

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.

Super Soups!

“Cabbage Patch Soup”

Cabbage
Green Pepper
Onions
Carrots
Tomatoes
Zucchini and/or yellow squash
Broccoli
Celery
Vegetable Broth

“Potassium Broth Stew”

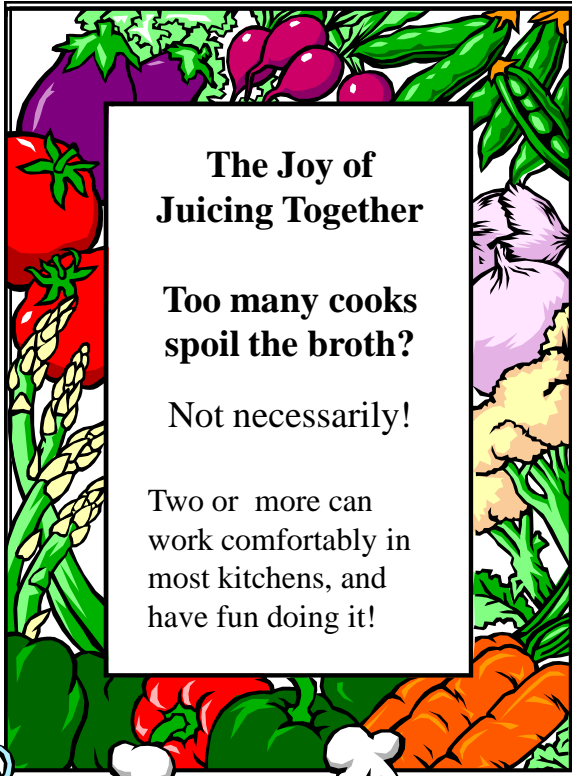
Potatoes
Green Pepper
Onions
Carrots
Celery
Turnips
Vegetable Broth or distilled water

These are hearty, healthy, nourishing, and satisfying soups. Don't overcook. Vegetables should be chewy, not limp or soggy. Season to taste (sparingly).



Sound Bites

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



The Joy of Juicing Together

**Too many cooks
spoil the broth?**

Not necessarily!

Two or more can
work comfortably in
most kitchens, and
have fun doing it!



A supportive family can be one of the best blessings on the journey to health and well-being. Encourage your loved ones by being supportive of their efforts in juicing, fasting, exercising, and eating right.

*Where morning dawns and evening
fades, you call forth songs of joy.*

- Psalms 65:8

Clip and retain for future needs:

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

