

# *JumpStart*

The 7-DAY Cleansing Diet Plan

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## **MISSION STATEMENT**

Lifestyle Medicine Institute

*“Empowering People to Enjoy  
Optimum Health  
Through  
Education and Motivation”*



**HEALTHY** is by Choice **NOT** by Chance

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## PLEASE NOTE

“The 7-Day Cleansing Diet Plan” will provide a head start for those who want to implement the *Optimal Diet*, the best therapeutic dietary plan available. This plan is an integral part of our Coronary Health Improvement Project (CHIP), and adjunct to our Health Education Seminars and Workshops. Although 20 years of testing have shown it to be an extremely safe approach, people with significant health problems, such as diabetes (see page 8), are advised to check with their physicians.

- *The Authors*

# ABOUT THE AUTHORS

## Hans Diehl, DrHSc, MPH, FACN

As a National Institutes of Health sponsored research fellow in cardiovascular epidemiology at Loma Linda University, Dr. Diehl evaluated the impact of the Pritikin Longevity Center, where he served as director of the departments of Research and Health Education.

As a post-doctoral scholar at the School of Public Health at the University of California at Los Angeles, he contributed to the establishment of the UCLA Center for Health Enhancement. He holds a doctorate in Health Science with emphasis on lifestyle medicine and has a master's degree in Public Health Nutrition from Loma Linda University.

Dr. Diehl is the founder and director of the Lifestyle Medicine Institute in Loma Linda, California. He is the author of several books, including the bestseller Health Power (2 million in 16 languages in print). He has demonstrated and published results showing that most hypertensives, diabetes, and heart disease patients can normalize their disease and become drug-free within weeks by simplifying their customary rich Western diet.

Dr. Diehl travels widely as a seminar leader and appears frequently on TV and radio.

## Aileen Ludington, MD

Dr. Ludington, a graduate of Loma Linda University, is a board-certified physician with 25 years of practice experience. Her lifelong interest in health education eventually led to a staff appointment at Weimar Institute's residential NEWSTART® Lifestyle Center. There she observed and documented the remarkable clinical improvements in patients with circulatory and metabolic diseases in response to healthful lifestyle changes.

Dr. Ludington spent seven years as medical advisor for the Westbrook Hospital television series. She is a popular radio and seminar speaker, particularly in the area of weight control. She recently completed her sixth book.

## WHAT IS “JUMPSTART”?

THE CLEANSING PLAN is a strict one-week program tested in the 19-day residential program at Weimar Institute’s NEWSTART® Lifestyle Center\*. If followed conscientiously, many of the same gratifying results can be experienced in your home setting.

Except for this “cleansing diet,” our weight control seminars and workshops are not based on “diets.” The emphasis is on learning to eat and live for maximum health and well-being on a permanent basis.

However, for people who are stressed, overweight, out-of-control, or suffering from circulatory diseases, this 7-day program is an excellent starting point. After experiencing the exhilaration and well-being resulting from one week of simple eating and good health habits, motivation becomes high and jumpstarts the OPTIMAL DIET of the CHIP program towards a healthier lifestyle.

*\*NEWSTART® Lifestyle Center,*  
Weimar Institute, Weimar, CA 95736

# WHAT DOES IT DO?

1. Cleanses Intestinal Tract – The high fiber content of the food absorbs water in the intestinal tract, turning insoluble fiber into a gel-like substance which resembles soft, spongy masses. These gel-like “sponges” stimulate intestinal activity and sweep along intestinal contents more efficiently and effectively.
2. Remedies Constipation – The increased intestinal activity promotes more regular and thorough evacuation in a gentle way.
3. Decreases Fluid Retention – Removes excess water, salt and other metabolites from the body via kidneys and intestinal tract.
4. Break Food Addictions – It facilitates in isolating food allergies and breaking food addictions.
5. Improves Appetite and Intensifies Taste Perception – It will help you discover and enjoy new flavor nuances in simple foods.
6. Conquers Fear – Since many people in weight loss programs fear food deprivation and hunger, the 7-day Cleansing Diet will help handle these feelings and overcome the fear.
7. Sharpens Mental Acuity – Since an unburdened system-provide for clearer thinking, the 7-Day Cleansing Diet puts a spring under your feet.
8. Renews Energy – Beginning with days 3 and 4, energy levels and a sense of well-being substantially increase.
9. Eliminates Body Odors – Body odors and bad breath will diminish and disappear.
10. Provides a Taste of Success – Experience the joy that comes from persisting with a difficult challenge and succeeding.
11. Reduce Food Budget – This new way of eating will reduce your monthly food bill. Once you have adapted to the OPTIMAL DIET, you’ll save 30-45% on your food dollar.
12. Jumpstarts you to a healthier lifestyle!

