

HEALTHY LIVING

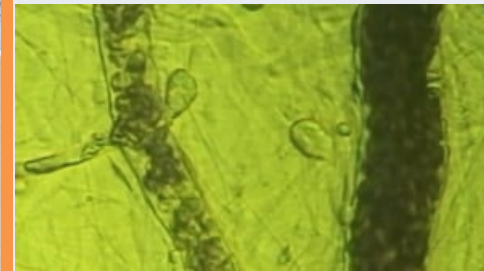
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BEMER Video

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 3 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":

Joy enriches life, improves cellular energy and alters negative thought patterns.

1. Find happiness in the joy of others—enjoy the preparation for family gatherings and the pleasure of seeing the reactions of others.
2. Take breaks from negative news and from social media.
3. Make lists of positive experiences and read them from time to time. Remember that positive thinking improves the immune system.

Remember that joy and focusing on the positive improves your immune system.

BEMER TIP: TRAVEL WITH BEMER

As a medical device, BEMER doesn't count as a carry-on when traveling by air. Make sure the "Medical Device" tag is securely attached to the BEMER backpack or B.Sit Bag and take the BEMER on the plane with you. The B.Sit or B.Pad can be used on the plane, if the battery has been installed in the B.Box. With the EVO, just take the B.Pad and the B.Box with it's battery and stand combo. Using the BEMER during air travel will help with jet lag symptoms, especially on those longer flights!

BEMER Testimonial

I recently took a trip to visit my grandchildren a couple of states away. Before the BEMER, it would take me a couple of days to recover from the extra stress of travel and the time zone changes. Now that I have a BEMER, my recovery time has decreased exponentially! I'll never travel without my BEMER again!

-Mary, age 72

WATERMELON, BASIL, AND FETA SALAD FROM PRIVATE SELECTION

INGREDIENTS:

- 2 limes, juiced (about ½ cup)
- ¼ cup extra virgin olive oil
- 1 Tbsp raw, unfiltered clover honey
- 2 tsp Dijon mustard
- ¼ tsp salt
- ¼ tsp pepper
- 8 cups cubed, seeded watermelon
- 1 pkg (4 oz) feta cheese crumble
- 3 mini seedless cucumbers, sliced into half moons
- ¼ red onion, sliced
- 1 cup chopped basil

INSTRUCTIONS:

1. In a small bowl, mix the lime vinaigrette by whisking together lime juice, olive oil, honey, mustard, salt, and pepper, until emulsified. Set aside.
2. In a large bowl, combine watermelon, feta, cucumbers, red onion, and basil.
3. Gradually pour desired amount of the lime vinaigrette over the watermelon mixture. Use a rubber spatula or spoon to carefully fold the mixtures together.

Serve immediately and refrigerate any leftovers.

Makes 8 servings.

CHEF NOTES:
For a different citrus twist,
use orange or lemon juice!

