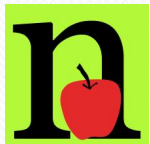


Welcome to the **New Start**
healthy food and fitness program.



What do the 8 letters stand for?



Nutrients



Exercise



Water



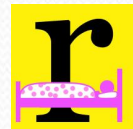
Sunlight



Toxin Reduction



Air



Rest



Think happy thoughts
and trust in God



for nutrients



1. Nutrients

A well-balanced diet includes healthy fats, protein, and non-starchy vegetables for vitamins and minerals.

The food pyramid

The Outdated Food Pyramid



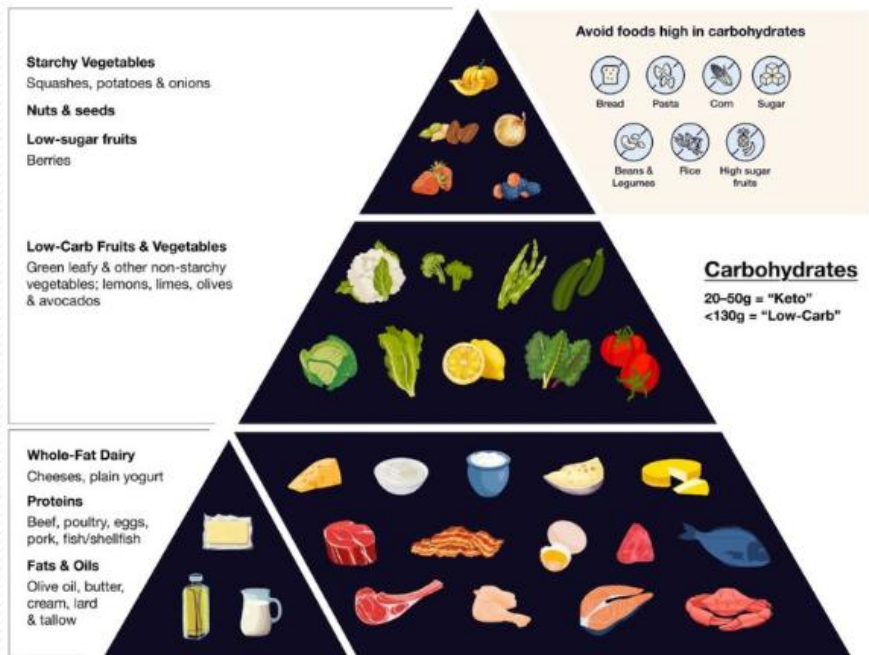
This is based on recommendations in 1992.

What's wrong with it?

1. Adults do not need such a high percentage of carbs.*
2. We need more protein and fat.
3. We do not need so much fruit, but do need coloured vegetables.
4. We do not need any sugary sweets.

**But note that children and athletes need more carbohydrates for energy.*

The new food pyramid



After 20 yrs of advising people to follow the **1992** pyramid, metabolic disease sky-rocketed. In 2018, in USA, only 1 in 14 adults had optimal metabolic health. In **2025** a research paper showing a new food pyramid was published.

Bottom level: whole fat dairy, meats, fish, eggs & good fats

Middle level: non-starchy vegetables

Top level: starchy vegetables, low-sugar fruit & nuts

What does the new food pyramid tell us?

- Eat quality food
- Eat food as close as possible to the way God made it
- Avoid refined carbohydrates
- Eat some good oils
- Include enough protein

Clues from the Bible

- Gen 1:29 – I give you every seed-bearing plant, and every tree that has fruit with seed in it . They will be yours for food.

Plant foods contain many qualities for healing and optimal health.

God's Pharmacy



A Walnut looks like a little brain.

A sliced Carrot looks like the human eye.



A Tomato has four chambers and is red. The heart is red and has four chambers.



for exercise

Cardio exercise – brisk walking, running, jumping.

