

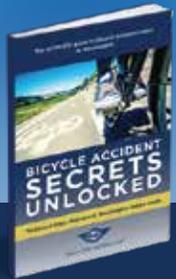


# MAX MEYERS LAW **SPOKE & WHEEL**



## IN THIS ISSUE

- 10 Things you can do when Sheltering at Home 1
- Legal Claims during the Pandemic 2
- Massive Market Meltdown? 2
- Nextdoor 2
- MML VIP Program 2
- Shelly's Recipe Corner 3
- Happy Work Anniversary to Dawn! 3
- Why do a Detox? 3
- Facebook 3
- MML Motorcycle Giveaway is BACK! 4



## FREE INSTANT DOWNLOAD

Discover the secrets insurance companies don't want you to know.

Get Max's book **The Ultimate Guide to Bicycle Accident Cases in Washington: Bicycle Accident Secrets Unlocked.**

Go to our website [WashingtonBicycleBook.com](http://WashingtonBicycleBook.com) to get your free download now or call **425.276.7804** to have a copy mailed to you.

## 10 THINGS YOU CAN DO WHEN SHELTERING AT HOME



Well, it has come to this... sheltering at home for an undetermined number of days. Are you freaking out about how you will pass the time? Wondering what there is to do while we are all stuck indoors? USA TODAY published this handy article titled "100 Things to Do While Stuck Inside Due to a Pandemic." If you are struggling to come up with ideas, we highly recommend you check out this article. Here are just 10 of our favorite suggestions:

**1. Cook or bake those recipes you have been meaning to try out!**



**2. Complete a puzzle.**



**3. Watch all the really long movies or Netflix specials you have avoided until now.**



**4. Meditate and focus on good health.**

**5. Clean out your closet and get rid of old clothes (junk drawers, make-up and old food items too!)**



**6. Start a journal or blog.**



**7. Take time to reflect: What have you accomplished in the last year? What goals are you setting for yourself in the next year?**



**8. Write a short story or get started on that novel.**



**9. Start that house project you have been putting off.**



**10. Work on your financial planning... and DO YOUR TAXES!**

# LEGAL CLAIMS during the Coronavirus Pandemic

Historically, the legal world moves very slowly and is often far behind societal changes. Laws often have to play catch-up to changes in society. However, that is not the case during a health pandemic.

As I write this article, the federal courthouses have closed indefinitely. Washington courts in King, Snohomish and Pierce counties have advised that jury trials will be delayed significantly due to lack of jurors. Right now, all of the cases we have filed lawsuits for with trial dates in 2020 I expect to be continued for 3-6 months.

Insurance companies are the adversaries we face in all of our clients' cases. You may not know this, but insurance companies are kinda like banks in that they partially rely on earning money through investments in the financial and stock markets. So, when the stock market tanks, like it has recently, insurance companies feel it on their bottom line. When insurance company profits get squeezed, they look for ways to save money. Which often means they try to save money by paying less on insurance claims to injury accident victims.

So, what does all this mean for you and accident injury victims? I expect to see some insurance companies increase the number of low ball offers on accident claims. The result

will be to force more injury victims into the court system to obtain fair compensation. When cases have to be resolved in the lawsuits process it often translates to increased time and expenses to resolve a case, but often the outcomes are better to offset those downsides.



Ultimately, I tend to see in times like these, people will likely need the help an experienced personal injury attorney to resolve a car accident claim for a fair and reasonable amount. It won't last forever, but in the next 12-18 months this is likely what we will see at Max Meyers Law.

If you have been injured in a motor vehicle accident make sure to at least get a free consultation from us, so we can give you some insight into your legal rights and options available.

Call us today at  
**425-276-7804** for your  
FREE consultation.



**You can find Max Meyers Law on Nextdoor.com!**

Thank you for recommending us to your neighbors, friends, and family.

## Max Meyers Law VIP Program

**Become a VIP Member today!**

Take advantage of great benefits, such as Insurance Policy Review, Notary Service and great contests and giveaways!

Email Dawn at [dawn@maxmeyerslaw.com](mailto:dawn@maxmeyerslaw.com)  
or visit our website at [MaxMeyersLawVIP.com!](http://MaxMeyersLawVIP.com)



## ARE WE HEADED TO A MASSIVE MARKET MELTDOWN?



The stock market has been tanking, schools are closed in the Puget Sound area, large public events are cancelled, and businesses are laying off people or closing out right. It's hard not to feel like the world as we know it is imploding.

