

Healthy Living

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TIPS FOR SETTING NEW YEAR'S GOALS (and keeping them!)

USE S.M.A.R.T. GOALS

S- Specific

-What do I want to do?

M- Measurable

-How will I know when I reach it?

A- Achievable

-Is it in my power?

R- Realistic

-Is this doable for ME?

T- Timely

-When do I want to have this accomplished?

Research states that people who write down their goals and share them with an accountability partner increase the likelihood of accomplishment.

Each day is a new beginning and small steps turn into miles and major changes. Be forgiving of yourself and just start again if you get stuck. Areas to start right now can be drinking more water, getting more sleep, cutting out processed food, focusing your attitude on gratitude and cutting back screen time.

WRITE DOWN your goals
and **BE S.M.A.R.T**



BEMER TESTIMONIAL

"I have been in discomfort for a number of years. I have issues with joint inflammation, chronic afflictions in many areas throughout my body and blood sugar issues since the birth of my twins. (they are now 30yo) BEMER was introduced to me by one of my daughters. She purchased one for our shared home about 2 years ago. Daily access and use has allowed me to feel relief and changes in my ailments for the first time in years. I am a BEMER advocate"

-Barbara, Colo Spgs

BEMER TIPS:

NEW YEARS TIP! Consider starting your 8 min twice a day BEMER back at intensity 1 for the new year. Some people recommend doing this a couple times a year rather than always returning to 3, 4, 5, 6 every four weeks.

And remember that the brain is more sensitive, so use **lower intensities without plus** for head, eyes and ears.

I (Sheryl) made a special program for myself for that. It's now program 4 on my BEMER. If anyone needs help with the personalized programs, give us a call or respond to this newsletter.

BEMER
GROUP

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Blueberry Walnut Pancakes

Mark Hyman, MD

Ingredients:

- 3 large Omega-3 eggs
- 3/4 cup almond milk
- 1/2 tablespoon freshly squeezed lemon juice
- 1 teaspoon vanilla extract
- 1/2 cup coconut flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda pinch of sea salt
- 1/4 cup roughly chopped walnuts
- Coconut oil, for greasing the skillet/griddle (about 1/4 cup)
- 1 pint fresh blueberries
- 1/2 cup arrowroot
- 1 teaspoon cinnamon

Nutritional analysis per serving:

Calories 423, Total Fat 19g, Protein 12g, Fiber 14g, Sugar 14g, Sodium 416mg

Sometimes I miss seeing a stack of pancakes on the brunch table, but now I don't have to. These grain-free, sugar-free, dairy-free pancakes are the perfect guilt-free treat for breakfast and brunch. They're easy to make, and the whole family will love them. Yum!



Cooking Instructions:

In a large bowl, whisk the eggs and then add the almond milk, lemon juice, and vanilla. Whisk until well blended.

In a separate bowl, mix together the coconut flour, cinnamon, baking powder, baking soda, salt, and arrowroot.

Add the dry ingredients to the wet mixture, 1/4 cup at a time, while continuously whisking. Once combined, gently fold in the walnuts.

Grease a large skillet or griddle and place over medium heat.

Once the skillet is hot, use a ladle to pour 3-inch pancakes onto the skillet. Cook until bubbles appear, then flip. The pancake should cook on each side for about 2-3 minutes.

Repeat with the rest of the batter. Add a tablespoon or more of coconut oil to the hot griddle, as needed.

Make a blueberry sauce by simmering the blueberries in a small saucepan with 2 tablespoons of water for 10 minutes before serving.

To serve, place 3 pancakes on a plate and top each stack with the blueberry sauce.