

Get Healthy Eating Newsletter

Issue #47 July 15, 2017



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 47. We hope you enjoy it. Just think, the meal in the photo is perfect for your new lifestyle. Hearty red beans and whole grain brown rice. This dish is loaded with proteins, carbohydrates, a little bit of fat, and lots of fiber. It's the type of food that most of the world lives on and it's appetite satisfying! Try some this week. Your ultimate health may depend on it.

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Thought for the Month

Should we eat eggs? Eggs have no fiber, mostly saturated fat, and contain 213 grams of cholesterol per egg. Your body makes all the cholesterol it needs by itself. Because of their fragile and porous nature, eggs are



susceptible to salmonella in crowded egg farms.

Studies have shown that an increase in colon cancers occurs when consuming just 1.5 eggs a week. Men that ate 2.5 eggs per week increase their risk of prostate cancer by 81% according to a National Institute of Health study.

Heart disease and diabetes are also influenced by excess consumption of eggs. Even the egg whites alone contribute a concentrated amount of animal protein which is found in the Standard American Diet (SAD).

Eat more plants and enjoy fabulous health!

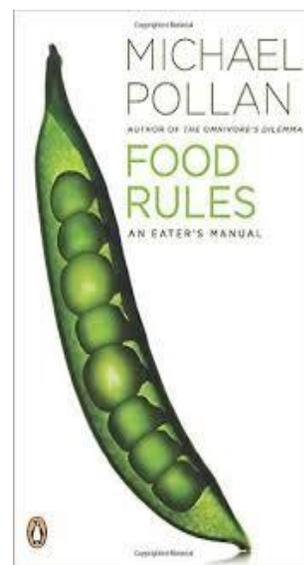
Quote of the Month

"...There's a lot of money in the Western diet. The more you process any food, the more profitable it becomes. The healthcare industry makes more money treating chronic diseases (which account for three quarters of the \$2 trillion plus we spend each year on health care in this country) than preventing them."

Michael Pollan, *Food Rules: An Eater's Manual*

Book of the Month

Michael Pollan is a witty and serious author of how to feed yourself in this complicated world of processed foods that are mostly non-foods. Food advertising wallops us everywhere we turn. Pollan draws from the history of cultures that seem to have many common characteristics in their food habits. This is a great guide for anyone that has ever wondered "What should I eat?"



Video of the Month



If you are serious about a new healthy lifestyle, you must watch the classic film "FORKS OVER KNIVES". In the movie you will see ordinary folks, including the surprised film producer, with serious health issues regain their health through applying a plant based lifestyle. [Watch this movie trailer.](#)

Recipe of the Month

Beans, Beans, and more beans! I can't think of a more perfect food than legumes of all kinds. Barbara's recipe for black beans is one of my favorites. One cup provides 78% of your protein daily requirements. You can add to salads or make bean soup for the next meal. [Recipe.](#)



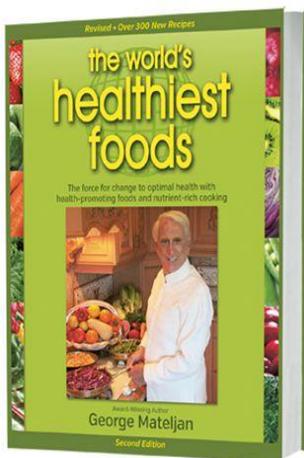
Personal Life Update

Celebrating Independence Day

On July 4th, being an annual patriotic holiday for Americans, we celebrated the birth of this wonderful nation with our daughter and friends on the St. Johns River in Central Florida. This special day reminds us of all who sacrificed their lives to win our freedom, and also those who have helped preserve this great nation through the years. For this great blessing, our hearts are very thankful.



Recommended Resource



If you have ever had questions about food, this 1,000 page book authored by **George Mateljan** has the answers. He has covered all bases that include such items as a nutrient-richness chart, flavor tips, best way to select, store, prepare and cook the individual food item. You will also

find shopping list, recipes, quick serving ideas, and many more useful subjects. For instance, the reference on **asparagus** has 7 pages devoted to everything you ever wanted to know about this wonderful vegetable. It's truly a magnificent resource to have in your library.

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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