**There is hope through preparedness!**

Every Friday morning, I meet with a group of entrepreneurs who are focused on helping each other grow their businesses. For the last six weeks we have been preparing and discussing how our businesses will weather the Covid-19 pandemic. The answer has been to prepare for the worst and make sure you can financially survive a business interruption of 3-6 months or longer. It may take 18-24 months before all the effects of the Coronavirus have been worked through economically and health wise, so we are preparing for that possibility.



It is through asking hard questions and making definite plans that you can see the light at the end of the tunnel. Do you have an emergency fund set up? If not, it's time to do it. Are you prepared if you or your spouse were to be laid off from work for an extended period of time? Are you prepared if you or your spouse's jobs disappear because the employer's business is forced to close and never reopen? We are already seeing this happen in restaurants throughout the Puget Sound.

What are items in your monthly budget that you can eliminate if needed to survive? What things can you sell quickly to get needed cash? These are scary and hard questions to answer. But what is the alternative? Ignore them and then what happens when you are forced to answer these questions on the fly under extreme stress?

There have been pandemics in the past and the world has survived and prospered. The stock market will recover eventually, schools will reopen, public events will happen again in the future, and most but not all businesses will survive.

Take the time to reflect on "what if" scenarios in your life. Having a plan written down may just be the key to you surviving physically and financially through this crisis.

Be well & Be safe!!

# Why do a detox or a cleanse?

by Dawn Husmoe

I recently completed a 21 day liver detox and am excited to say I feel better than I have in a long time!

I have done a handful of cleanses over my lifetime and after completion of each one I always feel so much better, both mentally and physically. I usually have someone along the way ask me why I bother doing a cleanse or detox, so I thought I would share a little more about what I have learned... especially regarding liver detoxification.

In today's world, we are exposed to so many toxins from food, medications, and chemicals in self-care and cleaning products. These toxic exposures build up in our liver because it is not designed for the load it is exposed to daily. The liver becomes overworked just like an overworked muscle. Periodically, it needs extra care to rid itself of built up toxins and byproducts of partially processed toxins.

The liver is one of the most important organs in the body and is responsible for a number of functions like:

• **Detoxification:** Recreational drugs, alcohol, medications, and toxins from intestinal

microbes.

• **Regulation of blood sugar levels** and the storage of sugar as glycogen.

• **Production and storage of protein.**

• **Production of bile** which aids in the digestion of fats.

• **Production of blood products** and the recycling of red blood cells.

• **Regulation and metabolism** of hormones.

• **Neutralization of "free-radicals"** by antioxidants. Free radicals are highly reactive oxygen molecules that can damage tissues.

• **Storage of vitamins:** Iron, copper, B12, vitamins A, D, E and K.

• **Digestion** (breaking nutrients down) and assimilation (build up body tissues).

If you experience fatigue, weight imbalances, aches, pains, autoimmune disease, or other chronic disease or just want to optimize your health, then periodic detoxification of the liver is important.

If you drink alcohol and/or use recreational drugs (or have in the past) you are even more

likely to have an overloaded or fatigued liver. Detoxification helps to rejuvenate it so it can keep you healthy and protected from future toxic exposure.

Here are just a few of the benefits you will experience from doing a cleanse or detox:

- **Higher energy levels**
- **Greater clarity of thought**
- **Giving your liver a much-needed break**
- **Boosting your immune system**
- **Vibrant skin**

There is a lot of information you can find online about how to do a cleanse or liver detox. Always check with your doctor prior to starting to address any health concerns.



## Shelly's RECIPE CORNER

### Egg-Fried Rice

A QUICK AND HEALTHY LUNCH OR DINNER RECIPE!

#### Ingredients:

- 6 spring onions
- 1 x 250 g sachet of cooked brown basmati rice
- 2 heaped teaspoons chilli jam
- 2 large free-range eggs
- 150 g firm silken tofu

#### Directions:

Put a large non-stick frying pan on a medium-high heat.

Trim and finely slice the spring onions and fry with 1 tablespoon of olive oil for 1 minute.

Add the rice, chilli jam, a splash of water and a pinch of sea salt and black pepper, then toss for 2 minutes until everything is well coated.

