

NEW START A Way To Health

Presenter:
Edwina Neely



Nutrition God's Pharmacy



Cucumbers



Feeling tired in the afternoon??
Put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and carbohydrates that can provide that quick pick-me-up that can last for hours.

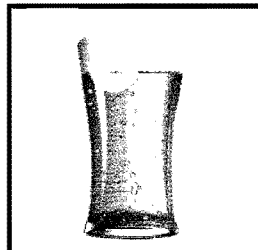


Looking to fight off that evening snacking binge? Cucumbers will cut those hunger pains.

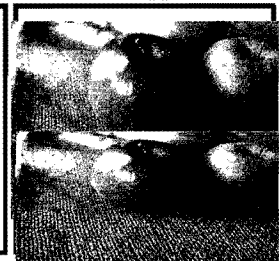


Fruit Juice vs Real Fruit

One Glass of Apple Juice



Four apples



Sweet Potato Surprises

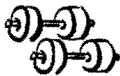
The ultimate holiday vegetable is shockingly good for you.

- More fiber than a bowl of oatmeal
- More vitamin A than a cup of carrots
- More potassium than a banana



- Rich in Vitamin C
- Loaded with carotenoids--- powerful antioxidants that protect against cancer and heart disease and boost immune function
- Naturally low calorie

Exercise

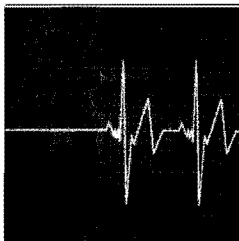


What is worst, Lack of Exercise or Obesity?

The lack of exercise is the root cause of more illnesses than body fat.

Exercise

Heart Health



Enjoyable choice

- Get partner




Stop Using Excuses to Avoid Exercise!

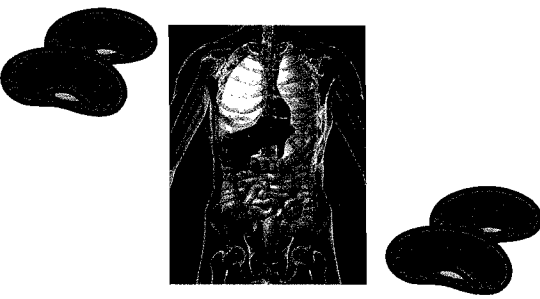
- Exercise will help you eliminate or minimize the source of your excuse, such as pain or health conditions.

Change your brain, change your body by Daniel Amen

WATER




Water your **nephrons** daily




Benefits of Water

Avoid urinary tract infections and kidney stones/cleans nephrons
 How to know you drink enough?
 Let urine be your guide
 Stainless steel vs plastic


SUNSHINE




Benefits of Sunshine 

Vitamin D
 Promotes calcium absorption
 Aiding in weight loss
 Improve digestion

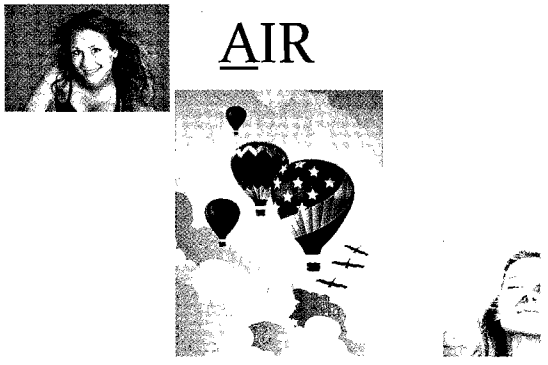
TEMPERANCE



Balance your Life!
Too much of anything is not
good for you.




AIR



Benefits of Air

- Healthy Mind
- Clean Lungs
- Calmer Constitution
- Getting outdoors should not be a chore, but a privilege.



REST



How Long Should I
Sleep?

**Each may need
a different
amount...**

TRUST IN GOD





Scriptures

- Proverbs 3:5,6 "Trust the Lord with all of your heart and don't depend on your own understanding. Remember the Lord in all you do, and he will give you success."
- Luke 12:25 "You cannot add any time to your life by worrying about it."
- Philippians 4:13 "I can do all things through Christ, because He gives me strength."



All Natural
Sweet Herb

Stevia

with **FIBER**

The rich emerald foliage of the Stevia plant has been traditionally cultivated by the Guarani Indians of Paraguay where it is known as "sweetleaf" and "sweet herb". Stevia naturally contains a distinct phytochemical called rebaudioside, which accounts for some of its unique properties. Our Stevia Extract contains no sugar, preservatives or artificial flavors and is an excellent natural addition to all kinds of foods and beverages. But the best part is that our Stevia extract contains no calories.

*2.5 packets = the fiber of a slice
of Whole Wheat Bread*

*3.5 packets = the fiber in one bowl
of Oatmeal****

****1 packet of instant oatmeal.
Based on USDA nutrient database.*