NEWSTART®

TAKE CHARGE

of your health.

Prevent and reverse disease with NEWSTART today.





THE FUNDAMENTALS OF EXCELLENT HEALTH

The eight laws of health are so simple yet so profound. They are available to all at little to no cost, yet they are more effective than expensive medications. When properly applied, these principles will cause no adverse side effects. During your time at NEWSTART, you will learn the ins and outs of these eight principles and how to apply them to your life from experts in lifestyle medicine.

Nutrition Exercise Water Sunlight Temperance Air Rest Trust

*NEWSTART CAN HELP YOU:

CONTROL DIABETES

Type 2 diabetes is largely influenced by lifestyle choices. Learn practical strategies to improve blood sugar control, reduce complications, and lower the risk of heart disease and stroke.

LOWER CHOLESTEROL

Reducing unhealthy cholesterol is one of the best ways to protect your heart. Learn practical lifestyle habits that support healthy cholesterol levels and long-term wellness.

PREVENT CANCER

Healthy lifestyle habits can help reduce the risk of many common cancers. Discover how nutrition, exercise, and weight management support long-term health and disease prevention.

RELIEVE ARTHRITIS

Lifestyle choices can influence inflammation and joint health. Discover how plant-based nutrition and healthy habits may help reduce arthritis symptoms and improve mobility.



REDUCE BLOOD PRESSURE

High blood pressure can lead to serious health complications. Learn natural, lifestyle-based approaches that support healthy blood pressure and reduce cardiovascular risk.

IMPROVE EMOTIONAL HEALTH

Emotional and physical health are closely connected. Through healthy living and spiritual renewal, experience greater peace, resilience, and overall well-being.

REVERSE HEART DISEASE

Heart disease is often linked to plaque buildup in the arteries. Discover proven lifestyle strategies that can improve heart health and help reverse disease progression.

ACHIEVE WEIGHT LOSS

Achieve lasting weight loss without restrictive dieting. Enjoy satisfying, nutritious meals while developing healthy habits that support sustainable results and lifelong wellness.

*Individual results vary. NEWSTART is a lifestyle education program, not a substitute for medical care. Consult your physician before modifying any treatment or medication regimen.



OUR PROGRAM

NEWSTART offers an 11 or 18-day residential program where thousands have been able to reverse disease and decrease or eliminate medications since 1978.

What sets NEWSTART apart is the combination of medical care through licensed physicians and nurses and a holistic approach to wellness through the eight fundamental laws of health. NEWSTART empowers each guest with the proper treatment and education to continue their healing journey once the program is over, to achieve optimal health for the rest of their lives.

The journey back to health starts with one decision. It takes courage to believe change is possible, especially when you've been managing a condition for years. That's why everything at NEWSTART is designed around you: your health history, your goals, and your needs. From the moment you arrive, our physicians, nurses, and therapists walk alongside you, equipping you with the tools to carry your transformation forward long after you leave.

Reach out today at **NEWSTART.com** or call **+1 (800) 525-9192**

IN AS LITTLE AS 18 DAYS,

NEWSTART GUESTS...



>50%
decrease their dependence on diabetes medications



>50%
decrease their dependence on hypertension medications



80%
show improvement in their diabetic neuropathy



Reduce their BMI by
5.4%



Experience a
32 POINT
reduction in cholesterol levels

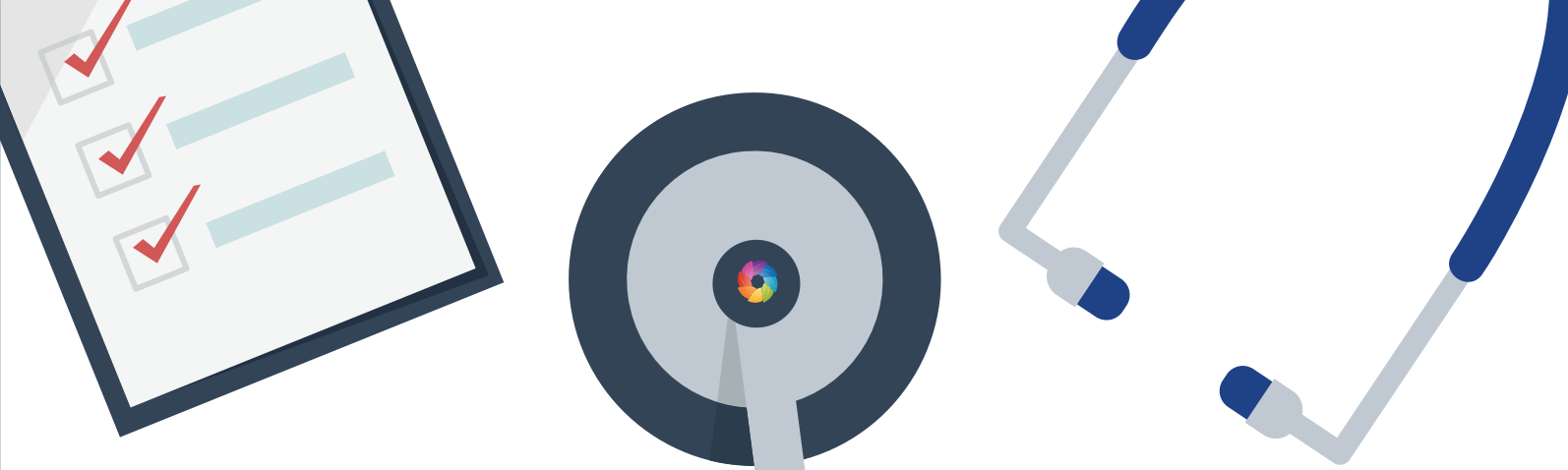
NEWSTART guests experience remarkable outcomes! On average, participants shed 5-10 pounds, giving them a jump-start in their physical well-being. The majority of our guests decrease their dependence on medications for diabetes and hypertension within 18 days. Remarkably, over 80% show improvement in their diabetic neuropathy, and many witness a substantial drop of 32 points in cholesterol levels. Yet, the journey doesn't end there; alongside these tangible improvements, our guests report finding peace and strength to continue their health journey in Jesus Christ. Regardless of your ailment, the care and lifestyle education provided at NEWSTART provides a solid foundation for improving your immunity and overall health.

