

Get Healthy Eating Newsletter

Issue # 7---March 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 via email. The avocados pictured above are a very nutritious addition to your food menu, especially when served with a squeeze of lime or lemon juice and Bragg's Aminos. Yum! Eat anytime!

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Comments

Here is issue # 7. 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. Stay Healthy!

Thought of the Month

There never seems to be an end to the assault of the agricultural chemical companies to add new levels of harmful substances to growing our food supply. The EPA has approved an exemption for unlimited Bt toxin in soy foods and animal feed. The following quote is the assurance that the EPA has given to the consumer--- this should give you real concern!



"...there is a **reasonable certainty** that no harm will result from aggregate exposure to the pesticide chemical residue, including all anticipated dietary exposures and all other exposures [including drinking water] for which there is reliable information."

This is not something that you can wash off---it is genetically incorporated into

the DNA of the seed. You already consume this toxin without knowing it in processed foods such as corn and other genetically modified foods (GM).

And we all wonder why Americans are sicker than ever before. Organic growers have to submit to all kinds of regulations and inspections to sell their product. Not the growers of genetically modified foods--- so far, it's a free ride!

Quote of the month

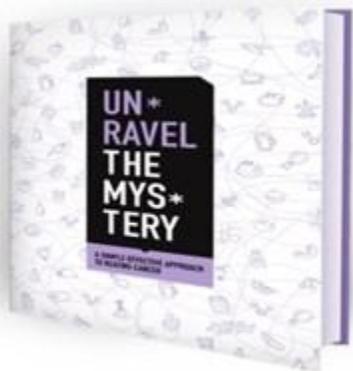
"There is no such thing as a special diet for cancer and a different, equally special diet for heart disease. The evidence now amassed from researchers around the world shows that the same diet that is good for the prevention of cancer is also good for the prevention of heart disease, as well as obesity, diabetes, cataracts, macular degeneration, Alzheimer's, cognitive dysfunction, multiple sclerosis, osteoporosis and other diseases. Furthermore, this diet can only benefit everyone, regardless of his or her genes or personal disposition."

Colin T. Campbell, PhD-- author of "The China Study"

Book of the Month

Ann Malkmus has a new book "Unravel the Mystery" that offers a comprehensive guide to a simple

approach to conquer cancer. She goes into great detail in analyzing many toxins that we consume daily. I was not aware of the magnitude and abundance of so many toxic chemicals in our food system. For instance, the aluminum in some processed baby formula milk products has 300 times the aluminum found in mother's milk. Wow! That doesn't sound too good to me.



"Where there is breath, there is hope," exhorts Malkmus. "When we harness the miraculous, self-healing power of our bodies--- through nutrition, simple lifestyle changes and detoxification--- we can and will experience renewed, vibrant health."

This is a must read for anyone battling cancer. Ann is a former college dean and currently is a practicing wellness consultant and lecturer associated with Hallelujah Acres. This is the basic diet that I used to battle cancer 15 years ago. [Order a Copy!](#)

Video of the Month

This is 9:33 minute testimony of Ann Malkmus in her battle with Irritable Bowel Syndrome (IBS) that eventually led her to the Hallelujah Diet and excellent health. Click below.

[Watch the Video](#)

Recipe of the Month

I wish I could take credit for this wonderful salad full of healthy protein and fiber, but it was found on the Vegangela website, and in turn the original source was Canadian Living Magazine. (The only ingredient I would eliminate is the ground coriander in the dressing, because to me it tastes like soap.) Hope you will make this healthy recipe and enjoy!

Black & White Bean Quinoa Salad



Recipe type: Salad, Side
Serves: 4

Ingredients

Salad

- 1/3 cup (75 mL) quinoa
- 1 can (19 oz/540 mL) black beans, drained and rinsed
- 1 can (19 oz/540 mL) navy beans, drained and rinsed
- 1 cup (250 mL) diced cucumbers
- 1/4 cup (50 mL) diced red onion
- 1 jalapeno pepper, seeded and minced (I've never used it and find the dish spicy enough for me, but feel free to add it if you like things hot!)
- 1/4 cup (50 mL) chopped fresh coriander (cilantro)

