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“And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth.”

REVELATION 14:6
1] Prayer is not a “spare wheel” that you pull out when in trouble, but it is a “steering wheel” that directs the right path throughout.

2] Why is a car’s windshield so large & the rear view mirror is so small? Because our past is not as important as our future. So, look ahead and move on.

3] Friendship is like a book. It takes few seconds to burn, but it takes years to write.

4] All things in life are temporary. If going well, enjoy them, they will not last forever. If going wrong, don’t worry, they won’t last long either.

5] Old friends are gold! New friends are diamond! If you get a diamond, don’t forget the gold, because to hold a diamond, you always need a base of gold!

6] Often when we lose hope and think this is the end, God smiles from above and says, “Relax my child, it’s just a bend, not the end!

7] When God solves your problems, you have faith in HIS abilities; when God doesn’t solve your problems HE has faith in your abilities.

8] A blind person asked God, “Can there be anything worse than losing eye sight?” He replied: “Yes, losing your vision!”

9] When you pray for others, God listens to you and blesses them, and sometimes, when you are safe and happy, remember that someone has prayed for you.

10] WORRYING does not take away tomorrow’s troubles; it takes away today’s peace.

Submitted by Irene Judd
Two traveling angels stopped to spend the night in the home of a wealthy family. The family was rude and refused to let the angels stay in the mansion’s guest room. Instead the angels were given a small space in the cold basement.

As they made their bed on the hard floor, the older angel saw a hole in the wall and repaired it.

When the younger angel asked why, the older angel replied, ‘Things aren’t always what they seem.’

The next night the pair came to rest at the house of a very poor, but very hospitable farmer and his wife. After sharing what little food they had the couple let the angels sleep in their bed where they could have a good night’s rest. When the sun came up the next morning the angels found the farmer and his wife in tears. Their only cow, whose milk had been their sole income, lay dead in the field. The younger angel was incredulous and asked the older angel how could you have let this happen?

The first man had everything, yet you helped him, he stated. The second family had little but was willing to share everything, and you let the cow die. ‘Things aren’t always what they seem,’ the older angel replied. ‘When we stayed in the basement of the mansion, I noticed there was gold stored in that hole in the wall. Since the owner was so obsessed with greed and unwilling to share his good fortune, I sealed the wall so he wouldn’t find it.’

‘Then last night as we slept in the farmers bed, the angel of death came for his wife. I gave him the cow instead. Things aren’t always what they seem.’

Sometimes that is exactly what happens when things don’t turn out the way we feel they should. If we have faith, we can trust that every outcome is always to our advantage. We just might not know it until sometime later.

Submitted by Ron & Julia Hornback
WHAT DO WE MISS?

Washington, DC Metro Station on a cold January morning in 2007. The man with a violin played six Bach pieces for about 45 minutes. During that time approx. 2 thousand people went through the station, most of them on their way to work. After 3 minutes a middle-aged man noticed there was a musician playing. He slowed his pace and stopped for a few seconds and then hurried to meet his schedule.

4 minutes later: The violinist received his first dollar: A woman threw the money in the hat and, without stopping, continued to walk. 6 minutes: A young man leaned against the wall to listen to him, then looked at his watch and started to walk again. 10 minutes: A 3-year-old boy stopped but his mother tugged him along hurriedly. The kid stopped to look at the violinist again, but the mother pushed hard and the child continued to walk, turning his head all the time.
There is a choice you have to make in everything you do. So keep in mind that in the end, the choice you make, makes you. **John Wooden**

Submitted by Ron & Julia Hornback
To My Dear Friend, Pastor Phil:

I sure hope attendance at your church was better’n my church. Mercy, pastorin’ ain’t always easy, now is it? We had us a bunch of sick folk, and them added to all the shut-ins made for a whole lot uh pew cushion to look at from the pulpit.

I got to admit, I was feelin’ somewhat put out, but I went ahead and preached anyhows. Only thing was, with all them people missin’ the echo in the church gave me a hoot of a headache. My wife said I needed to git out and ride a bit ‘cause the fresh air would make me feel better.

Well, she took to drivin’ and I took to ridin’ and sure ‘nuff, she was right. Not only did my head clear up, but what I saw renewed my faith in the Good Lord. I tell you, Brother, I seen miracle after miracle!

My Sunday School superintendent, Hank Weaselbaum had called to tell me that he was so deathly sick, he wouldn’t make it to church. But there he was, drivin’ down the road with his favorite fishin’ pole stickin’ out the window. I tell you, only a miracle coulda’ snatched him out’a the jaws of death that way!

Then there was my head deacon, Wilbur Snooch. He had done left a message on my answerin’ machine that his back was so jerked out’a line that he thought he might have to have surgery. But I want you to know that when we drove past the golf course, there he was, hittin’ golf balls on the drivin’ range. Hallelujah, our prayers worked!

