

Healthy Living

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

November & December 2021

& Sheryl Brickner PhD

REDUCING HOLIDAY STRESS TIPS:

1. Simplify. Don't be afraid to say "no" and give yourself time to relax.

2. Talk to your family about limiting Christmas spending and find more meaningful gifts. Gift certificates of time are great. Get creative.

- Good for 1 full body massage.
- Good for 1 hour of yard work.
- Good for an evening of babysitting.
- Good for one car wash

3. Limit the number of holiday activities and keep the schedule manageable and enjoyable.

4. If going to a party where alcohol is served, be sure to eat before going so you are not drinking on an empty stomach and limit the number of drinks. Eat something healthy so you will have less room for the calorie laden holiday goodies. It's ok to splurge this time of year, but not healthy to overdo it.

5. The holidays are meant to be enjoyed and don't need to be perfect. Guests come to spend time with people and not a totally spotless, perfect house, or a meal that only Martha Stewart could prepare.

6. Start and end each day with a gratitude list and focus on all the good in life.

MERRY
Christmas
&
HAPPY NEW YEAR



BEMER TESTIMONIAL:

I've only been using BEMER for a couple of weeks, but I'm already noticing a huge change in my back and knee. These are issues I've been having for a long time, but within a couple of weeks, I'm able to move around without nearly as much pain as before. I really don't understand the science behind it, but having experienced it, I'm amazed at the difference it's made. A friend took me somewhere that had BEMER for me to use once. Having used this machine now, I don't know how anyone would notice a difference after only one use. I've been using this consistently for the two weeks that I've had it. I really think consistency is the key.

-Susan K

BEMER TIP:

Consistent BEMER use is the key to success. Some people notice something different after just a couple of uses. 80% of people notice significant changes after two months of daily use. Others may not notice the changes they want for many months, as the body works on cells that need it most first and we don't always know what area of the body that may be. The effects of BEMER are cumulative and last longer over time. The body is better able to heal itself when cells daily get nutrients and oxygen in and toxins out with the increased blood flow. There is less chance of jet lag when traveling even without taking the BEMER along. With consistent BEMER use, we have a lifetime of improved health. And with improved nutrition, exercise and stress management, the BEMER can do even more.

BEMER
GROUP

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Crockpot Holiday Cranberry Sauce

Ingredients:

- 1 cup orange juice + zest of ½ orange
- 16 ounces cranberries, fresh or frozen
- Dash of cloves
- ½ tsp cinnamon
- 1 ½ cups sugar (You can use Xylitol or Stevia)

Instructions:

1. Put all the ingredients in your crockpot and stir carefully to combine.
2. Cook on high for 2-3 hours until the liquid is starting to get syrupy.
3. Refrigerate until ready to use.



Roasted Fall Vegetables with Herb Vinaigrette:

From Door-to-Door Organics

Ingredients:

- 1 lb beets, peeled and cut into ½ inch pieces
- 1 lb parsnips, peeled and cut into ½ inch pieces
- 1 lb sweet potatoes, peeled and cut into ½ inch pieces
- 1 lb Yukon gold potatoes, cut into ½ inch pieces
- 1 tbs thyme, minced
- 1 tbs sage minced
- 9 tbs olive oil
- 3 tbs white wine vinegar
- 1 tbs Dijon mustard
- Pepper, salt, olive oil

YUM!! --->



Instructions:

1. Preheat oven to 350F.
2. Mix the potatoes, parsnips and sweet potatoes together with some olive oil, just enough to coat, and season with salt and pepper. Pour onto a sheet pan and put into the oven to roast.
3. Do the same to the beets on a separate sheet pan and put into the oven.
4. Roast the vegetables until they are fork tender, about 30-40 minutes.
5. Mix the mustard and vinegar together, season with the salt and pepper. Add the minced herbs. Slowly drizzle the olive oil into the mix, whisking the entire time.
6. Serve the vegetables with the vinaigrette over the top.