

Autoimmune Secrets: Steve Brownell, N.E.W.S.T.A.R.T.

Jonathan Otto: 00:00:00 So, I'm here with Steve Brownell, and he is the Director of the Newstart Lifestyle Clinic here in Weimar, Weimar Institute. I'm really excited to be with you and hear from you what you do, at a day to day level, with the people that come in here. Your clinic gets excellent results with people. I've interviewed some of your people. I've spoken with other experts that are a part of your medical staff, and I'm thrilled to know that you guys are making a difference, and you're using very unique protocols. I'm curious to what they are.

Jonathan Otto: 00:00:37 So you know a little bit about what we do ... Right? I do this thing, Bible Health Secrets. That's one of the key things that I spend my time on. Looking at the Bible, what secrets does it have in it about health, and how can the people or the person that's watching apply those important things that the Bible teaches. Right? So, I'm curious, so you could perhaps help us with that. What do you understand as being the secrets in the Bible? But before we go there, first, with your position as the Director, what role do you play with this clinic here?

Steve Brownell: 00:01:10 Well, my role is really to help motivate and inspire the staff, who truly ... As you were talking about Scripture ... are working to place the principles that are given in Scripture, at a reachable level to the guests that come, and to help them attain better health. That really is my ... It's more of a catalyst position. I try to take a role that is more like my dearest model, and that's Jesus Christ. Which, I may never attain the kind of results that he had. I can hope to, by faith. That's really my joy, is being able to motivate my staff to follow Scripture, and to enjoy the time that they spend with the guests, and teaching the principles that the Newstart Lifestyle Program teaches.

Jonathan Otto: 00:01:57 Wow. That's amazing. Now, I think a lot of the people that are watching ... I think potentially even the person watching ... might have this feeling, like that there's this medical thing, where you get trained as a doctor, and you learn the science of the body and how to treat somebody. And then there's this faith thing, and faith is great, and it's really good for personal development. It's really good for being positive and optimistic in life, but has no place in medical field. What do you think about that? Are these things like two separate boxes? Faith and spirituality, it seems like that's good for personal development, but it doesn't seem like it has any place in the medical field. What do you think?

Steve Brownell: 00:02:43 Well, you know, it's fascinating, because I think science is actually having a hard time with that, because they're approving these things that we may have placed more on the side of faith. They actually have some really interesting connections, and those connections are proving to be that which actually makes our program really stick. I say, "Our program." It's really the word of God. When things are put into practice, and your faith is

exercised, it actually not only strengthens the body physically, but the mind, intellect, and the emotional intelligence of a human being. And so, what's really wonderful is that that is what gives us this ... You might say an edge to the work, is that we do not separate them. They are united. It's also what is, I think allows for guests to leave the program and have a better quality of life, and then retain that quality.

Jonathan Otto: 00:03:36 Great. You see these faith and principles of the Bible as being integral. Now, when it comes to the Blue Zones, and ... Dan Buettner's study, that was part of the National Geographic. He's part of the board, and he completed that study, one of the five groups being here in America. And one of the five, as far as I understand, that had a strong emphasis on faith, particularly in the Bible ... What's your understanding of the Blue Zones? Why is this meaningful and helpful for people to understand, with Blue Zones, and uniquely what was learned when it came to ... What do these people have? Particularly, we're looking at the Blue Zone here in Loma Linda, in California. What did they have, that the rest of the world didn't have?

Steve Brownell: 00:04:38 Well, one of the fascinating things that really stuck out to me was the connection of family or belonging, as well as not only practicing eating and diet a certain way, or getting enough exercise ... That there was a connection, and it has to do really with relationships. That truly is actually what's taking place when we exercise faith in a God who created us, as our Father. Or, as being a part of a greater family than just our blood family, but that which was purchased by the blood of Christ, but is the human family.

Steve Brownell: 00:05:12 And I think that what is wonderful when you teach these principles ... Or when they're lived, as seen in the Blue Zone, in the studies through National Geographic ... is that there is a component that is beyond what we can have in the tangible world. And we call it faith, but we see that it affects health. I think that, to me, really stood out as being a very powerful testimony to the importance of connection and relationship.

Jonathan Otto: 00:05:38 That's interesting, because I had an interview with this gentleman, [Verlon 00:05:41] Benson. I met him through Del [Bachelor's 00:05:46] wife. She introduced me to him. They're really good, close, personal friends. He had a remarkable story. He had a two percent chance of survival with the type of cancer he had. He was part of a 14-person group that had this same type of cancer, and everybody else died, and he's alive. I say that not to bring light to the contrast, but to try to give the world the knowledge that somehow, he did have something that others didn't have.

Jonathan Otto: 00:06:23 It was amazing hearing his story, and some of the things that were uniquely learned. For example, like when he was so tired. His body was depleted of energy, so he wanted to lie down, because he felt so low. And then when he was lying down, then he couldn't get any lower, because he's still exhausted, and wants to kind of get out of that experience. A lot of people experience this really deep deflation.

Jonathan Otto: 00:06:54 And then he had read ... And a key influence, or perhaps the founder of the ideology that the Loma Linda Adventists were using, was the health writer, Ellen Gould White. He had read from her writings that ... She was talking about exercising even if you're not feeling good, and pushing yourself to do that, to force the mechanism to keep working. Even if you have an injured limb, you'd want to not exercise that. But getting flow to that part of the body as much as possible, outside of putting yourself in harm's way, is important and very helpful.

Jonathan Otto: 00:07:39 So he went on the treadmill, and started doing these things. But he walked for five minutes, and then he'd just feel like he'd walked for two hours. He was so exhausted. So, guess what he did? You've got the pillar of trust in God. That's one of the eight pillars of the ideology, right?

Steve Brownell: 00:07:58 Yes.

Jonathan Otto: 00:07:58 And every one of the eight are important, and every one of those eight synergistically combined, are attributed to the success of the Blue Zone. Correct?

Steve Brownell: 00:08:05 Yes.

Jonathan Otto: 00:08:06 So, he used the trust in God aspect with the exercise. And so, he started reading the Scriptures while he was listening to the Scriptures. So, reading and listening through an audio, while he was walking on the treadmill. Then, he started reporting that he would walk for an hour, and think that he'd only run for five minutes. Like, one would wonder, was he given supernatural strength through the Scriptures, or did it just give him this sense of empowerment? I think both.

