

Get Healthy Eating Newsletter

Issue #42 February 15, 2017



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 43. We hope you enjoy it. **Colors, colors, and more colors.** It's important for you to consume vegetables of intense color. The health benefits are enormous.

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Thought for the Month

Did you know that Peruvians get a lot of their protein from potatoes? Researchers have found that potatoes supplied all of the protein and amino acids for young children in times of famine. Many populations such as Poland and Russia in the 19th century flourished on the white potato as a protein and carbohydrate source. Have you ever heard of an American diagnosed with a medical problem from lack of protein? The



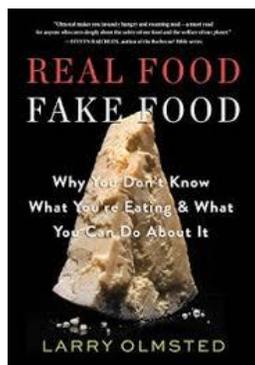
World Health Organization says the minimum protein requirement are 5% of total calories a day. Americans eat 15-35% per day! We know from the China Study that consuming more than 10% of your calories a day in **animal** protein can lead to chronic illnesses. I know it's difficult to reprogram your mind regarding protein needs, but we have been given a lot of bad information about food requirements. Stay the course.

Quote of the Month

*"I'm not much of a conspiracy theory type person. But I've come to believe that **American medicine is not about helping people get well.** It's about managing disease, and selling drugs and, creating money through the paradigm of patient treatment."*

Dr. Ben Johnson MD, NMD, DO

Book of the Month



The current news trend seems to be "fake news" along with fake food that includes parmesan cheese made with wood pulp, lobster rolls without lobster, extra virgin olive oil that is compromised with other oil. Larry Olmsted, shows us what we can do about it.

Video of the Month



Dr. Ben Johnson MD, DO, NMD

This short 3:51 minute video with Dr. Ben Johnson MD, DO, NMD and Ty Bollinger explores the likelihood of common medical testing and treatment causing cancer.

Will we ever learn?

[Check out the video.](#)

Recipe of the Month

Would you ever believe that Broccoli and Asparagus have more protein than beef, milk or eggs? These veggies provide 330 plus grams of **essential amino acids** (human protein requirements) per day compared with meat at 276/grams per day. Momma always knew best--**EAT YOUR VEGGIES!** Here's Barbara's recipe for broccoli: [Check it out.](#)



Personal Life Update



Our Walking Mini-Vacation

Recently we took our annual vacation to St. Augustine, FL, which we consider a “walking vacation”. We arrived in the city at our Bed and Breakfast room, put on our walking shoes and got going. St. Augustine is a historic city on the Atlantic Ocean and filled with old world charm including a 17th century Spanish stone fortress to include on your walking tour. Wherever you go on your next vacation, take your walking shoes and get some great exercise while seeing the sights. We wish you happy, healthy traveling.

Recommended Resource

Asparagus is one of the garden’s super foods. Along with broccoli it has more protein than animal products and also has fantastic other healthy qualities.



Some of them are: anti-viral, anti-cancer, anti-inflammatory, helps to prevent cataracts, detoxifies, lowers cholesterol, reduce heart disease risk, prevent varicose veins, great anti-oxidant, reduces acne and many more attributes. Wow! It may be hard for you to get used to eating asparagus, but as you can see, the benefits are superb. The same recipe for **Barbara’s broccoli** will make you happy that you have included asparagus.

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#.UOLo-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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