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## Inside This Issue

Turn the Focus Outward  
page 1

These Health Hoaxes Will Sink  
Your Resolution  
page 2

What Some of Our Clients  
Are Saying  
page 2

Enter 2020 With an Organized  
Computer  
page 3

Soul Snacks  
page 3

Real Winter Wonderlands  
page 4



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# NEWSLETTER

1 | 20

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## HERE IN THE GARDEN 3 PRINCIPLES OF FAITH IN GOD

I'm a deeply religious person, but like many people, sometimes I need to be reminded about what really matters. As we get caught up in our daily tasks and challenges, it becomes easy to lose focus on the foundational issues — the "spiritual glasses" so to speak, through which we should view the world.

On a professional level, while I can counsel my clients on their legal issues as they struggle through the workers' compensation system, I am also routinely dealing with people who have lost their careers and now have to deal with the fact that they will never return to the career they loved. In some cases, the pain and dysfunction are truly a nightmare for them.

Some of my clients, when faced with these challenges, intuitively turn to God because this is how they were raised and are therefore able to come out on the other side with a new plan and even joy. Others really struggle, some even to the point of possibly contemplating suicide.

So, as a religious person, on a spiritual level, I began asking myself: Is there anything that I can offer — not as a lawyer, but as a fellow human being who maybe has some skill in communicating — to help not just my clients, but also everyone deal with life's challenges a little more effectively?

Each year I go back and reread a book I was introduced to several years ago called "The Universal Garden of Emuna" by Rabbi Shalom Arush. This book is about faith and specifically, faith in God. "Emuna" is the original, biblical Hebrew word that means a deep, firm belief in

an all-powerful Creator. (If "Faith" is a Chevrolet, then "Emuna" is a Lamborghini!) My wife and I named our youngest daughter Emuna because her presence in our lives is truly a gift from God. The book is called "Universal" because it's for everyone, not just one religion. The book has sold millions of copies worldwide and has been translated into many languages.

Revisiting "The Universal Garden of Emuna" each year helps me to put on those spiritual glasses once again, especially as I reflect on the previous year. There were many challenges in 2019, both on a personal level and in our community. Virginia Beach suffered a horrible mass shooting last May. I even represent some survivors of the shooting who are struggling with the aftermath. Also, as noted in a previous cover article, my daughter's teacher drowned in July, leaving behind a grieving wife and five kids. After these things happen, we're left asking, "How do we deal with this? How can we possibly move forward?"

In the book, Rabbi Arush goes through the three basic levels of Emuna:

**Basic Level** - This is the firm belief that everything comes from God by way of perfect Divine Providence, even the tiniest and most seemingly insignificant event.

**Intermediate Level** - In addition to the Basic level, this is the belief that everything God does is for the very best.

**Upper-Level** - In addition to the first two levels, this is the belief that God does everything

with a specific purpose, and a person on this level tries to understand the message within whatever God does.

So right away, there are obvious questions. "If this is all true what he says about God, how can God let such terrible things happen?" Rabbi Arush explores and answers that precise question in this book. And yes, although "The Universal Garden of Emuna" was written by a Rabbi, these three principles are truly nondenominational. Three of the world's major religions, Judaism, Christianity, and Islam, all share a belief in God as the Creator. For all their differences, this is the core faith in each religion, and it's that faith that "The Universal Garden of Emuna" focuses on. In fact, I suspect many of the folks who are reading this are already students of the world's most well-known Rabbi. (I'll give you a hint—his initials are J.C.!)

Don't worry, I'm not about to announce that I'm quitting law to take up preaching! But to try and bring healing to people in light of the above, what I am doing is starting work on a video series tentatively titled "Soul Snacks" just like the little section in our newsletter. The video series is designed to take the message of "The Universal Garden of Emuna" and turns some of the highlights of the book into bite-size "snacks" so people can watch, reflect, and hopefully use those principles in their own lives.

It is my sincere hope that this video series can help not just my clients, but also anyone who is struggling with difficult challenges in their spiritual journey through life.

**Continued on Page 3 ...**

## Escape to a Winter Wonderland

Snow is magical and gorgeous — unless you have to commute in it. If you want to enjoy all the wonder that winter has to offer without the hassle, why not turn it into a vacation? Here are a few breathtaking, snow-covered destinations that any winter lover can enjoy.

### Bulguksa Temple, South Korea

Above the city of Gyeongju, this ancient Buddhist temple has stood on the slopes of Tohamsan Mountain since the eighth century. Bulguksa, or "Temple of the Buddha Land," is South Korea's No. 1 UNESCO World Heritage Site, making it a popular attraction for domestic and international tourism. The crowds and school tours die down during the winter, however, which also happens to be when Bulguksa is at its most pristine. The iced-over lotus ponds and snow-dusted pagodas add to the sense of tranquility this site naturally exudes.

### The Dolomites, South Tyrol, Italy

If you want the feel of a ski trip to the Alps without the packed slopes and ritzy resorts, the Dolomites are just for you. Located in northeastern Italy, this stunning mountain range is home to some of the best skiing in Europe, as well as many historical sites. The secluded villages that dot the mountain valleys are an attraction in their own right, especially for the rustic cuisine you'll find there. Don't expect pasta though. This region is a melting pot of flavors

## Chill Out in These Frosty Destinations

from Austria, northern Italy, and the local Ladin people. Ricotta and sauerkraut pancakes, anyone?

### The Antarctic

This is the one entry on this list that is best enjoyed during the summer months, which is December-February in the Southern Hemisphere, because that's when the freezing temperatures of the southernmost continent are at their most hospitable. The Antarctic has become an increasingly popular tourist destination, with cruises taking adventure seekers through the vast, untouched beauty of this far-flung destination. Some tourists even enjoy kayaking or cross-country skiing through this icy paradise.



