

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.

Nutrition as Preventative Medicine

Virtually everyone can gain vitality and benefit from nutritional support. In fact, nutrition may be the most powerful tool in preventative medicine.

By consulting a nutritional counselor for individualized nutritional support, you can support and energize your body's natural processes related to:

- Enzyme therapy, ability to digest and assimilate nutrients from foods
- Identify and eliminate toxins and allergic reactions
- Reduce stress
- Relief from depression and anxiety
- Body chemical and hormone balance
- Weight management
- Detoxification at the cellular level
- Liver and colon detoxification
- Parasite cleanse
- Heavy metal detoxification
- Increase endurance and stamina
- Strengthen immune system
- Avoid and, in some cases, reverse degenerative disease
- Natural alternatives to toxic products for home and personal care



**Morning By Morning
Pathway to Health**

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Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

Thanks be to God for his indescribable gift!

2 Corinthians 9:15



Pecan Harvest

If you're blessed with a pecan tree, now's the time to start picking them up, getting them cracked and picked, and putting them away for winter. All that sounds like work, but it's great exercise, fun for kids, and there is often a bountiful harvest to give away to friends, loved ones, and helpers and use for holiday cooking! Check store prices and you'll be astounded at the savings.

So, check with friends and neighbors and "go halvesies" or call a public park to make sure picking nuts is allowed. Enjoy!



Repairing, Rebuilding, Regenerating

With the proper nutritional support, your body will experience increased energy. The body itself will prioritize the use of the energy and vitality which is gained through improved nutrition, improved digestion, improved assimilation of nutrients, and through supplementation to overcome specific nutrient deficiencies.

Nutritional supplementation uses plant-based enzymes, amino acids, minerals and vitamins to help support and maintain all of the body's tissues, organs, glands, and systems.

By taking time to learn the basic principles of nutrition related to how your body works, you can improve your current state of health and prevent disease in the future,

***Every day** I will praise you and extol your name for ever and ever.*

- Psalms 145:2

Clip and retain for future needs:

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