



Larson Law Newsletter

November 2025



"It's a peaceful moment before a new year starts - like the calm before the storm. November seems like a good time to take a break and think about things, find meaning, and evaluate ourselves as the year comes to an end." - Ashley's World

A November Message from Our Team

As we move into the season of gratitude, we want to take a moment to thank **you** — our clients — for the trust you place in us. At this time of year, we're reminded that every case we handle represents a real person and a real story of recovery, resilience, and hope.

Whether you're healing from an accident or helping someone else through theirs, remember to take care of yourself this season. Slow down, drive safely, and make time for rest and connection with family and friends.

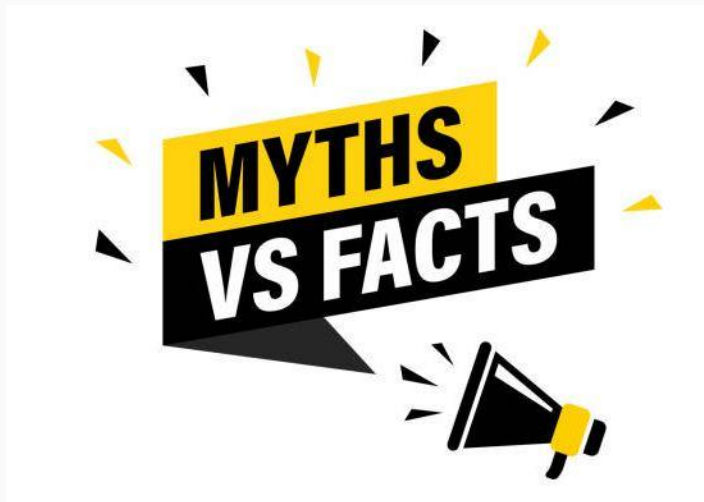
We're grateful for the opportunity to stand by your side and advocate for your recovery. From all of us at **Larson Law**, thank you for allowing us to be part of your journey.

Wishing you a safe, healthy, and happy Thanksgiving!



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Myth vs. Fact: What Really Causes Back Pain?

Back pain is one of the most common complaints among clients and professionals alike — especially for those who spend long hours sitting at a desk or behind the wheel. Let's separate a few myths from the facts!

Myth #1: Poor posture doesn't contribute to back pain.

Fact: Many people spend hours slouching at their computers or hunching over their phones. These habits can strain muscles and joints, leading to discomfort and even chronic pain over time.

Tip: Practice good posture — keep your shoulders back, your feet flat on the floor, and your screen at eye level. Consider investing in ergonomic chairs, sit-stand desks, or lumbar supports to help keep your spine happy and healthy.

Myth #2: A firm mattress is best for alleviating back pain.

Fact: There's no one-size-fits-all solution when it comes to mattresses. Some people find relief on a firm surface, while others prefer medium or soft support. What matters most is what feels comfortable and supports your natural spine alignment.

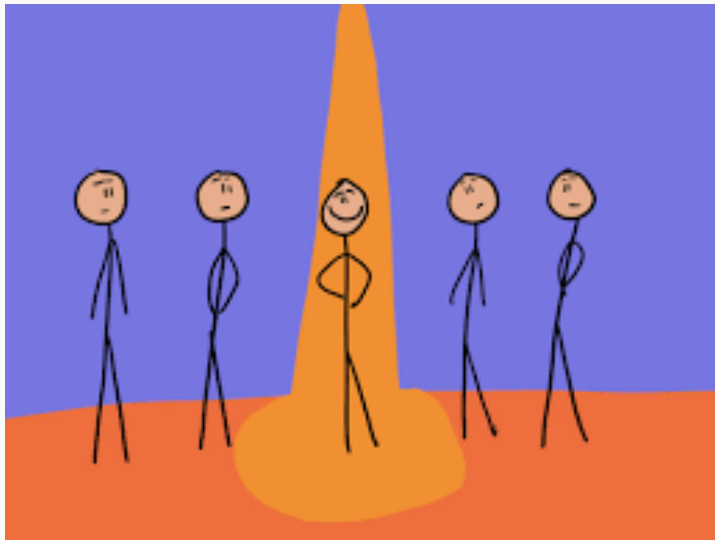
Tip: Many mattress companies now offer generous trial periods — take advantage of them! Try a mattress for a few weeks or even months before deciding if it's the right fit for you.