Jonathan Otto: 00:08:38 And so, we saw this incorporation of these powerful principles. In regard to his story ... You know, it's such a unique situation, and such a rare, such a low chance of survival. Given what you know, and what you've seen in your program of people using these eight pillars of health, the Newstart principle, same thing that a lot of the Seventh-day Adventists around the world are using ...

Steve Brownell: 00:09:06 Yes.

Jonathan Otto: 00:09:07 That are getting these results with longevity ... How would you explain his particular story, in terms of with the incorporation of these principles, and why they could have been so effective for him?

Steve Brownell: 00:09:20 That's a great question. I actually have a personal experience with this. I wasn't aware of that story, but I was really inspired to hear that story. But, I have had some pretty low points in my life physically. In fact, that's one of the reasons why I believe in the program so much, is I've watched it work for my family members, and then myself, when I

became very ill. And it was actually the word of God that felt as though it was my energy. Just literally meditating upon Scripture gave me the ability to function during a very challenging, just routine day.

Steve Brownell: 00:09:55 I was at a point in my life where I was so ill, I would have problems with my mind. I was in great fear, because I was working to sustain my family. Working in the operating room is fairly demanding at times, and I was working in a new environment, with new surgeons, and I would go between cases, into a small bathroom near the corridor toward the operating room, and then I would pray [inaudible 00:10:19] Scriptures, just for strength to make it through that case.

Steve Brownell: 00:10:22 Fascinatingly enough, every case I would continue to make it through, though I couldn't tell you my birthdate. That's what was so fearful to me. And I realized that there is this incredible process that takes place in the human mind, and there's a component that really weakens us, and that is fear. In the Word, it says, "Perfect love casts out all fear." I was learning to love my Savior, who was literally redeeming each of those moments that I cried out to Him. It was during that time that I learned I actually had more fears than the fear of death.

Steve Brownell: 00:10:59 You know, the Word of God is very powerful in those times when we're very low, and we feel like we can't go any farther, and I'm wondering if that was similar to what he was experiencing during that time. It is fascinating to me that he would experience that strength, and realize the importance, looking back on a quote from that dear writer. Who in those words, for our inspiration ... And I've been inspired by the same. Words are very powerful, and the meditation on the Word of God is truly, as it said, life. I've experienced that, and I've watched others experience that. So, I can say I don't know of his story, but it is inspiring to hear.

Jonathan Otto: 00:11:41 Wow. What an amazing journey that you've had with your health, with that particular situation. Through the principles that you applied, were you able to turn around your situation?

Steve Brownell: 00:11:52 For sure. In fact, it was the Newstart Lifestyle principles, those eight ... In fact, I like to look at them as, I like the number seven?

Jonathan Otto: 00:12:00 Mm-hmm (affirmative).

Steve Brownell: 00:12:00 That there's seven principles, and they're wrapped up in the last, which is trust in divine power. So, nutrition, exercise, water, sunlight, and temperance. Then, at the very end comes that last tee, and that is the one that holds them all together. And having that trust in His word, and trust in that relationship, truly does empower us to live healthier lives.

Jonathan Otto: 00:12:24 Wow. That's amazing, because if you see everything through that spiritual context, because if you're exercising because you want to honor the body that was given to you, then exercise is connected to your trust in God. If you're eating to glorify the temple of God, to make sure that you're not polluting the temple through what you're putting in, and you're putting in things that fuel the body, then you're eating according to your trust in God, or in line with the relationship with God.

Jonathan Otto: 00:12:55 So, I can see what you're saying about foundational belief. All of those principles are connected to a creator God, and they're all things that God made. Like, he made exercise. He designed food. He actually created it with His own hand, and he created the divine ... He created the seed that has this divine code written in it, that replicates, and we just kind of take it for granted that it was hand made by God, with healing properties. And so, when we understand, we're able to have faith when we're eating.

Jonathan Otto: 00:13:33 It's interesting. There is a verse in the Bible that talks about people eating and drinking unto damnation. I wonder what that means exactly. Sometimes I just wonder whether it's talking about ignorance, that we take things for granted, and that we don't understand how spiritual and how beautiful these things are. So then, because of that, we indulge in ignorant practices. I sometimes wonder about that.

Steve Brownell: 00:13:59 You know, that's a fascinating verse. I've actually contemplated some of that, and especially the life of Christ, as he ... Because we've studied a bit of fasting, and we have a fasting component to our study ... Sorry, at our program ... And it's been studied, and it's well proven that fasting has an interesting benefit to the body and to the mind, when done well. I was looking in the Word of God, how many times there's evidence that fasting was implemented. Christ, of course, had that very long fast for us, when in temptation, and sustained completely by the Word of God. [inaudible 00:14:37] amazing things.

Jonathan Otto: 00:14:38 And you did say "for us," which is powerful, because some people have attempted to do the 40 days, had a feeling that they should follow in Christ's example. But I appreciate what you're saying, is "for us," because we also don't need to be crucified. Right?

Steve Brownell: 00:14:54 That's right.

Jonathan Otto: 00:14:54 So, 40 days is not helpful for the body. He was suffering for us, right?

Steve Brownell: 00:14:59 Mm-hmm (affirmative). He walked that path for us, so that we don't have to. We can trust in His work, and that it's done in his merit.

Jonathan Otto: 00:15:07 Yeah. It's wonderful. Wonderful. And then in terms of ... But speaking of Christ, when it comes to addiction, food addiction ... How much of the indulgences,

like how much of the obesity, and just chronic disease epidemic, where we can clearly see that the disease is caused by lifestyle ... How much of these things would you attribute to addiction? When I say addiction, I mean, you know, what we just said.

Steve Brownell: 00:15:40 Sure. I don't know that I could actually put a number on it.

Jonathan Otto: 00:15:41 Yeah.

Steve Brownell: 00:15:42 But I do know, from just firsthand experience and dealing with the guests that come through our program, that a great number of it ... In fact, so much so we know the connection, that all of the commercialization for food, they somehow have figured out how to find the addictive properties, and then to monopolize and market in such a way that they work on our addictions. I don't know if that's clear.

