

# Get Healthy Eating Newsletter

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Issue # 2

October 15th, 2013



The *Get Healthy Eating* newsletter is designed to educate, help and inspire you to take control of your health.

Each issue is jam packed with nutrition, exercise and general health tips that will help you maintain and improve your health. Our newsletter is published on the 15th of each month and sent out via email.

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## Announcements

Here is issue # 2 of our newsletter. We hope you enjoy this issue! If you have any feedback about the content or the layout, or have any suggestions on how we could improve our newsletter, feel free to send us an email.

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## Thought for the Month

Ever wonder why some people wind up spending the last 10 - 15 years of their life battling illness, and others stay healthy and active through "old age".

If you ask each group of people what they eat, you will probably find out the answer.

The answer to staying healthy and active is to eat little or no animal products such as beef, pork, chicken, fish and all dairy products. Why? Because all these foods are acid.

If you check the pH of the group battling illnesses, you will find the body is acid. The problem is DISEASE LOVES AN ACID BODY!

The group that is healthy and active is eating lots of vegetables, fruits, grains and seeds, and are eating only small amounts or no animal products.

Some of us have been fortunate enough to have lived stress free lives. But for most of us, stress also takes its toll on our health because of the fast pace of life that faces us every day. Stress is a real problem, but we can change that too.

Take control of your life and your health.

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## Quote of the Month

"You can't keep one disease and heal two others. When the body heals, it heals everything." ~ Charlotte Gerson, *Food*

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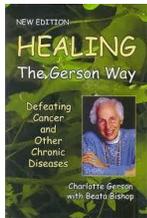
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## Matters

**Our Take:** The medical world does not seem to understand the power of a healthy plant-based diet. There is no concept that I know of in conventional medicine that when you take a drug for a specific symptom it will also correct other unrelated issues. Only a plant-based diet works to make you totally healthy. The only added elements of a medical solution may be to provide new afflictions from the side effects of the medication.

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## Book of the Month



Charlotte Gerson's latest book, "Healing The Gerson Way", will give you detailed information on the Gerson Diet and therapy. The Gerson way has been around for many

years and is still valid for those with extreme chronic illnesses. As you would suspect, this plan is a total plant-based whole food concept with an emphasis on the virtues of juicing.

We have also included a DVD, "The Gerson Miracle" that was produced in 2009 for your review.

[Order the Book!](#)

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## Video of the Month

Many of you may have heard of Charlotte Gerson. She is the 91 year old lady that is the founder of the Gerson Insitute

([gerson.org](http://gerson.org)). Her father was Dr. Max Gerson, an early practitioner of the health benefits of a plant based diet that came to the states in 1936 from Germany.

Charlotte is a pioneer in the promotion of a healthy plant based lifestyle and has appeared in many documentaries and television programs over the years. As is said—"the proof is in the pudding!" Take a look at this video and hear how one healthy 90 year old plant eater avoided certain death with a hip fracture. Surely without her lifelong diet program she would have been headed for a short terminal stay in a nursing facility.

Start planning now! Avoid nursing homes!

[Watch the video!](#)

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## Recipe of the Month

With the fall season coming on, temperatures drop in many areas. The cooler season makes it perfect to fix a big pot of chili. But not just any kind of chili is good for us. Why not pick a healthy one. Here is one we think you will enjoy.

[Check out this great vegetarian chili recipe!](#)

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## Personal Life Update

This month Barbara and I are traveling to Naples, Florida to help celebrate the ninetieth birthday of one of our dearest friends. We began this friendship with Dr. Moore, the birthday boy, and his wife,

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Virginia, during our days that we lived in Naples (1958-1963). Dr. Moore was our family physician who also delivered two of our children. They both have added more plant-based foods to their lifestyle. They recently ask Barbara and I to recommend plant-based menus for them to improve their well being. We spent almost a week with them reviewing, preparing and sampling good basic plant food and had a great time together. We wish them well in trying these new ideas!

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## Challenges

How fortunate we are when we are young and seemingly healthy. Over the years, feeding the body the wrong fuel will eventually take its toll on most of us. The current projections by the Mayo Clinic state that cancer of some kind will affect 1 out of 2 men and 1 out of 3 women in their respective lifetime.

We have found in our health classes that getting people to seriously consider changing their lifestyle while they are still young and in good basic health is a constant challenge. As you would suspect, the individuals that do pay attention and embark on a new lifestyle are already suffering from a debilitating chronic disease.

We had an individual in our classes that appeared strong and healthy. He rejected the message of the plant-based lifestyle and was dead in less than two years from colon cancer. He wanted a second chance but it was too late.

Cancer has usually been lurking in your body for 8 to 10 years before detection. Early detection is really late detection. Taking measures now to avoid chronic diseases in the future, does not fit into the game plan of most people. "It couldn't happen to me!" is what most people are thinking. We say, "Think again!"

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## Recommended Resources

### Samson Juicers



If you're looking for a juicer that is high quality, priced fairly and very easy to use, look no further than the Samson

Advanced Series Juicer. [Learn more about it.](#)

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## About Us



We are Hal and Barbara. One of our greatest passions in life is helping people take control of

their health. We live here in beautiful, North Central Florida. We are very committed to teaching others proper nutrition and lifestyle choices.

Don't forget to ["like us" on Facebook!](#)

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### **Contact Us**

If you would like to contact us, feel free to give us a call at [\(813\) 260-2314](tel:8132602314) EST. Or, you can send us an email to [whybsic@gmail.com](mailto:whybsic@gmail.com). In either case, we look forward to hearing from you.

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