

HEALTHY LIVING

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



HEALTH TIP: HEALTHY THINKING

Negative input into our brains results in poor immune systems as well as physical and emotional health issues. The Surgeon General recently stated that too much social media leads to very significant increases in anxiety and depression. Reading and listening to negative input has the same effect.

Try disconnecting from TV and social media to focus on conversations with friends. Consider complimenting your family or just expressing your appreciation to them. The more we focus on the positive in life, the better and stronger our immune systems become.

Summer is here! Get out of the house to enjoy walks, biking, hiking, and backyard picnics. Set the phones aside. Look at the stars at night or examine the intricacies of the flowers in the park. Try to identify any birds you see. Turn your focus to nature or exercise and just enjoy life. Let the stress melt away and focus on gratitude!

BEMER TIP: BEMER WATER & GROWTH

BEMER water is a benefit to people, and it helps plants grow. Put water in a glass container and wrap the B-Pad around it. Use Intensity 10 for 8 minutes. Drink the water yourself or use it to water your plants. They will love you for it.

June 2023

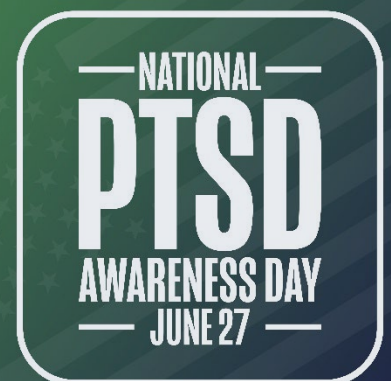
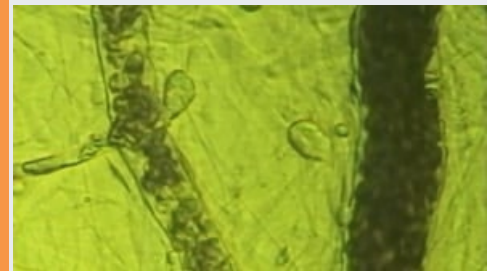
BEMER TESTIMONIAL

I was on the track team this year and had a lot of problems with soreness in my legs. After each practice I used the BEMER, and it made all the difference. My track times improved, too.

Julie, 17yo

BEMER VIDEO

[Check out Dr. Berka's Video](#)



BLACK & BLUE SALAD

FROM COSTCO

INGREDIENTS:

• Vinaigrette

- ½ cup fresh blackberries
- 1 Tbsp sugar
- 2 Tbsp balsamic vinegar
- 2 Tbsp extra-virgin olive oil
- 1 Tbsp honey
- Salt and pepper, to taste

• Honey-roasted Pecans

- ½ Tbsp butter, melted
- 1 Tbsp honey
- ½ cup pecans
- Salt, to taste

• Salad Ingredients

- 5 oz spring mix lettuce
- 12 oz fresh blackberries
- 3 oz blue cheese, crumbled

INSTRUCTIONS:

1. Prepare the vinaigrette: Place the blackberries and sugar in a food processor or blender, then blend until berries are crushed. Let sit for a minute, then add remaining vinaigrette ingredients and blend until smooth. Set aside.
2. Prepare the pecans: Preheat oven to 350 F. Pour melted butter into a bowl, then add honey and pecans; toss to coat. Spread out pecans on a parchment paper-lined baking sheet and bake for 5-6 minutes, or until brown and fragrant: watch carefully so they don't burn. Sprinkle lightly with salt and set aside to cool completely.
3. Divide the lettuce among 2 to 4 plates. Top with the whole blackberries, blue cheese crumbles and honey-roasted pecans. Dress with berry-balsamic vinaigrette, then serve. Makes 2 to 4 servings.

