

888-667-8295



5500B GREENWICH RD  
VIRGINIA BEACH, VA  
23462

PRST STD  
US POSTAGE  
PAID  
BOISE, ID  
PERMIT 411

### Inside This Issue

Does Fear Stop You From Treating Your Pain?  
page 1

Food for a Clear Mind  
page 2

What Some of Our Clients Are Saying  
page 2

4 Stretches for Staying Limber on the Road  
page 3

Soul Snacks  
page 3

Taking a Step Into the Past This Summer  
page 4

## UNIQUE, OLD-TIMEY SUMMER DESTINATIONS

Break the Mold With These Exciting Outings

There are only so many times you can go to Disney World over the summer until both kids and parents start snoring from boredom. Why not take a break from your modern ways? Silence your cell phones, pop in a road trip CD, roll the windows down, and get a new perspective on this great nation of ours. You'd be surprised by the hidden historical gems our country is home to.

### The National Cowgirl Museum and Hall of Fame

Whether you have a car full of restless young'uns to entertain, or you just want to gain some new insight into your country roots, this outing is fascinating for the whole family. As a truly unsung and unique aspect of the American West, this blast from the past gives new meaning to "girl power." Through exciting displays and informative tours, the National Cowgirl Museum brings you back to a daring world where no day was guaranteed. Starting as nothing more than a modest room in the building's basement, the museum has grown to more than 33,000 square feet and boasts over 4,000 artifacts. Located in Fort Worth, Texas, this destination may be a bit of a drive, but the unique opportunity to take in the bravery and achievements of some of history's greatest cowgirls makes the trip worth it.



### Tombstone, Arizona, and All Its Wild Wonders

Few towns have played a more important role in our common knowledge of the Wild West than Tombstone, Arizona. From the popular movie of the same name to the famed "Gunfight at the O.K. Corral," this stunning city is unparalleled in historical value. Through countless restoration efforts and local museums, this Wild West behemoth has no shortage of adventures to set out on. From old-timey saloons and spooky graveyards to the infamous Birdcage Theatre, you can go on a week's worth of expeditions accompanied by friendly guides who are there to fill you in on all the tales of old.



## NEWSLETTER

07 | 19

FOLLOW US



WWW.JOEMILLERINJURYLAW.COM | 888-667-8295

# MISPLACED FEAR

## HOW FEAR OF OPIOIDS KEEPS PEOPLE IN PAIN

Being a workers' comp lawyer means working with clients who are in pain. It's devastating, but by getting those workers' comp checks or settlement, we can make sure they get the care they need to address their pain and recover. Which is why it's always alarming to meet clients who are afraid to seriously deal with their pain.

Once the doctor or surgeon is finished treating patients, they are quick to release them from care without prescribing any pain medication. Many of my clients have talked to me about the pain they're suffering and how over-the-counter medicine doesn't help them. They're in constant pain and can't sleep at night. But when I ask if their surgeon prescribed them pain medicine or referred them to pain management, all too often they'll insist they don't want anything like that. This is thanks to the opioid crisis.

The National Institute of Drug Abuse reports that more than 130 people die in the United States every day after overdosing on opioids, including prescription painkillers. This has been a problem for decades and it's hurt a lot of people. Unfortunately, the medical community has used a lot of fear to make people aware of this problem, and now a lot of people who seriously need prescription pain medications are too afraid to ask for them.

**"... if you are living in severe pain, you shouldn't be afraid to talk to your doctor about your options."**

"I don't want to start taking pills," clients tell me. "I don't want to get addicted."

Opioid addiction can ruin lives and tear apart families, but not all pain medications are opioids or narcotics. Things like Lyrica, Celebrex, or Voltaren are non-narcotic, nonhabit forming, and can provide a better quality of life. Please note that I'm not getting paid by some pharmaceutical company to talk about these medications. I'm certainly not saying that you should go to your doctor and demand any of these medications specifically. But I am saying that if you are living in severe pain, you shouldn't be afraid to talk to your doctor about your options.

People are afraid they'll get addicted to pills. That's a reasonable concern, but that fear shouldn't stop you from seeking relief. Not only does not getting the pain medication you truly need ultimately reduce the value of your case, once your case is settled, but



you'll also be left living in pain for the rest of your life.

Too many people hear the words "pain medicine" or "pain management" and think it means narcotics. This isn't true. Pain management means living with less pain in whatever way is best for you. Don't harm your case or yourself by not exploring this option with your doctor.

