

Healthy Living

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& Sheryl Brickner PhD

HEALTH TIPS

We are all hearing lots about handwashing, wearing masks and social distancing. We also need to do everything we can to improve our immune systems.

HERE ARE A FEW TIPS:

- Get plenty of sleep.
- Exercise regularly.
- Get outdoors in the sunshine. (work in the yard or take a walk)
- Increase your vitamin D.
- Take pre and pro biotics.
- Eat whole foods and avoid sugary and processed foods. Buy local and seasonal for the most vitamins and minerals. Consider growing some of your own organic foods. Eating something picked fresh from the garden is such a treat.
- Drink lots of water to flush out toxins.
- And always focus on our gratitude lists as our thoughts change our neurochemicals and the expression of our DNA. Worry and negative thinking really mess up the immune system.



HELLO JUNE

BEMER TESTIMONIAL

A couple weeks ago I banged my head really hard and my poor brain was complaining a lot. I used the BEMER pad around my head twice a day on program 1 without the plus. That, plus a little extra rest and regular chiropractic care has my brain back to normal. Thank you BEMER!

-Sheryl age 76

BEMER TIPS:

Regular BEMER use improves our immune systems: 8 minutes twice a day!

Remember to clean your BEMER attachments. The covers are washable. Use cold water and hang to dry. Clean the b-box and hard surfaces as you would any computer.

(I, Sheryl, use an essential oil disinfectant spray between washings on the fabric and wipe the hard parts with a natural disinfectant wipe. There are also wonderful cloths designed for computers that keep things nice and clean!)

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GROUP

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Mint Basil Watermelon Salad

Recipe from Kristy & Sheryl

Ingredients:

- 4 cups of cubed watermelon
- 10-20 mint leaves chopped
- 10-20 Basil leaves chopped
- ¼ to ½ crumbled feta cheese (plain or your favorite herbal version)
- Sea salt to taste

Instructions:

1. Cube Watermelon
2. Chop mint and basil
3. Crumble feta
4. Combine in a large bowl
5. Salt to taste
6. Refrigerate (Helps combine flavors)
7. Enjoy

(You can add sliced red onion or cucumber too!!)

