

# 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.

## Heavy Metal Toxicity

### What is it?

Heavy metal toxicity is often the result of long term, low level exposure to pollutants common in our environment: air, water, food, and numerous consumer products.

Pesticides &  
fertilizers



### What sources expose me to heavy metals?

Aluminum cookware, amalgam fillings, drinking water, air pollution, tobacco smoke, fish and seafood, pesticides, medications, cosmetics, fertilizers, heavy traffic, old paint, anti-perspirants. Pesticides, soil depletion, radiation, mercury from dental amalgam fillings, cadmium from cigarettes and second hand smoke, chemicals in the air, and lead from old mines, gasoline, tap water and lead-based paints, are just a few of the toxins we are exposed to on a daily basis.



Some medications

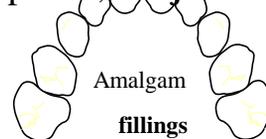
### What harm can it do?

Exposure to toxic metals is associated with many chronic diseases. Recent research has found that even low levels of lead, mercury, cadmium, aluminum and arsenic can cause a wide variety of health problems.



Old  
paint

Cosmetics



Amalgam  
fillings

### If I have "Heavy Metal Toxicity", how can I get rid of it?

Chelation, either oral formula or intravenous, can be helpful to remove heavy metals.

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## Hints on healing:

•Eat your vegetables!



### Average annual consumption of low nutrient food per American:

doughnuts	756
cakes & cookies	60
ice cream	23 gal.
potato chips	7 lbs.
candy	22 lbs.
sticks of gum	200
servings of soda pop	365
fat	90 lbs.
refined sugar	134 lbs.

*The most commonly eaten foods in America are white bread, coffee and hot dogs.*

## Have you ever wondered. . .

“What is ‘oral chelation’ anyway?”

Chelation therapy is a safe, non-surgical treatment used to rid the body of excess toxins, particularly metals. These chelators draw out toxic metals and other harmful substances that impair bodily functions and help the body eliminate these toxins via the kidneys. Oral chelating agents can often prevent health problems from occurring by restoring circulation to the body’s tissues.

*Be our strength every morning, our salvation in time of distress.*

*- Isaiah 33:2*

## Clip and retain for future needs:

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## Favorite Juice Recipes

Apple & grape  
Apple & pear  
Apple & carrot

