

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.

Rest and Sleep



Rest and sleep are essential for life, for healing, and for maintenance of health.

REST

Rest is a period of inactivity during which the various systems of the body can restore their energy and nutrient supplies. We need physiological rest, sensory rest, and emotional/mental rest.

SLEEP

Sleep is the complete cessation of all consciously induced physical, mental, emotional and sensory activity. Sleep is a time when all of the faculties, systems, nutrient and energy supplies are cleansed, rested, and replenished.

Dietary Deficiencies

Continuous and exclusive eating of the 'Standard American Diet' (SAD diet) of fast foods, cooked and refined foods with many chemical ingredients, foods that are high in sugar, salt, fat, unhealthy oils, and calories and that are low in fiber and nutritional content robs our bodies of nutrients and saps our energy.

Where did all my energy go?

Are
you
not
resting
well?



Are
you
not
eating
well?

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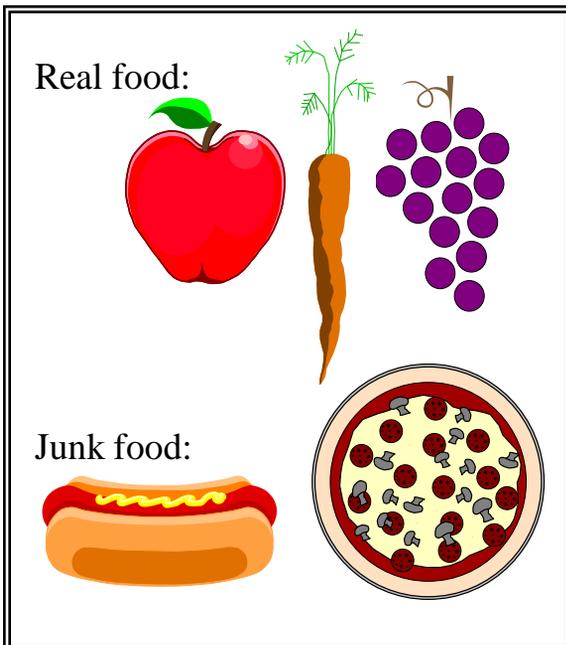
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Have you ever wondered... “What is ‘junk food’ anyway?”

Our bodies are designed to operate on a specific fuel that will add to the health and life of the body. It will not take away from its efficient operation or “clog up” the works. It will meet all the nutritional requirements of the body. This fuel is called “real food”. Real foods are life-sustaining and health-maintaining. They are not detrimental to the body.

Junk food is an edible food-like substance that is not nutrient dense and may contain harmful additives or other ingredients that are not useful to the body. Consumed occasionally, junk food may pose no immediate threat, but as a steady diet it does not provide the body with needed nutrients for health.



Clip and retain for future needs:

*Because of the Lord's great love we are not consumed, for his compassions never fail. They are new **every morning**; great is your faithfulness.*
- Lamentations 3:22-23

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