

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.



When Your Body Gives You A Wake-up Call

Our bodies have a way of getting our attention. Sometimes the body produces symptoms that demand action. Other times (often when we have ignored or suppressed the initial symptom that all is not well) a disease will require that we drop everything else and deal with it. That is what I refer to as a "Wake-up Call" from the body. It means that time is of the essence and we must begin to address the deficiencies in our nutrition, exercise, lifestyle, and/or other components of

health immediately to reverse the course of the disease or degenerative state. We cannot ignore the nutritional needs of our bodies for long with impunity. Subtle changes taking place within our bodies each day have a cumulative effect of aging or of producing health. Acute conditions become chronic and begin to manifest as altered physiological conditions. An example is long-term low-level exposure to chemicals. It creates allergy symptoms and can, over time, become Multiple Chemical Sensitivity. The immune system becomes worn down and overly sensitive to many allergens that it used to be able to respond to. Like the proverbial "straw that broke the camel's back", that one more chemical exposure causes the immune system to break down and begin over-reacting to many irritants. When you get a wake-up call from your body, don't hit the snooze alarm. Take action to restore your health and vitality.



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Well. . . Duh!

- We put poisons in our food while it is growing.
- We remove nearly all the nutrients in the processing of our food.
- We add toxic substances to our food.
- We cook it until there is almost no nutritional value left in it.

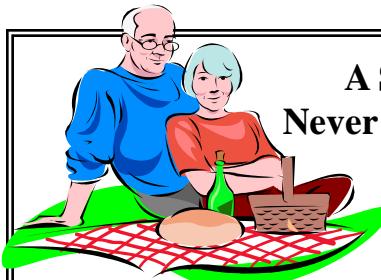


Then we wonder why we get sick!

And we take more drugs hoping to cure the problems brought on by devitalized, processed, and poisoned food. **But drugs don't cure anything. They suppress symptoms and allow the underlying problem to get worse.**

So the vicious cycle continues until we learn to stop this insane death spiral by beginning to eat mostly fresh, raw, whole foods, by stopping the toxic input from additional sources other than our food, and by getting the exercise, rest, fresh air, and pure clean water that our bodies crave. Our bodies are “fearfully and wonderfully made.” They have the capability to heal if given the proper nutrients and allowed to mend.

A Simple Picnic Never Goes Out of Style



A live salad with fresh fruits and vegetables makes excellent and memorable picnic fare. On your next picnic, try packing your favorite salad, apples, pears, peaches, bread, and your beverage of choice. You'll feel great and you'll have energy to enjoy the great outdoors without that sluggish feeling that comes from eating hamburgers, hotdogs and cola.

Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

- Acts 2:46-47

Clip and retain for future needs:

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