

Sound Bites

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



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.**

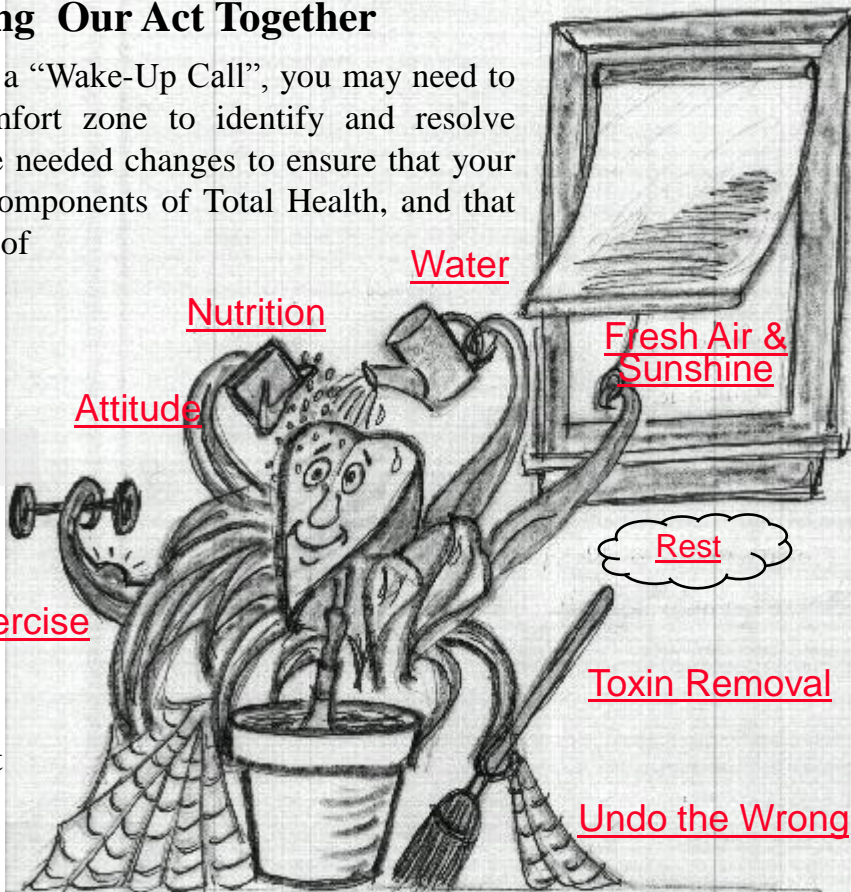
We provide evaluation, education, guidance, and natural tools to assist you on your road to health. We coach, measure progress and results, and provide the information you need to make informed decisions about your total health. We emphasize a daily commitment and the faithfulness of God. We teach biblical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

Getting Our Act Together

When your body gives you a “Wake-Up Call”, you may need to go well beyond your comfort zone to identify and resolve problems, and to enable the needed changes to ensure that your body is getting all of the components of Total Health, and that you are eliminating sources of environmental toxins. Our bodies are designed with an enormous capacity for self-healing. When we provide what the body needs and get out of it’s way, the body will heal on a priority basis. Be sure to:

- Grow where planted **Exercise**
- Get to the root cause
- Enable changes
- Make a daily commitment
- Start every day prepared to be tested

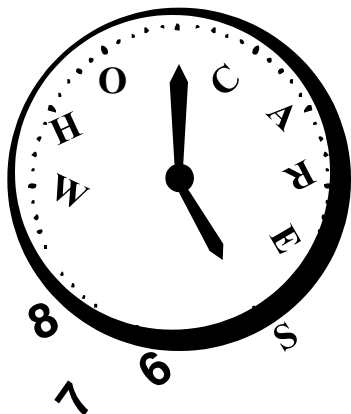
Best of Health to You!



Undo the Wrong

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How long has it been since you really got away from it all, even for a few hours? Your body and mind need rest. A change of pace will recharge your energy.

Chemical Sensitivity

Unwittingly, we as a nation are self-poisoners. By smoking, driving, breathing the air in our carpeted, heated, painted homes, we expose ourselves to a massive chemical assault that can wreck our health in astounding ways. Chemical sensitivity is a great masquerader. It can produce any symptom in any person at any time. The brain is the most common organ involved. Individual susceptibility varies widely. Exposure to one harmful chemical often produces susceptibility to other environmental toxins. People are affected differently because body chemistry is different. How well we as individuals metabolize (break down or get rid of) foreign chemicals depends on our genetic ability, the extent of the environmental burden of chemicals challenging us, avoidance of toxins, depletion of nutrients, and detoxification efforts.

Some Causes of Disease

1. Nutrient Deficiencies
2. Genetic
3. Psychogenic
4. Environmental

Trauma, infection, metabolic / endocrine / auto-immune, food-induced, chemically induced, pollen/dust/mold/mite allergies, toxins, sunlight, electromagnetic field, radon, temperature/humidity, negative ions, irritants

Every day I was with you, teaching in the temple courts, and you did not arrest me. But the Scriptures must be fulfilled.

- Mark 14:49

Who Said It?

"How do you grow so big eating food of this kind?"

Answer: Yoda, speaking to Luke Skywalker in the movie "Star Wars The Empire Strikes Back"

Clip and retain for future needs:

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