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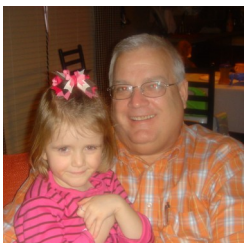
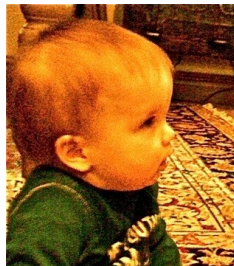
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ARE YOU WEARING CLEAN UNDERWEAR?



Counter Clockwise from the top: Rae, Axel, Ernie, Ruthie & Pa, Bobby, Carson, and Cannon



Throughout my childhood and teenage years, my mother would ask if I was wearing clean underwear, anytime I left the house and was going into town. I often wondered why she would care whether or not I was wearing clean underwear; it seemed like an odd question for my mother to be asking. After all, I wasn't planning on removing my pants. But, my mother loved me and was always looking out for my well being. She would explain that, just in case I was in an accident and the emergency workers had to remove my pants, she did not want me to be embarrassed. It seemed like a silly thing to be worrying about, but I think my mother would also have been embarrassed, because she felt that my cleanliness was a reflection of how well she raised her nine children. If I didn't pass the mustard then neither did she, in the world's eyes. After all, she was my mother and she took her parenting responsibility seriously. For her, cleanliness was next to Godliness, and she made sure we were clean.

I love my mother and appreciate all the time and effort she took to raise me and teach me the things I would need to know in order to take care of myself. I hope I have reflected well on her over the years, for she was and is a great mother, who taught my siblings and me the importance of physical cleanliness.

She also introduced us to Christ as small children, telling us that He could give us something that she could not. He could give us a spiritual cleansing to take away our sins. He could cleanse our minds from evil thoughts, our hearts from feeling anger towards others, our eyes from temptations beyond our control, our arms from reaching out for sinful things, our hands from creating and holding onto ungodly things, and our feet which would lead us down a pathway to a destructive life.

People enjoy being around a clean person who doesn't smell offensively, but a person who isn't clean is hard to be around no matter what kind of

clothes and jewelry they wear to alter their appearance. The eyes can only see the superficial surface, but the nose and taste buds verify if what is seen, is truly satisfying and enjoyable to be around.

Spiritually unclean people are also difficult to be around because they lead a life based on the morals of this world, which set them apart from God and His desire for all of us. A life apart from Christ can never attain true happiness and wholeness. Only a personal relationship with Christ and the cleansing power of His blood can give us the hope and joy and eternal life that we all seek and strive for. We never know when our time here on earth will be over, but before you leave, have you been cleansed by Christ, so that you won't be embarrassed when the time comes for you to be examined and given the news of where you will spend eternity?

May each of you lead a life that is both physically and spiritually clean.

Dr. Harold

During American Heart Month, we would like to raise awareness of cardiovascular diseases such as heart disease and stroke. Prevention of cardiovascular disease includes diet, exercise, weight loss, and smoking cessation. Part of making these lifestyle changes involves making better food choices. The food label is an important tool in making wise food choices.

1. Check the serving size and servings per container. Eating more than one serving will multiply your intake. Some “individual size” packages may contain more than one serving.
2. Note the total calories per serving. Your caloric need is based on your desire to maintain, lose, or gain weight, age, gender and activity level. It will also change with pregnancy and breastfeeding. Unfortunately, many people reach their caloric intake before attaining their nutrient (vitamins and minerals) intake.
3. Limit fat, cholesterol, and sodium. These items contribute to chronic diseases such as heart disease, some cancers, and high blood pressure. Total fat should be no more than 56-78 grams per day (go to <http://www.myfatstranlator.com> to calculate your specific needs).

Of those fats, less than 16 grams should be from saturated fat, less than 2 grams of trans fat, and less than 300 mg of cholesterol.

4. Make sure to get 100% of your daily value for fiber, vitamins, and nutrients. These can reduce your risk of some diseases and improve your health.
5. Look at the percent daily value as a guide to help determine if an item is a good source of nutrients. This can be a good comparison tool with two items as long as the serving size is similar.

Depending on your health status, your needs may be different but the food label is a good place to start making healthier choices.

Nutrition Facts

Serving Size 1 slice (47g)
Servings Per Container 6

Amount Per Serving

Calories 160 Calories from Fat 90

	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Quick Guide to % Daily Value:
5% or less is low
20% or more is high