**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.**

# Medical Miracle or Health Hoax?

## 3 RED FLAGS TO WATCH OUT FOR

The new year is a great time to make your health a priority again, and there are a bunch of workouts and diet plans to choose from. Too many, some might say. It can be difficult to determine exactly which health plan will help you reach your goals, but there are some pretty obvious red flags that you'll want to avoid.

### Beware the Dreaded 'Detox'

Plenty of diets, supplements, and products claim to "purify" your body by removing unspecified "toxins." These "detoxes" conveniently forget that your kidneys and liver are already removing substances your body doesn't need! The human body has been capable of cleansing itself for thousands of years. It doesn't need a special smoothie or footpads to get the job done.

Most detox products are nothing but snake oil, and some of them can leave you feeling worse than you did before you started using them. Unless you have been diagnosed with a disease that would impair your liver or kidneys, you don't need to spend extra money to keep your insides clean. A healthy diet is enough.

### Cellulite Isn't Real

In 1968, Vogue magazine introduced American women to the word "cellulite," warning them of a terrible "diagnosed" condition women suffered from. They encouraged the use of a special rolling pin to banish the little lumps of fat on women's thighs and buttocks. Since then, cellulite has been used as shorthand to mean "bad body fat you need to remove." But cellulite is not an indication of poor health. Furthermore, there's no cure for cellulite because it's not a disease. It would be like using a special lotion that claims it can remove the wrinkled skin on your knuckles! Most people, especially women, have cellulite. It's perfectly natural!



If you want to get in shape this year, avoid diets or products that claim to melt cellulite. This is a clear indication these treatments aren't based on real medical science.

### Cure-Alls Cure Nothing

A "cure-all" is any product, treatment, or diet that claims to cure a bunch of unrelated medical problems. Cure-alls have been a problem for centuries, claiming to help with weight loss, migraines, heart disease, anxiety, depression, and even baldness! This isn't how medicine or the human body works. One change cannot magically fix many different, sometimes unrelated, problems.

A good way to determine if something is a cure-all is to check if it claims to help treat, prevent, or cure cancer. That's a big red flag you want to avoid.

## Our Clients Say It Best

"I would like to thank Joe Miller and Lisa for all the hard work they have toward my case of two years. They both have been on top of it since day one. Lisa has really been a huge help with her knowledge in the field of workers' compensation. I was injured and full of questions and concerns and I probably bothered her more than anybody, but she always had the right answers. Hats off to her and Joe for all the hard work. I highly recommend their services if you need the job done and done right in the matter of workman's comp. Also thank you Candice for helping me as well!"

**-Robert Ellis**



# Ctrl, Alt, Delete Your Clutter

## Tips for National Clean Up Your Computer Month

Everyone relies on technology. Computers, laptops, tablets, and phones are staples of modern life. However, it's easy for these devices to become cluttered with old photos, files, and general disorganization. Luckily, January is National Clean Up Your Computer Month and an excellent time to get your technology in order.

### Start by Dusting

Over time, computer towers can become clogged with dust, which creates additional, unwanted heat within your computer. Regular cleanings will increase the lifespan of your computer and protect its essential components. Compressed air is great for removing most of the dust and other particulates. If the fans or filters are too dirty, you can remove them from the tower to clean them better. If you use water or liquid cleaning products on them, be sure they are completely dry before placing them back into your computer.

### Organize Your Files

Naming and arranging the files on your computer in such a way that they're easy for you to find can end up saving you a lot of time.



Declutter your workspace by creating one file for pictures, one for Word documents, one for spreadsheets, and one for programs to eliminate the hassle of frantically searching for the files you need.

### Back Up Your Computer

Be sure to back up your computer before you start deleting things. This acts as a safety net in case you delete something you didn't mean to. Additionally, consider installing a second hard drive. The extra space can help with storing important files without having to worry about how much room is left.

### Clean Up Space

Any files you'll never use again should be deleted. Likewise, any programs you haven't used in a while should be uninstalled. Check your hard drive for files that might be taking up unintended space on your computer. And remember to empty the recycling bin — it's easy to forget just how much goes in there.

## Joe's Monthly 'SOUL SNACKS'

"If we really knew what prayer accomplishes, we would never stop praying."

**-Daniel Agalar**

"The only one that can truly satisfy the human heart is the one who created it."

**-Daniel Agalar**

### Cover article continued ...

But here's a caveat: This video series isn't going to be for everyone, much like how this very article isn't going to be everyone's cup of tea. If you do not believe in God, these videos probably aren't going to do anything for you. They might even aggravate you. That's alright; we all find our own path in life. My goal isn't to "convert" anyone to believe in God who does not believe or shame anyone for their beliefs. I also am not aiming to start a discussion about whether you should believe in God. There are a million message boards and discussion groups for that. My goal is to make this knowledge more readily available for those who seek it.

Other than the aforementioned "Soul Snacks" section of my newsletter, I don't often come to my readers with a spiritual or religious message, but this is something I feel so strongly about. If you'd like to watch my new video series, you can find it on YouTube by searching "Joe Miller Law." I expect the first episode to be uploaded by mid-January 2020 at the latest. And if you want to read "The Universal Garden of Emuna" for yourself, I can't recommend it enough. In fact, I've bought a ton of copies, so just give us a call, and I'll be happy to send you a free copy of the book.

During the hardest parts of my life, the principles of Emuna have brought me comfort and hope. I truly believe that they can do the same for others.

*-Joseph Miller*