

# Get Healthy Eating Newsletter

Issue # 25---September 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. Lunch in the courtyard. A hearty meal with kale, mashed potatoes, stewed tomatoes, winter squash and a glass of Barbara's "pond water". YUM!

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## Announcements

Here is issue # 25. 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

In a recent study by Cedric Garland, D.Ph., at the University of California San Diego, there seems to be an association of pancreatic cancer and lack of vitamin D. The data was collected in 2008 from 107 countries. They found that in countries with a low incidence of UVB irradiance the risks of pancreatic cancer were 6 times greater than countries with high amounts of the sun's UVB radiation.

We know that exposure to sunlight on the body is the best method of getting your vitamin D. No need for pills. The closer you are to the equator, the sun's UVB will be more intense and will keep you healthy. Remember to keep the cap on that sun screen a little longer so you can reap the benefits of nature's own pharmacy.

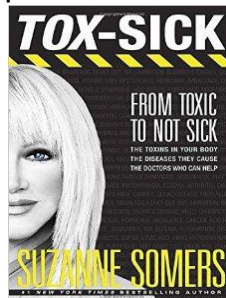
## Quote of the Month

*“As Americans we have been brainwashed into believing the only way to treat a disease or condition is with a drug. So many individuals wake up each day and start with a bagel, or toast, or muffin with margarine. And then they grab their antacids, statin pill, diuretic, diabetes medication, synthetic hormones, antidepressant, and more. And they wonder why they aren't feeling well?”*

**Susanne Somers**

## Book of the Month

Pioneering health and wellness advocate, Suzanne Somers, delivers a powerful answer in this expose on the immediate and long-term dangers of living in a world that has become increasingly toxic to our health. The build-up of toxins in our bodies can lead to myriad health concerns – including weight gain, food allergies, cancer, brain disorders, among many others. In **Tox-Sick** you'll learn how to effectively detox all your body's systems and the different survival skills that can save your life, from top experts in the field.



## Video of the Month

Here's a 7+ minute video of an interview with Suzanne Somers. She tells of the battle to regain her family's health by eliminating the effects of black mold that was the cause of sickness. [Watch the video.](#)

## Recipe of the Month



Who would ever want to drink pond water? This “pond” variety is one you will want to keep on hand for adults and kids and----you don't have to worry about removing the pond algae.

## Recipe of the Month continued:

Barbara's recipe:

### Pond Water

You will need a 2 quart container for this mixture.

#### Ingredients:

- 5 family size decaf teabags
- 3 cups orange juice, not from concentrate
- 1/3 cup of frozen lemonade concentrate (no water added)
- 1/2 - 1 teaspoon Stevia, or 2 - 3 tablespoons sugar
- 4 cups of water

Bring water to a boil in a medium size pan, add teabags and remove from the stove to cool. Let the teabags steep for an hour or two. Remove the teabags and transfer the tea to a pitcher or other 2 quart container. Add Stevia, orange juice and lemonade concentrate. Mix thoroughly and taste for sweetness.

This mixture is not "weak" in taste...you may want to add another cup of water.

Serve very cold or just pour over a lot of ice. Pond Water keeps for a week to 10 days when refrigerated.

Kids love this drink, and it is much better for them than many other choices they could make. When we have a family get together, I usually make two batches and let them help themselves.

## Personal Life Update

We are back home and have settled into a normal routine as so many other families do after Labor Day weekend.

I recently heard of two people that have diets made up largely of animal products (beef, pork, chicken and fish), dairy (milk and cheese), processed foods (stuff that comes in a box or a bag) and sweets, and they never eat vegetables. This is a diet of protein, fat and sugar. I don't understand how and why these people think they can stay healthy enough to stay alive with such a terrible diet. Both of these individuals stay in constant pain because of the acid foods they consume day in and day out.

When we started to research all of the information on diet, health and lifestyle, there was one simple thing that has stuck with me (this is Barbara here)...and that is "*disease loves an acid body*". This was sooooo simple for me to understand!

The trick is to get people to eat a lot of vegetables and fruits to get rid of their acid body. We keep working with people to help them understand this, and some of them find after making the necessary changes that they have never ever felt so good! But, on the other hand, some do not make the change in diet. As it goes...you can lead a horse to water, but you can't make him drink.

If you have trouble with a lot of pain, you might want to check out the information we have on our page about [Alkaline Foods Vs Acid Foods. Read more.](#)

Here is wishing you good health!!!

## Challenges

The **Blue Zones** are the 5 areas in the world that have the most centenarians. This is the last 3 installments of the “**Power Nine**” hallmarks of the **Blue Zones**. Hope you have identified your lifestyle with the first six that were reviewed.



**Right Tribe.** The world’s longest lived people choose or were born into social circles that support healthy behaviors. Okinawans create *moais*—a group of 5 people that commit to each other for life. Research shows that smoking, obesity, happiness, and even loneliness are contagious. By contrast, social networks of long-lived people favorably shape their health.

**Community.** All but 5 of the centenarians interviewed belonged to a faith based community. Denomination doesn’t seem to matter. Research shows that attending faith based services 4 times a month will add 4 to 14 years to your life.

**Loved Ones First.** Successful centenarians in the Blue Zones put their families first. They keep aging parents and grandparents nearby or in the home. This also helps to lower disease and mortality rates of their children.

They commit to a life partner which can add up to 3 years of life expectancy. They invest in their children with time and love which makes the children more likely to be caretakers when the time comes.

**Note:** The “**Power Nine**” has been taken from Dan Buettner’s book “**The Blue Zone Solution**”.

## Recommended Resource



“**Soy Curls**” are a unique new product that was found by our daughter, Susan. They are made from select,

Non-GMO, whole soy beans. Grown without any chemical pesticides. Barbara is fixing lunch today with a **Soy Curls** bar-b-que sandwich. Yum! You can make all sorts of dishes from taco soup to chik-style salad & spread.

Since **Soy Curls** are not currently found in most major food chains, I have included a link to their website where you can learn more about recipes, ordering and stocking store locations. Remember that soy is a perfect food. It has all the essential amino acids (protein) that the body requires. Former meat eaters as well as meat eaters will love this product. [Learn 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](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](tel:8132602314) EST or by email at [whybsic@gmail.com](mailto:whybsic@gmail.com). We look forward to hearing from you.

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