

# Get Healthy Eating Newsletter

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Issue # 1

September 15th, 2013



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, exercise 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 out via email.

## Table of Contents

- Announcements
- Thought for the Month
- Quote of the Month
- Book of the Month
- Video of the Month
- Recipe of the Month
- Personal Life Update
- Recommended Resources
- About Us
- Contact Us
- Legal & Disclaimer

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## Announcements

We are pleased to announce the release of the first issue of our “Get Healthy Eating” newsletter. Our newsletter will be published once a month and distributed via email.

## Thought for the Month

Isn't it amazing that we learn very little about healthy eating in school or at home?

Have you ever wondered why you followed the “recommended” eating plan that we are taught, yet still have health challenges?

It wasn't until Hal was diagnosed with cancer in 1999 that we really took a real close look at our diet and nutrition. Since then, our lives have transformed for the better.

If you struggle with nutrition, why not do something about it now! You only live once, so why not be healthy and fit?

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## Quote of the Month

“You should not assume that your doctor has any more knowledge about food and its relation to health than your neighbors and coworkers.” ~ T. Colin Campbell, PhD., *The China Study*

Our Take: Doctors are trained to treat symptoms, not prevent disease. There's a good chance your doctor has the same health challenges that you do!

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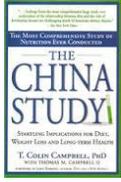
## Book of the Month

*The China Study* by T. Colin Campbell, PhD

This is a life-changing book about health and nutrition. In fact, this is the book you SHOULD have read in school, but never did. T. Colin Campbell discusses the relationship

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between proper nutrition and disease. Read this book and your life will never be the same!

[Check out this book and some other books we recommend!](#)

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## Video of the Month

Here is an amazing video by Dr. T. Colin Campbell that summarizes what he teaches in The China Study. You will learn about the correlation between diet and disease and discover what you can do to get healthy today. [Watch the video!](#)

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## Recipe of the Month

### Greens and Beans

Here's a great recipe I found online to make "Greens and Beans" using kale and cannellini beans. Check out the link below to get the recipe.

[Check out the recipe!](#)

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## Personal Life Update

We introduced one of our favorite herbal products to a friend and within a few days she told us that her joint and back pain was completely gone. What makes this story amazing is that she tried to remedy her pain by visiting chiropractors for the past few years. If you want to learn more, send us an email or give us a call.

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## Recommended Resources

### Samson Juicers



If you're looking for a juicer that is high quality, priced fairly and very easy to use, look no further than the Samson

Advanced Series Juicer. [Learn more about it.](#)

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## About Us



We are Hal and Barbara. One of our greatest passions in life is helping people take control of

their health. We live here in beautiful, North Central Florida. We are very committed to teaching others proper nutrition and lifestyle choices.

Don't forget to ["like us" on Facebook!](#)

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## Contact Us

If you would like to contact us, feel free to give us a call at [\(813\) 260-2314](tel:8132602314) EST. Or, you can send us an email to [whybsic@gmail.com](mailto:whybsic@gmail.com). In either case, we look forward to hearing from you.

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### ***Legal & Disclaimer***

We are not doctors. All views in this newsletter are our own, based upon our experiences. Please consult with your doctor before changing your eating habits or starting a new exercise routine.

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