

Get Healthy Eating Newsletter

Issue #51 November 15, 2017



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. Here is issue # 51. We hope you enjoy it. **Tis the season for APPLES! Remember, “An apple a day keeps the doctor away.”** Apples are rich in antioxidants, dietary fiber, vitamins A, C, and K, biotin and iodine. All of these are essential to good health. Whole foods are always the best way to get your supplements and they are not expensive.

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

Iatrogenic deaths are defined as deaths caused by medical treatment. **Iatrogenic deaths are the third leading cause of death in the USA.** Some 250,000 of us expire earlier than we should. Is anyone listening in the medical / pharma / gov / food cabal? It's the equivalent of *more than* two jumbo jets (280 passengers each) crashing every day for a year! Did you know this? If we lost this many in wars, the public outcry would never cease.

I think one of the greatest incentives to live a healthy lifestyle is the knowledge of iatrogenic death rates. In our country, we have the best emergency medical treatment in the world. The remaining medical treatment of chronic diseases is mostly a dismal failure and is still offered as a solution. If you have any of the usual *American sicknesses* such as heart disease, cancer, diabetes, obesity, arthritis, etcetera, ask your doctor the next time you see him or her this simple question, "Will your recommended treatment cure my condition?" Don't become an iatrogenic statistic!

Quote of the Month

"Eating even two teaspoons of sugar creates a wide range of deficiencies and toxicities for a period of six to eight hours, causing massive cellular malfunction." Raymond Francis

Book of the Month

Never Be Sick Again

One Disease • Two Causes • Six Pathways

Health Is a Choice
Learn How to Choose It

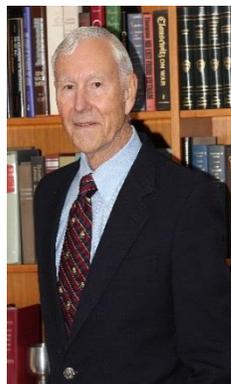
Raymond Francis, M.Sc.
with Keester Cotton

Foreword by
Harvey Diamond
Coauthor of the
#1 New York Times
Bestseller *Fit for Life*



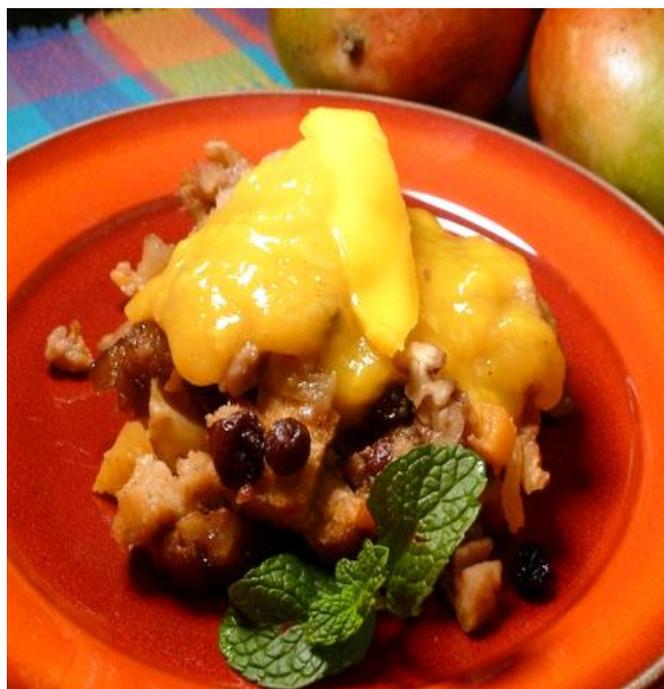
Raymond Francis in his book, "**Never Be Sick Again**" reveals his revolutionary ideas on health & disease. He defines the six paths to health and disease: nutrition, toxins, psychological, physical, genetic, and medical. What is health? What is disease? Why do people get sick? How can disease be prevented or reversed?

Video of the Month



Raymond Francis asks the question, "**Is Honey Safe?**" in this 3:21 minute video. Raymond is a chemistry graduate of MIT and was on his death watch at age 48 after being treated by numerous medical doctors. He finally used his knowledge of biochemistry to save himself. He is now in his 80's and going strong. In the video, I would reduce his recommendation of the amount of honey that can be taken daily. [Check out the video.](#)

Recipe of the Month



Bread Pudding with Mango Sauce

This bread pudding recipe is the one that takes the place of an "old" bread pudding recipe that contained lots of eggs and milk. The old recipe was memorably delicious. However, the time came to replace those ingredients with healthier ones, and this recipe is a satisfying replacement. [Hope you enjoy!](#)

Personal Life Update



Our Greek salad presented above is a special salad we prepare for a celebration. It is comprised of lots of romaine, cucumbers, radishes, green onions, pepperoncini, red beets, green peppers, tomatoes, potato salad, feta cheese and a few anchovies. The original Greek salad was prepared at Louis Papas restaurant in Tarpon Springs, FL. We prepared the salad to celebrate Hal's 83rd birthday. A good time was had by all.

Recommended Resource

Honey Feast honey is a sweetener that you have been waiting for. When I saw the "Mangrove" title on the honey bottle, I knew it was something special from Florida and their location was close to our home. Most honey in the markets has been compromised with foreign-sourced honey and other additives. It's worth your time and health, if you are using honey, to review **Honey Feast's** website and find the many reasons that their honey is a great pure product. They have many varieties of wildflower honey and real orange blossom honey. [Try some today.](#) You'll like it!



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.