

Sound Bites

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



Morning By Morning, Inc.

Nutrition & Healthy Lifestyle
Counseling, Coaching, Nutritional Therapy

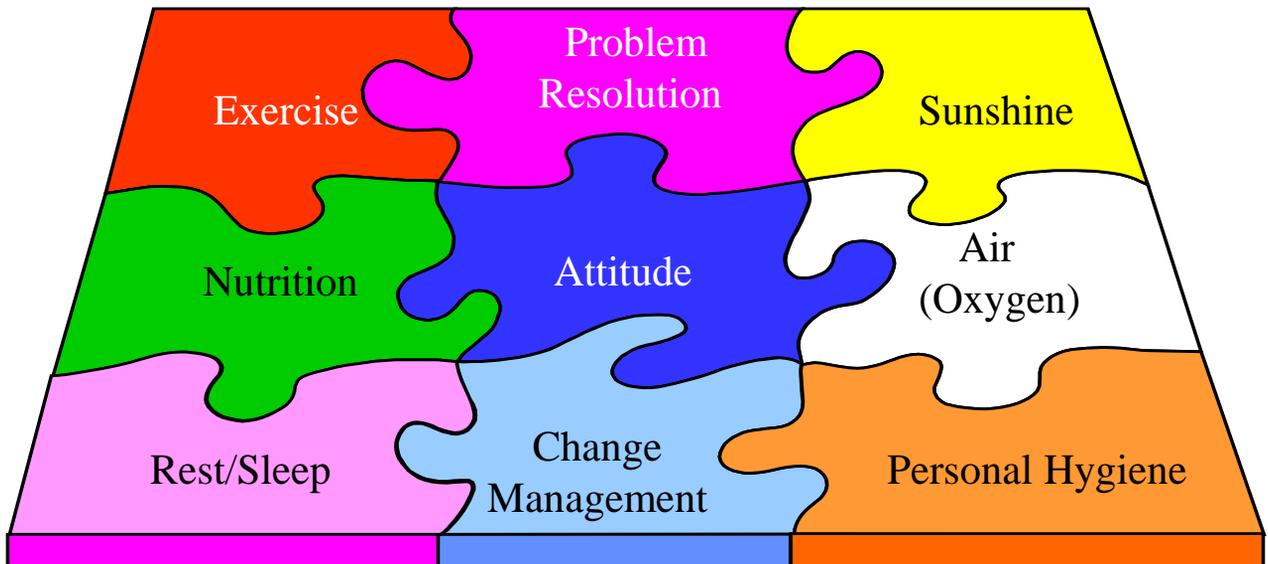
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**Our mission is to educate, assure, and encourage people
on their journey to health and well-being.**

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.

Total Health



*Remember that attitude is at the center and touches every other aspect of your total health.
You can influence each aspect of Your Total Health.*

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Your Total Health

Nutrition: Providing the body with the essential nutrients that it needs to maintain health.

Exercise: Keep it moving to increase vascular output, permeability of cells, lymphatic flow, and tone the muscles.

Rest/Sleep: A period of inactivity during which the various systems restore their energy and nutrient supplies.

Sunshine: Without regular sunshine, health is compromised.

Clean Air (Oxygen): Metabolic processes for the maintenance of life require oxygen (2,880 gal/day).

Personal Hygiene: The health of the entire body is influenced by our hygiene.

Attitude: A positive mental and spiritual outlook is essential to total health.

Problem and Change Mgmt.: The ability to recognize problems, not just symptoms, get to the root cause, and enable the changes needed to correct the problem and eliminate future recurrence of the original or any related problem.

Even the most sensitive stomach will appreciate this wholesome soup and rice!

Potassium Broth Stew

| | |
|------------------------|---|
| Carrots | Do not over-cook. The vegetables should not be limp. Serve with brown rice. |
| Green Peppers | |
| Onions | |
| Green Beans | |
| Turnips | |
| Potatoes | |
| Distilled Water | |



“Comfort Food” is what we want when we’re not even hungry. We just need the feelings that we associate with pleasant memories of the past.
We all have some of these.

*Give us this day our **daily** bread.
- Luke 11:3*

Clip and retain for future needs:

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