

HEALTHY LIVING

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



HEALTH TIP: VITAMIN D

Vitamin D is an essential nutrient that plays a key role in overall health. One of the best natural sources of vitamin D is sunlight, particularly in the middle of the day, when your shadow is shorter than your body. During this time, exposing your skin to sunlight (without sunscreen) for a short period can help your body produce adequate vitamin D. It's important to be mindful, however, and stop sun exposure at the first sign of pinkness to avoid sunburn. Sunburn—not healthy sun exposure—is what increases skin damage risk. For longer periods outdoors, applying a natural sunscreen is a wise choice.

If you're unsure about your vitamin D levels, your primary care provider can order a simple blood test. Many conventional guidelines suggest a level of 40-60 ng/mL as sufficient, while functional medicine practitioners often recommend a range of 60-80 ng/mL for optimal health.

During the winter months, when the sun's angle limits vitamin D production, supplementation is often necessary. A common daily dose is around 5,000 IU, though higher amounts—such as 10,000 IU—may be recommended for those who are deficient, under professional guidance.

Spending time outdoors offers more than just physical benefits—it also supports mental and emotional well-being. Take time to enjoy nature while supporting your health from the inside out.

BEMER TIP: CONSISTENCY IS KEY!

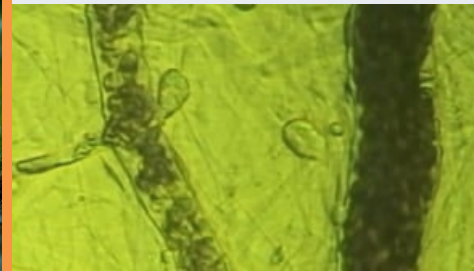
Consistency is key to getting the most benefit. Just eight minutes in the morning and again in the evening can make a meaningful difference.

If you've been gardening or engaging in physical activity, consider adding an extra BEMER session at a low intensity (level 3) afterward. It's a great way to support your muscles and recovery after any kind of workout.

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BEMER Video

Check out Dr. Berka's
Video



BEMER Testimonial

I love using my BEMER.
It's the best tool in my "kit"
to help me rest and
recover from any activity!

-John, age 34

GERMAN PIZZA

– FROM SHERYL’S KITCHEN

INGREDIENTS:

- 1 lb ground beef
- ½ medium onion, chopped
- ½ green pepper, diced
- 1 ½ teaspoons salt, divided
- ½ teaspoon pepper
- 1 Tablespoon butter
- 6 raw potatoes, shredded
- 3 eggs, beaten
- ½ cup milk
- 2 cups shredded cheddar or mozzarella cheese, divided

CHEF’S TIP:

FOR A FRESH ELEMENT, ADD CHOPPED TOMATOES AND BASIL WITH THE FINAL LAYER OF CHEESE. ADD FRIED EGGS TO THE TOP FOR A FUN BREAKFAST TWIST.

INSTRUCTIONS:

1. In a 12-inch skillet, brown ground beef with onion, green pepper, ½ teaspoon salt, and pepper.
2. Remove beef mixture from skillet.
3. Drain skillet and melt butter.
4. Spread potatoes over butter and sprinkle with remaining teaspoon of salt. Top with beef mixture.
5. Combine eggs and milk and pour over beef and potatoes. Top with half of cheese.
6. Cook, covered, on medium heat until potatoes are tender, about 30 minutes. Top with remaining cheese.
7. Cover and heat until cheese is melted, about 5 minutes.
8. Cut into wedges or squares and serve.

Makes 4-6 servings

