

HEALTHY LIVING

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



HEALTH TIP: HEALTH BENEFITS OF GROUNDING

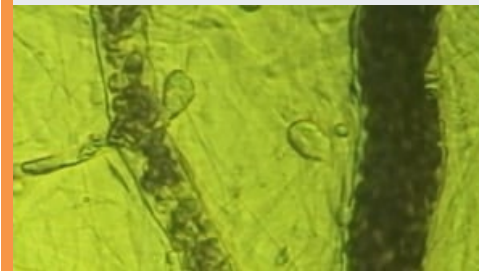
Grounding, also known as earthing, involves connecting your body to the Earth's surface to potentially improve well-being. This can be achieved by walking barefoot on natural surfaces, such as grass, sand, or dirt, spending time in nature, or using grounding devices like mats or sheets. Grounding also works by bringing the body into contact with natural bodies of water, such as walking barefoot on a beach, allowing the waves to caress your feet or swimming in a lake or other body of water.

The theory behind grounding suggests direct contact with Earth allows the body to absorb negative electrons, which helps neutralize free radicals that contribute to inflammation as well as regulating circadian rhythms to improve sleep. Some additional benefits to grounding include decreased stress and anxiety and improved general well-being. Grounding can be as easy as walking around the yard barefooted, or sitting under a tree, reading, with bare feet on the ground. Let your feet enjoy the freedom of no shoes while helping improve your health!

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BEMER Video

Check out Dr. Berka's
Video



BEMER Testimonial

On my recent trip to Germany, I used the BEMER while waiting in the airport (lots of delays) and 2-3 times on the long flight overseas. Although I was tired after all the flights and little sleep, I had zero jet lag. Using the B-pad on my legs helped avoid ankle swelling. What a blessing!

-Sheryl, age 81

BEMER TIP: JET LAG

Jet lag is more about being separated from the earth's electromagnetic frequencies (EMFs) than about time zones and the differences in local time. Being encased in a metal tube (the aircraft) and remaining sedentary (seated) for extended hours interferes with our body's rhythms and circulation. The BEMER acts as a replacement for the body's natural EMFs and improves overall circulation.

Take the BEMER whenever traveling, whether by car, plane, ship, or any other method.

With air travel, taking a BEMER doesn't count as a carry-on, and the BEMER travel bags fit nicely under the seat in front for easy access. Both the BEMER backpack and B-Sit bag have extra room for a computer, small books, or lightweight clothing. Request medical device tags (required to avoid additional fees) from your distributor; they are available in the BEMER Gear shop.

RASPBERRY HIBISCUS SUMMER PUNCH – SIMPLE TRUTH RECIPE

INGREDIENTS:

- 2 cups fresh raspberries, separated
- 3 Tbs honey
- Juice from 2 limes
- 2 bottles organic raspberry hibiscus kombucha
- 2 cups white grape juice
- 4 cups ice
- 8-10 fresh mint leaves

INSTRUCTIONS:

1. In a small punch bowl or pitcher, muddle 1 cup raspberries and honey.
2. Stir in lime juice, kombucha, and white grape juice.
3. Gently mix in ice and add remaining raspberries.
4. Garnish with mint leaves and serve immediately.

CHEF'S TIP:

FOR A CREAMY TWIST, ADD COCONUT MILK.

BLEND WITH RASPBERRY SORBET TO MAKE A FUN FROZEN TREAT.

FOR A SPARKLING TWIST, SUB RASPBERRY HIBISCUS TEA FOR THE KOMBUCHA AND ADD SELTZER WATER.

FOR AN ADULT TWIST, ADD YOUR FAVORITE ALCOHOL AND MAKE IT A COCKTAIL.

