

# Healthy Living

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& Sheryl Brickner PhD

## HEALTH TIPS

More hazardous ingredients to avoid in skin care products  
(continued from last month)

**Acrylamide:** Found in many facial creams. Linked to mammary tumors.

**Propylene glycol:** Common cosmetic moisturizer and carrier for fragrance oils. May cause dermatitis and skin irritation. May inhibit skin cell growth. Linked to kidney and liver problems.

**Phenol carbolic acid:** Found in many lotions and skin creams. Can cause circulatory collapse, paralysis, convulsions, coma and even death from respiratory failure.

**Toluene:** May be very poisonous! Made from petroleum and coal tar...found in most synthetic fragrances. Chronic exposure linked to anemia, lowered blood cell count, liver or kidney damage...May affect a developing fetus.

The more toxins we eliminate from our skin care, cleaning products and food sources, the healthier we will be!



## BEMER TESTIMONIAL

I am a single parent and need all the energy I can get. The Bemer has been the one thing that doesn't seem to take more time. All I have to do is sit down and press start!

Ashley – Colo. Spgs.

## BEMER TIPS

The b-pad is a higher intensity than the b-body. Be sure to go into settings and move the arrow from high to low—especially for new people—for the 8 minute twice a day Intensity along the spine. Then it can be changed back to high for Programs for problem areas on the body if you choose. The b-pad and b-spot are factory set for high.

And don't forget that you can make BEMER water by wrapping the b-pad around a glass jar of water and setting it on intensity 10. Pets and plants love BEMER water. Extremely sensitive people may need to drink BEMER water for a few days before using the BEMER itself.

**BEMER**  
GROUP

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## Faux Sangria

From Mariel's Kitchen Cookbook

### Ingredients:

- ¼ cup cubed apples, frozen
- ¼ cup cubed peaches, frozen
- ¼ cup cubed oranges, frozen
- 4 cups unsweetened pomegranate juice, chilled
- 3 tablespoons Xyloweed
- 3 cups sparkling water, chilled

**Serves 6-8**

### Instructions:

1. Place all the cut fruit into a large punch bowl or pitcher.
2. Pour pomegranate juice over the fruit.
3. Add the Xyloweed
4. Stir until well combined
5. Add the sparkling water and stir gently before serving.



*Sangria*