

Get Healthy Eating Newsletter

Issue # 26 October 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. Another great recipe from Barbara's cookbook in progress. This split pea soup has to be one of my favorites. Fall means heartier fare. This soup will give you a warm and happy feeling just like your momma used to make. Yummy!

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Announcements

Here is issue # 26. 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

Dr. Nicholas Gonzalez, MD was a true healer. His untimely recent death leaves a void in successful cancer treatment. Success is a word that is absent in the



medical world when it comes to healing cancer. His successes included all types of cancers including dreaded pancreatic cancer as well as many non-cancer ailments. His mentor

was a dentist, Dr. William Kelley that discovered a path to stop cancer with enzyme therapy and diet. Dr. Linda Isaacs, MD., has been his medical partner since 1987 and will continue the practice in New York City. I urge you, if cancer affects your life in any way, to become familiar with this protocol. Their website link: [click here](#)

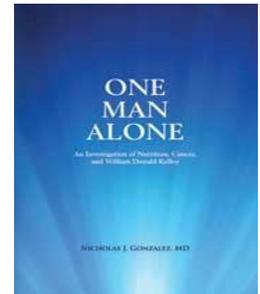
Quote of the Month

"I approach atheism the way I approach adolescent acne, as a phase many go through that is meant to be outgrown, discarded, and forgotten. Unfortunately too many "smart" people stay stuck in adolescent levels of spiritual understanding, which limits them in their personal lives and precludes, in our profession, physicians from becoming truly healing."

Dr. Nicolas Gonzalez, MD.

Book of the Month

In this monograph, Dr. Gonzalez describes his investigation of the nutritional/enzyme cancer treatment developed by the alternative practitioner Dr. William Donald Kelley. In addition to a discussion of Kelley's treatment approach, the book includes 50 case histories of successfully treated cancer patients. Although first completed in 1986, this monograph was not published until 2010, rewritten and with an updated introduction by Dr. Gonzalez. The book is now available on Amazon to all those with an interest in cancer in general, the enzyme treatment of cancer in particular, alternative medicine, and Dr. Kelley.



Video of the Month

In this 10 minute interview, Dr. Gonzalez explains the dangers of adopting the ketogenic diet to try and cure cancer. The Atkins and the Paleo diets are ketogenic and are both dangerous to your health for whatever reason you would decide to follow them. He reviews the history of some of his cancer patients that followed his nutritional/enzyme protocol and achieved success. [Watch the video.](#)

Recipe of the Month

Split Pea Soup (makes 10 cups)

To make soup base, combine:

- 1 (16 ounce) package of dried green split peas, sorted & rinsed
- 2 quarts (64 ounces) of vegetable broth or vegetarian "no-chicken" broth, preferably organic

Recipe of the Month (cont.)

- 1 medium size onion, peeled & diced
- 2 ribs of celery including leaves, chopped
- 1/3 cup of chopped fresh parsley
- 3 cloves of fresh garlic, minced
- 1/4 cup dry sherry (optional)
- 1 tablespoon of Bragg Liquid Aminos or 1/2 teaspoon salt
- 1 teaspoon Colgin Liquid Smoke
- 1/2 teaspoon freshly ground pepper
- 1/2 teaspoon ground bay
- 1/2 teaspoon ground thyme



Place all the ingredients in a large pot. Cover and bring the liquid to a boil, reduce heat to low and simmer

with lid slightly tilted for 40 minutes, or until peas are tender and the soup has thickened. Stir occasionally.

Puree half of the soup base in a blender if you prefer a smoother textured soup. Return the puree to the pot for the final step, which is to add:

- 3 carrots, trimmed, cleaned & diced
- 2 large potatoes, peeled & diced

Continue to simmer soup with lid completely closed for another 15 to 20 minutes. Stir in 1 tablespoon of olive oil (optional). Taste the soup, correct seasonings and add water or vegetable broth if soup is too thick.

Challenges

We have found over the years of teaching our classes that the most difficult part of changing to a new lifestyle is learning how to prepare great tasting plant based foods. You can start the process by altering one or two of your favorite recipes. Most families that cook have about 9 or 10 meals that they use over and over. If you do not prepare meals at home, it is frustrating to learn the new trade of cooking. “Forks Over Knives” has introduced an online cooking course that gets the job done.



There is a fee involved. The courses are offered on a monthly basis. I trust this organization to deliver the goods even though we have not taken the course. It may be the program that will eliminate your frustration of getting started. If you decide to take the course please let us know how it worked out for you. Here is the link to their program. [Click here.](#)

Personal Life Update

When Hal and I walk 2 miles in the morning, I often think about how important it is to keep moving. If you don't move it you lose it.

Perhaps you don't have an exercise routine because of aches and pains, or some other problem that is keeping you from a healthy lifestyle. Perhaps it is time to take inventory of your life and figure out what it is that is keeping you from doing what you know you should be doing to stay healthy and keep moving.

Maybe you can begin with a 5 or 10 minute walk and just increase the duration gradually...maybe you can drink

Personal Life Update (cont.)

more water, get some daily sunshine, or get to bed earlier than 11PM or midnight. How about what you eat? Many people think they eat a “good diet”, but they really don’t.

Here is something simple to remember... that **chronic disease loves an acid body**. You get this acid body from eating too many meat products (including beef, pork, chicken and seafood), dairy (including cheese and yogurt), eggs, sugar, and eating little or no vegetables. This is the formula that can make you sick and give you a weak immune system. [healthy immune system](#)

Making those small changes of exercise, lots of water, some sunshine, a good night’s sleep, and some healthy eating habits may surprise you as to how good you can feel and how seldom you’re sick.

Why don’t you join us with *our* life goal to stay active and healthy so that you, too, may be able to enjoy each day that you are blessed with.

Recommended Resource



If you are looking to increase flavor in your soups and other dishes, Barbara found this new entry into the organic vegetable broth selections. Through some mystical formula, organic chicken flavor is placed in the broth. We’ve found that it really adds a lot to your cooking options. Remember that vegetable based broths are also great to sauté with instead of using oils and fats.

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.