

Get Healthy Eating Newsletter

Issue # 37 September 15, 2016

Behind the Dazzling Smile



*Toxic Ingredients in
Your Toothpaste?*



CORNUCOPIA
INSTITUTE

A REPORT BY THE CORNUCOPIA INSTITUTE | JULY 2016



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 37. We hope you enjoy it. Most of us use some brand of toothpaste and think nothing of the ingredients. The scary part of most of them is the warning on the label. The Cornucopia Institute has identified the best organic healthy toothpaste. 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

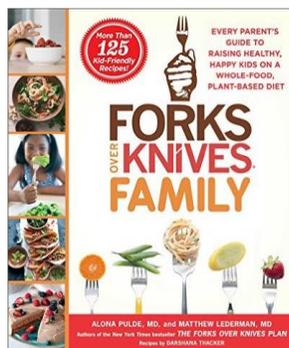
Thought for the Month

I think we all see the results of more healthy foods and personal care items in the marketplace. The public is demanding better stuff and the farmers and consumer goods manufacturers are responding with new and healthier items. When it comes to **toothpaste** not much is said. There are a few healthy organic brands available. The major toothpaste brands are composed of awful ingredients. Some of them are: **Fluoride**, Carrageenan, Polypropylene Glycol, PEGs, and Triclosan. Artificial ingredients such as: surfactants, foaming agents, detergents, colors, sweeteners, flavors, preservatives and other harmful ingredients. Two major brands, **Colgate** and **Crest** are found at the bottom of the list. It's worth your time and good health to look at this list from The Cornucopia Institute. [Check it out!](#)

Quote of the Month

“People feel poorly because they are nourished by foods you wouldn't feed to your dog and cat. The rich western diet is full of fat, sugar, cholesterol, salt, animal protein – all the wrong foods for people.” – **Dr. John McDougall**

Book of the Month



A new cook book from **Forks Over Knives** explores family recipes and raising children to benefit from a plant based diet. The book takes you from pregnancy through the teen age years.

It deals with allergies, vitamins, getting enough to eat, and other growing up obstacles.

Video of the Month

Dr. Baxter Montgomery is a Houston cardiologist that integrates plant based nutrition into his practice. In this 7:46 minute video he explains why he uses this approach and reviews the success of patients that dared to make the change. Dr. Montgomery often speaks at Dr.McDougall's health programs in Santa Rosa, California. [Check out the video.](#)



Recipe of the Month

You got to love sweet potatoes even if you're not from the South!



These delicious sweet potato fries are oven baked with minimal added oil. The many varieties of these yams are the main part of the nutrition of many cultures. Sweet potatoes have abundant amounts of vitamin A & C, antioxidants, anti-inflammatory nutrients and blood sugar regulators. They're good for you and tasty. [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 is 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

When you look at the [Cornucopia's rating charts of toothpaste brands](#), it becomes obvious which ones to avoid and the ones to try. Dr. Bronner's is at the top of the list with all organic ingredients. I'm



impressed! My next tube will definitely be Dr. Bronner's. It comes in different flavors.

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](tel:8132602314) 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.