

# HEALTHY LIVING

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



## HEALTH TIP: Grounding

Grounding is a practice of walking barefoot on the earth. Moist soft grass on the feet or the damp sand of an ocean beach reduces stress, improves sleep, reduces depression, lowers inflammation, and relieves symptoms of chronic pain, according to [hopefullyholistic.com](http://hopefullyholistic.com). The bare feet are highly conductive and pick up the natural healing sources from the earth. Wearing shoes all the time block the earth's natural energies. Walking on any kind of ground allows our bare feet to pick up that energy, although the presence of water increases the conductivity. Sit in the yard with bare feet while reading a book. Or walk around the yard in bare feet. If you are lucky enough to live near a beach, get your daily exercise and healthy grounding at the same time as the waves lap over your bare feet on the wet sand. Enjoy nature and give your feet some freedom from their restrictive shoes.

## BEMER TIP: for B-Spot

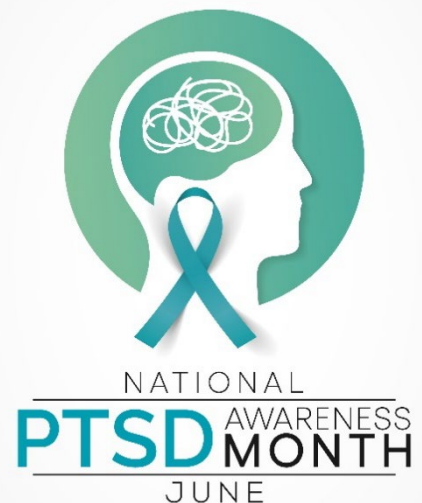
The b-spot is great for small areas that need extra attention—knees, elbows, toes, hands, jaws. You can hold it in place or Velcro it in place with the strap. NOTE: If you ever have problems getting an error message when connecting the b-spot, try rotating the head into place. Occasionally it gets slightly off. Happy BEMERing.

June 2022

## BEMER TESTIMONIAL

"MY BEMER HAS REALLY BEEN A GOD-SEND. I HAVE REALLY NOTICED A DIFFERENCE IN HOW I'M FEELING AND MY ENERGY LEVELS. MY HUSBAND IS STILL A SKEPTIC ABOUT IT, BUT I THINK THIS HAS BEEN THE BEST TREAT I COULD HAVE GIVEN TO MYSELF. I AM SO THANKFUL FOR MY BEMER."

-CAROL D.



# MARIEL'S PEACH SLUSH

FROM MARIEL'S KITCHEN COOKBOOK

## INGREDIENTS:

- 2 peaches, pitted
- 2/3 cup cut seedless watermelon
- 1 cup ice cubes
- 1 scoop (about 2 tablespoons) whey protein isolate powder
- 2 cups sparkling water
- Mint sprigs for garnish

## CHEF NOTE:

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

## "ADULTS ONLY" CHEF NOTE:

(IF YOU WOULD LIKE YOU CAN SWAP THE SPARKLING WATER FOR SPARKLING WINE.)

## INSTRUCTIONS:

1. Place peaches, watermelon, ice cubes, and protein powder in a blender
2. Puree until smooth
3. Add sparkling water and pulse to combine
4. Pour into two glasses, garnish with mint sprigs and enjoy



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