

The Principles of NEW START

Our human bodies are marvellously designed and very robust, but will fail under constant exposure to abuse. The majority of the diseases we suffer today are brought about by the unhealthy lifestyle choices, which in turn form habits, then go on to form our characters. Our characters are, all said and done what we are. Generally these choices and habits are brought on by feeling one has to submit to the peers of the day and following accepted practices of society, often without understanding their hurtful consequences.

This article brings some simple rules that bring better health and happier living when applied in your life and in many cases, because of the willingness of nature, will undo much of the damage already done.

N-E-W-S-T-A-R-T

Nutrition

Exercise

Water

Sunshine

Temperance

Air

Rest

Trust in Divine Power



When a car is made, the company who makes the car, writes a service manual to go with it. This informs which are the best fuel and oils for the working machinery in that car, to keep it running in the best possible condition.

In the same way, we are like machines that need good fuel to run well. Certain foods will make the best kind of blood, muscle and bone in our bodies.

To keep us running well, we need to choose our foods wisely and keep our diet well balanced with the four main food groups:

1. Fruits
2. Grains
3. Nuts and Seeds
4. Vegetables

It is healthy to start every day in the morning with a good, hearty breakfast including:

- Grains - like oats, bread, rice or porridge
- Milks - coconut or soy
- Fruits - Apples, pears, bananas, paw-paw, oranges, etc.

At midday, a good vegetable meal with:

- Starches - like potatoes, bread and grains
- Protein - which is in beans, nuts and seeds
- Greens - cabbage, silverbeet, spinach, parsley, etc.
- Colours - carrots, pumpkin, cauliflower, beetroot, etc.

For the evening meal, a light fruit meal with a little grain, like cracker biscuits. The light evening meal should be eaten at least 2 to 3 hours before going to bed.

It is also important to eat meals at regular times and not to eat between meals at all, as our stomachs need to rest as well. It is well recommended to have some raw salads with each meal also, as this aids digestion.

It is possible to have too much of a good thing. We need to have an understanding of the word "Nutrition". It means to eat foods only that are good for the upbuilding of our bodies and eat them in moderation, at the right times.

Fatty foods tend to store as fat which increases the risk of disease and makes us more sluggish.

Eating a good hearty breakfast, a good-sized midday meal and a light tea, gives us the fuel we need at the right times when we need the energy. It also helps to keep our bodies in good shape and helps in weight control.

If a good-sized meal cannot be eaten at midday, it would be wise to have more in the morning, rather than have a large heavy meal late in the day. This can result in disturbed sleep, not waking refreshed in the morning and a unhealthy circle can soon develop.

Some foods are not good for our well-being. Alcohol, smoking, coffee and drugs are very harmful. Lollies, canned drinks, ice creams, cakes, made with a high sugar content are also dangerous for our on-going health.

Harmful effects may not be noticed straight away, but over a period of time, our immune system will begin to fail. This will increase the risk of disease and may result in damaged organs and even death.

Eating too many sweets and sugar foods makes unhealthy blood and they are not good for building strong healthy tissues and bones, etc.

By not eating between meals, it reduces the temptation of eating sweets. If there is need to eat something sweet after a meal, a piece of fruit would be so much better. Acid fruit like an orange or similar are best after a vegetable meal.



Exercise

If someone has just broken an arm or a leg, it needs to be put into a plaster cast for 6 - 8 weeks, so that the bones can knit back together and heal properly.

When the plaster is removed, it can be easily noticed that the limb that was broken is smaller, paler, weaker and more stiff than the other limb that has had frequent use.

The joints of the broken limb will not move as freely as the good limb and it could be more painful to move for a time. **ONLY EXERCISE WILL BRING IT BACK TO GOOD USE AGAIN.**

This is just a picture of what happens to the whole body when we fail to get proper exercise. Each part suffers and in turn the whole body suffers.

Some people work at sedentary occupations. Even though they are brain tired at the end of the day from standing or sitting for hours in heavy concentration, they need to exercise physically and breathe fresh air deeply. It would be well for these people to enjoy some late afternoon or early evening sunshine and exercise in the garden, cycling or brisk walking.

When oxygen is lacking in the body, the blood moves sluggishly and the waste, poisonous matter that should be eliminated, is held in the body and the blood becomes impure. Exercise improves the blood circulation and helps cleanse the blood. Good health depends on good circulation.