# GENERAL DIRECTIONS

1. Eat three meals a day, spaced at least four hours apart.
2. Before breakfast take a warm shower or bath. If you feel sluggish, alternate hot and cold water two or three times, then towel briskly.
3. Eat your evening meal at least three hours before retiring.
4. At meal time, eat until you feel comfortable and satisfied. Don't worry about serving size!
5. Drink at least 8 glasses of water or herbal teas each day. Drink on arising and between meals. Avoid drinking at meal time.
6. Develop regularity: go to bed, get up, exercise, and have your meals at about the same time each day.
7. Exercise actively for 30-60 minutes each day. Brisk walking is recommended. Select an exercise appropriate for your age and condition. Start slowly, increasing time and distance gradually as tolerated.
8. Allow adequate time for rest. For some, an afternoon rest (about 20 minutes) will refresh you and extend your energies.
9. Implement the detailed diet plan, especially for days 1-3, then change over to days 4-7 which moves you right into the OPTIMAL DIET.
10. Avoiding eating between meals. When hungry, settle for a glass of water or herbal tea. In emergencies, rely on a piece of fresh fruit.
11. Omit refined sugars, honey, molasses, and other concentrated sweeteners.
12. Quit all caffeinated drinks (but only gradually), alcohol, commercial fruits juices and sodas.
13. Omit processed fats and oils, including margarine, butter, mayonnaise, oily dressing and vegetable oils.
14. Avoid processed foods and fast foods.
15. Leave out animal foods, such as red and white meat, dairy products and eggs. Instead of milk, use non-dairy options such as soy milk (many love the SILKMILK brand), or rice milk.
16. Avoid salt. Season with onion, garlic and herbs.

**NOTE:** The more thoroughly and conscientiously you implement these principles, the more impressive and convincing will be your benefits.

## **SPECIAL PRECAUTIONS**

1. Food Allergies – If you suspect any particular food allergies be sure you don't use any milk, yogurt, wheat, or corn during the 7 days. Note whether allergies return when you resume various foods.
2. Diabetes – If on insulin or diabetic pills, stay in daily contact with your physician to monitor and reduce your medication dosage. (Insulin often has to be reduced by 2-3 units a day).
3. Hypertension – If on medication, have your physician monitor and adjust your drug dosage as needed.
4. Smokers – Since The 7-Day Cleansing diet reduces the cravings for tobacco, this could be your best time to break with the smoking habit.
5. Pregnant and nursing women – Add an extra cup of non-dairy (soy) milk to each meal if desired.

## **WITHDRAWAL**

Most people experience some degree of withdrawal for 2 to 5 days as a result of foods and/or caffeine/nicotine addictions. Transient symptoms may include headache, nausea, fatigue, depression, generalized aching, excessive gas, and diarrhea. Headaches will be worse if addicted to caffeine and nicotine.

NOTE: Hang in there. Sweat out this difficult period. It won't last forever! You'll feel much better once you have made the transition!



# TIPS ON HANDLING WITHDRAWAL SYMPTOMS

1. Drink two glasses of water on arising. Add a twist of lemon if desired.
2. Hop into the shower and follow this sequence:
  - a. Hot shower (2-3 minutes)
  - b. Cold shower (15 seconds)
  - c. Repeat routine up to three times, finishing with cold
  - d. Towel off briskly
  - e. This routine is limited to fit persons in good general health.
3. Walk briskly outdoors for 15 minutes or more.
4. Eat a good breakfast.
5. For headaches: soak feet and legs in hot water for 10 – 15 minutes. Rinse off with cold water. Rinse a wash cloth in ice water and apply to forehead.
6. Diarrhea – usually settles down in a few days. If troublesome, take 2-3 charcoal tablets or capsules between meals until the situation normalizes.

