

# HEALTHY LIVING

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



## HEALTH TIP: BECOMING HEALTHIER

How do we begin the journey to better health? The easiest way is to take small steps that are increased along the way. Those who are “junk food junkies” might consider giving up one or two of the foods per day and replacing them with something healthier. Those who “live” on sodas could cut out one or two per day and replace them with water. Those who drink coffee all day long could start by decreasing their cups per day intake or mixing some of those cups with a half caffeine blend instead. Find a partner and hold each other accountable along the journey and celebrate each little success. Our health is one of the most important things we have. Take time each day and make active choices to turn your health into a priority.

## BEMER TIP: CLEANING YOUR BEMER B-BODY

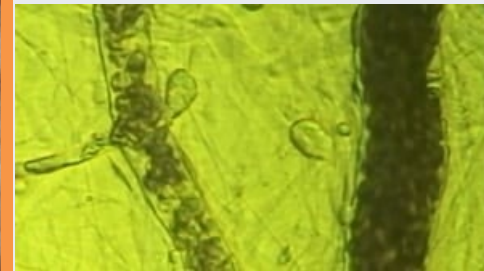
Cleaning the b-body on the BEMER Pro is very easy. Just take off the cover, wash it on the gentle cycle, and hang it up to dry. The BEMER EVO doesn't have a removable cover, however, the material is easily maintained with a cleaning cloth and a gentle cleaning solution. Those desiring more protection can now purchase a plastic cover to pull over the EVO b-body to keep it clean.

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## BEMER Video

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Check out Dr. Berka's Video



## BEMER Testimonial

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“I bought a well-used BEMER from a friend because I couldn't afford a new one. It made such a difference in my life (lots of back problems) that if this one ever dies, I will immediately buy a new one, even if I must take out a loan. I can't be without my BEMER.”

-Mildred, age 55

# BAKED STUFFED SHRIMP

FROM DAYTON DAILY NEWS 1-24-24

## INGREDIENTS:

- 3 Tbs olive oil
- 3 Tbs frozen diced onions
- 1 tsp minced garlic
- ½ cup finely chopped mushrooms
- 1 tsp dried thyme
- ¼ cup Panko breadcrumbs
- ¾ lb jumbo shrimp, with tail shells peeled

Makes 2 Servings

## CHEF'S NOTE:

Serve with brown rice or on top of your favorite greens

## INSTRUCTIONS:

1. Preheat oven to 425.
2. Line baking sheet with foil and spray with vegetable oil.
3. To make stuffing heat 1 Tbs olive oil in a skillet. Add onions and sauté for 2 minutes. Add garlic and mushrooms. Cook until liquid has evaporated.
4. Add breadcrumbs, thyme, salt, and pepper to taste. Remove from heat, add the remaining 2 Tbs of olive oil and mix well.
5. Place shrimp on their side on prepared baking sheet.
6. Add a small spoonful of stuffing on top of each one to mostly cover the shrimp. Spray with vegetable spray.
7. Bake until the shrimp are pink—about 15 minutes.



**BEMER**  
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