

Get Healthy Eating Newsletter

Issue # 30 February 15, 2016



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 30. We hope you enjoy it. There's nothing better than soup and salad. This hardy meal that Barbara prepared has black bean soup, corn bread, potato and green salad. It will make your body happy! 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 15th 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

Most of us think that the bad genes that we were born with determine our health destiny. The medical world also believes that there is no remedy for this condition. We now know that our thoughts and emotions can change our DNA and a healthy lifestyle can dramatically change and control the outcome of our lives. Many of the common diseases thought to “run in the family” can be avoided by choosing a healthy lifestyle.

The quality of the food that you decide to eat can either protect or shorten your lifespan. Nutrient dense foods as compared to calorie dense foods will always give you the advantage in heading off the results of bad genes.

Quote of the Month

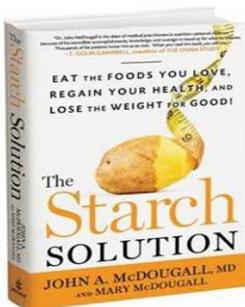
“All animal foods cause illness when consumed in amounts typically found in the Western diet. Why? Primarily because they are the wrong foods for humans.”

John McDougall, MD

Book of the Month

Today, one of the fad mainstream diet mantras is “avoid starch at all cost.” What will be the next food industry no-no to keep us confused about what we should eat? Starch, from our perspective, is the most important part of your diet. Most of the world lives and survives on starch. 80% of your food intake should be vegetables, legumes and grains---these are starches.

Dr. McDougall’s book “**The Starch Solution**” tells the story of starch in his life and medical practice. His pioneering success in plant based-eating is proof of the pudding.



Video of the Month

If you are having trouble losing weight, trying to eliminate prescription drugs from your body or wanting to eliminate chronic health problems, you may want to consider a trip to Santa Rosa, California to attend Dr. McDougall’s “**10 Day Live-in**” program. In this video Dr. McDougall reviews the program along with many of his graduates that have seen great success in changing their lives. In this 14 minute video you will better understand the depth of this health giving program and be able to see for yourself how you can create a new you. [Watch the Video.](#)



Recipe of the Month

Barbara’s Corn Muffins



If you are looking for a way to enjoy corn muffins with your meals and not feeling guilty when you eat one, try these gems that are crispy on the outside and moist inside. These little muffins go with so many meals, especially if you are planning a plant based meal. Corn muffins go perfectly with soups, beans, greens, and salads. As one of my healthy muffin recipes, the corn muffins do not have any eggs at all, but the recipe does call for buttermilk. I make it from soy milk and I will explain how this is done in the recipe.

[Check out the recipe.](#)

Personal Life Update

Learning to Walk Again

Hi! This is Barb. After my accident on December 28th when I fell and broke my hip (and my wrist), I was operated on 2 days later. Total time in the hospital was 8 days. I must admit, I don't remember a whole lot about the first few days after the fall.

After my hospital stay, I was fortunate to be transferred to a rehabilitation hospital where they work you in rehab for 3 hours a day. Pain medication for the first week to 10 days is necessary to participate fully in their program. I must say, I had excellent care. My stay was 2 weeks.

Now I am home with more therapy in order to walk again. I am now walking outside with a cane and around the house without a cane. My recovery has been quick. It has only been 35 days since the operation to give me a total hip replacement. The doctors are pleased and "slightly" amazed at my progress.

I must admit that eating a healthy diet has to be a factor in healing along with the many prayers offered up on my behalf. I am very thankful for this quick recovery and especially for family and friends who care.

Recommended Resources

It is interesting how quickly information travels around the world today. While watching episode 3 of "The Truth About Cancer: A Global Quest", I learned about the unbelievable qualities of this real cancer killer developed in Latvia.



RIGVIR is the world's first virotherapy medicine that is approved for cancer treatment. **RIGVIR** is a live nonpathogenic virus that has not been genetically modified. It is an

oncotropic and oncolytic virus that selectively infects the tumor and then destroys it.

Healthy cells are minimally, if at all, affected. It is safe and effective.

Of course, **RIGVIR** will probably never be allowed in the USA because of its curative qualities. It would be a threat to the pharmaceutical-governmental cabal. I have linked the website and a separate video. There are clinics in Freeport, Bahama and Tijuana, Mexico that administer **RIGVIR**.

[Read more.](#) [Short-Video](#)

About Us

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



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

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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