

# Healthy Living

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## HEALTH TIPS:

### Healthy Sleeping Part Three

#### Excerpts from Dr Peter Martone's 30 Day Sleep Quest

The last two months we have looked at Dr. Martone's sleep program to train yourself to sleep on your back to avoid scoliosis and deepen sleep at night. Here are some other tips to improve sleep.

#### **Sleep Quest Part 3**

1. Avoid eating for 3 hours before bedtime as digestion interferes with sleep.
2. Drink most of our liquids by 5 PM to avoid the need to wake up and go to the bathroom in the middle of the night. If you do have to get up, leave lights off and close eyes while sitting on the toilet.
3. Alcohol and caffeine interfere with sleep. Keep them to a minimum throughout the day.

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### **Health Tips Continued:**

4. Keep a regular sleep and wake time and train yourself to wake up without an alarm. Go to bed at least 2 hours before midnight to maintain good sleep cycles and melatonin.
5. Keep bedroom dark.
6. Keep cell phone at least 6 feet from body and preferably on airplane mode at night to avoid EMF's that interfere with sleep.

### **BEMER TIP:**

The b body is once again approved for sale in the US. People who ordered the Pro Go unit will be given first opportunity to purchase based on month of purchase beginning with the orders from June 2020. The sleep cycle is a wonderful way to improve sleep. After at least 6 weeks of BEMER use working from intensity 1 up to intensity 6, a person may then try the sleep cycle one night a week. Then the following week, 2 nights a week, then the following week 3 nights and then as desired. I use mine every night. The sleep cycle focuses on the organs that detox the body during the night which supports the immune system.



**BEMER**  
GROUP

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# Roasted Orchard Chicken Salad with Roasted Sweet Potato, Apple, and Pecans from

Hello Fresh

## Ingredients:

- 2 chicken cutlets
- 1 Tbsp BBQ seasoning
- 1 sweet potato diced into ½ inch pieces (peel if you like)
- ½ oz pecans
- 1 apple, halved, cored, then quarter halves (slice crosswise into triangles)
- Mixed greens for two
- Honey Dijon dressing (or your choice of dressing)

**Serves 2**

## Instructions:

1. Toss sweet potato on a baking sheet with a teaspoon of BBQ seasoning and a drizzle of olive oil.
2. Preheat oven to 425F. Bake for 20-25 min until tender and lightly browned. Let cool for 5 minutes.
3. Season chicken with remaining BBQ seasoning, salt and pepper and cook in a drizzle of olive oil until browned and cooked through--4-6 min a side.
4. In a large bowl toss together mixed greens, apple, and roasted sweet potato with Honey Dijon dressing.
5. Slice chicken crosswise.
6. Divide salad between two plates and top with sliced chicken and pecans.

