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Happy Independence Day
From
Alliant Financial Services, Inc

Alliant's Health e-Newsletter is published monthly for our clients and their employees.

Your comments, story ideas, and suggestions are welcome. Please email them to:
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Keep your company informed with important health information

This e-newsletter is designed to benefit you and your employees, so please feel free to forward it to family, friends and co-workers!

As always, we hope you enjoy this edition and would like to hear from you with any questions, concerns, or suggestions. Send us an email at news@alliantservices.com.

Protect Your Eyes from the Sun!

Sunglasses help you in two important ways. They filter light and they protect your eyes from damaging ultra-violet (UV) rays. Mounting evidence shows that exposure to UV rays can damage your eyes. Long-term exposure to UV rays can lead to cataracts, macular degeneration, or skin cancer around the eyelids. Sunglasses should be worn when you are outdoors so you can protect your eyes.

You should choose sunglasses that:

- reduce glare
- filter out 99-100% of UV rays
- protect your eyes
- are comfortable to wear
- do not distort colors

Am I at risk for eye problems caused by UV rays?

Everyone is at risk for eye problems caused by the sun. Even children are at risk for damaging their eyes. The risk of sun related eye problems is higher for people who:

- spend long hours in the sun
- have had cataract surgery or have certain retina disorders
- Are on certain medicines, such as tetracycline, sulfa drugs, birth control pills, diuretics, and tranquilizers that increase the eye's sensitivity to light.

What type of sunglasses should I get?

When you buy your sunglasses, look for a label that tells you how much UV radiation the lenses of the sunglasses reflect. Experts say that your sunglasses should block 99-100% of both UV-A and UV-B rays. You should also consider wearing a wide-brimmed hat along with your sunglasses. This will help to block the sunlight from overhead.

Do children need sunglasses?

Yes. Children are at special risk from the harmful effects of UV, since their eyes do not have the same ability as adults to protect from UV radiation. Here are some helpful suggestions for choosing sunglasses for children:

- Check to make sure the sunglasses fit well and are not damaged,
- Choose sunglasses that fit your child's lifestyle-the lenses should be impact resistant and should not pop out of the frames,
- Choose lenses that are large enough to shield the eyes from most angles, Find a wide-brimmed hat for your child to wear along with the sunglasses.



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Why Some Like Things Salty

Genes prime some folks to be 'supertasters,' research finds

Low-salt chips taste fine to some people but are tasteless to others, and researchers report this is because your genes prime you to like a little or a lot of salt.

"Most of us like the taste of salt. However, some individuals eat more salt, both because they like the taste of saltiness more and also because it is needed to block other unpleasant tastes in food," study author John Hayes, an assistant professor of food science at Pennsylvania State University College of Agricultural Sciences, said in a university news release.

Hayes says their research is important because the food industry is attempting to reduce salt content in certain foods because of health concerns. Studies have shown that diets high in salt boost the risk of heart attack and stroke, although the salt industry disputes these findings.

In the new study, 87 participants -- 45 men and 42 women aged 20 to 40 -- ate salty foods like chips and pretzels. They rated the intensity of taste.

"Some people, called supertasters, describe bitter compounds as being extremely bitter, while others, called nontasters, find these same bitter compounds to be tasteless or only weakly bitter," Hayes said. "Response to bitter compounds is one of many ways to identify biological differences in food preference because supertasting is not limited to bitterness. Individuals who experience more bitterness also perceive more saltiness in table salt, more sweetness from table sugar, more burn from chili peppers, and more tingle from carbonated drinks."

The researchers also found that "supertasters, people who experience tastes more intensely, consume more salt than do nontasters," he said. "Snack foods have saltiness as their primary flavor, and at least for these foods, more is better, so the supertasters seem to like them more."

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