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Laughter is the best medicine. (No joke!)

A University study shows that a sense of humor may help keep you from having a heart attack.

Michael Miller, M.D., Director of the Center for Preventive Cardiology at the University of Maryland Medical Center says, "We know that exercising, not smoking, and eating healthy foods will reduce the risk of heart disease. Perhaps regular, hearty laughter should be added to the list. The recommendation for a healthy heart may one day be - exercise, eat right, and laugh a few times a day."



Why Turn Off the Electronics?

Do you suffer from FOMO, or the fear of missing out. We see this anxiety in the majority of smartphone users who feel uncomfortable if they are not in direct contact with their phones - and their many electronic connections - 24/7/365. A dead battery and no charger can bring upon a panic attack.

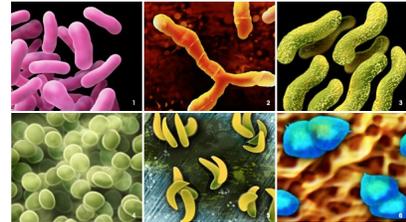
Why does anxiety about needing to stay in contact negatively impact sleep? First, those who are anxious about staying connected are more likely to use their technology right up until bedtime. We now know that the blue wavelength light from LED-based devices (phones, tablets, computers) increases the release of cortisol in the brain, which makes us more alert, and inhibits the production of melatonin, which is needed to fall asleep. That's why you should turn off all devices an hour prior to bedtime. The Mayo Clinic says that if you do choose to use technology during the hour before bedtime, keep it 14 inches from your face and dim the brightness, which helps reduce the blue light and increases the natural melatonin release.





From rupees to euros, paper money is one of the most frequently passed items in the world. A study conducted by New York University researchers analyzed the DNA on 80 one-dollar bills from a Manhattan bank. You might be very surprised at the varieties of DNA they found on dollar bills. They included DNA from bacteria, viruses, horses, dogs, and even a white rhino. These single-celled microbes are everywhere and the researchers identified more than 3,000 kinds on the money they studied. The human touch just makes the problem worse. Bacteria feed on the waxy residue of skin and oils that builds up on bills.

So what can you do? Try to keep your hands away from your eyes, nose, and mouth. Wash your hands often, especially after handling cash. And whatever you do, don't lick your fingers to help separate bills when you're counting cash!



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