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**No king is saved by the size of his army; no warrior escapes by his great strength.**

**A horse is a vain hope for deliverance; despite all its great strength it cannot save.**

**But the eyes of the LORD are on those who fear him, on those whose hope is in his unfailing love, to deliver them from death and keep them alive in famine.**

**We wait in hope for the LORD; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name.**

**May your unfailing love be with us, LORD, even as we put our hope in you.**

**—Psalm 33:16-22**

## Harold A. Nord, M.D.

Genny Petersen, A.P.N., C.N.P. ☞ Angela Klein, A.P.N., C.N.P.☞  
1302 Franklin Avenue, Suite 3000 Normal, IL 61761 ☞  
Phone: 309-454-3456 ☞ Fax: 309-454-6977  
www.hnordobgyn.com ☞

## HOPE . . .

Have you every hoped for anything in your life? As a kid I used to lie out in the lawn at night and look up at the moon and hoped that some day I might be able to walk on the moon and see if it was really made out of cheese. Everybody told me that it was, and I wanted a taste of it. Needless to say that never happened. As I grew older, I hoped for more mature and reasonable things in my life. Most of the things I hoped for happened, but there have been times when my hopes have been dashed. As I think back, it seems that the more I hoped, the more likely the thing I was hoping for would happen. When things did not turn out the way I had hoped for, it usually was for my best, but it was hard for me to understand that at the time. As my body has aged and my life is passing by quickly, I now hope for different things than when I was younger.

I hope that my health and teeth will not fail me and that my children and grandchildren will stay healthy and be successful in their lives. I hope that my life pleases God and that my HOPE will always be in Him. I have faith and hope in the everlasting life that He promises to me through His Son Jesus Christ. I have hope because Jesus died for me and has redeemed me to His Father. I have hope, because God promised to love His children

and take care of them forever. His promise is Holy and true. Because I know the truth about Jesus and what He has done for all of those that believe in Him, it has set me free from worries that would otherwise consume my thoughts.

There are many things in this life that cause considerable suffering to many people. The recent earthquake, tsunami and radiation problems in Japan have claimed thousands of lives and caused immense sufferings. The Middle East and African nations are in civil uprisings and innocent people are feeling the brunt of the fighting going on. Many people around the world and here in America are in financial need and experiencing health problems. People are exhausted, rundown, depressed and are reaching out for HOPE. You may not be one of these people and if so, you are blessed, but the vast majority of people around the world are hoping in something to help them have a better life. It seems like no matter what they do, they are powerless to change things for the better. Some are so overwhelmed and confused by the pain in their lives that they wish they could simply die and be set free from the weight of the pain and sadness, which seems too heavy to bear. In the Bible we read that Job felt that way. He had lost everything even though

he was a righteous man in God's eyes. He lost his children, health, and riches. He was so miserable that he asked God to crush him to put him out of his suffering. He felt that he did not have the strength to endure anything more and did not have anything to live for. Job did not know that the end of his life would be better than the beginning. He died an old man with a full life. Even when we are pressed to the point of death, there is HOPE that our life will change.

There is always hope. The God who made everything and who is the sustainer of life is our greatest HOPE to bring fulfillment in our lives. Hope requires faith that what you hope in will come true according to God's sovereign plan. I have been praying for six people in my life that have been diagnosed with cancer that has seriously affected their lives and the lives of their families and friends. My hope is that they will all be cured, but I don't know the plan God has for them. I know that if they put their hope in Him, He will take care of them, because He loves them. If you know someone who is suffering and in need of hope, please pray for them and encourage them; lead them to the Savior Jesus Christ who will relieve them from the weight of their suffering and give them a peace that will last forever.

## Do You Struggle To Get Your Kids To Eat Right?

*As parents, we have our work cut out for us. We find it hard to get our children to eat healthy foods, like fruits and vegetables when their taste buds are hardwired to prefer pizza, French fries and cookies.*

*If we're fortunate to have children who don't turn up their noses at every green thing served to them, many of us find we simply don't have the time to prepare healthy, nutritious meals every single day.*

*That's why so many moms, dads, and children have come to rely on Juice Plus+...the next best thing to fruits and vegetables!*

*With the ever increasing invasion of processed food, junk food, and fast food into our diets, combined with a more sedentary lifestyle, children are now at risk of developing serious diseases at a much younger age than ever before.*

### **KIDS AREN'T EATING ENOUGH FRUITS & VEGETABLES**

93% of children and adolescents do not consume the recommended amount of vegetables per day.

-----Archives of Pediatrics & Adolescent Medicine

### **KIDS HAVE A WEIGHT PROBLEM**

1 in 3 American children and teens is overweight or obese

-----American Heart Association

Obesity rates have tripled among teens since the late '70s

-----Journal of the American Medical Association

80% of children who are overweight at ages 10-15 become obese as adults

-----New England Journal of Medicine

### **THEY'RE ALREADY DEVELOPING SERIOUS DISEASES**

1 in 3 Children born in the U.S. in the year 2000 is predicted to develop Type 2 Diabetes

-----U.S. Centers for Disease Control and Prevention

By age 12, an estimated 70% of children have the beginning stages of hardening of the arteries.

-----Bogalusa Heart Study

Today's generation of children may be the first in two centuries to actually live shorter lives than their parents

-----New England Journal of Medicine

*Given the health risks children face today, the fact that Juice Plus+ kids are making healthier food and beverage choices is significant. Juice Plus+ helps bridge the gap between what you and your family should eat and what you do eat, every day. It is a whole food based nutritional product that provides nutrition from 17 different fruits, vegetables, and grains in a convenient and inexpensive capsule form or chewable form. Based on the responses of more than 100,000 families who have submitted completed surveys from the Children's Health Study, taking Juice Plus+ has far-reaching effects on health and well-being!*

**Won't you try it for your family today? - Questions?**

**Contact Sharon, our JP+ Coordinator & Office Manager**



Meme and Pa (Dr. Harold) were brave enough to hold an overnight party for seven of their grand-kids



Cooper is already eight months old!