

Healthy Living

Shared with you by Allison R. Myers, MA, LPC

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& Sheryl Brickner PhD

HEALTH TIPS:

It's important to find ways to de stress and improve health during the workday.

One important tool is deep breathing.

Take a short break and practice 5 x 5 breathing. Slowly breathe in through your nose to the count of 5. Breathe out through your mouth to the count of 5 and repeat this 5 times. It will help your body slow down and relax.

For those of you who have an actual lunch hour, consider a brisk walk since exercise helps release the cortisol build up from stress.

Avoid eating your lunch at your desk and multi-tasking while eating as that interferes with digestion and absorption of the food's nutrients.

Chew each bite 20 times and put down your fork in between each bite to ensure the body releases the appropriate enzymes for digestion and is able to recognize when you are full.

This is a good weight loss tip as well!

HELLO OCTOBER



BEMER TESTIMONIAL:

I got introduced to BEMER by a co-worker this year. I have enjoyed using it every day. I am even sharing it with my friends. The biggest thing I have noticed is the change in my breathing when I am using it. I decided to buy one.

- Stephanie

BEMER TIP:

When traveling with the BEMER using only the b-pad and b-spot (items in the Pro Go Edition), remember to change the setting from high to low for the 8-minute daily sessions using intensities. Those two attachments are 3.5 times stronger than the b-body. Changing to low, allows the b-pad to be used at the same intensity as the b-body. Place the b-pad along the spine and then for a second 8 minutes between the legs, if desired, to get the full body effect.

We will be "falling back" with our clocks the first weekend in November. Remember to change the clock on the b-box if you are using the sleep cycle.

BEMER
GROUP

Grilled Chicken and Grape Grain Bowls

from Four Star Sales

Ingredients:

Dressing:

- ½ cup mayonnaise
- 1/3 cup seasoned rice vinegar
- 2 tsp dried rosemary, minced
- ½ tsp red pepper flakes

Salad:

- 4 cups cooked farro (or brown rice or couscous)
- Salt, pepper or other seasoning, to taste
- 12 oz grilled chicken breast strips
- 3 cups grapes (halved if large)
- 3 large radishes, thinly sliced
- 1 1/3 cups celery, thinly sliced
- 1 cup walnut halves (or large pieces)
- ¼ cup chives, coarsely chopped

Instructions for Dressing:

1. Blend dressing ingredients until smooth.

Instructions for Salad:

1. Season the farro with salt and pepper or favorite seasoning, then divide among 4 bowls.
2. Divide and arrange the remaining salad ingredients on top. Drizzle dressing over salads or serve on the side.

Fresh and quick dinner on a work or busy school night!

