

HEALTHY LIVING

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



Hello May



HEALTH TIP: BRINGING NATURE INDOORS

Most people spend about **90% of their time indoors**, making indoor air quality an important part of overall health.

Poor air circulation, pollutants, and excess moisture can contribute to breathing issues, poor sleep, and reduced comfort. The good news is that small changes can make a meaningful difference.

Why Add Indoor Plants?

Indoor plants naturally release moisture, which can help improve air quality and make spaces feel more comfortable. They also bring a calming, natural element into your home, which may help reduce stress and improve mood.

Simple Ways to Get Started:

- Add **2–3 plants** to main living areas
- Try easy options like **pothos, rubber plants, peace lilies, or ferns**
- Open windows regularly to improve airflow

The Bottom Line

Creating a healthier indoor environment doesn't have to be complicated. A few plants, better airflow, and cleaner air can support **better breathing, improved sleep, and overall well-being**.

BEMER TIP: SAFE AND EFFECTIVE USE

You may hear that some individuals use the BEMER on the head. In Europe, low settings without the plus signal are sometimes suggested. However, **this is not an FDA-approved use in the United States**.

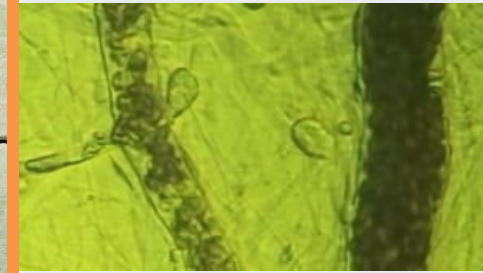
Recommended Use Includes:

- **Full-body sessions** (8 minutes, twice daily)
- **Targeted use** (B-Pad or B-Spot) for muscles, joints, or recovery

Staying consistent with approved use is the best way to support your body's natural processes.

BEMER Video

Check out Dr. Berka's
Video



BEMER Testimonial

I started using the b-pad on my head when my thinking was sluggish. Now my hair is growing faster, and my hearing seems to be improving. That was a surprise. Love my BEMER

-Lynn, age 80

CHICKEN WITH OLIVES, FENNEL, BABY POTATOES & LEMON

– BY JULIE FROM YUKA

INGREDIENTS:

- 4 bone-in, skin-on chicken thighs
- 1lb baby potatoes, halved
- 2 fennel bulbs, thinly sliced
- 1 organic lemon, sliced
- ½ cup green olives
- 4-5 Tbsp olive oil
- 1 TBSP Herbes de Provence
- Salt & Pepper

CHEF'S TIP:

- IF YOU DON'T HAVE HERBES DE PROVENCE, ITALIAN SEASONING ALSO TASTES GREAT!
- CUBED SWEET POTATOES WOULD ALSO WORK GREAT, FOR THOSE WHO CAN'T EAT REGULAR POTATOES.
- FINISH WITH A SQUEEZE OF FRESH LEMON JUICE BEFORE SERVING FOR EXTRA BRIGHTNESS.

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Wash the baby potatoes, cut them in half, or quarters if they're larger. Wash the fennel and slice it thinly using a mandoline or a sharp knife.
3. Place the chicken thighs (skin side up), potatoes, and fennel on a large baking sheet. Drizzle with olive oil, season with salt and pepper, and sprinkle with Herbes de Provence. Mix everything together with a wooden spoon or your hands, so all the ingredients are evenly coated and won't dry out while cooking.
4. Scatter the green olives over the sheet pan. Place a thin lemon slice on each chicken thigh and tuck a few extra slices among the vegetables.
5. Bake for 50 minutes, or until the chicken is golden and the vegetables are tender.

Makes 4 servings



BEMER
GROUP