

Healthy Living

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

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& Sheryl Brickner PhD

BEMER TIPS

The Class II BEMER Go enhances local blood flow, healthy aging, vitality, muscle conditioning, well-being, nutrient and oxygen supply, physical fitness, sleep management, relaxation and STRESS REDUCTION.

For some people, this pandemic has added stress to our lives. For others, it has caused us to slow down and be more family focused. For everyone, using the BEMER regularly greatly enhances stress reduction and gives our bodies and minds the relaxation they need to function optimally.

With the new Go version, its even easier to get our 8-minute sessions in twice daily. Just run the pad down the spine and if desired a second 8 min between the legs.

If you choose to use it while driving, be sure to set it and turn it on BEFORE leaving the parking lot and avoid distracted driving ☺.

Try adding deep breathing or some meditation for a complete relaxation experience!



BEMER TESTIMONIAL

My family has a BEMER but I often forget to use it. When I came back from my first soccer conditioning this summer I could hardly move! I did an 8 minute session with the BEMER and wasn't sore the next day and I used it before going to the next practice to give me more endurance. I guess I need to learn to do this regularly.

Scott- 17yo, Ohio

HEALTH TIPS

Eating fresh and in season foods is the way our bodies were designed to get the most vitamins and minerals from our food.

In Ohio, the "Peach Truck" with Georgia Peaches comes to town once a month during the summer.

In Colorado, the farmers markets begin having their fabulous peaches about this time of year.

Enjoy the fresh juicy taste from local farms and roadside stands.

And if you have never had a garden, try it out or find someone who does. Fresh picked veggies right to the table are amazing. TREAT YOURSELF!

BEMER
GROUP

Ginger Peach Smoothie

Recipe from The Peach Truck Cookbook

Ingredients:

- 1 ½ cups frozen sliced peaches
- 2 pitted dates, chopped,
- 1 cup unsweetened almond milk
- ½ cup plain yogurt
- 1 teaspoon flax seeds
- ½ ripe banana sliced (about ½ cup)
- ½ teaspoon finely chopped fresh ginger
- 1 tablespoon honey
- Pinch of kosher salt

Instructions:

1. Combine all ingredients in a blender and process until smooth.
2. ENJOY!

“Since peach season is so fleeting, we try to freeze and can as many peaches as possible so we can enjoy our favorite fruits throughout the year....If you prefer yours a little sweeter, you can add a couple more dates, a tablespoon of honey, or a generous splash of sweetened almond milk. If dairy's not your thing, substitute coconut yogurt for regular yogurt to achieve a similar consistency.”

