

BIOHACKING

Would you like to perform at maximum efficiency? Heck, who wouldn't? Have you ever had those energy crashes after lunch? Have you ever felt drained a few hours after waking out of bed? The moment someone wakes up, the only thought for many is often times "when can I go take a nap?" Learning how to maintain an efficient energy level throughout the day is challenging. Having a full-time job is challenging enough, when you add family and kids to the equation, the margin for error gets rather... slim.

What if there was a way to become more efficient? A more and more common terminology thrown around lately is called biohacking. Semantics aside, the true definition of biohacking is – the activity of exploiting genetic material experimentally without regard to accepted ethical standards, or for criminal purpose 😏

However, this is not exactly what we are discussing here. In our everyday 'lingo,' this has more to do with the ability to maximize your body and mind's output using an uncommon approach. Here are some that have been extremely useful, reported not only by yours truly, but a growing community trying these out.

Here is the first one, and most likely not the most pleasant – a cold shower. Before going into the biological benefits, know that consistent cold showers will massively build will-power. Who doesn't need more of that in their lives? After doing something like this early in the morning, there aren't too many things that can get you riled up throughout the day. Believe it or not, it has been shown to increase your testosterone and boost fertility. It is no mystery that as one gets older, the sexual drive decreases as well. This is one method to fight off Father Time.

Your lymphatic system, the one responsible for getting rid of waste from your cells, also gets a boost in the process. Cold showers help drain the lymphatic system faster. By alternating between a cold and hot shower, the contraction of those lymph vessels will help fight off common colds, infections and joint pain. Watch what cold showers can do, it will boost your immunity system, and get your body to become anti-fragile.

We could elaborate but hopefully 😏 you get the point by now. The countless benefits cold showers bring forth makes the unpleasant initial jump worth it all.

Here is another pointer – try to have your first meal as late as possible. As a society, we have grown accustomed to feeding ourselves from the moment we wake up to a few minutes before going to bed. Giving your digestive system long pauses is not only healthy for long-term living, but you will further notice that your mental awareness will expand significantly. Add a bullet-proof coffee to that routine, and the sky's the limit!

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SPECIAL ANNOUNCEMENT

'Tis the month of St. Patrick's Day! Have a fun and responsible day on the 17th! For your history lovers out there, did you know that this day commemorates the arrival of Christianity in Ireland. It has now grown into an overall celebration of the heritage and culture of the Irish in general.

Continuing down memory lane for a moment, the book of the month will be about Patti Smith – Just Kids. This is a chronicle of two young kids helping each other fulfill the other's dream. Though none of us are rock stars, we could use some of that inspiration in our daily lives. You will find this one to be a very enjoyable read! 😊

There is a lot of talk about the state of the economy and real estate at the moment. Don't worry, we will not attempt to forecast what is about to come. However, we will discuss some good principles to abide by, particularly regarding our Baby Boomer generation. We will find out why the old adage 'location, location, location' is not always the right formula for everybody.

Yep, this is a full month people, we have a lot to cover together. Interested in finding out more about why Closed Wyoming LLC is such a strong asset protection tool, feel free to reach out to us at 714-966-2646 to get our new, complimentary CD on the subject!

March 2019

"At our Firm,
Your Estate Plan
is Not Business,
it's Personal.."



Patrick P. Phancao

Asset Protection, Estate Planning,
Medi-Cal Planning and Business Planning

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Estate Planning, Probate Administration, and
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You have to be burning with an idea, or a problem, or a wrong that you want to right. If you're not passionate enough from the start, you'll never stick it out.

- Steve Jobs

WHAT'S WITH ALL THE OFFSHORE REPORTING?

Last month, we took a deep dive into the world of OFAC (Office of Foreign Assets Control). Just as its name implies, it does entail a degree of control over economic and trade sanctions in support of U.S. national security and foreign policy objectives. A modest goal in life should be to never make it onto that list.

A related agency of OFAC is the Foreign Account Tax Compliance Act, abbreviated and well-known under the moniker FATCA. This law is much more recently enacted, back in 2010 to be precise. Paying taxes and people trying to avoid such obligations is as old as time. FATCA was theoretically implemented to detect U.S. resident taxpayers' offshore financial interests. As you may know by now, the intended purpose and its application are two separate outcomes entirely. What ended up happening is it reeled in many non-resident U.S. citizens and an unintended reporting burden on many.

The overarching goal is quite simple – prevent U.S. persons from using banks and other financial institutions to avoid taxation on income generated from such wealth. Whether you are a fan of Trump or not, he attempted to encourage the reporting of countless billions of dollars back into the U.S. by giving the opportunity to self-declare for individuals and companies, all the while minimizing the penalties that would be implicated under a different scenario.