Weight-bearing exercise – rowing, swimming



Benefits of physical exercise

- keeps hormones balanced
- Improves our immune system
- helps prevent cancer
- reduces risk of heart disease

You don't have to go for a run or go to the gym every day.

Even moderate exercise (walking) reduces heart disease by 18%, strokes by 16% , diabetes by 13% colon cancer by 19%, breast cancer by 9-12%



for water



Drink water according to your body weight. For the average adult, 2 litres a day. Drink on rising and between meals, (not with meals). Herbal tea counts as water but not coffee or sweet drinks.

Our cells need water

The human body is a bioelectrical water machine.

Water is used for

- brain function
- nerve function
- digestion
- detoxifying cells
- watering the lungs
- lubricating joints
- cleansing



for Sunlight



We need sunlight for Vitamin D. Avoid sun exposure during the middle of the day when sunburn is a risk.

2 8 2

3 5 5
9 6 2

t for toxin reduction



Read food labels.

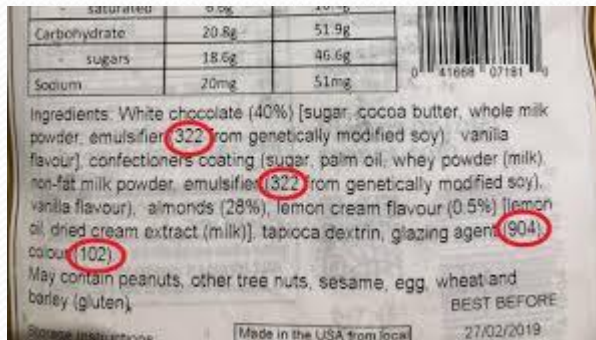
What do all those numbers mean?

They are codes for food colourings, flavourings or flavour enhancers or preservatives.

While they are “approved” to be safe in small amounts, too much exposure can lead to health problems.

Something to research:

Is sugar a toxin?



Toxins – where do we find them?

- Environment
- Household
- Things we put on our skin
- Drugs
- Present in some foods and beverages
- Incomplete digestion or elimination
- Stress causes toxins to build up in our body



Look at the next two slides and compare them.

Which family do you think has the most exposure to toxins in food?

What do you eat in a week?



USA

What do you eat in a week?



Ecuador

a for air



Engage in outside leisure activities in the fresh air – the beach, the bush, the forest.

Keep the air in your home healthy by opening your windows.

Avoid pollutants like air fresheners, toxic cleaning products and perfumed personal care products.



for rest



Sleeping during natural hours of darkness is what our bodies are designed to do. Rise early and go to bed early.

Don't sleep with your smart phone on and near you.

Choose to rest from your normal working routine once a week.

Sleep restores the body and mind

- Wind down and relax
- Avoid stimulation before bed
- Go to bed and get up roughly the same time each day



for think happy thoughts
and trust in God





Laughter is the best medicine

Proverbs 17:22 – A cheerful heart is good medicine, but a crushed spirit dries up the bones.

People who have a faith enjoy better health and live longer.

The Plumber was called in when they found
a really bad leek in the bathroom...



The plumber was called in when they
found a really bad leek in the
bathroom.



The best thing about Eddie's new job was the huge Celery.

The best thing about Eddie's new job was the huge celery...

Build a healthy immune system

Nutrients, Exercise, Water,
Sunlight, Toxin reduction, Air, Rest, Trust in God
and be joyful.

The gift of youth is to be appreciated. Start healthy life-style patterns now, and when you are old your body will be more resilient.

Is it possible to live a long and healthy life? Look after your body now and ...

Job 5:26 - You will come to the grave in full vigour like sheaths gathered in season.

Seek the truth

- Do your best
- Be a temple of the Holy Spirit
- Don't be taken in by food advertising
- Eat unprocessed food as much as you can.
- Get to know the difference between healthy and no-so-healthy food.
- Hosea 4:6 – My people are destroyed from lack of knowledge.

