

Sound Bites

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



Morning By Morning, Inc.

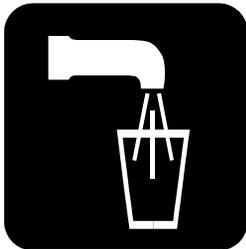
Nutrition & Healthy Lifestyle
Counseling, Coaching, Nutritional Therapy

Norma DeVault, PhD, MBA, RD/LD

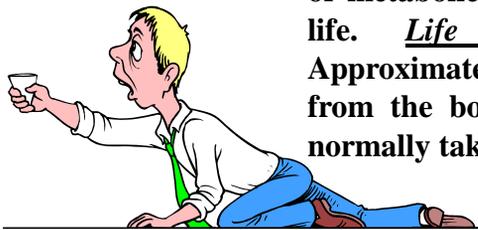
Phone: (918) 744-5181 Fax: (918) 744-0291
1602 S. Harvard Tulsa OK 74112-6824
DeVault@MorningByMorning.com

**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.



Water!



Water is used by the body for every chemical or metabolic function it performs to maintain life. Life cannot continue without water. Approximately 2 ½ quarts of water are lost from the body daily. The same amount is normally taken in.

Sources of Water

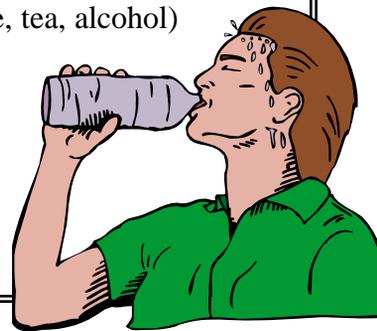
- Food Consumed - Real foods (raw fruits and vegetables) are 75-90% water.
- Oxidation of Food - Water is a byproduct of digestion and energy production.
- Fluid Intake - Direct intake of fluids.

Purpose of Water in the Body

1. Transportation of Nutrients
2. Cellular Fluid
3. Extracellular Fluid
4. Blood Plasma
5. Lymph
6. Temperature Regulation
7. Gland and Organ Secretions
8. Metabolic Processes

Factors Increasing Need for More Water:

- Processed, incomplete foods
- Non-food additives (salt, spices, preservatives, etc.)
- Drugs, medications, tobacco
- Toxic drinks (soft drinks, coffee, tea, alcohol)
- Fasting
- Toxic elimination processes (healing crisis)



Refresh Your Body With Pure, Distilled Water

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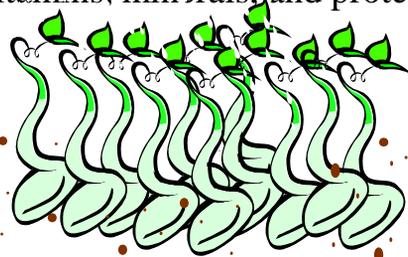
The human body is designed with the ability to stay healthy and to regain health. Give your body what it needs. Don't expose it to or force on it things that are harmful to it, and it won't let you down. We all recognize the effect of an acute trauma to the body, but even seemingly trivial assaults when chronic and especially when combined with the effects of other physical, nutritional, and emotional insults to the body will take their toll over time. "The one straw that broke the camel's back" is not the problem. It's the cumulative and incessant demands upon the body's resources that deprive us of health. Each small positive step we make helps our bodies regain health.

Growing Your Own Sprouts

**A nutritious, delicious, exciting
Adventure in Eating**

No soil, no bugs, no mess, no fuss!

Sprouts are a nearly perfect food, and you can grow your own fresh, live, wholesome sprouts right in your kitchen. As seeds begin to sprout, nutritional value multiplies 30-600% in vitamins, minerals, and protein.



Sprouts are biogenic (life-generating).

*Praise be to the Lord, to God our
Savior, who **daily** bears our burdens.*

- Psalms 68-19

A Positive Step



Begin adding more fresh and raw food to your meals. More salads and more fresh fruit juice are easy first steps.

Clip and retain for future needs:

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