

HEALTHY LIVING

January 2022

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2022

— HAPPY NEW YEAR —

Health Tip: Pain Management

As we age, our bodies seem to develop more “discomforts”—backs, knees, necks, all sorts of areas. Opiates are NOT the answer for ongoing pain issues. Research indicates that even our thoughts impact how much pain we feel. Junk foods cause inflammation which increases pain. Lack of sleep causes problems as well. Lack of oxygen to cells and buildup of toxins cause pain. Pain management requires a holistic approach.

1. Practice deep breathing to relax since stress increases pain.
2. Focus on positive thinking. Negative thoughts increase pain and reduce the effectiveness of our immune systems. Worry is particularly bad.
3. Eat fresh fruits and vegetables and lean, hormone free meats (grass fed when possible). Avoid refined grains, vegetable oils and sugar which increase inflammation.
4. Sleep 7-8 hours during dark hours. Keep temperature 65-68 at night. Room should be totally dark. Keep cell phones at least 6 feet from your body.
5. Exercise regularly to keep joints moving. Physical therapists can help you target exactly what is needed for specific areas in your body.
6. Use the BEMER 8 min every morning and evening and use programs with the b-pad and b-spot on areas in need. The BEMER gets oxygen and nutrients into the cells and toxins out.

For many people the New Year is a great time to make lifestyle changes. Set a reward for yourself for keeping on track with your new healthy habits. Even if you don't have pain, all the suggestions above will improve your health.

BEMER TESTIMONIAL

I HAD KNEE REPLACEMENT SURGERY AND A FRIEND LOANED ME HER BEMER. MY DOCTOR AND MY PHYSICAL THERAPIST BOTH WERE AMAZED AT MY PROGRESS. I CAN'T WAIT UNTIL MY OWN BEMER ARRIVES. I LOVE IT!

JUDY - 65 YEARS OLD

Garlic and Herb Crusted Roast Lamb

Costco Connection Recipe

Ingredients:

¾ cup butter, softened

1 Tbs sea salt

5 garlic cloves, minced

1 tsp freshly ground pepper

1 Tbsp fresh thyme, finely chopped

5-6 lb. boneless lamb roast, netted

1 Tbsp fresh oregano, finely chopped

2 lbs. baby potatoes

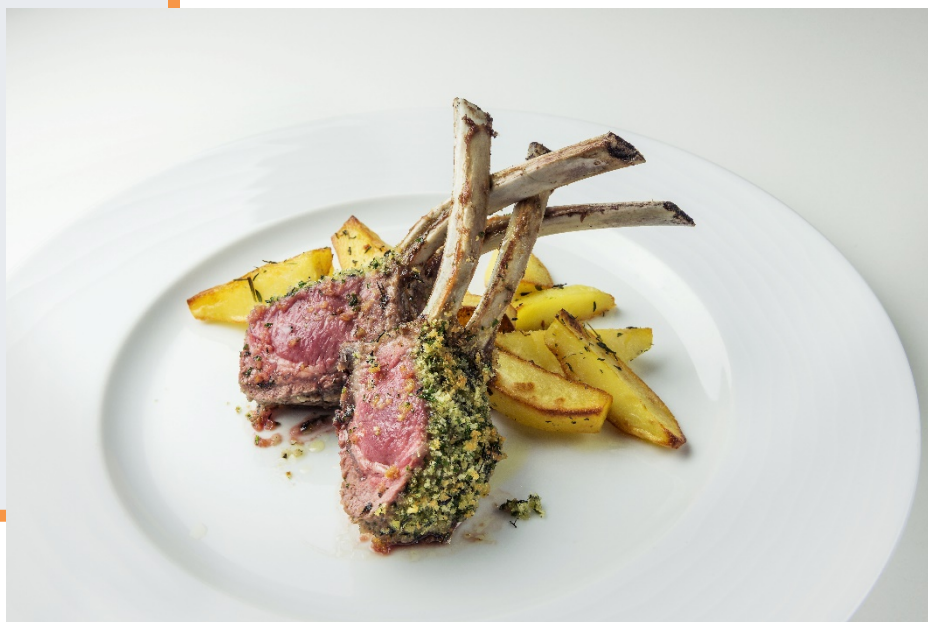
1 Tbsp fresh rosemary, finely chopped

1 Tbsp extra-virgin olive oil

Instructions:

1. Preheat oven to 400 F.
2. In a bowl, mix butter, garlic, thyme, oregano, rosemary, salt, and pepper.
3. Rub all the butter mixture on the outside of the lamb.
4. Place potatoes in a roasting pan and toss with olive oil, salt, and pepper.
5. Lay the lamb roast on top of the potatoes.
6. Roast lamb until the internal temperature reaches 145 F about 1 1/2 to 2 hours.
7. Remove the netting and serve.

Makes 10 servings



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