

HEALTHY LIVING

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



HEALTH TIP: H₂O

Approximately 70% of our body mass is composed of water. This requires constant replenishing, especially in drier climates. In general, bodies need half their body weight in ounces of water each day. For example, someone who weighs 120lbs would need to drink 60 ounces of water each day. To achieve this, try keeping a one- or two-quart glass container nearby, drinking and refilling it during the day until meeting your quota.

For those who don't like to drink water, there are many other options available. Make your own flavor infused water by adding slices of lemon, lime, orange, or cucumber. If using pre-packaged flavors, watch for sugar or other chemical content as this will affect the body in other ways. Herbal teas or milk are other options to consider. Skip the soda, as that will only dehydrate your body.

Clean, pure water is essential for healthy living. Our bodies can process water through absorption as well as ingestion. This means, it is not only important to utilize filtrations systems for our drinking water, but also for the water we use to cleanse ourselves. Installing an inexpensive shower filter is an easy option to assist with clean water for bathing needs.

BEMER TIP: H₂O

The BEMER signal can be used to infuse water. Take the B-Pad and a glass jar or container filled with water. Wrap the B-Pad around the container and set it to intensity 10. The signal will remain in the infused water for 24-48 hours. Clients who have an equine unit can infuse their water by using one of the horse cuffs around the glass jar or container filled with water. Electrical infused water is healthy for both humans and horses.

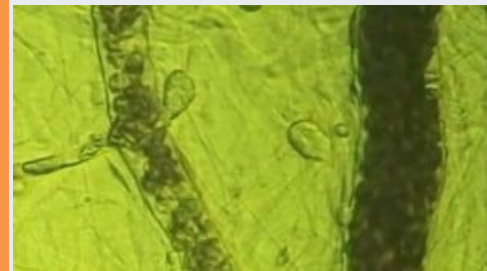
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BEMER TESTIMONIAL

"I had a condition that required several surgeries. After the surgeries, I felt discomfort and numbness in my feet. I was unable to ride my motorcycle or climb ladders. I missed work. My sleep was disrupted and nothing seemed to help. After two months of consistent BEMER use, I can now sleep comfortably through the night." -Mike

BEMER VIDEO

Check out Dr. Berka's Video



SHERYL'S NACHO SALAD

INGREDIENTS:

- 1 lb. grass fed ground beef
- 1 can organic black refried beans
- 8 oz organic shredded cheese
- 1 jar salsa
- 1 tomato, diced
- 1 avocado, diced
- 1 container sour cream
- 1 bag of shredded lettuce
- 1 bag organic blue corn chips

CHEF'S NOTE:

I DEVELOPED THIS EASY RECIPE WHEN MY GRANDKIDS DECIDED THEY LOVED THE JUNKY NACHOS SERVED AT MOVIE THEATERS AND I WANTED THEM TO HAVE SOMETHING HEALTHY. FEEL FREE TO LAYER ANY WAY YOU CHOOSE OR SKIP THE SALAD AND JUST ENJOY THE CHIPS AND MEAT MIX. THIS IS ONE OF MY FAVORITE EASY MEALS.

SERVES 4

INSTRUCTIONS:

1. Cook the ground beef and drain off excess fat.
2. Stir in the refried beans and cook until heated through.
3. Add the cheese on top and let it melt.
4. Put shredded lettuce on individual plates and top with tomatoes and avocado.
5. Layer chips on top of salad and spoon meat mixture over the chips.
6. Top with salsa and sour cream.



BEMER
GROUP