

# Get Healthy Eating Newsletter

Issue # 15---November 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 delicious black bean soup, cornbread, tossed salad and potato salad pictured above was created by Barbara. Believe me---it was a yummy & hardy lunch!

## Table of Contents

- Announcements
- Thought of 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 # 15. 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 emergence of a new science called epigenetics is changing the way we look at life. The Newtonian model that medicine has used for centuries looks at the human body as a machine to be adjusted with chemicals, surgeries and other modalities to try and control health. The emergence of quantum physics replaced the Newton model with the idea that invisible, immaterial realm is far more important than physical matter.

The new science claims that you are an extension of your environment. **You control your health** whether by default or design. It includes your thoughts and

belief system, exercise, sunlight, toxins and at the top of the list---the food you choose to put in your body. Epigenetic effects even occur before birth.

Your genes can produce healthy effects when you treat the mind and body correctly. Suppressor genes that eliminate cancers respond to healthy thoughts and foods. Regular consumption of cruciferous vegetables such as broccoli, garlic and onions will activate the tumor suppressor genes to fight cancer.

Information flows both ways from our DNA to proteins and from proteins to DNA. This is the new science. Genes can be activated or turned off by messages from the environment. Inherited bad genes need not manifest themselves if you are in control.

**You can take control of your health!**

### Quote of the Month

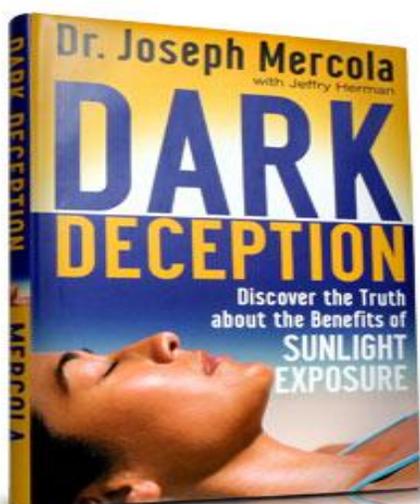
*"Contrary to what many people are being led to believe, a lot of emphasis placed on genes determining human behavior is nothing but theory and doctrine. We are free to make decisions that impact our lives and those of others. ... Our beliefs can change our biology. We have the power to heal ourselves, increase our feelings of self-worth and improve our emotional state."*

**Konstantin Eriksen**

## Book of the Month

In the latest book from Dr. Mercola, "[Dark Deception](#)" he casts light on the myths of exposure to sunlight. We have all heard the many negative aspects of sunlight such as:

- Premature skin aging.
- Skin Cancers—lather on chemical lotions to protect you.
- Cover up or the sun will do you in.
- Tan is not socially in vogue.



As we know, sunlight on the body lets us manufacture the D vitamins in the correct amount and type that the body needs. Supplements can be harmful.

## Video of the Month

This month's video "[The Benefits of Sunlight](#)" features [Dr. Steve Weston](#), DC, in a 4:50 minute talk on the benefits of sunlight. It is refreshing to hear once again that we should gladly embrace the sun to receive the many

physical and emotional benefits that appropriate sun exposure offers.

## Recipe of the Month

### Corn Muffins

Yields 18 medium size muffins.

- 2 cups corn meal
- ½ cup unbleached white flour
- ½ cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 cups soy milk, unsweetened
- 2 tablespoons cider vinegar
- 4 tablespoons butter or Earth Balance, melted

Preheat oven 350 degrees. Spray and coat 18 medium muffin cups with cooking oil.

To make a soy buttermilk, place 2 tablespoons of vinegar in a 2 cup or larger measuring cup. Add enough unsweetened soy milk to measure to the 2 cup line. Let the mixture set for 10 minutes...stir occasionally.

Mix corn meal and flour in a small bowl and set aside.

Melt butter and set aside.

Put sugar, baking powder, baking soda and salt in a medium size bowl and add soy buttermilk when it is ready to use. Stir well.

Now add the corn meal and flour mixture, about  $\frac{1}{4}$  of the mixture at a time, stirring well after each addition.



Spoon the corn muffin mixture in prepared muffin cups and fill to about  $\frac{3}{4}$  full.

Bake muffins 15 - 20 minutes. Test for doneness by inserting a knife in the middle of the muffin. If it comes out dry, the muffin is done.

**Corn muffins are best when served immediately while they are still warm.**

## Personal Life Update



November is the big 80<sup>th</sup> birthday for Hal. A reunion with old buddies from

the U of F took place. They have known each other for over 60 years...the year they met was 1952. Back then, probably none of them thought they would even live to be in the 80's let alone able to still have fun, travel or do whatever they want. It has been 15 years since Hal recovered from cancer just by changing his diet, and he still is on no medication whatsoever. There is a message here folks...stay healthy so that you can live life to its fullest. You will not regret it.

## Challenges

As Thanksgiving approaches for Americans, we should really give thanks for the abundant food supply that is available for each of us.

Barbara and I hope that you can benefit from a whole foods plant based lifestyle as we have. More people are starting to find that this lifestyle can make a change that will keep them healthy for life.

If you have attained better health from changing what you eat—tell others. In most cases your friends and families will ask you what you are doing when they can see physical and emotional changes in you.

If you change just a few things at a time in your diet like eating more salads, reducing the amount of animal products or eliminating many processed foods, you will feel and see the positive results. Usually, this will lead you to include more plant products in your diet as you become comfortable with the changes that you have made.

## Recommended Resources

70-80% of our health condition is found in our stomach environment. Most Americans, as we know, have an acid gut that causes an over growth of harmful bacteria. The result is



sickness. Disease thrives in this overgrowth. To help maintain a balance of good bacteria we can do a number of things. One of the solutions is to eat cultured foods like sauerkraut, Kefir and yogurts. I found the “So Delicious” brand of **organic, dairy free and sugar free coconut yogurt** to be a good choice to add healthy bacteria. You may add fruit and a sweetener like stevia to add flavor if needed.

## 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](tel:8132602314) EST or by email at [whybsic@gmail.com](mailto: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.

**Affiliate Disclosure:** Please know that we do make money from some of the products and services that we recommend to you.