Edna Brump sent word with her sister that she wouldn’t make it ‘cause her stomach was all upset and she didn’t want to take a chance on havin’ a mishap in the church. But glory! There she was, standin’ in line at the Feedin’ Trough Smorgasbord. Another healin’!

All told, we saw that 20 of our sick folk had takin’ a turn for the better and were up and about. Not only that, but I just couldn’t help from rejoicin’ over all our shut-ins that got themselves healed too. There was Sam Burply, who don’t attend church much causin’ of him being allergic to crowds, and he was in line to buy a ticket at the ballpark.

Margaret Guffhunker, who’s been feelin’ all poor and sickly that she’s done missed the last eight Sundays, she was comin’ out of the mall with both arms full of packages.

And then there was Horace Dweedle, who ain’t been to church in six months cause’a his bum knee; he was playin’ basketball down at the park.
Seein’ all these mighty miracles and healin’ s got me so worked up, I started singin’ the Doxology! Yes, sir, Pastor Phil, I’m excited! I just know we’ll be havin’ us a packed house next Sunday, what with all the sick and shut-ins revived by such a touch from Heaven. I look forward to givin’ you a right nice report.

Your good friend, Pastor William Robert (“Billy-Bob”)

Submitted by Ron and Julia Hornback

A CHILD’S PRAYER

Last week, I took my children to a restaurant. My six-year-old son asked if he could say grace. As we bowed our heads he said, “God is good, God is great. Thank you for the food, and I would even thank you more if Mom gets us ice cream for dessert. And liberty and justice for all! Amen!”

Along with the laughter from the other customers nearby, I heard a woman remark, “That’s what’s wrong with this country. Kids today don’t even know how to pray. Asking God for ice cream! Why, I never!”

Hearing this, my son burst into tears and asked me, “Did I do it wrong? Is God mad at me?” As I held him and assured him that he had done a terrific job, and God was certainly not mad at him, an elderly gentleman approached the table. He winked at my son and said, “I happen to know that God thought that was a great prayer.”

“Really?” my son asked. “Cross my heart,” the man replied. Then, in a theatrical whisper, he added (indicating the woman whose remark had started this whole thing), “Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes.”

Naturally, I bought my kids ice cream at the end of the meal. My son stared at his for a moment, and then did something I will remember the rest of my life. He picked up his sundae and, without a word, walked over and placed it in front of the woman. With a big smile he told her, “Here, this is for you. Ice cream is good for the soul sometimes; and my soul is good already.”

“An act of kindness can melt the hardest heart.”

Submitted by Diana Olson
Trying to control your diabetes? Tired of the ups and downs? Don’t want to start taking medicine or giving yourself shots? If so, we’ve got just the thing for you. Our Diabetes Control contains a special, all-natural, extremely potent form of the amazing herb, bitter melon. This herb has been shown to regulate blood sugar levels, strengthen the pancreas, and more! And what’s better? There are NO harmful side effects!!

Why is Diabetes Control so effective?
- To date, nearly 100 scientific studies have demonstrated the blood sugar-lowering effect of bitter melon, the primary ingredient in Diabetes Control. This fruit has shown the ability to enhance cells’ uptake of glucose, to promote insulin release, and to enhance the effects of insulin.
- In numerous studies, at least three different groups of components found in bitter melon have clinically demonstrated hypoglycemic (blood sugar-lowering) properties.
- A study published in 1999 examined bitter melon’s effect on 100 people with type 2 diabetes. On two days, researchers tested the participants’ blood sugar levels in a fasting state and after drinking glucose. The first day, nothing unusual was done. The second day, participants took 500-1,000 mg of bitter melon extract. That day, researchers found that 86 percent of the participants experienced an average of a 14 percent drop in blood sugar BOTH after fasting and after drinking glucose than on the day prior when none was taken.

Our Diabetes Control with bitter melon can also help:
- Fight and slow the growth of certain cancers
- Prevent or improve symptoms of viral infections such as: influenza, measles, Epstein Barr, herpes, hepatitis, and even HIV
- Prevent or improve symptoms of bacterial infections such as: Staphylococcus, Streptococcus, and Salmonella
- Improve digestion

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to prevent, diagnose, treat, or cure any disease.
What is Diabetes?

Diabetes is a chronic health problem that involves abnormally high blood sugar levels. The foods you eat, through digestion, break down into tiny particles. Some of the foods, such as carbohydrates, are broken down into particles of sugar. This sugar is referred to as glucose. The glucose then moves from the digestive system into the bloodstream and travels around the body to feed the working cells. The glucose (sugar) is the energy that the cells need to do their work (such as enabling us to run and breathe). Therefore, glucose is actually a good thing that is needed to supply energy to every cell in the body. However, if glucose levels become too elevated, then they become toxic to the brain and other body organs.

