



Amazing Health!

8 Bible Secrets

**for a LONGER &
STRONGER Life!**

Amazing Health!

"Moses was one hundred and twenty years old when he died. His eyes were not dim nor his natural vigor abated." —Deuteronomy 34:7 (NKJV)

.....

Even Moses had to die, but what a way to go! After living six score years, the weathered but wiry patriarch climbed a mountain. There, in the clean desert air and under blue skies, he viewed the Promised Land with crystal clear eyes. Then he simply lay down ... and died.

During his pilgrimage in the wilderness, Moses followed all the Bible secrets for a longer, stronger life — fresh air, exercise, a good diet, and trust in God, just to name a few.

Even though healthful living might not eliminate the prospect of death, it can certainly postpone it and greatly improve the quality of the life we do live!

Moses was active and lucid even on his last day: He "went up from the plains of Moab to Mount Nebo, to the top of Pisgah, which is across from Jericho" (Deuteronomy 34:1 NKJV).

It shouldn't take 10 years to die. One of the main reasons for America's health crisis is that through poor living habits, most people invite an unsavory assortment of disabling diseases. Plagued with a pandemic of diabetes, cancer, and heart disease, it seems that many people spend their last 10, 20, or even 30 years dying!

Moreover, these self-destructive lifestyles have led to overcrowded hospitals, astronomical medical costs, and a virtually bankrupt government. People are so stressed, they can't sleep, as antacids fly off the shelf and the number of handicap parking places seems to climb.

It doesn't need to be this way. It can change.

Indeed, people want good health ... but they are clearly confused about where to find it.

According to the U.S. Food and Drug Administration, the public has 30,000 health supplements available to them on the market, representing a multibillion dollar industry. Indeed, more than 150 million Americans take some form of health supplement each year. Sadly, people are not only looking for health in all the wrong places, they're wasting a small fortune along the way.

Yet please consider that human physiology

hasn't changed since the days of Moses, and those health secrets that worked for Moses also sustained an entire nation of people. In fact, after the Israelites traveled through the wilderness, following God's health plan along the way, the Bible records, "There was not one feeble person among their tribes" (Psalm 105:37).

Can you imagine that? A nation of more than 2 million citizens without one person in a clinic or nursing home! Likewise, it's not hard to fathom

that 70 percent of our hospitals and pharmaceutical makers would simply shut down if we would all just follow the free health plan found in the Bible.

These Bible secrets of health — each summarized in this magazine — are not composed of mysterious rituals or strange herbal concoctions. They are real, proven principles backed by modern science. We only call them "secrets" here because they have been neglected and buried by time and culture.

So whatever your age, and regardless of your current health, these free principles can truly lead you to a longer and stronger ... and happier ... life.

If that is what you want, keep reading! ■



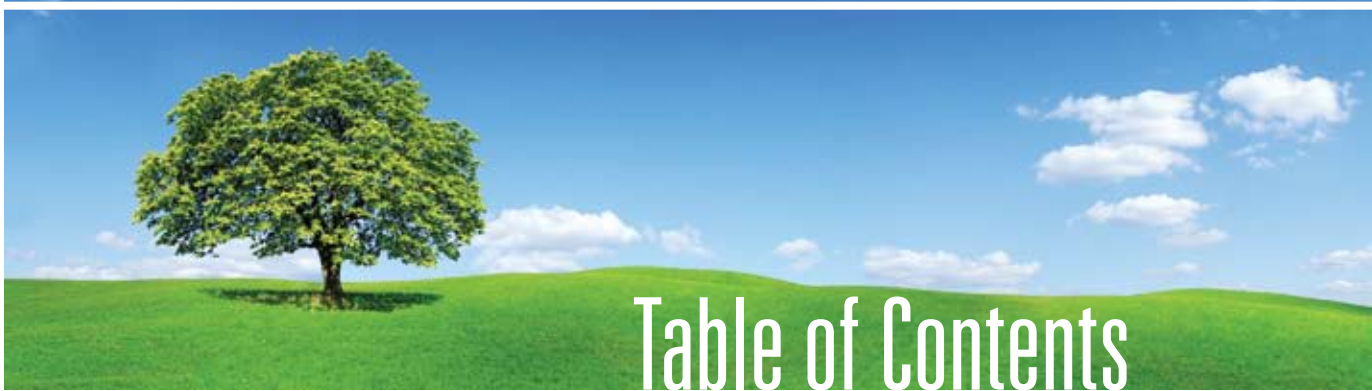
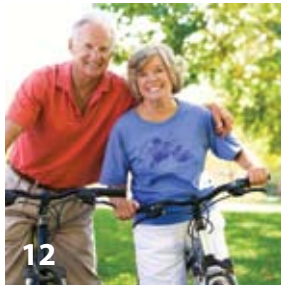


