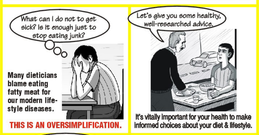
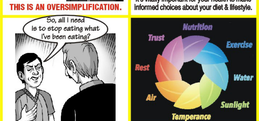
TRUTH THAT NEVER CHANGES

George Adam

New Start

A quick introduction to an effective health programme





NEW START is a recipe for a healthy lifestyle, but it's so much more than just a diet.

The NEW START Lifestyle Program is based on eight simple points, each contributing to giving complete health. Let's start with **N**.

N = Nutrition

Proper nutrition is the foundation of good health and recovery. Cooking classes, meals and cookbooks all demonstrate the variety, appeal and satisfaction of whole plant food vegetarian cuisine. In addition, physicians explain the issues that link nutrition with health or disease.

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E= Exercise.

Action is a law of life. Muscle tone and strength are lost without exertion, but exercise improves the health of body, mind and spirit, enhancing vitality and health. Exercise therapy includes outdoor exercise, treadmill evaluations and Stretchercise. South Africa's lovely countryside invites you to walk, walk, walk. However, indoor exercise equipment is also available.

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W= Water

Because the body is 70% water, keeping well-hydrated. Important: knowing what, how much and when to drink is essential to health.

Hydrotherapy (water applied externally to the body), followed by massage, enhances the circulation & immune system in wonderful ways.

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S=SUNLIGHT

The sun is the established energy source ordained by God to sustain the cycle of life for plants and animals.

Sunlight is supremely important for the body's metabolism and hormonal balance.

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T=TEMPERANCE

Using good things moderately and avoiding the bad is obviously wise, yet often hard to practice. Temperance can neither be bought nor earned, but is rather an important gift from God, a "fruit of the spirit" (Galatians 5:22, 23). Moderation in all things is a thread woven throughout the fabric of NEW START Lifestyle programme.

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A=AIR

The body's most essential resource is air. More important than food or water, proper breathing and pure air are fundamental to good health.

Again, we South Africans are blessed with an abundance of fresh air opportunities.

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R=REST

Listen to this! A solid night's sleep is essential.

The recommended amount of sleep for a healthy adult is at least seven hours.

Restoration requires rest because sleep allows the body to renew itself. Many types of rest are important for health, but the greatest rest follows labour.

"Early to bed and early to rise" is a vital NEW START principle, and a healthy lifestyle makes this principle easier to maintain.

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T=TRUST IN DIVINE POWER.

Trust in divine power is directly linked to physical health (Proverbs 3:5-6).

Trust in God is a gift leading to the right choices.

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The American Heart Association recommends that children shouldn't have more than three teaspoons of sugar a day. A 350 ml fizzy drink contains up to ten teaspoons or 40 g of added sugar, milkshakes and smoothies may have even more. Added sugar can also be hidden in bread, canned soups and vegetables, frozen dinners and fast food. In fact 75% of packaged food contains added sugar. However, don't ban sweets entirely. Having a no sweets rule is an invitation for cravings and overindulging when given the chance. Also, don't replace healthy sources of saturated fat with refined carbs or sugary snacks. For example, instead of letting our kids eat whole fat yogurt we feed them the low fat version, which is often packed with added sugar to make up for the loss of taste. Or we swap breakfast eggs for a pastry or muffin.

Ellen White, Prophetess of Health

The truth she spoke about food so many years ago is now being recognised by the World Health Organisation.

"In order to know what are the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food. Grains, fruits, nuts and vegetables constitute the diet chosen for us by the Creator."

We should be careful of who prepares our food. For example, overcooked cooking oil may contain carcinogens. NEW START shows us how to maintain our body the way God our Maker intended.

Here are another three excellent books
I can recommend:

Proof Positive
by Dr Nedley, MD

The Ministry of Healing
by E G White

Eat to Live
by Joel Fuhrman, MD

Your Next Step:

Web Contacts:
https://nedleyhealthsolutions.com
https://www.newstart.com

You Tube:
Neil Nedley - New Start
Dr Neil Nedley
Pastor Doug Bachelor

You're on your way!

In conclusion, let us be clear:

- We are saved by God's Grace and His Righteousness, not our own works.
- We don't earn our way to Heaven by being vegetarians or following a proper diet.
- But then again, what we eat and how we live are very much tied to our spiritual life and are a product of our connection with Jesus.
- There is a crucial relationship between what you eat and your physical and spiritual health!

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