

# HEALTHY LIVING

February 2022

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hello  
February



## HEALTH TIP: Water, Water, Water

It's easy to get dehydrated in the winter when it's cold and we aren't as aware of our thirst like we are on a hot day. Our body requires water for everything. Our brains and heart are composed of 73% water and the lungs are composed of 83% water. The skin contains 64% water. Dehydration can cause wrinkles, for those who want to keep looking healthy. Dehydration is one of the causes of brain fog and is needed for a healthy immune system.

Drink ½ your body weight in ounces every day. (For example- 170 lb. person would drink 85oz of water a day- that's 10.5 8oz glasses of water per day! Preferably drink water that is filtered and without chlorine and fluoride, but any clean water is better than none.

## BEMER TIP: B-Pad

When using the b-pad for your daily 8 minutes while on the go, don't forget to set the b-pad to low. Go to settings and on the bottom row is the up and down arrow. The b-pad is 3.5 times more powerful than the b-body unless set to low. It automatically defaults to high unless you change the setting. Then move it back to high for use on special areas of the body. For the daily session, run it along the spine and then between the legs, if you have time, but the spinal session is the most important. Some people purchase an extra b-pad allowing them to do both areas at once.

## BEMER TESTIMONIAL

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WE SHOWED THE HORSE OWNER HOW TO USE THE EQUINE UNIT AND WATCHED AS SHE PUT IT ON HER HORSE AND TURNED IT ON. WITHIN 2 MINUTES OF THE 5 MINUTE SESSION, THE HORSE WAS ASLEEP! AS SOON AS WE SAW THE BLINKING LIGHT STOP, THE HORSE'S EYES POPPED OPEN. THE OWNER REPORTED THE HORSE FELT BETTER AND WAS EASIER TO RIDE THE REST OF THE DAY.

-DEMO IN OHIO

# SOUTHWEST SALMON QUINOA CAKES OVER MIXED GREENS

Ryan and Sara Hall, courtesy of the  
Alaska Seafood Marketing Institute

## INGREDIENTS:

2 cans wild Vital Choice Alaskan sockeye salmon (6 to 7.5 ounces each), drained and chunked

Vital Choice organic extra-virgin olive oil, as needed

2 cups prepared quinoa (red or white)

1 cup fresh breadcrumbs (wheat and gluten free options include Watusee Chickpea Crumbs, Gillian's Foods Gluten Free Italian Breadcrumbs and Ian's Gluten-Free Panko Breadcrumbs)

1 cup diced onion

1/2 cup diced green bell pepper

1/4 cup sliced black olives (optional)

1 teaspoon ground cumin

3 large eggs

Salt and pepper, as desired

1 cup regular or low-fat sour cream

1 cup salsa

1 bag mixed salad greens (8 to 10 ounces)

Prepared vinaigrette, as needed

## INSTRUCTIONS:

1. Combine drained salmon, quinoa, breadcrumbs, onion, green pepper, olives, and cumin in a large bowl.
2. In a separate bowl, whisk eggs; season with salt and pepper as desired. Pour eggs over salmon.
3. Mix well, then form into small patties, about 1/4 cup each. Transfer to a spray-coated plate; cover and refrigerate for 20 minutes.
4. Mix together sour cream and salsa; cover and refrigerate.
5. Toss mixed greens with a small amount of vinaigrette in a large bowl, enough to coat greens. Divide and arrange salad on 4 to 6 plates.
6. Lightly coat a large nonstick skillet (about 2 tablespoons oil). Heat to medium heat and gently add salmon patties; cook in batches, if necessary. Cook until lightly browned on both sides.
7. Place salmon cakes on top of greens; spoon sauce over, as desired.



Serves 4-6

Prep 35min | Cook 10min

Total Time 45min

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