Jonathan Otto: 00:16:09 Yeah.

Steve Brownell: 00:16:09 And this was actually from a guest that came to our program about two and a half years ago. He was in that business, and was talking to us and then to other guests. I finally gave him the floor at one point, to just talk to them how they're literally being studied. You know, society is being studied. They want food to be addictive. And so, they study the addictive properties of food, to make the foods that we eat grip us. It is visualized and witnessed every time individuals come here and express their challenges with different types of food, and their lifestyles. So, food has incredible powers of addiction. The devil is very crafty, to cause us to connect our dollar to it, and then these big corporations are able to market things in such a way where they can destroy health, but also make a lot of money [inaudible 00:17:03].

Jonathan Otto: 00:17:06 Yeah, so you believe the powers that be, and the nefarious food industry, is creating a society of addictions? A society of addicts?

Steve Brownell: 00:17:21 I do believe that. Do I believe that everyone is involved in desiring for that? Not necessarily just because you're a food manufacturer, do you have that intent. But it is obvious, just from if you look at the studies, and even some of the lawsuits that have been brought against them. Because they study that, and work with dieticians, dietary staff, scientists that work with food composition, and chemicals in the foods and things like that, that cause the brain to desire things. And so, that's an addictive process that's being studied, and so it's pretty hard to separate those. Not everyone that is in the production of food or manufacturing is selling or marketing or restaurants are involved in that, but there definitely is ... Especially for large corporations, because it really does tie to the dollar, if they're able to make things more pleasing to me.

Steve Brownell: 00:18:14 Being a food addict ... I will be honest with you. I do have a problem with food, and there's certain foods that cause me to just desire them. It's interesting how it comes to the front of your mind, "I'm hungry for this," or, "I want that." And it is the actual

properties that have been placed in those foods, that causes addictions. Knowing that, I can think of the foods that I really are desiring. Especially once I've consumed them, you continue to want them again. Even like potato chips, for instance, or things with sugar. I can actually think about, "What are the addictive properties? Oh, this is why I want it. It's because I want." And I can actually supplement that same thing I want with another food, that has the items that I identified as the addictive substances, just for my own personal study, and I will be satisfied.

Steve Brownell: 00:19:01 So you can, if it's a sugar craving that you're having, you can find something other than just the chocolate bar or whatever it is that you're craving. So, just kind of fun to have experimented with that early on. Because I was, at one point in my life, not really convinced that the health message was something I necessarily needed to live and practice, because I was pretty healthy. You know, I was young.

Steve Brownell: 00:19:24 As you pointed out, Ellen Gould White, who was an incredible writer and a health pioneer, she also said that those who are engaged in active labor would have a different diet. There's things that would normally harm someone, that wouldn't harm maybe someone else that had had a lot more activity. So, that shows that we should be eating for activity. I'm not trying to condone poor health habits, but it may just be the volume of food we eat. For me, having the type of work I'm doing now, I'm not as active. I have to really watch those types of things, what I'm putting in my body. So at the time, I was young and active. I didn't feel the harm that the food was doing to me, and I often would kind of test the things that I had learned. You know, "Okay, so I'm hungry for that. Will this work? Is it really addictive? What might be addictive?" I don't have the science, but it was kind of fun to experiment that. But I truly do believe that foods have a very addictive quality about them, and can have more, if processed and engineered into them.

Jonathan Otto: 00:20:22 Yeah. Now, when it comes to understanding Christ ... Because trust in God is a part of your life. Trusting God is part of what you bring people through. You lead people to connect with Jesus. To read the story of Jesus, to understand these things. Obviously, it's all voluntary. People get to choose, and that type of thing. But, you're trying to lead them to the source of where the strength comes from. The reason why I ask this is in regards to, we just talked about the temptation of Christ in the wilderness. Would you see what Christ went through in the wilderness as having any bearing on breaking addiction?

Jonathan Otto: 00:21:00 As having any bearing on breaking addiction for people. Because, we talked about substitution there in Christ, and then the Bible talks about Christ's spirit being in us. And do you see any correlation there, any power that people can call upon to help break addiction out of their life through understanding what Christ has done for us, in particular in this temptation in the wilderness?

Steve Brownell: 00:21:26 For sure. In fact, if you look at the temptations that he was having, it was the very temptations that we have. It's your sustenance, that which sustains you. Or that which allows you to be living in a society we live in. Money, you have to be able to have

money to survive. And he was offered all of the wealth of the world had to offer. And then of course just his own security and testing that of, do you really believe that God will protect you? And you have experienced, and I have experienced that truly those things are the challenge to all humanity, whether we take the word of God as it says, and can we have power over addictions through Christ? And I believe that truly claiming that, in fact, I have been addicted to things in my life that I wanted to be free from in the most desperate way. And it was literally living knowing, "Christ, you lived this for me and broke this addiction for me."

Steve Brownell: 00:22:33 And the most amazing thing happens, as I then will to disregard that which I am addicted to in the power of Christ, looking to him as I would that addictive substance, and have gained victory over that. And it's the most powerful thing. And it truly is a spiritual thing. And I've actually been able to witness individuals in our program that come, that we've allowed to come even though we're not a drug rehab, and watched individuals gain the power over even drug addictions, and alcohol addictions, and various substances, and nicotine, and things that are very gripping. And it's through that same power. That's why it kind of refers back to what we were talking earlier about the faith, and that is having faith that he did die for us and that we can claim that.

Jonathan Otto: 00:23:17 Hmm, wow. I think about what was said to Christ, "If you are the son of God," now here's a question to your identity. No different from the question you get when you wake up in the morning and you're facing the day, "If you are somebody, if you are God's child, then go and do this and prove it so the world will see," right? It seems like that's a motivational message, it's certainly not, because it's questioning your identity and it's asking you to do something in order to justify your existence, which is a performance-based identity, which keeps you constantly in a state of fight, flight, or freeze.

Steve Brownell: 00:23:58 Yes.

Jonathan Otto: 00:24:00 And that is a disease creating state.

