

## NEW START

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The foundation of our patient wellness program is the acronym NEW START which stands for Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust in God. We also call this program God's eight laws of health because they are eight natural laws of God our Creator that must be adhered to, to overcome illness and maintain optimal health. In thirty-two years of practice we have seen numerous recoveries from serious chronic illnesses in those who chose to adhere to the following God's eight laws of health.

### Nutrition

Most of the chronic illnesses we see are in part related to the standard American diet that is composed of genetically modified (GMO) foods, ingredients like preservatives, sugar, unnatural fats, and chemicals and drugs used in modern farming practices.

Optimal human nutrition should consist of organically grown, non-GMO whole foods, including healthy fats and protein from organically raised grass fed animals, and low carbohydrate fruits and vegetables.

### Exercise

Many folks mistakenly believe they can eat and feed their families to good health with proper nutrition alone. On the contrary, as important as proper nutrition is, exercise performed on a daily basis is equally necessary and important. Like nutrition exercise effects positively every physiological process and healing mechanism within our bodies.

In the beginning our bodies were created for activity and our forefathers walked, chopped wood, gardened, and did virtually every task by hand. I have never known a healthy individual who neglected regular exercise.

The implementation of a regular exercise program produces miraculous results in so many of our patients. Exercise promotes proper circulation and conditions our heart, lungs, and blood vessels. Exercise assists proper digestion, assimilation and metabolism. Exercise stimulates detoxification of harmful substances in our bodies as the result of metabolism or the environment. Exercise elevates the mood and strengthens our immune systems' ability to fight infection.

And like nutrition there is hardly an exception in the treatment of disease where exercise doesn't prove greatly beneficial in the healing process. Lack of regular exercise is also a major contributing factor in the increase of degenerative illnesses such as heart disease, cancer, diabetes, etc.

## Water

Every one of our bodies' physiological processes depends on a constant and generous supply of fresh, pure water. Seventy percent of our bodies consist of water with tissues such as our brain's gray matter (consisting of eighty-five percent water). Likewise, our bodies' most important transport system (our blood) is eighty percent water.

Water pollution from more than two thousand industrial pollutants, agricultural chemicals, etc. has become a major cause of illness in this country, contributing to cancer, heart disease, miscarriage, birth defects, headaches, skin problems, immune system problems, etc.

## Sunshine

A moderate amount of natural sunlight is an important essential for optimal health. Just some of the benefits of thirty to sixty minutes of daily sunlight are as follows: Sunlight increases our bodies' immune function, lowers blood pressure, converts cholesterol in our skin to vitamin D, elevates our mood, and increases stress tolerance.

Traditionally, naturopathic physicians have used sunlight to treat depression, arthritis, skin infection, etc. with excellent results.

## Temperance

Temperance and self-control should be toward the beneficial gifts of God—never for harmful practices. Fundamentalists often pride themselves in a strong position against alcohol and tobacco, yet often are overcome with the sin of intemperance in eating—or gluttony.

Overeating (or gluttony) is a major reason for premature aging, obesity, digestive disturbances, and a contributing factor to most other illnesses as well.

## Air

Another basic need for optimal health is pure air. The primary work of our heart, blood vessels, and lungs is the transportation of oxygen produced primarily from earth's green plants to supply our bodies' cells where it can be used with glucose in the production of energy.

Air pollution (like water pollution) is a major contributing factor to many illnesses like heart and lung disease, cancer, depression, immune system problems, etc.

## Rest

Because our nervous systems coordinate and regulate all our physiological processes and sleep is essential to replenish our nervous system's energy, obviously proper rest and sleep is an absolute essential for healing and health maintenance.

In 1900 Americans slept an average of nine hours a night. Today that average is down to seven and a half hours. Most of our patients are not

getting anywhere near the amount of sleep they need for health recovery and maintenance.

## Trust in God

While lifestyle factors play an important part in health recovery and maintenance, man's greatest need is for spiritual reconciliation to the Lord Jesus Christ. Because mankind is totally depraved and desperately lost, which is the result of deliberate transgression of God's Law (The Ten Commandments), he is unable in any capacity to please God or save himself from God's judgment. To those who see their lost condition (by a work of Divine Grace), the gospel of Jesus Christ (or good news) is the sweetest message on earth.

Paul, the apostle, outlines the gospel for us in 1 Corinthians 15:1- 4. "Now I make known to you, brethren, the gospel which I preached to you, which also you received, in which also you stand, by which also you are saved, if you hold fast the word which I preached to you, unless you believed in vain. For I delivered to you as of first importance what I also received, that Christ died for our sins according to the Scriptures, and that He was buried, and that He was raised on the third day, according to the Scriptures." N.A.S.V.

"Believe in and on the Lord Jesus Christ - that is, give yourself up to Him, take yourself out of your own keeping and entrust yourself into His keeping, and you will be saved." Acts 16:31 AMPLIFIED