

# HEALTHY LIVING

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



## HEALTH TIP: HEALTH BENEFITS IN NATURE

Nature lowers blood pressure and improves our immune systems. Take a walk in the park, look at the mountains, the beach, or at a beautiful sunset—all of these have a significant health impact. If getting to those locations is difficult, imagining being in a beautiful natural setting, in detail, can have the same health benefits.

Scientific studies have shown that simply staring at a plant for a few minutes reduces stress and improves productivity throughout the day. Plants in the immediate environment have the added benefit of helping clean toxins from the air. Take time every day to appreciate nature and improve your health at the same time.

## BEMER TIP: DEEP BREATHING

Combine daily BEMER sessions with deep breathing and meditation. Place the b-pad across the chest, stomach, or any area that needs extra help. During the morning or midday eight-minute sessions, take long, deep breaths. Focus your thoughts on peace, calm, love, or let your mind take a quick vacation to a beautiful spot!

May 2023

## BEMER TESTIMONIAL

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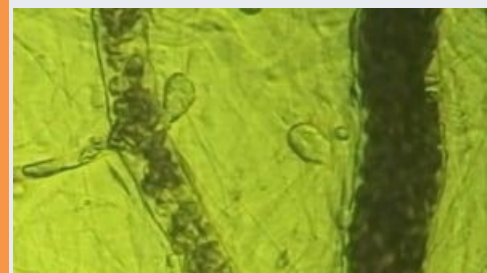
BEMER is such an incredible device. When I use it regularly, I feel healthier and more balanced. My mind can stay focused on tasks and I'm not as easily distracted. I recommend BEMER to all my friends!

Stephanie, age 45

## BEMER VIDEO

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Check out Dr. Berka's Video



break  
the  
stigma

# SIMPLE WHIPPED FETA DIP

FROM MYMAGAZINE.US

## INGREDIENTS:

- 8 oz feta cheese
- ½ cup plain full-fat yogurt
- 1 clove garlic, minced
- 1 Tbs. olive oil
- 1 tsp. honey
- 1/8 tsp. red pepper flakes

## CHEF NOTE:

ADD FRESH HERBS OR A SQUEEZE OF YOUR FAVORITE CITRUS FOR A TOUCH OF COLOR AND A ZING ON YOUR PALETTE.

## INSTRUCTIONS:

1. In a food processor, blender, or with an immersion blender, combine feta, yogurt, and garlic until smooth.
2. Add olive oil and process or blend until light and creamy.
3. Place in a dip bowl, then top with honey and red pepper flakes.
4. Serve with snap peas, carrots, and celery.
5. Refrigerate any leftovers.

**Note:** This dip will stiffen in the fridge. Set out at room temperature for an hour before serving again.



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