NEWSTART®

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EURO-AFRICA DIVISION
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A. INTRODUCTION

Health reform, as an integral part of the Christian lifestyle, is included in the Seventh-day Adventist fundamental beliefs. According to the Bible our body is the temple of the Holy Spirit (1 Cor. 6:19-20). It is therefore a religious duty to care for the body as well as for the spirit (Rom. 12:1,2; 1 Thess. 5:23; 1 Cor. 10:31). The true physician is God himself (Ex. 15:26) who gave his son Jesus Christ for our ultimate salvation from sin and death (John 3:16; Rom. 6:23).
A healthy lifestyle is based on the Biblical principles of

- personal hygiene (Ex. 19:10; Lev. 15:13; Deut. 23:13)
- healthful nutrition (Gen. 1:29; Gen. 3:18; Lev. 3:17; Lev. 7:23-27; Lev. 11)
- regularity in work (Ex. 20:9; Prov. 6:6; Prov. 12:11, 24; John 5:17)
- adequate rest (Exo. 20:8-11; Mk. 6:31)
- abstention from intoxicating substances (Prov. 20:1; Prov. 23:29-35; Gal. 5:21)
- sexual purity (Ex. 20:14; 1Cor. 6:18; Deut. 23:17)
- social welfare (Ex. 20:12-17; Deut. 10:17-19; Zech. 7:10)
- care of environment (Gen. 2:15)
- mental hygiene (Prov. 17:22; Phil. 4:8)
- forgiveness (1 John 1:9; Acts 4:12)
- spiritual well-being by fully trusting in God's mercy and love (Ps. 37:5-6).

Through divine inspiration, E. G. White provided many instructions on healthful living to the SDA church. These principles are summarized in the following statement found in the book *Ministry of Healing*, p. 127:

> "Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power) these are the true remedies."

The name NEWSTART is an acronym formed by the initials of these eight healing factors:

Nutrition, **E**xercise, **W**ater, **S**unshine, **T**emperance, **A**ir, **R**est, **T**rust in God.

These eight healing factors are based on natural laws. Many scientific studies[1] are continuously proving their validity. More than ever before these methods are being incorporated into the medical practice for the treatment of chronic diseases like diabetes, hypertension, obesity, coronary heart disease and others. These principles do not only have a therapeutic value but also help to prevent many diseases, when applied in a healthy lifestyle.

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[1] See also D. C. Niemann and H. J. Stanton, "The Adventist Lifestyle - A Better Way to Live", *Vibrant Life*, March/April 1988, pp. 14-18.

B. ORIGIN

Some of the above-mentioned factors have been applied successfully in medical practice for decades in the form of hydrotherapy, air-spas, exercise programs, special diets, etc. Important names are connected with them like Bircher-Benner, Kollath, Priessnitz, Kneipp, Cooper, Pritikin, and others. Nevertheless, it is the merit of a group of Adventist physicians of the Weimar Institute in California, who almost 20 years ago have put all these healing factors together, including the spiritual component, in a comprehensive therapeutic program called NEWSTART®.

A healthful lifestyle includes the NEWSTART principles, but this is not the same as the NEWSTART® program. The NEWSTART® program is a special therapeutic and educational program, conducted under medical supervision, which includes a balanced schedule of treatments, lectures, guided exercises and a vegetarian diet.

C. COPYRIGHT

The name NEWSTART® is copyrighted for this program and should not be used without permission. Included in the protection are the following goods and services which use the name NEWSTART®:

- Films, video and audio-cassettes
- Teaching material, printed matter, books, magazines, brochures
- Education and entertainment
- Medical services, physiotherapy, food services, sanatorium.

The copyright has been filed for the following countries:

- Austria	- Germany	- Monaco	- Spain
- Belgium	- Netherlands	- Poland	- Switzerland
- Bulgaria	- Italy	- Portugal	
- Czech Republic	- Liechtenstein	- Romania	
- France	- Luxembourg	- Slovakia	

This copyright is filed by the Clinic La Lignière, 1196 Gland, Switzerland, in agreement with the Health Department of the Euro-Africa Division. Any request to use the name NEWSTART® must be addressed in writing to the Health Department of the Euro-Africa Division, Schosshaldenstr. 17, 3006 Berne, Switzerland, phone +41-31-359 1515. The permission will be given only to institutions of the SDA-church or Adventist self-supporting organizations.

It is our desire that many institutions use this name in order to spread the NEWSTART® principles.

