

Get Healthy Eating Newsletter

Issue #5 January 15th, 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 via email. The photo is from a demonstration cooking class at the Kushi Institute in Becket, Mass. Barbara and I attended a week there this past summer studying macrobiotics.

Table of Contents

- Announcements
- Thought for the Month
- Quote of the Month
- Book of the Month
- Video of the Month
- Recipe of the Month
- Personal Life Update
- Challenges
- Recommended Resources
- About Us
- Contact Us
- Legal & Disclaimer

Announcements

Here is issue #5 of our newsletter. We hope you enjoy this issue! If you have any feedback about the content or the layout or have any suggestions on how we could improve our newsletter, feel free to send us an email.

Thought for the Month

Now that the **New Year** has started it's time to really begin your healthy new resolutions for the rest of the year. Most of us, including Barbara and I, tend to over celebrate with food and drink during the festive times. It is important to get back to a normal lifestyle. One of the best ways to check out your health status is by measuring your body Ph. Chances are that your body is acid and will need a lot of nutrients found in plants to help you move the pH back into the alkaline side. An acid body welcomes disease and all sorts of acute maladies while an alkaline body signals that you will not need to worry about sickness. The following link will take you to our website for a detailed study of body Ph. Remember---- like Kermit the Frog said "It's good to be Green!" Plants and veggies of all colors will keep you well and alkaline!

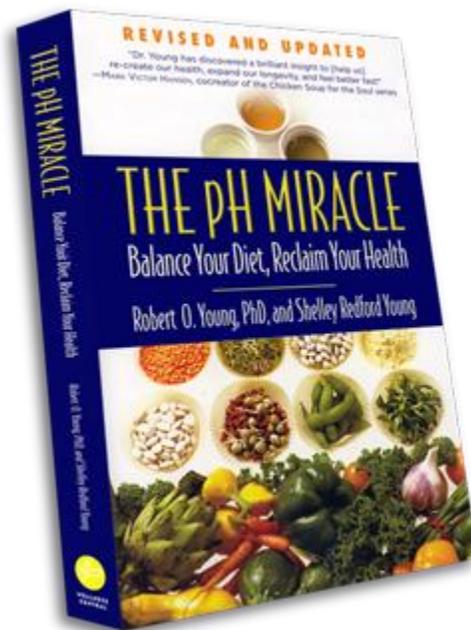
Quote of the Month

*"As houses are well stored with provisions are likely to be full of mice, so the bodies of those **who eat much are full of diseases.**"*

Diogenes---350 B.C.

Book of the Month

The book of the month is "**The pH Miracle**" by Dr. Robert O. Young, Ph.D. and Shelly Redford Young. This book will teach you how to balance your diet and life by following a basic plant based diet. Dr. Young explains the science behind the problems of not maintaining a proper body pH and offers solutions and recipes to change to a healthy body and lifestyle.



Order the Book

Video of the Month

In this 10 minute video interview, Dr. Robert O. Young talks with Cindy Wheatcraft regarding her recovery from breast cancer by using the pH Miracle program. Cindy did not use any medical intervention prior to starting the pH diet change. [Watch the video!](#)

Recipe of the Month

The healthy soup recipe for this month is a makeover from a vegetable dish my neighbor brought to our house as her contribution to the dinner we host for our health classes. This dish was wonderful! I have just made my version into a soup.

White Bean Soup

Rinse about a half a bunch of escarole and cut into pieces, set aside.

To make the soup base you will need:

3 cloves of garlic, sliced thinly

½ cup of onion, diced

1-32 ounce container of vegetable or chicken broth, preferably organic

1 tablespoon of **Bragg Liquid Aminos** or
2 teaspoons of soy sauce

2 tablespoons of dry sherry

1/4 teaspoon ground thyme

1/4 teaspoon garlic powder (not garlic salt)

2 teaspoons vegetable or chicken flavored base with no MSG

Place all the ingredients in a large pot, bring to a boil, cover and reduce to a simmer for about 20 minutes until vegetables are soft.

Next prepare and add:

2 (19 ounce) cans of cannellini beans not drained, I use Progresso brand or you can substitute Great Northern beans

2 medium size potatoes, peeled and cut into ½ inch pieces.

Add beans and potatoes to soup base, bring to boil, cover, and reduce to a simmer for about 15 minutes until potatoes are cooked.

Add prepared escarole and continue to simmer for about 5 minutes, taste a correct seasoning.

Makes about 10 cups



Personal Life Update

With Christmas and New Year celebrations behind us, we look forward to another year of helping those who are looking for a healthier way of life. We have already been contacted by those people locally who want to come to our new classes on healing with nutrition.

Barbara is retiring from 25 years in real estate in our hometown. She is looking forward to creating new dishes and sharing old family favorites. Her goal is to write a recipe book or two.

In our classes we are frequently asked: “Well, if you don’t eat meat, what do you eat?” There is a world of good food besides eating animal products, and we are going to do our part in getting the message out.

Wishing all of you a prosperous and healthy 2014.

Challenges

We have now moved into the diet season. Tis **not** the season “to be jolly!” It’s time to look into the latest diet fads. The Atkins diet, the Paleo, the Mediterranean, heart healthy diet, and on and on. The secrets of the ancient cultures have finally been discovered - and now are available to us!

The reason that most of us will not stay on these type of diets for any length of time is because we will be starving. Most diet plans hover around 1500 calories a day. Very few can live with this minimum calorie count. Sure, it will take off the pounds but it will not be sustainable for the long haul. We all

know that when we abandon the diet, the weight returns with more than was present when the diet began.

So why not make fueling your body with a lifestyle change that will be with you all your days without overweight and sickness. With a plant based diet you will achieve sustainability. Remember that you need carbohydrates (veggies of all kinds) to make glucose. 80% of your food should be carbs since glucose is the fuel that produces energy for your body and especially for your brain.

Take a 60 day challenge and eat mostly plants. There are descriptions of various plant based diets on our website. There are many more plant based diets out there that may fit your living style in a better way. See what it will do...you will not be disappointed. Your food will become nutrient dense rather than calorie dense, and that will make all the difference in how you look and feel!



Recommended Resources

The uncertainty in the world today and the many natural disasters causes one to think about providing for our family in case of emergencies. Food supplies will disappear in a short time from all normal food outlets when supply lines are disrupted. Do you just ponder the idea and take no action or do you make the decision to find a source of food storage that will be available for tough times? **Wise Company** is a trusted and high quality company that is dedicated to providing healthy long lasting foods for emergency food supplies. You may want to seriously consider their products. Click on picture below to learn more.



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!](#)



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.

Legal & Disclaimer

We are not doctors. All views in this newsletter are our own, based upon experience. Please consult with your doctor before changing your eating habits or starting a new exercise routine.

The newsletter is protected by federal copyright laws. Feel free to share this newsletter with family and friends, but do not modify, republish the content, or take credit for the content in any way.