

# HEALTHY LIVING

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



## HEALTH TIP: THE IMPORTANCE OF A HEALTHY GUT

An imbalanced gut microbiome can lead to weight gain and increased risk of conditions, such as heart disease and diabetes. Signs of an unhealthy gut include bloating, gas, constipation, diarrhea, or heart burn as well as psoriasis, eczema, and acne. A healthy gut means a strong immune system, energy, and vitality.

To improve gut health, eat lots of whole, fresh foods and fiber. Allow a few extra hours between meals to give the body time to digest foods. Consider smaller meals more often during the day, instead of large meals less frequently. Get lots of physical exercise. Taking probiotics and eating fermented foods is helpful to keep gut systems moving. Having a healthy gut greatly improves our mental health and mood, considering 80-90 % of our serotonin is in the gut.

## BEMER TIP: TRAVEL WITH BEMER

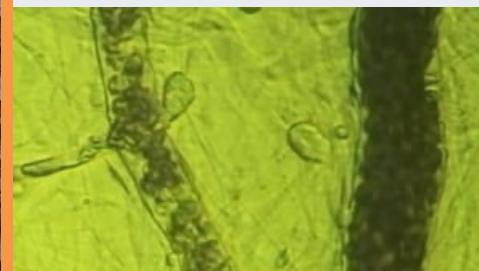
BEMER improves our immune system, reduces stress, and reduces inflammation, which means a healthier body. Eight minutes, twice a day, will do more to help the body than can be imagined.

May 2025

## BEMER Video

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Check out Dr. Berka's  
Video



## BEMER Testimonial

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BEMER has helped to increase my overall health and wellness so much. I can't imagine how I lived before I was introduced to BEMER! I'm so happy with my purchase and I tell all my friends about it!

-Gina, age 42

# ASPARAGUS AND SNAP PEAS SALAD WITH MINT

– UNKNOWN

## INGREDIENTS:

- ¼ cup Balsamic vinegar
- 1 Tbsp honey
- 1 Tbsp Dijon mustard
- ½ cup extra Virgin olive oil
- Ice
- ½ pound sugar snap peas, trimmed
- 12 oz asparagus spears
- 1 head gutter or little gem lettuce
- 6 radishes, sliced
- ½ cup mint leaves, torn into pieces
- ¼ cup sliced almonds, lightly toasted
- 2 oz goat cheese, crumbled
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper

## INSTRUCTIONS:

1. To make vinaigrette: In small bowl, whisk vinegar, honey, and mustard. While whisking, pour oil in steady stream until emulsified. Set aside.
2. Bring medium pot of water to boil. Meanwhile, fill a large bowl with ice and water. Add snap peas to boiling water and blanch for 1 minute. Immediately transfer peas to ice bath. Once cooled, drain and set aside.
3. Cook asparagus spears according to package instruction and drain. Pat dry. Slice asparagus and snap peas into 2 inch pieces.
4. To make salad: On platter or in shallow serving bowl, toss lettuce, snap peas, asparagus, radishes, and mint with about 2/3 vinaigrette. Top with almonds and goat cheese. Season with salt and pepper and add more vinaigrette, to taste. Serve immediately, refrigerating any leftovers.

## CHEF'S TIP:

PAIRS NICELY WITH GRILLED SALMON  
OR WHITE FISH OF CHOICE.  
ADD A HINT OF LEMON JUICE  
FOR A LITTLE EXTRA SPLASH OF ACID.



**BEMER**  
GROUP