Steve Brownell: 00:24:02 It is, it truly is. That is very true. I think it is also, we tend to have fears. I notice as people are in that experience, they have a fear that somehow they're going to fall back off the wagon, they're going to not be able to make it, and they don't have the ability. But exactly that, they're not trusting that that ability has been put to the test, and it was done in Christ. Our identity, when accepted by faith through Him is the one that has victory beyond our human capabilities. And that is back again to the faith, knowing that I can just keep that radio turned off as I'm desiring some sort of music that would affect my frontal lobe, my decision making processes, and saying, "No, because I am your child I cannot do this." Not because I want to please Him, but because that is not a bad motivating factor, but because of who I am in His identity. It is elevating, it's invigorating, it's empowering to our mind when we accept who we are in our faith.

Jonathan Otto: 00:25:09 That's wonderful.

Steve Brownell: 00:25:10 It is. It's fabulous.

Jonathan Otto: 00:25:13 "If you are the son of God turn these stones into bread." And the clue that this was done for us, and this was intentional, is that of what it says leading into it. It says, "And the Spirit of God led Christ into the wilderness to be tempted of the devil." Who led Him there? The Spirit of God led Him into the wilderness to be tempted, this was voluntary, and it was for a purpose. And if it was not to break our addictions, what on earth was it for? Not only prove, but if it was not to give us a new identity that we could rest in, if it was not to give us victory, then what on earth was it for? Why did Christ suffer? And I think that that's one of the things that if we believe in the Bible, if we believe in Jesus, that we can indulge all day long, and we can do that, but as long as we're willing to admit and come to the grips that Christ suffered for us in vain, as long as we're willing to admit that. That everything that he went through, that he's suffering in the wilderness where he was actually breaking a food addiction, "If you are the son of God, turn these stones into bread." He was asked to turn stones into bread when he was 40 days hungry. 40 days. And those stones would've started looking like bread.

Jonathan Otto: 00:26:36 What we know about appetite is that physical appetite for food is even greater than sexual appetite, and so many people have ruined their marriages by one decision under passion, an impulsive decision, and they've had an affair, done these things. And they've ruined it because of appetite, they've let their appetite rule. And yet Christ went for the deepest of all appetite, which is the addiction that we have to food and our need to sustain our bodies, which there was nothing wrong with him eating that bread, except for the fact that it was the devil that was speaking to him, and that it was a question of His identity.

Steve Brownell: 00:27:20 That's right. Yeah, it's so true. I see over and over through our program, and it's not ours, it's Christ's, that that is exactly what happens in a person's life during the time here when they leave and we can just be confident that they're going to have victory. There's others that just literally can't believe and won't believe. That is almost just heartbreaking because you realize they're either going to have to come back, or find something that's going to cause them ... Maybe not cause them, that will give them the opportunity to make that choice that, "I am the child that I am told I am."

Jonathan Otto: 00:28:00 Hmm.

Steve Brownell: 00:28:01 And place their faith in that. It's interesting, we've had individuals that come back, and when they come back after not accepting who they are and that complete victory, have come back and said, "I didn't get it the first time and I want to get it this time." They're open to hear, and to listen, and then to step out in faith. And it's amazing the transformation that takes place on their behalf during that time. It truly is Christ's power. And again, it's that same, "Are we who we have been told we are? And can we trust the one who's gone before us?"

Jonathan Otto: 00:28:39 That's very insightful because there is often this missing link. And I get really excited about this subject, because for me I feel that my life, I've needed to dedicate my discovery, and it's the reason why I even chose to do a series, which was discussing the Bible, even though a lot of my previous content was very strictly on certain subjects. Whether it was auto-immune disease, neurodegenerative disease, cancer, and we discuss those topics. But for me, I came back to faith because I started to understand that a lot of these things that I was encouraging people to do were very spiritual things and that it was either hard or impossible to do it without God, and without Christ, and without an understanding of the Scripture. I just wanted to give credit where it was due, I wanted to introduce these themes to people even if they didn't understand faith, or if they were atheistic, that's fine. It was just more about just discussing some of these things and gaining strength from them, and letting them be of help and assistance in the life.

Jonathan Otto: 00:29:49 Now, and just finishing up this story on Christ in the wilderness, suffering the 40 days. I love what precedes all of it, which is that there was one thing that was spoken to Christ before this horrible temptation, it was very traumatic, it's almost a form of torture, what he was about to go through, right? To be starved for that long and then to have this psychological torment put on you where you're having to kind of understand that you're under this starvation, right? Because you just imagine that. But there was one thing that God had said to Him audibly, which is one of the few or only times that God ... It says, "He speaks about the God, the Father's voice speaking to humanity," but it was specifically to Christ. And the only thing that God said to Christ was the only thing that He needed to say to Christ to prepare Him for what was about to happen, and that was this.

Jonathan Otto: 00:30:47 "You are my beloved son in whom I am well-pleased." That was all he needed to say to Christ, and that was the quipping that he needed to have. It's exactly what you just said to me in terms of if somebody refuses to acknowledge their son-ship or daughter-ship to God, then they are in for hell. It's so hard, it's so hard to overcome temptation without recognizing that very truth. I think that the successes that people may have that are outside of what we understand are because they are accepting Christ, they just don't understand that they are. But for those of us that understand where that power comes from, and we understand that Jesus ... We actually need to accept that, we need to accept that we are the child of God, not through performance or deed, not through something we've done to earn God's affection, it's because we've been gifted that through Christ's sacrifice.

Jonathan Otto: 00:31:38 We've been grafted back into the original position that we had with God, being His sons and daughters, being His children through Christ, accepting it, claiming it. And then making all of our decisions just being that very thing that God has declared us to be.

Steve Brownell: 00:31:53 Amen, that is so true. And having experienced that in my life and I'm thinking you must have at some point as well, just hearing you-

Jonathan Otto: 00:32:00 Yeah, thank you. Yes.

Steve Brownell: 00:32:04 I have been to the point I've wanted to prove myself that I was, I think I am. And what comes with the same thought is, "I think God is real. But there's no foundation to that." But when I have settled into what truly is the Gospel, and it hasn't been taught well, we don't know it well. In fact, I have to say, I actually have agreed with many of my atheistic friends because I don't believe in the God that they don't believe in either, because that's not the God who I know now. I can look back and say that. When you have an experience where you realize it, you give up. Like when you were talking about the man flat on his back. But there was a hope in the heart, and that's the heart that no one can place there but our designer and our creator. That is truly where many times we've experienced someone that has come to our program, at some point they're kind of in that flat-on-their-back experience and they realize there is something.