Diabetes is categorized into two main types (with the exception of gestational diabetes, which is diabetes that occurs when a woman is pregnant). I’ll go into those in a minute, but first, to really understand diabetes, you must understand the significance of blood sugar (glucose) and insulin.

The foods that we eat break down into glucose (food energy), which is then transported into the bloodstream. Once there, the body sends a signal to the pancreas telling it to release insulin. Insulin is a hormone produced by the pancreas that helps to move the glucose (energy) from the bloodstream into the cells that need it. The insulin actually acts as a key that opens both the door of the bloodstream and of the door of the cells to allow the glucose to leave the bloodstream and enter into the cells as food.

The problem comes in when this system malfunctions. When this process of converting food into energy for cells is not working correctly, that is when you are considered to have diabetes. Now, there are two different ways that this system can malfunction. That is why there are two different types of diabetes: type 1 diabetes and type 2 diabetes.
Type 1 Diabetes

Type 1 diabetes is also known as juvenile or insulin-dependent diabetes, since this type usually develops during childhood or adolescence. In people with type 1, the production and secretion of insulin by the pancreas is severely deficient. If there is not enough insulin, there is no key. Without the key, the glucose cannot escape from the bloodstream and is trapped there. And as the person continues to eat food that is broken down into more glucose, it continues to accumulate in the bloodstream, unable to get out. This is how the blood “sugar” (glucose) can get too high. In addition to the blood sugar being too high, the worker cells on the outside of the blood stream have no food to meet their energy demands, causing more problems.

Because insulin levels are absent (or dramatically low), people with type 1 have to inject themselves with insulin, which will allow the glucose to leave the bloodstream and enter into body cells to nourish them. People with type 1 must monitor their blood sugar daily. This test (often a finger stick) will measure the amount of glucose in the blood. Depending on how high the number is, the person will know how much insulin is needed in order to let the glucose escape, thereby lowering the amount of sugar in the blood and feeding the hungry cells.

Type 1 is thought to involve an autoimmune response (possibly as a reaction to the consumption of dairy products or other allergens), in which the person’s immune system attacks and damages its own pancreatic cells that produce insulin. The removal of the allergen in some cases can improve pancreatic function and increase the amount of insulin that is produced/secreted. Type 1 diabetes is far less common and accounts for only 5 to 10 percent of the diabetes cases in the United States.

Type 2 Diabetes

Type 2 diabetes, often called adult-onset or non–insulin dependent diabetes mellitus (NIDDM), is by far the more common of the two types: about 90 to 95 percent of the diabetes in the United States is type 2,
affecting over 16 million people.

Type 2 happens when the cells inside the body develop a resistance to insulin, in addition to the body having a sick pancreas that may not be producing enough insulin. People with type 2 can produce insulin, but because of the resistance of the cells, the insulin (and the glucose it transports) cannot effectively enter into the cells. So the glucose remains in the blood stream, causing blood sugar to elevate, and the cells in the body remain hungry.

Type 2 usually strikes during adulthood, most often in the elderly or in obese people over forty. However, it is becoming increasingly common in children due to lack of exercise, obesity and poor dietary habits. This category of diabetes is most often linked to a diet that is high in refined carbohydrates and low in fiber, and it can usually be treated with an effective diet, exercise and specific nutritional supplements.

Hypoglycemia and Hyperglycemia

All three types of diabetes are very serious medical conditions. When left unmonitored and untreated, blood-sugar levels can swing from dramatically low (hypoglycemia) to dangerously high (hyperglycemia). Hypoglycemia comes on quickly and leaves you feeling dizzy, pale, sweaty and confused. You may feel uncoordinated or have palpitations. If your glucose levels are not raised, your symptoms could grow worse, and you could lapse into a coma. This can be due to alcohol, medications, excess activity, the early stages of pregnancy, skipped meals, a meal too high in protein and low in carbohydrates (think Atkin’s diet), or a number of other causes.

Hyperglycemia (high blood sugar) isn’t much better. Although the initial symptoms may be more difficult to spot (high blood glucose, high levels of sugar in the urine, frequent urination and increased thirst), it is still a serious condition. High blood sugar levels over long periods of time can cause damage to important body
parts such as your eyes, kidneys, heart, skin and nerves. In addition, even though high blood sugar may take hours or days to develop, it can result in diabetic ketoacidosis (diabetic coma), a life-threatening condition. Ketoacidosis develops when your body doesn’t have enough insulin. Without insulin, your body can’t use glucose for fuel. Instead, your body breaks down fats to use for energy. When your body breaks down fats, waste products called ketones are produced. Your body cannot tolerate large amounts of ketones and will try to get rid of them through the urine. Unfortunately, the body cannot release all the ketones and they build up in your blood. This can lead to ketoacidosis.

