

HEALTHY LIVING

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



HEALTH TIP: **SPRINGTIME**

Spring is here! Now is the time to infuse our bodies with healthy doses of Vitamin D, provided by sun exposure. Vitamin D is essential to many of our bodily processes.

Spend 10-20 minutes per day in the sun (depending on skin tone). It's best to take time in the middle of the day, when your shadow is shorter than your body. Expose as much of the body as possible and leave off the sunblock. To avoid burning, go inside when you see the slightest pink tinge to your skin.

Gardening or outdoor exercise are active ways to reduce stress as well as get a good dose of Vitamin D. What a great excuse to enjoy the springtime flowers!

BEMER TIP: **SPRING CLEANING**

The covers on the b.pad and b.body are machine washable. Wash on gentle and hang up to dry. Clean the b.box as you would any good computer. The b.spot can be wiped down with a disinfectant. Be careful not to spray any of the electronic devices directly.

April 2023

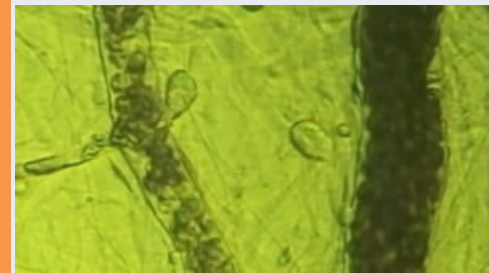
BEMER TESTIMONIAL

I love to golf, but my back caused me major problems several times a year. This year I had my BEMER and no more problems with my back. I no longer miss being on the golf course.

John, age 59

BEMER VIDEO

Check out Dr. Berka's Video



FRUIT AND NUT BURGERS

BY SUSAN NICHOLSON

INGREDIENTS:

- 1 lb lean ground beef
- 2 Tablespoons chopped walnuts
- ¼ teaspoons coarse salt
- ¼ teaspoon pepper
- 1 Granny Smith Apple cut into 8 rounds
- 4 whole grain artisanal buns
- 4 tablespoons brie cheese, softened
- 4 tablespoons marionberry or blackberry preserves

SERVES 4

(407 CALORIES AND 35 GRAMS OF PROTEIN)



INSTRUCTIONS:

1. Combine beef, walnuts, salt, and pepper in a medium bowl
2. Mix and form into 4 half inch patties.
3. Grill covered for 8-10 minutes.
4. Place two apple rounds on bottom of each roll.
5. Top with burger. Evenly spread cheese and preserves on top of burger and top with bun.



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