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# THE POWER OF POWER NAPPING

## A 15-Minute Nap Can Boost Your Mood, Happiness, and Health

To some, a nap is a vital part of a daily routine. To others, naps are accidents and should be avoided. Power naps — also known as “cat naps” — are short, usually around 15–20 minutes, and many believe such a tiny amount of sleep can’t be helpful. You can’t even get to the REM sleep stage. However, peer-reviewed studies show power naps can have many benefits for their minimal time investment. Here are three ways you benefit from adding a 15-minute sleep session to your daily routine.

### Think Clearer

Napping is excellent for sharpening your cognitive powers. High sleep quality leads to better memory, fast response times, and mental clarity, so a power nap is perfect for fitting a little more into your schedule. But while a cat nap can sharpen your focus, a longer nap might hinder you. Long naps go through the entire sleep cycle and result in grogginess, impairing brain function for a short time.

### Lower Stress

People get cranky when they’re tired. Less sleep causes aggression, emotional outbursts, and mood changes. Adequate sleep makes you feel a lot better — emotionally and physically. While power naps aren’t the solution to every problem, they can be a lifesaver in high-stress situations. Consider taking a cat nap if you’re under a tight

deadline. Doing so can boost productivity and lower stress levels.

### Live Longer

Power naps help more than just the brain. They also benefit the cardiovascular system, as regular naps can lower blood pressure, which means you’re at a lower risk of a stroke or heart attack. People who don’t get enough sleep have more frequent headaches, immunological issues, and an increased appetite. Gaining weight then leads to many other health problems, so those who want to lose weight should also watch their sleep schedule.

In short, fit a power nap into your schedule regularly. Cultures around the world take midday naps for a reason. If power naps don’t help you feel better, consider visiting a doctor. Constant exhaustion — especially insomnia — can indicate other health problems lurking.



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# MIND, BODY, AND BIOHACKS

It’s time to get healthy and detox. That’s right, it’s February — Purification Month. Ever since the Roman Empire spanned the Mediterranean, the second month of the year has been recognized as the season of rejuvenation and renewal.

If you’re into fitness like me, you’re excited. I’ve been into biohacking recently. It’s the art of working smarter, not harder, through state-of-the-art tech to get more efficient workouts. There’s truly no time like the present to be interested in health and wellness. From every part of life, there’s a way to do it better.

### Lift More, Not Less

For a while, people argued we should all lift lighter weights more often. That’s not always the case.

For those seeking high muscle mass, lifting the heaviest weights you can manage, like 70s bodybuilders did, is more effective. You should do it almost to the point of muscle failure. If you go beyond that, you will only take longer to recover.

You want to keep increasing the weight every time you lift. Of course, you can’t go up 5 pounds every other day. I use an adaptive resistance machine that gets a little heavier using motorized resistance.

### Dive Into Cold Water

I’ve been taking advantage of the winter weather to plunge into my ice-cold pool. I swim in it for 10 minutes and just let my body freeze. It’s absolutely rejuvenating, and it’s good for me, too.

Jumping into cold water shocks your body so much that it releases a storm of proteins. These proteins reduce inflammation, boost muscle recovery, and strengthen the immune system. Cold water swimming can be addictive: Your body releases endorphins, producing an intoxicating, almost euphoric effect. Lastly, it positively impacts mental health, as it causes the body to produce anxiety-fighting norepinephrine.

Athletes love cold therapy and sit in barrels full of ice after workouts. Sports health centers are investing in high-tech cryo chambers. The

benefits of cold-water swimming are far from a modern revelation — people have been diving into chilly water for centuries. Europeans have gone for swims in the frigid waters of the North Sea at least since the 16th century, while the oldest polar bear club in the U.S. started in 1903.

### Sleep Soundly

We sleep about a third of our lives, but we’re only now realizing how important it is to our health and fitness. A robust sleep schedule is essential for your entire body; it reinforces your immune system, improves cognitive function, and more. Everyone needs 7–9 hours of sleep, which must be high-quality, too. That means going through all the cycles, especially deep sleep, at an optimal rate.

Biohackers are doing all sorts of things to get the best sleep possible. They avoid electronics like cellphones and tablets before bedtime and utilize high-tech devices that measure their sleep quality.

