

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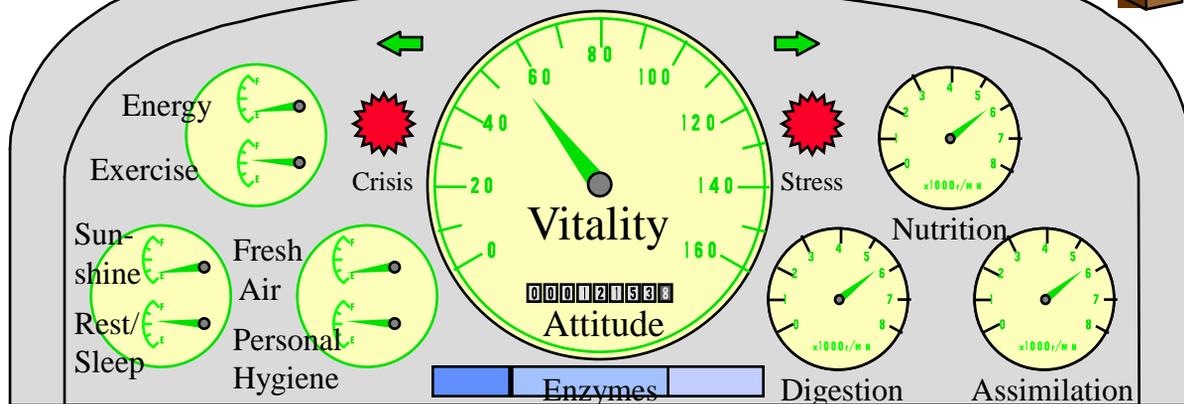
**Our mission is to educate, assure, and encourage people  
on their journey to health and well-being.**

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.

**On your road to health**, who's in the driver's seat? Are you a defensive driver watching the signposts and responding to the controls, or do you feel like you're skidding out of control or just driving blind? Has a bump in the road thrown you off-course? Your body has many ways of telling you what it needs for peak performance. Are you attentive to what it's telling you? If you need help charting your goal and progress, resolving problems, and enabling change, we're here to help!



## Your Health Dashboard



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Do you experience gas, heartburn, nausea, burping, bloating, upset stomach, acid indigestion, food allergies, diarrhea or other symptoms of poor digestion? Many health care practitioners overlook the underlying cause of most nutritional disorders. Instead of just treating the symptoms, why not improve your ability to digest, assimilate, and get the benefit of the nutrients in your food?



## Checklist for your good health

### Nutrition

- Are you eating right?
- Are you digesting well?
- Is your body assimilating the nutrients?
- Are you dealing with toxins?

### Other health factors

- Do you get enough rest/sleep?
- Are you getting any sunshine?
- Do you exercise? Really?
- Get plenty of pure water?
- What about personal hygiene?
- Is the air you breathe clean?
- Does your attitude affect your health for better or for worse?

## Have you ever wondered “What are ‘toxins’ anyway?”

A “toxin” is anything which enters the body with food, air, water, (or by any other means), and that not only has no nutrient or other value to the body, but actually costs the body valuable energy and resources just to get rid of it or store it in the tissues. Some toxins are more harmful than others. Many toxins are poisons; others are just a nuisance because of their heavy demand on the limited and critical resources available to our bodies. **No toxin is a good toxin.**

*The sovereign Lord has given me  
an instructed tongue, to know the  
word that sustains the weary. He  
wakens me **morning by morning**,  
wakens my ear to listen like one  
being taught. - Isaiah 50:4*

## Clip and retain for future needs:

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