

Get Healthy Eating Newsletter

Issue #50 October 15, 2017



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 50. We hope you enjoy it. Pumpkins, leaves changing colors, apple cider, Jack Frost returning---autumn and harvest time are here. Make the most of all the bounty of the fall harvest and stay healthy.

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Thought for the Month

We are approaching the time of the year when flu shot offers are seen everywhere. It's time to inject ourselves with foreign bodies and chemicals to ward off the dangers of flu. Are they serious?



You will be threatened with the idea that you are putting your health at risk if you do not comply. The media, doctors, and pharmacist have their megaphones out to spread the word.

Is this idea safe? Is it needed? Is it a program to place more dollars in the coffers of big pharma? Barbara and I have never had a flu shot. Since we have been on basically a whole food plant-based diet for the last 20 years, we have not even had a common cold.

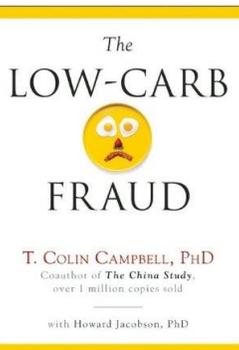
Here's a link to review 10 reasons why you should not have a flu shot. Do your research and make up your own mind without the media hype and all. [Check it out.](#)

Quote of the Month

"If You Don't Change Your Mind, You Won't Change Your Lifestyle."

Dr. Brian Clement, Hippocrates Institute

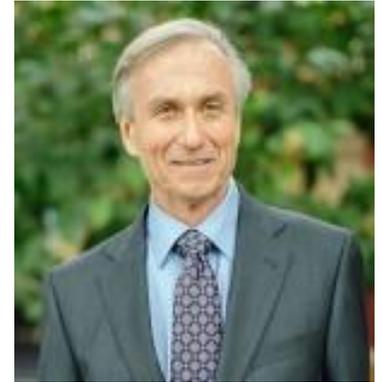
Book of the Month



This little book of T. Colin Campbell, PhD puts to rest the fraud of the low-carb diet fads that encircle us today. You will learn that the **quality** of calories controls the engine of the body, not the numerical calorie value alone. Low-carb diets are not sustainable and will be detrimental in the long run. Campbell reviews many lowly low-carb diets. [Check it out.](#)

Video of the Month

Dr. John McDougall explains in this short 2:19 minute video the problems with the current low-carb diets. Don't be misled by these fads. If you adopt a low-carb diet, your long term health will be at risk. [Check out the video.](#)



Recipe of the Month

Beans, potatoes and escarole make an excellent soup!



This is our favorite of the healthy soup recipes. It is a "make over" from a vegetable dish our neighbor brought to the house as her contribution to a dinner that we host for our health classes. This dish was yummy! Barbara has made her version of the vegetable dish into a soup. [Try it, you'll like it!](#)

Personal Life Update

Well, we made it! How fortunate we were to have hurricane Irma only give us 70 mile an hour winds in Central Florida. I think it is interesting to note that exactly 57 years prior to the date of September 10 when we experienced hurricane Irma, we were going through Hurricane Donna on September 10th, 1960 in Naples, Florida. The winds were clocked to be steady at 140 miles an hour with gusts up to 175. This storm was very bad, and Naples was declared a national disaster area.

We know from experience the destructive power of the hurricane force, and it can be a life changing experience for those affected by it. So, our prayers are with those in Texas and Puerto Rico who have been devastated by enormous wind power and flooding waters from hurricane Irma.

Recommended Resource

The ideal skin lotion is **coconut oil**. It softens



and protects the skin, promotes healing, protects against free radical damage, keeps the skin strong and supple. Even many pre-cancerous lesions have disappeared with daily use. Coconut oil aids in long term healing. Most lotions give only temporary relief and in some cases accelerates aging. You may want to find out the details of using coconut oil by reading **Bruce Fife's book, The Coconut Oil Miracle.** [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. We look forward to hearing from you.

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