

HEALTHY LIVING

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



HEALTH TIP: POSITIVE THINKING

Research shows that positive thinking improves our immune system and overall health. Conversely, negative thinking can lead to diminished wellness and health issues. The amazing news is, we can rewire our brains! With positive thinking and consistent practice, we can be healthier.

Author of [The 4:8 Principle](#), Tom Newberry, recommends people ask themselves these 5 questions daily.

1. What are 5 things I am thankful for right now?
2. What are 5 of my strengths or positive traits?
3. What are 5 of my best achievements so far?
4. Who are the 5 people who love me the most?
5. What 5 things am I looking forward to in the next week?

Consider any additional questions that could put thinking and health on the positive track. Self-reflect and answer the questions first thing in the morning and again as the last thing in the evening to help re-center thoughts.

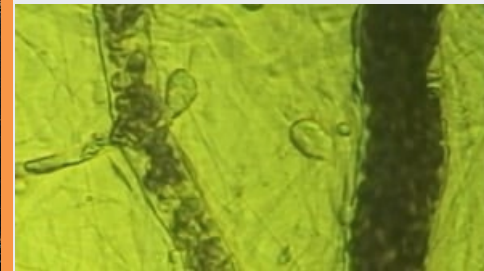
BEMER TIP: INJURY RECOVERY

The BEMER is an amazing tool to assist the body's recovery after an injury or surgery, especially when Physical Therapy is required. Use program 2 or 3 with the B. Pad over the recovering area before and after PT. The therapist will be amazed at the body's recovery progress.

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BEMER Video

Check out Dr. Berka's
Video



BEMER Testimonial

I bought my BEMER because of back issues. After using it for several months, I was quite surprised to find that a skin condition I had had for many years had disappeared. Thank you BEMER.

-James age 51

LEFTOVER ROAST BEEF SOUP

FROM UNKNOWN

INGREDIENTS:

- 2 Tbs butter
- 1 onion, finely chopped
- 2 carrots, diced
- 2 ribs celery, sliced
- 2 cloves garlic, crushed
- 10 oz mushroom
- 3 cups leftover roast beef
- 5 cups beef stock
- 1 Tbs ketchup
- 1 Tsp Worcestershire
- 1 cup wild rice, rinsed well
- ¼ cup heavy cream

CHEF NOTE:
Top with Fresh Herbs
for a little
something extra!

INSTRUCTIONS:

1. Melt butter in Dutch oven or heavy saucepan with lid.
2. Cook onion, celery, and carrots until soft.
3. Season vegetable mixture and add mushrooms.
4. Stir in garlic.
5. Add roast beef.
6. Add beef stock, ketchup, and Worcestershire.
7. Add wild rice, bring to boil, cover, and cook for 40 minutes.
8. Stir in cream.

