

# 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.

## Keeping Fit for the King

*Do you know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. -- 1 Corinthians 6:19-20*

One of the joys of this season is food. Between cookie-baking, candy-making, and preparing lavish meals, though, our carefully established eating habits can be severely tested. And too much of this rich food extracts a price – we become lethargic, have headaches, stomach distress, and may have lowered immunity to viruses. We need to continue to monitor the amount of junk food we are consuming, get plenty of rest, and exercise each day even if it is just a brisk walk. When we remember the reason for the season and in these ways honor Him with our bodies, we can concentrate on the Spirit of Christmas and have a truly joyful holiday season. An occasional splurge meal is ok. Let's just pace ourselves.

**Holiday treats that come but once a year are doubly tempting  
and tend to alter our eating patterns throughout the holidays**



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**At the same time, the rush of holiday activities tends to curtail our exercise.**

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## Family Nutritional Bias



What nutritional heritage are we passing on to our children through our demonstrated choices, our lifestyles, our eating habits, and the kinds of food that we provide them?

## Soups and Salads

When lovingly made with the freshest ingredients, soups and salads are low in calories and high in minerals, vitamins and fiber. Experiment and enjoy nature's bounty. Think of recipes as an inspiration or springboard; not as a rigid requirement.

### Lentil Soup

Cook lentils until tender in just enough distilled water to cover. Meanwhile, sauté diced onion, carrot, celery, potato, minced garlic, and red or green bell pepper in a little bit of olive oil. Add to lentils along with juice of a lemon, basil, paprika, oregano, diced tomatoes and thyme. Simmer.

### Salad

Lettuce (romaine, red or green leafy), tomatoes, red cabbage, red onion, cucumber, green pepper, carrots, zucchini.

### Salad Dressing

Olive oil (about a cup), Dijon mustard (3T), honey (2T), lemon juice (2T), thyme (1T), pepper (1/2 tsp), Braggs Liquid Aminos (2T).

### *The Gift of Health*

If you would like to use nutrition as a preventive form of health care and want to go beyond treating symptoms. . .

We can help you learn how much health and vitality your body is capable of expressing.

- Measure your nutrient level and body chemistry
- Specific nutritional supplementation
- Training in how nutrient deficiencies, toxic chemicals and metals affect your health

*Every day I was with you, teaching in the temple courts, and you did not arrest me. But the Scriptures must be fulfilled.*

*- Mark 14:49*

## Clip and retain for future needs:

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*"You can have anything you want in life;  
but you have to take what comes with it."*

*Anonymous*