Remember: Small daily habits — from posture to sleep setup — can make a big difference in preventing or easing back pain.

✅ **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](#)

GET TO KNOW OUR TEAM!



This month's Feature: Kristi Jensen

What do you do for fun?

Play with my grandkids including tea parties, dance offs, and sleepovers, spending time with my husband (the love of my life), sing, doing 1000 piece puzzles, and watching Downton Abbey (and other British series).

Best part of the job?

Working client files (I am detail oriented), and helping them get the best result possible. I also really enjoy working with this fantastic group of co-workers.

Why pick Larson Law?

We don't cut corners and we do the job properly for our clients so they can get as much money in their pockets as possible.

13 Healthiest Fruits to Eat



Most people know that eating fruit is an important part of a balanced diet. But sometimes, fruit gets a bad rap — especially with diets that emphasize low sugar intake. You may have heard that the sugar in fruit makes it a less healthy option.

Keep in mind that the “best” fruit is usually the one you enjoy eating and that fits your individual health goals. We’ll explore how the natural sugars in fruit are different from artificial sugars and how you can get the maximum benefit from the fruits you eat.

Here are 13 of the healthiest fruits.

1. **Lemons**

Turning lemons into lemonade can do more than just boost your spirits. In a 2014 study on the most nutrient-dense fruit, lemons came out as the top citrus fruit.

Lemons (or lemon juice) have been found to help:

- Lower blood pressure
- Improve your immune system
- Help prevent kidney stones

Keep in mind: To get the full benefits of lemons, be sure to keep the pulp in the juice.

You can use both the juice and pulp in lots of ways, including in smoothies, lemon scones, and lemon-based salad dressings.

2. Blueberries

Blueberries contain anthocyanins, the special pigments that give them their rich color. They also have anti-inflammatory and antioxidant properties. Studies show that blueberries reduce the risk of:

- Heart disease
- Type 2 diabetes
- Excess weight
- High blood pressure

One small study found that blueberries reduce depression symptoms in adolescents and young adults. But more research is needed in this area. Blueberries may also help protect your brain from the effects of aging and improve brain function.

3. Apples

It turns out that an apple a day really can help to keep the doctor away. Apples are another “super fruit” with wide-ranging health benefits. These benefits include protection against cancer, heart disease, Alzheimer’s disease, and asthma.

There are lots of apple varieties, so it’s hard to say if there’s a “healthiest” apple. That said, one study found that Fuji and Red Delicious apples have particularly high amounts of phytochemicals with antioxidant properties.

4. Oranges

One large orange provides the recommended daily amount of vitamin C. But that’s not all. Citrus fruits like oranges also contain flavanones. Flavanones can help improve cognitive performance and keep your heart healthy.

5. Cherries

Like blueberries, cherries contain anthocyanins, pigments with antioxidant powers that have health benefits. Tart cherries, in particular, have also been linked to:

- Lower inflammation
- Reduced exercise-induced muscle damage in athletes
- Better sleep, thanks to their melatonin (sleep hormone) content
- Pomegranates

Pomegranate seeds are tiny, but they pack a big punch. Studies show that, among other health benefits, pomegranates can reduce the risk of diabetes, cancer, and high blood pressure. They're also rich in polyphenols, which have antioxidant and anti-inflammatory effects.

Animal studies have shown that pomegranate juice can help treat chronic inflammatory diseases, like inflammatory bowel disease (IBD). But more studies are needed to fully understand its potential health benefits for humans.

7. Grapefruits

Grapefruit is a powerhouse fruit that's low in calories and has a low glycemic index. It's also packed with furanocoumarins — compounds that fight cancer and promote bone health.

8. Tomato

Yes, tomatoes are fruit! They're a delicious addition to a burger or part of your favorite spaghetti sauce. In the 2014 study, tomatoes even ranked higher than lemons in nutrient-density quality.

