

# HEALTHY LIVING

Shared with you by Allison R. Myers, MA, LPC & Sheryl Brickner PhD



## HEALTH TIP: Vitamin D & Sunshine

Vitamin D functions in the body as a hormone and is essential for good health. Optimal levels are between 60-80, according to functional medicine doctors. Most Americans are woefully low in Vitamin D. The best source is from the sunshine and during the hours of 10:00 to 2:00. Your shadow needs to be shorter than your body for the correct angle of the sun and northern regions don't get that kind of sunshine much of the year. The only danger of exposing our bare skin to the sun is sunburn. If you tend to burn start out slowly with 5-10 minutes of exposure free of sunscreen. Stop with the slightest pink coloring to avoid burning. Gradually work up to longer times. The darker your skin, the longer the time required to get sufficient sun. The more skin exposed, the more Vitamin D our bodies can take in. If you are not able to get out in the sun, the standard recommended dose is 6,000-8,000 IU's of Vitamin D. To avoid sunburn when not doing your sunbathing for Vitamin D, be sure to choose a sunscreen that is free of harmful chemicals.

## BEMER TIP: BEMER USE TIPS for TRAVEL

When traveling, take two b-pads and place one along the spine and the other between the legs to save time for your 8 minute twice daily sessions. Another wonderful option for travel is the b-sit. It fits nicely on the car seat or in a plane seat and can be used behind the back as well as on the seat. Remember, the BEMER is a medical device and is not counted as a carry on when flying. It does not cost you anything to take it with you. The BEMER backpack comes with a special tag that states it is a medical device, but even without that, you can let the airlines know what you have.

May 2022

## BEMER TESTIMONIAL

I HAVE BEEN USING MY BEMER FOR TWO YEARS. I USED TO ALWAYS GET UP AT LEAST ONCE DURING THE NIGHT TO GO TO THE BATHROOM. THAT IS NO LONGER NECESSARY SINCE I HAVE STARTED USING THE BEMER. I'M SO HAPPY NOT TO HAVE TO MAKE THAT TRIP OUT FROM UNDER MY WARM COVERS.

-JOAN  
AGE 70



# SEARED WILD SALMON WITH MINTED MANGO SALSA

FROM MARIEL'S KITCHEN COOKBOOK

## INGREDIENTS:

- 1 medium, ripe mango, peeled and diced
- 1 cup diced English cucumber
- 2 green onions, sliced
- 1 medium tomato, seeds removed and diced
- 1 small jalapeno, seeded, finely diced (optional)
- 1 clove garlic, finely minced
- 1 tablespoon coarsely chopped mint
- 2 tablespoons fresh lime juice
- Sea salt
- Wild Salmon
- 2 tablespoons coconut or olive oil
- 4 (4-5 oz) wild salmon fillets
- Freshly ground pepper

## CHEF NOTE:

(IF NOT USING RIGHT AWAY SALSA CAN BE CHILLED FOR UP TO 6 HOURS.)

## INSTRUCTIONS:

1. Combine mango, cucumber, green onions, tomato, jalapeno, garlic mint, and lime juice in a medium bowl, stirring gently to combine.
2. Add salt to taste.
3. Cover and set aside.
4. Season salmon fillets on both sides with salt and pepper. Heat oil in a large, heavy skillet over medium heat.
5. Sear salmon on both sides until golden brown and flakey, about 3 minutes each side.
6. Spoon salsa on top and serve immediately.



**BEMER**  
GROUP