

# Get Healthy Eating Newsletter

Issue #49 September 15, 2017



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 49. We hope you enjoy it. This is one of our favorite dinner meals that Barbara prepares. It has a combination of pasta, sautéed tofu, carrots, sugar snap peas, green peas, baby kale, and cucumbers. Served with a peanut sauce—it will make your tummy happy!

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## Thought for the Month

It's important to take good care of your body all the time. You will see from the list below that we are not stuck with the same old body parts throughout our lives. We get new regenerated ones on a particular schedule. It's worth feeding the body with good food so that your new body parts will grow and prosper.

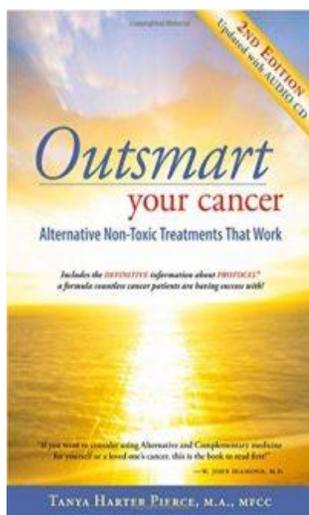
- new heart every 20 years
- new bones every decade
- new hair every 3-6 years
- new nails every 6-10 months
- new red blood cells every 4 months
- new liver every 5 months
- new outer layer of skin every month
- new lungs every three weeks
- new taste buds every two weeks
- new stomach lining every 2-3 days

## Quote of the Month

*“The need for love and intimacy is a fundamental human need, as primal as the need for food, water and air.”*

Dean Ornish, MD

## Book of the Month



I've mentioned this book before but, after rereading Tanya Pierce's book, "Outsmart Your Cancer" I have to recommend it again to all who are researching alternative cancer cures. It details 21 non-toxic treatments for cancer. Many are inexpensive and you will avoid the barbarism of medicine today. [Check it out.](#)

## Video of the Month



Dr. McDougall explains in this short video the problems with current breast cancer treatment. The state of this medical art is barbaric. [Check out the video.](#)

## Recipe of the Month

### Tofu and Mixed Vegetables with Pasta

Don't like tofu? Tofu has no flavor of its own, but when you marinate it in a little dry sherry, Bragg Liquid Aminos and garlic powder, then sautés in a little olive oil until browned on each side, you have a very tasty tofu to add to your entree. Add a little of your favorite peanut sauce or dressing, and you have a memorable meal. [Check out the recipe.](#)



## Personal Life Update



The fish are biting, the breeze is blowing, the mornings and evenings are like “artwork” in the sky, there are no traffic jams on the island, and the TV is rarely on, but there IS “happy hour” every day!

We have just returned from our favorite island which is little more than just a popular fishing village in Florida.

Some people might think this island is not a glamorous enough place to spend your vacation, but for us it is the perfect place to let the world just pass us by.

## Recommended Resource

I ran across this **African Black Soap** by accident. After reading about the history of African soap production, I settled on this more modern version that is wonderful for dry skin and many skin disorders. It will absorb excess oil, calm and clear blemishes, and help to relieve symptoms of eczema and psoriasis. You can purchase the primitive variety that has more basic ingredients but also may contain solids that could scratch the skin. [Check it 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](mailto:whybsic@gmail.com). We look forward to hearing from you.

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