

HEALTHY LIVING

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

HELLO
OCTOBER



BEMER ANNOUNCES: LIVATY SKIN CARE SYSTEM

The LIVATY Lume & Care Set is your complete skincare companion - designed to meet your skin's unique needs. Guided by the motto "Two elements. One experience." The set unites the power of light with the effectiveness of high-performance serums. Each combination is crafted to ensure perfectly balanced results and effortless application.

LIVATY Lume is a cosmetic wellness device that supports your daily skincare routine. It features three different light programs, each tailored to the corresponding LIVATY serum, to enhance their cosmetic benefits and elevate your personal care experience.

LIVATY serums elevate your daily routine to a whole new level. With premium ingredients like hyaluronic acid, argan oil, and a hint of lime water, enriched with LIVATY's exclusive "power actives," they are designed to precisely meet your skin's specific needs

- **RED Early Care Serum - for the first visible signs of skin aging**
- **BLUE Recovery Serum -restores balance to stressed skin**
- **AMBER Timeless Skin Serum -for regenerated, younger-looking skin**

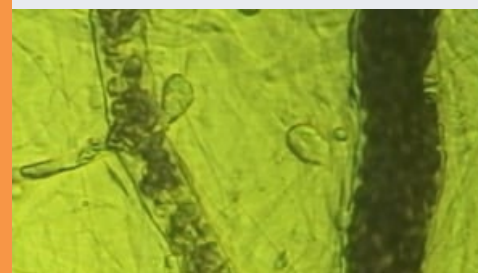
All LIVATY serums are formulated with vegan ingredients and free from silicones, parabens, and fragrances.

Visit your distributor's website for more information, including a full list of ingredients for this new system. Orders will ship at the end of October.

October 2025

BEMER Video

Check out Dr. Berka's
Video



BEMER Testimonial

I use the BEMER after workouts or playing sports to get rid of sore muscles and quickly resolve minor injuries. I love it!

-Scott, age 21

I don't know how they do it, but using BEMER keeps me feeling younger. I don't always notice it working when I'm on it, but I can sure tell when I've missed a session! I'm a BEMER user for life!

-Alice, age 47

CHICKPEA SALAD

– FROM MYMAGAZINE

INGREDIENTS:

- 2 cans chickpeas, drained and rinsed
- ¾ cup grapes, halved
- ¾ cup vegan mayo
- 1 ½ Tbsp Dijon mustard
- 1 lemon, juiced
- 3 ribs celery, chopped
- ¼ cup diced red onion
- ½ cup slivered almonds
- 3 Tbsp chopped, fresh Italian parsley
- 3 tsp poultry seasoning
- Salt and pepper to taste

INSTRUCTIONS:

1. In medium bowl, mash most chickpeas with fork, leaving some whole.
2. Add grapes, mayo, mustard, lemon juice, celery, onion, almonds, parsley, and poultry seasoning, stirring until combined.
3. Season with salt and pepper, to taste. Chill and serve between bread slices, as a side dish, or as a stand-alone salad served on a bed of greens. Refrigerate any leftovers.

Per Serving: 580 Cal; 39 g Tot Fat; 2 g Sat Fat; 0 g Trans Fat; 0 mg Cholesterol; 680 mg Sodium; 44 g Carb; 14 g Fiber; 12 g Sugar; 16 g Protein



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