

# Healthy Living

Shared with you by Allison R. Myers, MA, LPC

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& Sheryl Brickner PhD

## HEALTH TIPS:

Laughter is the best medicine.

Research shows that 10 minutes of deep belly laughter—the kind that makes your stomach hurt or brings tears to your eyes—releases enough endorphins to reduce pain for up to two hours.

It also improves the immune system and can add years to life. Share funny stories, have a joke contest with your friends or family. Do something silly just because you can.

Find something every day to laugh about and make smiling your “go to” face.

Positive thinking and gratitude are great for health, so do not forget your daily gratitude list.



H A P P Y

## Mother's Day

### BEMER TESTIMONIAL:

My friend loaned me her BEMER after my shoulder surgery. I was surprised how much better my shoulder felt after just a few sessions. And my physical therapist commented on the significant change he saw. I am saving my money to buy my own!

Ann--60yo

Ohio, USA

### BEMER TIP:

#### DON'T WAIT!

Use the b-pad or b-spot on an injured area as soon as possible. It will enhance the body's healing mechanism, reducing discomfort and minimizing discoloration.

**BEMER**  
GROUP

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# Nacho Salad

Brought to you by Sheryl

## Ingredients:

- 1 lb. hamburger
- 1 can refried beans
- ½ cup shredded cheddar cheese
- Lettuce or other greens torn into bite sized pieces
- 1 avocado diced
- Blue corn chips (Or your favorite corn chips)!
- Salsa of your choice

**Serves 4**

### CHEF'S NOTE:

I use all organic ingredients and add a drizzle of olive oil to the greens for more healthy fat. I designed this recipe for my grandchildren when they were small as a healthy alternative to the nacho cheese garbage they ate at the movies. They claimed they hated beans, but never noticed the refried beans mixed in. It is my favorite easy recipe.

## Instructions:

1. Brown the hamburger and pour off the grease.
2. Stir in the refried beans and cook until hamburger is done and beans are heated.
3. Top mixture with cheese and cover until melted.
4. Place greens on plate with avocado.
5. Layer corn chips on top with hamburger-bean mixture on top of the chips.
6. Top with Salsa as desired.

