

# LAWYER ALERT

Stopping Medical Injustice

## 20 Tips for Eating Healthy for a Long Life

Let's face it: when it comes to enjoying snacks and tasty treats, we lack self-discipline. Even with the best intentions, we give into our impulses. You are not alone—we're all guilty of enjoying food a little too much sometimes. But what if there was a mindset that can limit the indulgences and put you on a path for health, fitness and weight loss?

An occasional indulgence is part of life. You should enjoy the foods that you love, but rather than making impromptu choices, you will plan the indulgences and focus on progress, not perfection. Every choice you make will make a difference—both good and bad.

### Tip #1: Planned Indulgences

You will not give up the food and drinks that you love. You should enjoy eating and drinking—you can't live without food. Here's the key: your indulgences should be planned.

If you love pizza, you'll still eat it, but you'll plan the indulgence, e.g., 2 slices of pizza on Friday evening. And when Friday evening comes along and you don't feel that you need the indulgence, you can skip it.

### Tip #2: Limit of One Indulgence Per Meal

When you go to a restaurant, plan one indulgence, but only one. Your indulgence might be a frozen margarita or chips and salsa, but you will not have more than one indulgence. If you have the margarita, you will skip the chips and salsa.

### Tip #3: Planning Meals for Special Events

If you know that you'll be traveling for vacation or attending a concert/special event, plan your meal in advance. Airports and concessions at stadiums have crappy, unhealthy food. So, you should make your own meal and bring it to the stadium.

You might make a healthy salad (with pine nuts, pumpkin seeds and walnuts), a veggie burger and a "No Cow" protein bar to the stadium or airport. Here's the key: you're always thinking ahead to challenging situations that will tempt you.

### Tip #4: Eat Every 3 Hours

Everyone loses self-discipline when we're hungry. You are far more likely to give into temptation when you're hungry. To avoid this, eat every 3 hours.

The quick, easy snack might consist of celery, carrots and hummus or a protein bar/shake. Give yourself permission to eat often and make healthy, nutritious choices for your snacks.

### Tip #5: Read Nutritional Labels

Never eat anything without first reading the nutritional label. Food that is labeled as "healthy" is often misleading. Canned soup is full of sodium and salt and sugar are added to most processed foods.

(continued on page 2)



(continued from cover)



Focus on the added sugar, sodium and cholesterol on the nutritional label. A small package of salted nuts may only have 70 calories per serving, but contain 8 servings in the package. That small little package of salted nuts is highly dense in calories.

### Tip #6: Make Your Own Meals

Homemade meals are better tasting and healthier than anything you buy in a store. That's a fact, jack!

Experiment by making homemade hummus or your favorite Indian dish for dinner. You'll find out that you're a damn fine cook. And your meals will be tastier and more satisfying than any food that comes from a grocery store or restaurant.



### Tip #7:

### Eat Salad with Lunch and Dinner

Salad is God's gift to mankind. Add raw nuts, sliced strawberries, onions and peppers to spice up the salad and fill your tummy with as much as you want. Fruits and vegetables are full of goodness for your body.

*"The process of eating is perhaps the most intimate encounter we have with our world; it is a process in which what we eat becomes part of our body."*

**T. Colin Campbell,**  
author of *The China Study*

Salads are a great way to satisfy your hunger. When you eat a salad with every meal (except breakfast), you won't be hungry for a second or third serving of the entrée. This is a great way to eat in moderation.

### Tip #8:

### Have Emergency Snacks Ready

When you are going for a long workout, hike or jog, have an emergency snack ready, e.g., a veggie burger, hummus, celery and carrots. You want to be ready to quell the hunger when you will be tempted to indulge.

### Tip #9: Drink Lots of Water

Always have a water bottle handy. Drinking water throughout the day will keep you hydrated and diminish your appetite. Water is pure goodness!

### Tip #10:

### Control Your Environment

If you have no self control over certain foods (a/k/a trigger foods), eliminate those foods from your kitchen/house.

If you can't stop eating salted nuts (one of my "trigger" foods), throw them out and stop buying them. If your trigger food is out of sight and mind, you won't have to exercise self-control.

### Tip #11:

### Put the Fork Down After Every Bite

Become mindful and deliberate about eating by putting your fork down after bite. Savor the taste of the food and enjoy your company.

Far too often, you will see friends and family members eating like it is a race. Slow down and your dining experience will become more memorable.

### Tip #12:

### Embrace Discomfort (but not pain)

If you are inclined to fast or skip a meal, don't go to an extreme. If you want to accelerate weight loss, perhaps you might skip one meal/week, but that's all. Anything more than skipping one meal/week will be painful and will not be sustainable.

