

# 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.

## Healing Principles

*"The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease."*

*– Thomas Edison*

### **1. The healing power of nature.**

The human body can heal itself. The doctor or health care professional can enhance this process with natural, nontoxic therapies. First and foremost, the healer must do no harm.

### **2. View the whole person.**

The naturopath views the person not just as a disease walking, but as a whole person with physical, mental/emotional, and spiritual needs.

### **3. Identify and treat the cause.**

It is important to identify and treat the cause of dis-ease, rather than just trying to suppress symptoms. Symptoms result from the body's attempt to heal or to survive the cause of the disease.

### **4. The doctor as teacher.**

The doctor is primarily a teacher whose role is to educate, empower, and motivate individuals to take responsibility for their health by attending to the total health needs of the body.

### **5. Prevention is the best cure.**

Prevention is accomplished through nutrition and health lifestyle.

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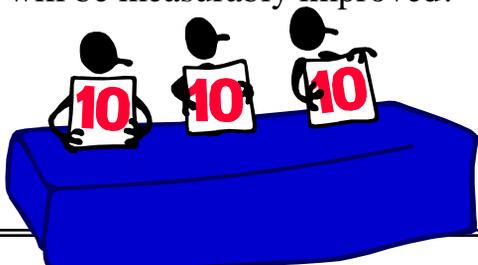


## Having Trouble Motivating Yourself?

We can help you resolve problems  
and enable change:

- Establish a baseline
- Set health goals
- Plan for success
- Measure progress
- Celebrate wins

When you have a clear health goal, training in nutrition and other elements of total health, dedication, willingness to work hard, and good coaching, soon your body's performance, energy level and overall health will be measurably improved!



## Recommended Reading



The Supplement Shopper, Gregory Pouls, D.C., and Maile Pouls, Ph.D., with Burton Goldberg, 1999, Future Medicine Publishing, Inc.

**“The complete User’s Guide That Takes the Guesswork Out of Choosing the Best Supplements for 50+ Health Conditions.”**

*My soul waits for the Lord more than  
watchmen wait for the morning more  
than watchmen wait for the morning.*

*- Psalms 130:6*

## Clip and retain for future needs:

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