

October, 2009
Vol. 09.10

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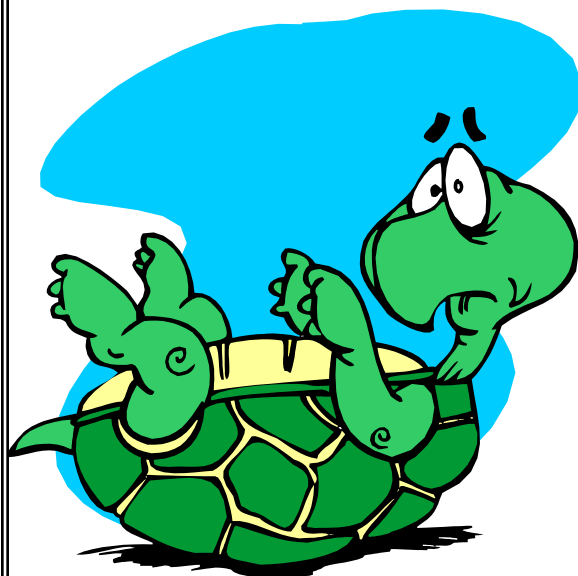
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**Our mission is to educate, assure, and encourage people
on their journey to health and well-being.**

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.

Can't Seem to Get on Your Feet?

It may not be easy, and it takes time, but repairing, regenerating, and rebuilding your body can certainly be done. Reversing many conditions will depend on how long you have been nutrient-deficient, how willing you are to make the needed lifestyle changes, your willingness to attend to daily exercise and sleep needs, if nutritional supplementation is needed, your willingness to provide it, and, yes, your



general attitude. Your total health requires nutrition, exercise, sunshine, rest/sleep, clean air, personal hygiene, attitude, and the ability to resolve problems and enable changes in your lifestyle. If it seems like a slow go, think about how long it took you to get into this shape! It didn't happen overnight. Imperceptibly small changes happened within your body each day. Now, daily changes for the good are taking place. You need to allow your body the time to heal. First, stop the toxic input. Then, add the nutrients and other elements of total health. Celebrate small wins! Build on your strengths. And, in everything, give thanks.

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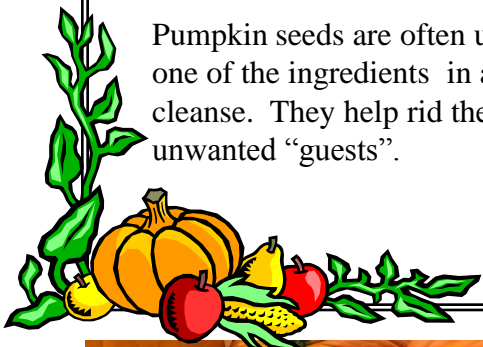
Pumpkin Possibilities

Pumpkin Juice

Pumpkin is loaded with Vitamin A, beta-carotene, much like carrots. It's definitely an acquired taste. . . some say, rather odd. Add carrot for sweetness or a more familiar taste. The golden-yellow, flattened sugar pumpkin is best for juicing.

Pumpkin Seeds: Did You Know?

Pumpkin seeds are often used as one of the ingredients in a parasite cleanse. They help rid the body of unwanted "guests".



Need for Rest when Ill

In today's fast-paced, stressful world, we often refuse to rest even when we know we are ill. Lack of proper rest takes its toll on the body, and the need for rest is particularly crucial when our bodies are under siege from foreign invaders. While you lie quietly on your bed, your body is actually mobilizing all of its energy and resources to do battle with and subdue the virus or bacteria. So, don't aid the enemy by refusing to rest!



It's ok! Enjoy an occasional splurge meal, then get back with the program!

Clip and retain for future needs:

For his anger lasts only a moment, but his favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.

- Psalms 30:5

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