



MAX MEYERS LAW **SPOKE & WHEEL**



IN THIS ISSUE

- Use Herbs & Spices to Support your Immune System 1
- 10 Tips for Injured Clients 2
- Max Meyers Law VIP 2
- International Female Ride Day 2
- May Events 3
- Shelly's Recipe Corner 3
- Nextdoor 3
- Like us on Facebook! 3
- Happy Mother's Day 3
- Client Reviews 4



SUPPORT YOUR IMMUNE SYSTEM

by adding Herbs & Spices!

A good friend of mine (who is a health coach) shared with me that adding spices and herbs to your food is a great way to support your immune system. During these crazy times, I think we could all use a little extra immunity boost, so I wanted to share this with our Spoke & Wheel newsletter readers!

Each of these spices and herbs have immune boosting and antiviral qualities that will help give you the edge you need to protect yourself from unwanted attacks on your body. These herbs and spices will aid in giving your immune system the power it needs to protect and balance you.

ANISE	BASIL	BLACK PEPPER
CARAWAY	CARDAMOM	CHILI PEPPER
CINNAMON	CLOVE	CORIANDER
CUMIN	FENUGREEK	FENNEL
FLAXSEED	GARLIC	GINGER
HOLY BASIL	LEMONGRASS	LICORICE
MINT	MUSTARD SEED	NUTMEG
OREGANO	PARSLEY	ROSEMARY
SAFFRON	TAMARIND	TURMERIC



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** to get your free download now or call **425.276.7804** to have a copy mailed to you.

Fresh spices and herbs do have more medicinal power than old spices. You can buy them whole and grind them into small batches for the best potency.

Wishing you all health, safety and happiness!

10 Tips for our Injured Clients

while sheltering at home during COVID-19

Hopefully by the time you read this the Washington Stay at Home order will be lifted, but if not the MML team wanted to let you know that we are thinking of you during this challenging time. We recognize that while many businesses are closed, the pain you are experiencing from your injury is not going away. There are things you can do to help keep your injury case on track during this pandemic.

Contact your medical providers to confirm already scheduled appointments and find out if there are any new safety policies or procedures in place that will affect you.

Make sure you continue to keep a journal documenting the pain and any other symptoms you are experiencing and any difficulties you are having with everyday tasks.

If your doctor or therapist delays your appointments for the time being, please notify our office and ask the therapist for exercises or other treatment routines you can do at home.

Make sure to follow up with any imaging appointments that were canceled (MRIs, X-rays, CT scans, etc.) and ask to be rescheduled as soon as appointments resume.

Ask your physical therapist or doctor if telemedicine appointments are a possibility for patients to be seen remotely.

If you are taking medications for your condition or require any medical equipment, make purchases and have prescriptions filled as soon as possible to avoid shortages or delays. Some pharmacies are now delivering free of charge.

Look for apps on your phone to help you track physical therapy you are doing at home.

Understand that there will be delays with your case as local and Federal Courts have shut down. Courts and attorneys will be working together to accommodate any backlog once the courts reopen.

Let us know if you have the capability to have an online meeting by Zoom or other means in case the parties choose to proceed with depositions or other meetings.

Remain calm. Everyone is in the same boat, so just do your best.

We are available by phone at **425-276-7804** or email at **info@maxmeyerslaw.com** to address any of your questions and concerns. Stay healthy and safe!



INTERNATIONAL

Female Motorcycle Ride Day



What is International Female Ride Day?

International Female Ride Day (IFRD) is celebrated on the first Saturday in May. It is a global day celebrating the cultural, social and active lifestyles of women who ride and enjoy motorcycling.

Did you know female riders are the fastest growing segment of motorcycle riders? The day also marks a call to action for fast-tracking gender equality, awareness, and respect for women in motorcycling or motorsport.

Women make International Female Ride Day their day to "JUST RIDE!" doing what they can to promote and highlight women riders while making a positive difference for women in motorcycling everywhere. Each year the movement continues to expand and grow in such a way that has truly given it a unique global status. It is the largest all inclusive, borderless campaign for female motorcyclists of its kind, in the world.

Plus, just getting out for a ride with friends is a great way to free your mind of stress, relax, and have some fun - while still social distancing of course! Enjoy ladies and safe riding!

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 & giveaways!

Email Dawn at **dawn@maxmeyerslaw.com** or visit our website at **MaxMeyersLawVIP.com!**



LIKE US ON FACEBOOK!



Check out our Facebook page at [maxmeyerslaw/](https://www.facebook.com/maxmeyerslaw/).

Keep up-to-date with state and local news relevant to motorcycle and vehicle laws.

Shelly's RECIPE CORNER

Get your veggies in while enjoying this delicious Spring pasta dish!

Creamy Spring Tortellini with Peas, Asparagus & Bacon



Compliments of [foodcitynetwork.com](https://www.foodcitynetwork.com)

Ingredients:

- 9 oz three cheese tortellini
- ½ small yellow onion, thinly sliced
- ¾ cup peas (you can use frozen peas)
- 1 cup chopped asparagus
- 2 lg garlic cloves
- 1 cup heavy whipping cream
- ½ cup shaved Parmesan cheese
- Salt
- Fresh cracked black pepper
- 5-6 crispy slices of bacon
- Oil for cooking

Directions:

Cook tortellini according to the package instructions, drain and set aside.

Preheat a cooking pan over medium heat and add a couple of tablespoons of oil. Add onions and sauté until transparent. Add peas and asparagus. Sauté until asparagus starts to soften. Press in garlic and season with some salt and pepper. Mix well and cook veggies for about 5 more minutes.

Pour in heavy cream while stirring. Add shaved Parmesan cheese and stir until cheese is melted. Taste and add more salt and pepper if needed.

Stir in tortellini until completely mixed in and cook for a couple of minutes.

Chop crispy cooked bacon and stir it in right before taking the pan off heat. Recipe serves 2 people... enjoy!

The MML team has a bunch of local motorcycle events we will be at this year... assuming these aren't all canceled due to the CORONAVIRUS!

Please check our website www.maxmeyerslaw.com and our Facebook page www.facebook.com/maxmeyerslaw/ as we receive updates about local events over the next few months.



You can now find Max Meyers Law on [Nextdoor.com!](https://www.nextdoor.com)



MAX MEYERS LAW^{PLLC}

Where Accident Victims Get Help



IS SUNDAY, MAY 10TH

IN THIS ISSUE

Use Herbs & Spices to Support your Immune System

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International Female Ride Day

May Events

Shelly's Recipe Corner

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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.



5 Star Reviews FOR MAX MEYERS LAW!



"I was hit by someone who decided to lie about the situation... long story short, Max and his team stood up for me, got a reasonable settlement, and even better, convinced the adjudicator that I was truthful. I feel vindicated!" :)
-Emily Willis



"I had visited with other lawyers and they were all stuffy, looking down their nose at me. I then found Max's website and called. He is a real person! He talks to you in terms you can understand instead of "lawyer lingo" the others were trying to impress me with. We met and that meeting was very relaxed and down to earth and I hired him. Best decision ever. His entire staff is super friendly and they all make you feel

welcomed. I ended up working with a lawyer in his office named Naomi and she was absolutely fantastic too. We won the case and I couldn't be happier. As a bonus Max puts you on their mailing list and sends you safety gifts every year that are really cool. Thank you Max, Naomi, Richard and everyone else in their office."
- Joe



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