

February 2010



Dr. Harold will be going to Haiti on a medical mission trip in June with 15 other people.

Your prayers will be greatly appreciated.

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Love is in the Air

As I reached out and touched the petal, the surface felt velvety and soft, like a newborns skin. I squeezed it gently so the structure wouldn't crush under the weight of my fingertips - so delicate and fragile and yet so beautiful. Then, I put my nose up close to the petal and breathed in deeply. It had a wonderful fragrance that brought back memories of my childhood. I remembered that same smell coming from the flowers in my mother's garden. The vivid colors of red, yellow, peach, orange and white brought a smile to my face as I wondered how many colors God had intended the rose to be dressed in. On my wedding day, the alter and flower bouquets were filled with apricot colored roses. This time each year I send my wife apricot roses to celebrate and remember the love we have had for each other over the years since we walked down the isle

together.

The only bad part about a rose is, that when I try to hold and squeeze it too tight, I get hurt by the thorns that surround the stem.

People are a lot like a rose. They are delicate and need to be treated gently. Being treated roughly or squeezed too tight can lead to pain and suffering. You need to respect and nourish them, so they can grow beautiful and strong.

Everyone desires to be authentically loved by others. It nourishes our souls and brings joy to our hearts. The best medicine you can give anyone is to show love by the actions you display towards them. It's easy to say you love someone, but much harder to show that same love.

I heard many people say after the earthquake in Haiti, that they wanted to help the Haitian people and that they cared about them. The Bible says that out of love, we should help the needy and care for the

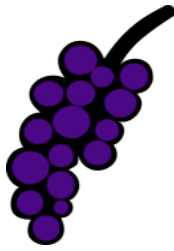
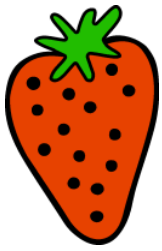
sick and lonely and provide for the homeless, widows, and orphans. True love is that which comes from Christ and flows through us to others - a love that shows no boundaries or limitations.

Display the love of Christ to everyone you meet, and please continue to show love to the Haitian people who are starving, suffering from physical and mental illnesses, and feeling alone and homeless.

May God continue to bless you.

Dr. Harold Nord





Are you feeling guilty about the nutrients that your diet lacks? Do you often feel older than you really are? Are you frustrated that you just can't seem to stay healthy?

Welcome to the Juice Plus+ product line. Life is hectic, and our schedules and our bodies don't always allow for eating the amount of fruits and vegetable we need every day to stay healthy. Juice Plus+ products are created using fresh and organic fruits and vegetables, which offer you the optimum nutritional benefits.

Products offered include capsules, soft chews (for children and adults!), and powdered beverage mixes. Juice Plus+ is excited to announce the new formulation in their soft chews, which offer the following benefits and improvements:

- Improved taste
 - Reduced sugar content (Adult serving is only 8 grams)
 - NO high fructose corn syrup is used, only all natural sweeteners
 - Fiber content has increased (Adult serving has 4 g more, child's has 2 g more)
 - 100% vegetarian
- NO artificial flavors or colors

So, if you are lacking the energy you need to get through your day, are often ill, or just want to improve the quality of your diet, we'd love to introduce you to the many benefits Juice Plus+ products have to offer.

Please visit or contact Dr. Nord's Wellness Coordinator, Sharon, if you have questions or would like to begin the health habit of Juice Plus+. Ph. (309) 454-3456 M-Th; email: sharon@hnordobgyn.com.

Here's to a Healthier 2010 for you and your family!



Doc's grandchildren peddling the new Juice Plus Gummies (for kids and adults).