

# Get Healthy Eating Newsletter

Issue # 12---August 15, 2014



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Our newsletter is published on the 15<sup>th</sup> of each month and sent via email. **The photo is my typical morning juicing. The carrots, Granny Smith apple, and celery fill the 4--8 oz. mason jars with nutritious live juice. Barbara and I each have 16 oz. of juice at least 5 days a week.**

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## Announcements

Here is issue # 12. 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

**What are we feeding our kids?** With school just around the corner, I thought this question was worth looking at. A study of battlefield deaths of young men in the Korean War changed forever the way we looked at heart disease. Autopsies of 300 soldiers with an average age of 22 years showed that 77% had visual evidence of **advanced coronary atherosclerosis**. Prior to this study, the prevailing idea was that heart disease of this degree was seen decades later. These shocking results were confirmed with thousands of war autopsies later on.



Cholesterol seems to be the major culprit. By age 11 heart disease is already active in children that consume excess animal products. This usually means too much fat and cholesterol. **The Standard American Diet (SAD),**

processed foods, and the protein myth contribute to the number one killer --- heart disease. **When will we ever learn?** Click on the boy's photo to read more on "Stopping Heart Disease in Childhood"

## Quote of the Month

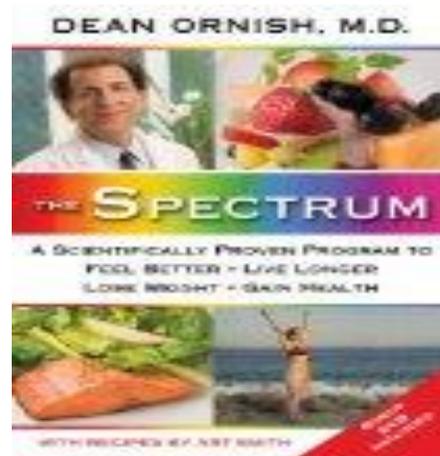
*"It is clear to me that a diet comprised of whole vegetables, fruits and cereal grains (unless otherwise contraindicated by allergic responses) with little or no animal-based foods, resulting in a dietary protein level of about 10%, IS AS NEAR TO AN IDEAL AS ONE CAN GET."*

T. Colin Campbell PhD  
Author—The China Study

## Book of the Month

Dr. Dean Ornish's latest book "The Spectrum" reviews his successful methods of achieving a healthy lifestyle.

*Click on book for Amazon link.*



The main topics are: The Nutrition Spectrum, Stress Management Spectrum, Exercise Spectrum, and the

Foods in Nutrition Spectrum that is composed of 5 groups. **Dean Ornish** is a pioneer in using the healing power of foods with attention to stress free living as a major component of a complete healthy lifestyle. [Check out our recommended books.](#)

### Video of the Month

This month's video is a presentation by **Dr. Micheal Greger MD** explaining the beginnings of America's deadliest killer---Heart Disease. The 5:50 minute video titled "**Heart Disease Starts in Childhood**". Dr.Greger alerts all those who are responsible for the health of children. [Check out the video.](#)

### Recipe of the Month

#### Cucumber Seaweed Salad

Here is a refreshing salad which is so healthy because it is **soooooo alkaline**. Cucumbers are usually inexpensive and available almost everywhere. Making cucumbers a part of your daily diet will go a long way to keeping you healthy.



You can find "hijiki" seaweed (shown in the dried form on the lower right side of

photo) is found in most health food markets or online. [Check out this link](#) to review the recipe.

### Personal Life Update

Fish tales are typically told by "fishermen", but I am going to share one about two of our grandsons ages 13 and 10, both who love to fish. This tale is a true one.



We have been vacationing this month at our favorite coastal town with our grown children and 3 young grandsons. While there, the two youngest grandsons learned how to operate a canoe. The instructor was Grandpa Hal. Upon taking the canoe out by themselves, the rules included taking their cell phones with them and staying within view of the house. They did neither of these things.