Dressing

- 1/4 cup (50 mL) vegetable oil (I use cold pressed extra-virgin olive oil)
- 2 tbsp (25 mL) lime juice
- 1 tbsp (15 mL) cider vinegar
- 1 clove garlic, minced
- 1/2 tsp (2 mL) chili powder
- 1 tsp (5 mL) ground coriander
- 1/2 tsp (2 mL) dried oregano
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) pepper

Instructions

1. In saucepan boil 2/3 cup of water, cook quinoa until tender, about 12 minutes. Drain and rinse.
2. Dressing: In large bowl, whisk together oil, lime juice, vinegar, garlic, chili powder, coriander, oregano, salt and pepper.
3. Add quinoa, black beans, navy beans, cucumber, onion, jalapeño pepper and leaf coriander; toss to combine.

Personal Life Update

Barbara here...seventy-five years and counting! How fortunate I feel to be healthy and still counting.

They say that someone always profits from an ill wind. When Hal found out he had prostate cancer, he had to seriously figure out which direction he was going to go with his recovery from this dreaded chronic disease. He made the right choice to recover by just changing his diet, and I profited by his wise choice.

We thought we were eating a “good” diet...not a lot of junk food. We were eating cooked vegetables and raw salads, BUT we were also eating lots of animal protein including dairy every day. I probably would not have changed my diet had the cancer not appeared. So I count my blessings, and I know they are numerous. Hal is also blessed...recovery from cancer is 15 yrs.

For my birthday weekend, we went to our beloved runaway place of Cedar Key, Florida, and were surrounded with family. Good food was part of everyday, the weather was great, and the house we rented was very beautiful and comfortable.



Here is Regan, our youngest son, and me, Mom. Our family is getting ready

to buzz around the island on a “golf cart tram”.



Below is a photo of the rising sun that Hal took from our bedroom balcony which faced toward the east. This is pretty unique sight since Cedar Key is on the west coast of Florida.



The first time I ever saw Cedar Key was in 1956 when I was a freshman at the University of Florida...that was a mere 58 years ago.

Going to Cedar Key is like going back in time, and that is the way everyone likes it kept after making a visit to this unique town. No stop lights...a few stop signs, several restaurants and bars, two banks, a grocery store, a gas station, churches, museums, and since it is an island, there are water scenes, and wildlife everywhere.



And...of course, there is great fishing all year long.

We are now back home and must get ready to reach some more people we know of that have health problems in our community and need to be pointed in the right direction towards good nutrition...not pills and procedures.

And for you...we sincerely wish you and yours good health for many years to come.

Challenges

It is always difficult when you decide to alter any habit or make definite changes in your life. The deciding is easy---the doing is tough. If you are in reasonably good health, I would recommend that you take one step at a time to alter your eating habits. One of the easiest changes for us to make was to substitute organic soy milk for the real thing. There are all sorts of grain, nut and seed milks available today. It took a little getting used to, but now it is an integral part of our eating habits. Try it---it won't hurt you.



If you have a chronic sickness, you should jump right in and follow all of the changes of the lifestyle program that you have chosen.

Recommended Resources

Visit our [online store](#) to learn more about our available products.

Dr. John McDougall is one of our heroes that has pioneered a plant based lifestyle for 40 plus years. As a medical internist on the big island of Hawaii, he found out early on that most pills and procedures did not cure anything. The families he served were from the Far East and the older generations brought their diets and lifestyle with them. They lived long healthy and active lives. As the new generations took on more of the American eating habits, they succumbed to overweight and sickness. This observation changed the philosophy of his future medical practice.



Dr. McDougall has a terrific website that I refer to often for medical information and diet. If you are looking for information on specific health issues, this website will offer you answers that you will not find on conventional medical sites. You will also see the various live- in programs offered at his medical center in California. He tells it like it is! His patients get well! Click on

[Dr. John McDougall](#)

About Us

We are Hal & Barbara Reid. 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.

If you know anyone else who may be interested in subscribing to our newsletter, send them to:

[http://www.choose-healthy-eating-for-life.com/Don't forget to "like us" on Facebook!](http://www.choose-healthy-eating-for-life.com/Don't%20forget%20to%20like%20us%20on%20Facebook!)

Contact Us



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

Thank you for reading our newsletter.
Have a wonderful month!

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