This is where you'll find the latest health info on the web, as well as our success story of the week...

Newstart Newsletter

Health at your fingertips
7 Diseases Water Can Cure

Water. It's the most common compound on earth, so why not put it to use? Water has many medicinal applications, so today we'll highlight 7 diseases that can be reduced or even cured by drinking water.

On the Web

Meat Will Make You Dead Meat - We can add another reason to the list of why we should not eat meat. If the saturated fat and cholesterol in meat were not enough, there is a newly identified toxic kid on the block:
trimethylamine oxide (TMAO).

(Forksoverknives.com)

Read More.

10 Benefits of Walking Daily - It's a gentle, low-impact form of exercise that's easy, free and suitable for people of all ages and most abilities. Here's why it's so good for you.

(Tescoliving.com)

Read More.

Success Story of the Week

"I realized that they [NEWSTART] offer something special. When have you ever had a doctor pray with and for you? Or walk with you? Or come to your room late at night to make sure you're okay? Everywhere you go, everywhere you look there are people who care. Not because they are paid to. Not because they want your
money. They truly care! I've learned so much here, and I've never felt so happy and joyful.” - (Jackie)

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Today at Newstart

The NEWSTART Clinic staff are excited to meet with more patients.

Come to Newstart

Or
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7 Diseases Water Can Cure.

Water. It’s the most common compound on earth, so why not put it to use? Water has many medicinal applications, and today we’ll highlight 7 diseases that can be reduced or even cured by drinking water.

1. **Heart Disease** - Water thins and dilutes the blood, which aids in better circulation. A study of more than 20,000 participants found that men who drank more than 40 ounces of water per day cut risk of CAD by 46%. Women had an even greater response, cutting their risk by 59%.

2. **Diabetes** – Because water contains no calories or sugar, it doesn’t raise the blood glucose level. Water dilutes the high concentration of sugar in the blood, and is the only substance that is absorbed and not digested.

3. **Cancer** - Adequate water intake helps to prevent colon cancer. One study reported that adequate water intake reduced the incidence of colon cancer in men by 92%, breast cancer in woman by 79%, and bladder cancer by 51%.

4. **Obesity** - Did you know that 2 glasses of water increased the metabolic rate by about 30% in one study? Researchers believe that an increase in water intake of 6 glasses per day could burn about 5 lbs of fat per year.

5. **Urinary Tract Health** - Our kidneys are sophisticated filters that process about 200 quarts of blood each day to make about 2 quarts of urine. According to the National Kidney Research Fund, adequate water intake is the best way to promote proper kidney function, avoid kidney stones, flush impurities form the blood, and protect against urinary tract infections.

6. **Arthritis** - Our joints are cushioned by fluid-filled sacs, but when we are dehydrated, our bodies draw water from these non-essential areas. As a result, joints are not adequately cushioned and movement can become painful. Moderate dehydration can actually mimic arthritis.

7. **Digestive Health** - Water can keep your gallbladder clean. A recent study found that drinking adequate room temperature water resulted in gallbladder emptying. Low daily water intake has been attributed as a cause for the formation of gallstones.

Want to learn more about the health benefits of water? [Click here](#) to learn more.
TMAO: A Toxic Substance Formed When You Eat Meat Can Make You … Dead Meat

We can add another reason to the list of why we should not eat meat. If the saturated fat and cholesterol in meat were not enough, there is a newly identified toxic kid on the block: trimethylamineoxide (TMAO).¹,²

When we eat red meat, its carnitine interacts with our gut bacteria, forming trimethylamine, which is then metabolized by the liver into TMAO. And it appears that TMAO is not our friend.¹,²

TMAO promotes the formation of cholesterol plaques in our blood vessels, which make them less healthy and may lead to heart attack, stroke, and death. TMAO reduces our body’s ability to excrete cholesterol.¹,² And, if that is not bad enough, TMAO may be linked to death from prostate cancer.³

The good news is that people who eat an exclusively plant-based diet appear to form little TMAO. In fact, when researchers fed steak to a vegan, virtually no TMAO was made.² Why is that? Vegans, it seems, do not select for the specific gut bacteria that lead to the formation of TMAO, whereas meat eaters do. Hence, it’s as if plants create a coat of armor in our stomachs, protecting us when they are not even there.

So if we’re protected by plants, is it okay for us to eat steak for just a few days? Are we protected from TMAO? It appears that we may not be. The trillions of bacteria in our gut change very quickly. In fact, they may meaningfully shift even within one to two days!⁴ So aside from the many other deleterious effects of meat, even one day of steak could cut a chink in the natural armor afforded us by eating plants.

Notably, red meat is not the only source of TMAO. Choline, which is found in chicken, fish, dairy — and even plants — is another. Choline is structurally similar to the carnitine in red meat, and with the help of the same gut bacteria, also forms TMAO. Accordingly, when investigators fed omnivores an egg, they made TMAO.¹

Although we have no dietary need for carnitine, we do require dietary choline. So how can we get the choline we require without the unwanted company of toxic TMAO? The answer appears to be in the armor. Eating a plant-based diet selects for gut bacteria that do not lead to the formation of TMAO.² So even though we are eating choline in plants, our stomach’s plant-derived protection is in place, practically freeing us from concern about TMAO.

