

September, 2010
Vol. 10.09

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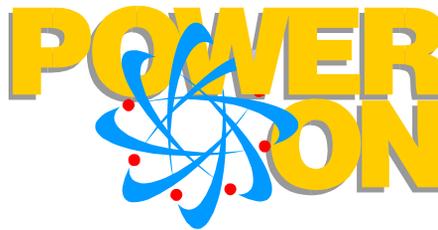
**Our mission is to educate, assure, and encourage people
on their journey to health and well-being.**

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.

Enzymes – The Spark of Life!

*If you are run down,
“out of gas”, and
“running on fumes”,
Your enzyme pool
may be depleted.*

*You can jump-start
your life with enzymes!*



Every chemical reaction in our bodies requires enzymes. At every moment of our lives, enzymes are renewing, maintaining, and protecting us. You couldn't breathe, eat a meal, walk, or hear a sound without the help of these special proteins that catalyze the chemical reactions which are constantly taking place in your body. Enzymes are needed for digestion, circulation, assimilation, and every other function of your body. Virtually everything your body does is aided by enzymes.

Unfortunately, foods that lack enzymes and unhealthy lifestyles rob our bodies of the enzymes needed for optimal health. Fast, over-processed, over-cooked, irradiated or microwaved food is devoid of enzymes. Eventually, our bodies must “rob Peter to pay Paul”, i.e. shut down one critical function in order to fuel another.

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NUTrition



Pecans!

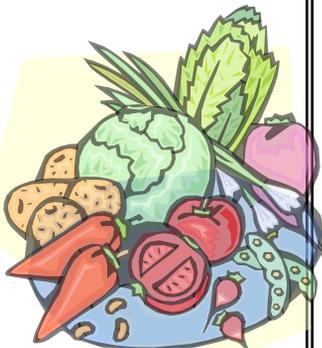
Pecans add zest and flavor to any meal, as well as nutritional benefits. Pecans contain over 19 vitamins and minerals – including vitamin A, vitamin E, folic acid, calcium, magnesium, phosphorus, potassium, several B vitamins and zinc.

Pecans are a nutritious plant-based source of protein. To increase fiber, add pecans to the diet. Pecans can be part of a heart-healthy diet. Of the fats found in pecans, 85% are monounsaturated or polyunsaturated. Studies show that adding pecans to the diet lowered LDL or “bad” cholesterol levels by six percent and did not cause weight gain. Although typically associated with the holidays, pecans are packed with so much nutrition their crunchy texture and satisfying flavor should be enjoyed all year long.



Give
Your
body a
break!

Eat more
fresh and
raw fruits
and
vegetables



They were also to stand every morning to thank and praise the Lord.

- 1 Chronicles 23:30

Clip and retain for future needs:

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