

# Get Healthy Eating Newsletter

Issue # 19--March 15, 2015



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Spring is already coming to Florida signaling a new birth of hope for the year. This Cardinal family set up housekeeping in our courtyard last year and raised two sets of young. Hopefully, they will return.

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## Announcements

Here is issue # 19 and we hope you enjoy. If you have any feedback about the content, the layout or have any suggestions to improve our newsletter please send us an email.

## Thought of the Month

I've found that it's difficult to maintain sufficient fiber in my diet without planning. The problems with not enough fiber range from heart disease to cancer. It's always best to get your fiber naturally from foods that you eat. Since the average American only receives about half the fiber that is needed, familiarize yourself with the amount of fiber per serving for various foods.



You may be surprised by the food that has abundant fiber. Remember---animal products have **ZERO** fiber. **Jayda Siggers** reviews some basics on fiber and the tasty fiber snack recipe in the above photo.

[Read More](#)

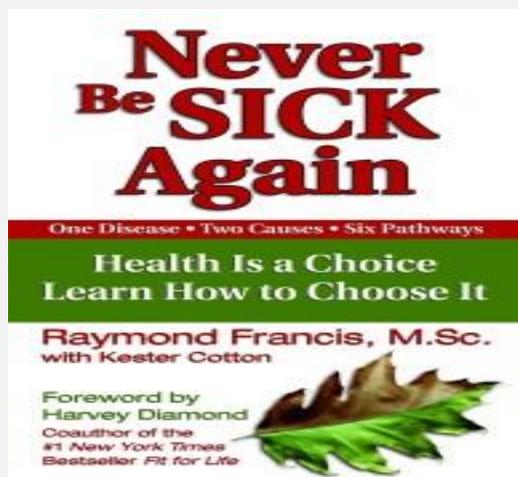
## Quote of the Month



*“When your body absorbs toxins, it stores them in fat, which is why fiber and probiotics are strategic weapons for weight loss. Fiber keeps your colon healthy and reduces your body's absorption of toxins.”* -Suzanne Somers

## Book of the Month

This book has been recommended in a previous newsletter. I believe it is important to review again-“**NEVER BE SICK AGAIN**” by **Raymond Francis**. In his words: “In 1985, I almost died. I started out complaining of fatigue and allergies, and after a series of catastrophic misdiagnoses and mistakes by my physicians, I came close to death from liver failure caused by taking an antibiotic drug that was known to be toxic to the liver. My condition deteriorated to a point where I was reduced to a human skeleton and the doctors said nothing further could be done for me. I was forced to use my own knowledge in bio-chemistry to save my life.”



Raymond is an M.I.T. graduate and has an M.Sc. in chemistry. His dramatic self-recovery from a medically induced problem, led him to devote the rest of his life to help people recover from sickness, which in his terms, is accomplished by fueling the 100 trillion cells in the body correctly. **There is only ONE DISEASE---** - malfunctioning cells, not thousands of symptoms identified as diseases by the world of medicine! In my opinion, this premise makes a lot of sense. His book is worth a read.

### Video of the Month

This 4 minute video is a **kale salad** recipe presented by **Laura Theodore**, “**The Jazzy Vegetarian**.” Laura has her own TV show that is shown regularly on public television. You may want to check out your local PBS station for her show time. She also has a great website, [jazzyvegetarian.com](http://jazzyvegetarian.com), that may interest you. She has been a vegetarian for many years and has learned to prepare delicious veggie meals. Laura has written many vegetarian cookbooks that are available on her website.

[Watch the video](#)

### Recipe of the Month



#### Laura Theodore's Mushroom Stroganoff 4 to 5 servings

- ½ to 1 tablespoon extra-virgin olive oil
  - 1 Bermuda onion, chopped
  - 8 ounces crimini or white button mushrooms, sliced
  - 8 ounces Portobello mushrooms, sliced
  - 1 teaspoon dried basil
  - 1 teaspoon reduced-sodium tamari
  - Pinch cayenne
  - 3 to 4 cups vegetable broth, plus more as needed
  - 1 tablespoon whole wheat flour, plus more as needed
  - Sea salt
  - Freshly ground pepper
  - 8 to 12 ounces whole-grain rotini, fusilli (or pasta of your choice), cooked and drained
  - ½ cup chopped fresh parsley, for garnish
- Heat the oil in a large skillet over medium heat. Add onion and cook, stirring occasionally, until slightly softened, about 5 minutes. Add Portobello mushrooms, basil, ½ teaspoon of the tamari, and cayenne and cook, stirring occasionally, about 5 minutes, adding a bit of broth as needed to prevent sticking. Add crimini mushrooms and cook, stirring occasionally until

## Laura Theodore's Mushroom Stroganoff

browned, about 8 minutes. Stir in 1 cup of the broth. Decrease the heat to medium-low, partially cover, and simmer, stirring occasionally, for 15 - 20 minutes, adding more broth as needed to keep the mixture very moist. Put the flour in a small cup or bowl, whisk in ½ cup of the broth, and stir into the mushroom mixture. Cook, stirring constantly, until the liquid has thickened to form a gravy. Season with the remaining ½ teaspoon of tamari (if desired) and salt and pepper to taste. If the gravy is too thick, thin with additional broth to achieve the desired consistency. If too thin, thicken with additional flour to achieve desired consistency. Serve immediately over rotini, garnished with parsley if desired. **VARIATION:** Replace 8 ounces of crimini mushrooms with 8 ounces of tempeh.

## Personal Life Update

They're back! The male and female cardinal are checking out our courtyard trees again. Could they be looking for a nesting place? The female already feels very comfortable to use our bird bath to thrash around in, cleaning herself as if she were in her own private bath. What is really interesting about all of this is the fact that our courtyard trees are not very tall. A new nest would be no higher than 6 - 7 feet off the ground. On a daily basis, we come and go past the nest with eggs being hatched. We also sit in the courtyard and never a fuss from mom or dad. We love the fact that they trust us and feel secure in this part of our home. We hope they choose us again!

## Challenges

If you decided that genetically modified foods (**GMO** or **GM**) may not be the best thing to feed your family, take a step forward and look for labels when you are buying groceries for the week. Here are two of the most identifiable graphics that will give you confidence in knowing that you are eating healthy food.



These labels are showing up more frequently in the marketplace as the public becomes more aware of 'Franken foods.' It is safe to assume that foods **without these labels or other NON-GMO labels are not for you.** Email some of your favorite food producers that do not identify gene modification ingredients and ask them, "Are any of your products NON-GMO certified?" This will help to hasten the labeling in the marketplace. Food manufactures and suppliers hate to deal with this question. We want to know if it's **GMO!**

[Read More.](#)

## Recommended Resources



“**EXTREMA**” cookware is probably the greenest cookware on the planet. It is totally **ceramic**—no lead, metals or chemicals in this product to become part of your food and your body. Steel pots and pans will melt long before this ceramic cookware gets too hot to melt. It has a **50 year warranty** against scratching. In addition to the fine cookware, they make this classic-look teapot that will give you the best possible tea for a lifetime.



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## 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! Anyone that might be interested in our newsletter, send them to:

<http://www.choose-healthy-eating-for-life.com/get-healthy-eating-newsletter.html#.UOLo-ldV8E>

Thanks for reading our newsletter

## 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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