

Get Healthy Eating Newsletter

Issue # 27 November 15, 2015



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. The side dish above is Kabocha squash fixed with carrots and onions. This is a hearty Holiday side dish. See recipe below. Our newsletter is published on the 15th of each month and sent via email.

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Thought for the Month

WHO: Processed meat linked to cancer; red meat is risky too

Oct 26, 8:08 AM (ET)

PARIS (AP) — The World Health Organization's cancer agency says that processed meats such as ham and sausage can lead to colon and other cancers, and red meat is probably cancer-causing as well.

Researchers from the WHO's International Agency for Research on



Cancer in Lyon, France, released an evaluation of more than 800 studies from several continents about meat and cancer.

Based on that evaluation, they classified processed meat as "carcinogenic to humans" — in the same category as cigarettes — and red meat as "probably carcinogenic to humans."

Meat industry groups protest the classification, arguing that cancer is not caused by specific foods but by several factors.

Doctors and many government agencies have long warned that a diet loaded with red meat is linked to cancers, including of the colon and pancreas.

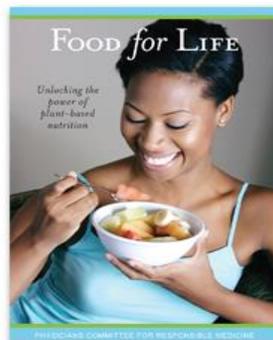
Quote of the Month

"An educated patient is empowered; thus, more likely to become healthy."

Dean Ornish, MD

Book of the Month

This DVD by "Physicians Committee for Responsible Medicine" reviews how to get started on a plant-based program



that will help you combat all types of health problems. Neal Barnard, MD and Chef Toni Fiore show you how easy it is to change meals that will be tasty and simple to

make. It also includes recipe cards, resources, and inspiring clips to help you get ready for change. [Click here.](#)

Video of the Month

The American public is becoming more educated and aware of detrimental health effects of the GMO seed program and the accompanying chemical herbicides and pesticides that contain the carcinogen glyphosate.

Monsanto's "Roundup" is the predominant chemical potion that mega-farmers use to control weed growth and as a result make our



food toxic from glyphosate and other chemicals. Of course, Monsanto claims that Roundup is totally safe and will not harm humans. In this short video a French interviewer challenges a Monsanto lobbyist. [Click here.](#)

Recipe of the Month

Kabocha Squash, Carrots and Onions

Servings: Four



Ingredients:

- 4 cups Kabocha squash, skin can be left on
- 1 cup onions, sliced and quartered
- 1 cup carrots, sliced
- 2 ½ cups vegetable broth
- Salt and pepper to taste

Wash the outside of the squash, remove seeds and any blemishes on the skin. Cut squash in 1 inch pieces.

Sauté onions in a medium size pan in 1 cup vegetable broth for 5 minutes. Add carrots first, then squash. Add enough vegetable broth to cover vegetables. Vegetables are tender in about 5 - 7 minutes. Remove from the heat, stir vegetables gently, add salt and pepper to taste and keep covered and warm until serving.

Optional addition to the dish: 1 - 15 ounce can of garbanzo beans, rinsed and drained. Stir the garbanzo beans into the vegetables at the end of cooking time.

Challenges

Most of us do not get enough water to satisfy basic body functions. Some of the many symptoms of insufficient hydration may include: Fatigue and dizziness, muscle cramps, infrequent urination, **dark concentrated urine**, constipation, bad breath, headache, back and joint ache, chills, and mood swings. The amount of water that you need can vary according to your activities.



A very simple guideline and challenge is to take your body weight in pounds and divide by two. This will give you the amount of water in ounces that you need each day. Stay away from tap water and the myriad of chemicals that it contains. Use filtered water only and **avoid bottled water that is not certified BPA free plastic.**

Personal Life Update

St. Augustine, Florida is the oldest continuously occupied settlement in the U.S., founded in 1565. It is a charming



destination for visitors to spend the day, stay the night, or become a resident.

For Hal's 81st birthday celebration, our family met in St. Augustine on a Friday and stayed for 3 days in a beautifully restored historic home built by Henry Flagler's development company in 1910.



There is plenty to see and do in this beautiful city, also great restaurants to choose from, and where we stayed everything was in walking distance. A good time was had by all!

Recommended Resource

Chocolate CHUNK Fudge Brownie

Rich, chocolatey, chunky texture with just the right amount of sweetness makes this treat a savior for those relentless cravings. If you like brownies you will LOVE these fudgy delights.

Raw walnuts, *medjool dates, *cacao, vegan chocolate chips, evaporated cane juice, chocolate liquor, cocoa butter, ground vanilla beans), hint of *raw blue agave, sea salt *(organic)



Dina Lauro, a raw vegan chef, has created a line of healthy snacks named “**Chunkie Dunkies**” that will make you happy. [Check it out.](#)

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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