

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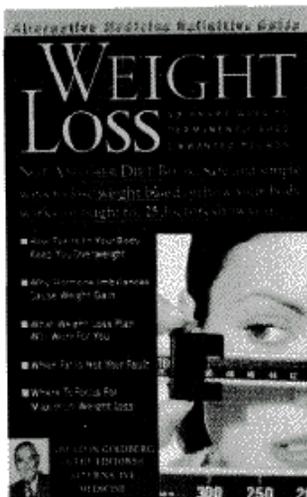
**Our mission is to educate, assure, and encourage people
on their journey to health and well-being.**

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.

Book Review: Recommended Reading

Weight Loss — Alternative Medicine Definitive Guide

“Not Another Diet Book”. Safe and simple ways to lose weight based on how your body works, or ought to. By Burton Goldberg and The Editors of Alternative Medicine.



400 pages / paperback
5 7/8" x 8 1/4"
ISBN 1-887299-19-X
\$14.95

“Alternative medicine offers safe, simple ways to lose weight – permanently. Rather than another fad diet, we give you the tools to make better food choices, use supplements wisely, start exercising, resolve emotional issues, and correct the underlying imbalances that may be contributing to your weight gain.”

- ✓ How toxins in your body keep you overweight
- ✓ Why hormone imbalances cause weight gain
- ✓ What weight loss plan will work for you
- ✓ When fat is not your fault
- ✓ Where to focus for maximum weight loss

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What is “Leaky Gut Syndrome” and why is it called that awful name?

Proteins that are not properly digested in the stomach begin to ferment. The products of that fermentation actually feed unwanted bacteria, yeasts, and other parasites in the small intestine. Large particles of undigested food then get through the intestinal wall and enter the bloodstream. At this point, the undigested food particles in the bloodstream are toxins and cause many problems for the body. The liver can become overloaded with the effort to rid the body of the toxins, the immune system can become overactive and confused by these toxins present in the bloodstream, and allergic reactions are often set in motion. This condition gets its name from the leakage of undigested protein from the digestive system into the bloodstream. It can be treated by supporting the body’s digestive process with digestive enzymes.

You are what you eat, digest, and assimilate. Juicing makes the nutrients in your fruits and vegetables readily available to your body to aid in growth, repair, and energy delivery to meet your needs.

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*I have treasured the words of his
mouth more than my daily bread.*

- Job 23:12

Clip and retain for future needs:

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