Table of Contents



4



12



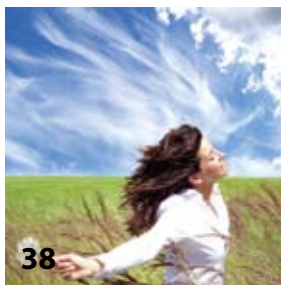
18



24



30



38



46



52

-
- 4 NUTRITION** Discover why what you eat is the foundation of better health — and how healthy eating can be a lot more fun than you thought!
 - 12 EXERCISE** Everyone knows they need exercise, but you won't believe how far even a little exercise will go in keeping you fit!
 - 18 WATER** Millions are chronically dehydrated, and they're aging quicker and dying younger because of it! Get the facts about H₂O!
 - 24 SUNLIGHT** For years the sun has endured a bad reputation — but it is a key ingredient for better health!
 - 30 TEMPERANCE** Add years to your life by learning to use the good things moderately and avoiding the bad things entirely.
 - 38 AIR** The air you breathe and how well you breathe it has a huge impact on how long you remain a living being!
 - 46 REST** Considering that sleep is a crucial element in healing, most people are in for a disease-ridden wake-up call.
 - 52 TRUST** Nothing you've learned so far will make as much difference in your life as putting your faith in the One who made you.

Nutrition



In the beginning ...
we ate our fruits and vegetables.

: "God said, 'See, I have given you every
: herb that yields seed which is on the
: face of all the earth, and every tree
: whose fruit yields seed; to you it shall
: be for food'" (Genesis 1:29 NKJV).

Amazing Health Fact



Born in 1483, Thomas Parr is said to have lived to the incredible age of 152! If true, that means he saw 10 sovereigns on the throne of England, including the entire 50-year reign of Queen Elizabeth I.

In 1635, King Charles I invited Parr to his palace and inquired as to how the old man managed to have such a long life. Parr answered that he had lived a simple life as a farmer, eating mostly potatoes, fruit, and oatmeal.

Unfortunately, "Old Parr" was not accustomed to the rich foods served at the palace. That night after dining, he became very ill — and died. King Charles felt so terrible for having killed Britain's oldest citizen with royal delicacies that he commanded Parr be buried in Westminster Abbey, where his grave can still be seen today.

It appears that Parr was living proof of the connection between a longer, stronger life and what you eat.

What was the original diet for humanity?

According to the Bible, after Creation, Adam and Eve were instructed to eat fruits, grains, and nuts. God also instructed them to eat vegetables: "You shall eat the herb of the field" (Genesis 3:18 NKJV). These were the original God-given dietary plans for those living up to the time of the Flood.

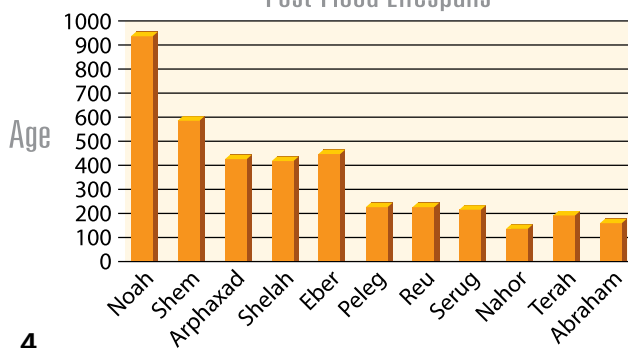
Following the Flood, due to the global obliteration of vegetation, a total plant-based diet was impossible for Noah and his family. In order to provide a consistent food source, God allowed for the eating of meat. However, God also designated the healthiest variety of animal for consumption, referring to these as "clean." (See Leviticus 11; Deuteronomy 14:3-21.) Of course, instead of going into the ark in pairs, clean animals went in by sevens!