*-Joseph Miller*

**If you belong to a union or other labor-related group and want to schedule my presentation at your group's speaking arrangement, you can do so by calling 888-667-8295. The presentation is free of charge, offers important information for taking appropriate action in Virginia workers' compensation cases, and everyone in attendance gets a free copy of my book, "10 Traps and Lies That Can Ruin Your Virginia Workers' Compensation Case." Education is the best way to protect yourself from making a mistake. Call now, before it's too late.**



# Food for a Clear Mind

WHAT WE CAN LEARN FROM COOKING WITHOUT ALLIUMS

Can you imagine cooking without alliums, aka garlic, onions, chives, or leeks? In Buddhist temples in Korea, avoiding alliums is something that has been practiced for hundreds of years. Days are filled with prayer, meditation, and meals centered on vegetables and fermented foods — no meat, fish, or alliums. Monks and nuns who live in these temples cook with intention, to keep a clear mind and a healthy body. As one nun explains, “The food creates the entire human being.”

A typical temple meal might include rice, mushroom fritters, fried potatoes, kimchi, fermented radishes, marinated tofu, and crispy greens. Despite missing the ingredients so many of us rely on for flavor, anyone who's tried temple food attests to how aromatic and delicious it is. How is this achieved? With fermented foods, carefully aged sauces, and fresh ingredients picked straight from the source. Many temples grow their own food and use what's in season, preserving vegetables and fruits at the end of summer to sustain them through the winter. Soy sauce is traditionally fermented in large jars throughout the year and can be aged for 50 years or more to elicit the deep umami flavor that makes temple cuisine so flavorful. Each meal is intended to be fulfilling and nourishing so residents can focus on their meditation and prayers.

Several different cultures and religions, including Buddhism and Ayurvedic medicine, have traditionally avoided alliums because the pungent properties in them are believed to distract the mind. Those



following a low-FODMAP diet (a diet restricting foods not well absorbed by the small intestine) and those suffering from IBS also opt to cut alliums from their diet to improve digestion.

It may be worth avoiding alliums for a day or two and noting how you feel. Maybe, like the nuns and monks in Korea, you'll find yourself graced with a clear mind and a happy belly.



## Limbering Up

For Your Next Road Trip

Even though road trips offer you a break from the monotony of your office, the stiffness in your muscles and joints that comes from sitting in one position for too long can follow you onto the road if you're not careful. Whether in front of a laptop or behind the wheel, taking the opportunity to stretch and exercise on your summer road trip is a great way to prevent the soreness from following you back to the office. Here are a few stretches to keep in mind for the next rest stop.

### For the Neck

Reach your left arm over the top of your head and touch your right ear. Then, gently pull your head to the left and hold it there for 15 seconds. Repeat this process with your right arm.

### For the Chest

Stand in front of a doorframe with one hand pressed on either side and your elbows at 90-degree angles, then lean forward. This will cause your chest muscles to open up. Hold this position for 15 seconds. You can do a similar stretch by bending downward while keeping your hands on your car door in front of you, stretching your entire upper body.

### For the Hips

While you're driving, a good way to prevent sore hips is by making sure your knees are slightly elevated above them in your seat. Once you have the opportunity to stop, try doing some hip flexors. Kneel on one knee, slowly push your pelvis forward, squeeze your shoulders back, and open your chest. Hold this position for 15 seconds, then repeat while kneeling on the other knee.

### For the Legs

To stretch out your hamstrings, place your right heel on a small step. Extend your arms upward, and then lean your upper body forward. You'll feel a pull in the back of your upper leg. Once you've done this for about 15-30 seconds, repeat the process with your left heel.

The road may be long, but that doesn't mean you have to feel it in your muscles. If you stop every couple of hours and take some time to limber up, your body will thank you.

## Our Clients Say It Best



*"I injured my back at work and was getting the run-around from my employer and the insurance company. I contacted Joe, and he got involved and helped me get things done. I didn't have the physical ability to return to the job I had been doing. Joe got me a settlement that was more than I expected and helped me get my own business started. I am grateful for all they did for me. I love Lisa. She is like having a pitbull on your side in a fight."*

**-Solly O.**

### Joe's Monthly 'SOUL SNACKS'

**"The one thing that hurts and feels great at the same time is when you work on yourself."**

**-R.L. Brody**

**"Don't be jealous of someone that has an easy life. That's not the prize."**

**-R.L. Brody**

## Watermelon Cucumber Skewers

**Skewers are a Fourth of July favorite, but these are not your classic kebabs. They're a fresh, light, and fun way to start a barbecue. Oh, and they don't require any actual cooking.**

### Ingredients

- 1 medium-sized watermelon, cubed
- 2 cucumbers, cut into 1/4-inch rounds
- 1 block feta cheese, cut into small cubes
- 1 bunch fresh mint leaves
- Salt, to taste

### Equipment

- 1 packet of bamboo skewers

### Directions

1. Assemble skewers by placing one watermelon cube, one cucumber round, one feta cube, and one mint leaf on skewer in that order. Repeat until skewer is full.
2. Lightly season with salt and chill in fridge until right before serving.

*Inspired by CookingLight.com*