



AUGUST 2015



HEALTH SPICE SPOTLIGHT: TURMERIC

Turmeric is a plant. You probably know turmeric as the main spice in curry, but it also may be the most effective nutritional supplement in existence. Many high quality studies show that it has major benefits for your body and brain. Here are some of the Health Benefits of Turmeric:

- Safe Anti-Inflammatory
- Cancer Prevention
- Relief for Rheumatoid Arthritis
- Help for Cystic Fibrosis Sufferers
- Inhibits Cancer Growth
- Lowers Cholesterol
- Protection against Alzheimer's
- Arthritis reliever

Disclaimer: As with any supplement check with your physician prior to taking.



PREMIER'S MILEAGE PROGRESS:

Wellness would like to announce that with the use of our Fitbits, Premier has successfully accumulated a total of 44,145,263 steps which is equal to 25,682.91 miles since receiving our original Fitbits in August of 2014.

Premier achievements:

Walked around the planet once which is 24,902 miles

Walked to and from Delray Beach to Hawaii which is 4,746 miles 5 times!

Next Milestones:

Walk to the moon – 238,857 miles - 10.75% complete

Walk around Jupiter – 272946 miles - 9.41% complete

Walk around the Sun – 865,374 miles - 2.97% complete

NATIONAL IMMUNIZATION AWARENESS MONTH:

Immunization helps prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get their shots – just like kids do. For many people, the seasonal flu is a mild illness. But for some people, the flu can be dangerous or even deadly.

The flu can sometimes:

1. Cause serious infections like pneumonia (“noo-MOHN-yah”)
2. Make some health problems worse (for example, asthma)
3. Lead to hospitalization or death

The flu spreads easily from person to person. When you get the flu vaccine, you don't just protect yourself – you also protect everyone around you.



ABOUT PREMIER EYE CARE

Introducing Premier Eye Care's Health and Wellness newsletter! Each month we will post one of these on our boards, to let you know about upcoming events in the area and our company concerning Health and Wellness.

Why is Health and Wellness so important to us? Wellness is more than just physical fitness and can affect multiple parts of your life: lower levels of stress, increased self-image, reduced healthcare costs, reduced absenteeism, increased morale and productivity, as well as improved physical fitness.



PREMIER
EYE CARE

PREMIER EXPERTISE. PREMIER SERVICE.