

Get Healthy Eating Newsletter

Issue #48 August 15, 2017



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 48. We hope you enjoy it. Another of our favorite side dishes that Barbara prepares is baby Bok Choy. This nutrient packed veggie has been used in Oriental cooking for over 1500 years and is now found in many local food markets. Flavored with garlic, soy sauce and a vegetable broth it makes for a wonderful accompaniment to any meal. You'll like it.

Table of Contents

- Thought of the Month
 - Quote of the Month
 - Book of the Month
 - Video of the Month
 - Recipe of the Month
 - Personal Life Update
 - Recommended Resources
 - About Us
 - Contact
-

Thought for the Month

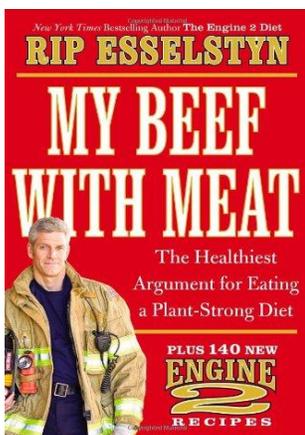


I am really inspired by a medical doctor that was diagnosed with Multiple Sclerosis and decided to change her lifestyle to a plant-based regimen. Saray Stancic, MD was diagnosed with MS in 1995. She eventually became wheelchair dependent and was losing hope of ever recovering after years of medical treatment. Guess what, she decided that maybe food might have something to do with her sickness. I'll let Dr. Stancic tell her story in this brief essay. I hope it inspires you as it has inspired me. [Her Story.](#)

Quote of the Month

“Day by day, you’ll be making your best effort at creating better health. And day by day, you’ll find yourself looking better, weighing less, and feeling more energy and confidence. It doesn’t happen without effort. But that’s what makes it great. You earn the right to be healthier, happier, more vital, beautiful, and alive. Enjoy it. You deserve to look and feel great.”
— John A. McDougall, *The McDougall Program for Maximum Weight Loss*

Book of the Month



Rip Esselstyn sets out to convince beef eaters that eating plants can correct many ills of a carnivore-based diet. He exposes the myths and problems of the Mediterranean and Paleo diets. He also arms the reader with facts for the carnivore to digest. [Review the book.](#)

Video of the Month



The Organic Center made a 1:54 minute cartoon video titled “The Organic Center Digs Deeper on Soil Health” to explain basic organic benefits. It’s fun to watch and your kids and/or grandchildren can start to understand the organic food revolution that is now taking place. Keep on eating those organics! [Check out the video.](#)

Recipe of the Month



Baby Bok Choy can be found in many fresh food markets today. It has a higher concentration of Vitamin A and Beta Carotene than others in the cabbage family. We have found that Bok Choy is a wonderful alternative among cruciferous vegetables. It is easy to prepare, has a chewable texture, and is mild in taste. This veggie is loaded with other health benefits such as anti-oxidants, flavonoids, and phenolic acids. [Check out the recipe.](#)

Personal Life Update



We have a friend who had surgery a couple of years ago to remove a cancer. She thought she was cancer free, but now is told the cancer has returned. A couple of months ago, Hal suggested that she try Protocol. It lets the

cancer cells die by lowering the voltage in the body without harming healthy cells. This is the first time we have recommended that someone actually use this product. Our friend takes the Protocol exactly as it is prescribed, and the results have been amazing. It is non-prescription and very inexpensive. It is also a powerful antioxidant. Check out our brief review of Protocol. [Click here.](#)

Recommended Resource



The **Natural Import Company** based in North Carolina offers the finest traditional Japanese foods. Their principal import brand is the **Mitoku Company** that supports Japanese families who make artisan foods from time

honored traditional methods. We use many of their products. My favorite is the soy sauce (Shoyu) made by the **Tomatsu family**. They have been producing this shoyu for over 100 years, aging it for 2 plus years in wood casks. The flavor is like a fine wine. Mitoku's slogan is "Food is Medicine." [Check them out.](#)

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.