

HEALTHY LIVING

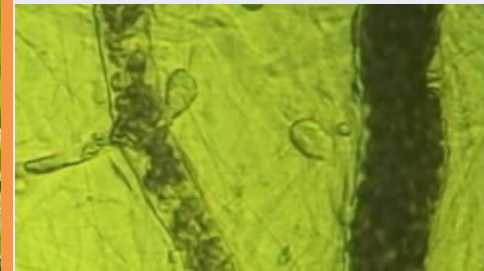
Shared with you by Wholehearted Counseling, LLC & Sheryl Brickner PhD



June 2024

BEMER Video

Check out Dr. Berka's
Video



HEALTH TIP: EMBRACE JOY WITH VORFREUDE

By: Dr Joseph Mercola: www.mercola.com 4-22-24. Posted as Part 2 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 "Vorfreude":

1. Try meal planning to enjoy upcoming meals.
2. Keep a Joy Journal. Writing down what brought joy that day or week will give clues over time about how to bring more joy into your life.
3. Unleash your creativity. Try painting by numbers, making collages from magazines, or writing poems or short stories.
4. Expand your horizons by enrolling in a dance class or craft workshop to add excitement through the thrill of learning.
5. Make time for silence and meditation to rewire the brain toward positivity. Take a break from negative news.

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

BEMER TIP: BEMER WATER

Many have experienced significant results by drinking water that has been exposed to the BEMER signal. Simply place a glass container of filtered water in the middle of the B. Body and wrap the B. Pad around the container. Turn both on Intensity Level 10 for 8 minutes. The results are amazing for people, animals, and plants.

For extra refreshing infused water, consider adding one of the following combinations:

1. Sliced Cucumber and fresh mint leaves.
2. Sliced Strawberries, sliced limes, and fresh basil leaves.
3. Sliced lemons and blueberries.

BEMER Testimonial

I purchased my BEMER because of back issues and it really helped. As an added surprise, after a few months of consistent use, the scaley patches on my skin, that I had had for 20 years, were gone! Thanks, BEMER!

-Joann age 56

CITRUSY SHRIMP AND AVOCADO SALAD

FROM HEIDI LARSON

INGREDIENTS:

- 1 lb. medium shrimp, peeled, deveined, and cooked (warm or cool)
- 8 cups salad greens, such as arugula, spinach, or spring mix
- Fruity (or lemon flavored) extra-virgin olive oil
- ½ lemon or ½ orange
- 1 avocado, pitted, peeled, and sliced or diced
- 1 shallot, minced
- 4 oz. sliced almonds
- Kosher salt and freshly ground black pepper

CHEF NOTES:

For extra citrus, add orange or lemon slices!

INSTRUCTIONS:

1. Toss the shrimp with the salad greens in a large bowl.
2. Lightly drizzle with olive oil and a generous squeeze of the citrus, then toss lightly to coat.
3. Add the avocado, shallots, and almonds.
4. Season with salt and pepper.

Serve immediately.

Makes 4 servings.