Steve Brownell: 00:33:09 And many times it's ... I had one woman say, "I literally just thought, 'New Start, I need to go to New Start. I've heard of New Start, what is New Start?' I know that that's being put in there by the Holy Spirit and they come and they learn of the hope that we have. And it's not through our work, but not that it doesn't take work, but it takes placing our hand in the hand of faith. The hand that's been there. Christ was at all points tempted as we are, and He is our elder brother, He understands. That's what is so wonderful, as we kind of talked about in the beginning, about the relationships and some of those things that effected those that were in the blue zone study, is when you realize that there's one that actually cares for you intimately and that has been there.

Steve Brownell: 00:33:59 It touches your heart in a way that empowers the heart that's been given to you by God. That stony heart then is broken and that heart of flesh is restored. That is really wonderful, especially when you see that they have now hope. Because if there is no hope, it's really difficult to gain much. We can go through the practice, even of walking and exercising, trust in the divine power and getting plenty of air ... I'm sorry, missing the trust in the divine power even though you have all the rest. You haven't trusted, you've just missed the complete package.

Jonathan Otto: 00:34:32 Wow. Now, if you could look at this camera-

Steve Brownell: 00:34:36 Sure.

Jonathan Otto: 00:34:36 Here.

Steve Brownell: 00:34:36 Okay.

Jonathan Otto: 00:34:36 And can you speak to the person that's watching this right now and is feeling that conviction, and they realize that this is the one thing that they haven't done yet? And they may be Christian, and they may not be, but being able to claim being a child of

God is just available to everyone.

Steve Brownell: 00:34:58 Yes.

Jonathan Otto: 00:35:01 But they're here because they want to help their health, but they realize that this is something that they have not truly accepted and they feel the conviction. Can you call the person to take that action?

Steve Brownell: 00:35:13 Sure Jonathan. It may seem a little bit silly, but this happened for me in my experience. And that is, that we're told that if we had the faith of a child. And think how precious a child is, they're willing to put their hand in your hand, if you want to show them something new and exciting they're exuberant, that's the type of exuberance we need to have, and sometimes we don't have that. But there is a hand that reaches out to you, and I think about Santa Clause, when I used to think, "Does he exist?" We were willing to trust, "Okay, he brings us gifts," and then to find out it's all a lie. And we're okay with, in our society, accepting Santa Clause, and we're okay with spreading that lie and continuing to spread that lie. We do that to children. But this is the eternal God, and some say He's a lie. He doesn't exist. But I remember when I was challenged, if God really exists, why couldn't I just believe He exists? Just like I did about Santa Clause. But I realized, there's still something I was missing, because I didn't have hope. I began to read His word.

Steve Brownell: 00:36:27 Read His word, it will give you hope. His word is eternal, and it's incredible, because even those like Benjamin Franklin, who once said that he didn't have that hope and that power, he still saw that in the word of God there was a power that he was unable to quantify. He said, "We must trust this." As I began to read the word, it became more and more alive in my heart and in my life. I would say give God the chance He deserves, for he is a great Father. He is maybe a father you have never experienced. And you can cry out to Him even at this moment and say, "Lord God, Where are you? Show yourself to me this day." And it may be shown through the smallest bit of creation, even in a flower, in a bird, in a song, in an answer to a prayer, but He will answer you, for He is the one that gave you life and has promised to restore that life within you.

Jonathan Otto: 00:37:28 If you were to look at some of the distinguishing things that you guys do at the clinic there, you guys do some hydrotherapy, correct?

Steve Brownell: 00:37:33 We do hydrotherapy, yes.

Jonathan Otto: 00:37:34 Can you break it down? Because I'm like ... We're for the encouragement of people coming here, a lot of people, regardless of how much we give them at home to do. They'll still want to come in here and so that's great, so we're all about that. But I would love for whatever could be broken down in ways, things that people could do at home by virtue of listening to what you're saying and then going to implement it. That would be really excellent if you're willing to go there.

Steve Brownell: 00:38:01 Sure. Like very practical?

Jonathan Otto: 00:38:02 Yeah. Can they do hydrotherapy at home?

Steve Brownell: 00:38:05 For sure. Hydrotherapy is mainly for increasing circulation, and we know through science, circulation is just vital, it's what brings life because oxygen comes through the blood. The blood supplies nutrients. So any areas of our body that might be affected ... In fact, when you're doing these whole body therapies, your whole body is effected, hot/cold showers, you can do that in the shower at home. There's some really basic principles to know. You want to do three times the hot as you do the cold, so do at least three minutes of hot. You can do four minutes of hot, that's fine, but no more than a minute of cold, because you can bring your core temperature down, then that would take your body's energy to rewarm you up and it can actually lead to disease if you were to have your core temperature lowered. It then plays into your immune system having to be taxed because your body's energies, your core forces if you've heard of those, or your vital forces and vital energies, those have to be used then to keep your body warm. That's why it's important to be warm when you have them, it's no problem using cold, just make sure it's not causing your body to be chilled. That is important. Sometimes you can feel chilled when you're actually spiking in temperature, those are not to be confused.

Steve Brownell: 00:39:17 The areas of the body that might have injury if you were to have a swollen or injured ankle, you can do the same thing, and you can even use a clean, new trash can to submerge your ankle and do hot and cold in the same fashion. I think it's always important Jonathan to make sure that you trust your physician. If your physician has said to use cold for this long and then hot for this long, it would be in the later stages of healing that you would use hydrotherapy. Right after a sustained injury it should be seen by a physician and be given direction. But as far as getting the body to heal after you've sustained an injury and to increase the properties of the healing process, which hydrotherapy has the ability to do. That would take some work. It may take a little bit of help as well, you may need someone to help you get the hot water and keep it warm. Shouldn't scald the skin, and you should not do it if you have any loss of sensation to those areas as well. If you have diabetes, or neuropathy, it's important that you not do these type of treatments unless you're having that medically done.