# THE 7-DAY CLEANSING DIET

## DAYS 1 – 2:

- Eat only fresh fruits and Whole Grains for meal or snacks
- Choice of: Brown rice, 7-Grain Cereal or Rolled Oats – Cooked without salt,
- Fruits – Fresh, whole fruit of all kinds
- Frozen fruit without sugar
- Unsweetened canned pineapple

## DAY 3: Introduce VEGETABLES & BREAD

### BREAKFAST:

- Any cooked whole-grain cereal or muesli
- Whole fresh fruit, 1 or 2 kinds
- Two slices whole wheat or multi-grain bread with mashed or whole banana

### LUNCH:

- Salad plate (mixed greens and raw vegetables). Use fat-free, low sodium dressing or lemon juice
- Green lima beans or peas
- Baked potato – top with chives, salsa, or lentil soup

### SUPPER:

- Fresh vegetable stew
- Unsalted rye crisp crackers or toasted whole grain bread

*(May substitute a fruit plate if desired)*

# THE 7-DAY CLEANSING DIET

## DAYS 4-7

**BREAKFAST:** See DAY 3

### LUNCH:

- See DAY 3, but add Corn
- Two slices of whole grain bread

### SUPPER:

- Choice of large lentil stew, split pea stew or fresh vegetable soup
- 2-3 slices of whole grain bread
- Mash  $\frac{1}{4}$  avocado with a little lemon juice and use as spread in place of butter
- Tomato salad with sliced cucumbers

### SUPPER:

- Fresh vegetable stew
- Unsalted rye crisp crackers or toasted whole grain bread
- *(May substitute a fruit plate if desired)*

TO CONTINUE YOUR “JumpStart” SEE BASIC EATING  
PLANS #1 and #2

**NOTE:** Most people are so pleased and excited over the results of their 7-day program that they want to know how to continue the benefits on a permanent basis. Following are two basic eating plans to help guide you in putting together balanced, healthy meals with minimal reliance on meat and dairy products.

# EATING PLAN #1

## BREAKFAST

- 2 whole fresh fruits (include 1 citrus daily)
- 1 to 2 cup(s) hot, multi-grain cereal with  $\frac{1}{2}$  cup of non-dairy milk
- 2 slices whole grain bread (toasted) with 1 teaspoon spread

## DINNER

- 1 serving entrée (choose one)
  - $\frac{1}{2}$  - 1 cup of any beans or lentils
- 1 serving of two or three of the following vegetables:
  - 1 medium potato
  - $\frac{1}{2}$  cup corn
  - 1 medium yam
  - $\frac{1}{2}$  cup green peas
  - $\frac{1}{2}$  cup green limas
- 1 cup of green or yellow, or other low-cal vegetables
- 1-2 cups of raw vegetables (salad) as desired (use fat-free, low sodium dressing)

## SUPPER

- 1-2 slices whole grain bread (or 4 Rye Krisp crackers, or 4 rice cakes or 1 small pita bread)
- 1-2 bowl(s) of soup (vegetables, potato, corn chowders, etc...)
- 1 serving of fresh whole fruit, baked apple or hot fruit (thickened with some corn starch)

## EATING PLAN #2

### BREAKFAST

- 2 whole fresh fruits (include 1 citrus daily)
- 1 to 2 cup(s) hot, multi-grain cereal with ½ cup of non-dairy milk
- 2 slices whole grain bread (toasted) with 1 teaspoon spread

### SACK LUNCH

- 1 or 2 sandwiches
- 1 or 2 whole fresh fruits
- 1 cup hot stew in thermos
- Vegetables (raw or cooked) as desired (see pp. 18 & 19)

### SUPPER

- 1-2 slices whole grain bread (or 4 Rye Krisp crackers, or 4 rice cakes or 1 small pita bread)
- Eat with 1-2 bowl(s) of soup\* (vegetable, potato, corn chowder, etc.)
- 1 serving fresh whole fruits, baked apple, or have some hot fruits (thicken with some corn starch on toast)

\*We highly recommend Bob's Red Mill products found in most supermarkets. (Go online at: [www.bobsredmill.com](http://www.bobsredmill.com))

## FOOD LIST

### FRUIT (raw or frozen without added sugar)

|              |                    |
|--------------|--------------------|
| Apples       | Melons (all kinds) |
| Apricot      | Nectarines         |
| Bananas      | Oranges            |
| Blackberries | Papaya             |
| Blueberries  | Pears              |
| Cantaloupe   | Peaches            |
| Cherries     | Persimmons         |
| Grapes       | Pineapple          |
| Grapefruit   | Plums              |
| Kiwi         | Raspberries        |
| Mangoes      | Strawberries       |

