

# HEALTHY LIVING

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



## HEALTH TIP: GETTING THROUGH THE HOLIDAYS

Staying healthy through the holidays can be a challenge! Consider the following tips to help stay on track with health goals:

1. Plan ahead for shopping and parties to avoid last minute stress.
2. Keep things simple! Agree with family and friends to cut back or limit gift giving. Consider giving gifts that are handmade instead.
3. Have a healthy snack or light meal before attending a party to avoid overeating unhealthy party foods.
4. Keep alcohol to a minimum.
5. Say no to some invitations to avoid overscheduling.
6. Make sure to get plenty of sleep.
7. Look for things to be grateful for every day.

## BEMER TIP: LOW AND CONSISTENT IS THE KEY

When using the BEMER, remember that a “low” setting doesn’t mean “less.” These settings are just as effective (and sometimes more effective) than the higher settings. For new users, starting low helps acclimate the body to the benefits of using BEMER. Follow the protocol provided in the BEMER manual.

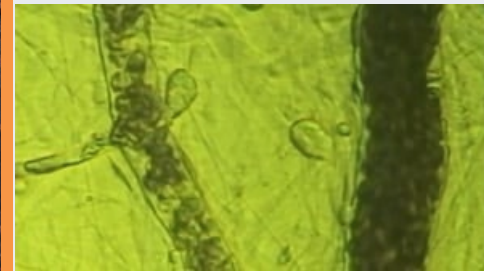
Unwanted reactions to using the BEMER too high include lethargy, brain fog, and even insomnia. Proper and consistent use of the BEMER brings wonderful results!

BEMER EVO users, if the low setting (preset to Intensity 3) is too high, create a program using Intensity 1 or 2. Contact your BEMER representative for help.

November &  
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## BEMER Video

Check out Dr. Berka’s  
Video



## BEMER Testimonial

I’ve discovered that using my BEMER is great for a midday boost of energy. If I’m feeling even the slightest bit tired during the day, I’ll get in a quick 8-minute session, instead of reaching for a candy bar or soda. This has revolutionized reaching my healthy living goals this year!

-Jamie, age 47

# SHEET PAN SAUSAGES WITH TANGY MUSTARD, GLAZED PEARS, SQUASH, AND BRUSSELS SPROUTS

– UNKNOWN

## INGREDIENTS:

- ¼ cup Olive Oil
- 3 Tbsp whole-grain mustard
- 2 Tbsp honey
- 1 ½ Tbsp apple cider vinegar
- 2 tsp kosher salt
- ½ tsp ground black pepper
- 2 ripe Bartlett or Anjou pears, cored and cut into 8 wedges
- 1 lb fall squash, such as butter, kabocha, or acorn, peeled and cut into ½ inch dice
- 12 oz Brussels sprouts, trimmed and quartered lengthwise
- 1 small red onion, cut into ¾ inch dice
- 4 uncooked bratwurst sausage links

## INSTRUCTIONS:

1. Preheat oven to 425
2. Whisk oil, mustard, honey, vinegar, salt, and pepper in a large bowl.
3. Add the pears, squash, Brussels sprouts and onions; toss to combine.
4. Spread evenly on a 13x8 inch rimmed baking sheet; nestle in the sausages.
5. Roast in oven until sausages reach an internal temperature of at least 160 and are browned, 25-30 minutes.
6. Remove the sausages; cover and keep warm.
7. Gently stir the remaining ingredients; return to oven and roast until fork-tender and browned, 5-10 minutes.
8. Portion all food among four plates; serve warm.

Serves 4



**BEMER**  
GROUP