

# Get Healthy Eating Newsletter

Issue # 14----October 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. This beautiful and healthy bowl of fresh veggie appetizers was created by our daughter, Debbie, for a catered event in Savannah, Georgia.

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## Announcements

Here is issue # 14. 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

The latest health news from the major media, in most cases, gives us permission to continue with our bad eating habits. Such is the latest study that concludes that **FAT** is healthy for your heart. [Dean Ornish, MD](#) has responded with clarity to this misguided news. I urge you to read his rebuttal to this idea. Dr. Ornish along with Dr. Esselstyn have long ago established clinical evidence of the effect of consuming too much fat as a major cause of coronary artery disease. You can prevent and/or reverse the ravages of heart disease by adopting a plant based diet similar to the plans endorsed by doctors Ornish and [Esselstyn](#).

## Quote of the Month

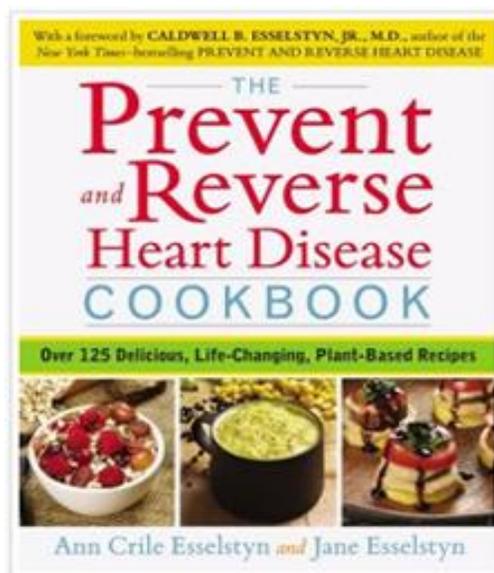
*"We should be aiming much higher: at arresting coronary artery disease altogether, even reversing its*

*course. And the key to doing this, as my research demonstrates, is not simply reducing the amount of fat and cholesterol you ingest, but eliminating cholesterol and any fat beyond the natural, healthy amounts found in plants, from your diet. The key is plant-based nutrition."*

**Caldwell Esselstyn, MD**

## Book of the Month

The much anticipated cookbook by **Ann Crile Esselstyn and Jane Esselstyn** is now available. They have been preparing plant based diets without any meat, dairy and oils for decades to support the recovery and preventative diets created by Dr. Esselstyn. This is a family that has worked together to save thousands from the nation's **number one killer—Heart Disease**. Click on the book cover to see our recommended books.



## Video of the Month



Dean Ornish, MD makes a very popular talk about heart disease and why **everyone** should be aware of the health issues confronting us. The Ornish diet was rated number one for a healthy heart by US News and World Report in 2011 and 2012. [Watch the video.](#)

## Recipe of the Month

### White Bean Soup

4 cups of escarole, washed and cut into pieces, set aside.

To make the soup you will need:

- 3-4 cloves garlic, sliced thinly
- ½ cup onion, chopped
- 4 cups of vegetable or chicken broth, low sodium
- 1 ½ teaspoon of Bragg Liquid Aminos or ¼ teaspoon sea salt
- 2 tablespoons dry sherry
- ¼ teaspoon ground thyme

- ¼ teaspoon ground cumin
- A pinch of red chili pepper (optional)
- ¼ teaspoon garlic powder (not garlic salt)
- 2-3 teaspoons vegetable or chicken flavored base with no MSG, diluted according to directions.

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

Next prepare and add:

- 2 (19 oz.) cans of Cannellini beans with liquid, or you can use any similar white bean
- 2 medium size potatoes, peeled and cut into ½ inch pieces.



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

Last step...add prepared escarole and continue to simmer for 5 minutes. |

personally like the escarole a little on the crispy side. Then taste and correct seasonings.

Makes about 10 cups

## Personal Life Update

During our month long summer visit to Cedar Key this year, we could have fresh fish every day if we wanted. It is very tempting when it is as fresh and delicious as this, to abandon the plant based whole food diet that you know you should be eating.



Well, (this is Barbara speaking) I went overboard, and ate some fish almost every day. By the time we left to come home, my arthritis pain had returned to my hips and lower back, and it was very obvious to me that it was due to the animal protein I had enjoyed from eating the fresh seafood.

Once we were back home, we settled into our usual healthy plant based routine, and in about 10 days, all the pain was gone. It never fails to amaze

me as to the power of plant foods and how they keep us healthy and pain free.

## Challenges

The health in the US is trending toward more sickness and disease than ever before. Children born today are predicted to live a shorter life than their parents. There is an ever growing awareness that pills and procedures cannot solve our growing health problems. Chronic diseases of heart, diabetes, stroke and cancer are increasing at an alarming rate and no medical cure in sight. Cancer and autism is rampant in our youth. Antibiotics are becoming ineffective and nothing new is on the horizon. The new threat of Ebola may reach pandemic levels.



Our challenge is to seek food that will help you stay healthy. **The only real way** to sustain a healthy body is to build your immune system with proper diet that we have discussed many times before. When will the medical, pharmaceutical, food and government complex seek the simple answers found in what we eat? **Pills and procedures do not work.**

**Organic foods** may end up being the only guaranteed safe option until farmers and food manufacturers start to care more about the nation's health. **Recent studies are finding the toxic substance glyphosate even in non-GMO foods.** We know that the popular weed killer "Roundup" contains this toxic substance. Roundup is everywhere—in your food, farmland, on your lawn that your kids and pets play on and now found in some water supplies.

Find a path that will lead to a healthy life without the future clouded with diseases and suffering.

### Recommended Resources



[Bob's Red Mill](#) brand processed grains has the more **USDA Organic** grain products than any other domestic producer. Some of their products are whole grains but they are not organic. Bob Moore is the founder—he is a real person and is still involved in the business. You will find many unique blends of breakfast cereals among the many types of grains. Most all health foods stores carry some of this line of products and many main line grocers will also stock his products.

### 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.](#)

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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