

HEALTHY LIVING

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



HEALTH TIP: HEALTHY SLEEP

Sleep is critical to our health and wellbeing. Getting good deep sleep allows our bodies to clean toxins from our brain which improves our immune system. Seven to eight hours a night is a normal requirement. Sleeping in total darkness helps with melatonin production, important for good sleep. Being out in the sunshine during the day also improves melatonin production. Our grandmothers used to say "the two hours before midnight are beauty hours" to keep us looking good. Getting to bed two hours before midnight gives us more sleep during dark hours. Slow down your mind as you go to bed by thinking about a gratitude list and then allowing yourself to imagine being in your favorite vacation spot. Leave today's and tomorrow's worries out of the bedroom.

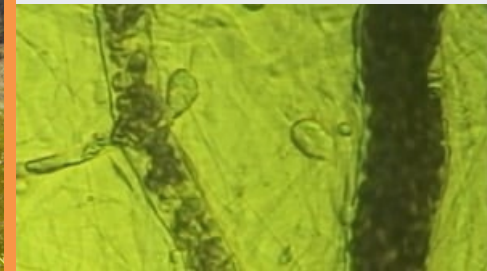
BEMER TIP: SLEEP

The BEMER Essential Unit has a special program used at night to help our bodies detox. It runs for two hours as you go to sleep and then again two hours before you wake up. The BEMER EVO Unit also has a special program with an 8-minute program to use as you are going to sleep and another 8-minute program to help wake up in the morning. All of these are designed to be done in bed. The BEMER EVO unit also offers a 20-minute program to use during the day for rest and relaxation and meditation. These special programs are in addition to our regular 8 minutes twice a day for our ongoing health. Using the BEMER regularly helps improve our sleep.

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BEMER VIDEO

Check out Dr. Berka's Video



"I could never in a hundred summers get tired of this."

-Susan Branch



CELERY CHICKEN SALAD BITES

FROM DUDA FARMS FOODS

INGREDIENTS:

- 3 cups rotisserie chicken debones, skin removed, and finely chopped
- ½ cup red grapes, finely chopped
- ½ cup celery sticks finely chopped
- 2 Tbsp almonds, finely chopped
- 2 Tbsp dried cherries, finely chopped
- 2 Tbsp fresh dill, finely chopped
- 2 Tbsp chives, finely chopped
- 8 celery sticks cut in thirds for serving

DRESSING:

- ¼ cup Greek yogurt
- ¼ cup avocado mayonnaise
- 1½ Tbsp Dijon mustard
- 2 Tbsp lemon juice
- ½ tsp sea salt
- ½ tsp freshly ground black pepper

INSTRUCTIONS:

1. Place ingredients (except celery sticks) in a large bowl.
2. Prepare the dressing in a smaller bowl and pour over salad ingredients.
3. Mix until combined, taste and adjust seasonings as desired.
4. Top celery sticks with chicken salad. Serve chilled.

CHEF'S CHOICE: For an alternative, serve chicken salad on a bed of greens or with crackers.



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GROUP