

# New Start



Beautiful Minds Wellness

# The 8 Secrets of the *World's Healthiest People*

There is a simple plan followed by those interested in optimal health and wellness. The Weimar Institute of California has developed a conditioning program built on eight basic concepts proven to decrease your risk of disease, and strengthen your body. These principles provide the foundation for dealing with any health condition successfully.

Weimar created the acronym NEWSTART© to make them easier to remember. NEWSTART© stands for:

1. Nutrition
2. Exercise
3. Water
4. Sunlight
5. Temperance
6. Air
7. Rest
8. Trust in God



# Nutrition



*“Let thy food be thy medicine.” – Hippocrates*

Food is vital to our health. It provides the necessary nutrients for the development and repair of the body and the energy for our daily living.

Here is a practical plan that provides a complete balance of essential nutrients for radiant good health:

- Eat a wide variety of fresh and unprocessed fruits, vegetables, grains, nuts, seeds and legumes, prepared in the simplest and most natural way possible. These are high in fiber, rich in phytochemicals, low in calories and contain no cholesterol, helping furnish all the nutrients the body requires.
- Avoid excess protein, especially of animal origin as it contains excess fat, cholesterol, hormones, antibiotics, viruses, bacteria and other chemical concentrations harmful for the body.
- Limit the intake of refined fats (like oils), sugar, and salt. Select naturally sweet foods such as fruit and whole foods with naturally occurring fats like olives, nuts and avocados.
- Eat a good breakfast, a moderate lunch, and a light supper – or skip the evening meal entirely. A large breakfast containing a proper balance of nutrients will give you steady energy for the morning. Food eaten in the evening, if not burnt off, will be stored as fat. Keeping a regular meal schedule is highly recommended to regulate your internal clock.

Write how you will incorporate this into your daily routine:

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# Exercise



*“Every journey begins with the first step.” – Unknown*

We are created for action, and it is impossible to be truly well without it! Exercise provides greater vitality, extra energy, and longer life.

#### Here are some of the benefits:

- Helps you feel good. It is effective in fighting depression and in relieving anxiety and stress.
- Increases energy levels, making us more efficient and productive in all we do.
- Helps one to reach and maintain proper weight while strengthening your immune system protecting you from disease.
- Should be done progressively. The intensity and the load must be determined individually. Start slowly and gradually increase without overdoing it, otherwise it may be harmful.

#### What do you need to start?

- A pair of exercise shoes and comfortable clothing
- Set some time apart, preferably during the morning
- Identify a nearby area where you can exercise, preferably in the open air and where you can receive some sunlight.

Write how you will incorporate this into your daily routine:

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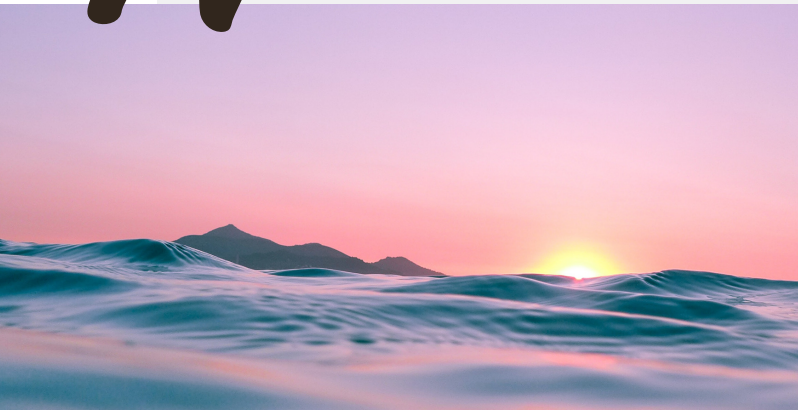
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# Water



*Our bodies are made up of 70% of water.*

A clean body and surroundings are indispensable for physical and mental health. All the functions of the body depend on water. It is the universal lubricant that makes everything else work well.

**Regular water consumption helps:**

- cleanse the body from impurities
- increase mental agility
- reduce fatigue
- reduce the risk of stroke and heart disease

A lack of water dehydrates the fluids, tissues, and cells of the body. It causes blood to thicken, increasing the risks of stroke and heart disease. Insufficient water can mimic hypoglycemia, causing headaches, tiredness, and fainting spells.

The body loses ten to twelve cups of water every day. The food we eat provides two to four cups of water, so we need to drink six to eight glasses each day to make up the difference.

Pure plain water is the best way to replace the fluid you need. Try eliminating or reducing the amount of soda, coffee and tea that you drink. Caffeinated, sugary, and alcoholic beverages require more water to be metabolized causing the body to lose water and work harder. Water should be your main source of hydration.

The best time to drink water is between meals, beginning an hour after eating, until fifteen minutes before the next meal. This will improve your digestive process as it avoids diluting your gastric juices while you are eating your food.