What Should I Do?

Over the long term, both type 1 and type 2 diabetes can lead to heart disease, kidney and nerve disorders, loss of vision, and other problems. The high levels of blood sugar can also leave the body vulnerable to infection. This is why you need to keep your blood sugar stable and under control.

If you have type 1 diabetes, you must work very closely with a good doctor and follow a lifelong treatment plan that includes diet, exercise and, most likely, medication. Complementary therapies can also provide helpful support to your taxed endocrine and other systems and help decrease the need for medications and reduce the long-term complications of the disease. In rare cases some people are able to get off insulin therapy when a comprehensive natural approach is followed. This, of course, should never be tried without a doctor’s supervision.

People with type 2 diabetes must also take their disease very seriously and consult a doctor on a regular basis; however, they will usually find that a comprehensive dietary, exercise, and supplemental program will reduce or eliminate the need for medication. No matter which kind of diabetes you have, you must always talk to your doctor about any therapies you plan to incorporate into your protocol. And never go off your medication without a doctor’s consent.

Symptoms

Because these symptoms may not seem serious, many people with diabetes remain undiagnosed. If they apply to you or to your child, see a doctor as soon as possible.

- Frequent urination (children may be constant bed-wetters)
- Strong thirst
- Excessive appetite
- Weight loss
- Fatigue
Root Causes

- Heredity
- A poor diet (particularly in type 2)
- An autoimmune reaction (due to a viral infection, environmental toxin, food allergy). This is thought to be the origin of some cases of type 1 diabetes.
- Chronic stress and the resulting stress hormone imbalance
- Nutritional deficiencies, especially of chromium, B vitamins, zinc, vanadium and vitamin D
- Obesity

If you or someone you love has diabetes, there is hope! We have found that when incorporating diet, exercise, stress relief, proper rest, detoxification and herbal medicine, many people have been able to naturally manage diabetes without medications or painful symptoms. Some people, through these natural therapies, have even been able to turn the disease around to the point that their body is functioning as normal as someone who never had the disease. Isn’t that amazing?! Here are some suggestions to help you get your health back and your body functioning at optimum level again.

Diet

Because diabetes is about sugar, and sugar comes from your diet, the most important therapy for diabetes is a healthful diet. That is why I will be devoting the majority of the time dealing with this topic. The majority of the remainder of this article to that topic. The dietary suggestions that I present here can help regulate your blood sugar levels naturally and also reduce your risk of complications, such as cardiovascular disease. Some people (particularly those with type 2 diabetes) have been able to get off medication completely by following the diet and exercise plan presented here.

Recommended Foods

Follow a diet that’s high in fiber (raw fruits, vegetables, nuts, seeds, and whole grains). Water-soluble fiber, as found in oat bran, beans, nuts, seeds and apples, helps to balance blood sugar.

Ground flaxseeds should be consumed daily. Consume 1 tablespoon with each meal or
1/4 cup daily. Make sure to drink plenty of water when you start taking flaxseeds (10 ounces per tablespoon). A daily total of 50 mg of fiber daily is a great goal.

**Consume vegetable protein (legumes, nuts, seeds, peas) with each meal.** Protein helps smooth out blood-sugar levels. Many people with diabetes benefit from increasing the relative amount of protein in the diet.

**Focus on quality fats.** Nuts and seeds are excellent. Use olive and flaxseed oil with your salads.

**Increase intake of chromium-rich foods.** Chromium deficiency has been linked to diabetes, so eat lots of brewer’s yeast, wheat germ, whole grains, soy products, broccoli, onions and garlic. In addition to being good sources of chromium, onions and garlic have shown significant blood sugar lowering ability and will also help protect against heart disease.

**Enjoy plenty of berries, plums, and grapes.** These foods contain powerful phytochemicals that protect your vision.

If you need to eat more frequently throughout the day to keep your blood sugar stabilized, choose healthy foods such as those listed, rather than junk food that will cause an unhealthy spike then drop in blood sugar.

**Food to Avoid**

**Stay away from simple sugars.** Obvious no-no’s are candy, cookies, cakes, ice cream, sodas and other sweets.

**White, refined bread also spikes blood-sugar levels.** Instead, choose whole grain breads, cereals and pastas. Brown rice, barley, oats, spelt and kamut are complex carbohydrates that are good choices.

