



*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.

### **Making Needed Changes All at Once Can Be Daunting**

Many of us in America have become so enamored with our fast food and indulgent lifestyles that we can't imagine making all the changes that true health requires. We've placed our trust in the food industry to provide us with only wholesome, nourishing foods that are inspected and approved for human consumption. Yet we continue to consume pesticides, herbicides, and

food additives at an alarming rate. Our food of choice, for the most part, is robbed of it's nutrition by over-processing, over-cooking, and over seasoning. When we eventually become ill, we don't associate the body's malfunction with the sub-standard materials we've been giving it to use in rebuilding and regenerating itself. If our car's engine knocked, we would immediately suspect the grade of gasoline, or if our dog was listless we would change his food, but when our own body cries out in desperation, we balk at making the needed changes. The place to begin is with the mindset. Our basic assumptions need to be questioned and re-evaluated since they are what got us into this state of ill health. We need to learn what our body really needs to promote healing and health, and commit to provide it: nutrition, rest/sleep, exercise, sunshine, fresh air, a joyful attitude, and freedom from toxins. We can coach, encourage, and assist you on your pathway to health.



# Sound Bites

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

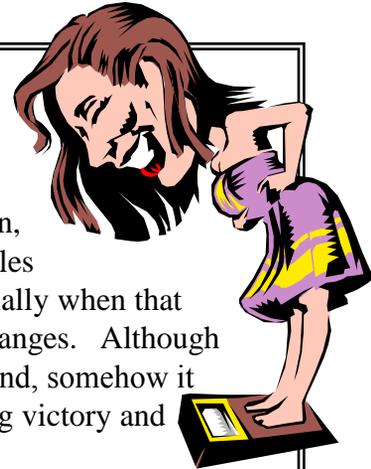


## Yo-Yo Diets

Most dieters have experienced a rapid weight loss followed by a weight gain of at least and frequently more than was lost to begin with. This yo-yo action is not only disappointing, but demoralizing. Many rapid weight loss diets depend on the loss of water to provide a quick success of a few pounds. This is not sustainable.

## Good News!

Stepping on the scales is often done with trepidation, but what joy when the scales reveal good news! Especially when that significant digit finally changes. Although it's just like any other pound, somehow it feels like an especially big victory and the relief is staggering.



The average American consumes seven pounds of food additives per year, including chemical preservatives, artificial colorings, artificial flavorings, stabilizers, emulsifiers, and assorted other toxic substances that are added to our food.

## No Time for Exercise?

We'll surely have time for illness later if we don't make time for exercise now. The best exercise for you is the one you will do! Hop to it!



*The Israelites who were present in Jerusalem celebrated the Feast of Unleavened Bread for seven days with great rejoicing, while the Levites and priests sang to the Lord every day, accompanied by the Lord's instruments of praise.*

*- 2 Chronicles 30:21*

## 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

The most important "muscle" affected by lack of exercise is the heart. Cardiac muscle requires aerobic exercise to stay fit.