

HEALTHY LIVING

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



HEALTH TIP: HEALTH & WELLNESS

A holistic approach to health is essential to maintain our minds and bodies. We need to address the physical, mental or emotional, and spiritual parts of our lives. Our physical needs include eating, exercise, and sleep. Ideally, eat only organic fresh fruits and vegetables and grass fed, range-free meat, eggs, and milk. Added sugars and packaged foods with long shelf lives damage our bodies. Exercise that includes aerobics, flexibility, and strength training is best. Sleep is the time our bodies expel toxins, especially our brains. Six to eight hours of sleep is considered healthy, although some people may need more. Our mental and emotional needs include positive thinking and stress reduction. Our spiritual life is the belief about something greater than ourselves and our purpose in life. Prayer and meditation are part of our spiritual lives. Both our spiritual life and our mental or emotional life affect our physical wellbeing. Make a commitment this year to improve each of these areas and to be the best person you can be.

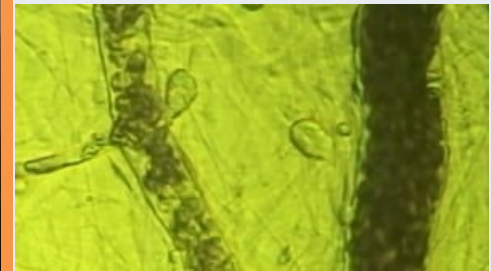
BEMER TIP: THE NEW BEAUTY PAC

The EVO Beauty Pac includes both the B.Light Clear Evo (Red + Blue Light) and the B.Light Restore Evo (Red + Infrared Light). The clear light improves mild to moderate acne and improves the general appearance of the skin. The restore light visibly reduces the appearance of wrinkles and fine lines. Both lights reduce inflammation. These are huge upgrades from the original light.

January 2024

BEMER Video

Check out Dr. Berka's
Video



BEMER Testimonial

I was part of the test group for the EVO beauty pack. I had acne on my forehead, chin, and cheeks. Nothing the doctors tried made a difference. The EVO test was a two-month trial, and I noticed a difference in just a couple of weeks. My skin was almost clear in a month. That was two years ago, and symptoms haven't returned. Now if I get the beginning of a zit, I use the clear light and it's usually gone in a day or two.

-Stephanie, from Germany

POTATO PARSNIP PEAR SOUP WITH SMOKED GOUDA

FROM DELICIOUSLIVING.COM

INGREDIENTS:

- 1 Tbsp extra virgin olive oil
- ½ cup shallots, peeled and diced
- 5 cups low sodium vegetable or chicken stock
- 4 cups peeled and chopped russet potatoes
- 1 ½ cups peeled and chopped parsnips
- 1 ½ cups peeled, cored, and chopped ripe pears
- 1 ½ tsp fresh thyme
- 1 Tbsp Dijon mustard
- 2 oz smoked Gouda

Nutritional Info:

98 cal, 3 g protein, 3 g total fat,

16 g total carbs (6 g sugars, 2 g fiber)

364 mg sodium

Serves 10

INSTRUCTIONS:

1. In large saucepan, heat oil over medium heat.
2. Sauté shallots for 2-3 minutes.
3. Add stock along with potatoes, parsnips, pear, and thyme.
4. Bring to a boil, then simmer until potatoes and parsnips are fork tender, about 30 minutes.
5. Remove from heat and puree with an immersion blender or in batches in a blender.
6. Return to saucepan over medium heat; stir in mustard and smoked gouda until combined.
7. Serve immediately.



BEMER
GROUP