### Tip #13:

### Avoid Processed Meat and Red Meat

Meat is not healthy.

According to the World Health Organization, processed meat has some of the same carcinogenic properties as tobacco and asbestos. The World Health



Organization classifies processed meat (e.g. hamburgers, hot dogs) as a grade I carcinogen and red meat as a grade II carcinogen (a "likely" carcinogen).

*"I have come to see that the benefits produced by eating a plant-based diet are far more diverse and impressive than any drug or surgery used in medical practice."*

*Heart diseases, cancers, diabetes, stroke and hypertension, arthritis, cataracts, Alzheimer's Disease, impotence and all sorts of other chronic diseases can be largely prevented. These diseases, which generally occur with aging and tissue degeneration, kill the majority of us before our time."*

**T. Colin Campbell,**  
author of *The China Study*

Meat clogs your arteries with fatty plaque that inevitably leads to coronary artery disease and heart failure. If you want to live a long, healthy life, avoid meat.

### Tip #14:

### Keep Track of Your Food Consumption and Exercise

Keep track of everything you eat and drink. You will be more conscious of your decisions just by keeping track of them.

### Tip #15:

### The Power of Daily Accountability

This is truly the magic ingredient to life-long health and nutrition. Even when you have unplanned indulgences and slip ups, your accountability partner will keep you moving in the right direction one meal at a time.

Do you have a friend who is willing to be your accountability partner? Schedule phone calls on the same time every day to check-in and report your progress. There's nothing like having an accountability partner.

(continued on page 3)

### Tip #16:

#### Focus on Progress, not Perfection

The goal is not perfection. You will have good and bad days, but when you become consistent in the choices that you make, success becomes inevitable. With time and patience, you will fit into the skinny jeans and be the same weight that you were in high school.

Don't worry about the results. If you stay focused on the process, the results will take care of themselves.

### Tip #17:

#### Become an Expert in Nutrition

What is more important than your health and fitness? Nothing. Learn everything you can about nutrition and treat your body like it will last forever. Hippocrates, the father of medicine (460-357 B.C.) said it best, "He who does not know food, how can he understand the diseases of man?"

*"You have only one mind and one body for the rest of your life. If you aren't taking care of them when you're young, it's like leaving the car out in hailstorms and letting rust eat away at it."*

Warren Buffett

You might begin with the classic book, *"The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long Term Health"*. If you take heed of the advice in this excellent book, your body will reward you for the rest of your life.

### Tip #18:

#### Don't Listen to the Naysayers

Your "friends" will tell you that having a belly and getting fat are a part of the aging process and you are destined to have the same outcome. This is BS. Don't listen to them.

You can be more fit and healthy as you age. Make fitness the #1 priority in your life and your body will reward you.

### Tip #19:

#### Don't Eat Food that You Don't Like

If you don't like broccoli or asparagus, don't eat it. Eating foods that you don't like will not be sustainable.

Pick food that you enjoy and have emergency snacks ready. Here's what a typical day looks like for me:

#### Morning:

- 6:30 a.m.: "No Cow" protein bar
- 8:30 a.m.: 1 cup of steel cut oatmeal with fruit and a splash of almond creamer
- 11:30 a.m.: Protein shake consisting of almond milk, MRM "Veggie Elite" protein powder mix, frozen berries and ½ of a banana

#### Afternoon:

- 1:30 p.m.: Veggie burger and a salad

#### Evening:

- 4:30 p.m.: Protein shake
- 6:30 p.m.: Raw carrots and celery with hummus
- 8:00 p.m.: Air broiled fish and a salad

Eat often and avoid hunger, so you can avoid the temptation of over-indulging or snacking.

### Tip #20:

#### Give Yourself a Special Gift

During the pandemic, I gained more body weight than I am willing to admit and my weight gain was "very noticeable", according to my wife (don't tell Lisa I shared this with you).

**BODY TUTOR**

On January 18, 2021, I decided that I needed help on my health journey. I joined MyBodyTutor ([www.MyBodyTutor.com](http://www.MyBodyTutor.com)) and began daily accountability phone calls with my tutor, Matt Burke. Slowly and surely, I began losing weight a little at a time (about ½ lb/week). There were good and bad weeks and many unplanned indulgences, but my tutor kept me on track. And I was stunned by the results.

My body weight dropped from 193.6 to 165.6 lbs. and my waist size dropped from 36 to 32 inches. I am less than 5 pounds away from the body weight that I weighed in high school.



Why do I share this with you? If you want to lose a few pounds (we all do) or know someone who struggles with their body weight, you might check out MyBodyTutor. This decision was transformative for me and I know it can do the same for you or your loved one.

