

Get Healthy Eating Newsletter

Issue #41 January 15, 2017



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 41. We hope you enjoy it. This red hibiscus may give some of you that live in the cold climates a bit of warmth to start the year. Happy New Year!

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



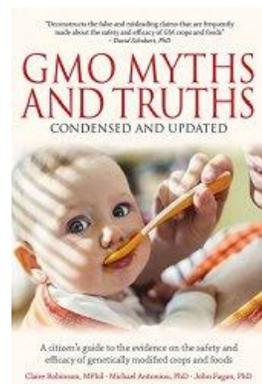
Hopefully, when grocery shopping, you now look for the non-GMO labels or the USDA Organic labels. I am encouraged by these ever increasing labels in the markets. The public is finally catching on to the **GMO scam**. Even the New

York Times has seen the change. "It has finally admitted what a number of us have been saying for 20 years." said Ronnie Cummins, founder and director of the Organic Consumers Association. He told EcoWatch via email. "GMOs are designed to increase the sales of the proprietary toxic pesticides and patented seeds of Monsanto and the other gene giants, and offer nothing in the way of increased nutrition, yield, adaptation to climate change, nor reduction of pesticide and chemical inputs." The fable is finally being exposed! Hurrah for our side!

Quote of the Month

"We like to hear good things about our bad habits."

Dr. John McDougall



Book of the Month

This book shows that conventional breeding continues to outstrip GM with crops that deliver high yields, better nutrition, and tolerance to extreme weather conditions and poor soils. The authors conclude that modern agroecology, rather than

GM, is the best path for feeding the world's current and future populations in a safe and sustainable way.

Video of the Month



Do you have debilitating Arthritis? Swollen painful joints---medications that don't help? Dr. McDougall challenges you in this short video to see symptom reversals in 4-7 days. Can you believe that! [Check out the video.](#)

Recipe of the Month

It's time to get back to a more normal eating plan after indulging in Christmas and New Year's foods and festivities. Barbara has come up with a dessert that may take the edge off of the recovery. The rum-raisin and apples with coconut cream will make for a happy New Year start! [Check it out.](#)



Personal Life Update

Hal and I have survived another year, and we are very grateful for this. Some years can be more stressful than others, but with determination and faith, things usually always get better.

Then there are the little things. I sometimes think that I am tired of cleaning our house, but then I remember how blessed we are to have our own home. Preparing another meal can be boring (sometimes), but how fortunate we are to always have food.

The first part of the New Year is a good time for all of us to take inventory and be thankful for all the good things we already have, and it can also be a very energizing time for setting new goals about what is really important in life.

From our home to your home we wish you and yours a very healthy and Happy New Year.

Recommended Resource



I have taken Barley juice powder since 1999 when I was recovering from prostate cancer. It was and still is my main source of good plant based nutrition. By now you know that green foods pack a power package

that includes vitamins, minerals and phytochemicals. BarleyLife, through the cold juice processing of the young green plant, gives you one of the highest nutritional values of all green plants and maintains the super important enzymes. One rounded teaspoon of the powder gives you the equivalent of 3 servings of vegetables. I wouldn't be without it! [Check it out.](#)

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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