

Healthy Living

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

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& Sheryl Brickner PhD

HEALTH TIPS:

The BEMER does wonderful things for our health, but it works much better when we continue to implement a healthier lifestyle. One area people often overlook is food allergies and sensitivities. Gluten, dairy and refined sugar cause inflammation in the body which can lead to joint pain, brain fog, attention problems and a host of other things. It is well worth getting tested for food allergies and sensitivities. Allergies show up usually very quickly after eating something, but the sensitivities may not show up for hours or days and are not the usual itching and swelling, but symptoms people don't think about as being from something they may have eaten. Your doctor can order a test for you or you can find them online as well. When you get the results, avoid all foods that show up for 3 months. Then gradually introduce them back in, one at a time, until you are sure you have no reactions. You may be surprised at the difference you notice when you eat what your body really wants.



BEMER TESTIMONIAL:

Animals love the BEMER and often dogs and cats will come running when you begin your daily 8 minutes. I have observed horses no longer limping after sessions, dogs relieved of joint pain and anxiety, and injuries healing much quicker than the Vet expected. Don't forget your animal friends when using your BEMER.

-Sheryl B.

BEMER TIP:

To keep the Equine unit clean, put an old sheet over the horse before putting on the horse blanket. The inserts for the horse cuffs can be washed on a gentle cycle and hung to dry. The horse cuffs can be used on the back of smaller horses and larger dogs. When using the Human BEMER for smaller animals, put a plastic sheet over the b-body to protect it. You can put the b-pad in a pillowcase to keep it clean. Remember, both the cover for the b-body and the cover for the b-pad can be machine washed cold and hung to dry.

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Karin's Chicken and Coconut Soup

Karin Black, Germany

Ingredients:

- ½ cup brown rice, cooked
- 3 cups chicken broth
- 1 can (14 oz) coconut milk
- 2 tablespoons curry powder
- 1 red chili pepper, minced
- 1 medium parsnip, diced
- 3 small chicken breasts, cut in ½ inch strips
- 4 tablespoons lime juice
- 1 spring onion
- Chopped coriander
- Unrefined sea salt and black pepper.

Instructions:

1. Bring the chicken broth, coconut milk, curry and chili to a boil.
2. Add the parsnip and simmer for 5 minutes
3. Add the chicken and cook until done, about 6-8 minutes
4. Add the rice and simmer for 30 seconds
5. Remove from heat and add lime juice, salt, and pepper to taste.
6. Garnish with chopped spring onion, coriander, and lime slices.

Delicious and quick dinner on a work or school night!

