

# Get Healthy Eating Newsletter

---

Issue # 3

November 15th, 2013



The *Get Healthy Eating* newsletter is designed to educate, help and inspire you to take control of your health. Each issue is jam packed with nutrition, exercise and general health tips that will help you maintain and improve your health. Our newsletter is published on the 15th of each month and sent out via email.

## **Table of Contents**

- Announcements
- Thought for 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 Us
- Legal & Disclaimer

=====

## **Announcements**

We just got back from a nice vacation and are well rested and happy to be home!

This is issue # 3 of our newsletter. I hope you enjoy it. If you have any feedback, or an idea you would like us to discuss, please send us an email.

Hal turned 79 years old this month and still does not take any prescription drugs or medications.

=====

## **Thought for the Month**

As we age, Americans believe that they are supposed to get sick. The natural oxidation of our bodies along with some inherited bad genes are the suspected culprits---not what you eat! Do you agree with this idea? I certainly felt this was part of life until I was diagnosed with prostate cancer. This is when my whole perspective of health changed. I wanted to know as much as possible as to why this happened and what could I do about it to regain my health.

Over the last 14 years I have studied the effects of diet and the contribution of modern allopathic medicine to assist in maintaining excellent health for a lifetime. When it comes to healing---a plant-based whole foods diet wins hands down. When you fuel your body correctly, there is no need for most medical services. Today, we have a "pill" mentality when illness strikes. We think that all we need to do is see the doctor and secure the latest television remedy. This mindset does not address the true cause of illness and will only treat the expressed symptom of the malady.

## *Get Healthy Eating Newsletter*

---

Raymond Francis, in his book “Never Be Sick Again” claims there is only ONE DISEASE--- malfunctioning cells. Our bodies have approximately 100 trillion cells. They work in a symphony to heal, to build, and rebuild your miraculous self-healing body on minute to minute basis. The major causes of the cell’s malfunctions are DEFICIENCY and TOXICITY. If you are not getting healthy nutrients in your body, your immune system will eventually be compromised and illness and disease will take over. When you add the toxins that are in most processed foods, the chemical fertilizers, pesticides, and herbicides used in modern farming methods, you have a recipe for sickness.

There is no reason to be sick—at any age. It’s really very simple----- put the right gas in the tank and work at minimizing toxins in your food and water! It’s your choice. You do have to learn the reasons for wellness and convince yourself of the truth. If and when you make the change, enjoy the food, feel wonderful, and see the benefits of a whole foods plant-based life style, there will be no turning back.

=====

### **Quote of the Month**

“The well-nourished American is a myth. Despite the high level of education and the abundance of available food, many people make poor food choices and are badly nourished.....The average human diet, nutritionally unfit for rats, must be equally unsatisfactory or even more so in meeting

human needs.” ~ Carl Pfeiffer, M.D., Ph.D.,  
*Mental and Elemental Nutrients*

### Our Take

When have you ever heard from the media, from your doctor, or the makers of pills, that what you eat has anything to do with your health? “Just eat a balanced diet and you’ll be okay!” Who knows what a balanced diet is?----just go do it! In our classes the usual comment from many participants in the beginning is that they eat “a good diet”---even though they are sick.

America is one of the sickest countries on the planet. In overall longevity we rank 51<sup>st</sup> among nations (C.I.A. report 2012). Our sick-care cost is twice that of the next highest nation and rising. The projected cancer epidemic is estimated to affect 50% of Americans in their lifetime. In 1900 it was 3%. The healing arts are not telling the population the truth when it comes to the causes of diseases and continue to use archaic, failed methods to treat, not cure, chronic diseases.

=====

### **Book of the Month**

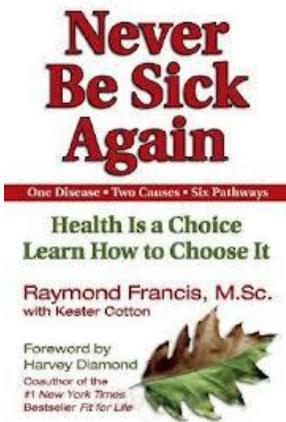
The book that we feature this month is “NEVER BE SICK AGAIN” BY Raymond Francis. In his words:

“In 1985, I almost died. I started out complaining of fatigue and allergies, and after a series of catastrophic misdiagnoses and mistakes by my physicians, I came close

# Get Healthy Eating Newsletter

---

to death from liver failure caused by taking an antibiotic drug that was known to be toxic to the liver. My condition deteriorated to a point where I was reduced to a human skeleton and the doctors said nothing further could be done for me. I was forced to use my own knowledge in bio-chemistry to save my life.”



