



Larson Law Newsletter

July 2024



"May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right."

Peter Marshall

**Larson Law will be closed on
Thursday, July 4th & Friday, July 5th
in honor of Independence Day!**



**We wish you all a wonderful 4th of July
weekend!**

Personal Injury Terminology:

Loss

Loss is anything a plaintiff no longer has the benefit of. Losses include both physical and intangible things. A person who can no longer complete their trade due to injuries has experienced loss of earning potential. Someone who has lost the ability to be intimate with their spouse has experienced loss of consortium.



**Unlike many law firms, we want you to call us to talk about your case!
If it's been over 30 days we want to talk to you!
We need to hear from you!**

**Please, keep us posted about your recovery, care and treatment.
If you see a new doctor or get more x-rays or MRI's, let us know.
If you get new Health insurance, please let us know.
When the doctor says you are done treating, let us know.
If you are frustrated at the lack of progress, let us know!**

Red, White and Blue Crispy Rice Treats

Recipe Courtesy of Food Network Kitchen



Ingredients:

- Deselect All
- Nonstick cooking spray, for the baking dish

- 3 tablespoons unsalted butter, cut into tablespoons

- One 10-ounce bag mini marshmallows

- 5 1/4 cups crispy rice cereal, such as Rice Krispies

- 1/2 teaspoon blue gel food coloring (see Cook's Note)

- 1/2 teaspoon red gel food coloring

- 1/4 cup mixed red, white and blue sprinkles

Directions:

- 1** Line a 9-by-9-inch baking dish with aluminum foil, leaving a 2-inch overhang on two opposite sides. Spray the foil lightly with cooking spray.

- 2** Divide the butter and marshmallows among 3 medium microwave-safe bowls (1 tablespoon of butter and about 2 cups of marshmallows per bowl). Microwave 1 bowl until the butter has melted and the marshmallows have puffed, about 60 seconds. Stir in the blue gel food coloring until the mixture is smooth and no streaks of food coloring remain.

- 3** Working quickly, add 1 3/4 cups of the rice cereal to the bowl and stir with a rubber spatula until evenly coated. Transfer to the prepared baking dish and press into an even, compact layer. (Spray your hands with a little cooking spray to keep them from sticking when pressing the cereal mixture into the pan). Set aside.

- 4** Microwave another bowl of butter and marshmallows in the same manner. Stir together until smooth and combined (this will be the "white" layer). Stir in another 1 3/4 cups of rice cereal until evenly coated. Place on top of the blue cereal treat layer, pressing until even and compact.

- 5** Repeat with the remaining bowl of butter and marshmallows, microwaving until melted and smooth. Stir in the red gel food coloring until the mixture is smooth and no streaks of food coloring remain. Add the remaining 1 3/4 cups rice cereal to the bowl and stir until evenly coated. Place on top of the white cereal treat layer, pressing into an even, compact layer. While still warm, top evenly with the sprinkles, pressing gently so they adhere.

- 6** Let sit at room temperature until firm, about 30 minutes. Cut into 16 squares. Store the cereal treats at room temperature in an airtight container for up to 3 days.

These delicious and easy-to-make cereal treats will be the talk of your next Fourth of July party or summer cookout. The different layers are easily achieved with a few drops of food coloring, then the whole pan is topped with a dusting of red, white and blue sprinkles. Cut into squares and serve for a fun and patriotic treat.

<https://www.foodnetwork.com/recipes/food-network-kitchen/red-white-and-blue-crispy-ricetreats-8763415>

Chiropractic care for pain relief



February 15, 2021

Spinal manipulation primary therapy, but treatment options are expanding

Chiropractic is a system of therapy focused on the structure of the body, particularly the spine. Chiropractors manipulate the body's alignment to relieve pain and improve function and to help the body heal itself.

While the mainstay of chiropractic is spinal manipulation, chiropractic care may also include other treatments, including manual or manipulative therapies, postural and exercise education, and ergonomic training (how to walk, sit, and stand to limit back strain). Chiropractors today often work in conjunction with primary care doctors, pain experts, and surgeons to treat patients with pain.

The most positive research on chiropractic therapy has focused on spinal manipulation for low back pain. As one of the alternatives to pain-relieving drugs, the [American College of Physicians low back pain guideline](#) recommends spinal manipulation along with heat, massage, and acupuncture.

Chiropractic treatment may also help people with other musculoskeletal-related pains.

There have been reports of serious complications, including stroke, following spinal manipulation of the neck, although this is very rare.

"Spinal manipulation" is a generic term used for any kind of therapeutic movement of the spine. Most often it involves the application of quick but strong pressure on a joint between two vertebrae of the spine.

In addition to spinal manipulation, a chiropractor may advise you about changing your biomechanics and posture and suggest other treatments and techniques. The ultimate goal of chiropractic is to help relieve pain and help patients better manage their condition at home.

Article from Harvard Health Publishing - Harvard Medical School

- <https://www.health.harvard.edu/pain/chiropractic-care-for-pain-relief>

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We'd love for you to join and like our pages!

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