

HEALTHY LIVING

Shared with you by Wholehearted Counseling, LLC & Sheryl Brickner PhD



HEALTH TIP: Staying Healthy during Heat Waves

This summer has seemed like an especially hot one, with records being set all over the world. Children and older people are especially susceptible to becoming over heated. Drinking lots of water and staying hydrated is essential. Sipping on water throughout the day is helpful. But sometimes plain water is not enough. Too much heat can cause an electrolyte imbalance, so adding electrolytes is important. I, Sheryl, use Perfect Amino Electrolytes, a powder I can just add to my water bottle and shake up. It's 100% sugar free. There are plenty of sports drinks to choose from as well. Certain medications can also cause problems when out in the heat, so check with your pharmacist if you are taking any of those kinds of medications. Do your outdoor exercise early in the morning or later in the evening when it's cooling off. Remember that alcohol and caffeine can dehydrate the body and avoid those drinks when hydrating. Enjoy summer and keep yourself safe!

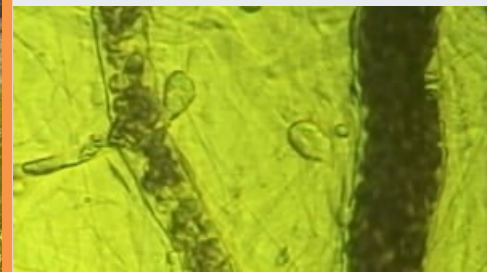
BEMER TIP:

The importance of BEMER is increased blood flow that carries nutrients and oxygen to the cells and removes toxins, allowing our bodies to stay healthy and heal themselves. Consistent use is the secret to improved health. The video at the top right of the page is from a 23-year-old male with no health issues other than stress. Since stress is such a huge problem for so many people, this video is a great reminder how much we need to be using our BEMERs and sharing its importance with everyone we know.

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BEMER VIDEO

CHECK OUT Dr. Berka's
3min Video



BEMER TESTMONIAL

I work on my feet most of the day and sometimes notice discomfort in my back and legs. I have been using the BEMER for only a few weeks, but very quickly noticed all the discomfort gone and more energy for my day. Thank you BEMER.

Julia age 55.

Note:

BEMER distributors pay referral fees for people you send to us who choose to purchase a BEMER. Contact us for more information.

FAUX POTATO SALAD

from Taste of Home Farm to Table Cookbook

INGREDIENTS:

- 1 medium head cauliflower, broken into florets
- 1 medium carrot, peeled and chopped
- 2 hard-boiled eggs, chopped
- 4 green onions, chopped
- 1 celery rib, chopped
- ¼ cup pitted green olives, halved lengthwise
- ¼ cup thinly sliced radishes
- ¼ cup chopped dill pickle
- ¼ cup light mayonnaise
- 1 Tbsp Dijon mustard
- ¼ tsp salt
- ¼ tsp pepper

SERVES 8

**CHEF NOTE:
TRY DIFFERENT KINDS OF
CAULIFLOWER FOR A FUN
SUMMER TWIST**

INSTRUCTIONS:

1. In a large saucepan bring 1 inch of water to a boil. Add cauliflower and cook 4-7 minutes, covered, or until crisp-tender. Drain and rinse in cold water. Pat dry and place in a large bowl.
2. Add carrot, eggs, onions, celery, olives, radishes, and pickle.
3. In a small bowl, stir together mayonnaise, mustard, salt, and pepper.
4. Add to cauliflower mixture and toss to coat.



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GROUP

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