



Florida Insurance Brokers, simplifying a complicated subject like insurance and helping you design a benefit package that will attract and maintain a healthy, talented workforce.



Eat More Fiber!

Fiber is a type of carbohydrate that the body can't digest. Though most carbohydrates are broken down into sugar molecules called glucose, fiber cannot be broken down into sugar, instead it passes through the body undigested. Fiber helps regulate the body's use of sugars, helping to keep hunger and blood sugar in check. Fiber rich foods are important for gut health because they can help the body's digestive system work more efficiently. As well as breaking down foods and absorbing nutrients, the gut has a massive impact on how well our mind and body functions.

Many different studies have highlighted how eating a diet high in fiber can boost your immune system and overall health, and improve how you look and feel.

Most people in the United States do not get enough fiber from their diets. According to some estimates, only 5% of the population meet the adequate intake recommended. There is no fiber in meat, dairy, or sugar. Refined or "white" foods, such as white bread, white rice, and pastries, have had all or most of their fiber removed.



What Happened to the Hurricanes



The 2022 hurricane season is off to a historic start but for reasons tropical weather experts didn't believe were possible when hurricane outlooks were released during the spring. This was only the third August since 1950 that the Atlantic saw no named storm; the first time since 1941 that there wasn't a named storm in the Atlantic from July 3 to August 30. The current season stands as the only La Niña cycle in modern history to finish the usually active month without any named storms. So, why does it matter?

Hurricanes cool the ocean by acting like "heat engines" that transfer heat from the ocean surface to the atmosphere through evaporation. Cooling is also caused by upwelling of cold water from below due to the suction effect of the low-pressure center of the storm. Additional cooling may come from cold water from raindrops that remain on the ocean surface for a time. These effects can combine to produce a dramatic drop in sea surface temperature over a large area in just a few days.

Why We Remember Floods and Forget Droughts

Water is the most elemental ingredient of life; its availability is essential to civilization. Yet billions of people yearly confront water-related stress, including devastating droughts and destructive flooding. Instead of planning for dry conditions, people seem incapable of even remembering them. One part of the country has too much water; another has too little. These two things are related. They are also expected. As the Earth warms, its atmosphere can hold more water vapor, the result is that it takes longer to get saturated, which means fewer rainstorms, but when they do occur, those storms dump more water at once, resulting in floods. Paradoxically, it is also a perfect recipe for drought. Higher temperatures mean water evaporates faster, and when it falls, the rain isn't very helpful either, since lifting a drought requires a combination of snowfall and long, sustained rainy seasons instead of short, extreme bursts.



Our Benefit Consultants have the resources to inform and guide you through the processes and requirements for offering group health insurance. Our online tools and enrollment system, along with a *personal touch*, help ensure benefit administration is done right. Let us help you.