

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.**

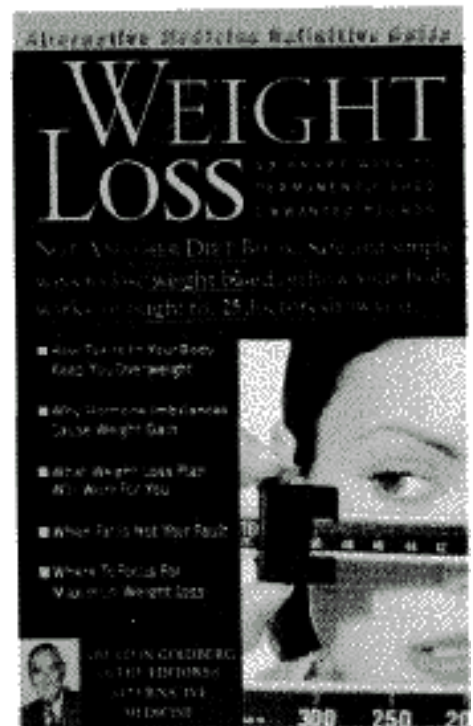
We provide evaluation, education, guidance, and natural tools to assist you on your road to health. We coach, measure progress and results, and provide the information you need to make informed decisions about your total health. We emphasize a daily commitment and the faithfulness of God. We teach biblical 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.

Weight Loss Program

Burton Goldberg and the Editors of Alternative Medicine, in their book Weight Loss, give you insights and tools to help make the needed changes to permanently lose weight:

1. Customize your weight loss program
 - Individualize your diet
 - Healthy eating
 - Supplements for weight loss
 - Enzymes and weight loss
 - Optimize your calorie burning
2. Change your lifestyle
 - Start exercising
 - Heal your emotional appetite
3. Correct imbalances
 - Strengthen your sugar controls
 - Overcome a sluggish thyroid
 - Restore hormonal balance
 - Break food allergies and addictions
4. Detoxify your body
 - Detoxify the colon
 - Eliminate yeast infections
 - Eradicate parasites
 - Cleanse the liver
 - Get the lymph flowing

Recommended Reading:



400 pages / paperback
5 1/4" x 8 1/4"
ISBN 1-887299-19-X
\$14.95

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Aerobic Exercise

A program of fun and safe exercise can be designed for people of all ages and fitness levels. See your health services professional for help in starting and doing ongoing monitoring of an exercise program that is just the right one for your optimal health.



Tabouli

Healthy eating doesn't have to be tasteless or fat-free. This recipe makes a lot of tasty tabouli. You'll have plenty to share with friends and family. Great for large social gatherings, or recipe can be halved for serving smaller groups.

16 oz.. Bulgur wheat (don't soak in water.)
1 cup cold-pressed extra virgin olive oil
1 cup lemon juice

Mix above ingredients well. Soak two hours.

6 - 8 medium tomatoes
2 - 3 bunches green onions
4 bell peppers
3 medium cucumbers
½ bunch parsley (tops only, no stems)

Finely chop all vegetables and add to wheat mixture. Enjoy!



**Symptoms
Are Not
The Problem**



Symptoms are your body's way of letting you know there is an underlying deficiency or stress related to the tissues, glands, or organs that are presenting the symptoms. Suppressing the symptom does not make the root cause of the symptom go away. A headache is not caused by an aspirin deficiency! We need to look further to the body itself to determine what is needed to remove the cause of the headache or other symptom. Otherwise, the suppressed symptom will return as the real problem keeps getting worse.

More and more people are sick of being tired and tired of being sick; in fact, they're just plain sick and tired of being sick and tired.

...they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true.

- Acts 17:11

Clip and retain for future needs:

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