

Get Healthy Eating Newsletter

Issue # 33 May 15, 2016



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 33. We hope you enjoy it. There's nothing better than a veggie stir fry. This month's recipe will help to make your body healthy! 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

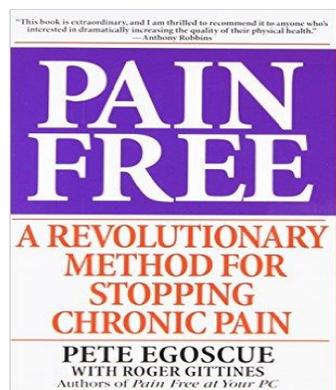
This is the physical and mental state of David before he decided to change his lifestyle. “In 2005, I was 34 years old, over 320 pounds, had ridiculously high blood pressure, high cholesterol, prediabetes, and two herniated discs in my spine. I was eating fast food three or four times a day, popping pain pills (Vicodin, Percocet, codeine) like Tic-Tacs, and washing it all down with a bottle of whiskey each day in a futile attempt to escape reality.” [Read the rest of the story.](#)

Quote of the Month

“The calculus of aging offers us two options: We can live a shorter life with more years of disability, or we can live the longest possible life with the fewest bad years. As my centenarian friends showed me, the choice is largely up to us.”

Dan Buettner, *The Blue Zones*

Book of the Month



PAIN FREE--that is the revolutionary message of this breakthrough system for eliminating chronic pain without drugs, surgery, or expensive physical therapy. Developed by Pete Egoscue, a nationally renowned

physiologist and sports injury consultant to some of today's top athletes, the Egoscue Method has an astounding 95 percent success rate. The key is a series of gentle exercises and carefully constructed stretches called E-cises. Inside you'll find detailed photographs and step-by-step instructions for dozens of E-cises for specific pain areas.

Video of the Month

Here's a short 3 minute video of one of the Pete Egoscue Pain Management techniques featuring low back pain. [Watch the Video.](#)



This is what Jack Nicholas had to say about this method: “Pete Egoscue has totally changed my life. Never have I experienced such complete pain relief as I have by following the Egoscue Method.”

Recipe of the Month

Tofu is healthy but without any taste. You must add seasoning to give it flavor. Orientals have used tofu for hundreds of years as a great source of protein. Tofu contains all



eight essential amino acids. It is also an excellent source of iron, calcium and the minerals manganese, selenium and phosphorous. In addition, tofu is a good source of magnesium, copper, zinc and vitamin B1. Check out this tofu recipe from [VEGNEWS](#).

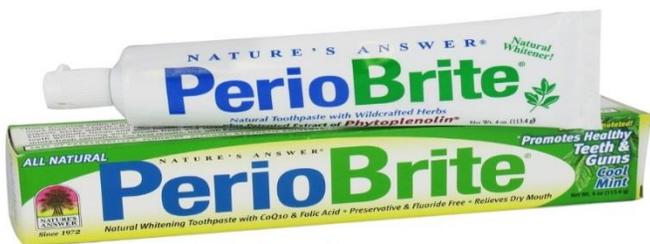
Personal Life Update



Our trip to Savannah was wonderful. We spent quality time with Debbie, our daughter, revisiting historic Savannah and met many new friends at Savannah Commons where we made a juicing presentation. Barbara and I were greatly impressed with the residents and staff that welcomed us with that warm Southern hospitality. If you are planning a trip that takes you close to Savannah take time to visit this beautiful ante-bellum city.

Recommended Resources

This toothpaste is free of preservatives, fluoride, alcohol, synthetic solvents, sodium-lauryl-sulfate, artificial sweeteners, colors, dyes and is also cruelty free. **PerioBrite** Toothpaste is a low abrasive toothpaste, it does more than clean teeth - it supports periodontal health. Dentist formulated **PerioBrite** contains soothing organic herbs well-known for their cleansing action while CoQ10, Folic Acid, Oregano, Cinnamon and



Clove promote tissue and gum health. As part of an oral health program, it naturally whitens teeth. We use **PerioBrite** and it does seem to help in keeping your teeth and gums healthy. It does not have the horrible ingredients found in all major toothpaste brands.

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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