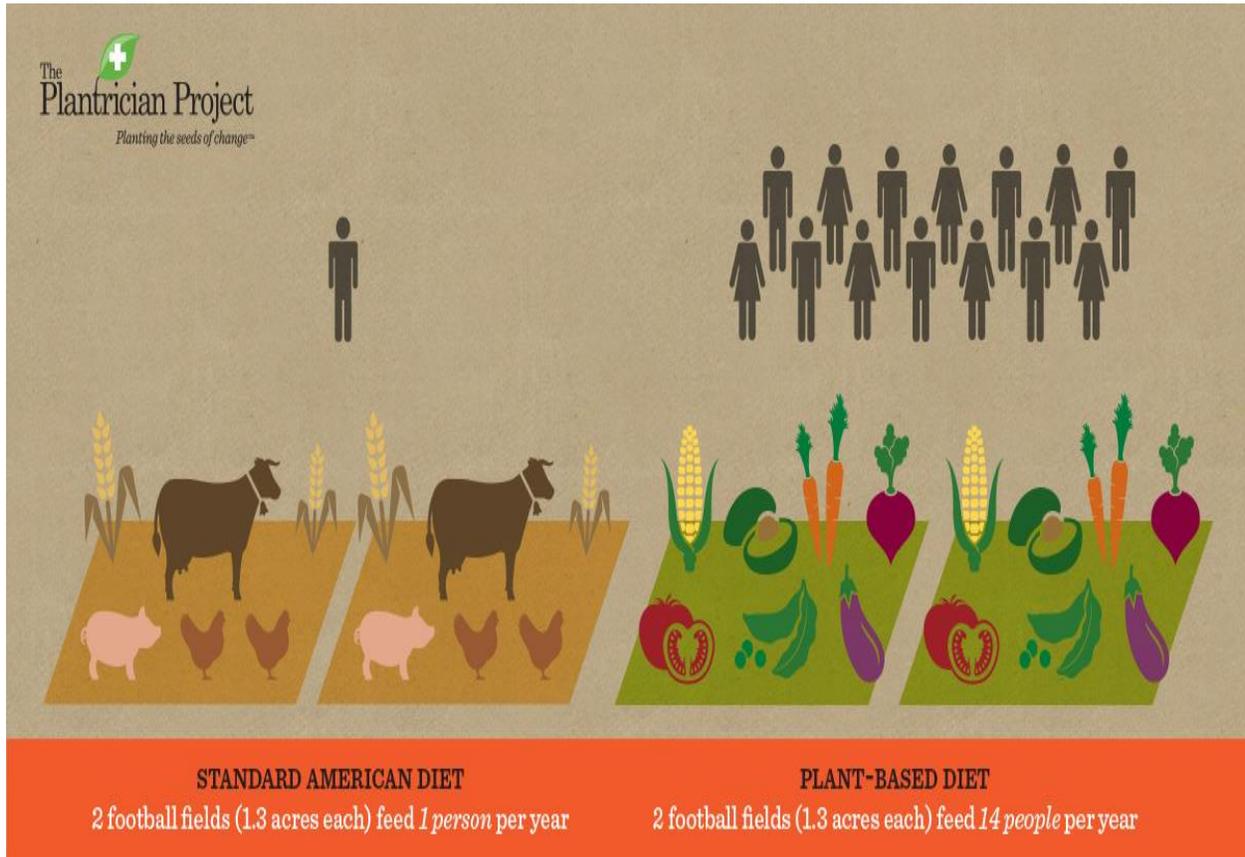


Get Healthy Eating Newsletter

Issue # 22---June 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. The graphic above gives you a visual idea of the reason to eat more plants. Just think, you can get all the protein, fats and carbohydrates that you need to have a healthy life by consuming mostly plants.

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Announcements

Here is issue # 22. 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

Ninety percent of the Monarch butterflies have died since 1990. **Forty percent** of the bee population have died as recently reported. Cancer, diabetes, heart disease and obesity are killing vast numbers of people like never before. Do you think it may have something to do with the food that we eat? Could the chemical herbicides and pesticides have something to do with the disappearance of the butterflies and bees? Could the rapid increase in cancer and obesity have anything to do with the chemical crop treatments and GMO foods that our food suppliers serve us and the insects?

