

HEALTHY LIVING

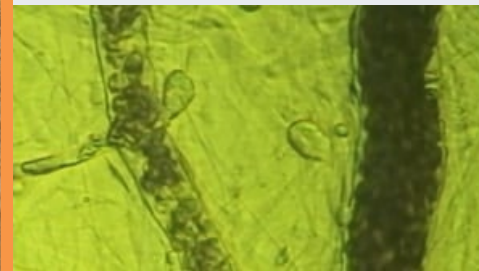
Shared with you by Wholehearted Counseling, LLC & Sheryl Brickner PhD



June 2025

BEMER Video

Check out Dr. Berka's
Video



HEALTH TIP: 5 WAYS TO RECLAIM THE QUALITY OF HEALTH

THAT USED TO BE NORMAL - FROM [MERCOLA.COM](https://mercola.com) 5/26/25

Our ancestors stayed healthy by default - unprocessed, nutrient-dense foods, consistent movement, minimal toxin exposure, and rhythms aligned with daylight and darkness. Modern conveniences have made life easier in some ways but have undermined our physiology in others.

- 1. Eat like your ancestors** - Opt for whole foods, minimize seed oils and cut added sugar to restore a healthier omega-6 to omega-3 balance and stabilize blood sugar.
- 2. Move more, sit less** - Incorporate short movement breaks, resistance training, and outdoor activities to support cardiovascular and metabolic health.
- 3. Reduce toxins** - Buy organic when possible, filter your water, avoid plastics, and seek out toxin-free household products.
- 4. Limit EMF exposure** - Turn off unnecessary wireless devices at night, use wired internet, and keep phones away from your body.
- 5. Prioritize sleep** - Stick to a regular bedtime, reduce screen time before bed, and create a dark, cool sleeping environment.

The goal isn't to abandon modern life but to leverage it's benefits while keeping our bodies in sync with fundamental biological needs. By making small, consistent changes, you can nurture metabolic health, cellular energy, and overall vitality.

BEMER Testimonial

I've struggled with major discomfort in my body for quite some time. Since starting consistent daily sessions with the BEMER in May, I've noticed remarkable improvement in my overall sense of well-being and physical comfort.

-Julie, age 64

BEMER TIP: BEMER WATER

This tip is a repeat from our August 2024 newsletter, and it's one worth repeating. BEMER water is not only good for humans, but also for pets and plants. To take advantage of this amazing hack, wrap the B-pad around a glass container of water and use the Intensity High setting on the BEMER EVO. (Use Intensity 10 for BEMER legacy users.) One 8-minute session will give an extra dose of the BEMER signal throughout the day.

Some people have reported using their BEMER, as mentioned, with bottles of wine or brandy to improve the quality. They claim it makes a cheap bottle taste like an expensive one.

AVOCADO BACON DEVILED EGGS

– UNKNOWN

INGREDIENTS:

- 12 eggs, hardboiled
- 1 large avocado, mashed
- 1 Tbs yellow mustard
- Salt and pepper to taste
- Smoked bacon, cooked and crumbled
- Paprika

INSTRUCTIONS:

1. Peel and slice eggs in half lengthwise and separate egg yolks.
2. In a small bowl, combine yolks, avocado, and mustard until smooth. Season to taste, with salt and pepper.
3. Fill egg halves evenly with yolk mixture, then garnish with bacon and paprika.
4. Serve immediately, refrigerating any leftovers.

CHEF'S TIP:

*USING DIJON, SPICY BROWN, OR ANOTHER TYPE OF MUSTARD WILL NOT ONLY ADD SOME EXTRA FLAVOR, BUT COULD ALSO ADD TEXTURE, DEPENDING ON THE VARIETY.

