

# HEALTHY LIVING

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



## HEALTH TIP: HEALTHY BOWEL MOVEMENTS

Daily bowel movements are important for our health. The purge from a bowel movement is a critical part of our body's detox system. Sluggish bowels allow toxins to reabsorb into our body and can cause fatigue, mental fog, headaches, menstrual cramps, depression, irritability, weight gain, and increased cholesterol.

Improve your bowel movements with plenty of water (1/3 to 1/2 of your body weight in ounces per day), daily exercise, and eating foods with plenty of fiber. Fiber is found in vegetables, fruits, nuts, beans, and seed grains (brown rice, quinoa, millet, and bulgar). High fiber foods are flaxseed, steel cut oats, and cooked quinoa.

**DID YOU KNOW?** An apple contains as much fiber as a fiber supplement, plus all the nutrients.

## BEMER TIP: BEMER WATER

Don't forget the amazing benefits of using the BEMER on water! To take advantage, place the b-pad around a glass container and use the Intensity HIGH setting on the BEMER EVO. If using the BEMER essentials version, use the Intensity 10 setting. One 8-minute session will give an extra dose of the BEMER signal throughout the day!

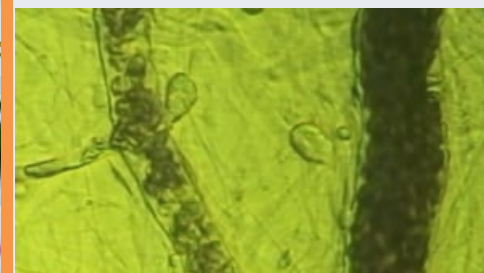
Some people have reported using their BEMER, as mentioned above, with bottles of wine or brandy to improve the quality. They claim it makes a cheap bottle taste like an expensive one!

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## BEMER Video

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Check out Dr. Berka's Video



## BEMER Testimonial

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Recently, I needed to renew my passport. When I compared the current photo with the one from 10 years ago, I was really surprised to see that I look as good - and maybe better - than I did before. Eight years of BEMER use has made an impact

-Sheryl, age 80

## MARIEL'S PEACH SLUSH FROM MARIEL'S KITCHEN

### INGREDIENTS:

- 2 peaches, pitted
- 2/3 cup cut, seedless watermelon
- 1 cup ice cubes
- 1 scoop (2 tablespoons) whey protein isolate powder
- 2 cups sparkling water
- Mint sprigs for garnish

### CHEF NOTES:

**For flavor, fiber, and loads of vitamin C, blend in a few mint leaves or a quarter cup of raspberries.**

### INSTRUCTIONS:

1. Place peaches, watermelon, ice cubes, and protein powder in a blender and puree until smooth.
2. Add sparkling water and pulse to combine.
3. Pour into two glasses, garnish with mint sprigs, and enjoy!

Serve immediately.

Makes 2 servings.



**BEMER**  
GROUP