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Fight SAD Early!

Start Taking Vitamin D Now, Before the Sun Goes Away

Do you get SAD? We're talking about seasonal affective disorder, which affects 1–10% of the population depending on the state you live in. Symptoms are similar to depression, but unlike it, people with SAD only experience symptoms during a certain time of year, usually winter.

SAD has been strongly linked with shorter days and less sun — although summertime SAD can result from long days that make sleep difficult, resulting in irritability and mood swings. In most cases, however, winter is the problem season, likely due to a link between less sun and a vitamin D deficiency.

Depression is one common symptom of vitamin D deficiency, especially in patients who aren't prone to depression due to other circumstances. Unfortunately, very few foods are good sources of vitamin D. The best source is sunlight itself.



There are a few ways to combat wintertime SAD. Establishing a regular sleep schedule is important, as is an exercise routine and healthy diet. As mentioned, it's hard to find vitamin D in foods, but milk and other food products are often intentionally enriched with it during processing.

The most common solution, however, is taking a vitamin D supplement, which can be purchased over the counter at drugstores and grocery stores. It is commonly recommended for people living in places with harsher winters, and although there are negative side effects if taken in excess, a regular daily dose of vitamin D is a healthy way to ensure you have the right levels in your system.

This month is the perfect time to begin that process. Vitamin D can take several months to build up to effective levels in our bodies. It may be the hottest time of the year in many places, but it's also the ideal time to start fighting SAD early!

**FREEDOM
 (TO CHOOSE YOUR ATTORNEY)**



Webster's Dictionary defines freedom as the power to do what you want without being controlled. Unlike living in the "republics" of China, Iran, or North Korea, Americans like to make their own decisions without fear of imprisonment, torture, or death. It's like that old car ad jingle, "As American as 'baseball, hot dogs, apple pie, and Chevrolet.'"



Speaking of freedom, how should someone decide in hiring a personal injury and/or workers' compensation attorney? I primarily handle workers' compensation and personal injury claims, specifically focusing on automobile accidents, cancer cases from the use of Zantac, Johnson & Johnson Baby Powder/Shower to Shower, and Roundup along with product liability matters involving 3M earplugs, hernia mesh, and Essure. We are also here to listen to any other legal issues. If our firm cannot assist, other attorneys may be volunteered who might.

Advertisements? There are so many billboards, bus ads, and commercials stating that they are the biggest and will get you the most money. Really? Fortunately, I've relied on word-of-mouth referrals from current/former clients, friends and colleagues. Don't just take my word for it. Check out our overwhelming positive Google and AVO reviews.

Since opening in 2001, my team has taken a "C.A.R.E.S" approach.

Communication. The No. 1 complaint clients have is that they never hear back. That will not happen with us. Reach out via phone, text, email, or my cell. Evening, weekend, and/or holiday appointments are available, but please just don't contact me during mealtimes! Like what Dr. David Banner stated in "The Incredible Hulk" TV show, "Don't make me angry. You wouldn't like me when I'm angry."



Aptitude. I have a passion for the law and helping the "underdog" against corporations and their big, bad insurance companies. Our goal is to level the playing field for the injured and their families.

Respect. Many large law firms just try to settle their cases quickly. Just like Bob Seger's 1978 song, they make you "Feel Like a Number." Our clients are considered more like friends and family. Excellent customer service is our creed regardless of how big or small the claim.

Experience. Practicing since 1993, I've seen it all. If we don't know an answer, our team's resources are vast and shall do the research for you.

Solution. Each client's case is unique and one solution does not fit all. We take great pride in listening to our "customers'" needs and wants in order to devise the best course of action. Remember, our team works for you and is here to help!

Godspeed,

-King E

Have You Suffered Hernia Mesh Complications?

Have you suffered from hernia mesh complications? If so, you may be eligible to receive monetary damages. Hernia mesh devices have been associated with design defects that could lead to revision surgeries and other life-threatening injuries. Serious health consequences include severe abdominal pain, infection, bowel obstruction, adhesions/perforation of tissue and/or migration of the hernia mesh implant. Product failure can also lead to a hernia recurrence. Financial compensation may be available. Settlements could be on the horizon soon, but time is limited. Contact us today for a free case review.



To qualify, one must have received a hernia mesh implant from 2011 to the present, have undergone a revision surgery (or surgeries) and/or have one that is presently scheduled. Specifically, we are looking for individuals affected by the following hernia mesh products: Bard, Proceed, Prolene Hernia Systems, Covidien/Medtronic/Tyco, Prolite, Proloop, C-Qur, Alloderm, Xenmatrix, or Ultrapro. Since most people don't know which one they had, we'll gladly obtain the medical records.

