

Healthy Living

Shared with you by Allison R. Myers, MA, LPC

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& Sheryl Brickner PhD

HEALTH TIPS:

Getting back to healthy eating and off your holiday diet

I, Sheryl, find myself eating a lot more sweets during the holidays and need to do a sugar cleanse at the beginning of the new year to get sugar cravings back under control.

A sugar cleanse is a 5 day process of eating only whole foods without any form of sugar. Grains, dairy, fruit, plus anything with added sugar, are off limits during this time. Eggs, vegetables (mostly green vegetables), meats, and fish are the whole foods allowed.

If you have never done this before, you will experience sugar withdrawal about the second day. That can be extreme cravings and a headachy feeling. Those usually subside by day 3.

Health Tips Continued:

After day 5, add back fruits, but continue to avoid all added sugars. Some people return to grains, but others find they feel better without grains. The Green Smoothie qualifies for this cleanse. (without the berries).

For those who find this cleanse too extreme, try adding in berries as a fruit during the 5 days. Even giving up all sweets and any foods with added sugars is an improvement over the standard American diet (SAD). Refined sugar lowers the immune system response and with COVID still around, we need the best immune systems possible.

BEMER TESTIMONIAL

I bought the BEMER for my husband but used it myself faithfully as I was instructed. I was surprised to notice how quickly my tennis elbow cleared up. And I have more energy when I am playing as well. I can't wait to see what other wonderful things I discover. We've had our BEMER for just a couple months. What a great investment.

-Amy 55

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Green Breakfast Smoothie

From Dr Hyman

Ingredients:

- 1 lemon, quartered (washed and unpeeled)
- 1 whole avocado, peeled and pitted
- 2 stalks celery
- 2 cups spinach
- ½ bunch parsley
- ½ bunch cilantro
- 1 organic cucumber (washed and unpeeled)
- 1 teaspoon organic extra-virgin olive oil
- Pinch of sea salt
- Water as needed.

Serves 1

Per serving: Calories 420 Fat 30g, Saturated Fat 5g, Cholesterol 0mg, Fiber 23g, Protein 12g, Carbohydrates 36g, Sodium 180mg

Instructions:

1. Place all ingredients in a blender. Blend together until smooth, adding water as needed for desired consistency.

**After giving up sugar, most people will find this nutrient dense shake just right to their taste. For those who need a little sweetness, add some berries.

***You can add a little chia or sesame seeds and a bright colored straw to give you the whole foods and health experience!

