

# Healthy Living

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## HEALTH TIPS:

College students talk about the "Freshman 15" but now it seems we have the "COVID 15" after wearing sweat pants and munching our way through snacks while working at home. So time to get back into the clothes we wore pre COVID.

1. A number of functional medicine doctors are recommending Intermittent Fasting for health and weight loss. That means eating all your food in a 6-8 hour time period and making sure you don't eat at least 2 hours before going to bed.

(This is not recommended for people struggling with anxiety or depression who need to make sure they have plenty of protein to minimize their symptoms. Some people may need a little protein at night to help them sleep.)

2. Eat slowly. Put a bite in your mouth, set down your fork and chew 20 times before swallowing. Then pick up the fork for the second bite. Steak may require more chewing. This allows the body time to identify the food and know which enzymes to release for best digestion as well as allowing the brain time to sense fullness.

3. Cut out refined flour and sugar and eat only whole fruits and vegetables.

4. Grass fed meats do not cause problems with cholesterol and are the healthiest options for meat eaters.

5. Choose organic fruits and vegetables whenever possible to minimize pesticides that can cause the body to retain fat stores.

6. Drink lots of water. When feeling hungry drink a glass of water first. Often feelings of hunger are really feelings of dehydration.

7. Increase your exercise routine. Getting out for a daily walk is a great way to start and is wonderful for mental health as well.



## BEMER TESTIMONIAL:

I (Sheryl) moved to Ohio summer of 2019. Although my BEMER use took care of a great many back issues, it was still hard for me to drive distances. I had not driven more than 2 hours at any one time since my hip injury. I used the B-sit every 90 minutes on Program 3 after a stop and stretch. That was the longest my injured hip could tolerate without a stop. I would sit on it one time and put it behind my back the next. I was amazed that I was able to make the trip in two 10-hour days, never once getting sleepy. I was 75 at the time and driving alone.

Good for me and good for BEMER.  
**Note:** Be sure and stop to set up the BEMER before driving again. Doing it while in motion is far worse than texting and driving.

## BEMER TIP:

The B-sit should be back on the market by the end of summer and sold with a new carrying case. It was designed for wheelchairs but is great for truck drivers, sitting at desks all day, or for a nice "foot massage".

**BEMER**  
GROUP

# Cauliflower, Celery, and Green Pea Salad

Brought to you by Muriel's Kitchen

## Ingredients:

- 2 cups chopped cauliflower florets
- 1 cup diced celery
- 1 cup fresh or frozen and thawed shelled peas
- ¼ cup sliced green onions
- 1 cup Healthy Ranch Dressing
- 1 cup coarsely chopped roasted cashews

## Healthy Ranch Dressing

(makes 2 cups)

- 1 6 ounce package organic GMO free silken tofu
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 tablespoon chopped fresh parsley
- 2 cloves garlic, chopped
- 1 ½ tablespoons cider vinegar
- Salt and pepper

**Serves 4-6**

## Instructions for Salad:

1. Combine cauliflower, celery, peas and green onions in a medium bowl. Cover and chill until ready to serve.
2. To serve, toss salad with Healthy Ranch Dressing, spoon on top of lettuce leaves, and sprinkle with cashews.

## Instructions for Dressing:

1. Place all ingredients in the work bowl of a food processor or blender. Blend until creamy and smooth. Refrigerate for up to 1 day.

