



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.



Benefits of a Sauna

HOW SAUNA THERAPY IMPROVES HEALTH

- Activates Heat Shock Proteins (HSPs)**
 - HSPs act to break-down damaged proteins and stimulate regrowth
 - Sauna therapy activates HSPs by up to 16 times the baseline.
- Stimulates Autophagy**
 - Autophagy is when the body breaks down bad cells and recycles the components for cell renewal.
 - Sauna therapy activates HSPs which enhance autophagy and cell renewal.
- Facilitates Detoxification**
 - Perspiration is one of the main ways we eliminate toxic chemicals.
- Improves Insulin Sensitivity**
 - Studies have shown improvements in blood glucose and insulin sensitivity with sauna usage.
 - Improved insulin sensitivity enhances fat
- Increases Growth Hormone (HGH)**
 - Sauna therapy has been shown to increase HGH up to 5 times baseline levels.
 - HGH acts to preserve lean body tissue, burn fat, improve cellular healing and immune responses.
- Reduces Inflammation**
 - Sauna therapy improves the body's immune response and reduces inflammation.
- Improves Physical Endurance**
 - Increases blood plasma volume
 - Improves blood flow through body
 - Improves thermoregulation response

Saunas have been used for thousands of years to promote health, resilience and well-being. Long before that, hot-springs were used by our ancient predecessors. There is a growing body of clinical research indicating that sauna therapy can have measurable and profoundly positive impacts on your health. The ground-breaking study published in JAMA found that the regular use of sauna bathing (4 times weekly) was associated with an astounding 40% reduction in all-cause mortality, and a 63% reduction in sudden cardiac death, in men.



What Color Is Mold?

There's More Than Just Black Mold



About Mold

Mold is a type of fungus that can grow on nearly anything, as long as some moisture is present. They are found indoors and outdoors and are part of the natural environment, playing an important role in our ecological system by breaking down and digesting organic material. They do this by excreting enzymes into the environment that degrade dead material. Molds reproduce and grow through spores, which are lightweight and extremely small "seeds" that can travel through the air. The spores are all around us. Even if you don't spot their source, you're breathing them in right now. In fact, on an average day, a human will inhale anywhere from 1,000 to 10 billion mold spores!



Clouds or Contrails?

Cloud seeding involves using aircraft or drones to add small particles of silver iodide, which have a structure similar to ice, to clouds. Water droplets cluster around the particles, modifying the structure of the clouds and increasing the chance of precipitation. SO, does it work? Is it safe?



C for Health

Vitamin C is an antibiotic and an antifungal that is safe and inexpensive, and saves lives from diseases like polio and 30 other infections. It empowers the immune system, promoting chemotaxis, growth, and activity of some immune cells (macrophages, lymphocytes, natural killer cells) allowing the body to more effectively fight an infection. Your body doesn't produce vitamin C, you need to get it from your diet.

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.