

# Get Healthy Eating Newsletter

Issue # 28 December 15, 2015



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. We have repeated this image from an old postcard last year to send you *Holydays greetings* from Florida. These were the girls of **Cypress Gardens**, a tourist attraction started in 1936 in central Florida. Here is issue # 28. 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. Our newsletter is published on the 15<sup>th</sup> of each month and sent via email.

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## Thought for the Month

Despite clear evidence that the radiation from x-rays is damaging to your body, our current medical system continues to promote the careless and excessive use of radiation-based diagnostic scans. *This year, one in every 10 Americans will have a CT scan (computed tomography).* The amount of money spent on medical imaging doubled between 2000 and 2006 to about \$14 billion a year—and that is just Medicare alone, according to a study by the Government Accountability Office.

More than 70 million CT scans per year are now performed in the US, including at least 4 million on children. This is up from just 3 million in 1980. According to a study in the *Archives of Internal Medicine* last year, CT scans alone will *cause* nearly 30,000 unnecessary cancer cases (about 2 percent of cancer cases) which will lead to about 14,500 deaths. But wait, there's more bad news.

While 30,000 cancer cases is a large number, a *New England Journal of Medicine* study from 2007 estimated that overuse of diagnostic CT scans may cause up to 3 million excess cancers over the next 20 to 30 years.

X-rays and other types of ionizing radiation have been a proven cause of virtually all types of mutations. That is why there is no safe dose of x-rays. Ask your doctor if other forms of scans such as MRI, ultra-sound and thermography can be used. Thermography should be considered for breast screening in lieu of mammography. Do your research—stay safe.

## Quote of the Month

*“I don't understand why asking people to eat a well-balanced vegetarian diet is considered drastic, while it is medically conservative to cut people open and put them on cholesterol lowering drugs for the rest of their lives.”*

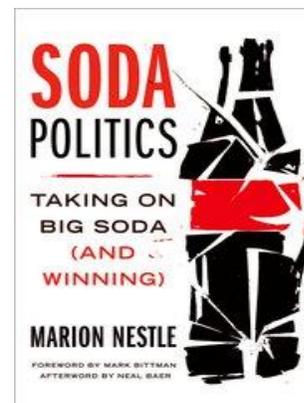
— **Dean Ornish, MD**

## Book of the Month

It helps readers to understand how we created this food system, what its problems are, and what we can do to change things.

Do you ever have the feeling that drinking sodas may be detrimental to you and your family's health? Marion Nestle, founder of Food Studies at NYU, answers the question: “How did flavored sugar water come to mean so much and to have such devastating health and food policy consequences?”

The first book to focus on the history, politics, nutrition and the health of soda and how it is integrating public health with historical and cultural research.



## Video of the Month

Dean Ornish, MD is another pioneer in the idea that the body can heal itself if you pay attention to diet, exercise, and the most important element of spiritual and emotional wellbeing. His main achievement has been in reversing heart disease. His program has been approved by Medicare and is offered in many forward-thinking hospitals. The idea of this



approval is a medical breakthrough that finally supports the benefits of healing rather than treatment which is unheard of in medical terms today. Of course, following his regimen solves most other health problems as a good “side effect.” The video is part of the TED series. [Watch here.](#)

## Recipe of the Month

### Lemon Pudding With Peach Topping

Servings 5 - 6



#### Peach topping ingredients:

- ½ cup unfiltered apple juice
- 3 cups fresh peaches (or nectarines), peeled and sliced \*\*
- ¾ teaspoon Stevia

Bring apple juice to a boil, add peach slices, and simmer for about 2 minutes. Remove peaches from heat, stir and set mixture aside to cool. When peach mixture is room temperature, place in a blender or food processor, add Stevia and pulse several times. Mixture should be chunky. Place in a bowl, cover and refrigerate.

\*\* Substitute: 3 cups frozen peaches, defrosted

Unused apple juice can be stored in small containers and frozen for later use.

#### Lemon pudding ingredients:

- 1 medium ripe banana, peeled
- ¾ cup fresh lemon juice
- ½ cup Blue Agave
- ¾ teaspoon Stevia
- 1 teaspoon vanilla
- 1 - 12 ounce Mori-Nu SILKEN FIRM TOFU (organic or non-gmo, not LITE)
- 1 - 12 ounce Mori-Nu SILKEN EXTRA FIRM TOFU (organic or non-gmo, not LITE)

Place lemon juice in a small pan, bring to a boil and simmer until mixture has been reduced to 1/3 cup. Remove from heat and let stand for 10 minutes until cool. Add agave, vanilla and Stevia. Mix ingredients thoroughly.

Place banana in food processor, pulse several times scraping down the sides. Add tofu and lemon mixture. Blend the pudding mixture, scraping down sides until well blended and smooth. Taste for sweetness, add more Stevia if needed, pulse again. Place pudding in a bowl, cover and refrigerate for several hours or overnight.

#### Optional garnish: Soy Whipped Cream

To assemble dessert, spoon lemon pudding into serving dishes, spoon the peach topping onto the pudding and garnish with a little soy whipped cream.

## Personal Life Update

*From our home to your home, we send all of our newsletter friends a special wish for this wonderful time of the year. May the blessings of Christmas bring you and your loved ones abundant good health for the New Year.*

***Peace on Earth  
Goodwill to All!***

## Recommended Resource



Looking for a natural alternative to coffee or tea? Barbara and I have tried Pero and found it is very good without all of the problems of regular coffee. Pero coffee substitute is a coffee alternative blended from select malted barley, chicory and rye. Because Pero coffee substitute con-

tains no stimulants, it will not elevate heart rate or blood pressure, cause sleeplessness or create any adverse physical ailments typically associated with caffeine consumption. Plus, the low acidity of this natural caffeine-free drink makes it easy to enjoy morning, noon or night without the fear of an upset stomach. Pero coffee substitute can be mixed with your favorite ingredients to create your own hot caffeine-free drink specialties to relax and enjoy. It's available online and many health food grocery stores.

## 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.

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.

## 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](http://www.choose-healthy-eating-for-life.com/get-healthy-eating-newsletter.html#.U0Lo-_ldV8E)

Thanks for reading our newsletter. Have a wonderful month!