

Sound Bites

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

Morning By Morning, Inc.

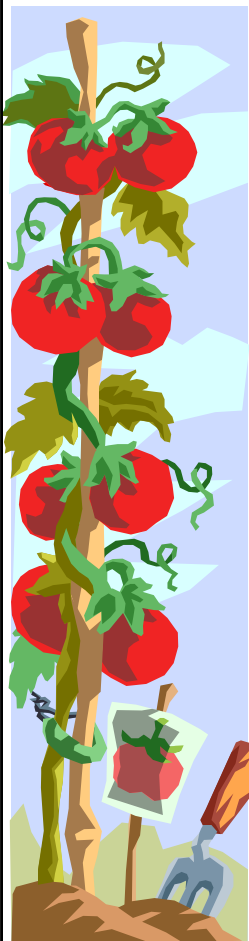
Nutrition & Healthy Lifestyle
Counseling, Coaching, Nutritional Therapy

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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.



A Bumper Crop of Perfect Tomatoes How Does Your Garden Grow?



Growing perfect tomatoes is a lot like the process of getting healthy. Remember that the tomato plant knows what to do just as your own body knows what it needs and how to produce health. The tomato plant is ready to deliver if you supply the soil, nutrients, and moisture it needs. Let's take a look at what the tomato plant needs:

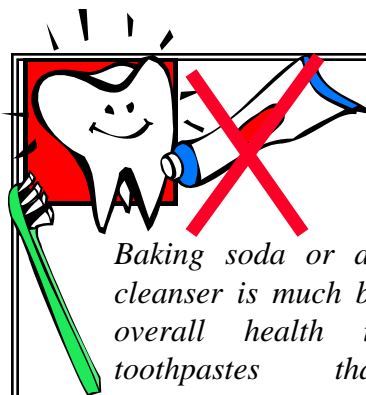
- Moisture - a continuous supply*
- Soil Nutrients – a continuous supply*
- Air - in the soil for healthy growth of roots*
- Daily sunlight – approximately 8 hours*
- Night temperatures - that permit flowering and setting of the fruit*
- Protection - from insects, diseases, and physical damage from other sources*

Give it what it needs and protect it from what is harmful, and your little tomato plant will grow plentiful lush, delicious fruit. Something good happens to the tomato as it ripens on the vine that does not happen if the tomato is separated from the vine. That's a big difference between homegrown and store-bought tomatoes. As anyone who has experienced a homegrown tomato can attest, the fruit of the vine is beyond compare.

In just the same way, your body wants to be healthy and will become more nearly so if you supply daily the nutrition, rest, exercise, sunshine, fresh air, personal hygiene and good attitude that it needs. While medical doctors see the body as a machine to be fixed, Naturopaths see the body as a garden to be nurtured and tended. And, something good happens to us, too, when we remain in "the True Vine" (John 15:1-8). We bear the fruit of the Spirit --- love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Are you getting the nourishment you need morning by morning and day by day?

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Baking soda or an all natural cleanser is much better for your overall health than leading toothpastes that contain aluminum. Aluminum is a heavy metal, toxic to your body, and implicated in the development of degenerative diseases such as Alzheimer's.

*Toxins in
Our food*



*Airborne
toxins*

*Even toxic
cleansers*

Coping with the many sources of long term low level exposure to toxins in our everyday life can be daunting. The key is to be aware, alert, and make good choices

Nightshades

Tomatoes and peppers are members of the Nightshade family, a varied group that includes edible flowers such as the petunia, poisonous plants such as belladonna and henbane, and popular vegetables such as the potato and eggplant. Some people have an allergic reaction to all the nightshades.



Heavy Metal Toxicity

Heavy metal toxicity is frequently the result of long term, low level exposure to pollutants common in our environment: air, water, food, and numerous consumer products. Exposure to toxic metals is associated with many chronic diseases. Recent research has found that even low levels of lead, mercury, cadmium, aluminum and arsenic can cause a wide variety of health problems.

Common sources of heavy metal exposure include aluminum cookware, amalgam fillings, drinking water, air pollution, tobacco smoke, fish and seafood, pesticides, medications, cosmetics, fertilizers, heavy traffic, old paint, anti-perspirants, and many toothpastes.

Each day Jesus was teaching at the temple, and each evening he went out to spend the night on the hill called the Mount of Olives, and all the people came early in the morning to hear him at the temple.

- Luke 21:37-38

Clip and retain for future needs:

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