

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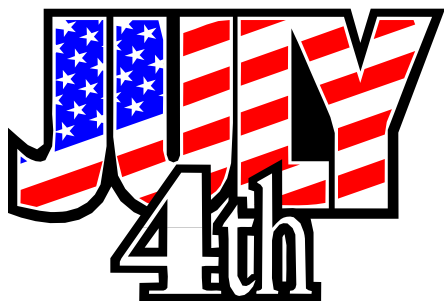
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**Our mission is to educate, assure, and encourage people
on their journey to health and well-being.**

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.

Backyard Barbeque: New Etiquette, New Choices



If your extended family celebrates the fourth of July with a backyard barbeque with the traditional hamburgers, hotdogs, and soda pop, you may choose to recognize it as a splurge meal, enjoy and get back to healthy eating tomorrow. Now that you know what challenges and total burden your body is dealing with, you can make rational choices. You may choose to sample what is provided out of deference to others. Or you may want to bring some veggies to toss on the grill. The important thing is to understand choices and consequences. Know your body's needs and choose accordingly. Everyone will be comfortable with that, and you can share your healthy food! For a beautiful display of tasty veggies that can be tossed on the grill alongside whatever entrée is planned, try the following:

Grilled Veggies with Lemon Sauce

- 2 large ears fresh corn, cut crosswise in pieces
- 1 eggplant, cut in 1/2 inch slices
- 1 red onion, cut in 3/4 inch wedges
- 1 red, 1 yellow, 1 green bell pepper, cut in strips
- 1 zucchini, thickly sliced
- 8 asparagus spears
- 1 carrot, deep diagonal slices, 1/4 inch thick

Lemon Sauce

- 1 stick butter, melted
- 1/3 cup chopped shallots
- 1/4 cup extra virgin olive oil
- 3 Tblsp Dijon mustard
- 2 Tblsp fresh lemon juice
- 2 Tblsp chopped fresh thyme
- 1 Tblsp grated lemon peel

Lemon Sauce can be made a few hours ahead. Whisk over medium heat until butter melts and sauce is well blended. Veggies should be sized so they won't fall through grill. Grill vegetables until tender. Brush occasionally with lemon sauce & turn with tongs. About 6 min. Reserve 1/2 cup lemon sauce for dipping veggies. Bon Appétit!



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Parasites

They're not just in "underdeveloped" countries. You don't have to go to an exotic locale. It's as easy as catching a cold right here in the U.S. You may meet them in your next slightly undercooked fast-food burger or on your next trip to the salad bar. Few people talk about parasites, and fewer people listen. Parasitic infections are a serious problem that only occasionally makes the news when E. coli bacteria causes many infections or several deaths or when cryptosporidium is found in a city water supply. But parasites are an insidious public health threat because many infections go undiagnosed and untreated.

Sources of Parasitic Contamination

- Water
- Food
- Pets
- Day Care Centers
- Sexual Practices
- Widespread Global Travel
- Misuse of antibiotics and antacids

Treatment of Parasitic Infection

Gentle and effective parasite cleanses are available in capsule form. They typically contain natural cleansers such as hyssop, pumpkin seed, and green hull black walnut. Treatment must continue through all phases of the parasitic life cycle to prevent recurrence.

Prevention of Parasitic Infection

If possible, avoid contact or clean thoroughly after contact. Our next line of defense is a healthy intestinal tract and immune system. Building a strong, healthy immune system is the best preventive strategy. In America, our bodies are bombarded constantly by chemicals that we ingest through food, water, and air. We become prey to parasitic infections when our immune systems operate below par due to the constant onslaught of chemicals. A diet of organic vegetables, fruits, grains, and fiber promotes a healthy intestinal tract and supports the immune system. That's our best defense.

Excess Protein

Most of our degenerative diseases result from our meat-based diet. If we eat more fat or carbohydrate than we need, the body will store this potential energy as fat. That's not what we want, and it's definitely unhealthy, but the damage from eating excessive protein is much greater. The body cannot store extra protein. It has to break it down and the waste products must be excreted by the kidneys. Typical Americans eat 300% to 400% more protein than we need. That puts a tremendous stress on the body to get rid of the excess and it wastes valuable nutrients in the process. The end result is accelerated disease and aging.

*But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. **Each day** has enough trouble of its own.*

- Matthew 6:33-34

Clip and retain for future needs:

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