



*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.

## What Do You Mean By Bone Loss?

Contrary to the popular notion, bones are living tissues that are constantly being molded and sculpted by the body. Even though they have reached their basic size and form by the time we reach adulthood, the bones constantly change in composition throughout our lives. Older or damaged bone matter dissolves and is replaced by new bone matter. Like all living tissue, bone requires proper nutrition. As far as the body's priorities are concerned, the bones are first a storage place for

"Sorry, boy. That's not the kind of bone loss we're talking about."



calcium, and then a means of structural support and locomotion. With osteoporosis, the rate of bone loss (resorption) speeds up while the rate of making new bone tissue slows down. As the levels of calcium and phosphate salts decline, the bones become porous, brittle, and susceptible to fracture because new bone tissue is not replacing the old tissue that's been removed. When we talk about bone loss, we mean less bone mass and more fragile bones that are subject to fracture. Some of the causes of osteoporosis are poor calcium absorption,

hormonal imbalance, hyperthyroidism, conventional drugs, lack of exercise, cigarette smoking, high alcohol use, fluoride, environmental toxins and heavy metals. Caffeine is insidious. It causes the body to leech calcium from the bones.

# Sound Bites

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



## Suggestion BOX

*Suggestions*  
**We want your**

*Please let us know how we  
can better serve you on your  
pathway to the best of health.*

### Stopping to Smell the Roses

Stress is a contributing factor in many diseases. Stress changes the biochemical balance of the body by causing an increase in catecholamines (dopamine, epinephrine (used to be called adrenalin) & norepinephrine) which play essential roles in states of consciousness, mood, motivation, directed attention, movement, blood pressure regulation, and hormone release. Sleep disturbances also change the biochemical balance of the body. Ask us about stress relief.

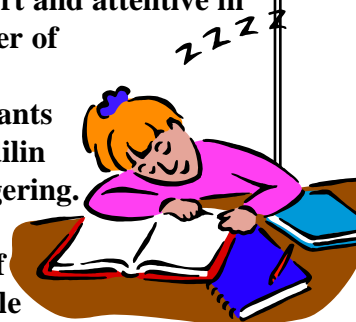


**STOP USE BEFORE SURGERY OR  
DENTAL WORK:**

**Ginger, Garlic, Vitamin E.  
They increase clotting time.**

### Nutrition for Children

Children have the same basic nutritional needs that we all have. In a nation where ketchup is often classified as a “vegetable” for school lunches and where burgers, fries, pizza and cola are standard fare in the school cafeteria, it is doubly important for parents to be sure their children are getting the appropriate nutrition, rest, and exercise to support their growing bodies and to ensure that they can be alert and attentive in the classroom. The number of innocent children who are raised on sugar and stimulants and then drugged with Ritalin to calm them down is staggering. On the other hand, many children who are victims of their parents’ hectic lifestyle and eating habits can barely stay awake throughout the school day.



*Every day he was teaching at the temple.  
- Luke 19:47*

### 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