

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.



**Nutritional
Deficiency**

Nutritional deficiencies are caused by the Standard American Diet (SAD) of fast foods, cooked and refined foods, with many chemical additives, high in sugar, salt, fat, unhealthy oils, and calories, and low in fiber and nutritional content.

Chemical Imbalance

**Disease
Disease
Disease
Disease
Disease**

Other factors use up precious resources and increase nutrient requirements:

- Lack of exercise, clean air, and pure water
- Depletion of minerals
- Exposure to chemicals, metals, and man-made toxins
- Use of antibiotics, corticosteroids, NSAIDS, and prescription drugs
- Use of alcohol, drugs (recreational or prescription), and tobacco
- Consumption of excess sugar, oils, fats, and refined foods
- Lack of enzymes (eating mainly cooked, not fresh and raw foods)
- “Leaky Gut” syndrome (large undigested food particles/proteins in blood)
- Excessive toxic buildup in the colon, liver, and tissues

Over time, this leads to measurable deficiencies of specific vitamins and minerals and depletion of dietary enzyme reserves which, in turn, over time leads to body chemistry imbalances. Without certain nutrients, minerals and enzymes needed to perform specific biological functions, the tissues, glands, organs and systems begin to work in a limited or compromised fashion.

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Nutritional Approach to Restoring Health

Because a vast majority of symptoms and disease states are related to specific nutritional deficiencies and the resulting body chemistry imbalances, the nutritional approach to restoring health includes:

- Laboratory studies. Review of blood chemistry and 24-hour urinalysis.
- Determination of underlying nutritional deficiencies.
- Determination of body chemistry imbalances, including pH (acid/base), electrolyte/trace mineral levels, calcium/magnesium levels, kidney function, enzyme and/or nutrient deficiency, Vitamin C levels, digestive competence for carbohydrates, protein, and fats, colon toxicity levels, metabolism, and a general pathology screening.
- Special studies, if necessary. These could include toxic element analysis (man-made chemicals and heavy metals), food and airborne allergy tests, abnormal intestinal flora and parasite tests.
- One hour consultation, fully explaining the laboratory analysis, prioritizing deficiencies and chemistry imbalances. Complete explanation and printout of every recommended nutrient.
- You are in control of how fast you proceed with the recommendations.

Trace Minerals

In addition to acting as “building blocks” for our bones, teeth, muscles, nerves, connective tissues and body fluids, minerals (particularly trace elements) serve as co-factors to the enzymes that catalyze all of the biochemical reactions required for our bodies to function optimally. In the absence of specific minerals, our bodies compensate for these nutritional deficiencies by following less efficient alternative biochemical pathways. Eventually, these deficiency states will cause measurable body chemistry imbalances. If left unattended, these body chemistry imbalances will cause a loss of vitality and efficiency in related organs, glands and systems. Eventually, this leads to poor health, symptoms of degenerative health conditions, and ultimately to a diminished life experience and shortened lifetime.

*I am the root and the offspring of
David, and **the bright morning star.***

- Revelation 22:19

Clip and retain for future needs:

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