



MAX MEYERS LAW **SPOKE & WHEEL**



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FOODS THAT FIGHT INFLAMMATION IN THE BODY



Inflammation is often triggered when your body recognizes something that is foreign, such as an invading microbe, plant pollen, or chemical.

Occasional inflammation is ok when the body is fighting off those threatening invaders to protect your health. However, if inflammation persists day in and day out, even when you are not threatened by a foreign invader, it can become a problem.

Studies have shown that many major diseases – including cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's have been linked to chronic inflammation.

One of the best ways to fight inflammation comes from the food you eat. If you choose the right foods, you may be able to reduce your risk of illness. If you consistently choose the wrong foods, you could speed up the inflammatory disease process!

Here are some foods to **AVOID** or limit from your diet as much as possible:

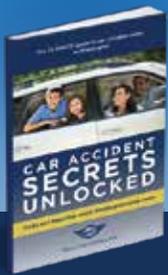
- Soda and other sugar sweetened beverages
- Red meat (burgers, steaks) and processed meats (sausage, hot dogs)
- Refined carbohydrates (white bread, pastries)
- French fries and other fried foods
- Margarine, shortening, and lard

Foods you should **INCLUDE** in your diet that help fight inflammation:

- Nuts (almonds, walnuts, etc.)
- Green leafy veggies (spinach, kale, collards)
- Fruits (strawberries, blueberries, cherries, etc.)
- Tomatoes
- Olive oil
- Fatty fish (salmon, mackerel, tuna, sardines)



To reduce levels of inflammation, aim for an overall healthy diet. If you're looking for an eating plan that is good for anti-inflammatory eating, the Mediterranean diet is a great suggestion! It is high in fruits, vegetables, nuts, whole grains, fish, and healthy oils, which are all suggested foods to help fight inflammation in the body.



FREE INSTANT DOWNLOAD

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

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

Go to our website www.WaCarAccident.com to get your free download now or call **425.276.7804** to have a copy mailed to you.

BECOME A VIP MEMBER TODAY!

Become a VIP Member today! Find out more about the Max Meyers Law VIP program at MaxMeyersLawVIP.com.



Do I Need UNINSURED MOTORIST COVERAGE?

We have seen a rash of cases where our clients were hit by at-fault drivers with no or minimal auto insurance. Washington State only requires drivers to buy and maintain \$25,000 in liability coverage to pay the medical bills and \$10,000 in property damage to fix damaged vehicles.

Uninsured motorist (UM) and Personal Injury Protection (PIP) are also required BUT can be waived in writing. **Did you waive these coverages? Bad idea!!**

Uninsured motorist (UM) and Personal Injury Protection (PIP) are your only tools to protect yourself from other driver's bad financial decisions.

SITUATIONS IN WHICH YOU WILL WISH YOU HAD UNINSURED MOTORIST COVERAGE

You will wish you had uninsured motorist coverage if you are in a car accident and:

- The at-fault driver is uninsured, in other words, does not have motor vehicle insurance. Some people do not buy the required auto insurance, or their policies lapse because of non-payment. Your liability insurance only pays the damages of other people if you cause a wreck, not your damages if somebody causes a wreck with you. **So, if you only carry liability coverage, your insurance company will not pay your medical bills and other damages.** If you have UM coverage, it will pay your damages if an uninsured driver caused the wreck.
- Your vehicle is in a wreck with a hit and run driver. Since the car did not stay at the scene, you have no way to find out which insurance company should pay your damages. If the other driver caused the crash but took off, your liability coverage does not cover your damages. Your uninsured motorist coverage would cover your damages.
- An uninsured or hit-and-run driver struck you

when you were a pedestrian or bicyclist. Your uninsured motorist coverage may cover you if you were a bicyclist or pedestrian at the time of the wreck.

RELATED COVERAGE: UNDERINSURED MOTORIST (UIM) COVERAGE

The minimum required coverage in Washington state is:

- \$10,000 for property damage
- \$25,000 for the injury or death of one person
- \$50,000 total for all injuries or deaths in an accident



The medical bills in a significant crash can exceed the minimum coverage of \$25,000. If the at-fault driver carries only the minimum coverage or has higher limits, but they are not enough to pay all your damages, you will be stuck with the excess medical bills to pay on your own.

To avoid getting caught in this situation, you can buy optional under-insured motorist (UIM) coverage as part of your auto insurance.

The way UIM coverage works is that the at-fault motorist's insurance pays first. After you reach the policy limits from that company, your UIM insurance should cover your damages that exceed the other driver's

coverage. We recommend at least \$300,000 in UM/UIM coverage on your vehicle policy.



YOUR OWN MEDICAL BILLS PROTECTION: PIP

Personal injury protection (PIP) is a first-party coverage that can pay your medical bills from a car accident, whether you or the other driver was at fault.

Washington State does not require drivers to buy PIP coverage, but your insurance company has to offer it. PIP can pay medical expenses, lost wages, and funeral expenses. PIP usually has relatively low policy limits, but the coverage can make the difference in having enough money to pay your damages.

We recommend at least \$35,000 in PIP coverage.

GET HELP AFTER AN ACCIDENT WITH AN UNINSURED OR HIT AND RUN DRIVER

If you suffered an injury in a crash caused by an uninsured or hit and run driver and you have questions about whose insurance coverage should pay your losses, give us a call **425-276-7804**.

