powerful Secrets From Self Help Books...

(Continued)

**4. Visualize Yourself Where You Want To Be.** CEO of a firm; president of your own company; team leader; dog groomer... Whatever you want to be, if you can't see yourself in that position, chances are you won't be able to get there. Failure is only a state of mind, so make sure that you have a strong mindset of possibilities.

**5. Put A Time Table Together For Your Goals.** There is no such thing in reality as starting at the top and working your way down. Where do you see yourself in six months, a year, or five years from now? Know that reaching your full potential will take time.

**6. Allow Yourself To Dream BIG.** Let me ask you, do you feel that your goals are a bit too lofty? Well, the best self help books will encourage you to dream BIG dreams.

**7. Take A Good Look At Yourself.** How do you choose to live? Do you choose to live with a feeling of importance or failure? Let the excitement of your journey create the level of success you want to have in your life. Whatever you do, don't let your goals overwhelm you. Get on that carnival ride, strap yourself in, and see your self enjoying the thrill of the ride, rather than flinching in terror. (Continues on page 6)

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## How To Help A Loved One With Anxiety, Panic Attacks and OCD.

One of the most important elements in curing Anxiety, Panic and OCD is to understand your friend and family member. However, your love and true desire to help can often backfire causing even more anxiety for your loved one. To help the sufferer back to the road of recovery, you must NEVER do some of the following:

1) NEVER criticize or condemn the anxiety or panic sufferer for their actions or words! Be sure to never undermine how the sufferer is feeling. The sufferer is anxious and nothing you can say will help. Be supportive - when the sufferer knows how to stop anxiety and panic, they will.

2) Anxiety sufferers are experiencing the sensations and thoughts associated with extreme threat and fear. Regardless of how strange, untrue or unfamiliar that is to you, believe that the sufferer finds it very real and disturbing to them. They are NOT weak or silly... they feel terrified!

3) NEVER crowd a sufferer during a panic attack or high anxiety; if they need to be alone or to walk away, allow them to; they will call you or return when they are ready. A sufferer doesn't always need hugs or for you to follow them as they pace around. Allow the sufferer to do as THEY wish during high anxiety or panic.

4) If you want to do something useful for the sufferer when they are panicking, give them a glass of cold water to swish around their mouth. This will activate the dive response slowing the heart rate down.

5) NEVER tell a sufferer to 'pull themselves together' or 'get a grip' - do you think sufferers want to be this way?

If it were so easy to 'get a grip', don't you think they would? Sufferers don't YET have the tools to stop anxiety or panic...don't ever assume they have the control but fail to use it.

*(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!**

## How To Age Backwards To Instantly Look Younger!... (Continued)

**Step Five:** Attitude. Last, but certainly not least, is to keep your mental, emotional and spiritual focus directed toward being positive, grateful. Don't think junk thoughts. Negative thoughts are just as harmful to the way you look as junk food is to your longevity.

The most important secret to feeling and looking younger is to foster an attitude of *gratitude*, even when times are tough. Gratitude is a portal to happiness. And being happy will make backwards aging happen faster than anything else I've mentioned.

**Step Six:** Kindness. And finally, give of yourself - - do service of some kind. Helpfulness to others is a sure-fire way to improve your overall attitude. Giving is its own reward because to give *is* to receive. If you are helpful, grateful and free from destructive patterns of thinking, you are improving your body from the deepest core of your being outward. The results will show on your face.

*- The End*

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## Top 10 Secrets From Self Help Books... (Continued)

**8. Choose Your Options For The Right Reasons.** Mom and Dad have always wanted you to become a doctor or lawyer, but is that what you really want for your life? A lifetime career is exactly that; a job that will last a lifetime. Be prepared to make choices for yourself and not to please anyone else.

**9. Think About Yourself.** Prioritize your feelings. You and only you have the option of knowing what is in your heart. Before you make the leap of acting on your dreams, put all your cards on the table and examine them carefully.

**10. Make A Daily To-Do List.** Okay, so you have now made that all important choice. Failure is not an option. You know the direction in which you want your life to go but you still are having some second thoughts on how to achieve your goal. WRITE IT DOWN! Every little word or phrase; every highway or back road you may be traveling on; how long you feel it will take you to get there. WRITE IT DOWN! Remember to remain flexible in your approach. Life is full of setbacks and you will encounter some along the way. Just get up, dust yourself off, and continue onward.