### It’s in the Genes

DNA testing is on the frontier of modern medicine. The more we know about our genetics and the diseases we’re susceptible to, the easier it is to prevent. For example, if you have a gene that suggests you’re more likely to get skin cancer, you can be more proactive about wearing sunscreen.

If you want to get your DNA tested, buy a test online. Gene testing is more affordable than ever. While most use 23andMe and Ancestry, more comprehensive tests are available as well.

Biohacking has just begun. The field of human biology continues to make new and exciting discoveries, and our potential continues to grow every day.

There’s no better time to start biohacking than the present, during Purification Month. Let me know if you want to know more about biohacking and all of the possibilities.

*Marc L. Shapiro*





Photo: Georges Biard

# Beyond the Stage

## Philip Seymour Hoffman's Estate Oversight

A glaring issue with Hoffman's will was its outdated status, failing to encompass his entire family. Drafted in 2004, it only acknowledged his son, Cooper, with daughters Tallulah and Willa, born after that, absent from the document. This oversight necessitated a complex navigation through New York's probate system, showcasing the need for everyone to update their will regularly.

The situation raised significant questions about how Hoffman's daughters figured into the estate since they were born after the will's creation. Thankfully, New York law, like many other states, offers protection for children in this situation, provided there's no explicit intent to exclude them.

Hoffman's choice not to marry O'Donnell further complicated matters, leading to a

substantial estate tax burden. Unmarried, Hoffman's estate faced a staggering tax rate of up to 40% federally and 16% in New York State, culminating in a potential \$14 million tax bill from his \$35 million estate. Marital status plays a crucial role in estate tax liabilities, something entrepreneurs with significant assets should note.

Hoffman's case exemplifies why proactive and continuous estate planning matters. Regular updates to one's estate plan can significantly ease the burden on your loved ones during times of grief. It's a stark reminder to meticulously manage and regularly revise your estate plans, especially for entrepreneurs overseeing considerable assets. It ensures your final wishes are honored, and your loved ones are provided for.

The unexpected demise of actor Philip Seymour Hoffman at just 46 shocked the world and brought to light the intricacies of estate planning. His passing left behind a substantial estate worth over \$35 million, primarily bequeathed to his long-term partner, Marianne O'Donnell.

## Hit-and-Run Survival 6 Steps for Victims to Take

When someone crashes into your car and flees the scene, they've committed a hit-and-run. If this happens to you, it's essential to act immediately. You must take several important steps to ensure you get the justice you deserve.

**No. 1:** The first thing to do is ensure your safety. If you were hit while driving, park in a safe place (if you can) and make sure everyone is okay. If you were parked, don't move your car. Call the paramedics if necessary.

**No. 2:** Report the crime to the police whether you were in the car or not. Make sure to give as detailed a description of the event as possible and take pictures of any damage to your vehicle.

**No. 3:** Scour the scene for evidence. In many hit-and-runs, perpetrators leave evidence that can help police identify them. If you do find anything, don't touch it.

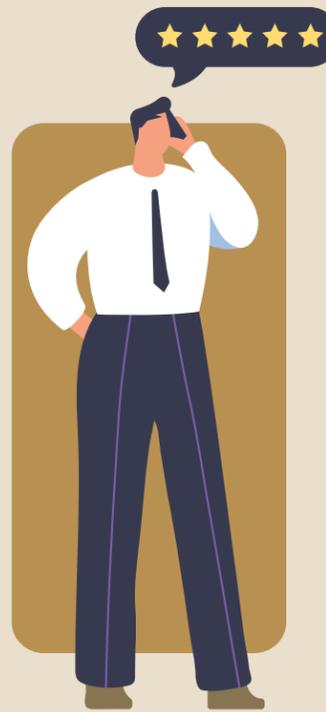
**No. 4:** Speak to eyewitnesses who saw the hit-and-run and write down their contact information. They can be beneficial for helping police identify who hit you.

**No. 5:** Take pictures of everything, especially damage to your vehicle. Doing so allows you to prove to both police and insurance agents the full extent of the damage.



