

# HEALTHY LIVING

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



## HEALTH TIP: THE IMPORTANCE OF SUNSHINE

As the days get longer, we can begin to enjoy more sunshine! A dose of morning sun helps the body regulate melatonin, the hormone that regulates the body's wake-sleep cycles. Midday sun (when the shadow is shorter than the body) produces Vitamin D, which is important for bone health, teeth strength, and immune system power. To maximize Vitamin D production, expose as much of the body as possible when the sun is highest in the sky. Light skinned people start with 5-10 minutes. Darker skinned people need longer. Stop when the lightest pink appears on the skin. NEVER let your skin get burned. Don't use sunscreen during these short sunbathing periods because it blocks Vitamin D production. Otherwise, be sure to use sunscreen when outdoors for extended periods, especially at beaches, pools, or higher elevations. Sunshine can brighten moods and fresh air is always good for the body. Giving ourselves more time outdoors will maximize the natural healing power of nature.

## BEMER TIP: TRAVEL WITH BEMER

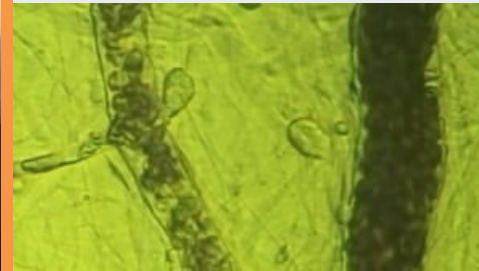
Take the BEMER on trips! Using the BEMER while traveling helps the body stay alert and relieve stiffness. Medical devices don't count as carry-on luggage when flying. The BEMER helps the body recover from jet lag and helps keep blood flowing while sitting for long hours. Contact your BEMER rep if you don't have a medical tag for your BEMER B-Sit or B-Pad bag.

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## BEMER Video

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Check out Dr. Berka's  
Video



## BEMER Testimonial

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Taking my BEMER on the go with me was the best decision I've made in years! I travel a lot between states, both professionally and personally. My recovery during and after travel has been incredible! Now, the BEMER is the first bag I grab any time I head out the door. It's so convenient to take with me no matter where I'm headed.

-Steven, age 37

# OVEN FRIED CHICKEN

## - MURIEL'S KITCHEN

### INGREDIENTS:

- 1 whole chicken, cut up
- ¾ cup brown rice flour
- 3 Tablespoons paprika
- 3 Tablespoons garlic powder
- 1 Tablespoon sea salt
- 2 Tablespoons freshly ground black pepper
- 6 Tablespoons coconut oil

### CHEF'S TIP:

SPRINKLE WITH YOUR FAVORITE HERB FOR ADDITIONAL FLAVOR OR PAIR WITH ROASTED SEASONAL VEGGIES!!

### INSTRUCTIONS:

1. Preheat oven to 375 degrees F.
2. Wash and pat chicken dry with paper towels.
3. Combine flour, paprika, garlic powder, salt, and pepper on a plate or pie pan. Set aside.
4. Rub chicken pieces in coconut oil to saturate all sides, then press into flour mixture to coat. Shake off excess spice mixture and place chicken pieces in a large glass baking dish.
5. Bake for 30-40 minutes, or until chicken is cooked through completely and juices run clear.



**BEMER**  
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