**Avoid cow’s milk.** Some studies have found a link between cow’s milk ingestion and type 1 diabetes in children. It appears that some children, due to genetic reasons, react to the cow’s milk protein (caseins), which causes an autoimmune reaction with the pancreas.
Eliminate alcohol from your diet. Alcohol is already considered a toxin by the body, but in the diabetic, it is even more poisonous. Normally, when your blood sugar level starts to drop, your liver steps in. It goes to work changing stored carbohydrates into glucose. Then it sends the glucose out into the blood, which helps you avoid or slow down a low blood sugar reaction. However, when alcohol enters your system, this changes. Since your body reacts to the alcohol like the poison it is, the liver wants to clear it from the blood quickly. In fact, the liver won’t put out glucose again until it has taken care of the alcohol. So even if your blood glucose level is falling, the liver is more concerned with ridding the body of the poison rather than trying to produce glucose. This is how you can quickly wind up with very low blood sugar.

Also, if you have nerve damage from diabetes in your arms or legs, drinking can make it worse. Alcohol is very toxic to the nerves. Drinking can increase the pain, burning, tingling, numbness and other symptoms found with nerve damage. Some studies show that even regular light drinking (less than two drinks per week) can bring on nerve damage.

In addition to increasing the risks of hypoglycemia, nerve damage and eye disease, alcohol is high in calories and low in nutrition. If weight is a problem for a person, then the alcohol should be cut out if for no other reason than to save calories.

Eliminate caffeine from your diet. Drinking tea and coffee also causes problems for diabetics. Drinking coffee raises blood sugar levels. It does so by enhancing the effect of the two hormones: adrenaline and glucagon. These two hormones release stored sugar from the liver, resulting in high blood sugar.

Excessive coffee drinking also leads to the development of insulin resistance and impairs glucose and insulin homeostasis (balance). Even a normal amount of coffee intake can show this effect.

If that’s not enough, drinking caffeinated beverages can also lead to insomnia or sleep deprivation. Studies show that people who do not get quality sleep generally show lower levels of glucose tolerance and greater insulin resistance.

Instead of coffee, you’d be surprised how satisfying hot water with lemon is, or a hot cup of herbal tea, and they are actually beneficial for your body!

Cut back on your consumption of saturated fat. Found in both meat and dairy products, it has been shown to increase the risk of both diabetes and heart disease.

Avoid artificial sweeteners. Many artificial sweeteners have
been linked with an increased risk of multiple sclerosis, brain tumors and a plethora of other disorders. Instead use diabetic-safe and more healthful natural sweeteners such as stevia or agave nectar.

**Exercise**

Exercise is an extremely valuable tool for the prevention and treatment of disease—whatever the disease may be. However, exercise is particularly important in the diabetes treatment plan. Many benefits have been observed, including enhanced insulin sensitivity with a diminished need for insulin injections; improved glucose tolerance; increased numbers of insulin receptors; reduced bad cholesterol levels, increased good cholesterol levels; and improved weight loss in obese diabetics.

**Rest**

Everyone knows that a good night’s sleep gives the body time to rest, rejuvenate, and heal. A new study presented at the annual meeting of the American Diabetes Society suggests that healthy young people who regularly got less than 6.5 hours of sleep a night had greater insulin resistance than people who got 7.5 to 8.5 hours of rest. Insulin resistance is the condition that often leads to type 2 diabetes.

**Stress Management**

In people with diabetes, stress can alter blood glucose levels. It does this in two ways. First, people under stress may not take good care of themselves. They may eat worse or exercise less (or both). They may forget, or not have time, to check their glucose levels or plan good meals. Second, stress hormones may also alter blood glucose levels directly. In people with type 2 diabetes, mental stress often raises blood glucose levels. Physical stress such as illness or injury causes higher blood glucose levels in people with either type of diabetes. For some people with diabetes, controlling stress with relaxation therapy can help.
Detoxification

Diabetics are particularly vulnerable to toxins. Although fasting is generally not an option if you have diabetes, other therapies will help flush out toxic build-up and reduce your risk of developing diseases.

The skin is the largest organ of detoxification. Encourage it to expel toxins by giving yourself a dry brush with a towel or skin brush from head to toe every morning or night.

Drink a clean glass of water every 2 waking hours. This will do wonders to rid your body of toxins. In addition to improving the diet, reducing stress, getting proper rest, exercising more, and detoxifying, there are many herbal supplements that help improve functioning of the pancreas, balance blood sugar levels, and decrease the problems associated with diabetes. Here are some that I recommend:

**Diabetic Delight** – Helps to improve function of the pancreas, regulate blood sugar, and prevent complications of diabetes.

**Diabetes Support** – Helps balance blood sugar levels and improve functioning of the pancreas.

**Ener-G** – Enhances the release of insulin from the pancreas and increases the number of insulin receptors. It has a direct blood sugar lowering effect. In addition, it increases energy levels and improves circulation to the extremities (helping with diabetic neuropathy).

