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**Financial Independence is a Type of Freedom**

Each year our Fourth of July celebration reminds us of the importance we Americans place on the principle of freedom, and that independence is worth fighting for. Financial independence can be characterized as having sufficient wealth to live a life of comfort without the need to work, but it can vary for individuals according to their circumstances and priorities.

debt. Continuing to work when it is satisfying can also reduce pressure on retirement savings. For others, financial independence means freedom from worry when they retire, so they can relax and enjoy the fruits of their labor. Others see it as being available to care for loved ones.

Winning the lottery or inheriting a fortune may not translate to lasting financial independence, which is more likely to result from a well executed strategy and sense of purpose.



Some people have no desire to ever quit working, and for them financial freedom means having enough money to be comfortable and stay out of

As with the political independence we fought for in 1776, financial independence starts with a declaration. What are you fighting for?

## Health Benefits from Infrared Light



We are immersed daily in infrared radiation from the sun, which we sense as heat. In addition to a growing collection of Infrared saunas and other devices on the market, your standard campfire or woodburning fireplace are also sources of infrared light.

Infrared radiation can penetrate through the layers of the skin, to the muscles and bones, enhancing circulation to bring oxygen and nutrients to injured tissues, promoting healing, pain relief, and reducing inflammation. It stimulates action in cell mitochondria, triggering the growth and repair.

Infrared light increases nitric oxide production, a molecule important for the health of blood vessels. This molecule helps relax the arteries and prevents blood from clotting and clumping.

[healthfitnessrevolution.com/to-p-10-health-benefits-of-infrared-light-therapy/](http://healthfitnessrevolution.com/to-p-10-health-benefits-of-infrared-light-therapy/)

## Manage Your Bank CD, Don't Let It Manage You

### Unmanaged Certificates of Deposit (CD's) can become a vehicle for banks to take profits at depositors expense.

Consider a situation negotiated by banks through Congress in the Reagan Administration involving the New Money Rate and the Old Money Rate:

Many people have found that buying a Multi Year Guarantee Annuity (MYGA) can make more sense than a bank CD, especially when we enter into a higher interest rate environment, but also for some of the following reasons:

**The already low interest paid on CDs is taxable whether you use it or not.** A 5-year CD still



**The less a bank pays in interest for funds on deposit, the more margin it makes.** As CD's mature, the bank will automatically roll it over unless a depositor tells them not to. Under automatic rollover, a CD uses the Old Money Rate. This means if rates have risen, depositors would earn a lower rate than is offered to new depositors. For this reason, depositors should compare their Old and New Money Rate and manage each rollover accordingly.

gives you a 1099 every single year, while Annuities are only exposed to tax liability when the funds are accessed.

**Unless a CD depositor has specified named beneficiary, it may be subject to probate.** Annuities are contracts, and named beneficiaries receive the proceeds without probate expense or time delay.

**Bank CDs span a shorter time period than MYGA contracts.**

## Potassium Rich Foods



Potassium is an essential mineral that functions as an electrolyte in the body to regulate nerve signals and muscle contractions, as well as fluid and mineral balance. It works hand-in-hand with sodium to transmit nerve signals throughout the body.

Bananas aren't your only option when it comes to getting your daily dose of potassium. The following list of foods can provide you with this vital mineral.

### Avocado

1 whole: 1,067 milligrams

### Swiss Chard

1 cup: 961 milligrams

### Sweet Potato

1 large: 855 milligrams

### Banana

1 large: 487 milligrams

### Sardines

1 can: 365 milligrams

### Beets

1/2 cup: 259 milligrams

[draxe.com/nutrition/top-10-potassium-rich-foods/](https://draxe.com/nutrition/top-10-potassium-rich-foods/)

## Are Consumers Over Age 60 Propping up the Economy?

**Is America in a recession or not?** Bank of America reports that consumer households aged in their 20s to 50s are currently spending less on their credit and debit cards than they were a year ago after reviewing its customer activities.

**Bank of America points out that those over 60, especially those over 80, are propping up the economy.** The oldest generation, born before 1946, spent 5% more on their cards in the last month than they did during the same period a year ago, while boomers increased spending 2% in comparison.

**A big factor in the recent spending patterns is Social Security,** which this year got its biggest year-over-year cost of living adjustment in decades. Monthly checks jumped 8.7%, following last year's surge in inflation.

**Baby boomers (aged 59 to 77) are the wealthiest generation.** In total they hold about \$73 trillion in assets, or about eight times as much as millennials. Federal Reserve data shows boomers on average have about \$1.7 million per household, and the silent generation nearly as much. Millennials average about \$200,000 per household.



**Meanwhile Generation X, millennials and Gen Z are spending about 2% less than a year ago.**

<https://www.marketwatch.com/story/america-may-now-be-in-a-youth-session-consumers-over-age-60-are-propping-up-the-economy-e6dd9011>



## It Happened In ...



**July 1, 1862** – President Abraham Lincoln signed the first income tax bill, levying a 3% income tax on incomes between \$600 and \$10,000 annually and a 5% tax on incomes above \$10,000.

**July 6, 1885** – Louis Pasteur successfully inoculated a boy who had been bitten by a rabid dog against the rabies infection.

**July 14, 1789** – The Bastille fell, marking the beginning of the French Revolution.

**July 19, 1799** – The Rosetta Stone is discovered by a French soldier stationed in Egypt. The black stone was found in the town of Rosetta about 35 miles from Alexandria.

**July 22, 1934** – Bank robber John Dillinger, the first criminal labeled by the FBI as "Public Enemy No. 1," was shot and killed by FBI agents as he left Chicago's Biograph Movie Theater

<http://www.historyplace.com/specials/calendar/july.htm>

## FED Pauses, Promises Future Rate Hikes

The Federal Reserve's June meeting wrapped up on the 14th with a decision to pause rate hikes and hold the key borrowing rate in a target range of 5%-5.25%. However, expectations for future rate hikes among members remains strong. Over half of the members predicted 2 more quarter point rate hikes in 2023. Jerome Powell's testimony before Congress on June 21 suggests that inflation is still too high and further rate increases are likely.

Some key points to consider:

**Consumer credit vehicles** like personal loans, lines of credit and credit cards will respond gradually to Fed rate increases.

**Bonds are more sensitive** to interest rate changes.

**New fixed-rate loans can see higher interest rates**, but existing ones do not change with the federal funds rate.

**Variable rate loans respond quickly to Fed rate changes** as their interest rates are based on benchmarks that reference the federal funds rate.



**The federal funds rate is a benchmark for deposit account annual percentage yields (APYs)**, so earnings on savings accounts, checking accounts, certificates of deposit (CDs) and money market accounts can rise higher.

Investors, especially those close to retirement, must handle environments of rising rates with care. Managing debt exposure and striking the right asset allocation can help mitigate rate impacts.

[cnbc.com/2023/06/14/fed-rate-decision-june-2023.html](https://www.cnbc.com/2023/06/14/fed-rate-decision-june-2023.html)