### DRIED FRUITS (high in calories (sugar), limit quantity to a few only)

|         |         |
|---------|---------|
| Dates   | Prunes  |
| Figs    | Raisins |
| Mangoes |         |

### COOKED FRUIT (look for “water-packed” or “cooked in own juice”)

Applesauce (unsweetened)  
Pineapple, Mandarin Oranges

### VEGETABLES (raw)

|                 |                     |
|-----------------|---------------------|
| Alfalfa Sprouts | Jicama              |
| Bean Sprouts    | Lettuce (all types) |
| Broccoli        | Mushrooms           |
| Cabbage         | Onions              |
| Carrots         | Parsley             |
| Cauliflower     | Spinach             |
| Celery          | Tomatoes            |

Cucumbers  
Green Pepper

Turnips  
Zucchini

#### VEGETABLES (cooked)

Asparagus  
Beets  
Broccoli  
Brussel Sprouts  
Cabbage

Carrots  
Cauliflower  
Corn  
Eggplant  
Green Beans

Okra  
Potatoes  
Squash  
Sweet potatoes  
Turnips  
Yam

#### LEGUMES (many varieties)

Beans of all kinds

|        |       |
|--------|-------|
| Black  | Red   |
| Kidney | Pinto |
| Navy   | White |

Garbanzos (chickpeas)

Lentils (several varieties)

Lima Beans – fresh, frozen or dried

Peas – fresh or frozen

Black-eyed peas

Split peas (green or yellow)

#### WHOLE GRAIN CEREALS

Quick Cooking  
Oatmeal  
Roman Meal  
Wheatena

Slower Cooking  
Millet  
Brown rice  
Cornmeal  
Wheatberries  
Buckwheat  
Barley  
Multi-grain (7 or 10)

## DRY CEREALS (low in sugar)

Grape Nuts

Shredded Wheat

Biscuits

Spoon-sized

Puffed rice & wheat

Cheerios

Nutri-grain cereals

Some low-fat granolas (watch out for sugar)

Check labels for others

## RECIPES, TIPS AND SUGGESTIONS

### Spreads for Bread

- Mash avocado (limited amount since high in fat) with lemon juice
- Mash beans and season with lemon juice, herbs, or other salt-free seasoning
- Sugar-free (or low-sugar) jams & jellies
- “Mashed” bananas decorated with kiwi slices

### Topping for Baked Potato

- Chives
- Tomato salsa
- Lentil stew or any kind of beans
- Chopped fresh tomatoes with lemon juice and *Mrs. Dash* seasoning
- *Molly McButter* sprinkles

Yams – Delicious as is, but you may want to add some crushed pineapple, mandarin orange slices and any berries in season, topped with orange juice concentrate.



**Variation:** bring fruit mixture to a quick boil after having added some starch for thickening.

Brown Rice – Rice cooker, simplest and surest way (3 cups of water for each cup of rice)

Steamed Rice: Use 2 cups of water for each cup of rice. Bring water to boil, add rice, return to a boil. Turn heat to low and steam for 45 minutes (brown rice)

Fluffy, brown rice: Toast rice grains in a dry skillet. Stir until evenly browned (dextrinized). Steam for 40-45 minutes, 2 cups of water per cup of rice.

Muesli – *(according to Dr. Bircher-Benner)*

- 3 heaped Tablespoon of Quick Oats
- Add 1 Tablespoon of lemon juice
- Add half-a-cup of cold or warm water
- Stir and let soak for five minutes
- De-core apple or pear and grade into mixture
- Mix well and enjoy!

Variation: Add fruits in season, such as strawberries, raspberries, peaches, figs, blueberries. The more the better!!

Salsa –

|                        |                          |
|------------------------|--------------------------|
| 2 medium tomatoes      | ½ cup cold water         |
| 8 springs coriander    | 1 clove garlic, minced   |
| 1 teaspoon lemon juice | ½ medium onion – chopped |

Whiz in blender, and use! Try adding chopped green pepper.

### Lemon-Tomato Salad Dressing

|                             |                                     |
|-----------------------------|-------------------------------------|
| ½ cup tomato juice          | ½ teaspoon food yeast (optional)    |
| 1 teaspoon dehydrated onion | 1 Tablespoon lemon juice            |
| 1 teaspoon chopped parsley  | Salt to taste with <i>Mrs. Dash</i> |

Shake together in jar, and chill before using.