Here is more info about the lawsuit: A 2016 study of those who'd had hernia mesh surgery found that roughly 1 in 3 participants required an additional procedure(s) to correct issues that arose in the first five years. Common complications include severe pain and damage to the bowels, intestines, and abdomen. Sadly, the manufacturers knew about the severe impact that their product may cause. In order to protect their "bottom line," however, they failed to warn consumers about the dangers in order to avoid issuing product recalls.

Don't suffer in silence! Let us seek justice for your medical bills, loss of a loved one, income, pain and suffering and/or emotional distress. We are here to help!

5 Tips for Your Next Affordable Getaway

Are you excited to explore the world again? Or maybe you've just gotten back from your latest vacation! In either case, the economic challenges of the pandemic might require travelers to plan their trips a little smarter. Here are five tricks to do just that.

- 1. Consider your budget while choosing your destination.**
Any destination heavily impacted by tourists is going to be more expensive to visit. So, consider taking a tour through various French countryside towns instead of Paris! Not only could it be more culturally immersing, but it may even be more relaxing and less stressful than visiting a dense area.
- 2. Sign up for Scott's Cheap Flights.**
One of the most important parts of booking an affordable vacation is booking it at the right time. Scott's Cheap Flights will track all the cheapest flights at an airport of your choice — you'll get over 50%–75% savings on highly rated airlines. This will get you stress-free travel for a much lower price!
- 3. Travel in a group.**
If you travel with friends, your expenses become a lot more manageable. Let's say you and a partner travel with two other couples — renting a swanky cabin at \$200 a night will only cost around \$33 per person. Plus, you will create some amazing memories together!



- 4. Plan your meal budget ahead of time.**
Looking forward to eating certain dishes? Find local menus and prices to ensure you don't spend more than you planned. If you want an authentic and homestyle culinary experience, consider signing up for a peer-to-peer dining experience through Traveling Spoon or Bon Appetour, which is tax-free as well!
- 5. Consider volunteering for vacation.**
Want to go on a self-discovery trip? Why not cut your expenses in half by volunteering? For example, Habitat for Humanity offers a nine-day Mexico trip for \$1,200 with lodging, food, and activities included. You'll get to build structures and create something permanent for the local community.

Traveling on a dime is no sweat with the right tools. Best of luck, traveler!

REFERRALS WELCOME!

Thanks for allowing us to represent you. Hopefully, we've earned your trust for future referrals of friends and family, even if the matter occurred outside of Florida. We are only a call, text, or email away!



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Earlier this year, Russia announced it would abandon its missions to the International Space Station and simply create their own; China plans to do the same. With private American interests gaining traction in orbit, things are getting awfully crowded up there.

All of which begs the question: Will the 21st century see "Star Wars"?

We have to delve into "space law" (yes, it's really called that) to understand this question. It started in the 1940s and '50s, when the USSR launch of Sputnik signaled a new ground for scientific competition during the Cold War, as well as fears of more direct, armed conflict. The landmark "Outer Space Treaty" of 1967 was the response, and nations continued to deal with space concerns until the end of the century.

The general principles were those of cooperation and goodwill, (like in Star Trek's United Federation of Planets, commonly referred to simply as the Federation) and that made sense in the 20th century, when it was unlikely any power would be able to seriously colonize stations in orbit or the moon itself, never mind other planets. But in the past 20 years, many countries have been unwilling to seriously commit to more specific agreements. When you see the rapidly increasing presence many countries are seeking around our planet and in our solar system, you start to understand why. Nobody wants to hamstring their interests when space technology and exploration are expanding so quickly.

Even though this may be a new arena, the problem is an old one. International Law — of which "space law" is a subset — is not typically enforceable and never has been. Private ventures, like those of Elon Musk and Jeff Bezos, may face crackdown by their governments or the international community. But nations themselves will take what they want, when they want it — and that may lead to space conflicts in the Final Frontier!



TOMATO AND WATERMELON SALAD (YES, REALLY!)

Inspired by BonAppetit.com

Bon Appétit magazine calls tomato and watermelon "soul mates," and they're right! This surprising gourmet salad will be a hit at your next barbecue.

Ingredients

- 1 tsp peppercorns, coarsely crushed
- 1 tsp coriander seeds, coarsely crushed
- 1/2 tsp cumin seeds
- 1/2 tsp turmeric
- 1/4 cup coconut oil
- 4 cups seedless watermelon, rind removed and cut into 1/2-inch cubes
- 2 heirloom tomatoes, cut into 1/2-inch cubes
- 8 oz feta cheese, cut into 1/2-inch cubes
- sea salt, to taste

Directions

1. In a small saucepan, sauté spices and herbs in the coconut oil for 3 minutes over medium heat to create turmeric oil. Take the pan off of the heat, then let it cool.
2. Combine the watermelon, tomatoes, and feta on a large platter or in a bowl. Drizzle with cooled turmeric oil. Now, simply sprinkle with sea salt and enjoy!