

# Get Healthy Eating Newsletter

Issue # 18--February 15, 2014



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. The delicious veggie plate pictured above was created by Barbara. Roasted potatoes, carrots, Brussels sprouts, orange and yellow peppers. Some really fine eating, easy to prepare, and healthy too!

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## Announcements

Here is issue # 18. 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

Have you ever wondered if anti-perspirants were healthy? Chances are they are not. Dr. Mercola reviews information that may change your mind. One of the advantages of a plant based diet is that body odors disappear, but if this is not your type of diet, this article is worth the read. [Read More](#)

## Quote of the Month

*“You cannot escape from the biological law of cause and effect. Food choices are the most significant cause of disease and illness.*

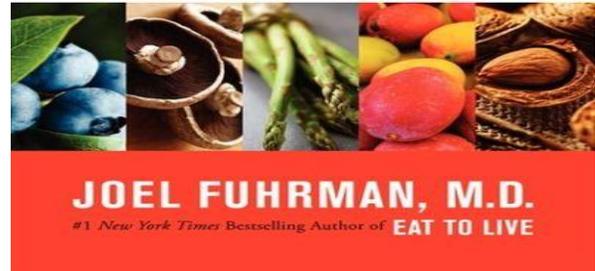
Joel Fuhrman, MD

## Book of the Month

Despite what you might have heard, diabetes is not a lifelong condition. It does not have to shorten your life span or result in high blood pressure, heart disease, kidney failure, blindness, or other life-threatening ailments. Most Type 2 diabetics can get off medications and become 100% healthy in just a few simple steps. Dr. Fuhrman’s book, *The End of Diabetes*, will show you the way.

**THE EAT TO LIVE PLAN**  
to Prevent and Reverse Diabetes

*The* **END** of  
**DIABETES**



## Video of the Month

If you have family or friends suffering from **acne**, this video testament of twin sisters is an eye opening event that demonstrates the power of a whole food plant based diet. Thanks to Dr. McDougall for the solution! Don’t miss it. [Click Here](#)

## Recipe of the Month

Roasted Vegetables



Preheat oven 400 degrees F.

4 medium Yukon Gold potatoes, quartered  
2 medium carrots, trimmed and cut into 1 inch pieces  
1 cup of Brussels Sprouts, trimmed and cut in half  
1 yellow pepper, seeded and deveined, cut into 1 inch pieces  
1 teaspoon salt  
½ teaspoon freshly ground pepper  
2-3 teaspoons extra virgin olive oil

Salt and pepper prepared vegetables, mix well and drizzle vegetables with oil, mix well. Spread vegetables on cookie sheet lined with parchment paper. Roast for 20 minutes or until tender and browned.

Serves 3 - 4

## Personal Life Update

This past month one of our daughters participated in Dr. John McDougall's 10 day live-in program. Here is what she had to report.

Dr. McDougall personally participates in the program and you are actually under the care of a physician. You are totally immersed in the education of diet, preparation and sampling of food. It takes 21 days to change habits, and during the 10 days in the McDougall program, almost everyone gets off their medication. Our daughter thought the program was excellent! [Read More.](#)

## Challenges

I guess that we all have problems with getting enough sleep at some time in our life and this can be a very frustrating challenge to correct. I know that I have this problem periodically. When I wake in the middle of the night and can't go back to sleep, my mind starts to act like the radio is playing a continuous list of events that you can't turn off. The doctors will give you a sleeping pill or other elixirs to ease the symptom but avoid seeking the cause. Dr. McDougall suggest a few actions that may help you eliminate this problem and understand the cause. [Read More](#)

## Recommended Resources

### pH Tapes



How can you tell if your body is healthy without going to doctor or a testing lab for blood work? When I started the Hallelujah Diet I wanted know how I was progressing. If your body maintains an acid balance for an extended time, **you will be sick.** Cancer and other chronic maladies love an acid condition. Measuring your pH is a simple process that will define the acid/alkaline state

of your body. By using litmus tape to check the pH of your urine first thing when you arise in the morning, you will have a good reading of the previous 24 hours. Finding pH tapes with the correct measurement range is sometimes difficult to find in your local drug store. You can easily order online. We have a detailed explanation of the correct body pH that can be found on our website.

[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](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](mailto:whybsic@gmail.com). We look forward to hearing from you.

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