

Get Healthy Eating Newsletter

Issue # 23---July 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 our daughter Debbie's colorful crudité bowl. Nutritionists know that the more intense color in plants that we consume, the more nutrients are available to make our cells happier. These veggies are perfect for a warm summer.

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Announcements

Here is issue # 23. 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

We sometimes forget the benefits of eating mostly plants. Here is a brief comparison of plant and animal foods.

Plant Foods:

- Plant Foods Have Fiber
- Natural Antioxidants
- Miscellaneous Cancer Fighters
- Low Fat
- No Cholesterol
- Low Protein
- Low Toxins
- No Hormones

Animal products have the opposite:

- No Fiber
- No Natural Antioxidants
- No Cancer Fighters
- High Fat
- High Cholesterol
- High Protein
- High Toxins
- High Hormones

Quote of the Month

"Most over-the-counter and almost all prescribed drug treatments merely mask symptoms or control health problems or in some way alter the way organs or systems such as the circulatory system work. Drugs almost never deal with the reasons why these problems exist, while they frequently create new health problems as side effects of their activities." John R. Lee, MD

Book of the Month



“Stop Feeding Your Cancer”, published in 2014, is an interesting book that chronicles the application of Colin Campbell’s “The China Study”. Dr. John Kelly is an Irish general practitioner who had many of his patient-friends succumb to cancer in his 40 years of practice. An old college friend introduced him to the “China Study” that forever changed his medical views on cancer after a thorough study of the data. This is an autobiography of his battle with skeptical specialist doctors and the healing effects of a plant based diet. He chartered his own course of trials to test the diet change with his cooperating patients. The resulting individual stories are amazing.

Video of the Month



After 17 years as an oncology nurse, Valerie Warwick took a huge risk and walked away from a lucrative income because she could not be a part of the conventional cancer industry anymore. In this interview with Chris Wark, Valerie shares insider information about the industry as well as vital resources and therapies that every cancer patient should consider. Valerie has her own wellness consulting website. [Watch the video.](#)

Recipe of the Month



Eggless Egg Salad

Want to reduce cholesterol? An average large egg has 186mg of cholesterol in the yolk. In each serving of Eggless Egg Salad, the mayonnaise has about 10mg, and tofu has zero. Eggless Egg Salad is a good recipe to make the day before you plan to eat it. The sandwiches will be quick to prepare and the flavor will be delicious. [Recipe](#)

Personal Life Update

Summer in Florida is very hot but it is better than being cold and freezing. It is easier to get cool than it is to get warm.

We are headed to our favorite island hang out, grandkids and all. It is so nice to be our age and have something good to look forward to.

Life's most important pleasures can be so simple. We hope that you will be able to enjoy the pleasures you have been blessed with especially those at arm's reach. Wishing all of you a happy summer with all of its unique pleasures!

Challenges

Last month we reviewed the “Blue Zones” that are the areas in the world that people live the longest and healthiest lives. There are 9 hallmarks that are common to all the five “Blue Zones”. Here are the first three:

1. **Move Naturally.** The world's longest lived people don't pump iron, run marathons, or join gyms. Instead, they live in environments that constantly nudge them into moving. They grow gardens and don't have mechanical conveniences for house and yard work. Every trip to work, to a friend's house, or to church occasions a walk.

2. **Purpose.** The Okinawans call it ikigai and the Nicoyans call it plan de vita; for both zones it translates to “why I wake up in the morning.” In all Blue Zones people had something to live for beyond just work. Research has shown that knowing your sense of purpose is worth up to seven years of life expectancy.

3. **Downshift.** Even people in the Blue Zones experience stress, which leads to chronic inflammation, associated with every age-related disease. The world's longest lived people have routines to shed stress: Okinawans take a few moments each day to remember their ancestors, Adventist pray, Ikarians take a nap, and Sardinians do happy hour.

We will have the next three hallmarks in the August newsletter.

Recommended Resources

If you haven't tried stevia sweeteners, this one called "Stevita" is by far the best that we have found. It is a natural product grown in Central and South America and has been used for thousands of years as a sweetener. It comes in individual packets, liquid and in spoonable jars. It is certified organic. Stevia is 250-300 times sweeter than sugar, it's all natural, **CALORIE** free,



and can be used in baking.

We urge you to seriously consider using stevia or other natural sweeteners if you use man-made products like aspartame that are dangerous to your health. [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#.UOLo-_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.

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