

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.

What Does It Mean For The Body To Be In Balance?

For the body to be in health, it must operate within a very narrow range of acceptable values for such things as enzyme function, blood calcium, blood glucose, blood oxygen level, heart rate, blood pressure, gastric secretions, body temperature, water and ion concentrations and blood pH. When the body's internal environment remains within normal physiological ranges for these and other factors, we say it is in "homeostasis."

But, homeostasis in the human body is continually being disturbed. The disruption may come from outside the body in the form of physical insults such as intense heat or lack of oxygen. Other disruptions originate within the body – such as a glucose level that is too low. Imbalances in these normal body ranges may even occur due to psychological stresses such as the demands of work and school.

In most cases, our bodies are able to cope with the stress and the body cells quickly restore balance in the internal environment so that the disturbance is mild and temporary. In other cases, such as with poisoning, overexposure to temperature extremes, severe infection, and death of one's spouse, the disruption of homeostasis may be intense and prolonged.

Fortunately, our bodies are designed with many mechanisms in the nervous and endocrine systems that bring the internal environment back into balance. The nervous system senses deviations from normal physiological limits and sends messages (nerve impulses) to organs to quickly alter the trend of what went wrong. The endocrine system also monitors the body functions and uses hormones to slowly restore balance.



Nutrition Can Help!

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Chlorine in Your Shower



Half of our daily chlorine exposure is from showering. Not only is chlorine absorbed through the skin, but it also vaporizes in the shower, is inhaled into the lungs and is transferred directly into the blood system. Chlorine exposure from one shower is equal to that of an entire day's drinking water.

Therefore, drinking filtered or bottled water addresses only half the problem. **Showers filters can help reduce chlorine exposure.** We may need to disinfect our tap water with chlorine, but we don't have to be exposed to it!

Napping

If the body grows tired and sleepy during the day, it is needing to rest. Take a short 5 to 30 minute nap. It is not necessary to sleep during this period, just relax and rest. Although you may think you'll have trouble falling asleep at night if you nap, usually the reverse is true. An extremely toxic, exhausted, or emotionally/mentally tired person often suffers from insomnia. The daytime nap will help compensate for this.



***Evening, and morning, and at noon
will I pray, and cry aloud, and He
shall hear my voice.***

- Psalm 55:17



What's the Best Exercise?

The one you will actually do!

- Increases vascular output
- Increases permeability of the cells
- Stimulates lymphatic flow
- Tones muscles and tissues

Clip and retain for future needs:

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