

# Get Healthy Eating Newsletter

Issue # 20---April 15, 2015



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Our newsletter is published on the 15<sup>th</sup> of each month and sent via email. Bowman and Landry are supervising Barbara's production of "Summer Rolls" that are featured this month." YUM!

## Table of Contents

- Announcements
- Thought of the Month
- Quote of the Month
- Book of the Month
- Video of the Month
- Recipe of the Month
- Personal Life Update
- Challenges
- Recommended Resources
- About Us
- Contact Us

## Announcements

Here is issue # 13. We 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

If you developed a chronic long term sickness at some point in your life, do you think that it was caused by “the luck of the draw”, something that you caught at the dinner party last week or the bad genes that you inherited? There are many ways that we can trick ourselves into believing that we are helpless to control our own health. We rely on the medical world to supply us with pills and procedures to treat the symptom of the sickness. We have been taught that we are not responsible for our own health.

In most cases we have earned sickness through a lifetime of mistreating our bodies with poor nutrition, lack of exercise and emotional and spiritual neglect. The medical world never considers that these issues could be the main problem.

You can have a healthy life when you are in control of your body. By study and research that you are doing---you can improve your life and those you love.

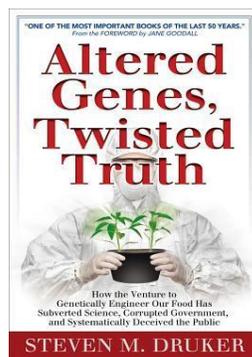
## Quote of the Month

***“If you are experiencing a headache, does that mean that you are suffering from a lack of aspirin in your body?”***

*Anonymous*

## Book of the Month

“**Altered Genes and Twisted Truth**” has lifted the veil of government and the food industry in this untested experiment on the folks.



The publisher explains: “This book uncovers the biggest scientific fraud of our age. It tells the fascinating and frequently astounding story of how the massive enterprise to restructure the genetic core of the world’s food supply came into being, how it advanced by consistently violating the protocols of science, and how for more than three decades, hundreds of eminent biologists and esteemed institutions have systematically contorted the truth in order to conceal the unique risks of its products and get them onto our dinner plates.”

## Video of the Month



**Douglas Lisle, PhD** is an interesting psychologist that has a very basic formula of why we do things. His book “**The Pleasure Trap**” is worth reviewing. He teaches at Dr. McDougall’s 10 day program in Santa Rosa, California. In this video he ties together the reasons that most Americans eat like they do. The video is 17 minutes. [Watch now.](#)

## Recipe of the Month



### Vietnamese Summer Rolls

SERVINGS: MAKES 12

#### Dipping Sauce

- 1/2 cup fresh lime juice
- 3 tablespoons fish sauce (such as nam pla or nuoc nam)
- 3 tablespoons sugar
- 2 fresh red Thai chilies or 1 red jalapeño or Fresno chili, thinly sliced

#### Summer Rolls

- 4 ounces bean thread noodles (cellophane or transparent noodles)
- 12-8"-9" rice paper rounds
- 18 cooked medium shrimp (about 10 ounces), peeled, deveined, halved lengthwise
- 1 cup fresh basil leaves (optional)
- 1 cup fresh cilantro leaves plus 1 tablespoon chopped
- 1 cup fresh mint leaves
- 1 cup daikon sprouts, optional
- 1 cup English hothouse cucumber, cut into matchstick-size pieces

- 1 cup carrot, cut into matchstick-size pieces
- 12 small green or red lettuce leaves

#### Method

##### Dipping Sauce

- Mix all ingredients in a medium bowl. DO AHEAD Can be made 1 day ahead. Cover and chill.

