

Healthy Living

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& Sheryl Brickner PhD

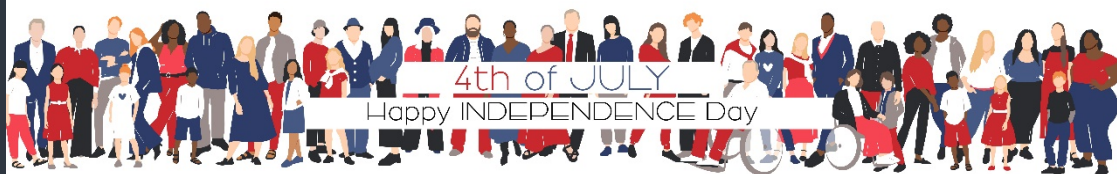
BEMER TIPS:

BEMER Basics

Intensities are for the daily 8 minutes—plus in the morning, no plus in the evening. Work up from Intensity 1 to 6, spending one week on each. Then each month 3-6, a week on each.

Programs are for areas of special needs. Use them 2-3 times a day for discomfort or injuries.

The Sleep program is for detoxing the body organs that are working while we sleep and does NOT replace the 8 minutes twice a day. Start one night of sleep program after 6 weeks of daily use. Use the sleep program once the first week, twice the second week, and then 3 or more times a week as desired. Some bodies adjust more slowly to the BEMER signal and stay at lower levels for much longer. Especially bodies that are very toxic with chronic issues. Listen to your body.



BEMER TESTIMONIAL:

Week one: "farty" (body detoxing). 😊

Week two: more focused driving instead of daydreaming; feeling happier; planned an open house for my business which I had not done in my 5 years here.

Week three: getting a lot more chores done before work.

Rosa, age 50

HEALTH TIP:

The BEMER increases our energy but we need to do our part, too. 30 minutes of exercise every day helps increase energy. Eating a "rainbow" diet of a variety of various colored foods gives our bodies the nutrient energy we need. Blueberries, spinach, green tea, garlic, turmeric, ginger and healthy fats (grass fed butter and ghee, MCT oil, olive oil, wild fatty fish, avocados, nuts and seeds) boost our energy factories. (Creating an Ultra Mind: Workbook by Dr Hyman 2017). The BEMER enhances all the good things we do for our bodies.

BEMER
GROUP

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Broiled Peaches with Blackberry Puree

Brought to you by Muriel's Kitchen

Ingredients:

- 2 pints fresh organic blackberries
- 2 tablespoons plus ½ teaspoon Xylosweet
- 2 tablespoons fresh, organic lemon juice
- 2 large fresh ripe organic peaches, halved, pits removed

Serves 4

Instructions:

1. Preheat broiler on high.
2. Puree blackberries with 2 tablespoons of the Xylosweet and 1 tablespoon of the lemon juice in a food processor or blender. Strain through a fine mesh strainer into a small mixing bowl pushing on solids to extract all the pulp. Set aside.
3. Place peach halves on a baking sheet covered with parchment paper or aluminum foil. Sprinkle with the remaining lemon juice and Xylosweet. Place under broiler and cook until the tops of peaches begin to brown, about 3 minutes. Remove from oven to cool slightly.
4. To serve, place a couple of spoonfuls of puree in individual shallow serving bowls or dessert plates. Top each with a peach half.
5. Serve additional puree on the side.