Tomatoes provide multiple health benefits due to their phytochemicals and nutrients, like potassium, folate, and vitamin C. They also have lots of lycopene, a carotenoid that gives tomatoes their red color. Lycopene is also a powerful antioxidant and experts think it provides many of the tomato's health benefits.

Some of these benefits include:

- Anti-cancer properties
 - Cardiovascular disease prevention
 - Improved gut health
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- Healthier skin

9. **Avocado**

Avocados are rich in monounsaturated fats, like oleic acid. They're also a good source of fiber and potassium. Avocados provide many health benefits, including improving cholesterol, supporting heart health, aiding digestion, and boosting brain function.

There are lots of easy and fun ways to use avocados, including guacamole. Add some tomato, and you have a tasty, nutrient-dense snack.

10. **Strawberries**

Strawberries are a nice topping for lots of different foods. They're nutrient-dense, high in fiber, and low in sugar. Like blueberries, strawberries contain the plant chemical anthocyanin, with antioxidant and anti-inflammatory properties.

One long-term study looked at people born female who ate more than three servings of strawberries and blueberries each week. Over 18 years, these people had a lower incidence of heart attacks.

Strawberries also appear to have cancer-fighting properties. A study found their anti-inflammatory effects improved arthritis pain in people with a body mass index (BMI) over 30.

11. **Pineapple**

Pineapple is a tropical fruit favorite, rich in:

- Fiber
- Vitamins
- Minerals
- Flavonoid antioxidants

Pineapple also contains bromelain, a protein that helps break down foods. A small study in the Philippines found that kids who ate more canned pineapple had fewer viral and bacterial infections.

In one study, bromelain-based gels helped with burn care. Oral bromelain also seemed to help with pain management and swelling after oral surgery.

12. Watermelon

As its name states, watermelon is a good source of water. Snacking on watermelon is a great way to stay hydrated and refreshed when the temperatures rise. It's also a good source of vitamin A, vitamin C, and other antioxidants. Like tomatoes, watermelon is rich in lycopene. It also has the amino acid citrulline.

One study found that watermelon improves chemical markers linked to atherosclerosis. Another study showed it improved blood pressure and reduced body weight in people who are considered overweight or obese. Research also reveals watermelon extracts have anti-cancer properties.

13. Kiwifruit

Kiwifruit, or simply kiwi, is rich in vitamin C, vitamin E, and folate. Despite its small size, kiwifruit can deliver a lot of nutrition to support your immune system, digestion, and metabolic health. A cup of kiwi also contains 5.4 g of fiber and 2.1 g of protein.

The skin of kiwifruit has a fuzzy texture, so many people choose to peel it off or cut the fruit in half then scoop out the inside. But if you want more fiber, you can bite into it and eat it whole.

Is all fruit healthy?

Yes. Studies show that fruit has a wide variety of health benefits — from reducing the risk of heart disease to helping with weight management.

Some of the things that make fruits good for you include:

- Low salt content
 - No harmful fats or added sugar
 - High fiber content
 - Prebiotics and essential nutrients your body needs
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- Vitamins such as vitamin C, potassium, and folate
- Phytochemicals (naturally occurring compounds in plants that often have antioxidant and anti-inflammatory properties)

Experts agree, too. The FDA updated its definition of “healthy” to focus on nutrient-rich foods. Under their definition, all whole fruits qualify as healthy.

Is the sugar in fruit good for you?

Fruits contain natural sugar in the form of fructose and glucose. These natural sugars are different from the artificial sugars added to processed foods.

Natural sugars don’t cause your blood sugar to spike as rapidly as artificial sugars. Fruits also contain fiber, which slows digestion and helps your body process sugar in a healthy way.

What makes certain fruits ‘healthier’ than others?

Even though all fruits are good for you, some may have more health benefits than others. Depending on your specific health goals, there are many ways to look at what makes some fruit “healthy.”

