

Get Healthy Eating Newsletter

Issue # 32 April 15, 2016



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 32. We hope you enjoy it. This is a photo of the Saturday market in our town. Hopefully, you have a farmers market in your hometown to take advantage of farm fresh foods with reasonable prices. It's fun and you get to meet interesting people. 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.

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Thought for the Month

Are you ready to take charge of your health or do you rely on traditional allopathic medicine? Think about this: **The American Medical Association (AMA)** in 2000 reported that the annual death rate caused by doctors through the adverse effects of prescription drugs and surgery, errors in medical judgement and hospital induced infections was estimated at **225,000**. This would be the third leading cause of death behind heart disease and cancer. If you include outpatient deaths, add another **190,000** making a total of **415,000**.

Integrative and functional medicine is on the rise. Allopathic medicine that treats symptoms, in most cases, and not the cause is being challenged by individuals using the internet to educate themselves in order to find other healing choices. The medical revolution has started!

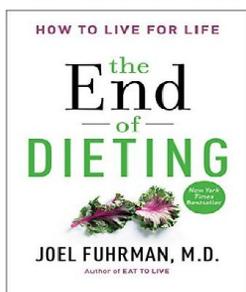
Quote of the Month

"In the future, it's going to become more and more impossible for the economy to support how expensive medical care is and the number of sick people we have. Why don't we just get our population healthier so we don't need medical care?"

Joel Fuhrman, MD

Book of the Month

Dr. Fuhrman writes, "By reading this book, you will understand the key principles of the science of health, nutrition and weight loss. It will give you a simple and effective strategy to achieve—and maintain—an optimal weight without dieting for the rest of your life. This new approach will free you forever from a merry-go-round of diets."



Video of the Month



In this 3:29 minute video, Dr. Joel Fuhrman explains the benefits of a nutitarian diet that may add 20 years to your life. **The End of Dieting** is his latest book to go

deeper into the benefits of a plant based lifestyle for life.

[Watch the Video.](#)

Recipe of the Month



SEVEN BEAN SOUP

You'll love this savory and deliciously filling bean soup. You can use a packaged 5 bean dry mix and after you soak the beans, it's just about 5 minutes of prep work to put it together. **Victoria Rose** submitted this outstanding recipe for Forks Over Knives. [Click here for the recipe.](#)

Personal Life Update

This month Barbara and I travel to Savannah, Georgia to make a presentation on the health benefits of juicing to the residents of the Savannah Commons. Our daughter, Debbie, is the Executive Chef at this retirement center.

She has made many improvements in the food beginning with changing from processed food to mostly fresh food and adding a salad bar among other items. We look forward to being with our daughter and meeting new retiree friends.

Recommended Resources

Barbara and I use the **Berkey Water Filtration System** every day. It even goes on vacations with us. We wouldn't be without it. The



Berkey goes beyond filtering---it is a water purifier. If the water is cut off in your home, you can use water from wells, ponds, lakes or rivers in your Berkey and have perfectly pure water. It is gravity fed and needs no power. It removes viruses to purification standards, pathogenic bacteria, cysts

and parasites to non-detectable levels, and harmful or unwanted chemicals to below detectable levels. **The average cost per gallon is 1.7 cents.** You can even add Fluoride filters if your municipal water supply has dangerous Fluoride added. The Berkey has the ability to reduce toxic heavy metals such as lead and mercury without removing the beneficial and nutritional minerals needed to support a healthy body and mind. Make your own comparisons to other mainstream filters.

We live in a toxic chemical and pathogenic world. Pure water is necessary to sustain a healthy life. Municipal water supplies are becoming ever more compromised with chemicals, narcotics, anti-depressants, prescription drugs, and on and on. The Berkey offers relief from our toxic water supplies like no other! For more info and pricing [click here](#).

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.

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.