

HEALTHY LIVING

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



OCTOBER

HEALTH TIP: THE DANGERS OF TOO MUCH SITTING

Doctors tell us that prolonged sitting is as big a threat to our health as smoking. Too much sitting increases our risk of dementia, diabetes, heart disease, blood clots, and certain cancers. Moving every half hour for a few minutes can have a big impact on our health. Move your legs while sitting. Stand up and stretch. Walk back and forth while brushing your teeth. Stand while working on the computer. March in place while watching television. If at a conference, sit in the back and get up frequently, or walk around during the presentation. Find little ways, even in a busy schedule, to increase activity. Every chance for movement helps!

BEMER TIP: BEMER EVO BEAUTY PACK

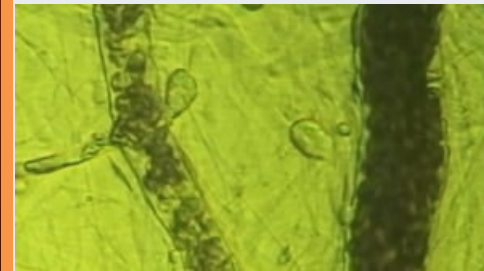
The B.Light Restore EVO (red light) not only helps with wrinkles, but also enhances the healing of cuts and scrapes. The B.Light Clear EVO (blue light) does wonders for those with mild to moderate acne. For acne, use once a day for 1-2 months. When small blemishes begin to appear, the light helps them heal and disappear in just a couple of days of use.

The BEMER Beauty Pack is intended for use on the face. Do a Light Sensitivity Test on an inner arm before consistent use, and only use the applicators as recommended. If the skin feels hot or uncomfortable at any time during the session, discontinue use immediately. Always use the provided safety glasses when using the lights.

October 2024

BEMER Video

Check out Dr. Berka's Video



BEMER Testimonial

I had a non-cancerous spot on my face frozen off. In the past, when I had these things removed, it would take about 3 weeks for them to scab up and fall off. Using the light every day, this one was gone in a week!

-Cindy, age 60

QUINOA BANANA PORRIDGE

- JULIE FROM YUKA

INGREDIENTS:

- 1 cup quinoa, rinsed
- 2 cups non-dairy milk, like almond milk
- 2 ripe bananas, mashed
- ½ tsp ground cinnamon
- ¼ tsp vanilla extract
- Toppings, like sliced bananas, berries, seeds, and nuts
- Pinch of salt

CHEF NOTES:

Wake up to a bowl of happiness!

This delightful blend is your morning's dream team, offering a powerhouse of nutrients and flavors. Imagine the creamy texture of bananas mixed with the nutty essence of quinoa. Can we say "Yum!?" It's the best way to start the day right!

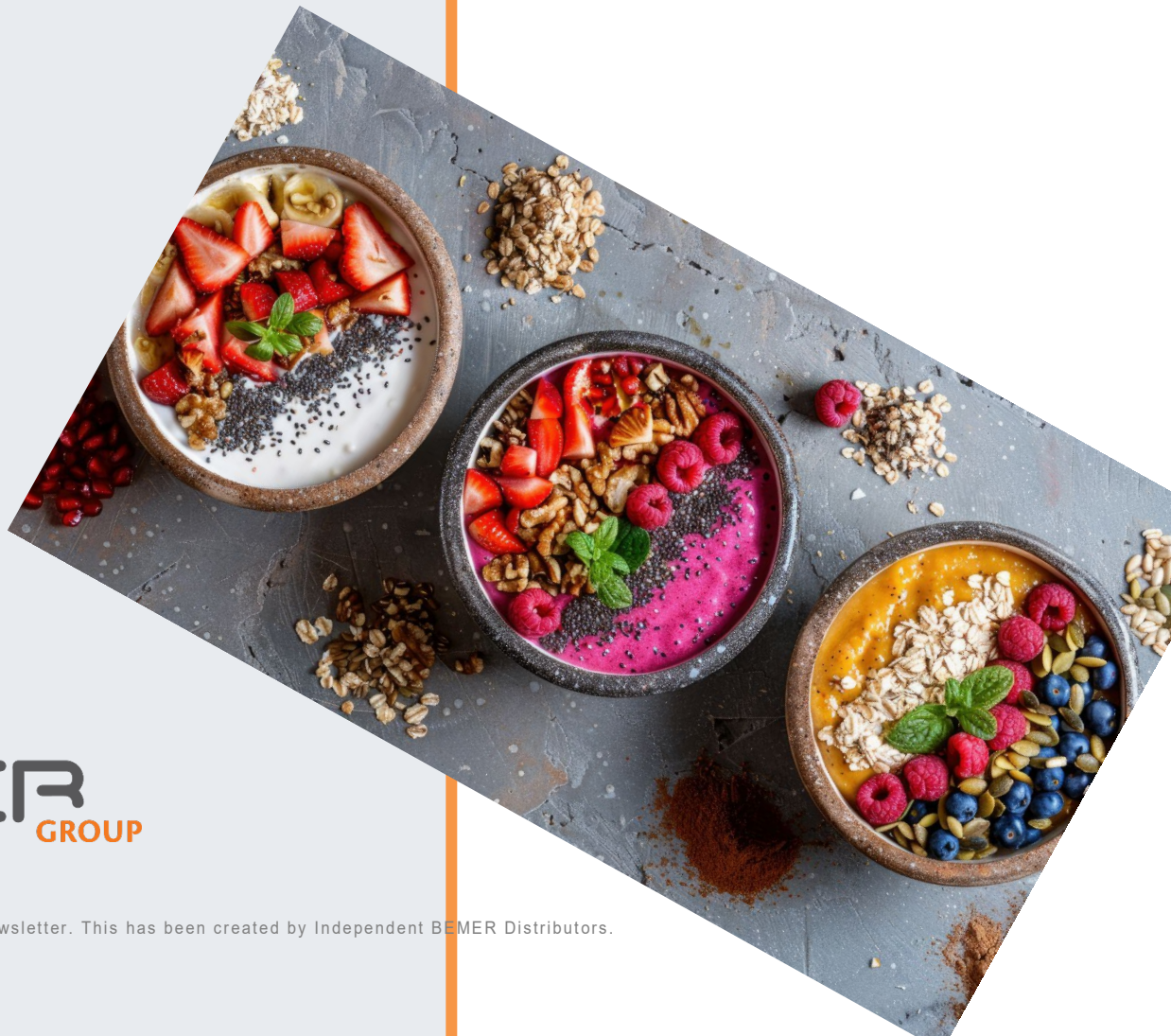
INSTRUCTIONS:

1. In a medium saucepan, combine the quinoa and milk.
2. Bring to boil over medium heat.
3. Reduce to low, cover, and simmer for 15 minutes or until the milk is almost absorbed.
4. Stir in the mashed bananas, cinnamon, vanilla extract, and salt.
5. Remove from heat and let stand for a few minutes to thicken to desired consistency.
6. Serve immediately, garnished with your favorite toppings.

Serves 4

Preparation Notes:

- Add a tablespoon of peanut butter for added flavor and a nutritious boost.



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GROUP