Even though it was necessary at the time, meat eating apparently contributed to a tremendous decline in longevity. Before the Flood, human life spans remained steady at around 900 years (Genesis 5). After the Flood, we find that Noah's son Shem lived to be 600. Only nine generations later, Abraham lived to be just 175. Today, the average life expectancy is just a



Even though God permitted the eating of meat, He warned people not to eat meat that still has its lifeblood in it (Genesis 9:4, Leviticus 3:17, 1 Samuel 14:32-34). Indeed, some tribes in Africa, like the Maasai, consume blood as part of their diet. Autopsies performed on 50 Maasai men showed extensive heart disease. Though their extremely physical lifestyle offers some protection, they still have the worst life expectancy in the modern world (45 years for women and 42 years for men).

Post-Flood Lifespans



fraction of that of our pre-Flood ancestors. But if a diet rich in fruits, vegetables, nuts, seeds, and whole grains positively affected their longevity, could a return to the original diet extend our lives today?

Amazing Physiology

What follows the swallows?

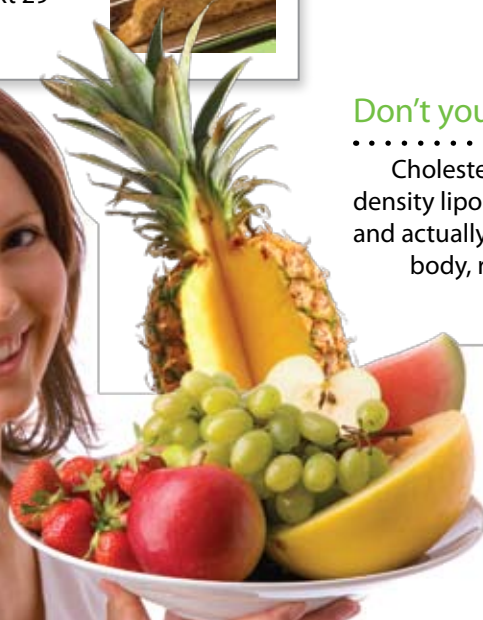
A proper diet starts with proper digestion. Chewing food begins this process, so be sure to chew your food well! While food is still in the mouth, an enzyme (salivary amylase) begins to break it down.

Once swallowed, food is referred to as chyme. The chyme then makes its way down the esophagus and into the stomach, where stomach acid continues the complex chemical digestive process.

After this is complete, chyme passes into the small intestine, where a different enzyme breaks down carbohydrates. Bile is also secreted from the gallbladder to help digest fats, and the pancreas adds enzymes to further break it down too. The small intestine absorbs most of the nutrients as the chyme passes into the large intestine. At this point, digestion is mostly complete ... and, well, you know the rest of the story.

Amazing Health Fact

The digestion process starts before you eat. It begins when you smell something irresistible or when you see a favorite food. The entire process of digestion will continue for the next 29 hours or so.



What do you need to know about nutrition?

The five basic components of food are carbohydrates, proteins, fats, vitamins, and minerals.



CARBOHYDRATES are sources of starches, sugars, and fiber. Starch and sugar are converted into glucose, which is the body's main fuel. Fiber, found primarily in plant foods, acts as a bulking agent that helps keep the intestines clean.



PROTEINS are broken down by the body and converted into amino acids, which are the building blocks for hormones, enzymes, and structural components of the body, such as muscle tissue.



FATS are the most concentrated form of energy, supplying over twice as many calories per gram than protein or carbohydrates. It can also be efficiently stored for later use. The three natural types of fats are monounsaturated, polyunsaturated, and saturated. The unsaturated fats are by far the healthiest form, especially when it comes from plant sources. Diets rich in refined saturated fats have been linked with numerous diseases.



VITAMINS AND MINERALS are essential components of our diet. Whole foods, which have been refined as little as possible, naturally contain the highest amount of these nutrients. Phytochemicals, found only in plants, are added bonuses thought to play a role in the prevention of many diseases.

Don't you need some cholesterol in your diet?

Cholesterol comes packaged in different ways. High density lipoprotein (HDL) is the healthy form of cholesterol and actually helps to remove bad cholesterol from the body, returning it to the liver for recycling. Here's a simple way to remember the good and bad of cholesterol: HDL is "healthy," LDL is "lousy," and VLDL is "very lousy."