We will be happy to evaluate your claim, analyze the insurance policies, and help you determine the best option to pursue a claim for damages suffered in the accident.

What clients are saying about us...

Absolutely invaluable!

Best Attorney anywhere!

"I hired Max for my car accident. Max and his staff were great in keeping me informed of everything. Even when Max was busy he would still take the time to answer any questions that I had. Max handled everything, all I had to do was heal. I would recommend anyone that needs an attorney to hire to go to Max's law firm."

- Denise Sabourin

Absolutely invaluable!

"We were in the market for a "slip & fall" lawyer, which we discovered was not that easy to find. We downloaded (for free!) Mr. Meyer's book, "Not Another Bad Lawyer" and read it entirely in one sitting. Mr. Meyers may not have been able to take our particular case but his advice was paramount to finding the right lawyer who would - and with a lot less work had we not learned what we did from that book. Anyone who doesn't take the time to read his advice will spend far more wasted time trying to wade through this process on their own. Absolutely invaluable! Thank you, Mr. Meyers!"

- Bo Lee

NOVEMBER EVENTS

SMALL PUBLISHER FESTIVAL NOV 3

Short Run Comix & Arts Festival showcases makers of books, zines, comics, and animation at Fisher Pavilion at Seattle Center. Free.

Visit www.shorrun.org for more details.

SWING DANCE CONVENTION NOV 8 - 12

Take professional workshops and enjoy DJ dances at Sea to Sky at the DoubleTree Hotel in SeaTac.

Visit the www.seatoskydance.com for more details.

USED SNOW GEAR NOV 9 - 10

Newport Snowsports Swap is a huge consignment sale that includes skis, snowboards, and snowshoes at Newport High School in Bellevue. Free.

Visit www.newportskiswap.com for details and schedule.

GHOST CONFERENCE NOV 16 - 18

The Port Gamble Ghost Conference features paranormal investigations, guest speakers, and ghost tours in the historic town of Port Gamble. Pre-register.

Visit www.portgambleparanormal.com/ghost-conference-2018.

BELLEVUE FOOD FAIR NOV 18

Shop for food and beverages from 70 "craft food makers" at Gobble Up in Meydenbauer Center. Free.

Visit www.gobbleupseattle.com for details.

PRE-THANKSGIVING RUN/WALK NOV 18

Green Lake Gobble & Mashed potato Munch Off is a 5K and 10K run/walk and free kids' dash on the partially closed road around Green Lake, with post-race beer garden and mashed potato eating contest.

Visit www.promotionevents.com/tg/home.html for details.

SANTA TRAIN NOV 24 - DEC 15

The Northwest Railway Museum runs a popular 20-minute Santa Train from North Bend to the Snoqualmie Depot for cookies and a visit with Santa.

Details can be found at www.trainmuseum.org/index.php/programs-events/santa-train.

NERDY HOLIDAY MARKET NOV 27

GeekCraft Expo Seattle Holiday Market promises "gifts for the geeks on your holiday shopping list" handmade by 70 vendors in Hangar 30 at Magnuson Park. Free.

Visit www.geekcraftexpo.com/gce-seattle-2018 for more details.

Shelly's RECIPE CORNER

SOUTHWESTERN Turkey Noodle Bake

This casserole is a great way to use up those turkey leftovers from Thanksgiving!

Ingredients:

- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 cans (14 ½ ounces each) diced tomatoes, undrained
- 2 cups water
- 1 can (4 ½ ounces) chopped green chiles, undrained
- 1 package McCormick Chili Seasoning Mix, Original
- 3 cups uncooked wide egg noodles

Directions:

Preheat oven to 375 degrees. Heat oil in large saucepan on medium heat. Add onion; cook and stir 3 minutes or until tender.

Stir in tomatoes, water, chiles, and Seasoning Mix. Bring to boil. Remove from heat. Stir in egg noodles, turkey, cream cheese and 1 cup of the shredded cheese. Pour mixture into 13 x 9 inch baking dish. Cover with foil.

Bake 15 minutes. Remove foil. Stir mixture and sprinkle with remaining 1 cup shredded cheese. Bake, uncovered, 5 minutes longer or until cheese is melted. Let stand 5 minutes before serving. Serve with assorted toppings, such as sour cream or guacamole, if desired.



Photo and recipe courtesy of www.mccormick.com

- 2 cups shredded cooked turkey
- 4 ounces cream cheese, cubed
- 2 cups shredded Mexican cheese blend, divided



*Fall
Back!*

Don't Forget!

**Daylight Savings ends
at 2:00am
on Sunday, November 4.**



**YOU CAN NOW FIND
MAX MEYERS LAW
ON NEXTDOOR.COM**

**THANK YOU FOR RECOMMENDING US TO
YOUR NEIGHBORS, FRIENDS & FAMILY.**



MAX MEYERS LAW^{PLC}

Where Accident Victims Get Help



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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.

OYSTER RUN RECAP



ANACORTES, WA | SEPTEMBER 2018

THANK YOU to all of you who came out to see us at the 37th Annual Oyster Run on September 23rd! It was another beautiful day and there was a lot of foot traffic this year. We had a lot of familiar faces stop by our booth to say hi and enter our **\$100 VISA gift card giveaway**.

Our winner was **Karen Diego** from Edgewood, WA.

Congratulations Karen!



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