

Sound Bites

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



Morning By Morning, Inc.

Nutrition & Healthy Lifestyle
Counseling, Coaching, Nutritional Therapy

Norma DeVault, PhD, MBA, RD/LD

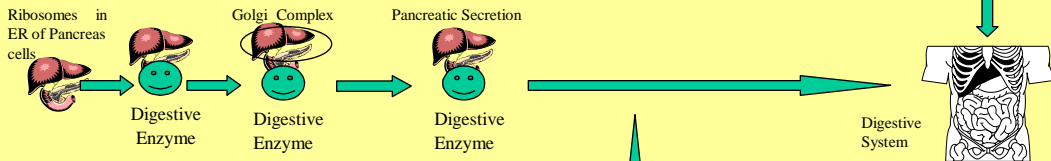
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**Our mission is to educate, assure, and encourage people
on their journey to health and well-being.**

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.

Simplified Process Flow: Production and Delivery of Digestive Enzymes

Medical View: Digestive enzymes are manufactured as needed in the ribosomes of the ER (endoplasmic reticulum); Sorted and Packaged by the Golgi Complex; Transported; then Secreted, for example, as part of pancreatic juice.



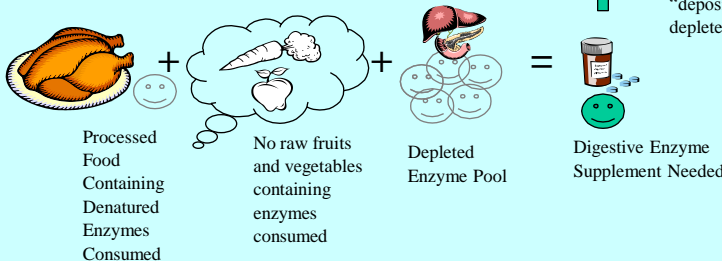
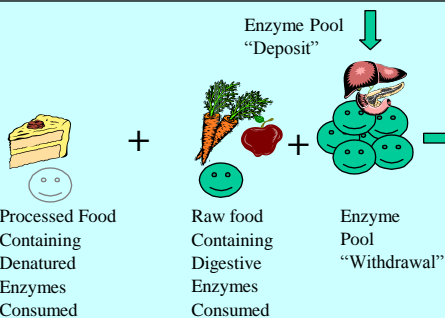
Questions for Medical doctors:

- What is the role of the digestive enzymes present in raw foods?
- What if there are none present?

Naturopathic View: Each of us is born with a "bank account" of enzymes which may be built up or depleted. All raw food contains the proper types and proportion of enzymes necessary to digest itself. Every time we consume cooked or processed foods that are devoid of enzymes, the body's digestive system draws from its pancreatic enzyme reserve. If enzymes are "withdrawn" faster than they are "deposited", this enzyme pool becomes depleted and digestion is compromised.

Questions for Naturopaths:

- What constitutes this enzyme pool?
- What is the mechanism for storing and retrieving pooled enzymes?
- What triggers the production of enzymes to replenish the enzyme pool?
- How can this be scientifically demonstrated?



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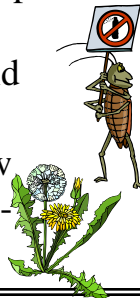
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Weeds and Bugs Be Gone! But At What Cost to Our Health and Our Children's Future?

Pesticide use has doubled every ten years for the last five decades. There are now over 500 species of insects that have become resistant to pesticides, and the number is growing.

In addition, there are now more than fifty herbicide-resistant weeds.



And That's Not All . . .



Pesticides and herbicides are only a part of the total toxic burden we unwittingly place on our bodies. The constant assault also includes solvents (such as paints, adhesives, carpeting, dry cleaning), exhaust from transportation, heavy metals and other inorganics such as carbon monoxide. People who have developed *Multiple Chemical Sensitivity* (MCS) are “canaries in the coal mine” alerting us to unseen dangers in our environment.

Why is Raw Food Better?

Fresh, raw food contains enzymes that help to digest the food. When we continually eat overcooked, enzyme-deficient food, our bodies have to either supply the enzymes from it's enzyme pool or manufacture the required enzymes using precious resources and energy. As the enzyme pool becomes depleted, our glands and organs must compete for any available enzymes to carry out their vital work. A mostly raw diet can reverse bodily degeneration that accompanies long-term illness and raise vital energy levels because less energy is needed to digest the food and less energy is wasted by the need to eliminate or store toxins.



*And **in the morning** you will see the glory of the Lord . . .*

- Exodus 16:7

Clip and retain for future needs:

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