

Healthy Living

Shared with you by Allison R. Myers, MA, LPC

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& Sheryl Brickner PhD

HEALTH TIPS:

Enjoy the beauty around you—the flowers, the birds, the mountains, the beaches—nature improves our immune system. Walk on the grass or beach barefooted to take advantage of the negative ions from the earth that improve our health. Benefits include preventing insomnia, improving eyesight, reducing inflammation, regulating heart health, and reducing stress.

How are you doing with your gratitude list?

Remember, finding things to be grateful for improves our immune system. Do you have your own bed? Is there food in your refrigerator? Do you have clean drinking water? Do you have a hot shower? We take these things for granted but many people in the world have none of these. Remember to be grateful for those things we take for granted.



BEMER TESTIMONIAL:

When I moved from Denver to Dayton, OH in 2019, I was recovering from a hip injury and driving even two hours was difficult. I stopped to stretch every 90 minutes and when I got back in the car, I put the b-sit on program 3, one time behind my back, the next time sitting on it. I was able to make the trip in 2 ten-hour days and never once felt sleepy. (Note: don't try to set it and turn it one while driving. It's worse than texting while driving)

-Sheryl B.

BEMER TIP:

The popular B-sit should be available to us this month as a class 2 device for our BEMER. It will be sold as the Office Edition and will include a nice carry case.

Originally designed for wheelchairs, it works wonderfully for office chairs and in vehicles.

Truck drivers love them. With "sitting as the new smoking" for poor health, we can count on the b-sit to help us even when we have to sit.

BEMER
GROUP

Watermelon, Grape and Feta Salad

From Dulcinea Farms

Ingredients:

- 4 cups seedless watermelon balled or cubed
- 3 cups red or black seedless grapes
- ¼ cup mint, finely chopped
- 2 Tbs honey
- 4 oz feta cheese, crumbled

Makes 6-8 Servings

Instructions:

1. In a large bowl, combine watermelon, grapes, mint and honey.
2. Stir to blend flavors.
3. Refrigerate 20-30 minutes.
4. Gently stir feta into the fruit, then serve.

This is a summer snack that wows and can help anyone cool down after being out in the summer sun.

