

# Sound Bites

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

*Morning By Morning, Inc.*

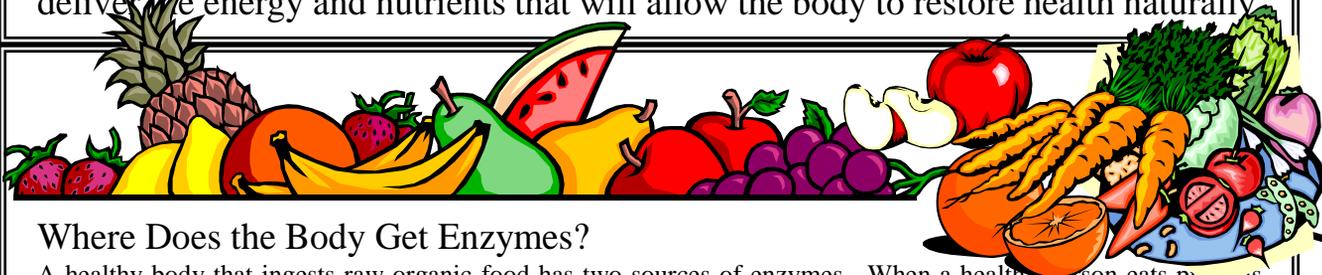
Nutrition & Healthy Lifestyle  
Counseling, Coaching, Nutritional Therapy

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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.



## Where Does the Body Get Enzymes?

A healthy body that ingests raw organic food has two sources of enzymes. When a healthy person eats proteins, carbohydrates, and fats, the pancreas responds by secreting appropriate amounts and concentrations of protease, amylase, and lipase enzymes, respectively, to digest the foods and transport their nutrients into the bloodstream.

A second source of enzymes is the organic, raw food itself. Organic raw foods contain the appropriate types and concentrations of enzymes to digest themselves. That is why they will rot or ferment. It is self digestion. Nature intended for the enzymes within our food to assist the body in digestion. Cooking or heating food above 118°F kills (denatures) the enzymes found in live foods. Eating organic raw produce, however, adds little or no stress to the pancreas.

## How Does the Body Become Depleted of Enzymes?

The body's ability to make pancreatic enzymes can be exhausted by eating a steady diet of food devoid of naturally occurring enzymes. This includes cooked foods, highly processed foods, and commercially grown produce which has been genetically altered to extend shelf life by eliminating enzymes. Our pancreatic enzyme reserve can become depleted or overdrawn. Whenever the pancreas cannot keep up with the demands placed on it by the ingestion of cooked or processed food which is devoid of enzymes, the digestive system recruits the needed enzyme supply from white blood cells which are normally part of the immune system. Thus, the enzymes which should be available for killing invading viruses and bacteria have been mobilized to meet digestion needs. This mobilizing of the immune system every time enzyme deficient food is eaten is known as "digestive leukocytosis". This constant abuse can fatigue immune defense capabilities and lay the groundwork for degenerative conditions to develop.



Food Enzymes

Pancreatic Enzymes

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## Crazy Fad Diets



I made up a new diet to help me eat less.

Really? What kind of diet?



I only eat THINGS THAT RHYME!  
Like potatoes & tomatoes,  
cherries & berries, or  
chips & dips.

Hmmm... How about  
meat & beet?  
Beans & greens?



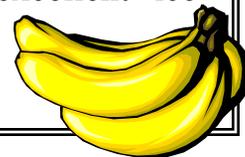
SNAKE &  
CAKE!



### Consequences of Excess Protein

A high protein diet, whether undertaken for weight loss, hypoglycemia or general energy improvement, eventually results in adrenal fatigue, liver congestion, trapped plasma protein, kidney stress, vitamin and mineral robbing, and it acidifies the body.

Frozen bananas run through a Champion juicer make an excellent “ice cream”.



**Clip and retain for future needs:**

*Blessed is the man who listens to me, watching daily at my doors, waiting at my doorway. For whoever finds me finds life and receives favor from the Lord.*

*- Proverbs 8:34-35*

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