Raymond is a graduate of M.I.T. and has M.Sc. in chemistry. His dramatic self-recovery led him to devote the rest of his life to help people recover from sickness that,

in his terms, is accomplished by fueling the 100 trillion cells in the body correctly. There is only ONE DISEASE, malfunctioning cells, not thousands of symptoms identified as diseases by the world of medicine! This premise makes a lot of sense, in my opinion.

[Check out this book and some other books we recommend!](#)

=====

## Video of the Month

Barbara Leary—Type 2 Diabetes

This is one of Dr. John McDougall’s followers that has recovered her health by following his program. Dr. McDougall is a pioneer in understanding and promoting a

whole foods plant-based diet to correct illnesses and maintain excellent health. He is a medical practitioner that sees his patients get well.

Many individuals are suffering from Diabetes. It is rapidly approaching epidemic proportions. Barbara’s story will give you a vivid picture of the medical treatment of Diabetes. The sad part of this story is that 80-90% of type 2 Diabetes can be eliminated with proper diet in a matter of weeks. It cannot be cured with pharmaceuticals. This information has been available for many years, yet the medical profession refuses to acknowledge this fact and continues to medicate the patient with drugs that do not heal.

[Watch the Video!](#)

=====

## Recipe of the Month

### Mixed Fruit Tart



### Apricot Paste

- 1/2 pound unsulfured dried apricots

## *Get Healthy Eating Newsletter*

---

- 1/2 cup pure pineapple juice, preferably cold pressed

In a medium size sauce pan, bring juice to a boil, add apricots, reduce heat, cover and simmer for 5 minutes. Stir apricots and repeat this step. Remove the pan from heat, stir, cover for additional 20 minutes. When apricots are soft and plump, remove them from pan with slotted spoon. Reserve any left-over juice for pears. Puree the apricots in a food processor until they become a smooth paste.

### **Almond Crust**

- 1 cup of almond meal/flour
- 3/4 cup unbleached white flour
- 1/8 teaspoon salt (Himalayan is best)
- 1/4 teaspoon baking soda
- 1/4 cup safflower oil
- 2 tablespoons organic rice nectar
- 1 to 2 tablespoons water, as needed

Mix dry ingredients in a medium size bowl. Make a well in the middle of the dry ingredients. Add safflower oil, rice nectar and 1 tablespoon water. Combine all the ingredients thoroughly. If mixture is dry add more water. Do not over mix dough. Remove 1/2 cup flour mixture for sides of crust. Form remaining flour mixture in a ball, wrap and refrigerate for 30 minutes. Cover loose mixture, refrigerate.

Pre-heat oven to 350 degrees. Lightly oil a 9 inch tart pan with removable bottom. Roll out dough that is lightly floured both sides, between two pieces of parchment paper

into a 9 inch circle. Remove the top sheet of paper, place the removable bottom of the tart pan on top of the rolled out crust and flip. Place this inside the tart pan ring. Finish crust by distributing the reserved 1/2 cup of dough around the edges and up the side about 1/2 way, pressing firmly. Place tart pan on a cookie sheet. Bake for 12 minutes. Remove tart pan still on the cookie sheet from the oven. When crust is still slightly warm, evenly spread the apricot paste covering entire bottom of the almond crust. Wet fingers to press the paste in place.

### **Pear Filling**

- 2 large or 3 medium firm pears, peeled, quartered and cored
- 1/3 cup pineapple juice, preferable cold pressed
- 2 - 3 tablespoons simply fruit jam, preferably apple, apricot or peach.
- 1/4 teaspoon stevia
- A pinch of nutmeg

Slice each pear quarter lengthwise into 3 pieces. Add any leftover juice from cooking apricots to the pineapple juice. Add stevia. In a medium size sautee pan, bring the juice to a boil and add pear slices. Cover, lower temperature and simmer for about 2 minutes. Uncover pan and carefully baste pears with juice. Remove pears to a plate with slotted spoon leaving all the juice in pan to reduce to about 3 tablespoons of liquid. Add nutmeg. Turn off heat and stir in jam, breaking up any pieces of fruit with a fork.

