

Get Healthy Eating Newsletter

Issue #43 March 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. Let's just hang out for a while! These White Ibis at Cedar Key, Florida are relaxing and taking a break from foraging for food. Maybe we should take a lesson from them. They don't seem to be overweight and sick. Eating just enough of the right stuff may be the answer.

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Thought for the Month



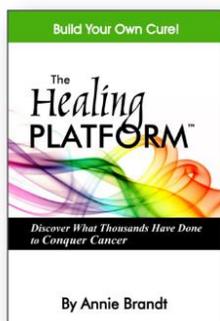
In a 2011 [study](#) published in JAMA, a team of experts evaluated data on more than 34,000 people age 65 and up living outside nursing homes. They concluded that seniors who can walk faster than 1.8 miles per hour are in the top half of the life expectancy chart, and that being able to walk 2.7 miles in an hour would give you “exceptional life expectancy.” On the other hand, if you become less mobile and slip into an inactive life, your health could slip too or even spiral downwards.

Quote of the Month

“When I recently asked my five-year-old neighbor what Valentine’s Day is for, she did not hesitate. Her wide-eyed response was, “We make heart cookies and say I love you and hug each other, especially old people.” Thinking that I would most certainly, from her viewpoint, be included in that category of ‘old people,’ I asked her why she felt old people in particular needed hugs. Like any good sociologist her age would observe, she answered, “Because it makes them smile. Then they’ll play with me.” Dean Ornish MD

Book of the Month

Straight talk from a Stage 4 cancer survivor who went on to create the Best Answer for Cancer Foundation that certifies physicians in integrative oncology and educates patients about treatment options for cancer and chronic disease. **Annie Brandt** shares her recovery and passion for real ways to overcome the dreaded disease.



Video of the Month



In this interview with Dr. Mercola, Annie Brandt shares many ideas from her book “**The Healing Platform—Build Your own Cure.**” In her 16 year survival from stage 4 cancer, she reveals many avenues for success. She found that if you already have cancer, diet change alone may not be enough for recovery.

[Check out the video.](#)

Recipe of the Month

This **Caponata** recipe from **Martha Rose Shulman** is a Sicilian sweet and sour version of ratatouille. Because eggplant absorbs flavors like a sponge, it’s particularly good in such a pungent dish. Like most eggplant dishes, this gets better overnight. It’s meant to be served at room temperature, and I like it cold as well. It makes a great topping for bruschetta. [Check it out.](#)



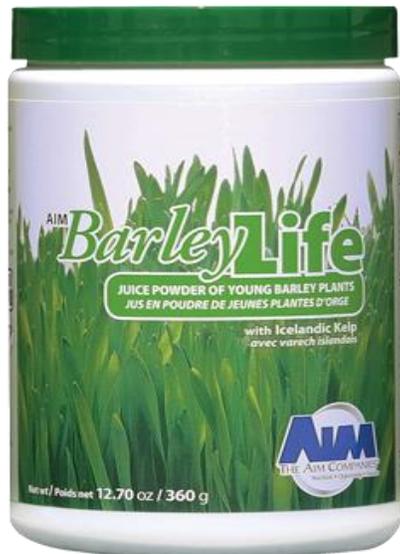
Personal Life Update

We are getting to work and making changes (hopefully good ones) to our website navigation, so it will be easier to find information. Since the first of the year our visitors have tripled--YEA! We will keep bringing new ideas and breakthroughs, not only for healthy eating, but also how to recover from illnesses and staying healthy naturally.

Recommended Resource

BETTER THAN ORGANIC! This is an important statement by Phillip Jerman—AIM Quality Assurance Biologist

None of the AIM products contain the USDA Organic Certification. We have instead chosen to state that our products are residue-free. This can be confusing but here is what we do from a QA (Quality Assurance) and testing perspective. Our products are grown under organic standards and some ingredients are certified organic however we do not certify our packaging facilities organic. Instead we test for the absence of pesticides, herbicides and



fungicides and herbicides. In addition, we also test for residual solvents which have over 25 different classes of solvents. The appearance of any of these chemicals will

result in an immediate rejection by QA. The testing does not end there - we also test for microbiological (bacteria) safety, heavy metals and several other markers to ensure the highest quality, safest products for our members. Now organic is a standard that is hard to achieve for any farmer or packager and holds a high standard of quality. The difference between an organic product and AIM is that once a field has been organically certified it is not required to be tested to the standard that AIM tests their products. [Check out Aim Barley Life.](#)

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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