

Sound Bites

*Solid nutritional tidbits and teasers,
words of encouragement, & gentle reminders*



Morning By Morning, Inc.

Nutrition & Healthy Lifestyle
Counseling, Coaching, Nutritional Therapy

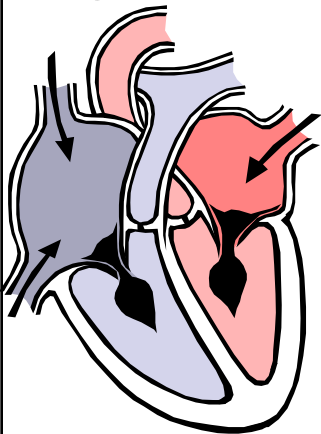
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**Our mission is to educate, assure, and encourage people
on their journey to health and well-being.**

We provide evaluation, education, guidance, and natural tools to assist you on your road to health. We coach, measure progress and results, and provide the information you need to make informed decisions about your total health. We emphasize a daily commitment and the faithfulness of God. We teach biblical principles for all aspects of total health and use natural treatments and therapies to deliver the energy and nutrients that will allow the body to restore health naturally.

Cardiac Disease, the #1 Killer, is up to 90% Preventable!



CARDIAC DISEASE

Congestive Heart Failure
Coronary Artery Disease
Myocardial Infarct (MI)
Arterial Flutter/Fibrillation
Ventricular Flutter; Arrhythmias
Ventricular Fibrillation
Hypertension

RISK FACTORS

- Serum cholesterol > 200
- Obesity
- Diabetes
- Smoking
- Drinking >1 oz. Alcohol/day
- Homocysteine
- Sedentary Life Style

REDUCTION OF RISK : For most people, risk can be reduced 35% to well over 90%.

- Reduce serum cholesterol level
- Stop smoking
- Exercise > 3 times/week
- Reduce saturated fats; more unsaturated fats (olive oil)
- Fish once/week (omega-3 fatty acid)
- Folic acid
- Antioxidants
- 3-5 oz. alcohol (wine or beer) per week



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Forgive. Let it go.

When we hold a grudge, we bind that person to us. Can you imagine dragging around the weight of the person you have not forgiven? Holding a grudge does not hurt the person who hurt you, it only hurts you. Forgiveness is the ultimate cleansing experience.



Unforgiveness

Americans add 1.2 billion pounds of pesticides to our fresh produce each year.

Fifty million Americans live in air that is hazardous to their health. The EPA says 40% of our fresh water is unfit for use.

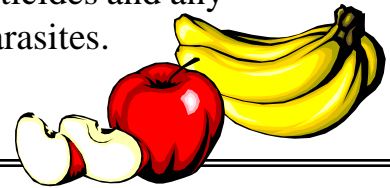
Because of lawn herbicides, oven cleaners, pesticides, paint cleaners, etc., American homes are as polluting as big business and farms.

Attitude

What you are eating is not as important as what is eating you. While some may recover from degenerative disease without the benefit of optimal nutrition, none will recover without their spiritual needs being met.

Enjoy Nature's Bounty...

- Eat more of it fresh and raw!
- Rinse first in apple cider vinegar to remove pesticides and any potential parasites.



*Sing to the Lord, praise his name;
proclaim his salvation day after day.*

- Psalms 96:2

Clip and retain for future needs:

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