

HEALTHY LIVING

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

February 2023

BEMER TIP

The Office Pack (b-sit and carry case) is great for office use if your job requires lots of sitting. It's also wonderful in the car for road trips and it fits nicely into airplane seats as well. You can sit on it, use it behind your back, or even on the floor with feet resting on it for a quick foot session. It's a handy and great travel addition to the BEMER set.

BEMER VIDEO

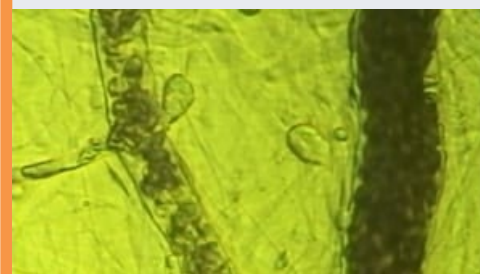
Check out Dr. Berka's Video

**BLACK
HISTORY
MONTH**
2023



HEALTH TIP: **REDUCE YOUR STRESS**

Deep breathing helps oxygenate the brain and relax the body. A simple method is 5 x 5 breathing. Breathe in through your nose to the count of 5. Hold your breath for the count 5 and exhale through your mouth to the count of 5. Repeat this 5 times. Doing this several times a day will help train the body to relax, as well as remind you to take a brief break throughout the day.



SOUTHWEST STUFFED SWEET POTATOES

FROM MYMAGAZINE.US

INGREDIENTS:

- 6 medium sweet potatoes
- 1 cup white or brown rice
- 2 Tbsp. olive oil
- 1 small onion, diced
- 1 cup diced bell pepper, any color
- 2 cloves garlic, minced
- ¾ tsp. kosher salt
- ½ tsp chili powder
- 1 tsp cumin
- ½ tsp ground coriander
- ½ tsp dried oregano
- ¼ tsp cayenne pepper
- 1 can black beans drained and rinsed
- 1 cup Mexican style shredded cheese

OPTIONAL TOPPINGS: SALSA, DICED AVOCADOES, SOUR CREAM OR CHOPPED CILANTRO

INSTRUCTIONS:

1. Preheat oven to 400 degrees
2. Bake sweet potatoes 45-50 min or until easily pierced with a fork.
3. Cook rice according to package directions. Set aside.
4. In skillet, heat oil over medium high heat. Cook onion and bell pepper until soft. Add garlic, turn to medium heat. Add salt, pepper, chili powder, cumin, coriander, oregano, and cayenne, if desired; stir to combine.
5. Add black beans; cook until warm. Stir in cooked rice.
6. Remove potatoes from oven. Split potatoes open lengthwise; divide rice mixture between potatoes. Sprinkle cheese evenly over each potato and place back in oven until cheese melts. Serve warm with desired toppings.



BEMER
GROUP