

HEALTHY LIVING

Shared with you by Allison R. Myers, MA, LPC & Sheryl Brickner PhD



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BEMER TESTIMONIAL

I PURCHASED THE BEMER FOR BACK ISSUES AND WAS EXTREMELY PLEASED WITH THE RESULTS.

I WAS QUITE SURPRISED TO DISCOVER THAT THE BEMER ALSO CLEARED UP A LONG-TERM SKIN ISSUE.

WHAT A HAPPY BONUS!

-TIM

HEALTH TIP: FEAR

Fear is a double-edged sword. Healthy fear is the respect for danger and being aware of potentially dangerous situations. Yes, we need to plan and be aware. Unhealthy fear is the "what ifs" and worries of life. This fear is a focus on negative thinking and the more we indulge in this unhealthy fear, the more we damage our health. Current world situations are filled with opportunities to live in worry and fear, but doing so depletes the immune system, interferes with memory, and disrupts sleep. We need to ask ourselves if this is something in our control and if so, then do something about it. If this is not in our control, then let it go. "Let go and let God" is the 12 Step phrase. Then focus on anything positive that could result from the situation. And for sure, we have control over how we choose to think about things in our life. Get back to those gratitude lists and go over them first thing in the morning and before falling asleep at night. Your body will thank you for it.

BEMER TIP: BEMER USE TIPS for large groups

When sharing the BEMER at gatherings, use a natural disinfectant spray to lightly spray attachments in between use. I use an essential oil from YL called Thieves Spray, but any good natural disinfectant will work. Just a light spraying. When animals are present, you can put a plastic sheet over the b-body.

For the equine unit, use a single size sheet over the horses back before putting on the BEMER. If you are using this for several horses, have several sheets. And use a disinfectant spray on the cuffs between use. Horse owners usually have their own brand they want used on their horses.

NOTE: The covers on the b-body and the b-pad are washable. Hang them to dry.



GREEK FETA SALAD

By Kevin (from Internet search)

INGREDIENTS:

Salad

4 cups Persian cucumber

16 oz small tomatoes halved

4 cups marinated Greek olives

8 oz feta cheese crumbled

Greek Salad Dressing

6 tbsp olive oil

1 lemon juiced about 2-3 tablespoons and zest

2 cloves garlic minced

2 tbs fresh dill chopped fine

1 tsp ground oregano

1 tsp salt

1 tsp red pepper flakes

CHEF NOTE:

ADD RED ONION FOR AN EXTRA CRUNCH!

INSTRUCTIONS FOR SALAD:

1. Trim and discard ends. Slice the cucumber lengthwise and each half again lengthwise. Turn pieces and cut across into ½ inch pieces. Slice the tomatoes in half lengthwise.

INSTRUCTIONS FOR DRESSING:

2. In a medium bowl add the dressing ingredients and whisk together. Add the cucumber tomatoes, olives and crumble the feta cheese over. Toss to coat and serve or chill if not using immediately.



BEMER
GROUP

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