

Get Healthy Eating Newsletter

Issue # 31 March 15, 2016



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 31. We hope you enjoy it. One of our favorite evening meals is this awesome sandwich with good bread, tomatoes, watercress, English cucumbers, sweet hot pickles and a little mayo, salt and pepper. **It will make your tummy 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

Does laughter help keep you healthy? The answer is “**absolutely!**” If you have a tendency to always think the worst, you may have a 25% risk of dying before age 65. Studies today are finding definite links between stress and disease. Brief stress like taking a test or making a speech may result in a cold or flu. Chronic long term stress such as being the caregiver for a parent with dementia can leave one susceptible to any and all diseases.

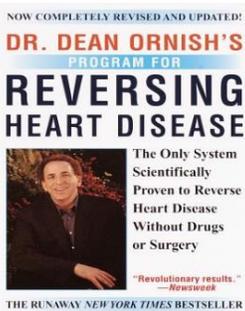
Learn to reduce stress with meditation, social and family interaction, prayer, music and many other life satisfying events. Strong positive immune reactions come with happiness and optimism. **Norman Cousins** in 1964 was given a 1 in 500 chance of recovery from a life threatening autoimmune disease. There was no known cure. He decided to laugh himself back to health. It worked! Think about it---you can do it! Remember, the Sardinians that lived to be 100 all relieved stress with observing “happy hour”. Be happy and help your immune system keep you healthy.

Quote of the Month

“Your heaviest artillery will be your will to live. Keep that big gun going.”

Norman Cousins

Book of the Month



“Whether or not you think you'll ever be concerned about your heart, this is likely to be the most useful health book you'll read this year, maybe ever.”

In this breakthrough book, **Dr. Dean Ornish** presents dramatic evidence that heart disease can be halted or even reversed.

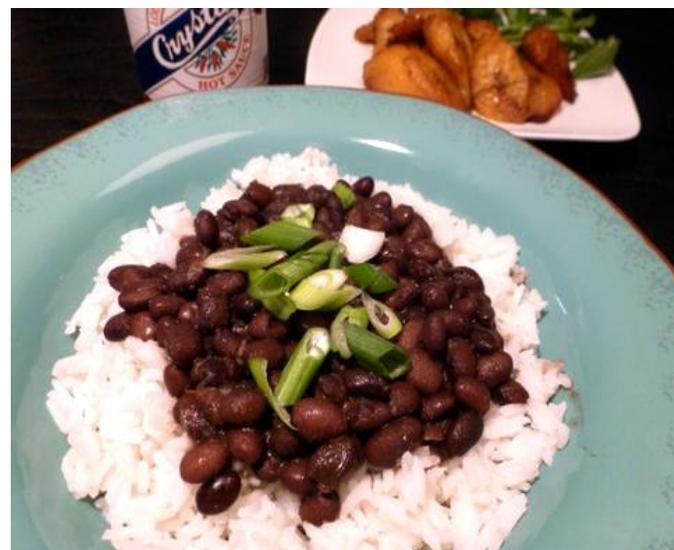
This book takes you beyond the purely physical side of health care to include the psychological, emotional, and spiritual aspects so vital to healing. This book represents the best modern medicine has to offer. It can inspire you to open your heart to a longer, better and happier life.

Video of the Month

Your genes are not your fate. In this 3 minute video, **Dean Ornish, MD** shares new research that shows how adopting healthy lifestyle habits can affect a person at the genetic level. For instance, he says, when you live healthier, eat better, exercise, and love more, your brain cells actually increase.

[Watch the Video.](#)

Recipe of the Month



Black beans and rice is served often at our house and it happens to be a staple food throughout the world. **All legumes** have a superior mix of protein and fiber. From one cup of black beans you will get 15 grams of fiber and 15 grams of protein. **WOW!** They also benefit the digestive tract, the cardiovascular system and help regulate blood sugar. You will not find this outstanding protein-fiber combination in any other food. **Barbara's** recipe is simple and tasty. **Enjoy!**

[Check out the recipe.](#)

Personal Life Update

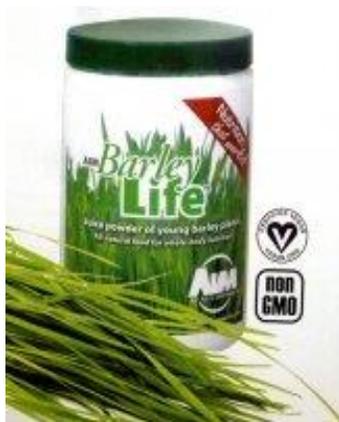
We are running away again to our favorite coastal town where time seems to have passed it by. A weekend here is like being out of this world.

Do you have a place you can retreat to? Maybe a small town a few hours from your home - such as a mountain town, fishing village, camping site, or just some place you can spend the day picnicking.

The key to destressing every now and then is to leave the laptops and iPhones behind and just enjoy the scenery, wildlife, friends and family for a day or weekend. You will come home feeling renewed, but always looking forward again to your favorite place to run away to.

Recommended Resources

If you haven't tried **BarleyLife** to maintain good health, in our opinion, you are missing out on a chance to easily enhance your life. I



started taking the green barley juice powder when I was diagnosed with cancer many years ago. It has been a major part of my healing lifestyle ever since. 1 rounded teaspoon of the powder is equivalent to 3

servings of veggies. I do 4 servings each day that is equal to 12 servings of vegetables. You can't go wrong with this food. It is packed with vitamins and minerals that will help balance your body pH. The only warning is for individuals taking Coumadin. Because of the high vitamin K in the green barley leaf it will neutralize the effects of the blood thinner.

[Read more.](#)

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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