### Split Pea Soup – (about 8 cups)

|                      |                          |
|----------------------|--------------------------|
| 1 cup split peas     | 2 celery stalks, chopped |
| 1 cup chopped onions | 6 cups of water          |
| 1 bay leaf           | ¼ cup barley (optional)  |
| 1 potato (diced)     | 1 teaspoon thyme         |
| 1 carrot (sliced)    | 1/3 cup chopped parsley  |
|                      | 1 teaspoon sweet basil   |

Add peas, onion, barley and bay leaf to crock pot or stove top, and cook slowly until almost done. Add remaining ingredients and cook until done. Add more water if needed.

### Lentil Stew – (6 cups)

|                                 |                |
|---------------------------------|----------------|
| 1 ¼ cup lentils                 | 5 cups water   |
| 4 green onions, chopped         | 1 potato diced |
| ½ cup celery, chopped           | 1 bay leaf     |
| ½ cup carrots chopped or sliced |                |
| <i>Mrs. Dash</i> seasoning      |                |

Crockpot method: Put everything in crock pot overnight.

Stovetop method: Combine ingredients and cook until lentils are tender.

Note: Before serving, add lemon juice to taste. Garnish with thin lemon slices.

Other serving suggestions: Lentil stew, as well as split pea soup, may be used as a topping for potatoes, or served over bread, rice or other grains.

#### Vegetable soup – (8-10 cups)

|                          |                              |
|--------------------------|------------------------------|
| 1 cup barley             | 1 cup peas (frozen or fresh) |
| 1 cup onion chopped      | 1 cup celery chopped         |
| 1 cup carrots diced      | ½ cup green pepper chopped   |
| Or coarsely grated       | 1 cup potato diced           |
| 1 cup cabbage shredded   | 7 cups water                 |
| 1 cup tomato juice       | 1 cup stewed tomato pieces   |
| 2 Tablespoon lemon juice | ¼ teaspoon marjoram          |
| ¼ teaspoon basil         | ½ teaspoon onion powder      |
| ½ teaspoon garlic powder | 1 teaspoon dried parsley     |

Soak barley overnight. Add the vegetables and simmer in crockpot or on stovetop until nearly done. Add seasonings and simmer another 20-30 minutes. Garnish with parsley just before serving.

Note: If you feel the need for more salt, use salt substitutes such as “Mrs. Dash”. Do with as little “salt” as possible for seven days and see how your taste changes.

# WHAT NEXT?

Most people experience increased energy, alertness and joy of living as they complete this JumpStart program.

We encourage you to continue your OPTIMAL DIET and the NEWSTART plan by retaining as many of these good health practices as possible. New habits take time to form, so be patient with yourself as you increasingly learn to LIVE FOR HEALTH.

The OPTIMAL DIET is flexible and designed for use on a permanent basis. Followed strictly, it will produce safe gradual weight loss of 1-2 lbs./week, bring cholesterol levels down (usually 10-25% within 4 weeks) and reduce blood pressure and blood sugar. When desired goals are attained, portion sizes and food combinations may be adjusted to fit individual requirements.

Eating a wide variety of unrefined plant foods furnishes all the protein, complex carbohydrates, fat, vitamins and minerals needed by most people. Those who are chronically ill or malnourished may need some supplements.

## SUMMARY

### **“Let Nutrition Be Your Medicine” – Hippocrates**

To win the battle against the epidemic of Western lifestyle diseases we must break with the lethal excesses of today’s American diet. We need a simpler, more natural way to eat.

As incredible as it might seem, there is one OPTIMAL DIET that not only prevents most of these killer diseases, but also helps reverse them.

Such a diet consists of a wide variety of foods, freely eaten “as grown” simply prepared with sparing use of fats, oils, sugar and salt. It contains very few refined, engineered products. Animal foods, if used, are strictly limited.


