

HEALTHY LIVING

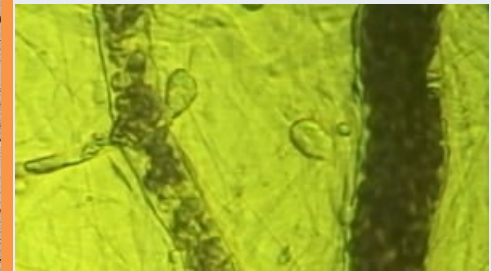
Shared with you by Wholehearted Counseling, LLC & Sheryl Brickner PhD



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BEMER Video

Check out Dr. Berka's
Video



HEALTH TIP: SLEEP AND BRAIN HEALTH

Sleep is critical for brain health. Think of sleep as the brain taking a bath, washing off all the toxins from the day.

Here are some tips for good sleep hygiene.

1. Keep a regular sleep schedule and try to get 7-8 hours of sleep per night.
2. Sleep in a dark room, with no night lights. If necessary, wear a mask.
3. Keep the room cool; 65-68 degrees is optimal.
4. Keep hands and feet uncovered to allow the body to remain cool. Our bodies have heating cycles which can wake us during the night.
5. Avoid sleeping on the side as our shoulders can cause pain and keep us from deep sleep. Sleeping on the back allows optimal spine alignment.
6. Avoid TV, computers, or other electronics for at least 30 minutes before going to bed.

BEMER TIP: SLEEP PROGRAMS

Regular BEMER use improves sleep. The EVO has multiple special programs, including one for going to sleep, one for waking up, and a 20-minute program that can be used for rest and relaxation during the day. The BEMER Pro has a "sleep program" which detoxes the body organs and works at night. Review manual for setup instructions and tips.

BEMER Testimonial

"My BEMER has been an absolute godsend! I don't know how I functioned during my long workdays before I was introduced to BEMER. I might not be able to tell that its doing anything when I use it, but I can really tell when I don't!"

June C, age 52

BLACK BEAN AND CHORIZO SHEET PAN NACHOS

FROM MYMAGAZINE.US

INGREDIENTS:

- 1 lb. Chorizo
- 1 can black beans, drained
- 1 can diced tomatoes
- 1 bag organic tortilla chips
- 8oz shredded Mexican blend cheese
- 1 ripe avocado, pitted and diced
- Chopped cilantro
- Shredded lettuce

Cilantro Cream

- ½ cup sour cream
- 2 Tbsp chopped cilantro
- ½ lime juiced

Serves 4

FOR a little kick - add some sliced fresh or pickled jalapeño!

INSTRUCTIONS:

1. Position oven rack in center and preheat to 400 F.
2. In medium skillet, cook chorizo over medium high heat, breaking up with the back of spoon until no longer pink.
3. Drain and discard grease. Add black beans and tomatoes; simmer until saucy, about 2 minutes.
4. Meanwhile, spread chips evenly over sheet pan. Toast in oven for 5 minutes.
5. Sprinkle half cheese over toasted chips.
6. Top with dollops of chorizo-bean mixture, then the remaining half cheese.
7. Bake until cheese is melted, 5-7 minutes.
8. As nachos cook make cilantro cream: in medium bowl, combine sour cream, 2 tablespoons chopped cilantro and lime juice.
9. When nachos are ready, scatter avocado and cilantro over top, then drizzle with cilantro cream. Serve with lettuce on the side.



BEMER
GROUP