

Get Healthy Eating Newsletter

Issue #45 May 15, 2017



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 45. We hope you enjoy it. One of our favorite side dishes that Barbara prepares is roasted veggies. This photo has a combination of potatoes, carrots, yellow & red peppers, turnips, and Brussel sprouts. It's a healthy & hearty addition to any meal.

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Thought for the Month

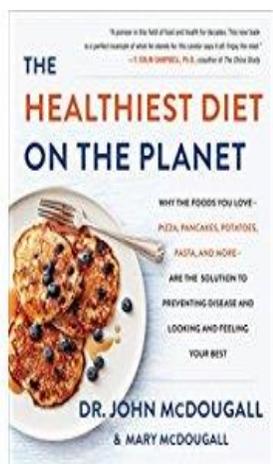
Summer is rapidly approaching and it's time for playing and vacationing in the sun. Most Americans believe that sun exposure is the culprit causing melanoma. **The truth is lack of sun is the problem.** Vitamin D that is made by the body in the presence of sunlight helps to prevent all types of cancers. Sunlight has two types of ultra violet rays, UVB and UVA. The UVB produces vitamin D which is beneficial in destroying cancer cells. The optimum time to get the most UVB is between 10:00AM and 1:00PM. Exposure for 10 to 20 minutes is all you need to produce the maximum amount of vitamin D. Sunscreen prevents the formation of vitamin D and most formulas can cause other health issues. If you have to be in the sun for a long time, be sure to cover up as best you can. Over exposure to both of the powerful sun's rays is harmful. Consume a plant-based diet that is rich in antioxidants and this will help to protect you from over exposure.

Quote of the Month

As written in [The Lancet](#):

"Paradoxically, outdoor workers have a decreased risk of melanoma compared with indoor workers, suggesting that chronic sunlight exposure can have a protective effect."

Book of the Month



In the latest book by Dr. John and Mary McDougall, you will find that eating carbs is not only good for you, it is essential for good health. The popular diets today are heavy with fats. The book explains the problems with the animal protein and fat diets.

Video of the Month



Dr. McDougall explains in this short video the problems of a high protein and high fat diet. The current low carbohydrate diet fads are leading the public to long-term health problems. [Check out the video.](#)

Recipe of the Month

Roasting vegetables in a big batch is one of the ways you can save time in putting multiple meals together. For one meal they can be a side dish. Another idea is to incorporate cold left-overs in a salad. The next day you might add mushrooms or tofu with a brown sauce and



make a fine stew with pasta or rice. You can do the same thing with other batch cooking using beans and rice as the base. By planning ahead, batch cooking can save you both time in the kitchen and having to clean up the mess each day. Be creative---you can do it! [Recipe.](#)

Personal Life Update

Last month we had a great time attending Hal's 65th high school reunion in Tampa, Florida with about 40 classmates who were able to attend. Believe it or not, there was lots of laughter, funny stories and good memories to share. I think a good time was had by all.



Hal Reid and The Reveand Carl Edwards and his wife Janet Ray Edwards

Recommended Resource

Cedar Key Spice is a wonderful product. It is billed as "the only spice that you will ever need in the kitchen." Barbara and I use it almost every day. The unique blend of garlic and herbs make a great flavor enhancer for all vegetables, salads, salad dressings and marinades, seafood and meat dishes. Of course we are sort of biased since our son, Regan, developed the spice over many years as a chef after graduating from the **Culinary Institute of America**. It makes a great gift for someone that really enjoys good food.



[Try some today.](#) You'll like 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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