



**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.**



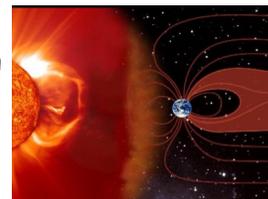
**Radiation**

Radiation is energy that has an electric field and a magnetic field associated with it, and has wave-like properties. You could also call radiation “electromagnetic waves”. It exists all around us and is in two forms: *ionizing* and *non-ionizing*.

Ionizing radiation has so much energy it can knock electrons out of atoms, a process known as ionization. It can travel unseen and pass through air, water, and living tissue. Ionizing radiation comes from x-ray machines, cosmic particles from outer space and radioactive elements.



Non-ionizing radiation has enough energy to move atoms in a molecule around or cause them to vibrate, but not enough to remove electrons from atoms. Instead the energy is converted to heat. Exposure to intense, direct amounts of non-ionizing radiation may result in damage to tissue due to heat. Examples of this kind of radiation are radio waves, UV & visible light, wireless devices and microwaves.



There has been a long-held belief that ionizing waves were the only wavelengths of energy that could harm people. Then researchers discovered that non-ionizing EMF exposure can be potentially harmful by thermally heating your cells. Now, research is showing that non-ionizing radiation can actually biologically damage the body after a long period of exposure. These health effects go way beyond just thermal effects of radiation. Our mobile devices emit Extremely Low Frequencies just when they are turned on, as well as Radio Frequencies when they connect to wireless networks. And if we carry our radiation-emitting devices close to us all day long, we could be putting ourselves at risk to a lot of negative health effects.



**Cholesterol: to eat or not to eat?**

Not that long ago, eggs were considered taboo, and heart healthy eating meant avoiding cholesterol. However, our understanding of the impact of dietary cholesterol on blood cholesterol has evolved in recent years. Cholesterol-containing foods like yogurt and pasture raised beef can be part of a healthy diet.



**The Heart of It**

One reason heart disease is so deadly is due to its silent nature. Often, people do not know they have heart issues until they experience a heart attack or stroke. Taking steps to understand your heart numbers and manage your risk can decrease your chance of heart disease.

Here are some numbers that could signal cause for concern:

- Blood pressure equal to or higher than 130/80 mm/Hg
- Total blood cholesterol  $\geq 200$  mg/dL
- LDL cholesterol  $\geq 100$  mg/dL
- HDL cholesterol less than 40 mg/dL for men and 50 mg/dL for women
- Fasting blood sugar equal to or higher than 100 mg/dL
- Waist circumference greater than 40 inches for men and 35 inches for women



Here are some habits that can increase your risk:

- Smoking
- Drinking more than 1 drink a day for women or 2 drinks a day for men
- Eating too much salty food
- Not eating enough fruits and vegetables
- Consuming a diet high in red meat and processed foods
- Being sedentary, or getting less than 150 minutes of exercise a week

**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.**