

Healthy Living

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HEALTH TIPS:

Healthy Sleeping Part One

Excerpts from Dr Peter Martone's 30 Day Sleep Quest

Our bodies were designed to sleep on our back to keep the natural curve in our neck and lower back. When sleeping on our back, we can achieve a deeper, more restorative sleep. Side sleeping causes tossing and turning since our shoulders feel pinched and our brain wakes us to move to a new position, thus interfering with the deepest sleep needed. Side sleeping over time leads to osteoarthritis, flattening of the natural body curve and scoliosis.

If you are a side sleeper as I (Sheryl) have been for decades, this can be a challenging habit to break, but quite doable and well worth the increased energy and health from deep sleep cycles.

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BLACK HISTORY MONTH

Health Tips Continued:

Step 1: Use the pillow correctly. A pillow should be underneath the curve of the neck, not on the back of the head. Roll a soft pillow under the neck so that the neck arches back and the eyes are facing the ceiling. If you are not used to this position, start out with the goal of one hour the first night. Today's use of computers and cell phones is flattening out the curve in our neck, which has disastrous effects on our lower back and even on our ability to focus. This helps restore our natural neck curve and helps us avoid "text neck".

Many people sleep on their side to feel a sense of security—all curled up in a fetal position. Back sleeping may feel too exposed. To overcome this need for security as you fall asleep, cover your eyes with a small pillow or put a pillow on your chest, or use a weighted blanket. Covering your eyes has the added benefit of keeping the light out since light interferes with sleep.

For detailed scientific explanations, check out Dr. Peter Martone's 30 Day Sleep Quest.

♥ HAPPY ♥
Valentine's
DAY

BEMER TIPS:

BEMER water is wonderful for plants as well as humans. Wrap the b-pad around a glass container of water and set the BEMER for intensity 10. Water your plants and watch them flourish. BEMER water is good for those few very sensitive people who have problems with electromagnetic frequencies.

For those few, use BEMER water for a week before beginning the regular BEMER use. The BEMER frequency likely remains in the water 24-48 hours.

BEMER
GROUP

Pumpkin Chicken Curry

Ingredients:

- 2 Tbsp olive oil, divided
- 1 lb boneless, skinless chicken breast halves, cut into cubes
- ¾ cup chopped yellow onion
- 1 Tbsp grated fresh ginger
- 1 garlic clove, minced
- 2 Tbsp yellow curry powder
- ½ tsp ground cinnamon
- 1 tsp ground coriander
- ¼ tsp salt
- 1 cup canned pure pumpkin
- ½ cup coconut milk

Serves 2-3

Instructions:

1. Heat 1 Tbsp oil in a nonstick pan over medium heat. Add chicken; brown the meat on all sides. Remove chicken to a plate; set aside.
2. Heat remaining oil in the pan over medium heat. Saute onion, ginger, and garlic until the onion is translucent, approximately 2 to 3 minutes.
3. Stir in the curry powder, spices and salt. Cook mixture 1 minute.
4. Stir in the pumpkin and coconut milk, then add the browned chicken. Bring sauce to a simmer.
5. Reduce heat to low; cook an additional 8 to 10 minutes until the chicken is cooked through and sauce is fragrant and homogenous.

***Serve with brown rice or another whole grain. Add a green salad on the side. The pumpkin makes this a nice, thick sauce. Enjoy!

