

HEALTHY LIVING

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



BEMER Video

Check out Dr. Berka's
Video

HEALTH TIP: IMPORTANCE OF SOCIAL CONNECTION

Rolfe, B (2026, February 18) The Heart Connection. *Delicious Living*. <https://www.deliciousliving.com/health/the-heart-of-connection/>, tells us that social connection protects cardiovascular health.

Here is an excerpt from the article:

Simple gestures can have a significant positive impact on your cardiovascular health. Practical things you can do today include:

- Hugging: triggers bonding responses; is linked to lower blood pressure and stress.
- Laughing with a friend: lowers cortisol and increases positive affect; supports vascular flexibility.
- Active listening: may reduce perceived stress and improve autonomic regulation.
- Reaching out (call/text): is associated with increased perceived support and lower cardiovascular mortality.
- Giving a compliment: improves mood and may reduce stress-hormone activity.
- Holding hands: lowers sympathetic activation and stabilizes heart rhythms during stress.

LIVATY LUME TIP: EASE AND PORTABILITY OF USE

The new cosmetic light is independent of the BEMER, is battery operated and packaged small enough to fit inside most purses or bags. It takes just 4 minutes to do a facial! At home, use the Livaty Lume during an 8-minute daily BEMER session, instead of using the BEMER Beauty Pack.

BEMER Testimonial

The Livaty Lume is such an amazing and powerful device! And it's so portable and easy to use, that I've brought it to work to give a few minutes of special care to myself during the day. The sessions are so quick that I don't even have to sacrifice my whole break!
-Stephanie, age 48

HAM 'N CHEESE MINI QUICHES

– FROM THE KETOGENIC COOKBOOK

INGREDIENTS:

- 24 Eggs
- 1 cup cubed ham
- ½ cup shredded Swiss cheese
- ½ cup shredded sharp cheddar cheese
- ¼ cup chopped fresh chives
- 1 teaspoon fine sea salt
- 1 teaspoon fresh ground black pepper
- 6 yellow cherry tomatoes, quartered for garnish (optional)

CHEF'S TIP:

THE RECIPE COULD BE EASILY HALVED FOR A QUICK BRUNCH TREAT. SUBSTITUTE BACON FOR THE HAM OR USE LEFTOVER MEATS AND ADD VEGGIES TO MIX UP THE FLAVOR PROFILE. ADD A PINCH OF FRESH PARSLEY OR CILANTRO FOR AN ELEGANT TOUCH. SHERYL RECOMMENDS MAKING THE WHOLE RECIPE AND REFRIGERATING OR FREEZING FOR A QUICK ON-THE-GO BREAKFAST.

INSTRUCTIONS:

1. Preheat oven to 375 F. Grease a 24-well mini-muffin pan.
2. In a large bowl, whisk the eggs with a fork until well combined. Add the ham, cheeses, parsley, chives, salt and pepper.
3. Pour the egg mixture into the greased muffin cups, filling them three-quarters full.
4. Bake for about 10 minutes, until the center is firm.
5. If using cherry tomatoes, use a toothpick to secure a tomato quarter to the top of each quiche. Serve warm.

Makes 24 quiches, 2 per serving

Wrap any leftovers (cooled) in parchment paper and store in the refrigerator for up to 1 week or freezer for up to 3 months. Reheat in 325 F oven for 3 minutes or in microwave for 30 seconds or until cheese melts.



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