

Get Healthy Eating Newsletter

Issue #44 April 15, 2017



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 44. We hope you enjoy it. We see the main components of the Standard American Diet (SAD) in the photo this month. They are mostly animal products accompanied by processed foods that contain all sorts of sugars, chemicals, dyes, preservatives, GMOs, and who knows what else. What more will they add?

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Thought for the Month

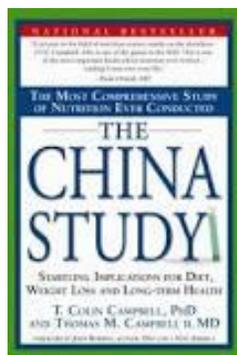
I often think of the price that we pay for living in the “modern” world. All the advertisements and food shows tell us that everything is wonderful. Eat hearty, mates—it’s all good for you! Combine this with stress and you have a recipe for sickness. If you do get sick, all you have to do is call on your local doctor and--Viola!--return to health is just a chemical pill away. Is this healthy living? However, when we take control of our health, good things begin to happen. The change to self-controlled health is never easy, but when you do change and feel the benefits, you will have a happier life and stress no longer has its lasting effects. The positive attitude of self-control makes all difference.

Quote of the Month

“With industry’s sales and marketing machines cloaked in mantles of charitable virtue, no wonder most Americans don’t realize that the junk that passes for food is in fact the biggest contributor to our health crisis, and the junk that passes for medicine keeps us just well enough to continue to spend on both the food and the medicine.”

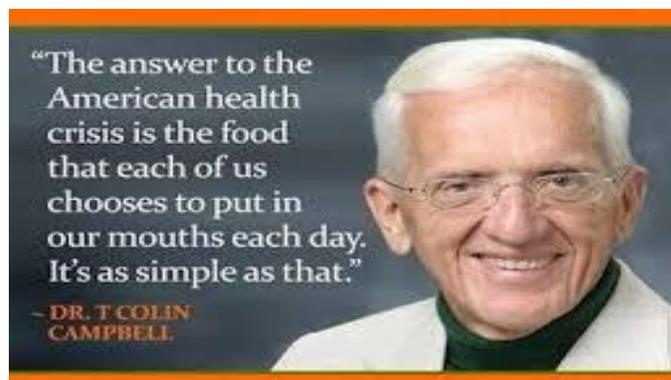
T. Colin Campbell, Whole: Rethinking the Science of Nutrition

Book of the Month



It’s time to return to the science based book that is the backbone of the plant based food revolution. Dr. T. Colin Campbell’s book “The China Study.” As far as I am concerned it is an absolute requirement to start your journey to health. If you don’t know what you don’t know, it can be very dangerous state of mind. This book will let you know!

Video of the Month



If you are trying to decide if a change in lifestyle will also change your health, you may want to watch this video lecture with Dr. Campbell. [Check out the video.](#)

Recipe of the Month

Beans, potatoes and escarole make an excellent soup! This is Barbara’s favorite of

the healthy soup recipes. It is a makeover from a vegetable dish our neighbor brought to our house as her contribution to the dinner that



we host for our health classes. [The recipe.](#)

Personal Life Update

Recently we attended a funeral for the wife of a couple that have been good friends since our college days 60 years ago. We shared many good times, and we are grateful for the memories.

Life seems to always have its ups and downs no matter how old you are or how successful you have been.

During all the busy years of work and many obligations we have to meet, it’s important to take time to build good memories with those you love and who add meaning to your life.

Recommended Resource

Barbara and I use the **Berkey Water Filtration System** every day. It even goes on vacations with us. We wouldn't be without it. **The Berkey goes beyond filtering---it is a water purifier.** If the water is cut off in your home, you can use water from wells, ponds, lakes or rivers in your [Berkey](#) and have perfectly pure water. It is gravity fed and needs no power. It removes viruses to purification standards, pathogenic bacteria, cysts and parasites to non-detectable levels, and harmful or unwanted chemicals to below detectable levels.



The average cost per gallon is 1.7 cents. You can even add Fluoride filters if your municipal water supply has dangerous Fluoride added. The **Berkey** has the ability to reduce toxic heavy metals such as lead and mercury without removing the beneficial and nutritional minerals needed to

support a healthy body and mind. Make your own comparisons to other mainstream filters. We live in a toxic chemical and pathogenic world. Pure water is necessary to sustain a healthy life. Municipal water supplies are becoming ever more compromised with chemicals, narcotics, anti-depressants, prescription drugs, and on and on. The **Berkey** offers relief from our toxic water supplies like no other! [For more info and pricing click here.](#)

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.

We are not doctors. All views in this newsletter are our own, based upon experience. Please consult your doctor before changing your eating habits or starting a new exercise routine. The newsletter is protected by federal copyright laws. Feel free to share this newsletter with family and friends, but do not modify, republish the content, or take credit for the content in any way. **Affiliate Disclosure:** Please know that we do make money from some of the products and services that we recommend to you.