



*Morning By Morning, Inc.*

**Nutrition & Healthy Lifestyle**

*Counseling, Coaching, Nutritional Therapy*

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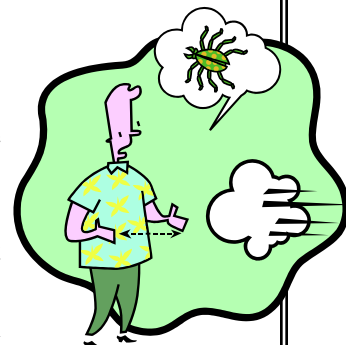
**Our mission is to educate, assure, and encourage people  
on their journey to health and well-being.**

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.

## **Breeding “Bigger Bugs”: The Antibiotic-Resistance Problem**

Of course, by “bigger bugs”, we don’t mean physically big insects as shown in the cartoons below, but rather something even more frightening: **antibiotic-resistant bacteria**. Antibiotics became widely used in the 1940’s and since then bacteria that defy multiple antibiotics are becoming increasingly common. Humans consume 235 million doses of antibiotics annually. Much of that use is inappropriate. People often fail to finish the full course of antibiotic treatment. Improper dosing encourages the growth of resistant strains of bacteria. In many Third World countries, antibiotics are sold over-the-counter. This may lead to abuse of antibiotics. In addition to human use, antibiotics are used on plants and animals. Aerosol antibiotics are sprayed on acres of fruit trees to control infections. High concentrations kill; low dosages in unevenly sprayed areas or the edges of sprayed areas encourage the growth of disease-resistant bacteria which are packaged and shipped with the fruit of sprayed trees. Drugs are given to animals to promote growth. Again, antibiotic-resistant bacteria are produced. When humans eat or cook the meat of treated animals, drug-resistant strains can be transmitted to them. For all these reasons, a diverse and frightening group of organisms that are resistant to

traditional antibiotics are appearing at an alarming rate. It will take education, research, and behavioral changes to slow down the production of antibiotic-resistant bacteria. Physicians and patients need to be educated in the proper use of antibiotics. Agriculture needs to rethink doses used on animals and orchards. Research needs to focus on alternatives to our current arsenal of antibiotic weapons. Research, education, and behavioral changes need to be accomplished worldwide, and we need to begin now.



# Sound Bites

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



## It's "Plum" Good!

- 2 Apples
- 2 Plums
- 2 Oranges



Juice apples (peeled), plums (peeled and pitted), and oranges (peeled) in a Champion juicer. Delicious!

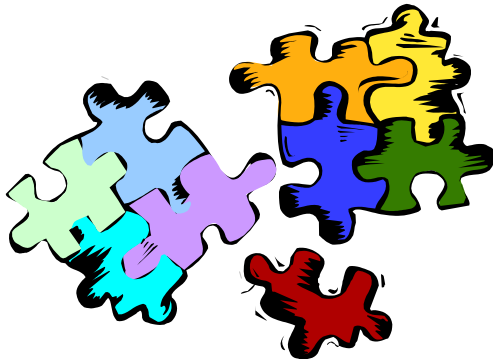
## Healthy Doesn't Have to Mean Bland! Fresh Tomato Salsa

A healthy, raw, very tasty salsa

- 8 medium tomatoes, finely chopped
- 2 green peppers, finely chopped
- 1 small jalapeno, minced
- ½ small red onion, minced
- ¼ cup fresh parsley, finely chopped (no stems)
- ½ cup celery, finely chopped
- Juice of 1 lemon (or a couple of limes)
- 2 garlic cloves, minced
- 1 tsp. pepper
- 1 tsp. cumin

Combine all ingredients. Serve chilled.

## Putting It All Together



Getting healthy requires more than just eating right. It means getting all the pieces together. The perfect picture of health includes nutrition, exercise, rest/sleep, sunshine, clean air, personal hygiene, and attitude, as well as problem resolution and change management.

*So she went away and did as Elijah had told her. So there was food **every day** for Elijah and for the woman and her family. For the jar of flour was not used up and the jug of oil did not run dry, in keeping with the word of the Lord spoken by Elijah.*

*- 1 Kings 17: 15-16*

*Man lives on one fourth of what he eats. On the other three fourths lives his doctor.*

- Inscription on an Egyptian Pyramid,  
3800 B.C.

## Clip and retain for future needs:

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