

Sound Bites

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

Morning By Morning, Inc.

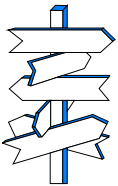
Nutrition & Healthy Lifestyle
Counseling, Coaching, Nutritional Therapy

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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.



*Confused
about
how to
get there?*

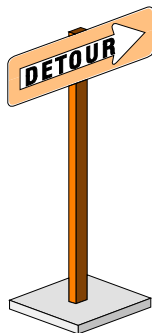
Health is a Journey

Morning By Morning Pathway to Health



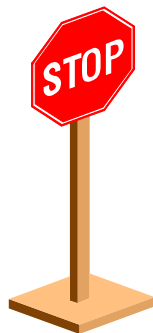
*Determine
where you
are now*

1. Baseline
measures of
digestion &
assimilation



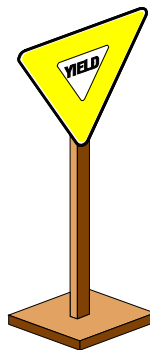
*Avoid pitfalls
by learning
about health*

2. Learn what
your body
needs and
what stresses
it has now



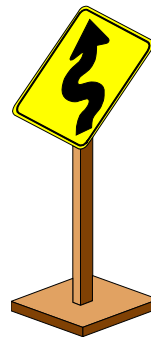
*Stop the
Toxic
input*

3. Stop
putting
in bad
stuff



*Yield to the
needs of
your body*

4. Start
putting
in good
stuff



*Follow the
Pathway to
Health*

5. Measure
Results,
resolve
problems,
enable changes



*Health is a daily
journey.*

6. Make a daily
commitment
to health

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Chelation therapy is a safe, non-surgical treatment used to rid the body of excess toxins, particularly metals. These chelators draw out toxic metals and other harmful substances that impair bodily functions by forming a chemical bond with them and help the body eliminate these toxins via the kidneys. Oral chelating agents can often prevent health problems from occurring by restoring circulation to the body's tissues. Oral chelation is taken in the form of a capsule, rather than intravenously as with the traditional chelation method.

Headaches are not caused by an aspirin deficiency!

Taking aspirin may mask this symptom, but does not remove the underlying cause. Yet, every year, Americans consume approximately 80 billion aspirin tablets. Eventually more and more aspirin is required to mask the headache. Doctors may prescribe stronger painkillers, drugs to suppress the headache, and drugs to counteract the side-effects of the other drugs, still without addressing the root cause of the headache. Recommended Reading: Headaches, Robert Milne, M.D., and Blake More with Burton Goldberg, Future Medicine Publishing Company, 1997, Tiburon, California.

Amazingly, many Americans never associate their physical problems with the quality of what they put into their body. The average American spends more time deciding what grade of gasoline to put in their car than on their choice of food and other environmental "additives".

After the 30 Day Juice Fast

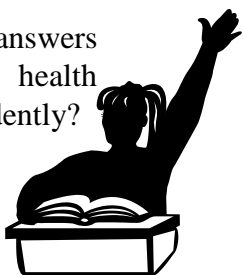
"Finally, solid food!"



*Keep falsehood and lies far from me;
give me neither poverty nor riches, but
give me only my daily bread.*

- Proverbs 30:8

Do you have the answers
you need to make health
decisions more confidently?



Clip and retain for future needs:

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