Proper exercise gives life to the whole body. It gives strength to the digestive organs, the liver, the kidneys, the lungs and the heart. Exercise is excellent recreation not only for the body but also for the mind. It brings relief to the weary brain, helping us to think more clearly and to feel more cheerful. The whole body becomes more resistant to disease.

It is not wise to exercise too vigorously, especially after eating a larger meal. The blood is then needed in the stomach to break down the food and is not as available for the other strenuous exercise. Exercise, like all other daily activities must be done with care, thoughtfulness and common sense. Let us begin to take some steps and make a decision to get some exercise today and every day from here on.

Listed below are some benefits of good exercise.

- Prevention of heart disease
- Prevention of and treatment of obesity
- Lowers blood pressure
- Increases circulation and oxygen intake
- Increase self worth
- Improved sleep
- Lowers cholesterol levels in the blood
- Decrease in anxiety and relief of depression
- Elevation in mood and vigour
- Stronger heart beat and lowering resting heart rate
- increase fitness level
- Aids in stress control



Water is very important to this world. About three-quarters of the earth is made up of water.

Most of it is salt water, but the sun has the ability to change salt water into fresh water.

Just to basically explain it- The heat from the sun picks up small drops of water from the sea and takes them up to make clouds but it leaves the salt behind.

As the clouds gather more and more moisture, the drops get heavier and heavier until they become heavier than air and fall as rain on the earth.

Also springs of fresh water bubble up from under the earth.

Often big rivers start from snow and springs in the mountains. As they trickle down to the lower areas, water from the rain and thawing snow join the streams and together they tumble downward. As different creeks join the flow, they become rivers and soon the rivers flow into the mighty ocean - to repeat the ongoing, never-ending cycle.

Water is a very important part of our lives, both inside and outside the body.

We need to drink 6 to 8 good-sized glasses of clean water each day.

A good health habit to develop, is to drink 2 to 3 glasses of warm water when you get out of bed. This helps to flush out the stomach and digestion track.

It is best not to drink after 20 minutes before eating food. This way the water does not dilute the acid juices which break down the food when it comes into the stomach at meal time. For this reason it is best not to drink with any meal. It can cause the food to stay in the stomach longer than needed and it starts to ferment and build up bad gases.

The blood needs a good supply of clean water as well. Water helps blood to flow around our blood system, to keep our body running well.

If we could follow our blood into all the hidden recesses of our body, we would find that it picks up poisons and waste matter on its travels. Water is essential for the function of the kidneys as they continuously filter the blood.

The kidneys' work is made more efficient if we drink plenty of clean water. The body will keep healthier. Also, if we have trouble with passing solid wastes (constipation), this can often be relieved by drinking a good supply of warm water.

It is essential to drink plenty of water when we are sick. It helps to pave the way for a quicker recovery. People suffering from colds, fever, infections and viruses will be greatly helped if they increase their water intake.

On the outside, we must not forget that our skin is another very important organ that eliminates body wastes. A bath or shower every day cleans the skin of germs and impurities, helping all the organs inside the body do their work.

All our clothes and bedding should be washed in clean water to keep them fresh and clean as well.

Water on the inside and the outside assists nature to keep out disease.



Sunshine

Did you ever stop to think what it would be like without sunshine on this earth?

There would be no life at all, not a leaf could grow or a flower bloom. No animal could live and no fish could survive in the oceans.

It is from the mighty power and energy of the sun that all vegetable and animal life gets the power to live and grow. Some get it from the sun directly and some indirectly.

Not only does the sun give off light and heat, but its rays also kill off many germs. The sun gives plants the power to take carbon-dioxide and oxygen from the air, a process called photosynthesis, and combine these into basic foods which are eaten by other living animals. This is called chlorophyll, the green substance in the leaves of the plants. This is a wonderful process that man, with all his big laboratories and expensive equipment has never been able to do, or even fully understand.

Energy from the sun's rays also acts on our skin, giving vitamin D, one of the vitamins needed in our body.

When we wake up in the morning and the sun shines into our bedrooms, we immediately have a more cheerful "spring in our step" and a healthier glow to our faces. The sun gives off great amounts of life healing energy each hour of every day.

Sunlight, either from shining on us directly, or from eating foods grown in the sun, assists in keeping the blood clean and pure which supplying life to each part of our body. It also strengthens the body's immune system.

Even sick people are greatly helped by relaxing in moderate amounts of sunshine and fresh air.

