

Self-care is a practice, not a performance.

September is a gentle invitation to make room for the small, repeatable activities that help you feel more like yourself.



Hobbies can support a healthier mind

A hobby does not have to be productive to matter. It can offer enjoyment, movement, connection, creativity, or a quiet place for your thoughts to settle.



Music

Playing an instrument, singing, or simply listening can support mood and provide a meaningful way to process feelings.



Hiking

A five-minute walk can lift energy. More time outdoors can create space from repetitive, negative thoughts.



Gardening

Tending plants offers gentle movement, seasonal rhythm, and something hopeful to look forward to.

BEMER ROUTINE

Build a routine you can repeat.

If BEMER is part of your wellness routine, keep it simple: use it for 8 minutes, twice daily, as directed. Hydrate before and after your session, and choose a time of day that makes the routine easy to remember.



This newsletter has been created by an Independent BEMER Distributor.

A NOTE FROM SHERYL

"After 82 years of living, my knees have a lot of wear and tear. I put the B-Pad over my knees each morning while still in bed to help keep them feeling good throughout the day."

- Sheryl



Chickpea Salad

A bright, satisfying lunch or side dish

FROM MY MAGAZINE

Ingredients

- 2 cans chickpeas, drained and rinsed
- 3/4 cup grapes, halved
- 3/4 cup mayo
- 1 1/2 Tbsp. Dijon mustard
- 1 lemon, juiced
- 3 ribs celery, chopped
- 1/4 cup diced red onion
- 1/2 cup slivered almonds
- 3 Tbsp. chopped fresh Italian parsley
- 3 tsp. poultry seasoning
- Salt and pepper to taste

How to make it

- 01** Mash most of the chickpeas in a medium bowl with a fork, leaving some whole.
- 02** Add grapes, mayo, mustard, lemon juice, celery, red onion, almonds, parsley, and poultry seasoning. Stir until combined.
- 03** Season with salt and pepper to taste. Chill and serve between bread slices or as a side dish. Refrigerate leftovers.

Chef's tip

For a lighter texture, substitute half of the mayo with plain Greek yogurt.

SERVES 4 Great as a sandwich, side dish, or lunch over greens.

MAKE IT YOUR OWN
Try diced apple, paprika, or sunflower seeds.