**E-Complex** – Vitamin E improves glucose regulation and prevents cholesterol oxidation.

**Living Green Energy** – Green foods are very detoxifying and can help prevent toxic buildup in the body that can lead to infection, especially with diabetes.

**Mega-Multi** – A very high quality multivitamin, Mega-Multi supplies nutrients involved with blood sugar
and metabolism. **Sunny Day** – As stress can contribute to the symptoms of diabetes, Sunny Day will help relieve this stress and anxiety, reducing the strain on the body. **C-Blast** – Vitamin C helps prevent the complications of diabetes as it helps fight and prevent infections. **Odorless Garlic** – Garlic is a very important herb for the diabetic. It stabilizes blood sugar and helps reduce your risk of heart disease and other circulatory disorders by improving blood flow, lowering elevated blood pressure, and reducing levels of “bad” cholesterol. **B-Complex** - B complex vitamins are involved in blood sugar metabolism and help treat diabetic symptoms such as neuropathy. **Ginkgo Biloba** – Stimulates blood flow to brain and extremities. Helps reduce and/or eliminate diabetic neuropathy. **Evening Primrose Oil** – Studies show it is very effective at reducing or eliminating diabetic neuropathy. **Clay and Swedish Bitters** – Both the clay and Swedish bitters are valuable detoxification tools for the diabetic.

**Other Recommendations**

**Quit smoking!** Don’t smoke or expose yourself to secondhand smoke. If you have insulin resistance, you are vulnerable to heart and kidney damage, both of which are linked to smoking. Smoking also impairs the already weak circulation. **Get a massage!** Diabetics and people with unhealthy blood-sugar levels often suffer from poor circulation. A massage is a relaxing way to improve blood flow. Regular massaging of the feet may be especially beneficial to help ward off foot ulcers. It also has a calming and soothing effect on the body and lowers stress levels. **Ask questions.** As always, if you have any questions about how you can naturally lower your blood sugar, decrease the bothersome and painful accompanying symptoms of diabetes or just improve your overall health, call us today. We offer free health support and have health counselors standing by to take your calls.

Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having always wanted to help people, especially in the area of health, she was a missionary to Belize and Korea. A national speaker, an RN for years, a certified herbologist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.
There’s a doggie heaven,  
I know there is  
Where little puppies go  
A place to bark and run about  
To frolic to and fro.

This world is cruel and vicious  
For some little puppy dogs  
And their Master up in heaven  
Knows their future monologues.

Sometimes He sees it best  
To take one puppy home  
Than leave him here to suffer long  
From Satan’s heart of stone.

The life up there is different  
As Sugarfoot will see  
So when our Master wants a pet  
You know who that will be.

The Lord will touch his crippled paw  
And stroke his silky ear  
Then toss a stick far out in space  
Call “Fetch it, bring it here.”

The pup will tear the stars apart  
To find the Master’s stick  
Shoot through the great Orion  
And give the moon a kick.

So don’t fret for little Sugarfoot  
He’s going to have a ball  
He won’t get kicked or knocked about  
Behind that golden wall.

But remember all the others  
The Lord has left for you  
He knows they’re your best comforts  
When you are sad and blue.

They’ll meet their little buddy  
Behind your house above  
In their little wooden doghouse  
Built by your unfailing love.

Submitted by Frank Walker
A Boy Sang To
His Little Sister

‘You are My Sunshine, My only Sunshine’

Like any good mother, when Karen found out that another baby was on the way, she did what she could to help her 3-year-old son, Michael, prepare for a new sibling.

They found out that the new baby was going be a girl, and day after day, night after night, Michael sang to his sister in mommy’s tummy.

He was building a bond of love with his little sister before he even met her. The pregnancy progressed normally for Karen, an active member of the Panther Creek United Methodist Church in Morristown, TN. In time, the labor pains came. Soon it was every five minutes, every three, every minute. But serious complications arose during delivery and Karen found herself in hours of labor. Would a C-section be required?

Finally, after a long struggle, Michael’s little sister was born.

But she was in very serious condition. With a siren howling in the night, the ambulance rushed the infant to the neonatal intensive care unit at St. Mary’s Hospital, Knoxville, TN. The days inched by. The little girl got worse. The pediatrician had to tell the parents...
there is very little hope. Be prepared for the worst.

Karen and her husband contacted a local cemetery about a burial plot. They had fixed up a special room in their house for their new baby but now they found themselves having to plan for a funeral. Michael, however, kept begging his parents to let him see his sister. “I want to sing to her,” he kept saying.

