

Get Healthy Eating Newsletter

Issue # 36 August 15, 2016



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 36. We hope you enjoy it. As Kermit the frog said, “It’s good to be green!” Dig into those fresh veggies and you’ll never regret the outcome. Keep the greens a flowing! 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
 - Recommended Resources
 - About Us
 - Contact
-

Thought for the Month

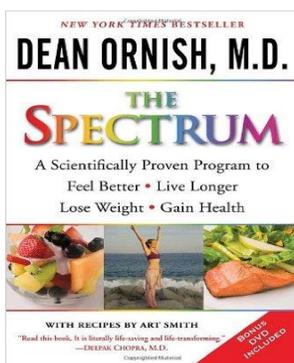
I was thinking the other day about pretty basic stuff that I need to remind myself about every now and then. Think about this. All food for humans and animals on spaceship earth comes from the action of sunlight on plants or the photosynthesis process. The only reason carnivores live is because they have plant eaters to sustain them. Plants use the carbon dioxide in the atmosphere to produce oxygen in the presence of sunlight and produce green life-giving food. In the oceans phytoplankton does the same job. **Photosynthesis** sustains all life. The largest animals roaming the earth today eat green plants. They get all the protein and essential nutrients that they need from greens. Without carbon dioxide, sunlight and green plants there would be no life on earth. "It's good to be green!"

Quote of the Month

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon." DOUG LARSON

Book of the Month

Dean Ornish, MD has been a pioneer in healing lives without medical procedures. "THE SPECTRUM" relates how heart disease and early stage prostate cancer can be reversed by changing your lifestyle. His study shows how you can turn off bad genes and activate good genes with a healthy lifestyle change in only 3 months. Your genetic makeup is not your fate.



Video of the Month

This 33 minute cardio video from Dr. Ornish's Spectrum program is an easy way



for all of us to get exercise for our heart and organs without having to go to the gym. It's easy and you don't have to be a professional to enjoy the process and receive the benefits. Try it—you'll like it. [Check out the video.](#)

Recipe of the Month

Children Love Chocolate Pudding...

This simple and delicious chocolate



pudding recipe is easy to make and one that can be on hand for the end of a meal or just to reach in the refrigerator for a snack. Strawberries are in season and especially delicious with chocolate. Who would believe that tofu is a major part of this wonderful dessert. [Try Barbara's recipe today.](#)

Personal Life Update

With our vacation to the mountains of north Georgia over, we are beginning our home meetings once again to help local people regain their health and begin a new diet and lifestyle. A couple of people in our new group have had (or do have) serious health issues, and are very excited they have an alternative way through nutritious God-given food to turn their lives around. So here we go again.

Regaining your health is not a “quick fix” but the rewards of giving the body the nutrition it needs are amazing and worth the time and effort. This is why we spend the time we do spreading the word to anyone who will listen.

Recommended Resources

Today we are learning more about the importance of having a healthy gut. Many health professionals believe that all of our health issues originate in the digestive system. Sometimes, even when we make our best efforts with a healthy diet, we



still may have problems that affect our digestive health. Stress is usually the main culprit. It can affect a healthy body with all sorts of sickness symptoms.

Irritable Bowel Syndrome (IBS) can be one of the major problems. My lifelong friend that lives in South Florida recently told me about **IBgard**. This product has helped him and was recommended by his doctor. It is an over-the-counter non-prescription drug that can be purchased at Walgreens or other stores. I think it's worth investigating and have in your arsenal when needed. [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.