

Get Healthy Eating Newsletter

Issue # 11-July 15, 2014



The **Get Healthy Eating Newsletter** is designed to educate, help, and inspire you to take control of your health. Each issue is jam packed with nutrition and general health tips that will help you maintain and improve your health. Our newsletter is published on the 15th of each month and sent out by email. **The photo above is one of Barbara's healthy desserts included in this issue.**

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Announcements

Here is issue # 11. Hope you enjoy this issue. If you have any feedback about the content, the layout or have any suggestions to improve our newsletter please send us an email.

Thought of the Month

You are trying to get healthier or you would not be searching for health information on the web. Whatever your situation might be—weight loss, chronic diseases, just staying healthy for the rest of your life, we salute you for making the effort. You are way ahead of most people.

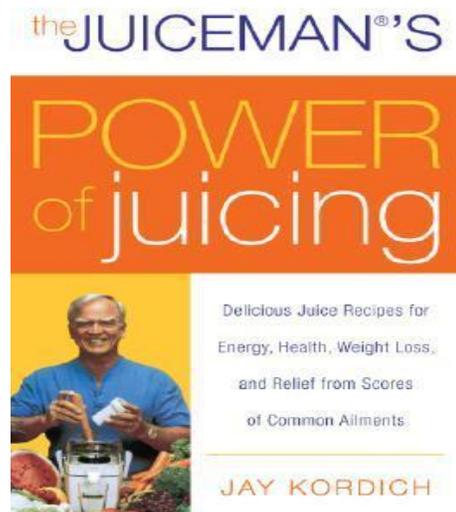
If I had not been diagnosed with prostate cancer---I probably would not have changed my lifestyle or set out to create this website. Our culture is dependent on pills and procedures—not FOOD. **The average American has no clue that food is both the cause and the solution.** We seek immediate relief from sickness symptoms with modern medicine and do not know the long term healing ability of plant food. We have never been offered an alternative choice. Hopefully, we will be able to give you a few ideas in healthy living we have learned from others that will make your life the best it can be!

Quote of the Month

“People are fed by the food industry which pays no attention health and the health industry which pays no attention to food.”

Wendell Berry

Book of the Month

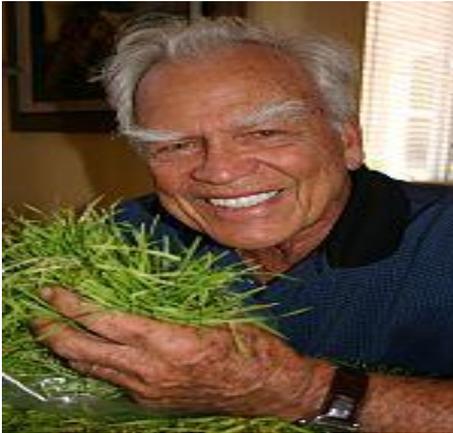


Jay Kordich is an amazing individual that is one of the pioneers in regaining health through juicing. He was born in 1923 and was diagnosed with bladder cancer when he was 25. He consulted with Dr. Max Gerson and recovered with fresh plant juices. There is almost 100 recipes that will help you understand the power in plants. He's still with us. The Juiceman's books and recipes have stood the test of time.

*** [Click on the book photo to access Amazon books.](#)

Video of the Month

This is a current short video of **Jay Kordich, the Juiceman**, creating a basic juice recipe. [Click on his photo](#) to access. He's amazing for his age.



Recipe of the Month

Pear Tart with Almond Crust

Apricot Paste

1/2 pound unsulfured dried apricots
1/2 cup pure pineapple juice,
preferably cold pressed

In a medium size sauce pan, bring juice to a boil, add apricots, reduce heat, cover and simmer for 5 minutes. Stir apricots and repeat this step. Remove the pan from heat, stir, cover for additional 20 minutes. When apricots are soft and plump, remove them from pan with slotted spoon. Reserve any leftover juice for pears. Puree the apricots in a food processor until they become a smooth paste.

Almond Crust

1 cup of almond meal/flour
3/4 cup unbleached white flour
1/8 teaspoon salt (Himalayan is best)

1/4 teaspoon baking soda
1/4 cup safflower oil
2 tablespoons organic rice nectar
1 to 2 tablespoons water, as needed

Mix dry ingredients in a medium size bowl. Make a well in the middle of the dry ingredients. Add safflower oil, rice nectar and 1 tablespoon water. Combine all the ingredients thoroughly. If mixture is dry add more water. Do not over mix dough. Remove 1/2 cup flour mixture for sides of crust. Form remaining flour mixture in a ball, wrap and refrigerate for 30 minutes. Cover loose mixture, refrigerate.

