

Get Healthy Eating Newsletter

Issue #40 December 15, 2016



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 40. We hope you enjoy it. These were the girls from the water ski show at Cypress Gardens in Winter Haven, Florida. Water skiing in Florida is like summer in December. Cypress Gardens was opened in 1936 and closed in 2009. It is now LEGOLAND. A large portion of the original botanical gardens have been saved. Merry Christmas!

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Thought for the Month

I recently visited with a friend with prostate cancer that had metastasized to the bone. He had just tested free of cancer after a rigid interval of proper diet and taking Protocol. This is truly an amazing testimony to taking charge of your own health destiny. I had forgotten about the benefit of Protocol that was developed by Jim Sheridan, a bio-chemist, starting in 1936. Tanya Harter Pierce studied this product in her book, “**Outsmart Your Cancer**”. Testing done at the Brunswick Laboratories in Massachusetts showed Protocol to have an ORAC antioxidant value of approximately 1.4 million ($\mu\text{mole TE/L}$). Protocol’s antioxidant capacity is simply a nice side benefit of the product. It does not work against cancer by being an antioxidant. It works by acting like a very special catechol. Protocol is a truly unique approach to getting rid of cancer cells harmlessly!

Quote of the Month

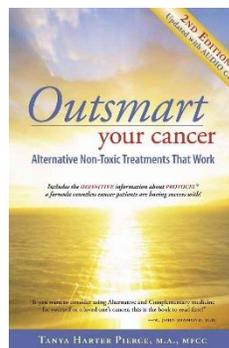


“Thus, there are sound scientific principles upon which many alternative cancer therapies are based. And they have proven themselves over and over again in countless human cancer cases. Furthermore, in

contrast to the toxic conventional approaches of radiation and chemotherapy, alternative approaches are able to rid the body of cancer without damaging a person’s healthy cells and are much more able to bring about long-term cures.”

Tanya Harter Pierce

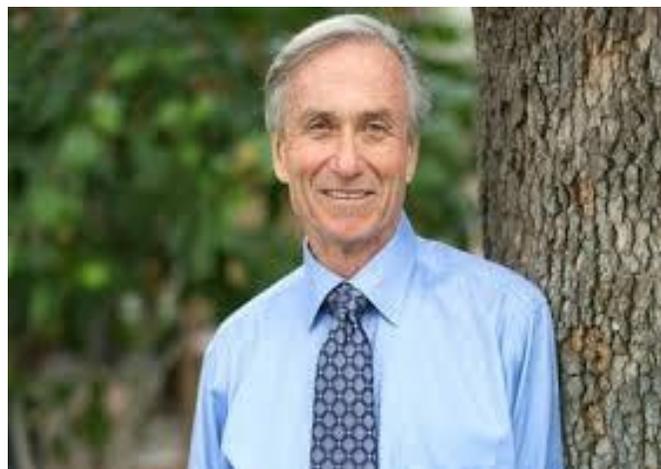
Book of the Month



This easy-to-read alternative treatment guide could save your life. “**Outsmart Your Cancer**” explodes the myths about alternative cancer treatments and explains why non-toxic methods are more effective than conventional ones. Twenty-one different alternative methods are discussed along with real-life stories of people who completely recovered from a variety of advanced or late-stage cancers using alternative approaches. The book explains why alternative methods work better than conventional toxic treatments and presents details about the scientific basis for them, including the amazing formula called Protocol, which has produced incredible cancer recoveries over the past twenty years.

Video of the Month

In this 2:28 minute video Dr. John McDougall challenges conventional testing for breast cancer. Dr. McDougall encourages women to make a self-exam. The controversy of mammography continues to be a major issue in medicine today. [Check out the video.](#)



Recipe of the Month

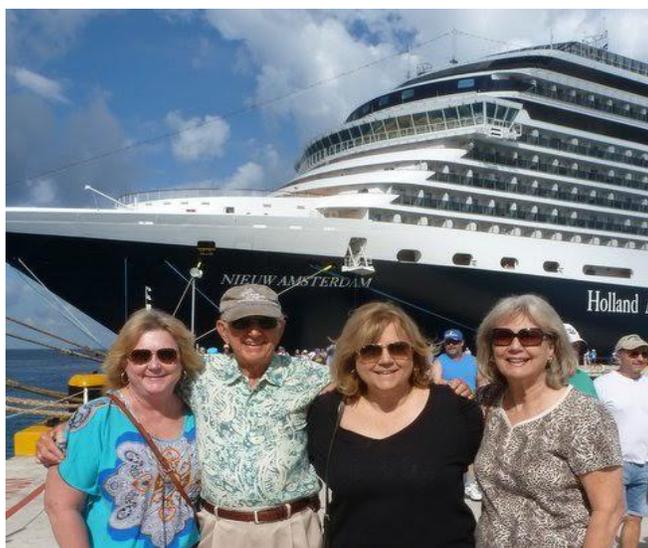
After Christmas and all of the holiday celebrations are over, most of us need to return to healthier foods. Plan for your New Year resolutions and healthy eating with these delicious and easy to make black beans served with rice and plantains.



This black bean recipe can also be made into soup by putting the beans in a blender and adding vegetable broth...just heat, adjust seasoning and serve with a veggie sandwich! [Check out Barbara's recipe.](#)

Personal Life Update

We love to travel and feel very fortunate at our age (82 and almost 78) that we can still be very active with family and friends. Our latest trip was a cruise to the Caribbean on Holland



America with our 2 daughters, Debbie (left) and Susan (middle). We celebrated 3 birthdays on this trip. The fun and fellowship we had will be long remembered.

Recommended Resources

Ring in the holiday season with the all veggie **Gardein Holiday Roast**. A delectable taste of cranberry wild rice stuffing with homestyle gravy that can serve up to 8 people! **Gardein** also makes individual **Savory Stuffed Turkey rolls**. My daughter, Susan, brought this one for my Thanksgiving dinner. You'll find it in frozen foods. It was the best that I have ever tasted. You will love 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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