

Get Healthy Eating Newsletter

Issue # 38 October 15, 2016



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 38. We hope you enjoy it. **We sometimes forget to see the beauty of life around us. We look--but we don't see. This beautiful orchid in our courtyard reminds us that the Creator has given us something special to enhance our lives beyond the physical world.** If you have any feedback about the content, the layout or have any suggestions to improve our newsletter, please send us an email.

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Thought for the Month

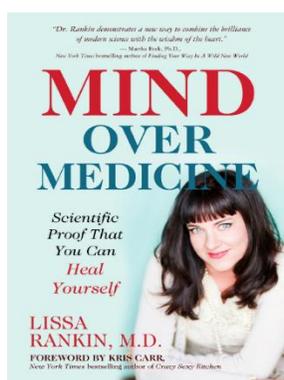
The news this morning stated that 70% of young people in the USA could not pass the physical exam to be eligible for military service. WOW! It's hard to believe this. We seem to be feeding ourselves into extinction. The obsession with food that is broadcast in all mediums is making us one of the sickest nations in history. Chronic diseases are expanding. We will not be able to afford, in the near future, the "sick-care" costs that are the results of terrible diets and stress.

Quote of the Month

"If you don't believe you can get well, switch out your negative beliefs for positive ones. If you're lonely, join a club, get on Match.com, and find the right spiritual community. If you're stressed at work, quit and find a better job. If you feel creatively thwarted, start creating. If you're broke, earn more. If you're a pessimist, become an optimist. If you're unhappy, get happier. If you feel stressed, relax."

"Mind Over Medicine" Lissa Rankin, MD

Book of the Month



Not convinced you can heal yourself? You'll think again after reading this book. As a skeptic herself, Dr. Lissa Rankin makes an irrefutable case, documenting with cold, hard science that the medical

establishment has been proving that the mind can heal the body for over 50 years. In this book, she not only illuminates and translates the convincing data; she also teaches you the 6 step process.

Video of the Month

This 18:51 minute of Lissa Rankin, MD will give you an understanding of her experiences with the placebo effect that



led to her discovery that most sicknesses are a product of mind. She was successful in changing her life problems. Her

ideas come from years of medical research. This science of healing is worth your time to review this fascinating discovery. [Check out the video.](#)

Recipe of the Month

We don't get enough fiber! Especially if you are on the Standard American Diet (SAD). I urged Barbara to develop a high



fiber cookie that you could really enjoy instead of eating the processed cardboard types with all sorts of questionable ingredients. If you do 8 cookies in the recipe you will get 7.625 grams of fiber in one cookie! Remember—there is no fiber in animal products. The average American takes in 15 grams of fiber a day. This is far short of the 25g for women and 35g for men that is the minimum requirement. [Try Barbara's recipe today.](#)

Personal Life Update

We are just finishing up with a group that we have hosted for 6 weeks in our home where we share vital health information, including videos and testimonies about how to regain your health and then maintain it.

We love it when we have enthusiastic people who want to immediately make the changes as soon as they hear what is possible.

At the last meeting, we serve up some different salads for tasting. People want to change but don't know what to eat.

We believe that if you are to stick to a plant based diet, it must be "tasty" so that you don't regress into the unhealthy heavy animal protein and dairy consumption. Many in our groups over the years have made the change. This is what keeps us going.

Recommended Resources

EDEN quality ingredients, skillful know-how, and meticulously carried out detail produces wonderful miso soup. The ingredients are: **Red Miso Soup** – Red miso, kuzu, EDEN wakame, green onion (scallions) **White Miso Soup** – Rice miso, kuzu, tofu, green onions.

All of the ingredients are freeze dried organic by Eden standards, except the EDEN wakame flakes that are the finest they can procure. Organic kuzu, silky organic nigari tofu cubes, organic green onion, and EDEN wakame sea vegetable

add appropriate flavors. These soups are super healthy for you.

[Try it.](#)



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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