

Get Healthy Eating Newsletter

Issue # 39 November 15, 2016



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 39. We hope you enjoy it. This Apricot/Pear Tart made with an almond crust will help you prepare for the cooler days of autumn and beyond. Barbara has created this tart with minimum sweeteners. It will make your tummy happy! 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

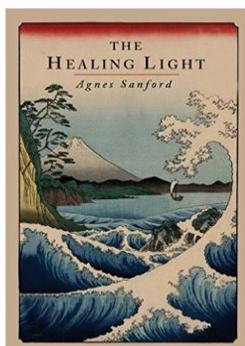
We occasionally hear of someone that has overcome a life threatening illness without using current medical protocols. How can this be? Usually there is a sequence. First, they didn't accept the finality of their diagnosis, prognosis, or treatment. They did not believe in the most probable outcomes or future destiny that their doctors had authoritatively outlined. Finally, they didn't surrender to the diagnosis, prognosis, or suggested treatment. They had a different attitude from those who did not accept, believe, and surrender---they were in a different state of being.

Quote of the Month

“Your personality is made up of how you think, act, and feel. It is your state of being. Therefore, your same thoughts, actions, and feelings will keep you enslaved to the same past personal reality. However, when you as a personality embrace new thoughts, actions, and feelings, you will inevitably create a new personal reality in your future.”

Dr. Joe Dispenza

Book of the Month



Agnes Sanford, 1897-1982, was born in China to missionary parents and married an Episcopal Rector. “**The Healing Light**” was her first book written in 1947. The power of God was certainly understood by Agnes. It didn't matter if you were Jewish, Buddhist, or an unbeliever—she had a way to explain and heal your condition. Her straight forward appeal will give insight into the energy and power of the Creator that surrounds us.

Video of the Month

Dr. Joe Dispenza will stimulate your brain in this 11:49 minute video. He started on his healing journey after a disastrous car incident that left him broken up. He refused medical treatment and made a miraculous recovery. He challenges the status of our everyday habits and lifestyle that inhibit our chances to change our living patterns and our health. Our habits and thinking process ultimately define who we are—in sickness and in health, whether we like it or not. [Check out the video.](#)



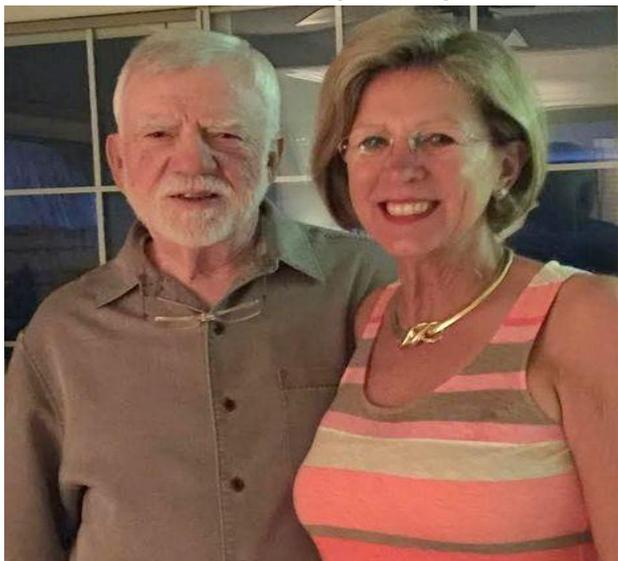
Recipe of the Month



When Barbara and I attended a week long course at the Kushi Institute in Becket, Massachusetts to learn about macrobiotic foods and diet, many wonderful desserts were served. They concentrated on using fruit and natural sweeteners. This tart certainly qualifies as a healthy compliment to the heartier meals of cold weather without loading you up with tons of processed sugars. [Try Barbara's recipe today.](#)

Personal Life Update

We met Bill and Cathy Mayo about 2 years ago outside of a restaurant in Cedar Key. They remembered talking about good health with us, and especially Hal's decision to merely change his diet when he was diagnosed with prostate cancer. Then out of the blue we get an email from them saying they were going to be in Cedar Key for the Seafood Festival in October, and would we like to get together. This



sounded like a great idea to meet up with them, and especially on our favorite island.

Then, in September, Hurricane Hermine almost cancelled our plans to meet with our friends due to 10 million dollars damage to Cedar Key. But the city worked hard on the clean up to meet the October date for the festival which was a big success and enjoyed by all.

We had such a good time with Bill and Cathy, and we did talk about some health issues...like the aches and pains that creep up on you as you age, which you can get rid of just by changing your diet. Well, the visit was memorable, and we were delighted to be able to have a reunion with these super nice folks. Hope we can do it again sometime.

Recommended Resources

Sea vegetables have always played a major part in the foods and health supplements of the Japanese and other asian cultures. Today our land grown foods lack many of the essential minerals and nutrients that we need to sustain good health. I know that it is difficult for westerners to learn to incorporate sea veggies in their everyday meals since it has never been part of our historic culture. I recently found the [Maine Coast Sea Vegetables](#) company that grows all sorts of organic and sustainable sea vegetables and has made it easy by incorporating 4 types of sea veggies in a capsule. There are two types—with iodine and without iodine.



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.