

Get Healthy Eating Newsletter

Issue # 21---May 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 15th of each month and sent via email. This is one of Barbara's hearty salad creations with fabulous cornbread.

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Announcements

Here is issue # 21. We hope you enjoy it. 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

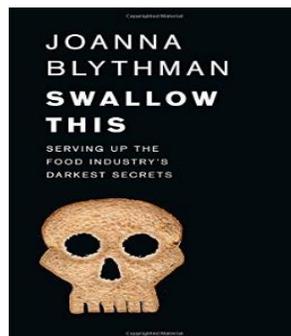
The recent report of “dietary guidelines” prepared for the USDA by a government appointed panel of professionals is indeed an eye opener. I am surprised and well pleased that plant based nutrition is at last starting to get the attention of government. You will not want to miss this brief synopsis of this report by “Forks over Knives.” The health of our country is in terrible shape. Hopefully, some of the recommendations will stand. The committee takes a look at what Americans are eating. They said this: “the quality of the diets currently consumed by the U.S. population is suboptimal overall and has major adverse health consequences.” [Read more:](#)

Quote of the Month

“Here’s a pill for your blood pressure, and here’s a pill for your cholesterol, and here is a pill for your back pain and we will see you in a month to see if you maintain your disease.”

Dr. Leigh Erin Connealy, M.D.

Book of the Month



Joanna Blythman, is a 25 year veteran of investigating the food industry. She has dug deeper into processed foods to expose ingredients that are not easy to determine or understand. Every step in the legal production of these substances is obscured by technical speak, unintelligible manuals and clever labeling practices. Why is pita bread able to stay “fresh” for six months? What is modified starch? When you eat a super market salad, why does the taste linger in your mouth for hours? Joanna takes off the industry mask.

Video of the Month



Dr. Ellsworth Wareham, from Loma Linda, California recently celebrated his 100th birthday. His career as a Cardiothoracic surgeon spans decades. He decided to retire from surgery at the age of 95. He says this retirement decision was made long ago and still claims he is able to assist today. This remarkable man has treated patients around the world, met with presidents and has been featured on many programs and videos. He still mows his own lawn. He believes diet and faith contribute to his longevity. [Watch the video.](#)

Recipe of the Month



Buffalo Roasted Chickpeas

Recipe from One Green Planet Website

Ingredients:

1 tablespoon Earth Balance or butter

¼ cup hot sauce (Frank's Original Cayenne Pepper Sauce was used for this recipe).

1-15oz. can garbanzo beans.

Preheat oven to 450 degrees F. Line a baking sheet with parchment paper (optional).

Drain and rinse garbanzo beans. Pat dry with towel.

In a small sauce pan over medium-low heat melt Earth Balance, add hot sauce and stir until combined.

Pour the hot sauce mixture over the beans. Toss and coat evenly. Bake for approximately 30 to 40 minutes until browned.

Personal Life Update

For the past 6 weeks, we have been working with a small group in our home, sharing with them the power of good nutrition. People are so enthused when they start to change the foods they eat, and find they can actually feel good once again.

In this group, everyone started juicing, got rid of the animal products from their diets, and some of them added the [BarleyLife](#) to boost their immune system. What a difference a few changes make. When we see people happy and beginning to feel good, this is what keeps us doing what we do...which is to spread the word about healthy eating!

Challenges

If you think you are healthy, it's very **hard** to change your diet and lifestyle. If I had not been diagnosed with prostate cancer, I might have never changed the way I look at life. Today the prognosis of remaining healthy for most of your life is almost a myth. Young generations face increased cancer in their life: 1 in 3 women and 1 in 2 men, 2/3 of adults are overweight or obese and 1/3 of the children are overweight. A culture this sick will not survive in the long run and the medical/pharma/food purveyors and agriculture are seeing to it that this trend will continue. Follow the money and the sickness!

Through our website and classes, Barbara and I are offering information that may let you avoid chronic sickness later in life. Your challenge is to find a healthy lifestyle that fits you and pursue it with determination.

Recommended Resources

This month we have to go with **KIRK'S CASTILE SOAP**. This is a great soap made the old fashioned way without a lot of chemicals. Since 1839, Kirk's Original Coco Castile Soap has given the consumer a high quality, natural soap at an affordable price. "Castile" originally



referred to the highly-prized vegetable based soap produced in Castile, Spain. For centuries this soap was considered "the soap of royalty" because of its luxurious lather and gentleness to the skin. Today, "Castile" refers to any vegetable based soap. They have liquid soap, shampoo, conditioners and an aloe vera bar soap.

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** EST or by email at 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.