

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.

Toxic Substances

Poisons that don't kill you make you sick at least twice. . . . going in and coming out, and often all the time in between. When stored toxins such as pesticides, herbicides, and heavy metals are released through cleansing or fasting and are removed through the body's natural channels of elimination, you may feel nauseous, have a headache, or a repeat of the original ingestion reaction when the toxin hits the bloodstream again on the way out of your body for good.

So, is the answer to leave them alone and hope for the best? No, usually not. Storage of toxins is far from free. It requires a great deal of your body's energy and resources to keep all those toxic substances tucked away. For example, as it tries to keep you out of harm's way, your body will eventually build miles of blood vessels to feed the growing adipose (fat) cells where the toxins are being deposited. Before the body can save up enough energy to purge the toxins, these

fat cells are burgeoning with more and more incoming toxins. The body will also be forced to retain water to try to dilute circulating toxins. In many ways, energy needed to repair and rebuild the body is diverted to the upkeep of toxic waste storage. You can provide the energy to expel the toxins by juicing or nutritional supplementation.



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Old Advice

"The one sure road to better nutrition and better health is first to fast. Let your body do its professional and expert job of nourishing you during the fast, and then, with your taste buds cleansed of the false craving for junk, you will readily embrace the fresh fruits, vegetables, nuts and seeds and you can finally break away from the junk."

-- Seneca, 62 AD



Orange You Glad to Know . . . ?

Some oranges are not orange. Some are green. California's and Arizona's cool growing season makes oranges turn orange-colored. Because of "customer preference", oranges from Texas and Florida are put in a dye bath or injected with dye to turn them orange. So, don't judge an orange by its color. The heavier for size, the juicier the orange.

***in the morning** my spirit longs for you.*

- Isaiah 26:9

Clip and retain for future needs:

Dear Fruit Lady,
Why are blackberries red when they're green?

Just Curious

Dear *Just Curious*,
Terminology can be confusing and even color can be deceiving. It's best to know your fruit. Plump, firm, and fragrant usually means ripe.

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