

The Underwriter's **INSIDER**

A wooden lifeguard stand with a peaked roof and a platform, situated on a sandy beach. The stand is elevated on stilts and has a railing. The background shows the ocean and a sunset sky with orange and yellow hues. A sign on the stand reads "GET OUT OF THE WATER".

SEPTEMBER 2017

INSURANCE • POLITICS • TECHNOLOGY • PEOPLE

4 LIFESTYLE PROBLEM SOLVERS

There's nothing better than finding ways to ease and enhance our daily lives, so here are some helpful resources in this regard.

By Merilee Kern, 'The Luxe List'
Executive Editor

The International Hyperhidrosis Society – www.SweatHelp.org

First I want to address the problem of excessive sweating, a serious medical condition called hyperhidrosis affecting both kids and adults. Research shows that nearly 5 percent of the population—approximately 367 million people—are struggling with extreme or uncontrollable sweating—be it on their hands, feet, face, torso or lower extremities. From stress and embarrassment to depression and isolation, hyperhidrosis takes its toll; but there's help! The International Hyperhidrosis Society provides support, resources and expert

perspective to those struggling with this condition. It's the only global non-profit organization dedicated to improving the lives of those affected, while also supporting healthcare providers and researchers.

From their web site, SweatHelp.org, you'll find information on comprehensive treatment options, U.S. insurance codes, clinical trials, a physician finder, a useful award-winning blog, and much more. There's also amazing product discounts on useful sweat-management products.

"Heart Smart for Women, Six Steps in Six Weeks to Heart-Healthy Living" book – www.Amazon.com

Speaking of feeling well, next is the "Heart Smart for Women, Six Steps in Six Weeks to Heart-Healthy Living" book. You're never too young or too old to get on the road to heart health so, in it, female cardiologists Jennifer Mieres and Stacey Rosen provide a comprehensive, easy-to-follow roadmap helping women take responsibility for their heart health and become their own health advocates.

It's written to help educate women of all cultures and backgrounds about risk factors that females have; how to determine one's individual risk -- along with a personalized risk assessment -- and how to start making small changes in the five identified areas to promote a longer, healthy



About the author: Branding, business and entrepreneurship success pundit, Merilee Kern, MBA, is an influential media voice and lauded communications strategist. As the Executive Editor and Producer of "The Luxe List International News Syndicate," she's a revered brand and consumer product trends voice of authority who spotlights noteworthy marketplace change makers, movers and shakers. Merilee may be reached online at www.TheLuxeList.com. Follow her on Twitter here: <http://twitter.com/LuxeListEditor> and Facebook here: www.Facebook.com/TheLuxeList

life. Heart disease is preventable and treatable—this book will teach you how to keep this organ healthy.

**HealthyWage Weight-Loss
Wagering www.HealthyWage.com**

For those looking to shed a few pounds, recent studies have shown money is an effective motivator to “increase both the magnitude and duration of weight loss.” So many individuals and employee groups have turned to HealthyWage—the leading provider of money-driven diet challenges.

Known for pioneering innovative, weight loss contests and programs, HealthyWage provides cash incentives along with social and expert-based support, tools, resources, and goal-setting and tracking technologies to foster participant success. More than 200,000 participants have collectively lost over 10 million pounds, and earned over \$5 million in cash prizes for their pound-shedding success. View success stories online at healthywage.com.

“20 Retirement Decisions You Need to Make Right Now” book – www.Amazon.com

Finally, those ready to retire can foster financial health with the book,



Lifestyle: Some Tips On Getting It Right!

“20 Retirement Decisions You Need to Make Right Now” authored by Ray LeVitre -- a Certified Financial Planner with nearly twenty years of financial services experience. It covers key financial decisions to make during that critical period transitioning from the workforce into retirement. The decisions you make at this dicey and vital juncture—many of which are permanent—will profoundly affect your financial security and your lifestyle for the next 30 to 40 years.

While there are thousands of retirement books focused on helping boomers manage their money in the years leading up to retirement, this is the only book written specifically for those retiring now. Inside are twenty major financial decisions profoundly impacting your lifestyle over the decades ahead. This expert, commission-free advice explains how to manage assets and prepare for the best possible retirement.