Week two in intensive care looked as if a funeral would come before the week was over. Michael kept nagging about singing to his sister, but kids are never allowed in Intensive Care. Karen decided to take Michael whether they liked it or not. If he didn’t see his sister right then, he may never see her alive.

She dressed him in an oversized scrub suit and marched him into ICU. He looked like a walking laundry basket. The head nurse recognized him as a child and bellowed, ‘Get that kid out of here now. No children are allowed.’ The mother rose up strong in Karen, and the usually mild-mannered lady glared steel-eyed right into the head nurse’s face, her lips a firm line. ‘He is not leaving until he sings to his sister’ she stated. Then Karen towed Michael to his sister’s bedside.

He gazed at the tiny infant losing the battle to live. After a moment, he began to sing. In the pure-hearted voice of a 3-year-old, Michael sang: ‘You are my sunshine, my only sunshine, you make me happy when skies are gray.’ Instantly the baby girl seemed to respond. The pulse rate began to calm down and become steady. ‘Keep on singing, Michael,’ encouraged Karen with tears in her eyes.

‘You never know, dear, how much I love you, please don’t take my sunshine away.’ As Michael sang to his sister, the baby’s ragged, strained breathing became as smooth as a kitten’s purr. ‘Keep on singing, sweetheart.’ ‘The other night, dear, as I lay sleeping, I dreamed I held you in my arms...’ Michael’s little sister began to relax as rest, healing rest, seemed to sweep over her. ‘Keep on singing, Michael.’ Tears had now conquered the face of the bossy head nurse. Karen glowed.

‘You are my sunshine, my only sunshine. Please don’t take my sunshine away.’ The next day... the very next day, the little girl was well enough to go home. Woman’s Day Magazine called it The Miracle of a Brother’s Song. The medical staff just called it a miracle. Karen called it a miracle of God’s love.

Submitted by William Janssen
Friends Are God’s Way of Taking Care of Us

This was written by a Metro Denver Hospice Physician:

I was driving home from a meeting this evening about 5, stuck in traffic on Colorado Blvd., and the car started to choke and splutter and die - I barely managed to coast into a gas station, glad only that I would not be blocking traffic and would have a somewhat warm spot to wait for the tow truck. It wouldn’t even turn over. Before I could make the call, I saw a woman walking out of the quickie mart building, and it looked like she slipped on some ice and fell into a gas pump, so I got out to see if she was okay.

When I got there, it looked more like she had been overcome by sobs than that she had fallen; she was a young woman who looked really haggard with dark circles under her eyes. She dropped something as I helped her up, and I picked it up to give it to her. It was a nickel. At that moment, everything came into focus for me: the crying woman, the ancient Suburban crammed full of stuff with 3 kids in the back (1 in a car seat), and the gas pump reading $4.95.

I asked her if she was okay and if she needed help, and she just kept saying ‘I don’t want my kids to see me crying! So we stood on the other side of the pump from her car. She said she was driving to California and that things were very hard for her right now. So I
asked, ‘And you were praying?’ That made her back away from me a little, but I assured her I was not a crazy person and said, ‘He heard you, and He sent me.’

I took out my card and swiped it through the card reader on the pump so she could fill up her car completely, and while it was fueling, walked to the next door McDonald’s and bought 2 big bags of food, some gift certificates for more, and a big cup of warm hot chocolate. She gave the food to the kids in the car, who attacked it like wolves, and we stood by the pump eating fries and talking a little.

She told me her name, and that she lived in Kansas City. Her boyfriend left two months ago and she had not been able to make ends meet. She knew she wouldn’t have money to pay rent Jan. 1, and finally, in desperation, had called her parents, with whom she had not spoken in about 5 years. They lived in California and said she could come live with them and try to get on her feet there.

So she packed up everything she owned in the car. She told the kids they were going to California for Christmas, but not that they were going to live there. I gave her my gloves, a little hug and said a quick prayer with her for safety on the road. As I was walking over to my car, she said, ‘So, are you like an angel or something?’ This definitely made me cry. I said, ‘Sweetie, at this time of year angels are really busy, so sometimes God uses regular people.’

It was so incredible to be a part of someone else’s miracle. And of course, you guessed it, when I got in my car it started right away and got me home with no problem. I’ll put it in the shop tomorrow to check, but I suspect the mechanic won’t find anything wrong.

Sometimes the angels fly close enough to you that you can hear the flutter of their wings...

Psalms 55:22 ‘Cast thy burden upon the Lord, and He shall sustain thee. He shall never suffer the righteous to be moved.’

