

# Healthy Living

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## HEALTH TIPS

Fresh air and sunshine have always been recommended for health.

During this time of flu season and COVID 19, it's important to pay attention to the quality of the air.

Functional medicine doctors have long recommended opening windows regularly in rooms with computers to help reduce the electromagnetic "smog" that accumulates. Now doctors talk about the need to open windows to let the germs escape. As people begin inviting friends into their homes, consider having windows open when possible.

Many years ago, a functional medicine MD in Denver began recommending a high-powered air filter to improve sleep and allergies. Those are used 24/7 and help filter out the air. When windows are closed, this can be helpful.

And, of course, getting out regularly for a walk is high on the list to improve health. Not to mention, the importance of being in nature for our physical and emotional health.

# HELLO OCTOBER



## BEMER TESTIMONIAL

Stocking shelves means sore muscles and back issues. I bought the BEMER Go in June and took it to work with me. During breaks I would run the b-pad around my lower back. I couldn't believe the difference. My body is soooo grateful to have the BEMER. My family loves it, too.

-Dave, 52yo

## BEMER TIPS

Use the b-spot on hands to relieve sore muscles and joints.

Choose any of the programs that fit your time schedule.

I (Sheryl) do this while watching evening news.

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## Easy Crockpot Chili

### Ingredients:

- 1 lb ground meat
- 2 cans beans (black, kidney or pinto as desired)
- 2 cans stewed tomatoes (stewed tomatoes with chilies gives a zestier taste)
- 1 large bell pepper (any color)
- 1 onion
- 3 tablespoons of chili powder
- Chili flakes to taste

**Serves 4-6**

### Instructions:

1. Brown the meat and pour off excess grease
2. Deseed and cut the bell pepper into bite size pieces
3. Dice the onion
4. Combine all ingredients in the crock pot
5. Cook 8-10 hours on low
6. Serve with grated cheese, sour cream or fresh herbs as toppings



**Bake some corn bread  
and serve it with raw  
honey!**