

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.

Garbage In – Garbage Out

People who consume too much junk food generally are in double jeopardy for nutritional risk because not only are they eating some or a lot of bad food, but they are probably eating very little if any of the proper fruits and vegetables.

Let's consider what "junk food" does to our bodies. Major organs such as the liver, kidneys, and brain operate at less than peak performance because they are not getting the vital nutrients (vitamins, minerals, antioxidants, enzymes, phytonutrients). Junk food can also clog many of the body's systems. The lining of the stomach and intestines can become clogged with mucous and undigested foods which actually putrify in the intestines. When this happens, the stomach and intestines are unable to absorb vital nutrients. Disease eventually results.



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Read labels when purchasing food, and examine your recipes when cooking. Avoiding things like bleached flour, sugar, and saturated fats can be a simple matter of making wholesome substitutions. Great recipes and ingredients are available to suit every palate.



Favorite Juices

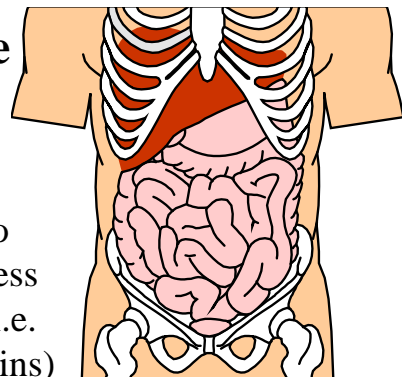
- ❖ Peaches, pears & plums
- ❖ Apples and cherries
- ❖ Orange & grapefruit



*What is man that you make so much of him, that you give him so much attention, that you examine him **every morning** and test him every moment?*

- Job 7:17-18

Undoing the Damage



The liver and kidneys have to clean up the mess in our bodies (i.e. remove the toxins)

caused, in part, by junk food. They may need extra targeted nutrients in the form of food-based supplements or extra energy through juicing to aid in the cleanup. Adding fiber to the diet also helps to clean up and sweep out the mucous and “sludge” that often lines the walls of the digestive tract. This allows the villi (tiny convolutions of the lining) to absorb nutrients better.

“Men dig their graves with their own teeth and die more by those fated instruments than by the weapons of their enemies.”

Thomas Moffett, 1600

Clip and retain for future needs:

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