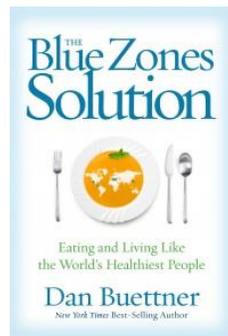
When will we awake and demand an accounting of the chemical environment that is sanctioned by government agencies that are supposed to protect us? We are rapidly following the Monarch and the bees!

Quote of the Month

“We have a disease care system, and we have a very profitable disease care system—it doesn’t want you to die and it doesn’t want you to get well; it just wants you to keep coming back for the care of your chronic disease.”

Shannon Brownlee, Medical Journalist

Book of the Month



Dan Buettner has investigated people and cultures that live long healthy lives in the “Blue Zones.” For the first time, Buettner reveals how to transform your health using smart eating and lifestyle

habits gleaned from new research on the diets, eating habits, and lifestyle practices of the communities he’s identified as “Blue Zones”—those places with the world’s longest-lived, and thus, healthiest people.

Video of the Month



Dan Buettner reviews some of the main points from his popular book, “The Blue Zones Solutions.” To find the path to long life and health,

Dan and his team study the world’s “Blue Zones,” communities whose elders live with vim and vigor to record-setting ages. In his talk, he shares the 9 common diet and lifestyle habits that keep them spry past age 100. In addition to the value of food, you will hear the importance of family, true friends and faith that contribute to health and happiness. [Watch the video.](#)

Recipe of the Month



This tasty banana blueberry bar is perfect for breakfast, a snack or dessert. You can have a delicious treat and support your body at the same time. This recipe is from “Forks Over Knives.” [Check it out.](#)

Personal Life Update

Stay Connected! As we get older and prepare to retire, most of us look forward to shedding responsibilities and challenges that we have been faced with during our adult years. But this can be a mistake if we are too radical about changing the lifestyle that we have been become accustomed to.



It is to be commended that some change their diet from bad to good, but we also need to remember that we are social

beings and need to stay connected to family and friends, and even make some new friends...either through church, civic groups, or neighbors that we never had time to get to know. It's important to have a reason to get up every day, to have something you're interested in like a hobby, or being involved with a sport, or volunteering in your community.

Take time for yourself and fix a nice meal every day, get outside and sit awhile, look forward to a glass of wine in the afternoon with family and friends. Celebrate another day in your life. It doesn't take a lot of energy to do these things plus the rewards are tremendous. By making this effort you have a chance to share ideas, tell stories, and best of all, you may gain hours of laughter which will have a direct positive effect on your health.

Challenges

The **Monarch butterflies and bees** don't have a choice when it comes to their lifestyle. They just consume their normal foods and most of them die from poisonous agricultural food and chemicals like we are consuming. The medical/government/industrial combine is dedicated to keeping you sick and pays no attention to disease prevention. **As humans, we do have a choice.** Our challenge is to stay healthy and avoid medical care that needs to keep you sick. By all means, stay out of the hospital---especially in July. July is the month that new doctors start their careers and medical



mistakes increase by 10% nationally. A hospital is never a good place to be if you are sick. Dr. Mercola has some interesting facts concerning this story. You will not believe it. [Read more.](#)

Recommended Resources

If you have tried Miso soup at a Japanese restaurant, the SHIRO MISO is the most likely miso used. Miso is packed with an abundance of healthy properties. All **Eden Foods'** miso are organic. This is a standard ingredient in our kitchen.

The golden paste Shiro Miso is the sweetest, lightest, youngest miso, and is extremely popular in Japan. It has half the salt of other miso and is also called 'sweet white' or 'Kyoto-style' miso. It's ideal for warm weather as a seasoning, a dip, in soups and dressings, as a marinade, or spread on potatoes, sweet corn, and bread. Miso-Tahini

is a supreme bread spread. Digestive enzymes, protective iso-flavones, and fatty acids in miso contribute to good health. It is gluten free and easy to use in a resealable standing pouch.



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.