- The End

## How To Radically Reduce Your Stress In The Next 30 Days (or Less)!

Are you going through a challenging time? Most families are! Chances are you feel over-burdened, anxious and worried about your ability to deal with all that stress.

Stress, anxiety, fear, and worry are all emotions which drain your energy leaving you feeling paralyzed, stuck and unable to see a way through your problems.

When you are down have you ever noticed how much time you spend revisiting the past, replaying that same old story in your head of what happened and saying to yourself "if only I had"...or thinking "what if?"

Your emotions are powerful. What you think about you bring about. How you think can enhance or destroy your sense of inner peace and calm.

Learning to release attachment from your story, your pain or sadness takes practice, courage, and skill. As a human, you are programmed to care and worry, so naturally, if a friend is upset, or your partner falls ill, your natural tendency is to empathize with their pain and to feel sad for them.

The trick is to be able to empathize with someone else's sorrow and pain yet, somehow not to get stressed out and totally worried; otherwise it becomes harder for you to offer support, encouragement and compassionate advice.

Meditation, the art of stilling the mind and achieving a state of inner peace and calm is exactly what the doctor ordered to help you restore a sense of focus and inner balance when stressed, anxious or worried.

Choose any one of these three simple meditation techniques and with time, you will find it easier to release emotional stress and anxious thoughts.

**Candle Meditation:** Sit on the floor or on a chair with a lighted candle in front of you. Gaze at the flame through half-closed eyes, then close your eyes and visualize the warm glow from the candle behind your eyelids. Stay focused on this image.

(Continues on page 7)

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This month's Client of the Month is **Robert Miceli**. We're treating Robert and a friend to popcorn and to the movies!

## How To Instantly Reduce Your Stress... (Continued)

If you lose the image, gently open your eyes and gaze at the flame, then close your eyes and repeat. Continue with this practice for 5 - 10 minutes. You can also practice this meditation outside in nature by focusing on a natural object, the moon or a bright star at night. With practice you will quite easily be able to visualize your chosen object when you close your eyes.

**Breath Meditation:** Sitting comfortably, prepare to meditate. Become aware of your breath. Breathe in slowly and count "one". Slowly breathe out and count "two". Breathe in and count "three", breathe out and count "four".... continue counting your breaths up to number 10. When you reach number 10, go back to number one and repeat the practice for 5 - 20 minutes. If your mind wanders during the practice and you lose concentration, just return your attention to the breath and begin counting from number one.

**Just Be:** Sit quietly for 3 - 5 minutes and observe your thoughts and feelings. Just sit and observe these thoughts and feelings, without becoming attached to them. Allow them to flow naturally and see them for what they are...just energy...just thoughts. Breathe deeply and consciously stay connected with your breath as the thoughts pass through your mind.

If you can take time out during your busy schedule to practice one of these meditation techniques, it will help you to feel calmer, less stressed and more in control of any sad or painful feelings you have so you feel better and more able to cope.

- The End

## How To Help A Loved One With Anxiety, Panic Attacks and OCD...(Continued)

6) NEVER FORCE them to go somewhere, or do something, that increases their anxiety - anxiety elimination must be structured, supportive and measured... forcing them to do things which increases anxiety only serves to push anxiety levels higher when not done in conjunction with a structured anxiety elimination program.

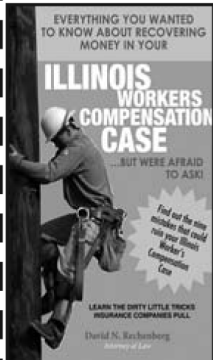
7) NEVER try to reason with a sufferer when they panic or feel anxious. Reason has no meaning to a sufferer during high anxiety... they KNOW that their anxiety is inappropriate, but they are, at that time, unaware and therefore powerless of what to do about it.

8) DO NOT threaten a sufferer with consequences if they DON'T get well. Many people will threaten having the sufferer committed or threaten some kind of unpleasant consequence of their behavior to try and get the sufferer to 'snap out' of their anxiety. Again, sufferer's behaviors aren't wanted or consciously selected, so threats won't help!

9) Sufferers often experience disturbing thoughts, which remain secret to them. Please be mindful that these thoughts can make the sufferer very uncomfortable or scared. Some of their thoughts are of an aggressive or sexual nature.

Don't presume that a sufferer is coping and is clear of mind... deep inside, there could be turmoil and despair beneath the surface caused by thoughts which scare them. Please be patient and give them as much support as you can with unconditional love.

- The End



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

**"Powerful Tips To Change Your Life Forever"**

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**Check It All Out Inside Now...**

