

Get Healthy Eating Newsletter

Issue # 16--December 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 15th of each month and sent via email. For the adventurous, you can usually try winter water skiing in Florida during the many warm days.

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Announcements

Here is issue # 16. 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

Holidays Over Eating Solutions

With the Holidays upon us overindulgence seems to confront all of us. There are natural methods to help alleviate many of the symptoms of excessive eating and drinking. The folks at "[Food Matters](#)" have offered several helpful solutions:

With all the delicious foods to choose from during the holidays, and in spite of our best efforts to keep food indulgences to a minimum, there are times when we find that it's nearly impossible to resist an extra helping of treats.

To deal with our temporary lack of constraint that can produce an upset tummy, here are some natural and inexpensive remedies to jump start your digestive system back into high gear.

The Facts

Our digestive system is an important key to living a long and healthy life. Digestive function is made up of numerous organs working together to break down, absorb, and process nutrients in the food we eat. Without

healthy digestion, the body can become malnourished and toxins may build up, leading to degenerative diseases.

Using herbs and whole foods is a simple way to support the natural detoxification organs of your body.

Below are some simple tricks to turn foods you already have in your cabinets into goldmines for the digestive system.

Herbal Elixir



Caffeine-free herbal teas can reduce an uncomfortable, bloated system.

Warm and soothing, these medicinal leaves become digestive support upon contact.

- **Peppermint** - Used for centuries to ease the digestive system. Assists with dissipation of gas and indigestion.
- **Chamomile** - With anti-inflammatory and anti-spasmodic properties, the calming effects of this tea also help relieve stress,

which is often linked to digestive problems.

Lemongrass - Soothes the digestive system and calms the nerves.

Go Green!

Green juices are packed with nutrition. Drinking emerald sunshine enables the release of stored toxins throughout the system. Green juices can cleanse your digestive system, helping to move things along while providing an extra dose of readily available nutrients.

Start with vegetables that are gentle on your system like celery and cucumbers, adding a little apple to sweeten things up.

Natural Enzymes



Pineapples contain the digestive enzyme bromelain, and papayas contain papain. These natural enzymes support the digestive system in breaking down and absorbing nutrients from the foods we eat.

Consuming the fresh juice from these fruits can help relieve gas, upset stomach and occasional constipation and diarrhea.

Pucker Up

Warm lemon water is used in many ancient remedies to alleviate digestive distress, support liver detoxification, normalize digestive juices, and reduce intestinal bloating.

Lemon activates the liver to release toxins and helps to cleanse and move any roughage that stays behind in the intestines.

Mix half of a juiced lemon with eight ounces of warm water. Drink upon waking on an empty stomach.

Spice It Up



Ginger stimulates digestion by speeding up the movement of food from the stomach into the small intestine.

Widely used all over the world for many digestive disturbances, ginger has been

found to soothe the digestive lining and balance gastric juices, making it a great remedy for overeating.

Peel and slice a two-inch piece of fresh ginger. Add to three cups of boiling water. Brew for five minutes, strain and sip the tea slowly. You may add some natural sweetener to taste.

Naturally Fermented

Naturally high in probiotics, foods such as raw sauerkraut provide beneficial enzymes that increase the digestibility of any food. This enhances lactic acid which in turn promotes the growth of healthy flora throughout the intestines as well as preventing the growth of harmful bacteria and increasing nutrient absorption.

Even though the temptation to indulge may be more likely to occur during the holidays, these simple, natural remedies can promote healthy digestion any time of the year.

Quote of the Month



“Good nutrition and vitamins do not directly cure disease, the body does.

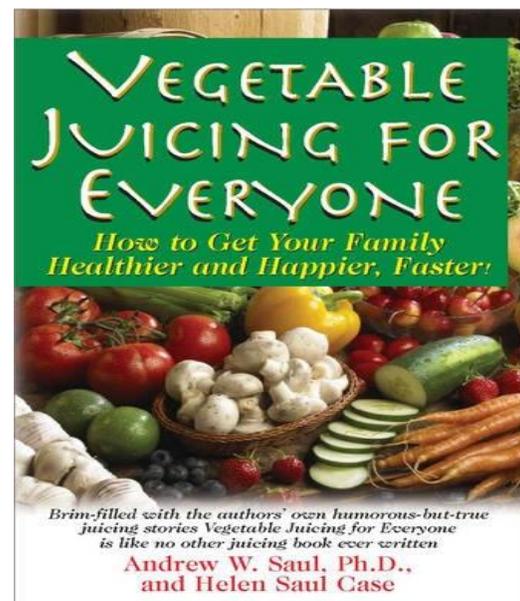
You provide the raw materials and the inborn wisdom of your body makes the repairs. Someday healthcare without megavitamin therapy will be seen as we today see childbirth without sanitation or surgery without anesthetic.”

