

HEALTHY LIVING

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



HEALTH TIP: MEALTIMES

Healthy eating is more than just choosing organic fruits and vegetables or free-range meat and eggs to eat. How we consume our meals is a big factor. We need to slow down as we eat. This will allow our brains the time to identify which enzymes it needs to digest the food properly. Slowing down also gives our bodies the opportunity to absorb the full nutrients. Research shows that multitasking while eating interferes with the body taking in nutrients from the food. We can lose up to 80% of the nutrients from eating distracted!

Take a bite, put down the fork, chew twenty times and swallow, before picking up the fork for the next bite. Eat slowly, focus on the food, and have an attitude of gratitude while eating to greatly improve your health. Make mealtimes a time to relax and enjoy.

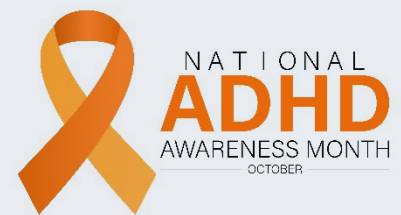
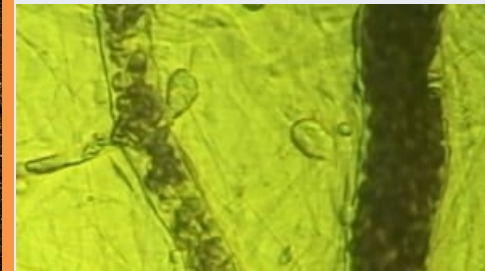
BEMER TIP: CLEANING THE BEMER

The BEMER Pro-Set B-Body and B-Pad have removable covers that can be machine washed. Select a gentle cycle and hang to dry. The BEMER Premium-Set Evo's cover is a permanent fabric that is easy to clean by hand. When necessary to clean, Sheryl recommends using an essential oil cleaning spray to wipe down the Evo fabric. If doing demos, use a sheet over the applicators to keep them clean for multiple users. Treat the B-Box from either set like a computer. Use a soft cloth and don't spray any cleaners directly on the units.

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BEMER Video

Check out Dr. Berka's
Video



BLUEBERRY WALNUT PANCAKES

FROM 2017 HYMAN DIGITAL, LLC

INGREDIENTS:

- 3 large Omega 3 eggs
- ¾ cup almond milk
- ½ teaspoon freshly squeezed lemon juice
- 1 teaspoon vanilla extract
- ½ cup coconut flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- A pinch of sea salt
- ¼ cup roughly chopped walnuts
- ¼ cup Coconut oil, for greasing the skillet
- 1 pint fresh blueberries
- ¼ cup arrowroot
- 1 teaspoon cinnamon

Makes 2-3 Servings



INSTRUCTIONS:

1. In a large bowl, whisk the eggs, then add the almond milk, lemon juice, and vanilla. Whisk until well blended.
2. In a separate bowl, mix the coconut flour, cinnamon, baking powder, baking soda, salt, and arrowroot. Add the dry ingredients to the wet mixture, ¼ cup at a time, while continuously whisking.
3. Once combined, gently fold in the walnuts.
4. Grease a large skillet and place over medium heat. Once the skillet is hot, use a ladle to pour 3-inch pancakes onto the skillet. Cook until bubbles appear, then flip. Cook pancakes on each side for 2-3 minutes. Repeat with the rest of the batter. Add a tablespoon or more of coconut oil to the hot griddle, as needed.
5. Make a blueberry sauce by simmering the blueberries in a small saucepan with 2 tablespoons of water for 10 minutes before serving.
6. To serve, place 3 pancakes on a plate and top each stack with the blueberry sauce.



BEMER
GROUP