

# HEALTHY LIVING

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



## WELCOME TO *September*

### HEALTH TIP: NUTRITION

According to Dr. Hyman (Creating an Ultramind Workbook), 99% of people today are deficient in omega 3 fats which are essential for healthy brain functioning. Processed foods contain vegetable oils (omega 6's) which can do damage to our bodies when not balanced with omega 3's. The ratio of 1:1 is ideal, and most Americans have a ratio of 20:1 Omega 6's to Omega 3's. Omega 3's build cell membranes, reduce inflammation, balance blood sugar, and increase cell connections. Low levels are associated with depression and anxiety; ADHD, learning disabilities, criminal behavior, and many other disorders. Salmon and other fatty fish are good sources of Omega 3's and taking supplements is very helpful. Cutting back or eliminating processed foods is good for every aspect of health. Making healthy choices with nutrition and exercise enhances our BEMER performance.

### BEMER TIP: SPECIAL PROGRAMS

You can set 3 special programs on the BEMER EVO. Go to settings and select expert mode. Select E 1. The lines across the screen indicate intensity and the numbers at the bottom indicate time. Use the arrows and plus and minus to the right to determine the intensity and time. You can leave plus on or off. You can set programs for lower intensities than the "low" on the regular intensities or make a program that covers all 10 intensities for an injury. The BEMER essential had many more options for special programs, but I never made more than 2 or 3 so the expert mode for this has what we need.

September 2023

### TESTIMONIAL

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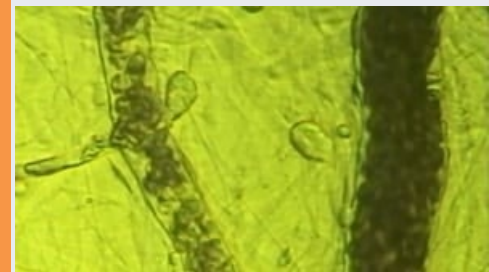
"I have problems with circulation in my legs and my legs would get numb before I could even finish my yard work. A friend loaned me his BEMER and after just a couple weeks, I noticed a huge difference. No more numbness and I had extra energy to do more work. I bought my own and am very happy."

Rick -- age 60

### BEMER Video

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Check out Dr. Berka's  
Video



# BLACK & BLUE SALAD

FROM COURTNEY WHITMORE

## INGREDIENTS:

- 1 lb. boneless top sirloin steak, cut  $\frac{3}{4}$  inch thick
- $\frac{1}{4}$  cup Worcestershire sauce
- 1 tsp salt
- 1 tsp black pepper
- $\frac{1}{2}$  cu cherry tomatoes
- 6 cups spring mix greens
- 1 avocado, pitted, peeled and thinly sliced
- $\frac{1}{4}$  red onion, thinly sliced
- $\frac{1}{4}$  cup blue cheese crumbles
- $\frac{1}{4}$  cup dressing of choice

Makes 4 Servings



## INSTRUCTIONS:

1. Place steak in a zip-close bag with Worcestershire sauce, salt, and pepper. Seal: turn steak to coat evenly.
2. Refrigerate for at least 1 hour, then remove steak from marinade.
3. Place steak on grill over medium heat, Grill covered, for 7-11 minutes for medium-rare to medium doneness, turning occasionally.
4. Remove steak from grill and let it rest.
5. While it is resting, grill the tomatoes for 2 or 3 minutes or until they burst.
6. Remove tomatoes from the grill and slice the steak across the grain.
7. Fill a platter or large salad bowl with greens.
8. Top with burst tomatoes, avocado, onion, and blue cheese. Top with steak slices, then serve with dressing of your choice.



**BEMER**  
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