## A GOLDEN OPPORTUNITY FOR YOUR LAW FIRM

The best description of our **Mastermind** is a world-class advisory board for your law firm. Your board of advisors consists of elite, high-achieving lawyers from across the country. Are you facing issues with hiring and firing? Problems with intake or getting leads from your website? Our tribe has experts/lawyers who have faced the same challenges that you're facing and they will do anything to help you.

This world-class advisory board is not only there for you on the day of the **Mastermind** but will be there for you whenever you need them. New friendships and relationships are formed at every **Mastermind** that will last a lifetime.

If you are committed to improving your law firm and willing

to share everything you know, you might be a good fit for our tribe. I promise you, you won't regret this decision to join us.

### YOUR LAST CHANCE TO JOIN OUR MASTERMIND IN WASHINGTON, DC

Our next **Mastermind** will be held in Washington, D.C., on Friday, September 9th. This **Mastermind** will include dinner at two of D.C.'s finest restaurants and a night-time cruise on the Potomac River. As a first-time member, you will receive a discounted registration fee of \$999.

You can apply to join us at [www.MastermindExperience.com](http://www.MastermindExperience.com) or call John Fisher at 518-265-9131 with any questions.

**Hope to see you in D.C.!**

# Words of WISDOM from a Dying Man

Books have the power to change our lives. One such book, *"Tuesdays with Morrie"*, by Mitch Albom, should be mandatory reading. It's that good.

Morrie Schwartz, an elderly college professor dying from ALS (Lou Gehrig's Disease), meets with his former student, Mitch Albom, every Tuesday during the final months of his life. During their meetings at his home, Morrie's body is withering away and he suffers immensely, but he finds time to share his most valuable insights about life.

Morrie's insights about life are so valuable they are worth engraving in our minds. Here's my attempt.

## Living a Life of Service

"You don't need the latest sports car, you don't need the biggest house. The truth is, you don't get satisfaction from those things...They think the next car, the next house, the next job. Then they find those things are empty too, and they keep running.

You know what really gives you satisfaction? Offering others what you have to give...giving to other people is what makes me feel alive. Not my car or my house.

Devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning... *Giving to other people is what makes me feel alive. Not my car or my house."*

## The Existence of God

"This is too harmonious, grand, and overwhelming a universe to believe that it's all an accident."

## The Power of a Positive Mindset

"I give myself a good cry if I need it. But then *I concentrate on all the good things I still have in my life.* On the people who are coming to see me. On the stories I'm going to hear.

It's only horrible if you see it that way. It's horrible to watch my body slowly wilt away to nothing. But it's also wonderful because of all the time I get to say good-bye. Not everyone is so lucky.

I don't allow myself any more self-pity than that. A little each morning, a few tears, and that's all."

## Living for the Moment

"Most of us all walk around as if we're sleepwalking. We really don't experience the world fully, because we're half-asleep, doing things we automatically think we have to do.

There's a better approach. To know you're going to die, and to be prepared for it at any time. That's better. That way you can actually be more involved in your life when you're living.

[When facing death], you strip away all that stuff and you focus on the essentials. When you realize you are going to die, you see everything much differently.

*Once you learn how to die, you learn how to live."*

## Your Greatest Possession

"The fact is, there is no foundation, no secure ground, which people may stand today if it isn't the family..."

If you don't have the support and love and caring and concern that you get from a family, you don't have much at all.

There is no experience like having children. That's all. There's no substitute for it. If you want the experience of having complete responsibility for another human being, and to learn how to love and bond in the deepest way, then you should have children.

Love is so supremely important...Love each other or perish."

## Being Fully Present and Mindful

"When Morrie was with you, he was really with you. He looked you straight in the eye, and *he listened as if you were the only person in the world.*

I believe in being fully present. That means you should be within the person you're with. When I'm talking to you know, I try to keep focused only on what is going on between us. I am not thinking about something we said last week."

## Rules of Marriage

"There are a few rules I know to be true about love and marriage: If you don't respect the other person, you're gonna have a lot of trouble. If you don't know how to compromise, you're gonna have a lot of trouble. If you can't talk openly about

(continued on page 5)



(continued from page 4)

what goes on between you, you're gonna have a lot of trouble.

And the biggest one of those values? Your belief in the importance of marriage.

He ended the subject by quoting the poem he believed in like a prayer: 'Love each other or perish.'"

## Be Your Own Man/Woman

"The big things—how we think, what we value—those you must choose yourself. You can't let anyone—or any society—determine those for you.

It's the same for women not being thin enough, or men not being rich enough. It's just what our culture would have you believe. Don't believe it...*You have to work at creating your own culture.*"

## Stretching to Reach Your Potential

"Look, no matter where you live, the biggest defect we human beings have is our shortsightedness. *We don't see what we could be.*

We should be looking at our potential, stretching ourselves into everything we can become."

