

Get Healthy Eating Newsletter

Issue #46 June 15, 2017



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 46. We hope you enjoy it. It's summertime and the living is easy! Take time to enjoy the bounty of fruits that are available. They are loaded with nutrients and fiber. Remember, ladies need a **minimum** of 25 grams of fiber a day and men need 35 grams. Fruit will also reduce your dependence on refined sugars that are a detriment to your health.

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Thought for the Month

Who would suspect that a simple thing such as taking a shower could be detrimental to your health? If you have municipal water service, you have chlorine or possibly chloramines added that create health risk.



Your skin being the largest organ of your body absorbs more chlorine and other added chemicals than if you were drinking the water. Hot water can make chlorine into a gas form which is even more hazardous. I urge you to install a shower filter to reduce the chemical intake in your body. Check with your water supplier to find out if they are using chloramines. It will take a special filter to correct this problem which can be more severe than chlorine. For more information on filtering your shower water [click here](#).

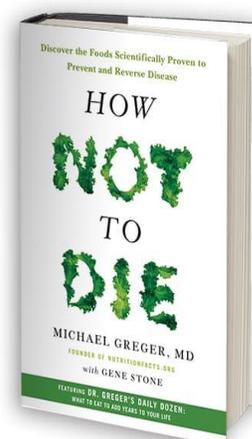
Quote of the Month

“All told, there has been little incentive for physicians to study alternate ways to manage disease, so the mechanical/procedural approach continues to dominate the profession even though it offers little to the unsuspecting millions about to become the next victims of disease. Modern hospitals offer almost nothing to enhance public health. They are cathedrals of sickness.”

Caldwell Esselstyn, Jr., MD

Book of the Month

Michael Greger, MD is a physician, author, and international speaker on health issues. His book “How Not to Die” reviews many chronic diseases and suggest a healthier plant- based approach to correct many of the unhealthy problems. Dr. Greger has a non- profit [website](#) that keeps up with the latest medical claims and innovations.



The New York Times
A New York Times Best Seller!

Video of the Month

In this beautifully made video, “**Prescription Nutrition: Green Revolution,**” Dr. Greger explores the beauty and art of making plant-based meals that enhance the taste buds and makes healthy eating a joy. [Click here](#).



Recipe of the Month

This dessert of Barbara’s is a delight any time of the year. It is made without dairy or refined sugar. You will not believe the ingredients and you will love the chocolate flavor with the accompanying fruit topping. Try it, you’ll like it, and it will like you! [Click for the recipe](#).



Personal Life Update

Here Today and Grown Up Tomorrow!



Love them while you have them. Our grandson, Jack, has just graduated from high school. It seems like just yesterday he was a carefree kid. They grow up fast and leave home with their own agenda for

the future. Here is a favorite photo of Jack and friends in the days of growing up carefree.

Recommended Resource

The Elmhurst Dairy was started in 1920 in Queens, New York City, by the Schwartz family. It became the largest dairy on the east coast supplying 7 million people in the metropolitan area. With the changing times the Schwartz grandsons abandoned the dairy business and they now produce almond, walnut, cashew and hazelnut based milks and renamed the company “Elmhurst.”



They developed a cold milling process that preserves more of the nutrients. The milks are made with 4 times the amount of nuts found in other brand nut milks. Publix in Florida carries the brand. [More Information.](#)

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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