The following criteria have been established about the use of the name NEWSTART®:

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	USED:	**NOT USED**:
NUTRITION:	(See comments)	
GENERAL	Fruits, vegetables, grains, legumes, nuts, seeds and food products made from these items.	Flesh foods, fish, fowl, animal products. Milk, eggs, cheese, butter and cream are not used during the therapeutic program.
FATS	Nuts, seeds, avocados, olives. In food preparation oil spray is used.	
SUGAR	Dates, other dried or fresh fruits, fruit juice and concentrates.	Refined sugars.
SALT	3-4 grams added in cooking. "No salt" diets available to those needing it.	Products that contain large amounts of salt.
SEASONING	Non-irritating herbs, mild peppers, lemon juice.	Irritating spices, hot peppers, vinegar.
GRAINS	Whole grains and flours, brown rice.	
OTHERS		Coffee, tea, cola drinks, etc.
EXERCISE:	Walking, garden therapy, pool therapy, muscle toning equipment, stretching classes, non-competitive recreational games.	Yoga exercises, heavy weight lifting, competitive sports.

	USED:	**NOT USED**:
WATER:		
INTERNAL	Fresh pure water, 6-8 glasses per day	Impure water sources.
EXTERNAL	Hydrotherapy treatments: contrast showers, sauna, whirlpool baths, hot & cold packs, etc.	
SUNLIGHT:	Balanced use of sunlight to obtain a beneficial effect. A gradual increase in exposure or use of protective clothing or sun block.	Sunbathing to the point of causing sunburns or using tanning booths to an extreme.
TEMPERANCE:	Moderation in all things.	All forms of nicotine, alcohol, caffeine, illegal drugs.
AIR:	An abundance of fresh pure air.	Polluted stale air, poor building ventilation.
REST:	Adequate time in schedules for rest periods in the day as well as 7-9 hours of quite time at night. Observe the seventh-day of the week as the Sabbath, a day of rest and other joyful activities. Sunday and other religious days are observed by those requesting.	
TRUST IN GOD:	Stress management based upon love, faith and forgiveness. Christian principles of worth, value, and motivation, and Christian-based spiritual and emotional counseling.	Bio-feedback, Eastern Meditation, NEW-AGE components or philosophy. Specific religious doctrines, hypnotism, and similars.

	USED:	**NOT USED**:
MISCELLANEOUS CRITERIA:		
MASSAGE	Therapeutic massage, trigger point, by trained massage therapists.	Reflexology, Acupressure. No mixed gender among therapist and patient.
MEDICAL	Blood test, ECG tests, history & physical exams, medical consultations by licensed physicians.	Acupuncture, Iridology, Homeopathy, and similars.
EDUCATION	Health presentations that support and substantiate the eight true remedies in a scientific, date-based fashion using good lecture techniques and effective up-to-date visual aids. Example is often the best educational technique.	
COOKING SCHOOL	Taught by a training instructor at least three times per week to give the patients the hands-on practical experience to effectively apply the nutrition principles in daily life.	
PROGRAM LENGTH	Treatment program: Minimum 10 days	

Comments about the use of medications

A great number of patients who come to the NEWSTART® program are already under medical treatment and use regularly medications like insulin, oral hypoglycemic agents, anti-hypertensive medications, diuretics, tranquilizers, or others. Initially these medications may continue to be administered and may be reduced under medical supervision and eventually suspended totally according to the patient's response to the NEWSTART® program. In special cases, the use of other medications may also be necessary.

Comments about the diet used during the NEWSTART® program

A study group of the World Health Organization came to the conclusion that

> "...the health needs of the population are best met by a high-carbohydrate, low-fat diet, rich in starchy foods (e.g., cereals, tubers, and pulses) and including a substantial intake of vegetables and fruit." *Diet, Nutrition and the Prevention of Chronic Diseases*, WHO 1990, p. 158.

The same expert group also recognizes that

> "A substantial amount of epidemiological and clinical data indicates that a high intake of plant foods and complex carbohydrates is associated with a reduced risk of several chronic diseases, especially coronary heart disease, certain cancers, hypertension, and diabetes." *Id.*, p. 99.

These statements are fully in agreement with the SDA Church position expressed by E. G. White:

> "In order to know what are the best foods, we must study God's original plan for man's diet... Grains, fruits, nuts, and vegetables constitute the diet chosen by our Creator. These foods prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength and power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet." *Ministry of Healing*, pages 296 and 297.

Therefore, during the NEWSTART® program (a defined therapeutic program conducted under medical supervision), a cholesterol free, total vegetarian diet is recommended where fats come mainly from nuts, seeds, olives and avocados. Refined products, such as white flour, white sugar, honey and oils should be used very sparingly, if at all.

Finally, those patients who choose to follow a total vegetarian diet over a long period of time, should be instructed about the need of adequate intake of vitamin B_{12} and calcium.

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Berne, June 1997