

Get Healthy Eating Newsletter

Issue # 17---January 15, 2015



The **Crudité-Martinis**, pictured above, were served at a Christmas party that Barbara and I attended. It was a fabulous appetizer with blanched asparagus, green beans, crinkle cut carrots, cucumbers, and cherry tomatoes----topped off with a martini olive. Choices of dipping sauce dressings rounded it out. How creative and flavorful!

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Announcements

Here is issue # 17. 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

Tis the season to return to our healthy eating plans. With the Holidays over many of us start the search for a new diet plan that will reduce the added weight produced by too much celebrating.

Not to fear---the lifestyle plans that we recommend will save the day. There is no need to try the latest fad diets that are not sustainable. We have added a new page to the website titled "[Healthy weight Loss](#)" that you may want to review.

Quote of the Month

"And it's not just a matter of bad information. The truth is that we are addicted to fat ---literally. Receptors in our brains account for our addiction to nicotine, heroin, and cocaine, and similar cravings have been identified for fat and sugars as well."

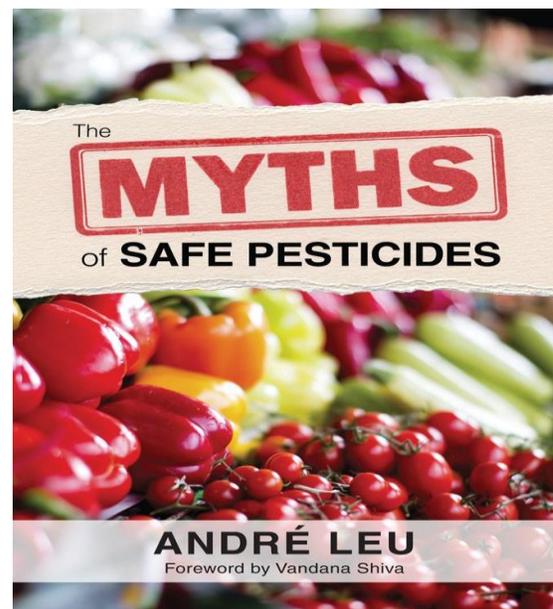
Caldwell Esselstyn, MD

Book of the Month

Andre' Leu, An organic farmer has written "The Myths of Safe Pesticides" to expose the claims of chemical farming. There are over 80,000

chemicals registered for use and only a few hundred have been tested for safety. The testing is antiquated and ineffective.

The only real way to avoid toxic chemicals is by eating organic foods. We are victims of the modern chemical farming methods. Especially vulnerable are our children and those yet to be born. Chemical toxins are very damaging to young growing bodies. Andre Leu's book is an eye-opener to things we don't know that we don't know!



Video of the Month

This is a 3:01 minute video of Andre' Leu speaking of the many problems of toxic chemical farming. Thanks to individuals like Andre' Leu we are starting to learn of the dangers of chemicals in and on our foods and the health problems that they cause.



[Click here to watch the video.](#)

Recipe of the Month

Roasted Mushroom and Potato Salad

This is a simple Martha Stewart recipe that is low in oil and finished off with a drizzle of sherry or red wine vinegar and capers. Hope you enjoy this recipe.

INGREDIENTS

- 1 package (10.5 ounces) oyster or cremini mushrooms, trimmed (halved if using cremini)
- 2 tablespoons extra-virgin olive oil
- Coarse salt and ground pepper
- 1 pound red new potatoes, quartered
- 1/4 cup packed fresh parsley leaves
- 2 to 3 teaspoons sherry or red-wine vinegar
- 2 tablespoons capers (optional), rinsed

DIRECTIONS

1. Preheat oven to 450 degrees, with racks in upper and lower thirds. On a rimmed baking sheet, toss mushrooms with 1 tablespoon oil; season with salt and pepper. On another rimmed baking sheet, toss potatoes with 1 tablespoon oil; season with salt and pepper. Roast until mushrooms are browned and potatoes are cooked through, about 20 minutes, tossing once and rotating sheets halfway through. Transfer to a bowl and toss with parsley, vinegar, and capers, if desired.



Personal Life Update

Life in January at our home is in the “slow lane”. We love to be busy with our family and friends around the holidays, but getting back to a normal pace and routine feels good.

We wish you and yours a very healthy and happy 2015, and remember to take some time to relax and rest...you will get more done in the long run.

Challenges

If you find that you are tired more often than usual, it may be time to reassess your lifestyle. When your “get up and go” leaves--- it is an indication that something is wrong in the body. Maybe you are lacking certain minerals and vitamins. Not drinking enough filtered water. Not getting enough sleep or exercise. Too much stress! Too many harmful foods and drinks and not enough nutrient dense food, and on, and on.



Raw or nearly raw plant foods contain active enzymes. The enzymes are essential to health. **They are not available in cooked food or animal products.** Enzymes are destroyed in temperatures of 118 degrees Fahrenheit and above. Of all of the ingredients necessary to have a healthy body, I believe that having an abundance of active plant enzymes in your diet is essential for health and energy. Juicing can play a major role in providing nutrients and enzymes.

If you're tired all the time----something is wrong. Go down the checklist and correct any deficiencies that you find. If you need professional help, find someone that understands the power of food. Your self-healing body will respond gratefully!

Recommended Resources

Juicing is a big part of our lives. I juice 5 times a week when we are home. At one time, on the recovery diet, I was drinking 2 quarts of juice each day. Now Barbara and I take 16 oz. each for maintenance.

I have used many different types and brands of juicers over the past 16 years. I started with a centrifugal juicer, then moved to the Champion masticating juicer. Next was the Omega juicer that turned only 80 rpm. It was a good juicer. My latest juicer is the **Samson** masticating juicer that also turns 80 rpm and I believe it is the best! It will juice anything including wheatgrass and also make great ice cream, pasta, and nut butters. The quality of the juice is exceptional and Samson offers a 15 year warranty. This will be my last juicer.



I recommend this juicer to you if you are looking for long term use, high nutrient retention, quality juice and efficiency. We offer only this juicer on our product page. Shipping is included in the price. [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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