

# HEALTHY LIVING

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



## HEALTH TIP: STRESS MANAGEMENT

**5x5 breathing:** Breathe in through the nose to the count of 5, hold for the count of 5, and breathe out through the mouth to the count of 5. Repeat 5 times. Then do this 5 times a day—upon awakening, before each meal, and at bedtime. Over time this will create new breathing habits which will reduce stress and anxiety. It's a great exercise whenever you are feeling stressed or anxious. Deep breathing during a BEMER session is wonderful.

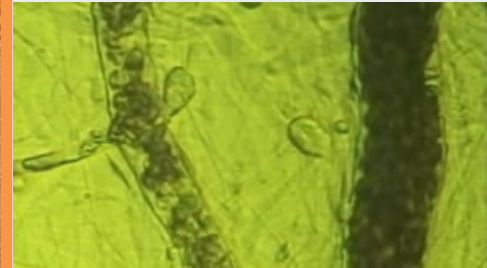
**Gratitude list:** Our thoughts actually change the neurochemicals in the body and affect the replications of our cells as well as affecting the immune system. Begin and end each day with questions that focus your thinking on positive things in your life. What are several things I am grateful for today? What do I look forward to? Who are the people who love me? If I wake up with any negative thinking, I begin my thank-you-God-list. Thank you that I have a bed with warm covers. Thank you that I have a roof over my head. Thank you that I have a shower with warm water. Thank you for the food in my refrigerator. Thank you that I can walk and talk and hear... I find that listing these things that I take for granted puts my life in perspective. And I know I'm improving my immune system at the same time. Thoughts are very powerful. Use yours wisely.

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## BEMER VIDEO

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CHECK IT OUT  
Dr. Berka's 3min Video



Blood Flow is LIFE

## BEMER TESTMONIAL

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"Somehow, I sprained my ankle and it hurt to walk on it. I used the B-pad several times that day and greatly reduced the discomfort. I continued using it for several days until all the swelling was gone. Love my BEMER and my b-pad."

Joan, age 65



# COCONUT CHICKEN

FROM THE KITCHEN OF ANDREA KORNBUE

## INGREDIENTS:

- 3 chicken breasts or chicken tenders
- 6 TBS coconut oil
- 1/3 cup local honey (\*)
- 1 TBS Dijon mustard
- 1 Tbs curry powder
- ½ cup unsweetened shredded coconut

**SERVES 4**

## CHEF NOTE:

Serve with rice and/or salad. Spice it up by adding cayenne or chipotle pepper seasoning.

## WELLNESS NOTE:

\*Local honey can help with seasonal allergies. Honey has been studied as a cough suppressant and may have anti-inflammatory effects.

## INSTRUCTIONS:

1. Carefully wash chicken and pat dry.
2. Mix the coconut, oil, and honey, Dijon mustard and curry powder.
3. Dip the chicken pieces in the mix and place in a shallow casserole dish.
4. Preheat oven to 325.
5. Bake chicken pieces at 325 for 30 min.
6. Sprinkle chicken with coconut and bake another 15 min until coconut is golden brown.



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