

HEALTHY LIVING

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



HEALTH TIP: BRIGHTEN YOUR HOLIDAYS WITH LAUGHTER

Laughter is amazing for our health. Here are some of the scientifically proven benefits:

1. Releases pain reducing endorphins
2. Improves the immune system
3. Increases weight loss
4. Reduces stress by lowering cortisol
5. Helps fight depression and anxiety
6. Improves memory and creative thinking
7. Protects the heart and acts like moderate exercise
8. Increases oxygen intake which stimulates heart, lungs, and muscles
9. Improves relationships

Give yourself the gift of more laughter this holiday season and share it with others.

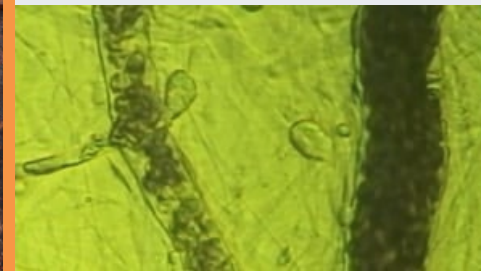
BEMER TIP: REMEMBER TO BEMER!

The holidays can be stressful! What better time to make sure you are carving out 8 minutes twice a day to use the BEMER. Using the BEMER regularly helps to reduce stress and improves the immune system. Remind family members to keep up with this important health habit. Invite friends to stop by for a session. De-stress together for better holiday celebrations!

November &
December **2025**

BEMER Video

Check out Dr. Berka's
Video



BEMER Testimonial

When planning trips for the holidays, I make sure to bring along my BEMER. Not only does it give me a little "me time" to reset, but it also helps me regulate and transition between time zones. I never leave home without it!

-Brett, age 41

CHOCOLATE QUINOA CAKE

– MAKINGTHYMEFORHEALTH.COM

CAKE INGREDIENTS:

- 4 eggs
- 1/3 cup unsweetened almond milk (or milk of your choice)
- 1 teaspoon vanilla extract
- 2 cups cooked quinoa (¾ cup dry quinoa cooked in 1.5 cups water yields 2 cups)
- ½ cup butter melted and cooled
- ¼ cup melted coconut oil
- ¾ cups coconut sugar
- 1 cup unsweetened cocoa powder
- ½ teaspoon baking powder
- ½ teaspoon salt

WHIPPED CHOCOLATE COCONUT MILK FROSTING INGREDIENTS:

- 1 13.5 oz can full fat coconut milk
- 1 10 oz bag semi-sweet chocolate chips

CHEF'S TIP:

FOR THOSE WITH EGG ALLERGIES, SUBSTITUTE ¼ CUP OF UNSWEETENED APPLESAUCE PER ONE EGG. FOR A LIGHTER TEXTURE, ALSO ADD ½ TEASPOON OF BAKING POWDER FOR EVERY EGG SUBSTITUTED. FOR THIS RECIPE, USE 1 CUP OF APPLESAUCE AND 2 TEASPOONS OF BAKING POWDER IN PLACE OF THE EGGS.



CAKE INSTRUCTIONS:

1. Preheat oven to 350 degrees F.
2. Butter a 9" x 13" baking dish.
3. In a food processor or blender, combine the eggs, milk, and vanilla extract and blend for ten seconds to combine. Add the cooked and cooled quinoa, along with the melted butter and coconut oil and blend until completely smooth, 30 seconds to one minute.
4. Stir together the dry ingredients in a large bowl. Add the wet ingredients to the dry ingredients and mix until well combined.
5. Pour the batter into the prepared baking dish and bake for 30 minutes, or until inserted toothpick comes out clean.
6. Remove from the oven and allow it to cool completely before frosting.

FROSTING INSTRUCTIONS:

1. Melt the chocolate and coconut milk together in a saucepan over low-med heat, stirring frequently. When the mixture is smooth and fully combined, transfer to a bowl, cover and refrigerate for several hours or overnight.
2. Once it has completely cooled and thickened, use a hand mixer and beat until the frosting is light and fluffy.
3. Frost the cake and refrigerate until ready to serve.

Serves 10-12

If you don't like frosting- try any fruit!

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GROUP

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