

Get Healthy Eating Newsletter

Issue #9 May 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. Barbara's meals are always repeat performances at our house. Black beans, rice, broccoli, and salsa with mango, tomatoes, jalapeno, onions and cilantro. Mmmm—good!

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Announcements

Here is issue # 9. 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

Do we really have a “health care” system in this country or is it better described as “sick care?” How many times has your doctor offered you an option other than drugs for your acute medical problems. Have any of your doctors ever mentioned “preventative” care that would make it possible to avoid future sickness? All the emphasis is on treating a problem after you have experienced sickness. We spend more money on “sick care” than any other country on the planet and yet the United States was 37th in ranking of the world’s

best health care systems by the World Health Organization in 2000.



us air force

Wouldn't it be wonderful to only use the medical system for emergency care? I believe it is possible to stay healthy if you practice proper “health care” and understand prevention. Barbara and I have seen the results of preventative planning for good health in our lives as well as many friends and participants in our health classes. The best doctor is in you! You can do it!

Quote of the Month

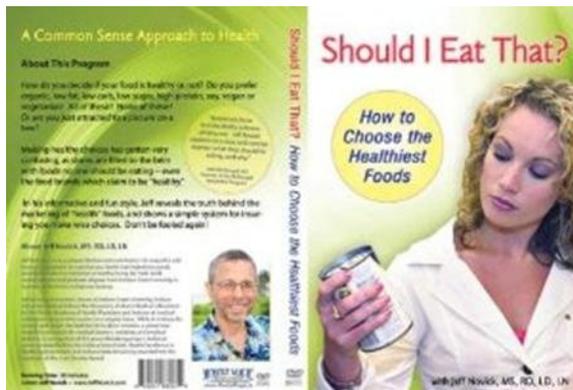
“When you see ingredients with names like 2,6-dimethyl-5heptal, 5'-guanylic acid, 6-hydroxy-3,7-dimethyloctanoic acid lactone, and 3-phenylpropionaldehyde, you might begin to wonder what these complex chemicals could possibly be doing in your food, and what they might do to your body—especially in the long term. After all, most of us are consuming these foods for a lifetime. ”

Russell L. Blaylock, MD

Book of the Month

This month I am substituting a DVD, "Should I Eat That?" for the book of the month. Jeff Novick has over 24 years experience in plant based nutrition. His insight and humorous approach to great health through proper nutrition has helped thousands of people worldwide to achieve a healthy lifestyle. He holds undergraduate and graduate degrees in nutrition from Indiana State University.

We have seen Jeff in many of the videos that we use in our classes. He works with Dr. John McDougall in the presentations of the "McDougall Program" in Santa Rosa, California. He recently appeared in the documentary Processed People and the movie Fatboy.



This video will give you information needed to find healthy food in the marketplace. "Jeff Novick's rendition of food labeling is unparalleled in its clarity and thoroughness. No one has better insight into the folly of food advertising."

T. Colin Campbell

Professor Emeritus of Nutritional Biochemistry, Cornell University

Video of the Month

This month's video features Jeff Novick expanding on the theme of "Preventative Health Care." Jeff will definitely challenge your thinking on the delivery of "sick care" in the USA and the possibility of taking control of your own health. [CLICK ON PHOTO.](#)



Recipe of the Month

Black Bean and Chile Posole



Serves 8--- from The Vegetarian Times

The garnishes for this hearty Mexican stew make for a fun meal that lets everyone at the table customize their serving according

to taste. STORE/SERVE: Ladle cooled posole into two 2-quart containers, and refrigerate three days or freeze up to three months. Thaw, if necessary, then warm in saucepan over medium heat until just beginning to simmer. Serve with garnishes.

Posole

- 2 4- to 5-inch dried pasilla chiles
 - 2 medium leeks, white and light green parts cut into 2-inch chunks
 - 2 Tbs. olive oil
 - 4 cloves garlic, minced (4 tsp.)
 - 2 tsp. ground cumin
 - 1 tsp. dried oregano
 - 2 15-oz. cans white hominy, rinsed and drained
 - 2 15-oz. cans black beans, rinsed and drained
 - 1 15-oz. can fire-roasted diced tomatoes
- Garnishes (optional)
- 4 cups plain tortilla chips
 - 2 small avocados, diced
 - 2 tomatoes, diced
 - 4 green onions, chopped
 - 2 limes, sliced into wedges
 - ½ cup chopped cilantro
 - hot sauce

1. To make Posole: Place pasilla chiles in large bowl, and cover with 3 cups boiling water. Let soak 15 minutes, or until softened. Drain chiles, and reserve liquid. Pull open chiles, and gently scrape out and discard seeds. Purée chiles in food processor with 1/4 cup reserved soaking liquid. (Press purée through sieve if bits of skin remain, and discard solids.) Stir chile purée into remaining soaking liquid.