Push the rice to the sides of the pan, making a big well in the middle. Crack the eggs into the well, then use a rubber spatula to start gently moving the eggs around to create big curds.

Break in the tofu, then fold the rice back through the egg until it's all looking good. Taste and season to perfection.



Recipe courtesy of [www.jamieoliver.com](http://www.jamieoliver.com)

## WOW!!!

OUR MARKETING DIRECTOR DAWN HUSMOE CELEBRATED HER 4TH ANNIVERSARY HERE AT MML LAST MONTH.

TIME SURE DOES FLY WHEN YOU ARE HAVING FUN! DAWN IS AWESOME AND WE ARE LUCKY TO HAVE HER.

CONGRATULATIONS, DAWN!

## HAPPY WORK ANNIVERSARY!



Check us out on FB!  
[maxmeyerslaw/](https://www.facebook.com/maxmeyerslaw/)



MAX MEYERS LAW<sup>PLC</sup>

Where Accident Victims Get Help



### IN THIS ISSUE

- 10 Things you can do when Sheltering at Home
- Legal Claims during the Pandemic
- Massive Market Meltdown?
- Nextdoor
- MML VIP Program
- Shelly's Recipe Corner
- Happy Work Anniversary to Dawn!
- Why do a Detox?
- Facebook
- MML Motorcycle Giveaway is BACK!

11714 NORTH CREEK PKWY N. SUITE 125 BOTHELL, WA 98011  
 PHONE 425.276.7804 | FAX 425.739.6550  
 INFO@MAXMEYERSLAW.COM | WWW.MAXMEYERSLAW.COM



This newsletter is intended to educate the general public about personal injury, insurance claims and small business issues. It is not intended as legal advice. Every case is different. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

# THE MML MOTORCYCLE GIVEAWAY MAY BE BACK!!

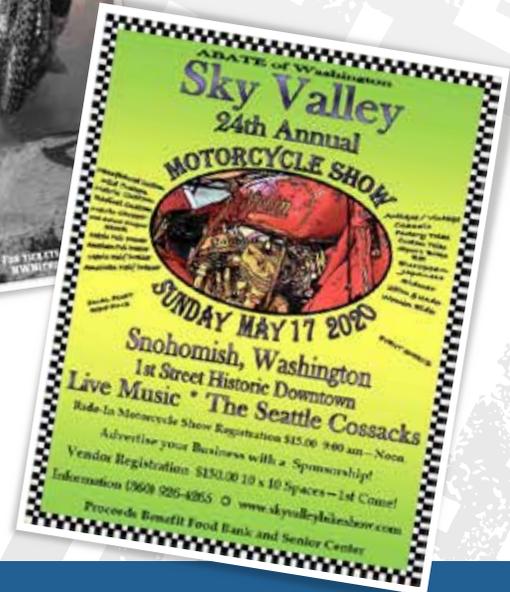
Riding season is upon us once again and our team has a bunch of local motorcycle events we will be at this year... assuming these aren't all canceled due to the CORONAVIRUS! Look for our motorcycle branded **MAXPOWER LAW** tent at these local events and stop by to enter our **2020 MOTORCYCLE GIVEAWAY!!** No, you can't enter online.

We want to actually see your smiling face at a local event. It's our way of also helping support local motorcycle events. Entry into the drawing is **FREE!!!** One entry per person, per event and you must be a Washington state resident. **The only way to get multiple entries is to come and see us at multiple events.**

Here are the **MAY EVENTS** you can find us at (if they aren't canceled!!!):

**May 1st - 3rd: NW Nitro Nationals Pro Hillclimb** Sunnyside, WA  
[www.washingtonnitro.com](http://www.washingtonnitro.com)  
 (MaxPower Law is a proud sponsor for this event again this year!)

**May 17th: Sky Valley Motorcycle Show** Snohomish, WA  
[www.skyvalleyabate.com/motorcycle-show-1](http://www.skyvalleyabate.com/motorcycle-show-1)



[maxmeyerslaw](http://maxmeyerslaw.com)



[maxmeyerslaw/](https://www.facebook.com/maxmeyerslaw/)



[u/0/+MaxMeyers/posts](https://plus.google.com/u/0/+MaxMeyers/posts)



[user/kirklandinjurylawyer](https://www.youtube.com/user/kirklandinjurylawyer)



Max Meyers