

HEALTHY LIVING

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HEALTH TIP: Listen to Your Body

As we age, well used or damaged body parts tend to “talk to us” with various “discomforts”. While BEMER is wonderful for helping reduce these, nutrition also plays an important role. During the holidays I, Sheryl, tend to indulge in a lot more goodies than normal. True, I eat gluten free, but sugar really causes inflammation and therefore pain. My back and hip and knee were yelling loudly at me. As soon as I did my yearly sugar fast starting New Year’s Day (fast from all forms of sugar including grains, dairy, and fruit) the pain level dropped way down. BEMER works even better when we pay attention to healthy eating and stay away from refined grains and sugar.

BEMER TIP: B-Sit

For tired feet and a quick pick-me-up, set the b-sit on the floor and put your feet on it. Try setting the intensity to 10 and measure how far up your body the signal travels. You may find it will register all the way up to your neck. This is a fun way to show skeptics how far the signal can really travel when touching only one part of the body.

BEMER TESTIMONIAL

I HAVE BEEN USING BEMER FOR A FEW YEARS NOW AND I NOTICE HOW IT HELPS ME RECOVER FROM THOSE LONG WORKDAYS AND HOW IT HELPS WITH MY ENERGY WHEN I USE IT EVERYDAY. INSTEAD OF THAT 3RD CUP OF COFFEE IN THE AFTERNOON I SIT BACK DOWN ON THE BEMER AND KEEP GOING!

-JEREMY -37YO

MUSHROOM AND CAULIFLOWER RICE SOUP WITH CHICKEN

The Paleo Gut Healing Cookbook

INGREDIENTS:

- 1 sweet potato, peeled and diced
- 4-5 cups filtered water, divided
- 1 Tbsp extra-virgin olive oil
- 3 medium carrots, chopped
- 3 celery stalks, chopped
- 8 oz. cremini mushrooms, sliced
- ¼ yellow onion, chopped
- 3 cloves garlic, minced
- 4 cups broth, store-bought or homemade
- 1 tsp salt
- ½ Tbsp chopped sage
- ½ tbsp chopped rosemary
- ½ tbsp chopped thyme
- ½ tsp pepper
- 2 chicken breasts, cooked and shredded
- 16 oz fresh or frozen cauliflower rice

INSTRUCTIONS:

1. Add the sweet potato to a pot with 2 cups of water. Boil for 10-12 minutes, until fork tender. Drain and add to a blender and 1-2 cups water to form a cream sauce. You want a loose puree, similar to the consistency of soup. It should yield 2 cups. Adjust water as needed.
2. To a large stockpot, add the oil over medium heat. Once shimmering, add carrots, celery, mushrooms, and onion. Stir for 5-6 minutes, until the onion and mushrooms are softened. Stir in garlic for 30 second.
3. Pour the broth on top of vegetables and add all seasoning. Simmer for 10-12 minutes, until veggies are tender.
4. Add the shredded chicken and cauliflower rice. Stir to combine. Add the 2 cups of potato puree and stir well. Remove from heat and serve.

Serves 4-6



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