So I, being their grandma and beginning to get concerned, went to look for them. There was a house near by that was on the other side of this small peninsular where we were staying. The house was vacant with a long dock. I decided to use the dock to see if I could locate these boys. All of a sudden I hear a lot of screaming. Fearful that

something bad had happened to them, I yelled for them to let me know what was going on. It turned out that they had hooked a large fish and it was actually pulling the canoe all over the place. They were so excited, that the screaming suddenly turned to laughter. When they finally were able to get the canoe docked, we found a huge black drum, estimated to be about 40 - 50 pounds on the end of the line.



The fish was removed from the line and returned to the water. I am so glad that the end of this event turned out good and is a tale that I can happily share.

## Challenges

It's still summertime in our part of the world and the "livin is easy!" The advertisements for sunscreens promote protection from the harmful intense rays of the sun.

You need to be very careful in selecting a sunscreen that does not have toxic chemicals that can create great harm internally while offering external protection. One of the best ways that I

have found to protect your skin is by drinking carrot juice. Carrot juice has many natural ingredients that work for you.

I love to fish in the nearby Gulf of Mexico. In the summer I wear a long sleeve shirt and long pants---and, as usual, drink carrot juice regularly. I get plenty of sun exposure on my hands, face and neck. My fishing buddies usually lather up with sunscreen ---I never do and I have never had a problem.

I came across an article by Linda



**Kordich** that explains the reason that carrot juice and other antioxidants are so effective for sun protection and all around

good health. Sun protection is another **good** "side effect" to keep you juicing! Isn't it wonderful to hear about "good side effects" from plants rather than the harmful "side effects" of pharmaceuticals.

To read the complete article, [check out this link](#).

## Recommended Resources

15 years ago I started taking a green powder made from the juice of the leaves of young barley plants. This super food was an essential part of my recovery from cancer. It was and still is distributed by the AIM Company in Boise, Idaho. They started 33 years ago

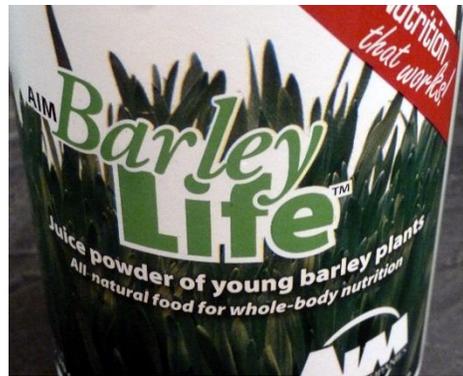
and remain today the largest distributor and manufacturer of this high quality superfood. **BarleyLife** continues to be an important food in our daily lives. I would not be without it.

This product is not ground up dehydrated barley leaves like so many products that have no life left in them. Dehydration at high temperatures destroys the plant enzymes. The unique AIM process starts with the harvest of the young barley plants and immediately juices them while in the field. The juice is immediately processed into a powder form.

It takes 11 pounds of barley plants to make 1 pound of **BarleyLife** juice powder. It is made by a proprietary cold process that preserves the healthy enzymes that your body needs as well as vitamins, minerals and phytochemicals. **1 rounded teaspoon of BarleyLife equals the nutrition of 3 servings of veggies.** If that doesn't get you excited, I don't know what will. **Most Americans don't get 3 vegetable servings in a day.**

The **USDA guidelines require 5-13 servings of fruit and vegetables each day.** The amount depends on age, gender, physical activity, and overall health.

We have been distributors of AIM products for many years because we know the healing power of this super food. AIM has over 100,000 testimonies that show how a simple idea has changed the lives of millions of people.



If you are interested in more information on **BarleyLife** click on the photo above to take you to our AIM website or contact us directly.

### 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 this page on our website.](#)

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](mailto:whybsic@gmail.com). We look forward to hearing from you.

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