

Morning By Morning™ Pathway to Health



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.

What is the “Morning By Morning” Pathway to Health?

NATURE'S OWN

| Nutrition | Attitude | Toxin Removal | Undo The Wrong | Rest/Sleep | Exercise | Sunshine | Oxygen | Water | Nutrition |
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| Give the body the nutrients it needs. | Faith Hope Love | Physical, mental, & spiritual cleansing | Resolve problems & manage changes. Enable needed lifestyle changes | Free from anxiety or disturbance. Periodic restoration of the body. | Regular, repeated, appropriate use of the body to develop & maintain physical fitness. | Warmth and light given by the sun's rays. Improved Vitamin D, RBC's, BP, Ca, energy, digestion. | Clean Air Oxygen needed for metabolic processes and the conversion of glucose to energy. | Pure Water Needed for all chemical reactions in the body. | Health begins and ends with nutrition. Health is a process, not a project. |

The Morning By Morning Pathway to Health is nature's own way, based on biblical principles. It emphasizes a daily, ongoing commitment and the faithfulness of God. It begins and ends with nutrition. The designer of our bodies also designed the perfect food for our bodies and gave us a Users Guide. "I am the alpha and the omega, the beginning and the end." Jesus is our sustenance. He provides all that we need and only what we need. Look to His Word for guidance in health as in all things.