

Sound Bites

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



Morning By Morning, Inc.

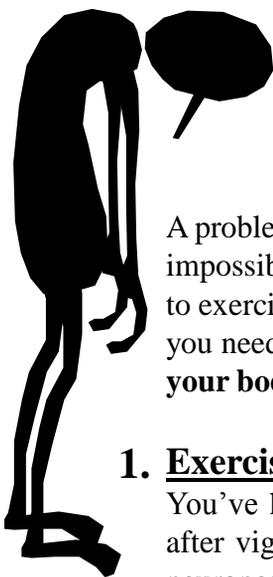
Nutrition & Healthy Lifestyle
Counseling, Coaching, Nutritional Therapy

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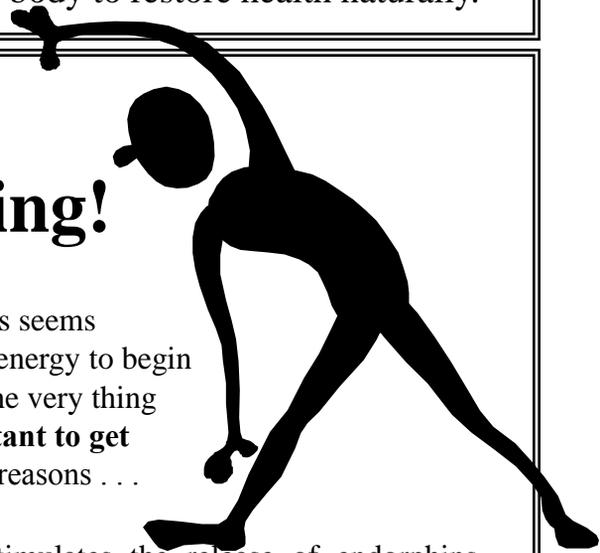
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**Our mission is to educate, assure, and encourage people
on their journey to health and well-being.**

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.



Depressed? Get Moving!



A problem with depression is that it sometimes seems impossible to summon up the motivation and energy to begin to exercise. Yet, ironically, exercise may be the very thing you need to make you feel better! **It's important to get your body moving!** Here's a couple of good reasons . . .

- 1. Exercise is an antidepressant.** It stimulates the release of endorphins. You've heard of the "Runner's High", a state of euphoria that occurs during and after vigorous aerobic exercise. It is a natural "high." Endorphins are one of the neuropeptides, naturally occurring chemicals in the body that affect our emotions. Endorphins make us feel relaxed, happy, and energetic. They release stress which also serves to prevent and relieve depression.
- 2. Exercise also flushes toxins from the body.** If we don't exercise and get the needed oxygen to all parts of the body, our blood circulation and lymphatic drainage becomes sluggish. Toxins which then build up in the body are a contributing factor in depression.

So, GET MOVING! Your body will thank you for it, and you'll feel better, too!

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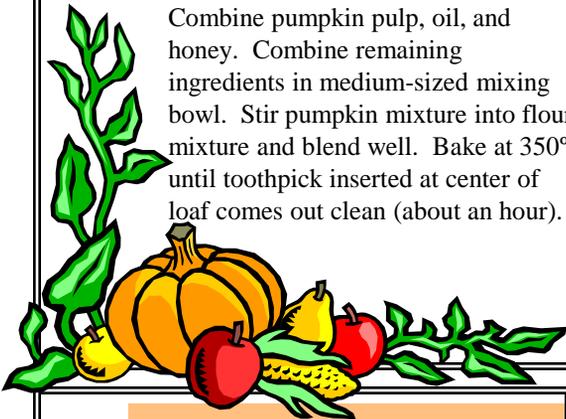
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Pumpkin Bread

- 1 cup pumpkin pulp
- 1/3 cup safflower oil
- 1/2 cup honey
- 1 2/3 cups whole wheat pastry flour
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 1/2 teaspoons baking soda

Combine pumpkin pulp, oil, and honey. Combine remaining ingredients in medium-sized mixing bowl. Stir pumpkin mixture into flour mixture and blend well. Bake at 350°F until toothpick inserted at center of loaf comes out clean (about an hour).



What's all the fuss about toxins, food additives, etc? What's the harm?

Many factors such as environmental toxins, food additives, chronic stress, and genetic predisposition, working together, weaken the body. The combined burden and sustained stress of many small insults to the body can tax it's defense systems until finally they overwhelm the body's ability to maintain health and begin to manifest as disease, lack of energy, and depression.

For the body to heal, we must:

- Stop the violations (stress) that caused the dis-ease.
- Create an environment (internal and external) that is conducive to health.

Let the morning bring me word of your unfailing love, for I have put my trust in you.

- Psalms 143:8



On The
Menu

**Happy
Thanksgiving!**

If you have an occasional "Splurge Meal", don't feel guilty.. Enjoy, then get right back to your new and more healthy lifestyle! As your cravings change to food that is good for you long-term, you will splurge less and less.

Clip and retain for future needs:

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