

Healthy Living

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& Sheryl Brickner PhD

SPRINGTIME HEALTH TIPS

A fitness center posted:

“Wash your hands, get sleep, rest when you need to, eat vegetables and protein at every meal, check in on your people, move with focus, take a breath and find joy.”

(Good advice during this time of staying home.)

Doctors are recommending getting out in the fresh air and sunshine while keeping physical distance as one component of overall care. That gives us exercise, nature and vitamin D.

Take a walk through the neighborhood; look for signs of spring—little buds, green leaves, daffodils-- and focus on gratitude. When you come back home, leave your outside shoes by the front door. We can stay safe and work on our health at the same time.



BEMER TESTIMONIAL

Last week I stabbed the top of my thumb with kitchen scissors while trying to break down a box. I could see the blood and the potential bruise all around my knuckle at the site of the puncture. The next morning while I was using the b-pad on my neck (I grab the pad with my hands to help my circulation in my fingers) I noticed a throbbing in the thumb. After my shower I took off the band aid and noticed no discoloring at all around the area and by that night I was bending it and it felt normal. Regular use of the BEMER really helps our bodies and I've been using mine for 3.5 years. There is still a very tiny scab over the puncture area, but otherwise it feels normal. Before BEMER I would have had a huge bruise all around my knuckle. ---Sheryl age 76

BEMER TIPS:

Dr. Berka, our BEMER Medical Director, recently talked about using the b-pad in place of the b-body for any kind of travel and exercise. Put the b-box in a backpack (you will need the battery for this), attach the b-pad and place it so that the coils are on the side of the backpack next to your back. Place it in such a way that the attachment is protected so it doesn't come lose Set it to your favorite program and go out for a walk or a hike. You can also use the b-pad while driving or flying.

BEMER
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Roasted Salmon with Red Peppers and Salad

Recipe from Broken Brain Cookbook

Ingredients:

FOR THE RED PEPPER SAUTE:

- 1 large leek (about 1 pound)
- ¼ cup extra-virgin olive oil
- 1 pound sweet bell peppers, seeded and julienned (cut into thin strips)
- 2 garlic cloves, thinly sliced
- 1 teaspoon sea salt
- 2 teaspoons freshly chopped thyme

FOR THE SALMON:

- 1 bunch fresh dill, divided
- 4 teaspoons sea salt
- 1 lemon, thinly sliced

FOR THE ARUGULA SALAD:

- 12 oz. of arugula
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- pinch of sea salt

Nutritional analysis per serving:

(1 fish fillet with veggies over salad):

Calories 220

Total Fat 42g

Fiber 4g

Protein 14g

Sodium 348mg

READY in 50min

4 Servings

Cooking Instructions:

Preheat the oven to 350°F. Remove the green top and root section from the leek, and then slice the white section in half lengthwise. Rinse well under cold water, shake to drain out the excess liquid, and then cut ¼ inch thick slices. Set aside.

Heat a large skillet over medium heat. Add the olive oil then the leeks. Cook for 2 minutes, stirring occasionally, and then add the peppers. Stir in the garlic.

Continue to cook for an additional 7-8 minutes, allowing the veggies to soften and their flavors to meld together.

As the veggies cook, prepare the salmon by arranging some of the dill on the bottom of a lightly oiled cast iron pan or Pyrex baking dish. Lay the salmon fillets on top, sprinkle with sea salt, and top with a lemon slice and cover with more dill. Place the fish in the oven and bake for about 8-10 minutes, just until the fish becomes slightly firm.

To finish the veggies, season with the salt and stir in the thyme. In a bowl, mix the arugula with the olive oil, lemon, and salt, toss well and serve.