**Write how you will incorporate this into your daily routine:**

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# Sunlight



*“The unfolding of your words gives light; it gives understanding to the simple.”  
– Psalm 119:130*

Sunlight is essential for all living beings on the planet. In excessive amounts it can be harmful, increasing the risk of skin cancer, cataracts and burns; but in moderate amounts it has many benefits including the following:

- Converts cholesterol to vitamin D. This vitamin helps the intestinal absorption of calcium, a mineral necessary for the mineralization of bones and teeth, thus preventing osteoporosis.
- Kills germs
- Reduces blood pressure
- Improves quality of sleep
- Helps to overcome depression
- Improves liver function

At least ten minutes of sunlight per day is necessary to maintain good health. We receive the sun's rays even on cloudy days; however ordinary window glass filters out 95 percent of the useful ultraviolet light.

Write how you will incorporate this into your daily routine:

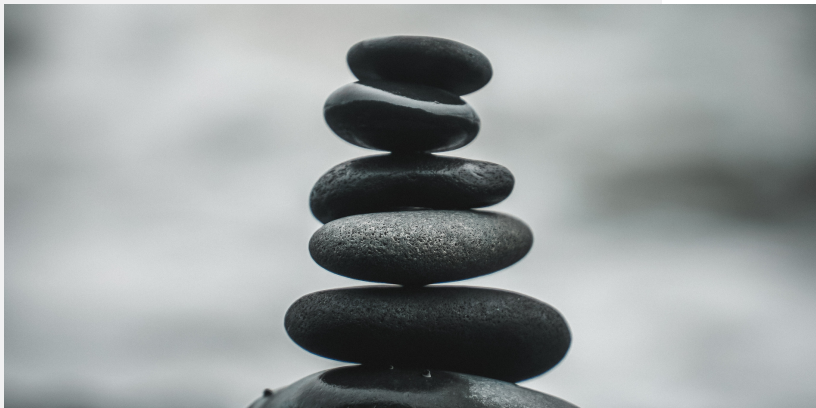
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# Temperance



*“And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.” – Galatians 6:9*

In other words, temperance means totally abstaining from that which is harmful, having moderation in the use of that which is good, and self-control.

More is not always better. Work, exercise, rest, eating, and sunlight are all beneficial and necessary; but any of them in extreme can be harmful. Compulsive substance consumption and behaviors such as playing video games, consuming pornography, tobacco, alcohol, caffeine, sugar, food, etc., are counterproductive to good health. When these excessive behaviors are hard to control it is defined as addiction.

Self-control is an elusive goal for many. The passions and appetites held under control are essential for mental strength and spiritual insight. We can overcome through the strength and power Jesus gives us every day. Try praying for this power. The Bible promises aid to those who claim it in faith.

Write how you will incorporate this into your daily routine:

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# Air



*We need more oxygen and less perfumes.*

Air is the most valuable resource for humans. You can spend several days without food and water, but only a few minutes without air. It is scientifically proven that breathing fresh air for at least 30 minutes a day, improves the health of the heart and prevents depression.

**Breathing pure air:**

- stimulates the immune system, aiding in the control of the symptoms of allergies, asthma or respiratory problems
- vitalizes the blood
- kills germs
- helps clear lungs
- improves physical performance
- helps eliminate toxins and dead cells accumulated in the body

**A few tips to get the most fresh air:**

- Open your bedroom windows slightly while you sleep
- Do moderate exercise outdoors
- Sit up straight and walk tall
- Do deep breathing exercises
- Avoid the use of artificial perfumes

Write how you will incorporate this into your daily routine:

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# Rest



*Rest is vital and not a waste of time.*

A vital part of a healthful lifestyle is getting the right quantity and quality of sleep. This is when the body grows, repairs damage, and restores energy, preparing itself for another day of activity.

When the body is deprived of sleep, it is unable to rebuild and recharge adequately. Irritability increases and concentration and efficiency suffer. Judgment is also impaired, causing values and priorities to change. Continued loss of sleep can result in exhaustion, depression, delusions, paranoia, and hallucinations. Losing as little as three hours of sleep in a single night can cut the effectiveness of your immune system in half.

**Here are some ways to improve your quality of sleep:**

- Have a regular sleeping schedule (early to bed, early to rise)
- Avoid a heavy supper
- Eat the last meal at least 4 hours before bedtime
- Avoid using screens (cell phone, iPad, computer, television) at least 2 hours before bedtime
- Do moderate exercise, preferably in fresh air and in the sun
- Avoid caffeine, alcohol and tobacco

Our bodies require more than just a daily period of sleep. At creation God provided for a weekly rest, the seventh day. Studies have shown that resting from work on the seventh day improves the quality of our health and relationships.

Write how you will incorporate this into your daily routine:

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# Trust in God



*We all trust in something. Let us trust in something infallible.*

What do faith, religion, and trust in God have to do with health? The list of benefits is extensive. Research has shown that spirituality helps to control stress, strengthen the immune system, and protect against heart disease and cancer. Beyond these scientifically verifiable benefits, God promises eternal life to those who trust Him – a life of perfect health, and freedom from pain, fear and death.

Prayer is one of the best ways to know God better. Come to Him as you are with your hopes, doubts, and questions.

Trust grows through the experience and answered prayers, which strengthen our faith. We should not be afraid to share our problems and burdens with God. He looks after us like a father to his children and is our friend in any situation. He will never forsake us, and acknowledging this fills us with strength. As it is written in Isaiah 20:15, *“In quietness and trust is your strength.”*

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