

HEALTHY LIVING

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



HEALTH TIP: **LIVING A BALANCED LIFE**

To be healthy requires us to have a balance in life—physical health, mental emotional health, and spiritual health. The physical means looking at nutrition, exercise, and sleep. Mental emotional is about stress management and positive thinking. And both those have a direct effect on our physical health as well. Our spiritual life is our belief about the meaning in life and something greater than ourselves. For most people this is their faith, but I would also include in this the kindness and care we give to others around us. Do we love and respect ourselves and love and respect others and treat others as we would wish to be treated? Do we speak up when we see wrongs or are we a silent bystander who, without wishing to contribute to the wrongs we see?

The New Year is a time to reflect on changes and set goals. Evaluate your life and note which areas need the most work. Pick one area to work on and set small, measurable goals. Decide that this year will be one of increased health and wellness and the desire to promote more kindness in the world. And promise yourself to be more consistent with your BEMER use!

**If you are traveling use the b-pad on low 2x a day for 8 min. REMEMBER it's the same for the horse unit, Listen to your Horse!

January 2023

BEMER TIP

The New Year is a great time to get back to basics. BEMER's health slogan is "low and slow" for BEMER users. Most Americans think more is better, but the opposite is true with the BEMER signal. Start back at level 1 for your daily 8 min and work up from there. If you don't like how you feel going to the next level, stay at the lower level for weeks or months.

Listen to your body. The recommendations say one week on each level up to level 6 and then back to 3, 4, 5, 6 for a week each and repeat, but always listen to your body.

Your body knows what needs to be addressed first and it may not be what you expect.

Consistently is the key to allowing the body to do its own healing. **

BEMER TESTMONIAL

"I came home from the hospital with swollen feet and ankles from too much time in the bed. I used the b-pad across my ankles several times a day and my doctor was surprised how quickly the swelling went down. Thank you BEMER."

Sally age 68.

MAPLE MUSTARD CHICKEN THIGHS

FROM MY MAGASINE.US

INGREDIENTS:

- 1 ½ -2 lb. boneless, skinless chicken thighs
- 4 Tbsp olive oil, divided
- 1 Tbsp Dijon mustard
- 1 Tbsp maple syrup
- 1 ½ tsp dried rosemary, divided
- 1 tsp dried rosemary, divided
- 1 tsp salt, divided
- ¾ tsp. freshly ground black pepper, divided
- 2 cups Yukon gold potatoes, cubed
- 2 cups sliced brussels sprouts, trimmed, and halved

SERVES 4 &

SERVE

WARM



INSTRUCTIONS:

1. Preheat oven to 375 degrees
2. Set chicken on rimmed baking sheet.
3. Combine 2 tablespoons olive oil with mustard, maple syrup, 1 teaspoon rosemary, ½ teaspoon salt and ¼ teaspoon black pepper. Brush chicken thighs with the mixture.
4. In small bowl, toss potatoes with 1 tablespoon olive oil, remaining ½ teaspoon rosemary, ¼ teaspoon salt and ¼ teaspoon pepper.
5. Place around chicken and bake 15 minutes.
6. In small bowl, toss Brussel sprouts with remaining 1 tablespoon olive oil, ¼ teaspoon salt and ¼ teaspoon pepper.
7. After chicken and potatoes bake 15 minutes, add sprouts to sheet pan. Roast 15 minutes, until veggies are lightly browned, and chicken reaches a safe internal temperature of 165 degrees F.

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