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## Larson Law Newsletter

### October 2025



"October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book"

- John Sinor

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# How to Keep Your Brain Healthy

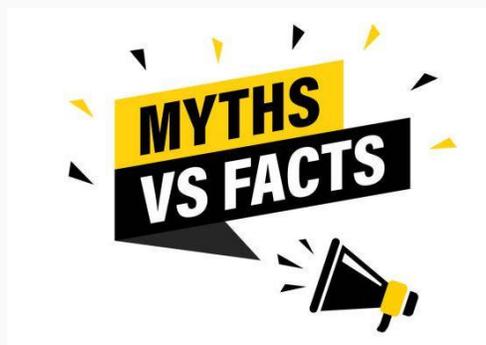


A healthy brain can help us solve problems, manage emotions, deal with stress, and unlock our goals in life. And just like we exercise other parts of our body, paying special attention to our brain to help keep it functioning optimally is important.

## **Here are a few tips:**

- Never stop learning. Continue to read about new things that interest you, learn a new skill, or pick up a hobby.
- Keep your brain stimulated daily with games and puzzles. Engaging socially with friends and family is also great.
- Get enough rest—ideally, seven to nine hours each night. Inadequate sleep is linked to slower thinking.
- Avoid a high sugar diet, as it may increase your risk of dementia.

\*\*Article from Harward Chiropractic



### **Myth vs. Fact: What Really Causes Back Pain?**

Back pain is one of the most common health problems—and it’s surrounded by plenty of myths.

Here are two common misconceptions, and the facts you should know.

#### **Myth #1: Bed rest cures back pain.**

**Fact:** Too much rest can actually make it worse! Light activity—like walking or swimming—often helps you heal faster.

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#### **Myth #2: Back pain is most often caused by a serious underlying condition.**

**Fact:** Most back pain comes from muscle strains or sprains, not serious problems like a disc or vertebrae issue. In many cases, it resolves on its own with time and proper care.

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#### **The Bottom Line**

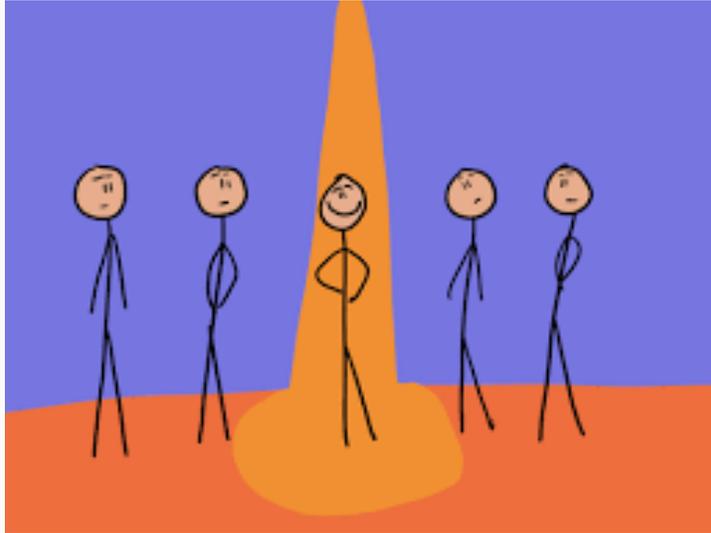
Back pain myths can be misleading. By understanding the real causes, you can take better steps to prevent discomfort and protect your spine.

✔ **Stay tuned for next month’s “Myth vs. Fact” column, where we’ll uncover another common misconception and set the record straight!**

Patient Care Article: <https://www.patientcareonline.com/view/8-common-myths-about-chronic-back-pain-plus-8-facts-that-refute-them?slide=1;8> Common Myths About Chronic Back Pain, Plus 8 Facts That Refute Them July 1, 2025 By [Grace Halsey](#)

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## GET TO KNOW OUR TEAM!



### **This month's Feature: Tracy Taylor**

#### **What do you do for fun?**

I love spending time outdoors on sunny days with my husband and our dog, often hiking to mountain lakes to fish or simply enjoying the scenery. I also enjoy watching our grandchildren play baseball and softball. When I'm at home, I love relaxing with a good book, working on puzzles, and, when I have the time, cooking and baking.

#### **Best part of the job?**

For me, it's all about the people. I love getting to know our clients, truly caring about their stories, and helping them achieve the best possible outcome. I also feel lucky to work alongside such wonderful coworkers who support each other and work as a strong, united team.

#### **Why pick Larson Law?**

Because we genuinely care about our clients. We fight to make sure they receive everything they deserve, and we prioritize clear communication, not only with our clients but also with their medical providers, to ensure nothing falls through the cracks.



### **We Want to Hear From You!**

Unlike many law firms, **we actually want you to call us** and keep us updated on your case!

If it's been more than 30 days since we last spoke—please reach out. Staying in touch helps us serve you better and make sure nothing slips through the cracks.

Here's what we need to know:

- ✓ **Any updates on your recovery, care, or treatment**
- ✓ **If you've seen a new doctor**
- ✓ **If you've had new imaging like X-rays or MRIs**
- ✓ **If your health insurance has changed**
- ✓ **If your doctor says you've completed treatment**
- ✓ **If you're feeling frustrated with your recovery process**

We're here to guide you through this—**but we need your help** staying informed.

**Call us. Email us. Let's talk.**

**We're your team, and communication is key.**



**Bring your Ghosts and Goblins by this  
Halloween Season!**

**We'd love to see you at the Larson Law Office.  
Stop in anytime this month and pick up a Halloween treat—it's our way of  
celebrating with you! 🍬 👻**

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## Halloween Candy Corn Gelatin Cups

A Halloween treat that's frightfully fun & easy!



### Ingredients

1 package lemon-flavored gelatin  
1 package orange-flavored gelatin  
2 c. whipped dairy topping

### Directions

Make lemon gelatin according to package directions. Place 1/3 cup in 6 1-cup drinking glasses. Chill until firm, at least 4 hours. Repeat process with orange gelatin, placing it on top of the yellow gelatin. Chill until firm, at least 4 hours. Top with whipped topping.



We are truly grateful for the trust you place in us to handle your personal injury needs.

Your referrals mean the world to us—they are the highest compliment we can receive.

If you know someone who could benefit from experienced legal support after an accident, we're here to help them get the care and compensation they deserve.

Rest assured, we'll treat them with the same dedication and respect we've shown you.

Thank you for your confidence in us!



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

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

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