

Get Healthy Eating Newsletter

Issue # 34 June 15, 2016



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 34. We hope you enjoy it. There's nothing better than a veggie plate full of nutrient dense food. Especially if it includes my favorite— Barbara's **Kabocha** squash recipe. 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



Consider these factual cancer statistics from Dr. Michael Badanek:

- A true cure rate of 90% or more can easily be achieved by cancer patients who avoid orthodox medicine, go with alternative medicine first, and do their homework.
- The true cure rate of orthodox medicine is 3% or less.
- 95% of cancer patients who go with alternative cancer treatments have previously had the full orthodox treatment and have been sent home to die, meaning that alternative medicine is handed a large number of cancer patients already in critical condition.
- For those who wait to go with alternative cancer protocols until after they have been sent home to die, only a handful of the many alternative cancer treatments are strong enough to give them a chance of survival.
- But even for those rare people who do find one of those special treatments, at best, they only have a chance of survival of about 50%.

In other words, if you go with alternative medicine first, your chance of survival is 90% or more, if you do your homework. If you go with orthodox medicine first, and then alternative medicine second, you will have years of suffering, and if you're lucky, you will then have a 50% chance of survival.

[Read the complete article.](#)

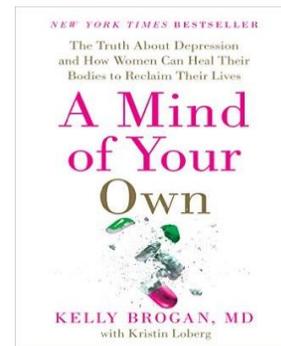
Quote of the Month

“Pain, Diseases and Conditions are not a fact of life! They are merely symptoms or messengers that indicate something is wrong!”

Dr. Michael John Badanek

Book of the Month

Dr. Kelly Brogan, MD is a pioneer lady doctor that has explored the medical concept of depression in women. The use of chemicals to address this problem has reached the absurd. She claims that depression is not a disease. It is a symptom. *A Mind of Your Own* is worth reading.



Recent years have seen a shocking increase in antidepressant use the world over, with 1 in 4 women starting their day with medication. These drugs have steadily become the panacea for everything from grief, irritability, panic attacks, to insomnia, PMS, and stress. But the truth is, what women really need can't be found at a pharmacy.

A Mind of Your Own offers a realistic action plan that women can use to heal their bodies, alleviate inflammation, and feel like themselves again without a single prescription.

Video of the Month



Here's a short 1:51 minute video of Dr. Kelly Brogan, MD introducing her revolutionary approach to solving depression for the ladies.

[Watch the video.](#)

Recipe of the Month

Kabocha Squash is a super-nutrient-dense vegetable used often in oriental cooking. The neat thing about prepping is that you don't have to remove the skin. You just open it, remove the seeds and cut into bite size pieces. Barbara's delicious recipe comes from our stay at the **Kushi Institute** in Becket, Massachusetts. [Check out the recipe.](#)



Personal Life Update

Last month we had a great time visiting friends in St. Augustine that we've known since our days at the University of Florida 60 plus years ago. Lots of history between us which always makes it fun to reminisce and often produces a lot of laughter. We feel very privileged to be 81 and 77 years old and still able to enjoy life.



Recommended Resource

The **Atkins diet**, **Paleo diet** and other similar diet schemes are putting Americans in jeopardy of heart disease. Dr. Ornish points out the problems with studies and challenges the authors to show they have clinical proof.

Thirty years plus of clinical observation by Dr. Ornish confirm the healing practice of a plant-based diet with limited fat intake to reverse heart disease. If you or your loved ones have any hint of heart problems, I strongly that you read this interview. [Read interview.](#)

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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