

HEALTHY LIVING

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



HEALTH TIP: SUGAR FAST THE NEW YEAR

Start your new year with a sugar fast. Refined sugar is addictive and can cause a lot of health issues. Even a 5 day fast from all forms of sugar (even natural fruit sugars) will reset your system and remove cravings. Eat only meats, poultry, eggs, fish, and green vegetables. There will likely be cravings and withdrawal symptoms for the first few days. Generally, by day three, people report beginning to feel better and having more energy. A less stringent fast allows for low glycemic fruits, such as berries, during the five days. Grains, nuts, dairy products, and starches contain sugar and need to be avoided. After a five day fast, slowly add back more vegetables and fruits. Gradually add in other whole foods without added sugars. The longer sugars can be avoided, the better we will feel!

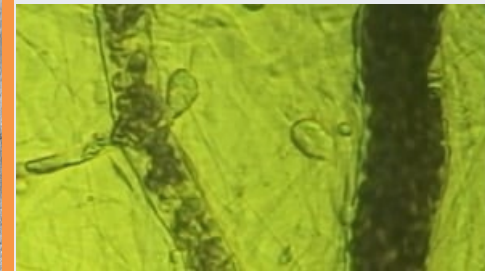
BEMER TIP: BEMER WATER

BEMER water is not only good for humans, but also for pets and plants. Wrap the B-pad around a glass container of water and set it to High (Intensity 10 for legacy users.) Eight minutes later, you will have water infused with the BEMER signal. We have heard that the same method can even make cheap wine or liquor taste like the "good stuff."

January 2025

BEMER Video

Check out Dr. Berka's Video



BEMER Testimonial

A recent surgery left me with a damaged nerve that has been causing discomfort every time I walk. After just a few sessions with the BEMER, the discomfort is almost gone. I love my BEMER!

-Susan, age 55

SALMON SUPREME

– FROM MERCOLA AND PEARSALL'S HEALTHY RECIPIES FOR YOUR NUTRITIONAL TYPE

INGREDIENTS:

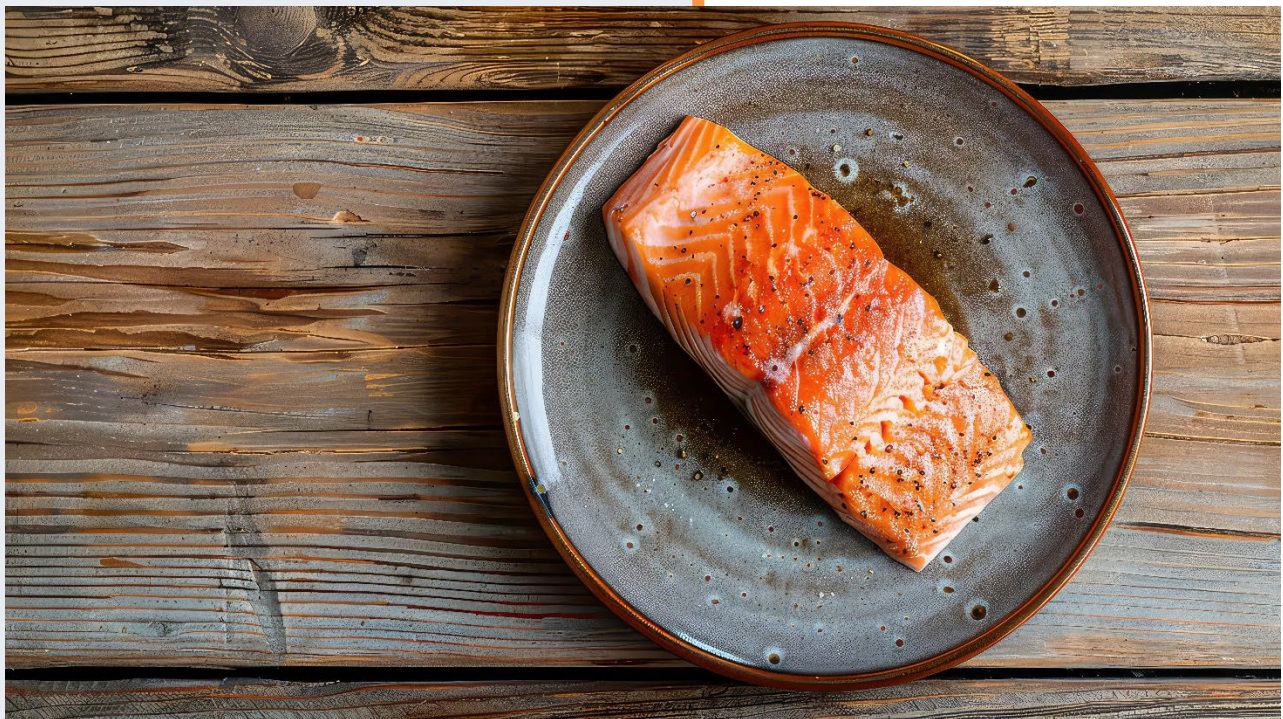
- 2 pounds wild Alaskan salmon
- 2 TBSP extra virgin olive oil
- 1 TBSP paprika
- 1 TBSP Old Bay seasoning
- Freshly ground black pepper
- Pinch of gray salt

INSTRUCTIONS:

1. Preheat oven to 400 F
2. Rinse and pat dry salmon. Place on baking sheet and brush olive oil on both sides. Place skin side down and sprinkle the paprika and Old Bay seasoning on top. Grind a few good turns of black pepper and sprinkle a scant amount of gray salt.
3. Bake for 12 minutes. Remove from oven and cover with foil. Let stand for about 5-10 minutes. The salmon will continue to cook while resting. Cut into 4 pieces and serve.

455 cal., 27 grams fat, 3 grams carbs, 49 grams protein.

Serves 4



BEMER
GROUP