Steve Brownell: 00:40:24 That's what we do through New Start. A physician then orders what they want done, and it is then given to the hydrotherapist, which follows those orders. But at home they can do many of these things as long as there's no medical condition that would keep them from having that done. And then we find the body responds to cycles of three. If you were to do three minutes of hot, and like hot tub temperature, something that's comfortable but feels nice and warm, but it shouldn't hurt. Because you can actually get burns to the skin just by having them in warm, hot water for too long, even though initially it may not feel like it would burn you, it can over time. So you wouldn't want it hotter than a hot tub, and that's usually between 103 and 104 degrees. Having your limb then in there for three minutes, and it could be a sprained wrist or some swelling in the hands. And then to cold for no longer than a minute, it

can be 45 seconds, and then back to warm. Always end on cold, that's an important part of hydrotherapy, and then do that in a cycle of three, back to three minutes, and then to cold, end on cold on the third cycle.

Jonathan Otto: 00:41:33 Hmm, wonderful. I heard once that if you end on hot or cold or something, and then you step onto something cold that it kind of messes is up or something like that?

Steve Brownell: 00:41:44 It's true, the body reacts to those things. It's also that you wouldn't want to then get out and stand on a cold floor because it's going to continue to use your vital forces to stay warm. It's important to dry off very thoroughly after any treatment, and to stay warm, keep the body warm.

Jonathan Otto: 00:42:02 Dry your hair as well, right?

Steve Brownell: 00:42:03 Yes absolutely.

Jonathan Otto: 00:42:03 Because it-

Steve Brownell: 00:42:00 ...To stay warm, keep the body warm.

Jonathan Otto: 00:42:02 Dry your hair as well, right?

Steve Brownell: 00:42:04 Absolutely.

Jonathan Otto: 00:42:04 Because a cold head-

Steve Brownell: 00:42:04 I usually get a blow dryer ready and plugged in, yes, if I do these treatments at home, just to stay warm. And then if you do a whole body treatment, you really should lay down for about a half hour afterwards. You need to time it well as well. And there's some really great guides online. Wildwood does them. NEWSTART does them to help guide you through those practices.

Jonathan Otto: 00:42:25 Excellent. Excellent. And I think that some of this information can be accessed free. Right?

Steve Brownell: 00:42:31 It is, absolutely.

Jonathan Otto: 00:42:31 Excellent.

Steve Brownell: 00:42:33 Freely you have received, freely give.

Jonathan Otto: 00:42:35 Great. That's a great principle.

Steve Brownell: 00:42:36 It is.

Jonathan Otto: 00:42:37 Now what other things do you do that could be directly implemented at home that would get people results?

Steve Brownell: 00:42:44 One thing, it's a little messy, but charcoal. It's used a lot in Europe. We tend to use it a little less in our society. It is messy. But charcoal, activated charcoal particularly has some really great benefits for getting rid of inflammation, so after an injury. With a sore joint, sometimes that will help. If it's related to inflammation, it can help pull toxins and promote healing. And to leave it on for about two to three hours is sufficient. You can change that poultice out. You can just make that by mixing water and charcoal together. Some use a little bit of flaxseed or oatmeal to just kind of hold it together as a binder. You can do that. Just add a little in. But just charcoal, you can get that at any health food store, activated charcoal in container. Mix it with water. It's quite messy, so have a dedicated bowl, or sometimes maybe a disposable bowl might be worthwhile. Just use it a few times, and then you're able to discard it after. But that can be of benefit.

Jonathan Otto: 00:43:44 Drinking the charcoal?

Steve Brownell: 00:43:45 No. To mix it up and place it over an area of inflammation. You can just use gauze or something like that. Drinking the charcoal can be beneficial as well. In fact, you can buy that at Wal Mart, or Walgreens, and various stores sell activated charcoal because it absorbs toxins. The thing you have to remember is that if you're taking your multivitamin with charcoal, it's going to absorb vitamins too. It's nondiscriminatory. It's just going to absorb anything-

Jonathan Otto: 00:44:15 Redundancy. Right?

Steve Brownell: 00:44:16 Yes. It can also be beneficial if people have intestinal gas or discomfort because it absorbs some of those toxins that are causing that.

Jonathan Otto: 00:44:23 Great.

Steve Brownell: 00:44:25 Charcoal has a lot of incredible uses. And there's actually a lot of literature out there and some great guides on that, even on the internet that people can access.

Jonathan Otto: 00:44:33 Okay. It's very interesting because it's like this burnt tree, basically. And how could a burnt tree be so helpful? But it is. And maybe God makes beautiful things out of the ashes. Beauty from ashes.

Steve Brownell: 00:44:47 That's pretty amazing, the benefits of charcoal.

Jonathan Otto: 00:44:49 'Cause it's an ash.

Steve Brownell: 00:44:50 It is. The one thing that if you want to be completely plant based, you do have to be cautious, some charcoal are actually made from bone. Just an FYI. Interesting, but I wasn't aware of until someone brought it to my attention.

Jonathan Otto: 00:45:04 Yeah and you wouldn't take that.

Steve Brownell: 00:45:06 No I would tend to shy away from bones because they don't tell you the source of the bone. Usually in our society, we want to use everything. They use the gelatin from deceased carcasses for various food items and then they'll take the bones and then burn them and make charcoal and they can sell the charcoal. So if you want to stay plant based, it would be important to find out the source.

Steve Brownell: 00:45:27 Many of the plant source now are coming from coconut husks versus wood. Some do wood as well.

Jonathan Otto: 00:45:36 Coconut ash is good then, right?

Steve Brownell: 00:45:37 Yes, true.

Jonathan Otto: 00:45:39 Now essential oils. Have you seen anything with essential oils?

Steve Brownell: 00:45:42 We actually use them at NEWSTART. There's some incredible benefits. In fact, Dr. Nedley's program, Depression and Recovery Program, uses them as well. He has done some studies with lavender oils. Lavender is known to be something that causes relaxation. There was a study in Europe that was done too that coffee actually increases your cortisol levels as you might know. Cortisol is that stress hormone that actually is linked to aging. It can be beneficial in times of stress for your ability to process and things like that, but it can also have harmful effects. Having high cortisol levels all the time can be detrimental and they found in this study that smelling lavender decreased the cortisol levels, the amount of one cup of coffee increasing it.

