

# Healthy Living

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& Sheryl Brickner PhD

## HEALTH TIPS

Our skin is our **largest organ**. With so much handwashing we need to moisturize more often. Many skin care products use potentially hazardous ingredients because they are cheap and easy to use.

Choose products **FREE** of these ingredients to protect your health.

**Parabens:** Used as a preservative in cosmetics. Connected with cancer because of their hormone-disrupting qualities that mimic estrogen.

**Mineral Oil, Paraffin, and Petrolatum:** Coats the skin like plastic, clogging pore and creating a build up of toxins. Can slow cellular development creating early signs of aging. Disrupts hormonal activity. Implicated as a cause of cancer.

**Sodium lauryl sulfate or sodium laureth sulfate:** Found in 90% of skin care products. Breaks down skin's moisture barrier leading to dry skin with premature aging. Because they easily penetrate the skin, they can allow other chemicals easy access.



## BEMER TESTIMONIAL

My poor old hands get stiff and sore if I overdo the weed pulling in the yard, but now I just pop the spot on my fingers for 15-20 min and they feel really good. I've had my BEMER for a year and wouldn't be without it.

-Mary, 70 years old

## BEMER TIPS

Until the new BEMER Go Pro Backpack is available for purchase find an old backpack or gym bag to take your b.box, b.spot and cords with you when you're on the go!

Make sure to wrap the b.box and other bemer accessories in bubble wrap or even a hand towel for safe travel!

You can even print the logo or use one of the logo stickers to mark your bag as your BEMER!

**BEMER CAN GO WHERE YOU GO!**

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# Portobello Mushrooms with Spinach and Goat Cheese

From Muriel's Kitchen by Muriel Hemingway

## Ingredients:

- 2 tablespoons coconut or olive oil
- 4 large portobello mushrooms, stem and gills removed
- Sea salt and freshly ground pepper
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 (10 ounce) package frozen spinach, thawed and drained
- 2 tablespoons finely chopped fresh parsley
- 2 teaspoons finely chopped fresh thyme
- ¼ teaspoon dried red pepper flakes
- 3 ounces soft goat cheese, crumbled (1/4 cup)
- 4 tablespoons grated parmesan

**Serves 4 as an entrée or 8 as an appetizer**

## Instructions:

1. Preheat oven to 350 F.
2. Place on a baking sheet covered with parchment paper or aluminum foil and set aside.
3. Heat the remaining 1 tablespoon oil in a large sauté pan over medium heat. Add onion and sauté until softened. Add garlic and sauté until fragrant. Add spinach and sauté just until all liquid has evaporated. Add herbs and red pepper flakes, and season with salt and pepper to taste.
4. Remove from heat. Gently stir in goat cheese until combined.
5. Divide filling among mushrooms and stuff generously. Sprinkle with parmesan and a few red pepper flakes. Bake until mushrooms soften, and filling is bubbling, about 20 minutes.
6. Serve immediately.

