



APRIL 1, 2015

30 minutes a day can do amazing things:

- **Reduce your risk of coronary artery disease and stroke**
- **Improve your blood pressure, blood sugar, and cholesterol**
- **Maintain your body weight and lower the risk of obesity**
- **Enhance your mental well-being**
- **Reduce your risk of osteoporosis**
- **Reduce your risk of breast and colon cancer**
- **Reduce your risk of non-insulin dependent (type 2) diabetes**

And you don't have to be a race horse! Studies have shown moderate-intensity walking has the same benefit as vigorous-intensity walking!

Autism Spectrum Disorder (ASD)



Autism is a range of complex developmental disorders that typically appear during the first three years of life. This disorder affects a person's ability to communicate and interact with others. There are varying degrees of ASD affecting individuals differently. Children with ASD often have impaired social interaction, avoid eye contact with other people, and have difficulty interpreting what others are thinking or feeling. Very early signs of ASD include:

- No big smiles or joyful expressions by six months
- No babbling or pointing by age 1
- No single words by 16 months or two-word phrases by 2
- No response to name by age 1
- Poor eye contact
- Any loss of speech or babbling or social skills

Many children with ASD start to speak later, display repetitive movements, and self abusive behavior. Hearing problems in children can cause symptoms similar to ASD so be sure to have your child's hearing tested.

There is no known single cause of Autism, but it's likely that both genetics and the environment are contributing factors. ASD is the fastest growing serious developmental disability in the United States. It now affects 1 in 110 children and boys are four times more likely than girls to have autism.

There is no cure for ASD. The most important thing a parent can do is learn the early signs and discuss any concerns with your child's physician. Early intervention with therapies and medication that target the specific needs of the child can bring about substantial improvement. People with ASD usually need services and support as they get older. Many people with ASD are able to work successfully and live independent lives.

Autism is treatable. Early diagnosis and intervention can lead to significantly improved outcomes.

www.autismspeaks.org



April 7, 2015

World Health Day marks the founding of the World Health Organization 67 years ago. This year the purpose is to raise awareness of food safety.

Over 200 diseases are caused by unsafe food containing harmful bacteria, parasites, viruses, and chemical substances.

It is estimated that two million deaths occur worldwide every year from contaminated food or water.

The world's food supply is becoming increasingly globalized, so there is a growing need to strengthen food safety systems in and between all countries.



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SPRINGTIME ALLERGIES

Allergic rhinitis happens when your immune system overreacts to substances that you have inhaled. Symptoms include sneezing, congestion, runny or stuffy nose, red, itchy, and watery eyes, swollen eyelids, sore throat, dry cough, headaches or facial pressure, and fatigue. Tree pollen is the main source of spring allergies. Grass pollen is the most common source in late spring and summer, and ragweed is the most common source in the fall.

Reduce your exposure to allergy triggers by staying indoors on dry, windy days, use an air conditioner in your home and car, avoid using fans, don't hang laundry outside to dry, bathe or shower and change your clothes after being outside, and delegate mowing the lawn. When pollen counts are high, start taking allergy medications before your symptoms start, avoid outdoor activity in the early morning when pollen counts are highest, and close windows and doors.

To help ease allergy symptoms, try over the counter antihistamines and decongestants. You can also rinse your nasal passages with a salt water solution using a neti pot or squeeze bottle. Be sure you use distilled, sterile, or previously boiled and cooled water. If your allergy symptoms continue or worsen, you may need to see a doctor for testing and prescription medications. For some people allergy shots can be a good option.

Allergy shots are often recommended for anyone 7 years and older who has severe allergy symptoms or anyone who has asthma.

Shrimp & Pesto Pasta

8 oz whole-wheat fettuccine 1 lb asparagus cut into 1 inch pieces
 ½ c sliced roasted red peppers (Jar) ¼ c prepared pesto
 2 tsp extra-virgin olive oil 1 lb raw shrimp, peeled and deveined
 1 c dry white wine freshly ground pepper to taste

Cook fettuccine 3 minutes less than the package directions. Add asparagus and continue cooking until the pasta and asparagus are tender. Reserve ¼ cup of the cooking water. Drain the fettuccine/asparagus and return to the pot. Stir in peppers and pesto. Cover to keep warm. Heat oil in a large skillet over medium heat. Add shrimp and cook until pink about 3 minutes. Add wine and cook and additional 3 minutes. Add the shrimp and reserved cooking water to the fettuccine, toss and season with pepper.

Nutritional Analysis per Serving		Servings: 6 (1 1/2 cup each)	
Calories	303	Cholesterol	99mg
Carbohydrates	34g	Sodium	268mg
Total fat	8g	Protein	19g
Saturated fat	2g	Fiber	6g
Potassium	310mg		