**No. 6:** Contact your insurance provider. If found, the perpetrator's insurance will cover the costs of car repair and health care. Unfortunately, most hit-and-runs are unsolved in Florida, so your insurance provider will likely be on the hook. You should have uninsured motorist coverage, which will pay for a substantial portion of car repair costs. Meanwhile, personal injury protection — required for all Florida residents — will compensate you for some medical bills.

Finally, call your personal injury attorney. We specialize in events like these. If police find the driver, we can help you get the compensation you deserve. Moreover, insurance providers don't recognize an injury's true impact on someone's quality of life; it often takes an attorney to remind them. If you are the victim of a hit-and-run, contact us immediately.



## What Our Clients Are Saying

"I believe that the individuals at this firm are good people with a great work ethic. During a case involving me and my daughter, there wasn't a single day I was worried about what the verdict would be. If you have a call, then they're on it! It feels as if they are family. I appreciate everyone for working so hard on my case! I 100% recommend this firm."

—Fritznel Saint Fleur

"Thank you to the Law Offices of Marc L. Shapiro, P.A.! I was in a vehicle accident on May 3, 2023, in Fort Myers, Florida. I had 70-plus total appointments, which included physical and brain therapy. I had many MRIs and X-rays. I had a major concussion and 12 discs that were either herniated or slipped. Marc L. Shapiro, P.A.'s office was fantastic through the entire process. I can't thank them enough!"

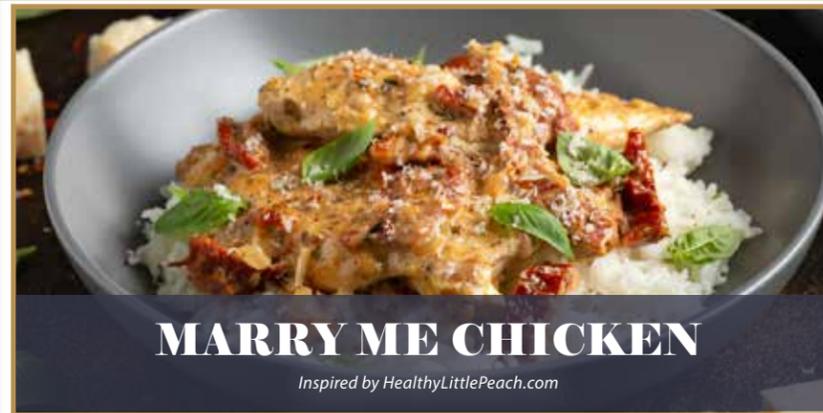
—Mary Gagnon

"Thank you, Marc. L. Shapiro and the staff and the team of the law firm."

—Sonia Howe

"I had the best possible outcome of my case — it was so seamless and easy! Thanks again!"

Your reviews offer us valuable feedback, but when you recommend our services to others, that's the ultimate form of praise! Please share your experiences with the Law Offices of Marc L. Shapiro, P.A., on Google or [Facebook.com/AttorneyShapiroLaw](https://www.facebook.com/AttorneyShapiroLaw). Your comments empower us, make us better, and allow us to help others.



### MARRY ME CHICKEN

Inspired by [HealthyLittlePeach.com](https://www.healthylittlepeach.com)

This dish will have your guests going down on one knee to marry you ... or this delicious chicken. Remember, the quickest way to someone's heart is through their stomach!

#### Ingredients

- 3 boneless chicken breasts
- 1 tsp salt and pepper
- 1 tbsp olive oil
- 3 cloves garlic, minced
- 1 cup chicken broth
- 1/2 cup heavy cream
- 3/4 cup sun-dried tomatoes
- 1 tsp dried oregano
- 1/2 tsp red pepper flakes

#### Directions

1. Season chicken with salt and pepper. In a skillet over high heat, add olive oil and allow it to heat up. Then add chicken.
2. Let cook for 6 minutes or until golden brown. Repeat on the other side. Remove cooked chicken to a plate and set aside.
3. Reduce heat to medium and add minced garlic, broth, and heavy cream to the skillet. Stir sauce for 1 minute.
4. Add sun-dried tomatoes, oregano, and red pepper flakes to the mixture.
5. Bring sauce to a simmer, then reduce heat to medium-low. Add chicken back to the skillet, coating each side. Cook until chicken reaches 165 F.

## Word Search

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