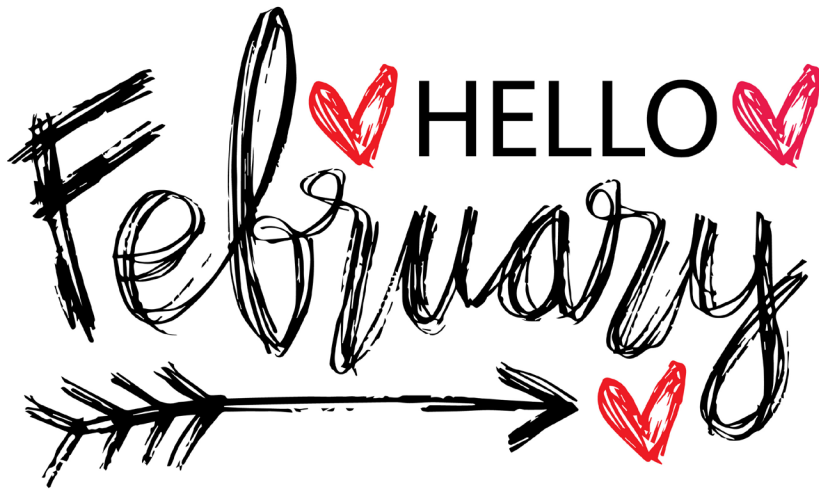


HEALTHY LIVING

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



HEALTH TIP: THE POWER OF IMAGINATION

Our brains are amazing! They can't tell the difference between what we imagine and what is real. Take time daily to imagine something you want to change for yourself - using sight, sound, smell, taste, and touch. This is a wonderful practice to teach yourself new behaviors. Imagine yourself calm and clear as you speak to a problem person or face a difficult situation. Notice the surroundings in great detail. Give yourself the space to clearly identify what you need from the person or situation. Practice this new behavior daily for 30 days and note any changes in your reality. Put yourself in a relaxed state as you practice. Note, the opposite is also true. If you worry about the mistakes you could make or dangers you may face, you are more likely to make them. Remember that positive thinking and visualizing improves the immune system, giving you added benefits of health and wellness.

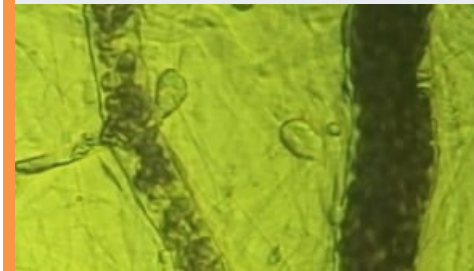
BEMER TIP: SPECIAL PROGRAMS

The BEMER EVO Special program 3 is a wonderful tool for 20 minutes of meditation or visualization. BEMER Pro users can create the same program. Go to settings and chose Editor. Program in Intensity 2 for four minutes, Intensity 1 for twelve minutes, and end with Intensity 2 for four minutes.

February 2025

BEMER Video

Check out Dr. Berka's
Video



BEMER Testimonial

From time to time my left hip hurts and feels like it's out of the socket. The last time this happened, I sat on the Bemer body pad and put the B-pad on my hip. After just one session, my hip felt fine again!

-Brad, age 60

PB AND PROTEIN OATS

– FROM DELICIOUSLIVING.COM

INGREDIENTS:

- 1 ¼ cups steel cut oats
- Pinch salt
- ½ cup unsweetened almond, cashew, or oat milk
- 1 ½ cups frozen raspberries
- 1 Tbsp honey
- 1 tsp vanilla
- 1 Tbsp chia seeds
- ½ cup plain or vanilla plant-based protein powder
- 1/3 cup creamy peanut butter
- 1/4 cup chopped unsalted peanuts

INSTRUCTIONS:

1. In a medium saucepan, place oats, a pinch of salt, and 3 1/3 cups water. Bring to slight simmer, immediately turn off heat, and let oats soak overnight, covered. In the morning, stir milk into pot with oats and heat over medium-low for 10 minutes, stirring occasionally.
2. In a separate saucepan, heat raspberries, 1 Tbsp water, honey, and vanilla over medium heat for 5 minutes. Stir in chia seeds and let sit, covered, for 10 minutes.
3. Into cooked oats, stir protein powder and peanut butter. Stir in raspberry mixture, then place in serving bowls and top with peanuts.
4. Serve immediately and enjoy!

Sheryl's note: Feel free to use your own favorite milk and protein powder

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GROUP