Cholesterol is found only in meat and animal products, such as milk and eggs. However, newborn babies are the only humans who actually need a dietary source of cholesterol — which ideally comes

Amazing Health Fact

Did you know that skipping breakfast could be deadly? In one study, skipping breakfast was linked to an increased risk of premature death. By far, the best meal to skip or, at least minimize, is dinner.



Another study reported better weight loss, improvement in diabetic conditions, and increased thyroid efficiency among a group of 595 people who consumed their last meal of the day by 3:00 PM.

The risk for a man who leaves off meat is 15 percent. However, the risk of a vegetarian who leaves off meat, eggs, and dairy products drops to only 4 percent.”

Do some foods actually offer protection against heart disease?

Yes! It has been found that the “healthy fats” found in nuts and seeds can protect the heart. In one study, people who ate nuts at least five times a week lowered their risk of heart attack by 50 percent. Another study found that people who consumed high amounts of alpha-linolenic acid (found in walnuts) had an almost 50 percent reduction in the risk of a fatal heart attack. Studies also show that these fats might even prolong life among those who already suffer with heart disease.

Eating ample amounts of whole grains has also been found to reduce the risk of cardiovascular disease by up to 25 percent. In another finding, women who consumed the largest amount of whole grains had a 31 percent reduction in the incidence of stroke!

Finally, eating your fruits and vegetables can also protect you against heart disease. A study by the Harvard School of Public Health found that consuming leafy green vegetables

The Evidence

Research proves the connection between nutrition, health, and longevity.

Cardiovascular Disease: Is it harmful to have a little cholesterol here and there?

One of the most effective ways to reduce the risk of cardiovascular disease is following a cholesterol-free diet. In fact, one study found that consuming a balanced plant-based diet reduced the incidence of heart disease by 86 percent. Another scientific article pointed out that a total vegetarian (vegan) diet could prevent approximately 90 percent of all strokes and 97 percent of all heart attacks!

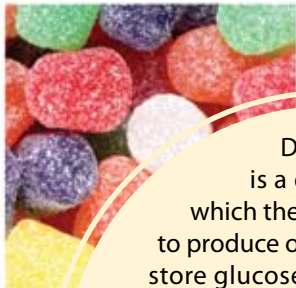
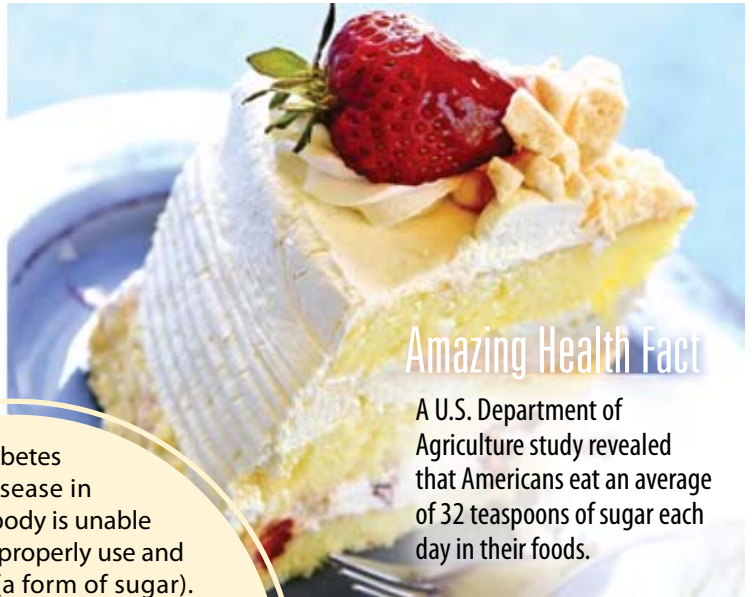
Indeed, research shows that consuming animal byproducts has a harmful effect on health. According to Dr. Hans Diehl, founder of CHIP, the Coronary Health Improvement Project, “The average risk of heart disease for a man eating meat, eggs, and dairy products is 45 percent.



Amazing Health Fact

God knew what He was doing with the diet in Eden! Nuts contain the antioxidant vitamin E, folic acid (which reduces homocysteine levels), and plant fiber (which can reduce cholesterol levels). In addition, nuts contain arginine, a precursor to nitric acid, a substance made in the walls of blood vessels that prevents clotting.

