

HEALTHY LIVING

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



HEALTH TIP: HEALTHY EATING FOR MIND & BODY

July is a great time to think about freeing our bodies by eating more healthy foods. This shift in our eating habits is a great move toward a healthier mind and body!

A few simple tips to make this shift include:

- *Avoid processed foods (including sugar, flour products, and many packaged foods) and move towards fresh fruit and vegetables.
- *Choose a variety of colors when selecting fruits and vegetables as the different colors contain different nutrients.
- *Buy locally and from farmer's markets when possible.
- *Choose whole fruits instead of fruit juices as those contain hidden sugars and preservatives.
- *When possible, select leafy green vegetables, like kale, spinach, or dark greens.
- *Choose foods containing healthy Omega 3s, like wild caught salmon, flax or chia seeds.
- *Other great foods include avocados, almonds, berries, free-range eggs, and grass-fed meats.
- *Dark chocolate is healthy in moderation.
- *Avoid using corn, safflower, canola, or peanut oil as they contain high levels of Omega 6s. These oils are often used in fast food places.

BEMER TIP:

Relaxed and focused brains perform better. To get the most out of an 8-minute, twice-per-day session, close the eyes, take deep breaths, and focus on gratitude. Eight minutes can turn into an amazing meditation time, leaving the body and mind feeling refreshed. For multi-taskers, try this at least once to experience amazing results.

July 2023

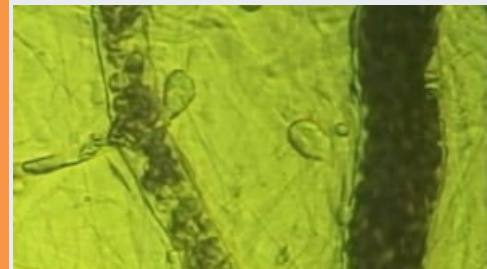
BEMER TESTIMONIAL

"I was in a car accident many years ago. Over time, my back developed a lot of stiffness, and I lost range of motion. The BEMER really helped with my stiffness and discomfort. To my surprise, my range of motion returned to the affected areas. I love my BEMER."

Joann age 59.

BEMER VIDEO

Check out Dr. Berka's Video



GRAPE DELIGHT SMOOTHIE

FROM ANTHONY VINEYARDS

INGREDIENTS:

- 2 cups green grapes
- ½ cup baby spinach
- ½ fresh lemon, rind and pith peeled, seeded, and cut in quarters
- ½ cup plain low-fat yogurt
- 1 ½ cups coconut water, chilled
- 1 tsp fresh ginger, grated

Makes 2 servings

Tip: Add protein powder to the ingredients for a quick, healthy breakfast

INSTRUCTIONS:

1. Freeze washed green grapes overnight.
2. Place all ingredients in a blender, and blend until smooth and creamy.
3. Add more coconut water for desired consistency.
4. Serve immediately.



BEMER
GROUP