## Common Traits of All Humans

"The problem is that we don't believe we are much alike as we are...If we saw each other as more alike, we might be very eager to join in one big human family in this world, and to care about that family the way we care about our own.



We all have the same beginning—birth—and we all have the same end—death. So how different can we be?"

## Sharing Your Feelings

"Living means I can be responsive to the other person. It means I can show my emotions and my feelings. Talk to them. Feel with them...Tears are okay.

If you hold back on the emotions—if you don't allow yourself to go all the way through them—you're too busy being afraid. You're afraid of the pain, you're afraid of the grief. You're afraid of the vulnerability that loving entails.

Turn the faucet. Wash yourself with emotion. It won't hurt you. I will only help."

## Forgive Others and Yourself

"It not just other people we need to forgive. We also need to forgive ourselves. Yes. For all the things we didn't do. All the things we should have done. You can't get stuck on the regrets of what should have happened.

Make peace. You need to make peace with yourself and everyone around you.

Forgive yourself. Forgive others. Don't wait. Not everyone gets the time I'm getting. Not everyone is as lucky."

## The Meaning of Love

"In business, people negotiate to win. They negotiate to get what they want. Love is different.

Love is when you are as concerned about someone else's situation as you are about your own."

## The Value of Age

"The young are not wise. They have very little understanding about life. As you grow, you learn more. If you stayed at twenty-two, you'd always be as ignorant as you were at twenty-two.

Aging is not just decay, it's growth...it's the positive that you understand you're going to die, and that you live a better life because of it."

## "Death Ends a Life, Not a Relationship"

"As long as we can love each other, and remember the feeling of love we had, we can die without ever really going away. All the love you created is still there. All the memories are still there. You live on—in the hearts of everyone you have touched and nurtured while you were here.

Love is how you stay alive, even after you are gone...*Death ends a life, not a relationship.*

After I'm dead, you talk. And I'll listen."



(left to right) Pure love between Patch McDoodles and his sister, Lily! Having a little too much fun at the Maximum Lawyer seminar in St. Louis! Nothing beats a reggae show in the summer with my son, Alek, and the bass player, Anlak, from Steel Pulse.

THE NEW YORK

# INJURY & MALPRACTICE

LAW FIRM, P.C. | POWERED BY JOHN H. FISHER, P.C.

278 Wall Street • Kingston, New York 12401  
Phone 845-303-1000 • Cell Phone 518-265-9131

Fax 845-802-0052

Email address:

[jfisher@fishermalpracticelaw.com](mailto:jfisher@fishermalpracticelaw.com)



## Why Your Law Firm Should Use a Trade Name

Over a year ago, New York State permitted the use of trade names for law firms. New York Rules for Professional Conduct section 7.5 permits New York lawyers to use trade names when naming their firms as long as such names are not false, deceptive or misleading. The updated ethics rule removes the blanket ban on the use of trade names in New York.

And what happened? Pretty much nothing. Lawyers are notoriously slow to adapt to change and trade names are no exception.

### Your Law Firm's Digital Footprint will be Stronger with a Trade Name

Why should your law firm have a trade name? The search engines give a higher ranking to trade names that contain key words in your practice area. "Bronx Car Wreck Lawyers, P.C." will rank higher in the search engines and Google Local listings for car wrecks in the Bronx than "John Smith, P.C."

### A Trade Name makes your Law Firm an Asset

John Smith, P.C." will exist only as long as the founder of the



(left) Grateful for the love and support of our tribe at the NYC Mastermind Experience. (above) Summer hikes with Patch McDoodles and his sister, Lily, and her boyfriend, Jacobo.

firm is practicing, but once John Smith, Esq. retires or dies, the law firm becomes extinct. "Bronx Car Wreck Lawyers, P.C.", on the other hand, has staying power beyond the career of the firm's founder and is an asset that can be sold when the founder wants to retire.

## Our Special Announcement

THE NEW YORK

# INJURY & MALPRACTICE

LAW FIRM, P.C. | POWERED BY JOHN H. FISHER, P.C.

Our law firm changed our name from "John H. Fisher, P.C." to "The New York Injury & Malpractice Law Firm, P.C.: Powered by John H. Fisher, P.C." This trade name will improve our law firm's organic search engine rankings and improve our presence in the Google Local listings. We added "Powered by John H. Fisher, P.C." to the trade name to ensure that there is no confusion about the ownership of the firm.

Will this work? We've already seen high search engine rankings for law firms using trade names and this trend will continue. So, what are you waiting for?

*Practice Limited to the Representation of Seriously or Catastrophically Injured Persons*

[www.MastermindExperience.com](http://www.MastermindExperience.com)