

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.



STRESS

•Physical Stress

- Trauma
- Lack of Exercise
- Lack of Sunshine
- Lack of Cleanliness
- Lack of Sleep and Rest

*Tissue damage
Decreased nutrients to cells; more toxic waste
Impaired calcium assimilation, lack of Vitamin D
Surface or external toxic build-up
Lack of replenished energy and detoxification time*

•Chemical/Nutritional Stress

- Chemicals Taken Internally
- Toxins Inhaled
- Herbs and Condiments
- Improper Diet

*Drugs, medications, food additives, impure water
Air pollution, tobacco
Stimulants
Toxic, fragmented, acid, or fermented foods/drinks*

•Emotional/Mental Stress

- Lack of Positive Mental Outlook
- Internal Conflict

*Harboring wrong attitudes
Doing the opposite of what we know is right*

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America's #1 Health Problem: STRESS

- ❑ 43% of all adults suffer adverse health effects due to stress.
- ❑ 75-90% of all visits to primary care physicians are for stress-related complaints or disorders.
- ❑ Stress has been linked to all the leading causes of death, including heart disease, cancer, lung ailments, accidents, cirrhosis, and suicide.
- ❑ One million workers are absent on an average workday because of stress-related complaints.
- ❑ Job stress is estimated to cost U.S. industry \$300 billion/year.

“As a biological entity, man is getting more fragile.”

The Western medical model treats symptoms only and over-uses antibiotics. Now, 90% of strep is resistant to antibiotics. We have drug-resistant TB and drug-resistant gonorrhea. As we turn to more and more powerful antibiotics, we are rapidly creating a situation where we have no solutions.

Numerous studies report:

- *Healing is a power all of us have.*
- *Miracles are rare but do occur.*
- *Prayer works, but is unmeasurable.*



OUR CHOICES
HAVE
CONSEQUENCES.



In the morning my spirit longs for you.

- Isaiah 26:9

Natural Therapies

- The body heals itself.
- First do no harm.
- Identify and treat the cause.
- The health care provider as teacher.

Clip and retain for future needs:

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