## Get Healthy Eating Newsletter

---

To finish the tart, lay the pear slices in circular formation on the apricot puree, starting at the outside. Spoon the jam mixture evenly over the pears. Cool to set. Serves 6.

=====

### **Personal Life Update**

In October Barbara and I traveled with our daughter, Susan, to revisit Gatlinburg, Tennessee. It is surrounded by the Great Smoky Mountains National Park. When our kids were young, we spent memorable moments hiking the Appalachian Trail and enjoying the sights and sounds of Gatlinburg. It was a walk down “memory lane.” As one would suspect, growth has changed some of the landmark businesses, but, the charm of the city and the awesome beauty of the mountains is still there.



On our way back to Florida we spent the night in the Atlanta area and contacted

an old friend that we met 47 years ago at the first art show in our hometown of Ocala. Dale Rayburn and his wife Mamie still are working artist. We spent time with them in their home and studio renewing friendship and exploring their current art work. They have remained true to their

profession and have achieved numerous awards. Their exceptional work has been placed in many museums and private collections. You can see many of Dale’s current works that explore people and places in the southern United States. His website: <http://dalerayburn.com/>

=====

### **Challenges**

Barbara and I have found from our health classes that the biggest obstacle to pursuing a plant-based lifestyle is “What do you eat?” If you decide to “test the water” when it comes to changing your lifestyle, we would like to offer an idea that seems to work for many. Of course, if you are determined to make the change, it is best to jump right in and start eating mostly plants. When you include all plants in your diet and prepare them properly, you will receive the best possible health benefits to relieve you of your maladies.

Most families or individuals that prepare their own food have about 9-12 recipes for their main meal of the day. They use these over and over again to give them enough variety so that the meals are not boring. We suggest that you select one of your favorite meals and convert the recipe to plant-based ingredients. This is really not as hard as it seems.

Many start with spaghetti. You can easily change meatballs or meat sauce to a marinara sauce. If you don’t have time to prepare the sauce, you can find prepared

# Get Healthy Eating Newsletter

---

animal free sauces in your grocery. Try the dish with brown rice or whole grain pastas that are now readily available. You can also find soy-based grated cheese to complete the dish. Add a nice fresh green salad and you are on the way.

It takes about three weeks for your taste buds to adjust and appreciate a new taste or flavor. If you like spaghetti, which most Americans do, this dish will start you off on a new beginning in exploring the tastes of a new lifestyle. Barbara has included many recipes on our website that will help you along the way. She prepares plant-based meals that are tasty, nutritious, and wonderful. I have never looked back to the old Standard American Diet (SAD) for satisfaction.

=====

## Recommended Resources



The featured product of the month this month is the Tribest® Slowstar® Vertical Juicer. This is an easy to use, high quality juicer that can be used by a novice or experienced juicer. To learn more about it, and see the details, check out the link below.

[Learn more about the SlowStar Vertical Juicer](#)

=====

## About Us



We are Hal and Barbara. One of our greatest passions in life is helping people take control of their health. We live here in beautiful, North Central Florida. We are very committed to teaching others proper nutrition and lifestyle choices.

Don't forget to ["like us" on Facebook!](#)

=====

## Contact Us

If you would like to contact us, feel free to give us a call at [\(813\) 260-2314](tel:8132602314) EST. Or, you can send us an email to [whybsic@gmail.com](mailto:whybsic@gmail.com). In either case, we look forward to hearing from you.

=====

## Legal & Disclaimer

We are not doctors. All views in this newsletter are our own, based upon our experiences. Please consult with your doctor before changing your eating habits or starting a new exercise routine.

## *Get Healthy Eating Newsletter*

---

This newsletter is protected by federal copyright laws. Feel free to share this with friends and family, but DO NOT modify it, republish the content, or take credit for the content in any way.