

# HEALTHY LIVING

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



## HEALTH TIP: EVALUATING FOODS

YUKA is a free app that is a great way to evaluate food before you buy. Once downloaded, focus the camera on the UPC (price code) of the item. The app will give ratings from 0-100 and reasons why the food is not a good option. The app will also provide suggestions for healthier alternatives. Often foods advertised as healthy on the packaging are not.

When making changes for the better, small steps over time will do the trick. Start by swapping out the worst offenders with a healthier alternative. YUKA can help with making that choice.

## BEMER TIP: BEMER DAILY USE

BEMER recommends 8 minutes twice per day. Remember, BEMER applicators can be used simultaneously. Use the B-body and B-pad (or B-spot) on two areas at the same time. Pick the times of day that work best!

If mornings are a challenge, consider waking up earlier than usual. While still in bed, use the B-pad, as a time to meditate, or use the time to focus on breathing before entering the day. The time spent is great self-care to help set up the day!

When used in the afternoon, BEMER can give an extra boost needed to get through the rest of the day. The extra energy provided by BEMER use is a great substitute for that afternoon cup of coffee or other caffeine drink.

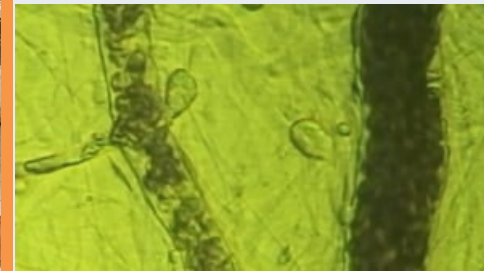
In the evening, use the BEMER applicators on low settings, remembering to turn off the Plus signal so precious sleep is not interrupted.

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## BEMER Video

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Check out Dr. Berka's Video



## BEMER Testimonial

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I love to use my BEMER as an excuse for self-care. Even when I can't find an hour (or two) to go to a salon, I can always find 8 minutes to use my BEMER. Sometimes that 8 minutes is all I need to help me get through the rest of my day.

-Suzanne, age 37

## PEANUT BUTTER BITES

### 15 MINUTES – JULIE FROM YUKA

#### INGREDIENTS:

- 1 cup unsalted peanut butter
- ½ cup rolled oats
- ¼ cup chia seeds or ground flaxseed
- ¼ cup dark chocolate (either chocolate chips or chopped chocolate)
- 2 Tbsp maple syrup (optional)
- Pinch of salt

#### CHEF NOTES:

A simple and scrumptious snack?

These Peanut Butter Bites are not just delicious, they're like tiny energy bombs that keep you going. Perfect for those moments when you need a quick pick-me-up, and way better than reaching for that candy bar. Once you make these, you might find it hard to stop!

#### INSTRUCTIONS:

1. In a medium bowl, mix peanut butter and maple syrup until combined.
2. Add the rolled oats, chia seeds, or ground flaxseed, chocolate, and salt, then mix until everything is evenly incorporated (see preparation notes).
3. Using clean hands, roll the mixture into small 1-inch balls. Place them on a plate and refrigerate for at least 30 minutes before serving.

Makes 10 - 12 bites

#### Preparation Notes:

- If the mixture feels too sticky, add a bit more oats, chia seeds, or flaxseed until desired consistency.
- Omit the maple syrup to reduce sugar content.
- Store any extra bites in an airtight container in the refrigerator.



**BEMER**  
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