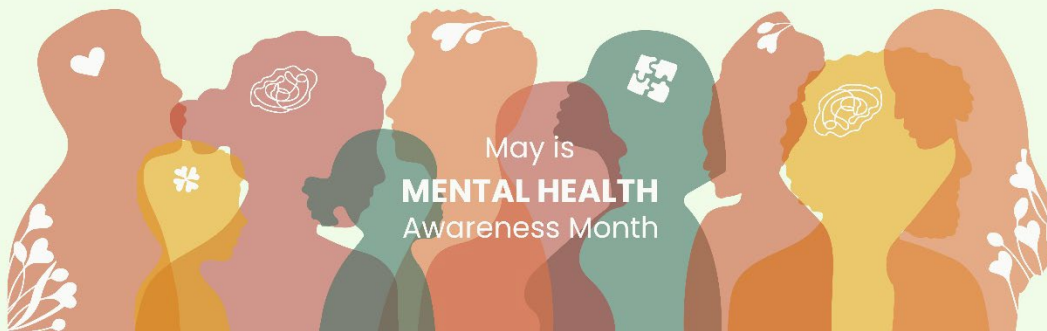


HEALTHY LIVING

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



HEALTH TIP: EMBRACE JOY WITH VORFREUDE

By: Dr Joseph Mercola: www.mercola.com 4-22-24. Posted as Part 1 of 3.

Vorfreude is anticipatory joy that significantly improves happiness and wellbeing by allowing you to savor the anticipation of future pleasures. When you trust your instantaneous knowing and prioritize Joy in your decision-making, you align yourself with your authentic Self and pave the way for a life filled with purpose and fulfillment.

Some ways to improve joy:

1. Do a photo challenge: Look for a beautiful flower or an interesting sight or a cute dog to photograph.
2. Anticipate everyday occurrences: Identify three things you look forward to tomorrow—taking a hot bath, taking a stroll through the park, listening to a favorite podcast.
3. Avoid mental pitfalls: Identify and set aside negative thinking and the trap of comparison.
4. Treat yourself: Leave work early on Friday for dinner, visit an art gallery, or go to a movie alone. Don't feel guilty about these indulgences. Allowing yourself to anticipate these pleasures enhances the enjoyment of them.

More to come next month. Remember that joy and focusing on the positive improves your immune system.

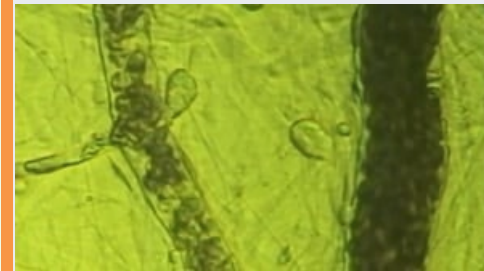
BEMER TIP: GUT HEALTH

Our gut biome is essential to our physical and mental health. Probiotics and cultured foods help restore healthy bacteria. Using the BEMER on the gut improves digestion and helps improve the gut biome. For best results, lay the B-Pad across the gut, using Program 1 or 2. Starting with the higher frequencies (Program 2) could lead to loose bowels. If having a problem with bowels not moving well, using the BEMER with higher frequencies is recommended. Others have reported using the BEMER to help relieve gas pains. Use this method several times a week for optimal results.

May 2024

BEMER Video

Check out Dr. Berka's Video



BEMER Testimonial

I was recently introduced to BEMER through a friend. I am so excited to experience all the health benefits of increased blood flow. What an amazing device!

-Sasha age 22

YOGURT AND BERRY PARFAIT

FROM MARIEL'S KITCHEN

INGREDIENTS:

- 1 cup organic strawberries
- 2 cups seasonal organic blueberries
- 1 Tbsp Xylosweet or sweetener of choice
- 2 cups organic low-fat plain yogurt or goat's milk yogurt

CHEF NOTES:

Use ANY fruit you want! Add a dash of salt, for a sweet and salty twist. Fresh herbs also pair nicely with fruit and yogurt; be creative!

INSTRUCTIONS:

1. Place strawberries and blueberries in a medium bowl. Gently toss with Xylosweet to coat. Allow to sit, refrigerated, for about 10 minutes.
2. Divide half the fruit between two parfait glasses or dessert bowls. Top each with ½ cup of yogurt, another layer of berries, and a final layer of yogurt.
3. Serve immediately and enjoy!