Pre-heat oven to 350 degrees. Lightly oil a 9 inch tart pan with removable bottom. Roll out dough that is lightly floured both sides, between two pieces of parchment paper into a 9 inch circle. Remove the top sheet of paper, place the removable bottom of the tart pan on top of the rolled out crust and flip. Place this inside the tart pan ring. Finish crust by distributing the reserved 1/2 cup of dough around the edges and up the side about 1/2 way, pressing firmly. Place tart pan on a cookie sheet. Bake for 12 minutes. Remove tart pan still on the cookie sheet from the oven. When crust is still slightly warm, evenly spread the apricot paste covering entire bottom of the almond crust. Wet fingers to press the paste in place.

Pear Filling

2 large or 3 medium firm pears, peeled, quartered and cored
1/3 cup pineapple juice, preferable cold pressed
2 - 3 tablespoons simply fruit jam, preferably apple, apricot or peach.
1/4 teaspoon stevia
A pinch of nutmeg



Slice each pear quarter lengthwise into 3 pieces. Add any leftover juice from cooking apricots to the pineapple juice. Add stevia. In a medium size sauté pan, bring the juice to a boil and add pear slices. Cover, lower temperature and simmer for about 2 minutes. Uncover pan and carefully baste pears with juice. Remove pears to a plate with slotted spoon leaving all the juice in pan to reduce to about 3 tablespoons of liquid. Add nutmeg. Turn off heat and stir in jam, breaking up any pieces of fruit from the jam with a fork.

To finish the tart, lay the pear slices in circular formation on the apricot puree, starting at the outside. Spoon the jam mixture evenly over the pears. Cool to set. Serves 6.

Personal Life Update

This month has been a bitter sweet time for us. We have lost a very dear friend of 54 years. About 40 years ago, she and her husband, with their young son, joined our family of 2 adults and 4 young children, and we sailed together on a 40 foot sailboat to the Bahamas for

a week's vacation. The trip over and back from West Palm Beach, Florida to West End in the Bahamas was very adventuresome, and sometimes it was frightening because the trip was made on the tail end of a hurricane. Our boat was chartered, the kids were all out of school, so the date of our sailing could not be changed. So we went! We did survive the crossing in the ocean, and when we reached the Bahamas it was beautiful. Through the years we have had many good times with these great friends. The loss of one of them is the hard part, but the memories of all the good times remains sweet.



Wishing you good health and all the best,
Hal and Barbara

Challenges

We would like to challenge you to eat more whole foods----real food, not food-like things. Processed foods will not give your body the necessary nutrients for optimum health. An apple is an example of unprocessed food---An

apple pie, tart, bottled apple juice, etcetera, is processed food.

Processing can be of various degrees. If you juice an apple for immediate use this would be the least processed. If you pick up an apple tart at the jiffy store that has a shelf life of 6 months---you know that the baker has probably added all sorts of preservatives, coloring agents, taste enhancers and other mystical additives to the process. The nutrients found in the apple are also greatly diminished, if not eliminated.

Highly processed foods are filled with toxic substances that accumulate in our bodies over the years. When the organs cannot expel all the toxins in a normal fashion they are mainly stored in the body's fat layer. In our latter years, this lifetime build up can have an influence on the emergence of chronic diseases.

Eat Food---not food-like things!



Guess which food in this photo is not processed? Only the shrimp. They were wild caught.

All the animals in nature eat only unprocessed food. They eat real food that their bodies were designed for. We can benefit from observing the natural processes and being aware of the shortcomings of processed foods.

Don't forget to read the labels.

Recommended Resources

In our opinion, **water filtration** is a necessity in today's toxic environment. However you do it---please have some system that will filter out harmful chemicals in a central water systems or your own well water.

Municipal water systems are heavily chlorinated and most have added the really harmful chemical, Fluoride. Well water is becoming more and more suspect of chemicals, organic compounds and pharmaceuticals leeching into the ground water.

The Berkey Water Filters are exceptional. It is a gravity purifying system that now has an optional Fluoride filter. This fluoride component is unique in the filtering business. In emergencies there is no need for power. It will filter water from lakes, rivers and ponds. They also have a shower filter that may be as important to your health as the drinking water.

Click below to access their site.

[Berkey Water Filter](#)

About Us

We are Hal & Barbara. One of our greatest passions in life is helping

people take control of their health. We live in beautiful North Central Florida. We are committed to teaching others proper nutrition and lifestyle choices.

Don't forget to ["like us" on Facebook!](#) If you know anyone that might be interested in our newsletter send them to http://www.choose-healthy-eating-for-life.com/get-healthy-eating-newsletter.html#.UOLo-_ldV8E

Thanks for reading our newsletter. Have a wonderful month!



Contact Us

If you would like to contact us, feel free to give us a call at [813 260 2314](tel:8132602314) EST or by email at whybsic@gmail.com. We look forward to hearing from you.

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