Steve Brownell: 00:46:26 So it actually had quite a dramatic effect on lowering cortisol levels. I'm not promoting the drinking of coffee and then smelling lavender because it has other detrimental effects on your body, but it was fascinating to me that it had actually just through the aromatherapy, it had that great of an effect to lower cortisol levels and that's why many have benefited from just smelling lavender to decrease stress. So that's fascinating.

Steve Brownell: 00:46:50 In Dr. Nedley's study, it is noted that taking it internally actually is beneficial for some depressed states. That was very, very fascinating.

Jonathan Otto: 00:46:59 That is amazing. I was with Dr. Nedley 'til late last night. We were filming and he brought up the lavender piece and I was so glad that they're using that because there's a lot going on with essential oils in the world right now. There's a lot of traction, there's a lot of interest and it's great if we can have professionals come by and help people to understand how they can use it effectively.

Jonathan Otto: 00:47:28 And then frankincense. There's a bit of work done there with frankincense as well, correct?

Steve Brownell: 00:47:33 Yes, there is. I don't know all the studies. I don't want to site anything inappropriately, but I think that with many of these that God has given us through his creative work, that there is many benefits. Some of them have more benefit being smelled than being taken internally. But many times, there's properties that are kind of dualistic essentially. I was once told about garlic has some really incredible healing properties and abilities that fight off certain types of infections. In fact, it's been proven that the allicin, the active component in garlic, that causes various bacteria to be killed and things. It's been effective against MRSA and various resistant organisms.

Steve Brownell: 00:48:20 But interestingly enough, allicin is the part that really smells, very odorous and so they found that deodorized garlic didn't have the same effect in that respect. So there's something to that aroma and if you get rid of the aroma, you're getting rid of some of that property as well. Kind of the same thing they found with tumeric, that various pharmaceutical companies wanted to identify just that chemical in tumeric that was causing the lysis of tumor cells and things like that. And also the antiinflammation properties. But when they take it out of the whole, for some reason, it didn't have the same effect as when someone was taking whole root tumeric. So I think it kinda just speaks to creative power of God. Many times we want to just take part and not the whole but there's benefits in some of those things being used in their whole forms. We see that.

Jonathan Otto: 00:49:15 Great. And now coming over to lifestyle diseases, what kind of results are you seeing with various lifestyle diseases. Are you seeing results with autoimmunity?

Steve Brownell: 00:49:27 So when it comes to various lifestyle diseases, it seems that the NEWSTART Lifestyle Program has benefited almost any disease and I really believe it's not because that it is specific to each one of those, but because it's very holistic and anytime that you treat your body well and use these principles that are laid out in scripture and that we have practiced, it is gonna benefit any one of those diseases. Whether it completely eradicates it or not, it depends on what disease that is. But we've seen many completely reverse their high blood pressure, that's one that we've had studies on and we've been very successful in. As well as type 2 diabetes and those are probably the ones that we can revert with confidence. Tell people that you will reverse this disease if you stay on this program.

Steve Brownell: 00:50:19 Interestingly enough, some take months for that to happen.

Some reverse within literally a few days being on the program and we once had a ... It was a long-standing program, Reversing Diabetes Program and that was on the road and we call it RD and it would have incredible results even just over a long weekend where they would go to a facility or a hospital or a church that sponsored the program where another body of individuals and they would get these individuals together give it all practice and together, they would cook for one another and they would eat with one another. They would exercise with one another and some of them in the pre-diabetic or type 2 diabetic stage were able to completely reverse it just in that short amount of time.

Steve Brownell: 00:50:59 So lifestyle is very effective with those. Inflammatory disease, we watch over and over the C-reactive protein. One of those that we look at those reactive markers in the inflammatory process. Those typically are always coming down, no matter what issue the individual is having, even if they're not there for an inflammatory disease. Many times, you'll find that those levels are high and those respond well to the NEWSTART Principles. The Eight Principles as you've stated earlier.

Steve Brownell: 00:51:28 The other one that's most fascinating to me is the mind. And that is we know lifestyle does no good for someone who does not have life and it's been over and over in these last few years that individuals have come and said that they had plans. Actually one young man comes to my mind of taking their life. So someone whose in a state where they don't feel there is value to living anymore. One young man who had it all really when you think about it. In a few days, he could make a six figure income. The man was incredibly wealthy in my estimation, but he had just this empty spot in his life and he had come to the point that he ... Really money meant nothing. Traveling the world, he did it all the time. He just felt hopeless. But his health was really poor and he felt that he couldn't meet the expectations that were placed on him any longer and so he set his life in order to end his life and he asked that his mother or family never knew about this. He had actually written letters and had them stamped and ready to mail.

Steve Brownell: 00:52:42 But he said there was one thing I had heard about NEWSTART and he said, "Just the name gripped me, NEWSTART," and he said, "I'm gonna give this place a chance because they say it's a new start and I can't think of anything else I need, but I can't see that I can really start anything. I'm here and I've tried everything but I'm gonna try NEWSTART." And he did and he lives today because of the hope that he gained in placing his hand in the hand of Jesus Christ. So that was really wonderful.

Steve Brownell: 00:53:12 So that's probably one of the most powerful stories that's in my heart that I have to the NEWSTART Lifestyle Principles is just to sustain life and what it can do to a mind too. Because without health and spiritual health, our bodies decline into a very depraved state and for him it was the desire to take his life and that completely left him and that was really wonderful to hear his story.

Jonathan Otto: 00:53:39 Steve, just thinking about that right now, what feelings come up

for you?

Steve Brownell: 00:53:44 I guess the feelings that I have are feelings of understanding because at one point in my life being so depressed, I had those feelings and thoughts, but I knew I couldn't ever follow through with them because I had so many that depended on me at the time and I didn't really know Christ at that time either. But I was crying out to him and he gave me power each day to deal with the circumstances of life and I think that that is what I would want to tell anyone out there is that Jesus Christ when called upon, will never, never leave you without an answer. And thought I didn't have what I thought I needed at the time, he gave me everything that I actually needed and desired but I didn't even know the desires of my own heart. But he truly does and he gives those to us even when we can't ask for them.

