

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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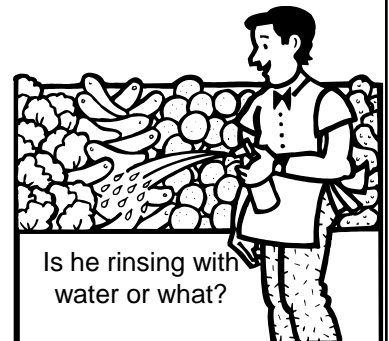
**Our mission is to educate, assure, and encourage people
on their journey to health and well-being.**

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.



Shopping for Fruits and Vegetables

Many towns have a green grocer or Produce Market that will select good fruits and vegetables and deliver to your door at no extra charge. This is a real blessing for juicers who use fruits and vegetables by the case! There's usually a small minimum order. Get to know your grocer.



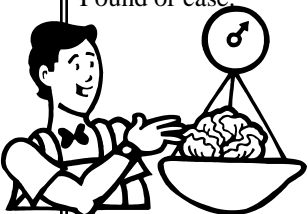
What to look for in fruits:

- With citrus fruits, the heavier the fruit, the juicier. Smooth skinned citrus has less pulp.
- Bananas that are yellow with brown speckling are at their sweetest.
- Melons such as cantaloupe and honeydew can be tested by “thumping” or “flicking” with thumb and finger. It should feel firm, but not mushy, and smell fragrant.
- Fruits that are picked too soon (green around stem) will soften but not ripen and become mushy.
- When in doubt, color, aroma, and texture are good indicators.

You can order
Produce by the
Pound or case.

What to look for in vegetables:

- In general, should be crisp, not limp
- Tomatoes sold in supermarkets are tasteless, so plant your own or find locally grown. Ugly organic is far tastier than pretty plastic! Home-grown is heavenly.
- Corn should have crisp green husks with tassels.
- Carrots should be crisp and moist, medium color.
- Choose firm, tender veggies with fresh aroma.

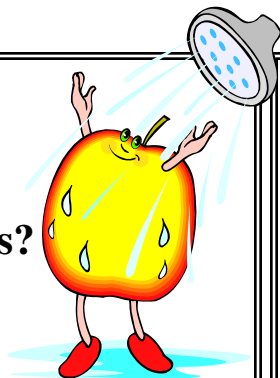


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Wash Fruits And Vegetables?



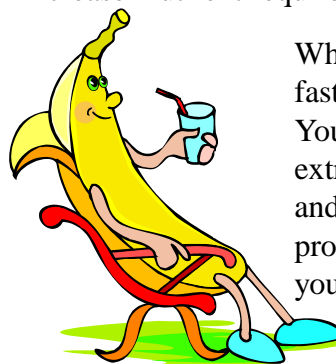
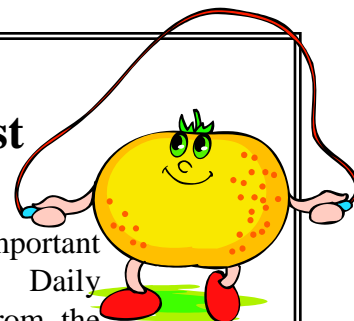
To eliminate the potential of parasites on fresh produce, rinse in water containing a little apple cider vinegar. The acetic acid will help to eliminate unwanted toxic substances. You can



also make your own salad dressing with apple cider vinegar.

Exercise and Rest

Exercise is extremely important to your overall health. Daily exercise flushes toxins from the body and is an antidepressant. Lack of exercise will actually increase nutrient requirements.



When you're on a juice fast, get plenty of rest. Your body is using the extra energy to restore and rebuild. It's counter-productive to over-exert yourself during your fast.

Crazy Food Diets

The Acupuncture Diet

Don't try
this at
home!



*Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross **daily** and follow me."*

- Luke 9:23

Clip and retain for future needs:

A cheerful heart is good
medicine, but a crushed
spirit dries up the bones.
Proverbs 17:22

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