

Sound Bites

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

Morning By Morning, Inc.

Nutrition & Healthy Lifestyle
Counseling, Coaching, Nutritional Therapy

Norma DeVault, PhD, MBA, RD/LD

Phone: (918) 744-5181 Fax: (918) 744-0291
1602 S. Harvard Tulsa OK 74112-6824
DeVault@MorningByMorning.com

**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.

Detoxification



What is it?

Detox is an ongoing process for the healthy body. It is the body's natural method of eliminating toxins through the colon, liver, kidneys, lungs, lymph, and skin.

Then why do we need to do a detox program?

The problem is that in our world today and with our lifestyles, our bodies are not always capable of keeping up with the toxic overload. Thus, many unwanted substances stay in our tissues. Even if it doesn't have the energy to completely purge the toxins, the body will try to protect us from dangerous materials by storing them in fat tissue or by surrounding them with mucous. They can still trigger an immune reaction or cause a chemical imbalance. And, maintenance of these storage tissues is not free. Energy is required to keep the toxins tucked away. Without a pollution-free environment, untainted food and pure water, the next best thing is to periodically help the body get rid of the toxins through a detoxification program.

What is involved in a detox program?

Cleansing, rebuilding, and maintaining. The cleansing step is typically a 3, 7, 10, or 30 day juice fast. During this time, energy that would otherwise have been used for digestion is now available for use in eliminating toxins, rebuilding healthy tissue, and healing. After the detox, you will want to maintain your new level of health by modifying your lifestyle habits that led to the need for a detox.

What are the benefits of a good detox?

Your digestive tract is cleared of accumulated waste and fermenting debris, excess mucous is cleared from all parts of the body, the liver, kidney and blood are purified, mental clarity is enhanced, and the immune system is strengthened. Cleansing and improved nutrition starts to rebuild your health at the cellular level.

Sound Bites

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



Transition Foods

Transition foods are those that are more nutritious than junk food, but still have some unhealthy elements. Transition foods are useful when you are phasing into a new, healthy lifestyle. For instance, many salad dressings are not healthy, but if it helps you get down more raw vegetables, then a little of your favorite salad dressing can be a useful “transition food”. Over time, you will not crave foods that are not good for you, and even transition foods will lose their appeal.

Antioxidants

You may think of antioxidants as fire-extinguishers and free radicals as fires. While it's important to oxygenate the tissue, (generating free radicals), we also want to protect healthy tissue from excess oxidative destruction using antioxidants. Fresh fruits and veggies are loaded with antioxidants which slow aging and prevent disease.



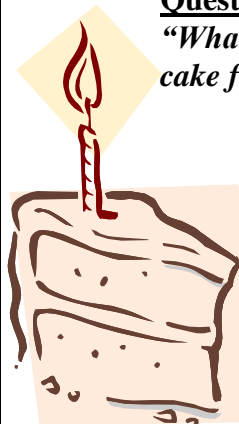
Salad Bar Tip

Iceberg lettuce is practically junk food. It is human-engineered and has very little nutritional value. In general, the deeper the color, the more nourishing. Skip the iceberg lettuce and enjoy the other greens, vegetables, and fruits.

“Let Them Eat Cake”

Question:

“What if my Mom baked a birthday cake for me? What should I do?”



Answer:

By all means, eat cake. There will be times when you need to accommodate others. You may be having dinner at the home of someone who has prepared a “special” meal for you that is not quite what you have come to recognize as health-producing. Use your best judgment. You needn't eat it all, but an occasional splurge is ok. When offered seconds or a dish that you really don't want in your body, just say “No, thank you. I'm quite satisfied.” Enjoy! Then get back on the program.

***This is the day the Lord has made;
let us rejoice and be glad in it.
- Psalms 118:24***

Clip and retain for future needs:

Morning By Morning, Inc.

*Nutrition & Healthy Lifestyle
Counseling, Coaching, Nutritional Therapy*



Norma DeVault, PhD, MBA, RD/LD

Phone: (918) 744-5181 Fax: (918) 744-0291

1602 S. Harvard Tulsa OK 74112-6824

DeVault@MorningByMorning.com