

Get Healthy Eating Newsletter

Issue # 8---April 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 delicious soup pictured above was created by our daughter, Debbie, on a family celebration. The large plate contains a selection of veggies to add as desired.

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Announcements

Here is issue # 8. 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 for the Month

If you are considering the **Atkins Diet**, **Paleo Diet**, **South Beach Diet** or other high protein and fat diets, be willing to suffer the long term consequences of consuming excessive amounts of meats, fats and dairy products. Even the **Standard American Diet (SAD)** is better for you.



These “low carb” diets lack nutritional value to provide for a healthy body. Many low carb diets require only 15-20% of total calories. Carbohydrates promote health and prevent disease. Not including whole grains and other complex carbohydrates in your daily food intake may result in a higher risk for heart disease, cancer and other long term maladies.

A low carb diet can lead to quick weight loss and bad health. It cannot be

sustained in the long run without health problems. Your goal should be to maintain a healthy life by adopting a Whole Food Plant Based Diet that will assure you a trim and healthy body naturally.

Quote of the Month

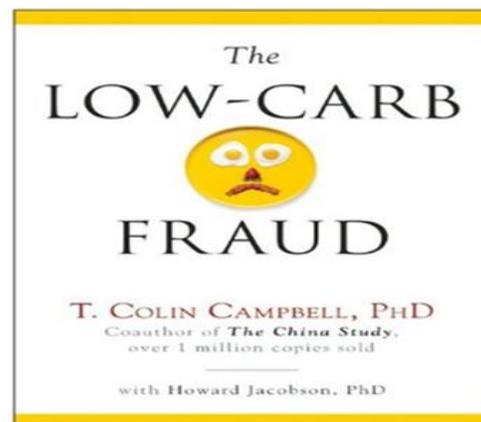
“Low-carb, high protein, high fat diets cause high cholesterol-a major indicator of heart disease and cancer risk.”

T. Colin Campbell PhD

Author—The China Study

Book of the Month

The go-to diets that we have mentioned that promote low carbohydrate intake continue to be the rage of losing weight and you can enjoy eating pretty much whatever you want -except **CARBS**. Dr. Campbell’s latest book addresses the fallacies in these current fad diets.



Dr. Campbell outlines where the low carb proponents get it wrong. **All carbs are not created equal**. If you are considering a low carb diet, you should consider reading this book first.

Video of the Month

This month's video is a presentation by Dr. John McDougall explaining the results in his medical practice using a plant based diet that is heavily tuned to the consumption of **STARCH**. He brings the voice of experience of over 40 years dealing with thousands of sick people that consumed the Standard American Diet (SAD).

Click ----[Dr.Mcdougall at Ted](#)

Recipe of the Month



This Recipe from The Kushi Institute in Becket, Massachusetts makes a wonderful soup for any season. Barbara and I enjoyed soups like this last summer when we attended a week long class in macrobiotics at the Institute.

RECIPE:

Creamy Squash Soup! This dish provides good quality sweetness, nourishing the stomach, spleen, and pancreas making us feel relaxed and happy. **Let's just**

call it the HAPPY SOUP! 4-5 cups of winter squash, cubed, 1 sweet onion, diced, water to cover, few pinches of sea salt, dill for garnish **1.** Place the squash in a soup pot. **2.** Pour water, just enough to cover the squash. **3.** Bring to a boil and add a few pinches of sea salt. Cover and reduce flame to low. Simmer for 15 minutes until squash becomes soft. **4.** Add diced onions and let cook for another 15 minutes. **5.** Puree soup with a hand food mill. **6.** Season with sweet white miso to taste and let cook on low for another 5 minutes. **7.** Garnish with dill and serve!

Personal Life Update

Spring is happening here in Central Florida. Most trees have “greened” out already.

The fish are returning to the coastal grass flats nearby in the Gulf of Mexico. This is a good thing!

Barbara is working on her **healthy dessert recipes** and hoping to finish them soon for publication.

We hope you are experiencing the wonders of spring and the emerging new life around you!



Challenges

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

The surface area of our skin is the largest organ in our body. When we shower, soak in tub or swimming pool, we are absorbing chlorine and other toxins that have an unhealthy effect on our bodies.

The need for a shower filter that eliminates chlorine and supplies added minerals and alkalizes the water is obviously a good idea and is relatively inexpensive.



David and Yonne Anderson have founded a company that makes a variety of water filter systems that also alkalize the water. They started their company after David eliminated his health problems by alkalizing his body. We all know that an alkaline body is required for great long term health. Their products are worth considering to help you on the road to great health.

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

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