

Sound Bites

*Solid nutritional tidbits and teasers,
words of encouragement, & gentle reminders*



Morning By Morning, Inc.

Nutrition & Healthy Lifestyle
Counseling, Coaching, Nutritional Therapy

Norma DeVault, PhD, MBA, RD/LD

Phone: (918) 744-5181 Fax: (918) 744-0291
1602 S. Harvard Tulsa OK 74112-6824
DeVault@MorningByMorning.com

**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.

What Is Chronic Fatigue Syndrome?

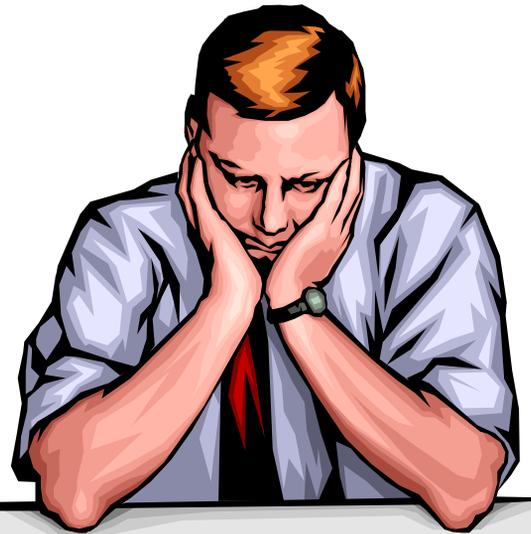
- Persistent or relapsing chronic fatigue that is not a consequence of exertion and is not resolved by bed rest
- Unexplained headaches
- Short-term memory or concentration impairment
- Muscle pain
- Pain in multiple joints with no redness or swelling
- Unrefreshing sleep
- Post-exertion malaise that lasts longer than 24 hours
- Sore throat
- Tender lymph nodes in the neck or armpits

Contributing Factors

- Multiple infections (viruses, candidiasis, parasites)
- Immune dysfunction
- Thyroid problems
- Toxicity (from environment, food, dental amalgams, and drugs)
- Enzyme deficiency
- Allergies
- Nutritional deficiency
- Lifestyle (stress, psychological/emotional factors)

Related Fatigue States

- Fibromyalgia
- Environmental Illness



Recommended Reading:

[Chronic Fatigue, Fibromyalgia & Environmental Illness](#), by Burton Goldberg and the Editors of Alternative Medicine Digest



How Are Food Supplements Different From Drugs? Nutrients Are Normal To The Body; Drugs Are Biochemical Outsiders

Food supplements such as vitamins, minerals, and substances such as Co-Q10 and alpha-lipoic acid are natural nutritional and biochemical building blocks used by the body. These nutrients take part in every biochemical reaction in the body, and are essential for growth, health, and life itself. Factors that interfere with normal nutrient metabolism include aging, alcohol, gastrointestinal disorders, genetic defects, infections, medications, surgery, and tobacco. Low nutrient levels can be supplemented effectively.

In contrast, drugs have no normal role in human metabolism. They mask symptoms rather than treat causes. For instance, headaches are not caused by an aspirin deficiency; they are symptoms of an underlying problem. Drugs may be helpful in acute disease or injury. Consider also the side effects, warnings, and contraindications of any drugs you may take because drugs are not part of the body's normal metabolic process.



Soup & Salad

Delicious and
healthful!

- Buy unsprayed fruits & veggies
- Use fresh produce
- Use only cold-pressed oils
- Don't boil the life out of your veggies; keep them chewy
- Eat 60% of your food raw
- Experiment, substitute, and find your favorite tastes!



Food Is Your Best Medicine

*Satisfy us in the morning with your
unfailing love, that we may sing for
joy and be glad all our days.*

- Psalms 90:14

Clip and retain for future needs:

Morning By Morning, Inc.

Nutrition & Healthy Lifestyle
Counseling, Coaching, Nutritional Therapy



Norma DeVault, PhD, MBA, RD/LD

Phone: (918) 744-5181 Fax: (918) 744-0291

1602 S. Harvard Tulsa OK 74112-6824

DeVault@MorningByMorning.com