

Sound Bites

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



Morning By Morning, Inc.

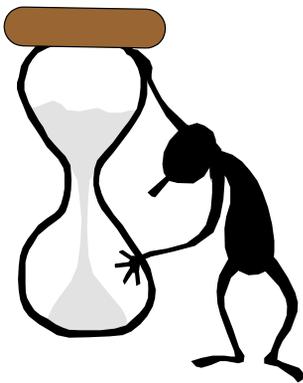
Nutrition & Healthy Lifestyle
Counseling, Coaching, Nutritional Therapy

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.



Time marches on!



Is there someone who needs
to hear from you?



Someone who yearns
for news from you?



A simple note, Email, text, or phone
call can be a lifeline to a loved one.
You'll both be blessed.

Sound Bites

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



Health

How is a Urinalysis Used as a Nutritional Assessment Tool?

The ability to digest food and assimilate nutrients is absolutely critical to good health. Digestive problems cause many health conditions that can be alleviated by supplementing specific enzymes and nutrients to restore underlying chemical imbalances.

Sediments in the urine can reveal which foods the body is digesting properly and from which foods the body is unable to properly digest or assimilate nutrients.

- **Fats and fat soluble vitamins**

A deficiency of lipase enzymes can tend toward high cholesterol and triglycerides, diabetes, cardiovascular disease, difficulty losing weight.

- **Proteins**

A deficiency of protease enzymes or a pH imbalance can tend toward hypoglycemia, loss of muscle mass, inability to properly utilize calcium and magnesium.

- **Carbohydrates, Sugars, Starches**

A deficiency in amylase enzymes can tend toward infections, inflammation, skin conditions, asthma, emphysema.

- **Fiber**

A deficiency in cellulase enzymes can cause increased food intolerances.

I try to eat right and even take vitamins, but I'm still stressed out. What's wrong?

Even if you eat the most nutritious food and also take vitamins and minerals, you may not be fully digesting and assimilating them. Also, stress factors use up your reserves!

In order to tap into the enormous capacity of our bodies for healing, we must ensure that the essential nutrients that are required for maintenance, repair, and regeneration, and for balancing the body's chemistry are actually delivered to the cells. That means the food must be properly digested and assimilated.

Enzymes are the key to optimal nutrition!

*I have swept away your offenses like a cloud, your sins **like the morning mist**. Return to me, for I have redeemed you.*

- Isaiah 44:22

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