

# Get Healthy Eating Newsletter

Issue #6 February 15, 2014



The [Get Healthy Eating Newsletter](#) is designed to educate, help, and inspire you to take control of your health. Each issue is jam packed with nutrition and general health tips that will help you maintain and improve your health. Our newsletter is published on the 15<sup>th</sup> of each month and sent out by email. The photo above is one of Barbara's super healthy and yummy desserts.

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## Announcements

Here is issue # 6. Hope you enjoy this issue. If you have any feedback about the content, the layout or have any suggestions to improve our newsletter please send us an email.

## Thought of the Month

If I had to select one part of a plant-based diet that would be the most important, it would have to be juicing for health. When you drink live juices, the cells are flooded with life giving nutrients. One of the most important ingredients from live plants is the active enzymes that your body uses to transform nutrients into usable form for cellular health and growth. When you cook any live food all of the enzymes are lost. The body then has to manufacture its own enzymes to do the work. By consuming live food the body does not have to work overtime to



produce enzymes that are needed to process cooked dead food. Most commercial bottled juice has been pasteurized and is without active enzymes. The only way to get the most benefit of juicing is with fresh vegetables and juice powders that have been cold processed so they retain their active enzymes when

reconstituted with water or juice. Fresh, live vegetable juice is loaded with minerals, vitamins, phytonutrients, protein, carbohydrates, and oils. Thousands of new chemicals that are beneficial to life have yet to be identified in the symphony of ingredients found in whole live plants. When we drink fresh juice, the music begins and the symphony of millions of chemical reactions interacting provided by the plant nutrients perform their life sustaining act so that the body can sort out and utilize what is needed for healthy cell growth.

## Quote of the Month

*“For many of us, eating has surprising little to do with hunger. We eat out of boredom, for entertainment, to comfort or reward ourselves. Try to be aware of why you are eating and ask yourself if you are really hungry---- before you eat and then again along the way. One old wives test: If you are hungry enough to eat an apple, then you’re not hungry. Food is a costly antidepressant.”*

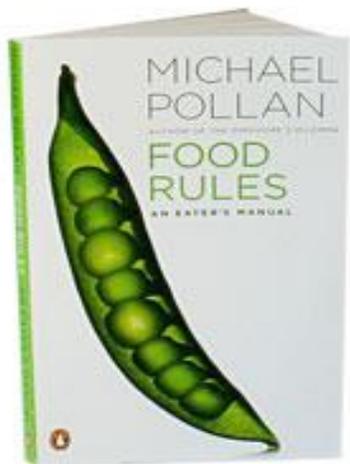
Michael Pollan---excerpt from “Food Rules”

## Book of the Month

In America we tend to ignore pretty much what we eat so far as it concerns our immediate health or our long term health. We can always count on the medical community to furnish us with all sorts of pills and elixirs that supposedly make us well again if we get “under the weather!” Most of us find that it is too complicated to

change the way we eat to solve our sicknesses.

Michael Pollan's latest book "Food Rules" brings simplicity and humor in making healthy food easy to do. You will find it entertaining and useful in pursuing the knowledge of eating plants. Eating does not have to be complicated. The book is straight forward and sets out memorable rules for eating wisely.



It is a wonderful book to have fun with and educate young and old alike. Pollan draws from many different cultures that have found the wisdom of eating.

[Order the Book!](#)

### Video of the Month

In this short interview, Michael Pollan discusses a few of the Food Rules from his expanded illustrated new book "Food Rules". You will get a better feeling of where this man is coming from by this interview. Click below.

[Watch the video](#)

## Recipe of the Month

### Hummus

Great to use as a sandwich spread, wrap spread, or with crackers! It's also good to serve with carrot sticks, celery, cucumbers, and bell peppers before meals to reduce the appetite. Easy to make and a good source of fiber.



- 2 - 15 oz. cans chick peas (garbanzo beans), drained and rinsed in a colander
- ½ can tahini, which is sesame seed paste (stir well before measuring)
- 3 large cloves of garlic
- Bragg Liquid Aminos or soy sauce to taste
- juice of 3 lemons
- water, if needed to thin the mixture

Blend all ingredients in a food processor until smooth. It's good to let the hummus rest for a couple of hours before serving to permit the flavors to blend.

## Challenges

The challenge to just stay healthy in our world today seem to increase dramatically each year. Seems like there is always some new toxins, manmade foods, and medical surprises that will wreak havoc with our health and--- we have not been made aware of their presence.