A few large institutions complied, and several millions of dollars were successfully brought back. The reality that is not often shared is that the forecasted amount the administration anticipated ran in the billions. Thus, even two or three hundred millions pale in comparison to what was anticipated. It appeared that Corporate America elected to take a chance at continuing not to report, at the cost of losing too much of its profit margin sitting offshore.

On the individual level, it has created an incredibly frustrating inability to open offshore bank accounts. Forget the fact that you intend to be 100% compliant, both domestically and offshore, the administrative nightmare incurred by EU banks have made them simply not interested to on-board U.S. citizens.

This brings us back to what we often like to discuss, offshore asset protection. What good is an offshore trust if you can't open a simple bank account? Believe it or not, this is the reality we live in today. But do not lose hope ye' of little faith!

With a little knowledge and perseverance, there are still very reputable financial institutions willing to on-board such individuals... So long as you are willing to be patient and extremely transparent. On some occasions, some clients had more luck coming out and stating their 'reputational tarnish' then letting the bank find out on its own. Do the former, you are guaranteed to be kicked out of the bank and reported to other institutions. Do the latter, a bank will evaluate its internal risk factor and comfort, and you may be surprised as to how open they are; so long as you are honest through and through.

The moral of the story is that offshore asset protection is a complex universe, come prepared and be ready for a long journey. However, once you are set-up, you'll be amazed how secure you and your family's financial well-being will be...

Just Kids

By Patti Smith

Just Kids is a memoir written by Patti Smith published on January 19, 2010. Here, Patti narrated her life with artist and photographer Robert Mapplethorpe. She brings us to their colorful, vivid, and later-turned-complicated relationship as friends, lovers, and soul mates.

Just Kids is for dreamers. It appeals to the readers' drive to chase their dreams no matter how bold the aspirations could get. Patti was born in a poor family. She took her chance to chase her dreams and went to New York City to follow and join her poetic inspirations – Baudelaire, Blake, Genet, the Beats, and Rimbaud.

Just Kids is for lovers. This book tells the stories of young hearts that fell in love. This book is an honest story of how love and friendship flourished; acceptance and willingness to appreciate the person who is a representation of almost half of your persona. They met when they were both poor yet determined to make it as artists. They lived a hard but artistically fulfilled life in a small apartment in New York. They were both struggling artists, not ever aware that both would grow to be incredible successes in their respective fields. Soon, they both discovered that Mapplethorpe was gay. Though much more accepted as way of life today, in the 60's and raised Catholic, Mapplethorpe tried to suppress his emotions, but Patti Smith knew better, and allowed him to accept himself as he was.

Just Kids is about life and history. Smith allows the readers to have a clear picture of the exciting days of New York City in the 60's and 70's, when the City that Never Sleeps was a picture of vivid history and remarkable artists. This book allows you to connect to the past and recognize how poetry and lyrics shaped Jazz, and how the city became a cultural capital of the western world.

As both get older, this book outlines the story of two young kids becoming successful adults. For those of us not part of the millennial generation, it is sure to bring back some incredibly good memories and historical moments that shaped all our lives.

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Creating an efficient morning routine can set you down the path to incredible efficiency for your day, and in turn your life. If you are in a funk or in need of reinvention, try these simple little steps, and let me know how you feel?

As always, we are here to help you in any way we can, whether legal or medical 😊

StandUp For Kids Gala

JOIN US IN SUPPORTING
THE OVER **27,000 HOMELESS YOUTH**
IN ORANGE COUNTY!

CHUCK JONES CENTER FOR CREATIVITY

ENJOY DINNER, DRINKS, DANCING, LIVE AUCTION,
AND A NIGHT OF ENTERTAINMENT.

MAY 4, 2019 at 6 PM



MC Our Very Own



Shadi Shaffer., Esq

Raffle Prizes - Entertainment

StandUpForKids.TicketLeap.com/SUFK2019Gala

STANDUP FOR KIDS is a non-profit organization whose mission is to end the cycle of youth homelessness. Through an organized outreach program and dedicated volunteers, youth are provided with housing and basic necessities, in order to move from surviving to thriving. If your company is interested in sponsorship opportunities, email Justine Palmore at: orangecounty@standupforkids.org. Visit www.standupforkids.org/orangecounty to learn more.



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How Bosses Celebrate Employee Appreciation Day

This month we celebrate the “Employee Appreciation Day.” Employers grab the opportunity of rewarding and thanking their employees or workers for hard work and contribution to the growth and success of their company. It’s a great time to show workers how much bosses appreciate them.

A few ways to do it include organizing an outdoor team-building activity and giving them a day off or hosting an after-work party. Some bosses also take pictures of the team and posts them on Facebook and other social media pages. No matter how you want to show appreciation or give thanks to your workers on this day, it’s the thought that counts.