2. Halve leek chunks, and thinly slice into matchsticks.

3. Heat oil in large stockpot over medium heat. Add leeks, and sauté 5 to 7 minutes,

or until softened. Add garlic, cumin, and oregano, and sauté 1 minute. Add hominy, black beans, tomatoes with juice, chile liquid, and 6 cups water; cover, and bring to a boil. Reduce heat to medium-low, and simmer 20 minutes.

4. Place Garnishes (if using) in bowls; pass around table when ready to serve.

Personal Life Update

Barbara and I had a busy schedule during Lent and Easter. Barbara was the organist for Lenten services and both of us sang in the choir. With double services it was intense but a wonderful experience.

We have started a new health class and hope that we can offer help to those seeking a new path to great health.

Challenges

I am repeating this part from our April Newsletter. I think it is very interesting and important to review again. I have just finished rereading parts of Dr. McDougall's book "The Starch Solution." He describes an eight week diet experiment with 16 Michigan State University male students that were moderately overweight. **They did not change their diets** but only added **12** slices of bread that were 50 calories per slice of high fiber bread for one group and 70 calories per slice of white bread for the other. This added a total of 600 and 840 calories per day, respectively.



The students that consumed the twelve slices of white bread lost an average of 14 pounds while the students eating the high fiber bread averaged 19 pounds. Both groups also reduced their cholesterol by 50-80 mg/dl. **WOW!** This simple study should make you question the low carb diet mantra that has taken over the marketplace.

Here is Dr. McDougall's challenge to those who are not yet convinced about the power of a starch based diet. Add to your current daily diet any one (or mixture) of the following:

- 4 cups of steamed rice
- 4 cups of boiled corn
- 4 cups mashed potatoes
- 4 baked sweet potatoes
- 3 cups of cooked beans, peas or lentils
- 4 cups of boiled spaghetti noodles
- 12 slices of whole grain bread

Adding this extra 600-800 calories, divided through the day, to what you are already eating will produce fantastic results just as it did for the college students."

Recommended Resources

Introducing the Coconut Oil Pulling Method: from natural mentor

Modern naturopathic practitioners are joining with ancient Ayurvedic health practitioners in an understanding of just how powerful a detoxification and healing tool oil pulling really is. Although coconut oil is not the only oil that can be used to oil pull (others include sesame, sunflower and olive), we love its long list of health-promoting properties (for both oil pulling and/or coconut oil ingestion), listed below:

- Antibacterial—stops bacteria that cause gum disease, throat infections, urinary tract infections and ulcers in their tracks.
- Anticarcinogenic—keeps dangerous cancer cells from spreading while boosting immunity.
- Antifungal—destroys infection-promoting fungus and yeast.
- Anti-inflammatory—suppresses inflammation and repairs tissue.
- Antimicrobial—inactivates harmful microbes and fights infection.
- Antioxidant—protects from free radical damage.
- Antiparasitic—can help rid the body of tapeworms and other parasites.
- Anti-protozoa—kills protozoan infection in the gut.
- Antiviral—helps to kill dangerous viruses that cause influenza, measles, hepatitis and more.



Follow these instructions to perform the oil pulling method:

1. Oil pulling should be done on an empty stomach (preferably first thing in the morning)
2. Use one tablespoon of **organic** virgin coconut oil – you may want to start with ½ tablespoon and work your way up to a tablespoon.
3. Swish the oil around in your mouth slowly and be sure that the oil reaches all parts of your mouth – do not swallow.
4. Swish for five to ten minutes. Try to work up to twenty minutes if you can.
5. Spit out all of the oil when you are done and rinse your mouth with water.
6. Brush with a natural toothpaste afterwards.

Note: Some people may feel a bit ill during or after oil pulling – this is generally a good sign that your body is removing toxins and should dissipate as you become healthier.

Daily oil pulling with organic coconut oil along with consuming a healthy diet, getting plenty of exercise and sleep will help your body stay sharp and ready to defend the onslaught of toxins you face each day! And your dentist just may be amazed at your next appointment in a few months at how much better your oral health is becoming!

Not only is coconut oil a great oral health and detox tool, its other benefits will amaze you...

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#.U0Lo-_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** EST or by email at whybsic@gmail.com. We look forward to hearing from you.

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