Here's your first information packed newsletter. Get the latest info from our blog and the web, and see what's new at NEWSTART, and what our current promotion is.

Newstart Newsletter

Health at your fingertips
Ask the Doctor | Vegan Diet

You may be asking, "I'm trying to maintain a vegan diet, but is that healthy?", or "does being vegan even make that much of a difference?". In this video, former Newstart doc, Dr. David DeRose answers these questions, and much more.

Watch Video

On the Web

CNN - Watch as CNN's Dr. Sanjay Gupta looks to a certain religious group to explore ways to slow the aging process and live a longer life. Read more.

Life & Health Network - For those who don't have enough time in the morning to make breakfast, this recipe is for you! It only takes 10 minutes to make, giving you plenty of time to finish all the other morning necessities. Read more.

A Gift for You
We all know someone who could benefit from a lifestyle change, but did you know that if you refer them to the NEWSTART Lifestyle Program that you'll benefit also? Anyone can participate in our [Champions Program](#). If your referred guest books *by March 31* for the April, May, or June programs, you'll receive 2x the reward for each referral. You could earn up to $1000 per guest.

So what are you waiting for? Be a champion by calling 1-800-525-9192.

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**Today at Newstart**
We're in the process of making more parking spaces in front of the NEWSTART clinic.

Book Now

Or

Explore Our Blog

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The Importance of Breakfast

These days we all seem to be in a hurry, rushing out the door without much time to spare. These days, only 25% of adults are taking the time to eat a good healthy breakfast. Does breakfast really matter though? Doesn’t it cut out extra calories for the day?

Studies continue to show that skipping breakfast has its problems. According to studies conducted by Dr. Lester Breslow, those who skip breakfast are at a 30-40% higher risk of dying, than those who eat breakfast regularly. Skipping breakfast can also lead to being overweight, because the calories eaten in the morning are more effectively utilized than those consumed later in the day. Studies also show that breakfast skippers are at a higher risk for developing diabetes. Some may think that they are reducing their calories by skipping breakfast and therefore helping them to lose weight. If you skip breakfast, you tend to eat more snacks and food throughout the day.

For those who do not have enough time in the morning to make breakfast, consider waking up earlier and make the time. This oatmeal recipe below only takes me 10 minutes to make in the morning, giving me plenty of time to finish

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Pumpkin Spice Oatmeal / An Easy Breakfast for People in a Hurry

Kylee Gumm RD

February 23, 2015
all the other morning necessities.

This recipe contains 450 calories, 12 grams of fiber, and 12 grams of protein! So make sure you make breakfast an important part of your day, because your future self will thank you!

**Ingredients**

- ½ cup quick oats
- 1 cup water
- 1 pinch salt
- 2 tablespoons ground flaxseed
- 1 ½ tablespoon agave nectar
- ¼ teaspoon pumpkin spice
- ¼ cup soy milk
- ¼ cup berries
- 1 ounce nuts

**Instructions**

- Add water, quick oats and salt to a pot on medium heat.
- Cook for about 5 minutes, until the oatmeal comes to a slight boil and the right consistency.
- Mix in flaxseed, agave nectar, pumpkin spices and soymilk. Then transfer the mixture to a bowl.
- Top the oatmeal with blueberries and soymilk. Enjoy!

Ready in about 10 minutes  
Makes one bowl  

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