

Sound Bites

*Solid nutritional tidbits and teasers,
words of encouragement, & gentle reminders*



Morning By Morning, Inc.

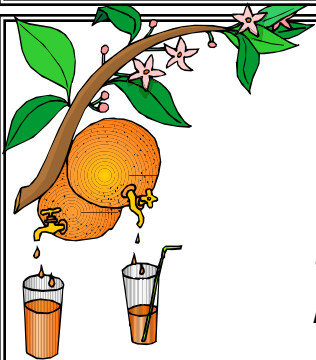
Nutrition & Healthy Lifestyle
Counseling, Coaching, Nutritional Therapy

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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 Juice?



“One of the best investments you can make in your health and that of your families is a juicer.”

Our bodies are designed with a tremendous capacity to heal and to be healthy. But, over time a poor diet, exposure to toxic chemicals, and unhealthy lifestyle will compromise our health by creating nutritional deficiencies, introducing toxic substances into our bodies and disrupting our metabolic processes.

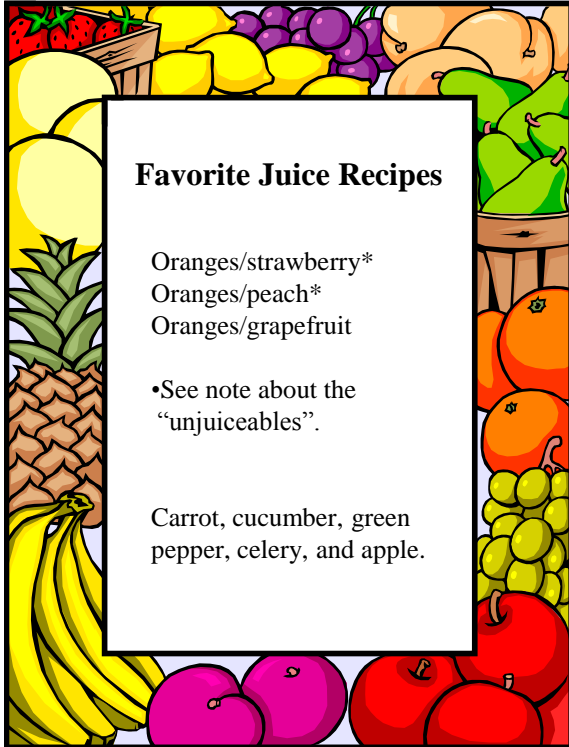
Health is not in the fruits and vegetables or in the juice. Health is what the body tries to create when we give it the proper nutrients and stop the toxic input that caused the state of dis-ease.

For most people, a quick and sure way to increase the intake of proper nutrients that are easily assimilated by the body is to drink the juice of fresh and raw fruits and vegetables. It's benefits include live nutrition, easy assimilation, concentrated nutrients, and great vitamins and minerals.

In addition to juicing, you also need to cut back on the wrong foods you're eating.

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Favorite Juice Recipes

Oranges/strawberry*
Oranges/peach*
Oranges/grapefruit

•See note about the
“unjuiceables”.

Carrot, cucumber, green
pepper, celery, and apple.

The “Unjuiceables”*

Papaya	Honeydew	Coconut
Peach	Banana	Strawberry
Cantaloupe	Plum/prune	Apricot
	Avocado	

Their pulp does not easily separate from their water. You can still enjoy some of these flavors by just tossing a little bit of strawberry or peach into your juicer along with mostly oranges or apples. They are too pulpy to produce much juice alone.

*The Power that made the body
can heal the body.*

Grocery Shopping Tip:

Shop the perimeter of the store.



- Fresh and raw foods are on the outside aisles.
- Food in the center of the store has a long shelf life because it's dead already.
- Frozen is better than canned.
- Fresh is best.

*Satisfy us in the morning with your
unfailing love, that we may sing for
joy and be glad all our days.*

- Psalms 90:14

Clip and retain for future needs:

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