

Get Healthy Eating Newsletter

Issue # 35 July 15, 2016



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 35. We hope you enjoy it. If you hate the idea of eating **broccoli**, you may change your mind after you try Barbara's simple and wonderful recipe. In our classes broccoli haters have been converted with this recipe. Try it---you'll like it! 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

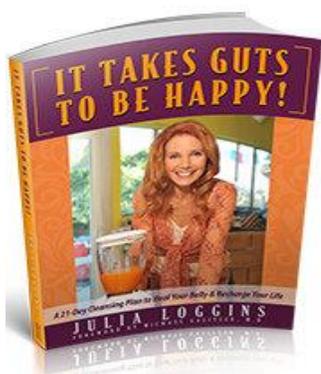
Last Sunday at church I happened to speak with a lady that had attended our health class a good while ago. She thanked us for making her aware of the health benefits of a plant based diet and our main supplement, [BarleyLife](#). She had terrible arthritic pain in many part of her body. Now she is pain free. Hallelujah! It works, folks. Just give it a real try for 3 months and see how much better you will feel along with having abundant energy.

Quote of the Month

“Vegetables provide two to four times the protein anyone would need during any activity. Scientific studies tell us we need 2.5 percent of our calories in the form of protein. The World Health Organization has added a safety margin to protein requirements and says that we need 5 percent of our calories in the form of protein.” John McDougall, MD

Book of the Month

Julia says that gut health is key to your happiness. I have to agree. Julia Loggins suffered from bleeding ulcers, colitis, asthma, and life-threatening allergies. The doctors gave her a death sentence of “incurable”



illnesses. Toxicity and stress steal our joy. Pain and disease drain our creativity. Ninety percent of the biochemistry that activates happiness is manufactured in your gut. It is time to take charge of your gut health to access the

joy, energy and optimism that you have been missing! We come into contact with literally hundreds of chemicals a day. Julia healed herself---you can benefit from the program outlined in her book, *“It Takes Guts to Be Happy!”*

Video of the Month

In this 2:17 minute video, **Julia Loggins** explains the importance of having a healthy colon that is devoid of accumulated toxic sludge. The ill health caused by the chemical additives found in our air, water and food supply is dramatically described by Julia. We are victims of living in a chemical environment. She states the case for cleansing. [Check out this video.](#)

Recipe of the Month



Servings - Two

Ingredients:

- 3 cups of broccoli florets, cut into 2 or 3 bite size pieces
- 1/2 cup organic vegetable broth, or water
- pinch of salt
- 1 teaspoon of Earth Balance or butter
- 1 teaspoon of Bragg Liquid Aminos
- 1/2 to 1 teaspoon of fresh lemon or lime juice

Place washed broccoli florets in a medium saucepan with vegetable broth and a pinch of salt. Bring to a boil, reduce heat to low, cover with lid and simmer for 3 minutes. Drain the broccoli, then add Earth Balance, Bragg Liquid Aminos and lemon juice to the broccoli in the pan. Cover again with the lid and let it sit for another 2 minutes. Then baste the broccoli with juices in the pan and serve immediately.

Personal Life Update

Last month held 2 big birthdays for us. One was our oldest grandson, Jack, who turned 18. Oh my goodness, it was just yesterday that he was going to be a “new” teenager and now he is old enough to vote.



Our youngest son, Regan, as seen here navigating the sailboat, turned 50 this month. He is still treated as the youngest in the family by his siblings and

he still teases all of them like he always has done. It is good, sometimes, when things do not change. Regan has always been a lot of fun to be around.

Recommended Resources

We always hear in our classes---“What meals can I fix now that I know how to get healthy!”

Dr. Neal Barnard’s **free 21-Day Kickstart program** is live from the first through 21st of each month. It is based on research by Dr. Neal Barnard MD, the president of **Physicians Committee for Responsible Medicine**. This



program is designed for anyone who wants to explore and experience the health benefits of a vegan diet. Low fat plant-based diets are the **easiest way to trim excess weight,**

prevent diabetes, cut cholesterol, lower blood pressure, prevent and reverse heart disease, and reduce cancer risk. They even trim our carbon footprint. [Check it out.](#)

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.

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.