The sun has many healing properties that greatly benefit the health of the body:

- Aids in relieving acutely swollen arthritic joints
- Relieves certain symptoms of PMS
- Increases calcium absorption
- Forms Vitamin D
- Destroys bacteria and viruses
- Lowers blood pressure
- Brings a sense of well being
- Promotes healing of some skin irritations

Of course there is danger of over exposure to the harshness of the sun's rays, but as in all facets of our lives, it is always possible to overdo even the good.

Regulate the exposure to the sun with moderation and common sense.



Temperance

What is temperance? The simple meaning is that we need to be sensible and careful in all facets of life.

Temperance covers areas of diet, sleeping habits, choice and fitting of our clothing, our daily activities, our exercise and all other aspects of our life.

Firstly in food - It is important that each day we eat a well balanced diet. This means eating the right amounts of food from the different food groups, at the right times of the day. We should never feel bloated and over-full after a meal. We should always feel we could eat a little more when we leave the meal table. Due to body make-up and workload, the needs differ for each person, but the body knows and will give signals of satisfaction before getting over-full. The body does not handle food nearly as well when it is gulped down as it does when it is chewed well. It takes a little time for the stomach to give the full signal and one can easily overeat developing into a bad habit, over-weight, gas and other problems. Chew the food well, let the saliva work on the contents. Remember our stomachs do not have teeth - digestion starts in the mouth.

It is unwise to mix vegetables with fruits at any one meal. Lemons and oranges will not have so bad an effect being acid fruits, but sweet fruits such as bananas, dates, raisins, etc. are a bad combination with vegetables. Temperance covers the old adage, "You can have too much of a good thing." If we continually overeat, the body becomes continually overloaded, the stomach becomes weary and the risk of disease increases.

Some illnesses will not necessarily surface immediately, but they can accumulate internally and break out once internal damage is irreversible.

Temperance in drinking is also important. Teas, coffee, canned drinks and alcohol should be out of the diet. Most contain caffeine and although it may give energy for a short term, after the boost has had its peak, the body becomes tired and the mind can become depressed. Often the low that comes after the caffeine wears off is worse than the tiredness before taking that cup of coffee. If you are tired, the body is calling for sleep, not a charge of high-octane fuel. The human machinery can only last so long and starts breaking down after continual abuse.

Clean fresh water taken up to 20-30 minutes before a meal and two hours after a meal, adding up to 6-8 glasses a day, is the best beverage we can possibly have.

Clothing should fit our bodies well. It should not be tight around any part of the body to restrict blood flow or digestion functions. However, all parts of our body, including our arms, legs and head, should be well covered in colder climates, to keep the whole body warm, close fitting for safety, but not too tight. It is important to be covered neatly as well as modestly. What we wear on the outside, often gives a pretty good indication of what we are like on the inside.

Sleeping is also included in temperance. One hour before midnight is better than two hours after. Developing a habit of going to bed about 8.30-9.00pm and rising about 5.00-6.00am will help bring health to body and mind.



Air

Did you ever stop to think that we live at the bottom of an ocean of air that surrounds the earth?

We could live a few weeks without food and a few days without water, but how long do you think we would live if we had no air?

In 1 or 2 minutes we would all become unconscious and within 5 or 6 minutes we would all be dead. We need a constant supply of pure air into our bodies to keep our blood pure and healthy, to soothe our nervous system and fill our lungs and keep our voices speaking clearly.

The first thing a baby needs when it is first born is to breathe air. Air is "life" to a new born baby and that air is essential to that little one right through life. Children should run and play in the fresh air every day if possible. This will help them to be more cheerful, healthier, and happier.

Pure, fresh air gives a good appetite, helps improve the blood flow, purifies the blood, refreshes the body, helps digestion of food, helps us sleep soundly and also helps to heal the sick.

Our homes should be kept clean as well as being well ventilated with fresh air. Curtains and drapes should be open to allow sunshine and air to fill the rooms with life giving elements. We should also sleep with windows open at night where possible. The fresh air will help our sleep to be more relaxed and restful.

If there are sick in the home, the room should not be shut up for them to breathe the same air over and over again. The oxygen in the fresh air will help bring a quicker recovery, helping the blood to cleanse and purify, resulting in greater strength and health - sooner.

AIR THAT REFRESHES

There is a kind of air that can energise and relax the mind and body within minutes. It is found near waterfalls, in forests, at the beach and after a rain storm. However, there is another kind of air that can bring on anxiety, depression and even suicidal feelings.

WHAT MAKES THE DIFFERENCE?

