

# Sound Bites

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



*Morning By Morning, Inc.*

Nutrition & Healthy Lifestyle  
Counseling, Coaching, Nutritional Therapy

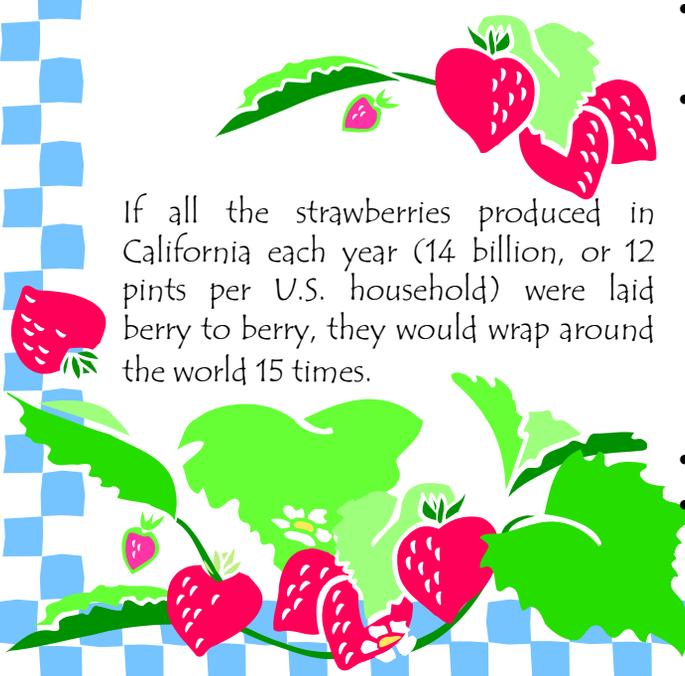
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**Our mission is to educate, assure, and encourage people  
on their journey to health and well-being.**

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.

## Strawberries Are In Season!



If all the strawberries produced in California each year (14 billion, or 12 pints per U.S. household) were laid berry to berry, they would wrap around the world 15 times.

**Take advantage of this wonderful opportunity to enjoy fresh, wholesome, delicious strawberries.**

- **Eat fresh and raw**  
A guilt-free, “good-for-you” snack
- **Add to fresh juices**  
Orange/strawberry juice is unbelievably delicious. Add a couple of fresh or frozen strawberries to the juicer when you make fresh orange juice. Add crushed ice to the juicer or blender for a “Strawberry-Orange Sling”.
- **Add to any meal or as a snack**
- **Start your own strawberry patch!**  
They like warm sunny days and cool nights to grow, and they come back every year.

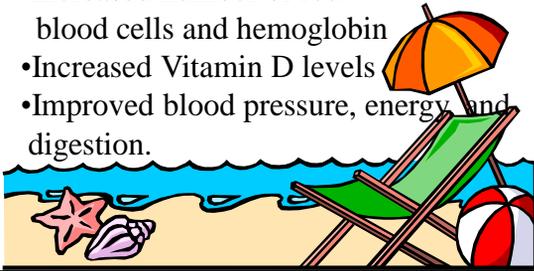
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## Some Benefits of Sunshine

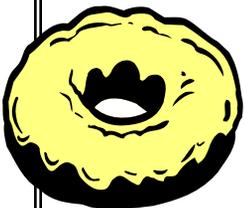
- Improved assimilation of calcium
- Increased number of red blood cells and hemoglobin
- Increased Vitamin D levels
- Improved blood pressure, energy, and digestion.



## SLEEPY AFTER A BIG MEAL?

It takes a lot of energy for your body to process a large meal and eliminate waste through the 30-foot-long gastro-intestinal tract. It also takes a lot of energy to pass liquids through two million filters in the kidneys. It takes great energy for the liver and gallbladder to prepare food for the billions of body cells. In many cases, the amount of energy required to digest a Standard American meal is greater than that generated by the food. To conserve energy, eat right!

The most nutritious part of a donut is the hole. And, the bigger the hole, the better the donut! 😊



## Battle of the “Bulge”

*Then the Lord said to Moses, “I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day.”*

*- Exodus 16:4*

**Clip and retain for future needs:**

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