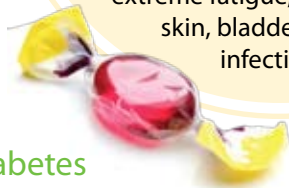




Amazing Health Fact

A U.S. Department of Agriculture study revealed that Americans eat an average of 32 teaspoons of sugar each day in their foods.

Diabetes is a disease in which the body is unable to produce or properly use and store glucose (a form of sugar). Glucose backs up in the bloodstream, causing blood sugar to rise dangerously high. Signs of diabetes include excessive thirst, frequent urination, weight loss, increased hunger, blurry vision, irritability, tingling or numbness in hands or feet, wounds that don't heal, extreme fatigue, and frequent skin, bladder, or gum infections.



reduced the risk of heart disease by 23 percent. Furthermore, those who consumed the largest amounts of fruits and vegetables had a 31 percent lower stroke risk. Fruits and vegetables are also naturally high in fiber, which has been shown to lower LDL (lousy) cholesterol.

What about fat?

The two most significant risk factors in developing diabetes have to do with fat. Being overweight is one risk factor — but the most prominent factor is consuming large amounts of dietary fat. A study involving 1,300 Colorado residents determined that those with low-carbohydrate, high-fat diets were much

more likely to develop diabetes. In another study of young men, researchers fed high-fat, low-carb diets to one group and a high-carb, low-fat diet to another. The group with the high-fat diet developed "chemical diabetes," but the low-fat group had no signs of diabetes by the conclusion of the study.

Eating highly refined foods has also been shown to increase the risk of developing diabetes. One study determined that consumption of partially hydrogenated oils is responsible for approximately 40 percent of all cases of type 2 diabetes in the United States!

Diabetes: Is it true that diabetes is caused by eating sugar?

If eating simple carbohydrates (highly refined foods, such as sugar) contributes to excess body weight, then yes, the risk of type 2 diabetes is increased. However, research has shown that consuming complex plant-based carbohydrates (food as grown) actually reduces the risk of developing diabetes. One study of 36,000 women in Iowa found that those who ate the largest amounts of unrefined carbohydrates and fiber had the least incidence of diabetes. Furthermore, a study conducted at the National Public Health Institute in Finland found that people who ate the largest quantity of whole grains had a 61 percent reduced risk of developing diabetes!

Amazing Health Fact



God knew about fats. He commanded Israel to avoid bad fat — "Speak unto the children of Israel, saying, Ye shall eat no manner of fat, of ox, or of sheep, or of goat" (Leviticus 7:23).

Can type 2 diabetes be reversed with diet?

A total vegetarian diet not only prevents but can even reverse diabetes. In a study conducted at the world-renowned Pritikin Center, 40 medication-dependent diabetics were given a low-fat, plant-based diet combined





NEWSTART® *Lifestyle Program*

The NEWSTART® Lifestyle Program is an 18-day health recovery program designed to prevent and reverse disease naturally! Based on eight fundamental, clinically proven lifestyle principles, NEWSTART will help you achieve optimum health and ...

- Reverse Diabetes
- Restore Heart Health
- Relieve Arthritis
- Renew Immune Systems
- Shed Pounds
- Lower Cholesterol
- Increase Energy
- Lower Blood Pressure

Results You Can Believe In

Forty percent of type 2 diabetics who adopt the NEWSTART lifestyle are off medications within three months. Eighty percent of diabetic neuropathy sufferers are pain free in the same time period. Fifty percent return to normal blood pressure, plus as much as a 40-percent drop in cholesterol!

A personalized lifestyle program featuring:

- Physician monitoring and consultation
- Physical and blood chemistry analysis
- Massage and hydrotherapy
- Stretching and exercise
- Informative health and cooking classes
- A campus surrounded by the beauty of nature

Success Story

"I came to the NEWSTART program because my doctor said I had diabetes. My blood sugar was 248. After completing NEWSTART, my blood sugar was lowered to only 99 — right in the normal range!" —Conrad Holzgang, Motion Picture Producer/Director

To find out more, visit www.NEWSTART.com or call 800-525-9192 today!

NEWSTART is a registered trademark of Weimar Center of Health & Education.