Air contains positively and negatively charged molecules called ions. These ions become electrically charged as a result of gaining or losing an electron. Air containing an abundance of negative ions is refreshing, as found in the bush, or by river, lakes, waterfalls and at the beach. On the other hand, air containing mostly positive ions as found in city centres, airports, poorly ventilated rooms and on crowded motorways, is associated with headaches, anxiety, insomnia and depression.

The blend of exercise and fresh air are important, as good active exercise increases the demand for fresh air and we naturally breathe more deeply.

Take time out of the busy day to take a walk in the bush or some other quiet place and do some deep breathing. It will not only lift your chest, but lift your day.



Rest

In the hustle and bustle of our busy modern lives, most of us keep going until we finally drop at the end of the day from exhaustion.

We have all heard of the saying "burning the candle at both ends" to describe a person who is always going full speed, borrowing from the store of energy and robbing themselves of needed rest to let body and mind rest up and refresh.

This is not the best way for us to live. Being moderate, even in creative and productive work is what is best for our health.

The first place we think of when we speak of rest is in our beds for the evening sleep. We should get into a regular pattern. Going to bed at 8:30 - 9:00pm is a good time for settling down to sleep and 5:00 - 6:00am is good for rising. This pattern brings a good night's rest and unloads pressure in the morning to beat the clock before work starts.

Quiet reading, some exercise and family time at the breakfast table brings a sweet start to the day. This may be the ideal, but not always practical for certain lifestyles, but if one is able, the pattern soon starts getting easier and life is enjoyed more fully.

It may be hard to sleep the first few evenings at the earlier time, but upon rising at the earlier time of 6:00am approximately, one will soon be looking for sleep by 8:30 - 9:00pm.

Other places of rest, rather than sleep, is out in the beauty and quietness of nature. If possible, it is good to leave the busy cities behind and seek that rest in the quietness of a country setting, beside a river, or lake, in a grove of trees, or in the mountains.

Other ways can be in a good book, giving good counsel and guidance, talking to a friend, quietly taking a walk, taking time to be with the family.

When planning time out for a holiday, use time wisely and make sure the return home brings a more refreshed and "revitalised you" than before leaving.

Worry also pulls a person down and is not good for our health. It can cause insomnia, tension, loss of confidence, depression and sluggishness. Another great enemy is guilt. Guilt is likened to the mind as pain is to the body. A guilty conscience makes a restless bed fellow.

Proper rest habits contribute to our quality of life. It also adds to the length of life. Rest also improves mental and physical efficiency. During rest your body is replenished, waste products are removed and your body systems are re-energised. You are preparing for renewed activity for the day to come.

Remember - EARLY TO BED, EARLY TO RISE MAKES A PERSON HEALTHY AND WISE.



Trust in Divine Power

The key to the basic eight natural doctors of health is a well balanced, common sense outlook on life.

We need to have a complete health program and although we can make choices to follow the healthy lifestyle, we still have weaknesses that often end up in us falling so many times, right back to where we have to start all over again. We need to come to realize that we do have weaknesses and if only we had something or someone to lean on to give strength through our problems and give us the power to overcome the fall downs. Certainly we do have friends that we can talk to for encouragement, but we need to remember that every one of us are in this together and all are struggling with our weak areas.

There is One with power that we can lean on, One who is interested in our health. Many a person from ages past, has found a NEW START, physically, mentally and spiritually when they have sought divine aid. That power comes from the compassionate Creator of the Universe, the One whose interest is in every individual's personal health. The well proven pages of the Scriptures, that have stood the test of time, bring out good healthy principles. "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth". -3 John 2.

Now, one may reason that this old stuff is for centuries past and turn away, but we need to stop and think awhile. Doctors and modern science are finding in research that good health is more than just physical and mental, but adding the dimension of spiritual health as well. The facts and figures that are coming from research now are amazing, they are lining up exactly with the Scripture principles. If we will keep to the eight doctors laid out in this booklet, we will have more vibrant health.

A good diet allows us to think more clearly. A clear mind helps us to make good choices and to have clear spiritual, pure thoughts. Good pure minds keep the body in trim, completing the circle of wanting good Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, and will increase our Trust in Divine Power.

Yes - Try a **NEW START** today - and every day will start off with a NEW START and as the pattern develops, old ways will quickly drop off as the mind and body enjoy increased good health.

"Come unto me, all ye that labour and are heavy laden, and I will give you rest." -Matthew 11:28