NEWSTART HEALED ME

R. Unterseher | Marketing Associate

NEWSTART healed me physically, mentally, and spiritually. Before I attended the program, I was pre-diabetic, 60 lbs. overweight and on many medications I found out weren't necessary. During the 18-day program, I lost 22 lbs. and was never hungry. My energy levels increased so much that I felt like a new person. Now, I work with the NEWSTART Lifestyle Program to encourage others to regain, maintain, and enhance their health – to live a happier, healthier, and longer life.





EXPERIENCE A HOLISTIC WELLNESS PROGRAM

LIKE NO OTHER

where the physical, mental, and spiritual are deeply cared for.

Many of our guests consider their time with us a "health vacation," where they rejuvenate their bodies and revitalize their souls. Our knowledgeable and caring physicians, nurses, dietitians, counselors, and licensed massage and hydrotherapists offer a supportive, safe, and conducive environment for healing or even reversing disease.

However, our program is not just about reversing ailments; it's also about preventing them altogether, ensuring that you can live a long and healthy life.

A PLACE DESIGNED FOR HEALING

Set among the towering pines of California's Sierra Nevada mountains, NEWSTART offers a tranquil retreat from the demands of everyday life, and a peaceful environment where healing can begin. Just one hour from Lake Tahoe, guests enjoy abundant sunshine, fresh mountain air, and miles of scenic walking trails surrounded by forest. Our campus combines the restorative beauty of nature with comfortable accommodations and wellness-focused amenities, creating an ideal setting to focus on your health, recovery, and long-term lifestyle transformation.








K. KAWAI

WHAT OUR GUESTS ARE SAYING...



"My triglycerides were dangerously high at 6,891, way above the normal level of 150. Miraculously, they've dropped by 95% thanks to this program. Previously reliant on multiple medications for diabetes, high cholesterol, and hypertension, I'm thrilled to say I've now been able to stop them all. Just two weeks in, I feel absolutely wonderful."
—Brian



"For three years, gastroparesis left me unable to live a normal life. Despite following medical advice, [my] constant vomiting, extreme fatigue, and weight gain persisted, leading to diabetes. NEWSTART changed everything. Now, I feel truly healed—I no longer vomit after meals, my blood sugars are stable, and I've shed 20 pounds in just 18 days. Additionally, spiritual counseling provided by the chaplain lifted a burden I didn't even realize I carried, contributing to my overall well-being."
—Erica



"I had an open heart surgery scheduled just a few weeks after the completion of my NEWSTART program. Within just ten days, my lab results showed such significant improvement in my arteries that my surgeon suggested canceling. Not only was I spared from a major procedure, but my doctor was also eager for me to tell him more about NEWSTART principles."
—Kim

Read more life-changing stories by visiting: https://newstart.com/success-stories/

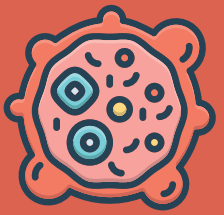
A VISION FOR A HEALTHIER AMERICA

Your transformation is just the beginning — imagine what happens when millions make the same choice. If just 20% of Americans embraced the NEWSTART lifestyle, we could save our country from numerous health challenges. The impact would be monumental*:

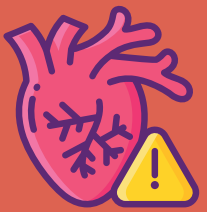
2,000,000
fewer cases of
DIABETES



127,000
fewer cases of
CANCER



1,500,000
fewer cases of
HEART DISEASE



To support NEWSTART, or donate to the scholarship fund, visit https://give.weimar.org/newstart-fund/

*Based on NEWSTART Residential Program and National statistics.

NEWSTART®

MAKE THE DECISION THAT WILL CHANGE YOUR LIFE TODAY.

Contact our support team to learn more about NEWSTART or to begin an application.

+1 (800) 525-9192
info@newstart.com
NEWSTART.com

Individual results vary and are not guaranteed. Testimonials reflect personal experiences of program participants. NEWSTART is a lifestyle education program designed to support, not replace, the care of a licensed healthcare provider. Guests are encouraged to consult their physician before making any changes to prescribed medications or treatment plans. National health impact projections are estimates based on NEWSTART Residential Program outcomes and U.S. population statistics.