##### Summer Rolls

- Put noodles in a large bowl. Pour enough hot water over to cover; let stand until softened, about 10 minutes. Drain. Transfer to a large bowl of ice water to cool; drain and set aside.
- Fill a pie plate with warm water. Working with 1 rice paper round at a time, soak rice paper in water, turning occasionally, until just pliable but not limp, about 30 seconds. Transfer to a work surface with a damp towel. Arrange 3 shrimp halves across center of round. Top with some leaves of each herb, then daikon sprouts (if using), cucumber, and carrot. Arrange a small handful of noodles over. Place 1 lettuce leaf over, torn or folded to fit. Fold bottom of rice paper over filling, then fold in ends and roll like a burrito into a tight cylinder. Transfer roll, seam side down, to a platter lined with romaine. Repeat to make 11 more rolls. DO AHEAD Can be made 1 hour ahead. Cover with a damp kitchen towel and refrigerate. Serve with dipping sauce.

If you want to make an all vegetable roll, substitute firm tofu marinated with a little soy sauce for the shrimp. Tofu should be cut in long strips to fit the size of the roll.

### Additional Peanut Dipping Sauce for Summer Rolls

- $\frac{3}{4}$  cup natural-style creamy peanut butter
- $\frac{1}{3}$  cup water
- 3 tablespoons hoisin sauce
- 2 tablespoons freshly squeezed lime juice
- 4  $\frac{1}{2}$  teaspoons soy sauce
- 1 tablespoon granulated sugar
- 2  $\frac{1}{4}$  teaspoons chili-garlic paste
- 1 medium garlic clove, mashed to a paste
- $\frac{1}{2}$  teaspoon toasted sesame oil

Blend all the ingredients together until well mixed.

### Personal Life Update



What fun we had for my 76<sup>th</sup> birthday. The grandkids put together a parade of golf carts, and we toured the island in a festive spirit. The weekend was fun, the food was delicious, the weather was beautiful, and everyone had a good time. It is a blessing to be well enough to still be able to enjoy life.

### Challenges

The trend of soda consumption is **declining**. Hurrah! We urge you to try natural juices or water to satisfy your thirst and enhance your health. Dr. Mercola comments on a **few** of the problems of soda drinking:

“Soda is on my list of the absolute worst foods and drinks you can consume. Once ingested, your pancreas rapidly begins to create insulin in response to the sugar. A 20-ounce bottle of cola contains the equivalent of 16 teaspoons of sugar in the form of high fructose corn syrup (HFCS). In addition to contributing to insulin resistance, the rise in blood sugar is quite rapid. Here’s a play-by-play of what happens in your body upon drinking a can of soda:

- **Within 20 minutes**, your blood sugar spikes, and your liver responds to the resulting insulin burst by turning massive amounts of sugar into fat.
- **Within 40 minutes**, caffeine absorption is complete; your pupils dilate, your blood pressure rises, and your liver dumps *more sugar* into your bloodstream.
- **Around 45 minutes**, your body increases dopamine production, which stimulates the pleasure centers of your brain - a physically identical response to that of heroin, by the way.
- **After 60 minutes**, you’ll start to have a blood sugar crash, and you may be tempted to reach for another sweet snack or beverage.”

## Recommended Resources



If you are a dedicated tea drinker, **Davidson's Organics** has a wide variety of all organic tea. We buy in the 1 pound bulk package that is very economical and seems to last forever. Our favorite is **Kukicha**, a green tea made from the roasted stems of the green tea leaves. This tea has all the health benefits of the leaf green tea with 1/10<sup>th</sup> of the caffeine. Amazon has good pricing on the bulk bags.

[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** EST or by email at [whybsic@gmail.com](mailto:whybsic@gmail.com). We look forward to hearing from you.

We are not doctors. All views in this newsletter are our own, based upon experience. Please consult your doctor before changing your eating habits or starting a new exercise routine. The newsletter is protected by federal copyright laws. Feel free to share this newsletter with family and friends, but do not modify, republish the content, or take credit for the content in any way. **Affiliate Disclosure:** Please know that we do make money from some of the products and services that we recommend to you.