

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.

Why is skin care so important to my health?

The skin is a major organ of elimination of normal waste products for the body. Unfortunately, the skin can become plugged to the point that it cannot carry out this most important function efficiently, and the whole body suffers when proper elimination of waste is greatly hindered. The health of the entire body is influenced by our hygienic habits.

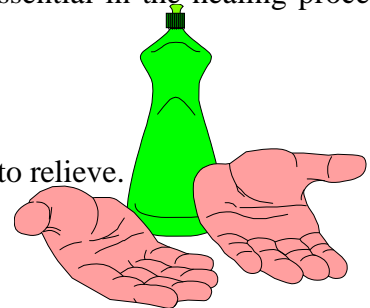
The skin is important in regulating body temperature. When the body is too hot, the pores should open allowing air to come in and carry off the body's excess heat. When the pores are blocked, the only way the body can now cool itself is by forcing precious fluids out onto the skin to be evaporated, thus causing a cooling effect. There are other functions of the skin that are greatly hindered by its becoming toxic. Therefore, proper skin care is essential in the healing process and maintenance of health.

Common practices that can be harmful to the skin:

- Washing with commercial soaps that are loaded with chemicals.
- Creams and lotions that aggravate the symptom they are intended to relieve.
- Suntan lotions that are a toxic chemical.
- Shaving creams that contain chemicals that are toxic to the skin.
- Deodorants and antiperspirants that contain harmful chemicals.

What about using a loofa or a skin brush?

A loofa or a skin brush can be used to scrub the skin clean. Cleaning is a mechanical process, not a chemical process. A skin scrub does not introduce poisons into the skin, clogging the pores. It stimulates the circulation for healthier skin, opens, and keeps open the pores of the skin for proper functioning. When needed, use a natural soap to remove grease or oil from the skin.



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Hints on healing

In order for healing to take place:

- We must introduce the nutrients that the body needs to rebuild itself and operate properly.
- We must stop the toxic input that created the deficiency or resulted in the state of dis-ease. That means we must stop or cut down on eating foods that are processed (lacking nutrition) and/or contain harmful chemicals and toxins.

Benefits of fresh fruit and vegetable juice:

- Live nutrition
- Easy assimilation
- Energy conserved
- Concentrated nutrients

Favorite Juice Recipes

(An absolutely delicious and healthy drink)

Strawberry Orange Sling

6 oranges

2 strawberries

Use a juicer to create a wonderful drink, or add ice in a blender for a refreshing slush.

Have you ever wondered. . .

“What is ‘total health’ anyway?”

Health is not merely the absence of pain or disease. Total health is a condition of wholeness in which every cell of the body is performing 100% of its designed function 100% of the time, and is communicating and coordinating with every other cell of the body. This allows every tissue, gland and organ to carry out every function of the body as designed.

How does nutrition work? Symptoms or a diagnosed disease are signs of an underlying imbalance. A change is needed to regain health. We help you resolve problems and manage the changes needed to create health.

In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait in expectation.

- Exodus 16:4

Clip and retain for future needs:

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