

# Get Healthy Eating Newsletter

Issue # 29 January 15, 2016



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 29. We hope you enjoy it. The coconuts are my impressions of our past visit to Belize. Coconuts, especially organic coconut oil, has emerged as a fantastic health food. 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.

## Table of Contents

- Thought of the Month
  - Quote of the Month
  - Book of the Month
  - Video of the Month
  - Recipe of the Month
  - Personal Life Update
  - Challenges
  - Recommended Resources
  - About Us
  - Contact Us
-

## Thought for the Month

This is an excerpt from Marc David's book, **The Slow Down Diet**. It came at the end of his book and I thought it was worth repeating. So—here it is:

“Allow your body and your outlook to be new again. Let the journey be what it is, because that’s what it will be anyway. When uncertainly reigns, let it be your guide. When your inner knowing issues forth, follow it with trust and self-respect. When your metabolism is wounded, let it cry. Before you test the chemistry of your body, taste your tears. Before you take a drug, meditate, reflect, and



pray. Before you limit yourself with a diet, expand yourself with love. Before you lose a pound, gain an insight. Before you exercise, be still. Before you attempt to cast out a bad habit,

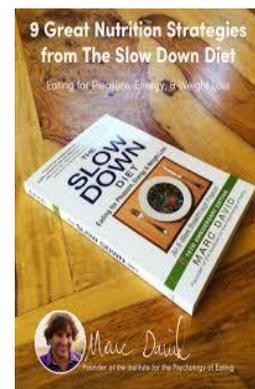
thank it for its teachings. Before you harm yourself in thought, word, or deed, pause. Before you allow someone dominium over your body, awaken. Before you seek advice, remember your wisdom. Before you speak, make sure it’s an improvement on silence. Before you are intimate with another, touch the sacred. Before you fall ill, catch yourself. Before you lapse into fear, choose light. Before you believe in a world without a Creator, give birth. Before you remember your divine purpose, celebrate its imminent arrival. Before you eat, give gratitude. Before you arise, bless everything. Before you sleep, do the same. Before you breathe another breath, choose eternity, choose love, choose now.”

## Quote of the Month

*“Nourishment is not just “nutrition.” Nourishment is the nutrients in the food, the taste, the aroma, the ambiance of the room, the conversation at the table, the love and inspiration in the cooking, and the joy of the entire eating experience.”* Mark David

## Book of the Month

This is one of the most unusual books about managing our eating habits I've come across. **Marc David** doesn't separate body and soul but shows how they are two sides of the same coin. He does it in a beautifully well written way. Far from being another dry health book, this often reads like a poem. Many diet books try to convince us to make the effort of rationing carbs and proteins, etc. Thankfully, Marc David doesn't do that. He separates his dietary advice into eight interesting aspects, one for each week of his two month course. **The Slow Down Diet** will be a valuable assistant to your lifestyle.



## Video of the Month

This video by Marc David is titled “**A Breakthrough Approach to Weight**”. Marc introduces the basic problems of maintaining a healthy body. 99% of individuals that diet for weight loss fail to maintain their target weight after eliminating their diet program. We know that all quick fix diet plans greatly reduce daily calorie intake which is not sustainable for the long term. Marc suggests that it takes body, mind, heart and soul to be successful. The video is 7:54 minutes long. [Watch now.](#)

## Recipe of the Month

### Apricot Pear Tart with Almond Crust



*A French fruit tart without all the high calories...* This is one of Barbara's delicious healthy fruit tart recipes that has the high calorie custard base replaced with an apricot paste to seal the crust from becoming soggy. The crunchy almond crust is topped with apricot paste and poached pears. It is truly delicious and you can enjoy it without feeling guilty! [Recipe](#)

## Personal Life Update

Sometimes trying to stay healthy at our age can be a challenge. Barbara and I were completing our 2 mile walk before sunrise on the Monday before the New Years when something on the sidewalk caught Barbara's shoe. She fell and fractured her hip joint and arm and needed a total hip replacement and a cast on her arm. She is doing fine now and will be in rehab another week. Family, friends, doctors, nurses and church have all played their parts in supporting her in this mishap. Events like this remind us how fragile life is.

## Recommended Resources

The Lundberg family has been growing healthy and wonderful tasting rice since 1937 in northern California's Sacramento Valley. Today the third and fourth generation continues the family tradition in growing mostly organic and non-GMO rice varieties in a sustainable environment. In addition the basic rice they produce rice cakes, rice chips and risottos.



At the Kushi Institute, we learned to soak the rice overnight in the water for cooking. With this process, whole grains start sprouting and manufacture new phytochemicals to start the rice waking-up and growing. Whole grains are still alive and processed grains are not. We benefit greatly from eating whole grains. [Check out the many varieties.](#)

## 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!

## 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](mailto:whybsic@gmail.com). We look forward to hearing from you.

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