

# Get Healthy Eating Newsletter

Issue #52 December 15, 2017



The *Get Healthy Eating Newsletter* is designed to educate, help and inspire you to take control of your health. We have repeated this image from an old postcard every year to send you Holydays greetings from Florida. These were the girls of Cypress Gardens that changed their snow skis to water skis. The tourist attraction started in 1936 in central Florida.

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## Thought for the Month

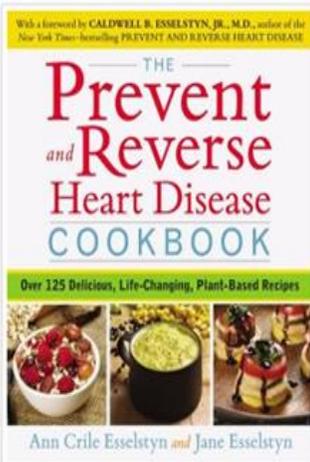
This December issue will be our last newsletter. Barbara and I felt that it was time to place our efforts in other ways to bring more light to our mission to show why Americans suffer from poor health decisions. The food that Americans consume, the stress that we harbor, the reverence for the medical solutions that only treat symptoms—all contribute to sickness and loss of the idea that we have been given a beautiful self-healing body. To make the self-healing work, you have to fuel the engine correctly and quiet the mind. You can do it. A lady in our recent health class changed her diet and in only 3 weeks she was relieved of a constant pain in her foot and shoulder that had been unsuccessfully treated for years by the medical world. The rewards of a plant-based lifestyle are there for all of us if we only have the determination to give it a try. Barbara and I wish you a healthy and long life.

## Quote of the Month

*“If the truth be known, coronary artery disease is a toothless paper tiger that need never ever exist and if it does exist it need never ever progress.”*

Caldwell Esselstyn, MD

## Book of the Month



Ann Crile Esselstyn and Jane Esselstyn are a mother-daughter team that have been developing delicious plant-based meals for their family and Dr. Esselstyn's many heart patients. It means keeping your heart healthy and enjoying good food.

[Check it out.](#)

## Video of the Month



Dr. Michael Greger, MD explains in this video the problems with the current **high fat Atkins type diets**. Don't be misled by these fads. If you adopt a high fat, low carb diet, your long-term health will be at risk. [Check out the video.](#)

## Recipe of the Month

Rum, Raisins, and Apples with Coconut Milk



This is one of the easiest healthy dessert recipes to make and it's special enough for a holiday meal. The alcohol in the rum is cooked away leaving just the extra flavor of the spicy rum. It is also low in fat and sugar so you can enjoy it any time! [The recipe.](#)

## Personal Life Update

### A Cookbook for Healthy Eating

People continue to ask us, “Well, if we don’t eat meat, what is there to eat?”

To us this is very sad and certainly a big challenge to help people find the healthy whole foods that are delicious to eat. When people change from a diet primarily made up of animal products, including dairy, they have a whole new life to enjoy without pain and sickness as well as a decline in the number of prescription drugs they are consuming.

Barbara has started on a cookbook made up of healthy eating. She is a passionate cook that loves the taste of good food that satisfies hunger as well as the soul and excellent health.

So, it is her mission to put together recipes that people can enjoy, not just for special occasions, but for everyday living.

It is time to get the cookbook finished!

## Recommended Resource



**Pink Himalayan Sea Salt** is a wonderful healthy seasoning for all of your kitchen needs. It re-mineralizes your body with essential minerals and trace elements not found in common table salt. It is rich in Calcium, Magnesium, Potassium, Copper and Iron and is available in 3 grain sizes. [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](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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