

Get Healthy Eating Newsletter

Issue # 24---August 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. In today's rushing lifestyle, sometimes we should get out of the fast lane and reflect on who we are and appreciate the world around us filled with family and friends. This is our grandson, Landry, appreciating the bounty of the sea. His beautiful Black Drum was released to swim again.

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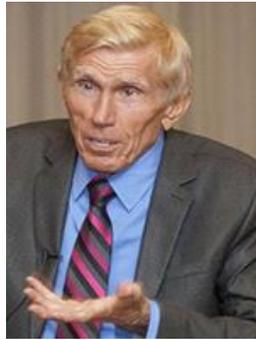
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Announcements

Here is issue # 24. 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

I recently read an article regarding enzymes from the Hippocrates Institute that really started me rethinking about the role that live plants play in our lives. We know that live plants have beneficial enzymes that aid in the digestive process. Eating live foods and drinking fresh plant juices are the keys to reclaiming or maintaining your health. Viktoras Kulvinskas added the element of age into the discussion of the production of pancreatic enzymes. **A person 70 years old produces half of the digestive enzymes of a 20 year old.** Older individuals may have only 10% of youthful enzyme production. Wow! Now I know why the plant based lifestyle for older people is so beneficial to maintain great health and reverse illnesses. [Watch the video.](#)

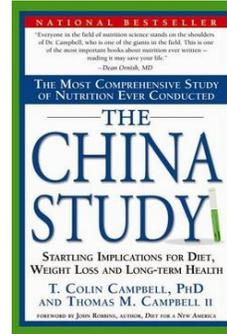


Quote of the Month

“The need for love and intimacy is a fundamental human need, as primal as the need for food, water, and air.”

Dean Ornish, MD

Book of the Month



I know that we talk a lot about Colin Campbell and his 25 year study of man and the effects of diet. The importance of this major work has been at the forefront of the food revolution. This study, in my opinion, has been the scientific foundation that offers healing and cures to chronic diseases as an alternative to medical technology that offers palliative treatment with very limited success. It is worth reviewing again and consider offering the book to your friends and family. It may save a life one day. [Read More](#)

Video of the Month

Jules Dervaes came of age during the turmoil of the 1960's. Anxious for the future of his family, Jules eventually found himself in Los Angeles despite wanting to find a self-sufficient farm to escape to. Behind the plaid shirts and gray hair lives a progressive change maker who is angry about the GMOs invading the food supply. His solution was to grow his own food and say to heck with the supermarkets and the over processed so called food that was being shopped to the public. If you are thinking of growing your own food, this is a great video to watch.



[Watch the video.](#)

Recipe of the Month



Grilled Veggie Salad

This great salad is billed as “summer on a plate” by “Forks over Knives” recipe section. [Check out the recipe.](#)

Personal Life Update

For the month of July we escaped to our favorite island. Staying there gives us a chance to spend more time with our 3 grandsons who are growing up very quickly. Landry, the youngest, caught the huge Black Drum featured in this newsletter. His brothers are also great fishermen and supplied us with some trout and redfish. Although we eat mostly vegetables, legumes and grains, occasional freshly caught salt water fish is a treat for us.



Mornings were usually filled with activity of the birds on this island. They are always fun to watch and beautiful to see. Getting back to nature like this always leaves us with peace that

sometimes the world does not provide. We are back home and ready to get back to work.

Here is hoping you will find some time during your summer hours to relax and reflect on the important things in life.

Challenges

This is a continuation from last month of the “**Power Nine**” hallmarks of the **Blue Zones**. The Blue Zones are the 5 areas in the world that have the most individuals living to be 100 or older. These are three additional ones:

80% Rule. *Hara hachi bu* is the 500 year old Confucian mantra spoken before meals in Okinawa. It reminds them to stop eating when their stomachs are 80% full. The 20 percent gap between not feeling hungry and feeling full could be the difference between losing and gaining weight. People in the Blue Zones eat their smallest meal in the late afternoon or early evening. They don’t eat anything the rest of the day.

Plant Slant. Beans, including fava, black, soy and lentils are the cornerstone of most centenarian’s diet. Meat, mostly pork, is eaten on average only 5 times a month. The serving size is 3 to 4 ounces or about the size of a deck of cards.

Wine at Five. People in the Blue Zones, even some Adventist, drink alcohol moderately and regularly. Moderate drinkers outlive nondrinkers. The trick is to drink 1 or 2 glasses a day with friends and/or food. And NO, you can’t save up all week and have 14 drinks on Saturday!

Recommended Resources

As you probably know, Barbara and I have been taking Barley life for 16 years now. With the green powder from Aim Companies, we stay healthy. Here are a



few others that feel as we do:

Marie Clingerman, Wewoka, OK. “I’m 84 years old and my doctor says I’m in perfect health. I use 2

canisters a month. I look and feel great.”

Mary Deniz, Modesto, CA. “I have been taking BarleyLife for over 20 years and I’m 84 years old. I’m very healthy and not on any medication. I credit most of my good health to using Aim’s green juice powder.”

Randall Shwartz, Westfield, IN. “We are happy with all of the Aim products. When I feel something coming on, I just up my intake of BarleyLife and I’m fine. It works.”

Avis Boetius, Lake Worth, FL. “I love Barleylife and have nothing but good things to say about it. My overall energy level has increased by taking it. I recently gave some BarleyLife to my daughter when she was sick and it got her right back on her feet in no time.”

[Product info.](#)

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.

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