

Healthy Living

Shared with you by Allison R. Myers, MA, LPC

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& Sheryl Brickner PhD

HEART HEALTHY TIPS

February 14 is Valentine's day and the focus is love. Love improves the immune system and our health. It's only been in the last century that a Russian nurse discovered that preemies survived and thrived when she held them during her shift. We can thrive with more human touch and sharing love and kindness. Try to make every day a day of love and caring.

1. **Hug your children and your friends.**
(always ask permission to hug before beginning).
2. **Get a massage.**
3. **Give a massage to someone you love. Kids love hand and foot massages. So do adults!**
4. **Tell someone you love them. Do it often.**
5. **Speak kindly to a stranger.**
6. **Smile.**
7. **Make a commitment to daily acts of kindness.**
8. **Love Yourself!**



BEMER TESTIMONIAL

"I have been using the BEMER almost a year. I am hooked! I was introduced to it by Allison. I have more energy and feel more full of life. I can't wait to buy my own. I currently use it 3-4x a week. I also use the light every week. My skin glows. I have been able to remove layers of makeup! BEMER helps me stay active and healthy"

--Aimee

Colorado Springs--

BEMER TIPS:

The **BEMER PRO** can be programmed with special programs.

I (Sheryl) have a program I use on my head, ears, eyes that has two minutes each on levels 1, 2, 3, 4 WITHOUT the plus to keep it easy on the brain. It's my P4.

Perhaps you want to set up one at lower levels that runs for 15 or 20 minutes to use on a specific part of your body? Or perhaps a shorter one at higher levels for something specific that only lasts 8 min if you are on a time crunch in the morning!

Find someone who has had their BEMER for a while or feel free to call if you need someone to walk you through it.

BEMER
GROUP

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Berry Crisp from Murial's Kitchen

Murial Hemmingway

Ingredients:

- 8 cups mixed, seasonal berries (or organic frozen)
- 4 tablespoons xylosweet or monk fruit sweetener or other natural low glycemic sweetener
- 3 tablespoons rice flour
- 1 cup rolled oats
- ½ teaspoon ground cinnamon
- ¼ teaspoon sea salt
- ½ cup unsalted butter, cut into small pieces and chilled

Makes 6-8 servings

Cooking Instructions:

1. Preheat oven to 350 F
2. Grease an 8 or 9 inch square baking dish with coconut oil.
3. Place berries in a large mixing bowl. (Larger fresh berries, such as strawberries, should be stemmed and sliced.)
4. Add 2 tablespoons of the sweetener and 1 tablespoon of the flour, mixing gently to combine.
5. Spoon into prepared baking dish and set aside.
6. Combine oats, the remaining 2 tablespoons sweetener, the remaining 2 tablespoons flour, cinnamon and salt in a medium bowl, stirring to combine.
7. Add butter pieces and blend into dry mixture using a fork or your fingers until it forms pea-size lumps, being careful not to overwork. Sprinkle mixture over the top of the berries.
8. Bake until berries are bubbling and topping begins to brown, 30-35 minutes.
9. Allow to cool at least 15 minutes before serving.
10. ENJOY!

