

HEALTHY LIVING

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



HEALTH TIP: THE BENEFITS OF SAUNA

Saunas have been used for centuries and provide a number of wonderful health benefits. Some of those benefits are: help eliminate heavy metals and toxins; supercharge the body's cell power; reduce blood pressure; improve muscle function; and improve the immune system.

Recommendations for use from health professionals vary anywhere from 25 minutes twice a week to daily use. Always check with a doctor if there are health issues before starting any new therapy.

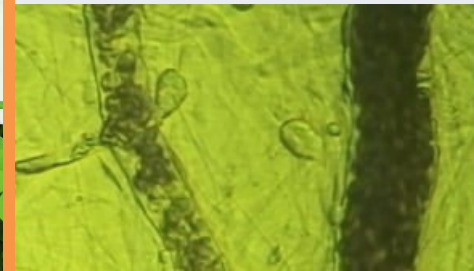
BEMER TIP: BEMER COMPLEMENTS EVERYTHING

The BEMER is wonderful as an adjunct to many therapies. A session on the BEMER before a massage, a chiropractic adjustment, physical therapy, or an acupuncture session prepares the body to better accept the treatment. Using the BEMER after a physical workout helps reduce lactic acid and improves recovery. Remember to drink lots of water alongside the treatments to help flush out any toxins released from the treatments.

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BEMER Video

Check out Dr. Berka's Video



BEMER Testimonial

I really enjoy incorporating BEMER into my everyday life. I now purposely plan ahead when I have upcoming self-care appointments. I really love the way my body feels when I use my BEMER alongside a massage appointment.

-Brittany, age 43

HEARTY TURKEY & VEGGIE CHILI

– JULIE FROM YUKA

INGREDIENTS:

- 1 lb ground turkey (93% lean)
- 1 ½ cups low sodium chicken broth
- 1 can (14.5 oz) diced tomatoes, no salt added
- 1 can (15 oz) black beans, drained and rinsed
- 1 medium yellow onion, diced
- 1 medium bell pepper, diced
- 1 medium sweet potato, peeled and diced into ½ inch cubes
- 2 garlic cloves, minced
- Ground cumin, smoked paprika, chili powder
- Garnish: Greek yogurt, lime wedges, chopped cilantro

INSTRUCTIONS:

1. Heat 1 tbsp of olive oil in a large pot or Dutch oven over medium heat. Add the onions and garlic, then sauté until fragrant and translucent, about 3-4 minutes. Stir in the diced bell pepper and cook for another 2 minutes.
2. Add the ground turkey to the pot and break it apart with a wooden spoon. Cook the ground turkey until it's browned, about 5-6 minutes.
3. Add the sweet potatoes, 1 tsp of cumin, 1 tsp of smoked paprika, ½ tsp of the chili powder and a pinch of salt. Stir to incorporate the spices.
4. Add the diced tomatoes, black beans and chicken broth, then stir. Bring the mixture to boil, then reduce to low heat. Cover and simmer for 25-30 minutes until the sweet potatoes are tender.
5. Turn off the heat and adjust the seasonings if needed. Pour the chili into a bowl and garnish with fresh cilantro, a dollop of Greek yogurt, and a squeeze of lime, if desired.



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