

# HEALTHY LIVING

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



## HEALTH TIP: DESTRESSING

The holiday season can be stressful for many people. Here are some tips to enjoy this time of year with less stress:

1. Simplify the schedule and say NO whenever possible.
2. Eat something healthy before going to parties and consuming alcohol.
3. Keep up exercise routines, eat healthy foods, and get plenty of rest.
4. Consider limiting gift giving to avoid breaking the budget. Your presence is an incredible gift!
5. Focus on deep breathing and find a few minutes every day to relax.
6. Take stretch breaks once every hour, especially if engaging in sedentary work or hobbies.
7. Set healthy boundaries! Spend time with people who make a positive impact and avoid those with a negative outlook.
8. Volunteer at a soup kitchen or other non-profit. Helping others improves our immune system and gives a positive mental boost.
9. Be encouraging to those around you every day.
10. Focus on gratefulness for the life we have.

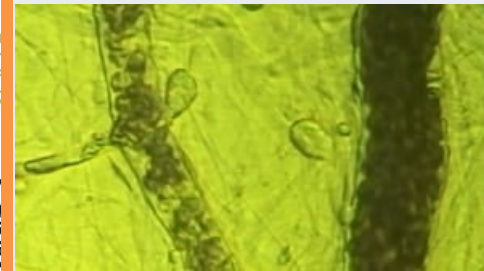
## BEMER TIP: THE NEW BEAUTY PAC

The FDA has approved the BEMER Beauty Pac! It will be available for purchase in mid-November. Like the older version, this newly designed light reduces wrinkles and improves the skin. It is also recommended, as a treatment, for mild to moderate acne.

November &  
December 2023

## BEMER Video

Check out Dr. Berka's  
Video



## BEMER Testimonial

My mom purchased a BEMER, and I've been using it to recover after track meets. I can't believe the difference and my times have improved as well.

-Jordan-

age 17

# ROSY BEETROOT HUMMUS

FROM DELICIOUSLIVING.COM

## INGREDIENTS:

- 2 large red beets, trimmed
- 14 oz can cannellini beans, including liquid
- 2 Tbsp tahini
- 2 tsp minced fresh garlic
- ½ tsp ground cumin
- ¼ tsp sea salt
- 1/8 tsp hot sauce
- Goat cheese
- Optional: Toasted Walnuts for topping
- Crudites for dipping such as apple slices, walnut halves, snap peas, and small pitas

Makes about 3 ½ cups

### CHEF'S NOTE:

This dip is packed full of healthy nutrients, is an excellent source of fiber, and can be enjoyed as an appetizer or as a full meal.

Serve at your holiday parties.

## INSTRUCTIONS:

1. Preheat oven to 350.
2. Place beets in a small roasting pan just large enough to hold them all. Add ¼ cup water. Cover and bake for about 1 hour until fork tender. Set aside to cool.
3. Peel, chop and then place beets in blender along with remaining ingredients except goat cheese and dipping crudites. Pulse contents to blend, then whirl at high speed, scraping down sides of bowl occasionally, until mixture is very smooth and silky. Transfer to covered container until ready to serve. Can be refrigerated for a couple days.
4. To serve, sprinkle hummus with some crumbled goat cheese and toasted walnuts and serve with crudites for dipping.



**BEMER**  
GROUP