

# Get Healthy Eating Newsletter

Issue # 10--June 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 15<sup>th</sup> of each month and sent via email. Here's Barbara shopping for fresh vegetables at our local Saturday farmers market on the downtown square. It's a good way for you to find great bargains and local fresh veggies.

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## Announcements

Here is issue # 10. 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 at [whybsic@gmail.com](mailto:whybsic@gmail.com).

## Thought for the Month

### Reclaim Your Inner Terrain

I was reviewing a video this week that had an interview with Dr. Darrell Wolfe, the founder of the Wolfe Clinic. I was greatly impressed with his protocol to eliminate and prevent sickness. Ultimately it is the job of the digestive system to rid the body of toxins and help us stay healthy. When we make a lifetime of poor food choices it tends to make us rot from the bottom up as we age. This is called disease. It's a lengthy article with good information you can use for life.

[Check out Dr. Wolfe's video!](#)

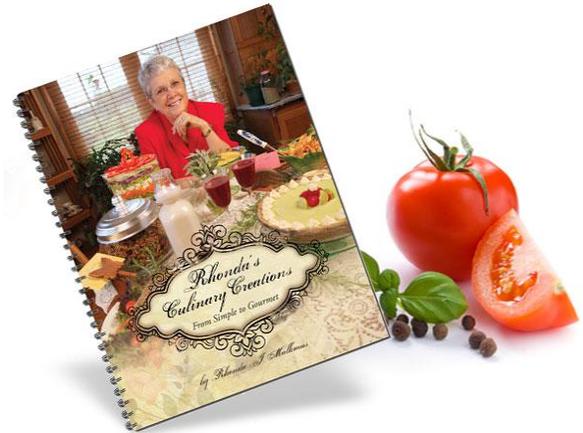
## Quote of the Month

*“Cholesterol is a white, waxy substance that is **not found in plants---only in animals**. It is an essential component of the membrane that coats all of our cells and is the basic ingredient of sex hormones. Our bodies need cholesterol and they manufacture it on their own. **We do not need to eat it.**”*

Dr. Caldwell Esselstyn

*“Prevent and Reverse Heart Disease”*

## Book of the Month



**Rhonda Malkmus** has created a recipe book of over 400 plant based recipes for her culinary classes at Hallelujah Acres - a must have manual for ultimate health. Rhonda is the wife of George Malkmus, the founder of Hallelujah Acres. George recovered from colon cancer 20 plus years ago by changing his diet. The Hallelujah diet is reviewed on our website. For more information on this book, [check out this link](#).

## Video of the Month

The video this month is an interview with **Mimi Kirk**, a 71 year old lady that practices a raw vegetarian diet. You may want to listen to her advice to see how she maintains her looks and vitality. [Check out the video](#).

## Recipe of the Month



### Tomato and Corn Salad

Submitted By: Rhonda Malkmus

Delicious and cool for a hot summer day! This salad is a marvelous medley of garden delights, plus a splash of basil for a gourmet taste.

### Ingredients

- 1 ear sweet corn (kernels removed)
- 1 cup cherry tomatoes (halved)
- 1 sweet red pepper (seeded and diced)
- 1 cucumber (peeled and diced)
- 1 avocado (peeled, pitted, and diced)
- 5 fresh basil leaves
- 1 garlic clove (minced)
- 1 Tbsp extra virgin olive oil
- 1-½ tsp lemon juice
- 1 tsp unrefined sea salt (or to taste)
- Pinch of cayenne (or to taste)

### Directions

1. Place corn, tomatoes, bell pepper, cucumber and avocado in a bowl.
2. Roll basil leaves tightly and thinly slice into ribbons and add to salad, along with remaining ingredients and mix well.
3. Serve immediately.

## Personal Life Update

Summer weather has definitely arrived in central Florida. Barbara and I spent Memorial weekend with our daughter, Susan, at Daytona Beach.

We are preparing for a hot summer in Florida, and there is always a chance of our state being hit by a hurricane. In 2004, Charley, Frances, Jeanne and Ivan pounded our state. The 2004 hurricane season may have been the costliest on record.

The 2014 hurricane season outlook is another quiet season possible for the Atlantic Ocean. We hope so!

We are discontinuing our health classes for the summer and resuming them sometime in September. So many people are busy traveling this time of the year. Our plans hopefully will include some days in our favorite place to run away to...Cedar Key. We hope if you get to travel this summer that it will be fun and safe. Until next time,

Hal and Barbara



## Challenges

**Juicing** can definitely be a challenge. It takes a real commitment to juice on a regular basis. I usually juice 5 days a week and I make juice new each day. I make 32 ounces a day that is equally shared with Barbara. It takes about 40 minutes to setup, clean the veggies, juice, and clean the juicer.



Most people, in our experience, buy a juicer and use it for a short time. We always recommend that you invest in an inexpensive juicer to begin with in case you decide to terminate your juice program. If you stay with it you may want to acquire a better machine to have top quality juice.

Some individuals do an entire week's worth at one time and freeze the juice in individual jars to maintain the most nutrients. The best nutrient dense juice is consumed when you make it. You lose about 10% of the nutrients a day through oxidation.

Take the juice challenge for life---you will not be sorry that you did.

## Recommended Resources

*We have mentioned this program in a previous newsletter. It is worth reviewing again.* The greatest problem that we have found with individuals wanting to adopt a plant based lifestyle is---what do I eat and how will I prepare meals. **The Physicians Committee for Responsible Medicine (PCRM)** is a fabulous resource for anything to do with a plant based lifestyle. They have a free **“21 Day Vegan Kickstart program”** that will help you get started. Here's a review from their website:

**“The 21-Day Kickstart** is live from the first through 21st of each month! Based on research by Neal Barnard, M.D., one of America's leading health advocates, this program is designed for anyone who wants to explore and experience the health benefits of a vegan diet. Low-fat vegan--plant-based--diets are the easiest way to trim excess weight, prevent diabetes, cut cholesterol, lower blood pressure, prevent and reverse heart disease, and reduce cancer risk. They even trim our carbon footprint.”

[Click on this link to sign up.](#)

## 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 here!](#)

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

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