Steve Brownell: 00:54:38 But just pleading to him gave me the strength for each day and he continued to open before me the importance of protecting the temple and that's actually as I look back on it, what I had failed to do as I wasn't protecting the temple of God and that is one thing that really came to be important to me through the NEWSTART Lifestyle Program is that as I started to practice them and as I gave up certain things in my lifestyle and in my behaviors, that I actually gained my life back. I gained my ability to reason back and I gained my ability to have strength in discernment and Christ gave me the ability to overcome addictions that I had struggled with my whole entire life.

Steve Brownell: 00:55:28 So placing your hand in the hand of faith is one that will never leave you void, for sure.

Jonathan Otto: 00:55:34 And so just finally on weight loss, is there any case studies you could just bring up on?

Steve Brownell: 00:55:42 Sure, my dear friend, I just spoke with him this morning. He came here and in his first session, he lost 70 pounds, but his body was ... a lot of that was water but you know, water is weight and he wasn't able to move and to walk and this morning, before it was even light, I see him here walking and he's been back multiple times to our program to just come and be with us. But it's incredible what the body does when you give it the opportunity to grow and initially, he was very resistant but he knew he needed it and he began to trust. Okay, I will, I'll try to walk more today and he did and he has continued to just strengthen little by little. But to watch him shed the pounds, be able to walk easier, his joint pain going away and now his feeling coming back in his feet. To me, it's just wonderful to see and to watch.

Steve Brownell: 00:56:37 But weight is one of those things that when you follow a plant-based lifestyle, you're able to shed a few pounds and shedding a few pounds can make a big difference in being able to exercise a little more and when you exercise a little more, you shed a few more pounds and so they kinda go together and then your body is able to then seek its equilibrium and some are worried about, am I gonna become too light? I've never seen anyone on a plant-based diet become so light, they're body actually just becomes normalized

and our body has the ability to balance itself out eating healthy foods. But weight loss is one thing that is pretty much a guarantee living these principles. How fast that happens can be different for each case and I've seen it just a few weeks and then others that take months and they write back and say, "Guess what, I've got to that 40 pounds, lost it today. I'm at 41 pounds of weight loss and feel like a new person."

Steve Brownell: 00:57:33 It's just wonderful to get those stories back, especially when someone's done it for a year, or six months, but they've been able to sustain that at home.

Jonathan Otto: 00:57:41 That's awesome and just quickly, why do you think that some people doing a plant-based diet gain weight?

Steve Brownell: 00:57:49 Why is it that some people? It may be because of what they're choosing to eat because we can call ... Most of our food comes from plants, but plants in their whole form, really take on a different structure, as far as what you're eating. When you eat plants in their whole form, there's much more balance in the amount of fiber, of protein, carbohydrate and fat and when you eat a whole plant, versus just plant-based, 'cause I can eat plant-based that still has a lot of refined properties and it's those refining properties that can imbalance then our diet, and that's what can lead to weight gain many times.

Steve Brownell: 00:58:32 And also we have to be cognizant of the types of plants that we're eating. Some are very high in fats and when you think about nuts, naturally if we were to take and shell a nut, it would be difficult for me to sit down and eat as many nuts as I could when I go to a store and just buy something that's been shelled out mechanically and given to me. So we have to be cautious. God gives us those wonderful things like shells that would slow us down in eating a whole pile of nuts and if you notice, I don't know if you've ever looked where there's nuts available, when they're in the shell, and you crack a nut, and you eat a nut and by the time you eat another one, it's taking a little bit of time.

Steve Brownell: 00:59:10 Interestingly enough, the stimulating transmitters that transmit to our brain that we're full, in about 15 minutes, that it would take you to eat just a handful of nuts if you shell them out, you would feel quite full, and I've experienced this. We used to grow nuts in the valley and-

Jonathan Otto: 00:59:28 Macadamia nuts?

Steve Brownell: 00:59:29 We actually grew walnuts and almonds and when you're out in the field and you would crack them open and eat them, it took a little bit of time to do that. And you could become very full very quickly. But I can also sit down when they're salted or when they're sugar and I could eat a whole bowl full which is in excess and that's gonna contribute to weight gain.[crosstalk 00:59:47].

Steve Brownell: 00:59:49 Staying away from the salt and the sugar and then shelling

them out myself truly would keep me from having that issue. So not saying you need to have nuts in the shell. Just saying that take a little more time chewing them, masticating them, eating them and also limit the amount you take, because they're higher in fats and things that would cause you to gain weight. So making sure you have the correct ratios is really important because you can be eating plant-based but not eating the right plants and in the right amounts.

Jonathan Otto: 01:00:16 Right, well Steve thank you so much for being here. Thank you for what you do. I'm truly inspired by what you do and your contribution and who you are and what you've brought to this program. Just this time that I've spent with you has opened my mind to just the power of God in your life and how God has been able to use your circumstances and even the tough stuff that you kinda been through and decisions you made that haven't been the best in the past and you did it all for his glory. And I just really admire that you chose to let God do that in you and to help people and I just love your heart for people. I love seeing the way that you light up thinking about the people that have turned their lives around and what that means to you seeing that and that's a really valuable contribution, so I appreciate that.

Steve Brownell: 01:01:11 Well thank you, it's Christ's contribution, it's so wonderful to serve him.

Jonathan Otto: 01:01:15 Amen, it's awesome.

Steve Brownell: 01:01:16 Thank you Jonathan for the time.

Jonathan Otto: 01:01:18 And I mean what do you think of media ministry? What do you think of the fact that we're able to create these resources that will make a difference and particularly, as you can see what we're doing, we're getting healthy information. We're directing people to the source and making things relevant and current. What do you think of what we're doing here with this?

Steve Brownell: 01:01:37 I think it's really wonderful. In fact, as I said before, freely you have received, freely give. That is truly our motto and our desire at NEWSTART. In fact, some have come and asked, "Can we use your NEWSTART in our church?" And we actually give anyone the ability to use our name, because it was actually given to us by a guest. We actually started teaching these principles and how did those eight as our foundation, before we actually had the name NEWSTART. And the guest just put those together as a wonderful acronym and it stuck and many lifestyle senders actually use it. It is a copyrighted name, but we all's we ask is that you just promote it well, because it's been given to us by God ...