

# HEALTHY LIVING

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



## HEALTH TIP: BRAIN HEALTH MATTERS!

A recent major health study (the Global Burden of Disease) shared a startling statistic: **more than half of all Americans** deal with brain or nerve-related issues. This includes everything from nagging tension headaches and migraines to more serious conditions like strokes and Alzheimer's disease.

The good news? While genetics play a role, many experts believe our environment—the things we eat, touch, and live around—matters just as much. Here are four simple ways to "clean up" your lifestyle for a healthier brain:

### 1. Watch the Cooking Oils

Many common vegetable oils (like soybean, corn, and canola) contain high levels of **linoleic acid**. While we need a tiny bit of it, most of us get way too much because restaurants use these oils for almost everything.

- **The Fix:** Try to eat at home more often where you control the ingredients. Aim for just a small amount (about 2 grams) of these fats per day.

### 2. Heal Your Gut

Your gut and your brain are constantly talking to each other. If your digestion is off, your brain might feel it too.

- **The Fix:** Be gentle with your system. Start by eating more whole fruits and white rice, then gradually add in "root" veggies (like potatoes or carrots) and beans (legumes).

### 3. Be "Signal" Smart

We are surrounded by invisible signals from Wi-Fi, cell phones, and microwaves. While convenient, constant exposure isn't ideal for our nervous system.

- **The Fix: \* Phones:** Keep them out of the bedroom at night or turn them off. Use speakerphone or headphones instead of holding the phone directly against your ear.

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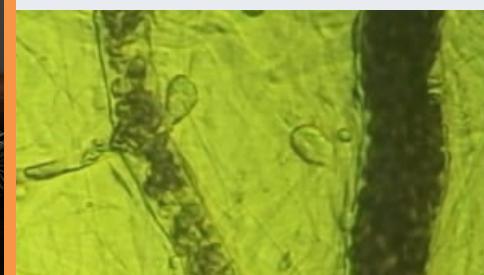
To read the whole article:

<https://jamanetwork.com/journals/jamaneurology/fullarticle/2841765>

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## BEMER Video

Check out Dr. Berka's Video



## BEMER Tip

Program 3 with the B-Pad or B-Spot is great for injuries. Use the BEMER 2-4 times a day (letting the body rest for a couple of hours between uses) for all falls, sprains, or other injuries. The increased BEMER use greatly enhances our body's own natural healing!

## **SHERYL'S EASY CROCK POT CHILI**

**– BY SHERYL BRICKNER**

- 1 lb. ground beef, browned
- 2 cans of beans (I use black beans)
- 2 cans of stewed tomatoes
- 1 onion, chopped
- 1 green bell pepper, seeded and chopped
- 3 Tbsp of chili powder



### **BEMER Testimonial**

The recent snowstorm required a lot of shoveling. I am very careful about lifting properly and limiting the amount of time I shovel, but still always need my wonderful BEMER after such a strain on my body. Because of back issues, I use Program 3 after all that lifting and my body is grateful!

- Sheryl, age 81

### **INSTRUCTIONS:**

1. Combine all ingredients in your crock pot and set for 8-10 hours on low or 4-6 hours on high and let it cook. Add chili flakes to taste and top with sour cream or shredded cheese. Serve with corn bread.

### **HEALTH TIP CONTINUED:**

#### **4. Ditch the Plastic**

Chemicals in plastic can leak into our food and water, which isn't great for our long-term health.

- **The Fix:** Switch to glass containers for storing leftovers and try to buy food sold in glass jars. Also, carry your own refillable water bottle (stainless steel or glass) instead of buying plastic ones.

#### **The Bottom Line**

Small habits lead to big results. Giving your body a chance to "detox"—whether through better sleep, consistently using the BEMER or simply changing your Tupperware—can make a massive difference in how you feel.



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