Genetically modified foods (**GMO, GM**) were introduced to the food chain in the USA in 1994. GM seed producers have altered the DNA of plants to allow for increased amounts of herbicides and pesticides to be used. Sixty-one (61) countries around the world either ban or regulate GMO use.

Patents of GM seeds are obtained to control their use and generate exclusive

markets for their manufacturer. This is really scary!

In my opinion, when man start messing with DNA--- he risks all sorts of unpredicted negative outcomes. Long term testing of GM crops is not required in the US. Disasters have occurred in farm animals that have consumed GM plants in India and other places. Lab experiments with GM foods produce all sorts of malformations in lab animals. Why doesn't our government adequately test or inform us about the possible negative effects



of genetically modified foods? Take a guess. I believe many problems that compromise our immune system today are a related to GM modified food. 80% of processed food in our grocery stores have GM ingredients. This includes meat from feed lot animals that consume most of the GM crops. Soy and corn products, vegetable oils, and sugar from sugar beets are the main suspects in processed food in the grocery aisles.

Can you avoid GM products? The answer is yes, when you understand the tags.

“**ORGANIC**” labeled foods and processed foods that have “**NON GMO**” labels are the ones to look for.

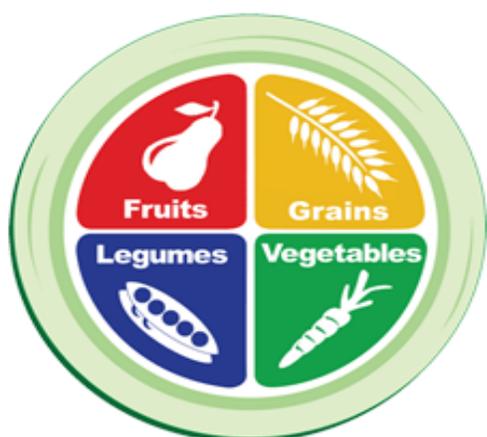
**Genetically modified foods are not labeled in the USA today.** Hopefully, someday soon we will be able to examine labels on all foods that will indicate healthy NON-GMO or the unknown health consequences of **GMO, GM** foods. When this happens you will be able decide what is best for you and your family. For now you must rely on the **ORGANIC** and **NON GMO** labels.



## Recommended Resources

We hear the question over and over again in our classes--“What do I eat?--- Where do I get menus and recipes?” How well I remember the first days of the Hallelujah Plant Based Diet that I embarked on to get well. It was challenging and not easy to change our life and eating patterns. Barbara has done a magnificent job of making plant based eating taste wonderful and each meal is something to look forward to. Once you get it right, there is no turning back—you’ll feel too good to revert to the old ways. Barbara has included many fine and tasty recipes on our website that she prepares for us. Most books by plant based authors have many good plans and recipes included.

I recommend to you the **“21-Day Vegan Kick-Start”** program by the Physicians Committee for Responsible Medicine (PCRM). The program is free and starts the first of each month with menus, recipes and videos. It is a great way to begin a “boots on the ground” adventure in eating plants. Even if you don’t go 100%, you will get a lot of good ideas. Click on the PCRM plate to check it out.



## Personal life update



The fishermen pictured above are our grandsons. It seems like just yesterday they were small enough to hold in your lap. Now, the oldest one is taller than Grandma Barbara. There is one thing that they all love to do and that is fish...saltwater, freshwater, fishing rods, nets...wherever water is available they are ready to go. Now that the weather is getting warmer, we look forward to spending lots of “outdoor” time with them.

We are already making plans for this summer. Our favorite place to run away to is the island of Cedar Key. It is a place where you can run around the island in a golf cart. How much fun is that?

We feel fortunate at our age, which is mid to late 70s, to be able to keep up with our grown kids and our grandsons. Not having health issues is the key to enjoying the second half of your life. We are indeed doing that.

## About Us

We are Hal & Barbara. One of our greatest passions in life is helping people take control of their health. We live in beautiful North Central Florida. We are committed to teaching others proper nutrition and lifestyle choices. Don't forget to ["like us" on Facebook!](#)

## Contact Us



If you would like to contact us, feel free to give us a call at [813 260 2314 EST](tel:8132602314) or by email at [whybsic@gmail.com](mailto:whybsic@gmail.com). We look forward to hearing from you.

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