Here are some ways to define the healthiest fruits:

- **Nutrient density:** This refers to how many nutrients, especially vitamins and minerals, a fruit contains. Citrus fruits, for example, are especially rich in vitamin C.
 - **Glycemic index:** This measures how quickly a food increases your blood sugar. This is most relevant for people with diabetes or those with a higher risk of diabetes, who may want to choose fruits with a low-glycemic index.
 - **Calories:** While fruits are generally low in calories, some have more calories than others. This might be helpful to consider if you’re trying to lose or gain weight.
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- Specific nutrients: Researchers are learning more about the unique nutrients in different fruits — like anthocyanins in blueberries — and how these nutrients provide specific health benefits.

Which fruits are best for weight loss?

If you're focused on weight loss, you may prefer to eat fruit that helps you feel full while reducing calorie intake. Examples of low-calorie fruits include:

- Cantaloupe
- Peaches
- Watermelon
- Strawberries
- Papaya
- Grapefruit

Which fruits are best for people with diabetes?

People with diabetes may benefit from fruits that are lowest on the glycemic index. These include:

- Blackberries
- Apples
- Grapefruit
- Oranges
- Cherries
- Strawberries

Should I avoid certain fruit if I'm taking medication?

If you're taking medication, talk with your healthcare team about possible interactions with food. In particular, grapefruit (and grapefruit juice) is known to interact with multiple types of medications.

How does nutritional value change between forms of fruit?

Many people think fresh fruit is best. But there are a lot of ways to get the nutritional benefits from fruit:

- Frozen fruit has all the same benefits as fresh fruit. In some cases, it may even preserve some nutrients better than fresh fruit.
- Canned and preserved fruit also keeps its nutritional value. Just be sure to avoid products with added sugar.
- Freeze-dried fruit loses some water-soluble nutrients. But it still keeps about 90% of its nutrients.
- Dried (dehydrated) fruit also keeps most of its nutrients. But watch out for added sugar — especially in dried fruits like cranberries, mangos, and pineapples.
- Fruit juice is often missing fiber, so you'll be missing out on those digestive benefits. Stick with 100% fruit juice to get a good amount of nutrition. That said, too much juice — even without added sugar — can still cause bigger spikes in your blood sugar.

Key takeaways:

- Fruits are an excellent source of fiber and vitamins, which are good for your body and overall health. They're naturally low in salt, fat, and added sugar.
 - While all fruits are good for you, some have strong scientific evidence of specific and advanced health benefits. Examples range from lemons, blueberries, and apples to oranges, raspberries, pomegranates, and grapefruit.
 - You can get the health benefits from fruit in a variety of forms — fresh, frozen, canned, or freeze-dried. Even 100% fruit juice can still offer some health benefits.
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The bottom line

Researchers are still uncovering all of the ways that fruit can benefit your health. From cancer prevention to heart health, studies show that fruits have a wide range of nutrients and health benefits. Since you can get the same benefits from fresh, frozen, dried, or canned fruit, it's easier than ever to find ways to enjoy these sweet bursts of healthy flavor.

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Farzon A. Nahvi, MD

Written by Karen Hovav, MD, FAAP | Reviewed by Farzon A. Nahvi, MD

Updated on October 24, 2025

Article from GoodRx - <https://www.goodrx.com/well-being/diet-nutrition/healthiest-fruits>



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.

November Recipe: Harvest Sweet Potato Bake



Nothing says November like a warm, comforting side dish! This **Harvest Sweet Potato Bake** is perfect for Thanksgiving—or for any chilly evening when you want a little taste of fall.

Ingredients

- 4 medium sweet potatoes, peeled and cubed
- 2 tbsp butter, melted
- 2 tbsp brown sugar
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp salt
- ½ cup chopped pecans (optional)
- Mini marshmallows (optional, but let's be honest... they're the best part!)

Directions

1. Preheat oven to 375°F.
2. In a large bowl, toss the sweet potatoes with melted butter, brown sugar, cinnamon, nutmeg, and salt.
3. Spread the mixture into a greased 9x13 baking dish.
4. Bake for 25–30 minutes or until the potatoes are tender.
5. Top with pecans and/or marshmallows, then bake for another 5–10 minutes until golden and gooey.

Tip

Try swapping half the sweet potatoes for cubed butternut squash for a lighter twist!



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!



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

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