Andrew W. Saul, Ph.D.-Fire Your Doctor: How to Be Independently Healthy

Book of the Month

This is a fun book to read about Dr. Andrew Saul’s kids that grew up with carrot juice mustaches. As a result of daily juicing his children never met their pediatrician or had to take any antibiotics.

Fresh vegetable juice can’t be found anywhere unless it is juiced in front of you. Don’t be fooled. This book tells you how and why to juice. Keep those juices flowing!



Video of the Month

This is a short video to introduce you to [Dr. Andrew Saul](#), Ph.D. I first knew of Dr. Saul through the video “**Food Matters**” and thought he was a very wise man. If you are sick of sickness it may be time to find the doctor within you. Dr. Saul’s approach is a plant based whole food diet coupled with extensive use of vitamins. [Watch the video.](#)

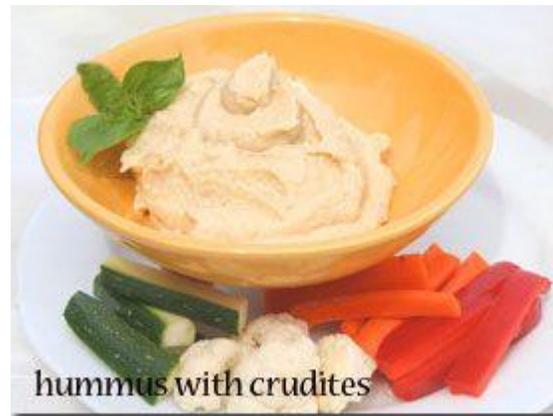
Recipe of the Month

During the month of December, most of us have a tendency to overeat. What with family gatherings and special meals for the holidays, we tend to consume more calories than in our normal daily meals. The recipe below is delicious and healthy, and one that we often use for ourselves and for company. So...

If you don't know what to serve for dinner tonight ...

This Middle Eastern dish offered by “[The George Mateljan Foundation](#)” makes a great spread or dip and takes the edge off your hunger before your meal. This is a great way to help you not overeat if you are trying to lose weight. Enjoy!

Hummus with Crudités



Prep and Cook Time: 10 minutes

Ingredients:

- 2 cups or 1 15 oz can garbanzo beans (BPA free)
- 2 TBS + 3 TBS extra virgin olive oil
- 2 cloves garlic
- 1 TBS tahini
- 1 TBS fresh lemon juice
- sea salt and pepper to taste

Directions:

1. Blend garbanzo beans, 2 TBS extra virgin olive oil, garlic, tahini, and lemon juice in blender. Add the 3 TBS olive oil a little at a time through the feed hole as the mixture is blending.
2. Season to taste with salt and pepper.

Serves 6

Serve with 1 small sliced red bell pepper, 1/2 cup cauliflower florets, and 1 medium carrot cut into sticks.

Personal Life Update

From our home to your home we send all of our newsletter friends a special wish for this wonderful time of the year. May you and your family be blessed with good health for the New Year.



***Peace On
Earth
Goodwill
Toward All***

Challenges

The flu season is with us. Many of you get flu shots each year. Seniors seem to

be the greatest users and often get the poorest results. This year's flu shots maybe especially ineffective according to the Center for Disease Control. Barbara and I have never had a flu shot and fortunately have not been sick. You may want to reconsider the complete idea.

[Read more:](#)

Recommended Resources



Hazelnut Cranberry Roast

If you are trying to find a new source of plant based foods for the Holidays, you may want to check out the various options from the people at Field Roast in Seattle, Washington.

HAZELNUT CRANBERRY ROAST EN CROUTE

Made exclusively for the holidays - a rich, hazelnut-infused vegetarian grain meat stuffed with Field Roast sausages, crystallized ginger, cranberries and apples - wrapped in a savory puff pastry.

We use their products often and find them far superior to any competition. They are sometimes difficult to find locally but can usually be found in health food oriented markets. [Read 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!](#) If you know anyone that might be interested in our newsletter send them to http://www.choose-healthy-eating-for-life.com/get-healthy-eating-newsletter.html#.U0Lo-_ldV8E

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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