

Get Healthy Eating Newsletter

Issue # 13---September 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 15th of each month and sent via email. The delicious and satisfying meal pictured above was created by Barbara. The recipe for the potato and corn salad is featured below.

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Announcements

Here is issue # 13. 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

66%+ of the Americans are overweight. Brain cancer is the #1 killer of children ages 1-5. Leukemia and brain cancer are the #1 killers of teenagers. Diabetes, cancer and heart disease are ravaging young and older Americans. All of these terrible maladies are out of control. Could it be the food? Could it be stress? Is it in the water? What do you think? What and who else can we blame? We spend more on sick-care than any country and we continue to get sicker.

The frequency of these diseases were insignificant 50-100 years ago. Today we dine like royalty of old and suffer the consequences. Everywhere we turn we are encouraged to eat more of everything. Alluring food ads on television, television programs that idolize overeaters, grocery shelves filled with processed play-like foods, food magazines with enticing messages for the reader to indulge in. We must find the path to make sensible conclusions about what we unthinkingly eat is doing to our health and future. Wake up America!

Quote of the Month

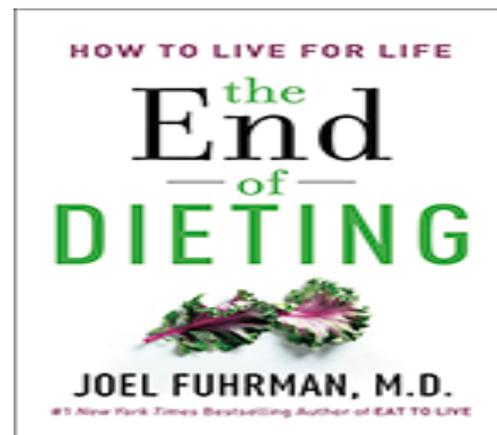
“Very simply, we subsidize high-fructose corn syrup in this country,

but not carrots. While the surgeon general is raising alarms over the epidemic of obesity, the president is signing farm bills designed to keep the river of cheap corn flowing, guaranteeing that the cheapest calories in the supermarket will continue to be the unhealthiest.”

~ **Michael Pollan**

Book of the Month

Don't get trapped in a cycle of over eating and food addiction. **Joel Fuhrman, M.D.**'s new book **“THE END OF DIETING”** explains how to free yourself of dieting. You can eliminate cravings for fats and sweets. The more nutrient dense foods that we eat ---the healthier the body becomes. This book will help you get off of the on again - off again unsustainable dieting cycle. [Click here to learn more.](#)



Video of the Month

Dr. Brian Clement, the co-director of the Hippocrates Institute in West Palm Beach, Florida, talks about the cancer

epidemic. Time: 3.31 minutes. [Click this link to watch the video.](#)

Recipe of the Month

This is a make ahead salad and is part of the meal featured in this newsletter.



Potato and Corn Salad

6 Servings

Ingredients

- 6 medium red potatoes
- 1 cup of corn kernels, fresh or frozen
- 3-4 green onions, chopped
- ½ cup parsley, chopped
- ¼ teaspoon salt
- 2 tablespoons cider or red wine vinegar
- Black pepper, preferably freshly ground

Dressing

- 1 teaspoon Bragg Liquid Aminos or ½ teaspoon salt
- 1-2 teaspoons lemon or lime juice
- 2 teaspoons extra virgin olive oil

If corn is frozen, defrost completely before adding to potatoes.

Wash potatoes thoroughly, scrubbing the skins. Remove any blemishes from potatoes and cut into ½ inch pieces. Place potatoes in medium saucepan, cover potatoes with water and add ½ teaspoon of salt. Bring potatoes to a boil, reduce heat, cover and simmer for 7-8 minutes until just tender. Do not overcook. Drain potatoes and spread on a large platter to cool completely. While the potatoes are still warm, drizzle 2 tablespoons of vinegar and a few grindings of pepper over them.

In a large bowl, add potatoes, corn, green onions and parsley. Mix ingredients for the dressing and drizzle over potatoes and corn. Gently mix salad, and serve at room temperature.

Personal Life Update

This is Barbara reporting. My yearly checkup at 75 did not bring any negative health changes. Matter of fact, my doctor of twenty plus years laughingly remarked that he would have to start charging me more money for my checkup. Why did he say that? Because there are never any follow up procedures or prescriptions that would add to his medical practice. Staying well can be done with a little bit of discipline and the will to stay healthy and productive.

My doctor is really a fine gentleman, and a conscientious medical man. We

have had several arguments over the years, but he has never pushed the issue if I wanted to take care of a possible problem through nutrition instead of drugs. I am sure, as with many doctors, he just never had any (or very little) training about nutrition in his schooling. Anyway, I like him and will stick with him. Maybe someday he will learn something about the power of good nutrition.



Challenges

Eating less will keep you healthy and perhaps let you live a longer life than you ever thought. The subject of “calorie restriction” is currently being widely studied. On the island of Okinawa, Japan you will find the largest population in the world of people living 100 years or more. They also have the lowest deaths from heart disease, cancer, and stroke.

There are many reasons for this healthy island. One of the reasons is that most Okinawans restrict their eating to 80% of

what would normally satisfy their hunger. It is a cultural thing. This obviously keeps them lean and active well into their later years.

So for us, easing up on the “get full feeling” may contribute to solving a lot of our health issues. This is really a challenge for all of us.

Recommended Resources

You hear us refer quite often to John McDougall, M.D. We have great respect for this pioneer in healing the body with plants. Modern medical doctors treat symptoms--- they do not understand the healing properties of a nutrient rich plant based diet. Dr. McDougall sees his patients get well.

[His website](#) has one of the most complete archives on just about every conceivable malady. If you are researching a particular medical problem, we recommend reviewing the website of a man with a passion for healing and spreading the word of true health. [Read our review](#) of his healthy lifestyle program on our website:

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 our website to sign up.](#)

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. We look forward to hearing from you.

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