Science’s understanding of the interaction of our diet and gut bacteria and their influence on our health is at an early stage. However, evidence is mounting that a plant-based diet may be beneficial for this interaction in many ways. Yet another reason to go (or stay) plant based!

⁴ Nature 505, 559–563 (23 January 2014) doi:10.1038/nature12820
Top 10 health benefits of walking every day

1. It strengthens your heart

Regular walking has been shown to reduce your risk of heart disease and stroke. It lowers levels of LDL (bad) cholesterol while increasing levels of HDL (good) cholesterol and keeps blood pressure in check.

"Anything that raises your heart rate and gets your blood pumping is a workout for your heart and circulatory system," says personal trainer Stuart Amory. According to the Stroke Association, walking briskly for up to 30 minutes can help prevent and control the high blood pressure that can cause strokes – reducing your risk by up to 27 per cent.

2. It lowers disease risk

As well as heart disease, a walking habit can slash your risk of developing type 2 diabetes, asthma and some cancers. A study in the British Medical Journal showed taking more steps every day can help ward off diabetes. And according to the charity Walking For Health, regular exercise such as walking could reduce risk by up to 60 per cent. Those of us who are active have around a 20 per cent lower risk of developing cancer of the colon, breast and womb than those least active.

3. It keeps weight in check

"If you’re trying to lose weight, you need to burn about 600 calories a day more than you’re eating," says Amory. "Putting one foot in front of the other is one of the easiest ways to do that." A person weighing 60kg burns 75 calories simply by strolling at 2mph for 30 minutes. Increase that to 3mph and they’ll burn 99 calories. Speed it up to a fast walk (4mph) and that’s 150 calories – the equivalent of three Jaffa Cakes or a jam doughnut. "Walking also
increases muscle mass and tone and the more muscle you have, the faster your metabolism – so the more calories you burn, even at rest,” he adds.

4. It can help prevent dementia

Dementia affects one in 14 people over 65 and one in six over 80. We know being active has a protective effect on brain function and regular exercise reduces dementia risk by up to 40 per cent. And, according to Age UK, older people who walk six miles or more per week could avoid brain shrinkage and so preserve memory as the years pass.

5. ...and osteoporosis, too

"Walking counts as a weight-bearing activity," says Amory. "It stimulates and strengthens bones, increasing their density – really important, especially for women. It also helps maintain healthy joints so may stave off conditions such as arthritis."

6. It tones your legs, bum – and tum

A good walk can help strengthen and shape your legs, giving great definition to calves, quads, hamstrings and lifting your glutes (buttock muscles) – especially if you add hills. But if you really pay attention to your posture as you walk, it can tone your abs and whittle your waist, too.

Fitness expert Joanna Hall is founder of the Walkactive method of 'conscious' walking for better posture and overall fitness results. She says: "Think about lengthening up through your spine to create space between your earlobes and shoulders. Relax your shoulders, pull in your tummy and pelvic floor and imagine you have a cup of water balanced on top of each hip bone that you don't want to spill. As you walk with this posture, your shoulders will naturally rotate and this works your oblique abdominal muscles – you'll be taking inches off your waist with every step." Check out these 12 fitness videos on how to tone your body.

7. Let's not forget your arms

"Your speed when walking comes from your arms," says Hall. "Hold them at a comfortable level, bent at the elbow, and swing them backwards and forwards as you walk. Swing them faster and you'll automatically speed up. And all this movement tones your arms, shoulders and upper back." Bye bye, bingo wings!

8. It boosts your vitamin D levels

If you’re walking outside in daylight, you’ll be boosting your body’s stores of vitamin D – a nutrient that’s hard to get from food, but that we can synthesise from exposure to sunlight. Many people in the UK are deficient in vitamin D and it’s a nutrient that plays a big role in everything from bone health to immunity. While sun safety is still important (see www.sunsmart.org.uk), experts agree that exposing as much skin as you can to the sun, little and often and without burning, will help you to produce sufficient vitamin D.

9. It gives you energy

It might seem like a paradox (and the last thing you might feel like) but a brisk walk is one of the best natural energizers around. It boosts circulation and increases oxygen supply to each and every cell in your body, helping you to feel more alert and alive. It wakes up stiff joints and eases muscle tension so you feel less sluggish. Always have a mid-afternoon energy slump at work? Head out for a walk at lunchtime instead of sitting in a café or at your desk and see what a difference it makes. Here are some other quick ways to boost your energy levels.
10. It makes you happy

The ability of exercise to boost mood is undisputed. Studies have shown regular, moderate-intensity exercise (such as brisk walking) to be as effective as antidepressants in cases of mild to moderate depression. Getting active releases feel-good endorphins into the bloodstream, reducing stress and anxiety. And don’t forget it’s often a social activity – joining a walking group or meeting friends to walk and chat is a great way to banish feelings of isolation and loneliness. A survey by the charity Mind found 83 per cent of people with mental health issues look to exercise to help lift their mood. For greatest benefit, they say, get active outdoors and somewhere green. Check out our tips on how to join a walking group.

Words: Hannah Ebelthite