

# Sound Bites

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



***Morning By Morning, Inc.***

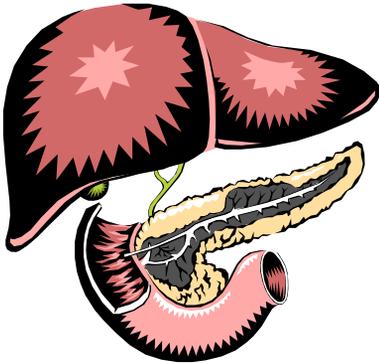
Nutrition & Healthy Lifestyle  
*Counseling, Coaching, Nutritional Therapy*

***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.



## The Amazing Liver

The liver is the most important detoxifying organ. It receives poisons, neutralizes them if possible, and if it cannot render them harmless (or if there is not sufficient energy available to get rid of them) it stores them. In this way, it protects our bodies from harm for as long as possible. However, even the liver has its limits. Too

much bad food or other environmental toxins for too long will result in problems for the liver, as well as for your hair, skin, and general health.

Fasting is a good way to rid the body of the toxins that have accumulated or been stored by the liver. When you fast, your liver is activated to receive and filter the toxins that are now coming to it from storage all over the body. At the same time, the liver is releasing its own toxins. Fortunately, because you are fasting, the liver has a rest from processing new incoming food and is able to focus its energy for a time on getting those stored poisons out of your body. Drink plenty of water while fasting to be sure to get those liberated toxins out of your body!

You can release your liver from its heavy burden periodically. Fast, cleanse, and purge it with raw juices, exercises, and manipulation (massage).

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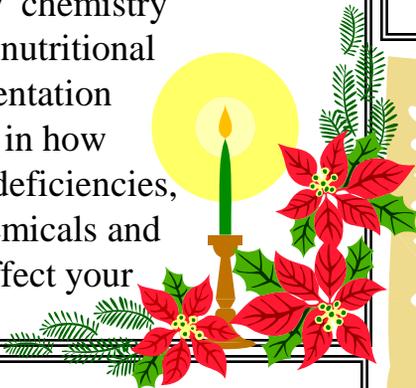


## The Gift of Health

If you would like to use nutrition as a preventive form of health care and want to go beyond treating symptoms. . .

We can help you learn how much health and vitality your body is capable of expressing.

- Measure your nutrient level and body chemistry
- Specific nutritional supplementation
- Training in how nutrient deficiencies, toxic chemicals and metals affect your health



while the morning stars sang together and all the angels shouted for joy

- Job 38:7

The Word of God lights the way to health and healing.



The human body has the miraculous ability to heal once you eliminate the sources of stress. Stress can be biochemical, nutritional, emotional, environmental or financial, i.e., mental, physical, or emotional. All of these stresses drain your energy. Enzymes and nutrients build up your enzyme pool. As we improve and balance the body chemistry and detoxify the body, many of the symptoms of these underlying causes will disappear.

*Joy to the World!*



Clip and retain for future needs:

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