

# 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***

Phone: (918) 744-5181 Fax: (918) 744-0291  
1602 S. Harvard Tulsa OK 74112-6824  
DeVault@MorningByMorning.com

**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.

Try to put the food choices that we make in perspective with the reason that we need to eat: to provide our body cells with the raw materials to grow, repair and fuel our bodies.

Our bodies are designed to operate on a specific fuel. This fuel will only add to the health and life of the body. It will not take away from its efficient operation or “clog up” the works. It will meet all the nutritional requirements of the body. This fuel is called “real food”. Real foods are in every way life-sustaining and health-maintaining. They have nothing in them that is in any way detrimental to the body. Anything else is “junk food”.

Our choice of food is one of the most important decisions we make. Yet, too often, it is not an informed (or even conscious) choice. Unfortunately, with the Standard American Diet (SAD), the reasons we do eat and the food choices we make may have little to do with nutrition. Our choices are based most often on convenience and tradition. We eat what our family ate. We eat what we can grab on the run. We eat “comfort foods”. We eat what media marketing tells us to eat. We eat what (or where) our children want to eat.

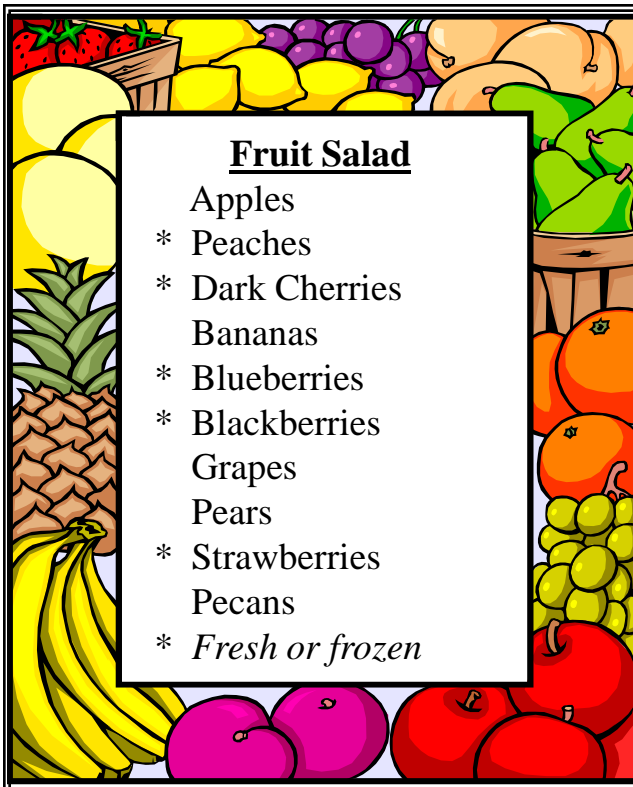
After polluting our food, air, and water with our man-made pesticides, herbicides, and toxic waste, what precious little life there was in our food choices is processed out by pasteurizing, hydrogenating, refining, over-cooking, microwaving, canning, and otherwise dismembering. Through years of this kind of nutritional neglect, our bodies that were designed for activity can barely drag themselves to the TV for an evening of “channel surfing” through an endless array of stressful events. Then when our malnourished bodies begin to degenerate, we use potent drugs to suppress symptoms rather than dealing with the cause of the disease. We continually violate our bodies with drugs and surgery when often the body is asking for nutritious food, rest, exercise, sunshine, clean air, and a prayerful attitude. Our choices have consequences.

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Fruits, in general, are cleansing foods. Their high water content helps flush the digestive tract and kidneys, as well as purify the bloodstream. In addition, they have a purging effect on the gall bladder and liver. Cranberry is an excellent diuretic.



## Juice Fasting

Juice & fruit fasting for a day can help keep us in balance during the holidays.

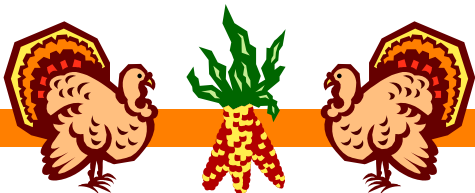


*But I will sing of your strength, in the morning I will sing of your love; for you are my fortress, my refuge in times of trouble.*

*- Psalms 59:16*

**Clip and retain for future needs:**

## Happy Thanksgiving!



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