Adopting this simpler, more natural dietary lifestyle brings improved health and increased energy. It also allows us to eat larger quantities of food while cutting our grocery bills in half. It’s as simple as that.

|             | US Diet/day  | Optimal diet/day   |
|-------------|--------------|--------------------|
| Fats & Oil  | 80 – 120 gm  | Under 45 gm        |
| Sugar       | 35 teaspoons | Under 10 teaspoons |
| Cholesterol | 400 mg       | Under 50 mg        |
| Salt        | 12 – 15      | Under 5 gm         |
| Fiber       | 10 gm        | Over 30 gm         |
| Water       | Minimal      | 8 glasses          |

# EAT FOR HEALTH

## Basic Guidelines for a Lifetime of Good Eating

### EAT LESS:

- 
- **Fats and oils**  
Avoid fatty meats, Strictly limit cooking and salad oils, sauces, dressings and shortening. Use margarine and nuts sparingly. Avoid frying (sauté with some water in non-stick pan). Especially avoid saturated fat and trans fats (cookies & crackers).
  - **Sugar**  
Limit sugar, honey, molasses, syrups, pies, cakes, pastries, candy, cookies, soft drinks, and sugar rich desserts, like pudding and ice-cream. Save those foods for very special occasions.
  - **Foods containing cholesterol**  
Strictly limit meat, sausages, egg yolks and liver. Also, limit dairy products, if desired, to low-fat cheeses and nonfat milk products. If you use fish and poultry, use them sparingly.
  - **Salt**  
Don't salt food during cooking or at the table. Limit highly salted products like pickles, crackers, soy sauce, salted popcorn, nuts, chips, pretzels and garlic salt.
  - **Alcohol**  
Avoid alcohol in all forms as well as caffeinated beverages, such as coffee colas and black tea.

# EAT FOR HEALTH

## Basic Guidelines for a Lifetime of Good Eating



### EAT MORE:

- **Whole grains**  
Freely use brown rice, millet, barley, corn, wheat and rye. Also eat freely of whole grain products, such as bread, pasta, shredded wheat and tortillas.
- **Tubers and Legumes**  
Freely use all kinds of white potatoes, sweet potatoes and yams (without high-fat topping). Enjoy peas, lentils, chick peas and beans of every kind.
- **Fruits and Vegetables**  
Eat several fresh, whole fruits every day. Limit fruits canned in syrup and fiber-poor fruit juices. Eat a variety of vegetables daily. Enjoy fresh salads with low-calorie, low salt dressings.
- **Water**  
Drink six to eight glasses of water a day. Vary the routine with a twist of lemon and occasional herb teas.
- **Hearty Breakfasts**  
Enjoy hot, multi-grain cereals, fresh fruits and whole wheat toast. JumpStart your day.

# LIVE FOR HEALTH

Basic Guidelines for a Lifetime of Healthful Living

## N E W S T A R T<sup>®</sup>

### Nutrition

- Nourish your body with healthful, full-fiber, nutrient-rich foods.
- Increasingly move towards a totally vegetarian lifestyle.
- Enhance digestion by breaking the snack habit.

### Exercise

- Strengthen your body and increase your enjoyment of life with daily active exercise, outdoors if possible. Aim for at least 30 minutes a day. Walking is the safest exercise and one of the best.

### Water

- Come alive with a hot and cold shower in the morning.
- Rinse out and refresh your insides, too, by drinking 6-8 glasses of water each day,

### Sunshine

- Pull back the drapes! Let the sunshine in! It will lift your spirits, brighten your day and improve your health!

### Temperance

- Live a balanced life. Make time for work, play, rest and hobbies. Nurture relationships and spiritual growth.



- Protect your body from harmful substances, such as tobacco, alcohol, caffeine and most drugs.

#### Air

- Air out your house daily. Sleep in a room with good ventilation.
- Give your body a shot of oxygen by taking frequent deep breaths. Walk outdoors every day.

#### Rest

- Aim for seven to eight hours of sleep a night. Go to bed early enough to wake up feeling refreshed.
- Devote time to a change of pace. Attend church, go on a picnic, plant a garden, pursue a hobby, take relaxing, enjoyable vacations.

#### Trust

- A life of quality and fulfillment includes spiritual growth and development.
- Love, faith, trust and hope are health-enhancing. And they bring rewards that endure.

*Courtesy of the Weimar Lifestyle Program, Weimar Institute, Weimar, California, 95736*

“The concept that Western diseases are lifestyle related and therefore potentially preventable and reversable, is the most important medical discovery of the 20<sup>th</sup> century.”

*Denis Burkitt, MD, England  
Discover of Burkitt's Lymphoma*

**“I choose to be healthy by  
choice, not by chance.”**

**Note: Reprint with permission from  
Dr Hans A. Diehl, DrHSc, MPH, FACN  
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