Submitted by Dixe DeMaio
Do you or someone you love suffer with diabetes? With the numbers constantly on the rise, chances are, the answer is yes. Unfortunately, most people suffer the normal course of the disease, taking drugs or increasing doses of insulin until it finally takes its natural course. Thankfully, we can help. Instead of maintaining and controlling the problem, why not try improving it? Our Diabetic Delight actually helps improve the function of the pancreas to help reduce or eliminate symptoms of diabetes.

**FACTS:**
- Diabetes was the sixth leading cause of death listed on U.S. death certificates in 2003. According to death certificate reports, diabetes contributed to a total of 224,092 deaths. Since then, these numbers have only continued to rise.
- Diabetes is the leading cause of adult blindness in the United States and the single leading cause of kidney failure and non-traumatic amputation.

**Hope for Health’s Diabetic Delight Can Help:**
- Lower blood sugar.
- Support healthy pancreatic function.
- Rejuvenate the digestive system.
- Improve circulation to hands and feet.
- Aid in treatment of all disorders of the pancreas, including pancreatic cancer.
- Promote detoxification of body from harmful pollutants.
- Provide naturally-occurring vitamins, minerals, and nutrients.
- Aid in weight loss.

Discover some of the benefits of the 16 extraordinary ingredients in Diabetic Delight:
- Bitter Melon
- Nopal Cactus Leaves
- Huckleberry Fruit
- Glucosol
- Lipase
- Protease
- Spirulina
- Bromelain
- Papain
- Vanadyl Sulfate
- Biotin
- Chromium Picolinate
- GTF Chromium
- Amylase
- Zinc Gluconate
- Blueberry Fruit

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to prevent, diagnose, treat, or cure any disease.

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90 Caplets ..... $15.99 HXHH-DDEL

Suggested Adult Dosage:
- 2-3 caplets daily.
THE VALUE OF TIME

To realize
The value of a sister/brother:
Ask someone
Who doesn’t have one.

To realize
The value of ten years:
Ask a newly
Divorced couple.

To realize
The value of four years:
Ask a graduate.

To realize
The value of one year:
Ask a student who
Has failed a final exam.

To realize
The value of nine months:
Ask a mother who
Gave birth to a stillborn.

To realize
The value of one month:
Ask a mother who
Has given birth to a premature
baby.

To realize
The value of one week:
Ask an editor
Of a weekly newspaper.

To realize
The value of one minute:
Ask a person who
Has missed the train, bus or plane.

To realize
The value of one second:
Ask a person who
Has survived an accident.

Time waits for no one.

Treasure every moment you have.

To realize the value of a friend or
family member:
LOSE ONE.

Submitted by Diana Olson
INTERESTING INFORMATION

In George Washington’s days, there were no cameras. One’s image was either sculpted or painted. Some paintings of George Washington showed him standing behind a desk with one arm behind his back while others showed both legs and both arms. Prices charged by painters were not based on how many people were to be painted, but by how many limbs were to be painted. Arms and legs are ‘limbs,’ therefore painting them would cost the buyer more... hence the expression, ‘Okay, but it’ll cost you an arm and a leg.’ (Artists know hands and arms are more difficult to paint.)

As incredible as it sounds, men and women took baths only twice a year (May and October) Women kept their hair covered, while men shaved their heads (because of lice and bugs) and wore wigs. Wealthy men could afford good wigs made from wool. They couldn’t wash the wigs, so to clean them they would carve out a loaf of bread, put the wig in the shell, and bake it for 30 minutes. The heat would make the wig big and fluffy, hence the term ‘big wig.’ Today we often use the term ‘here comes the Big Wig’ because someone appears to be or is powerful and wealthy.

In the late 1700’s, many houses consisted of a large room with only one chair. Commonly, a long wide board folded down from the wall, and was used for dining. The ‘head of the household’ always sat in the chair while everyone else ate sitting on the floor. Occasionally a guest, who was usually a man, would be invited to sit in this chair during a meal. To sit in the chair meant you were important and in charge. They called the one sitting in the chair the ‘chair man.’ Today in business, we use the expression or title ‘Chairman’ or ‘Chairman of the Board.’

Personal hygiene left much room for improvement. As a result, many
Women and men had developed acne scars by adulthood. The women would spread bee’s wax over their facial skin to smooth out their complexions. When they were speaking to each other, if a woman began to stare at another woman’s face she was told, ‘mind your own bee’s wax.’ Should the woman smile, the wax would crack, hence the term ‘crack a smile.’ In addition, when they sat too close to the fire, the wax would melt . . . Therefore, the expression ‘losing face.’

Ladies wore corsets, which would lace up in the front. A proper and dignified woman, as in ‘straight laced’... Wore a tightly tied lace.

Common entertainment included playing cards. However, there was a tax levied when purchasing playing cards but only applicable to the ‘Ace of Spades.’ To avoid paying the tax, people would purchase 51 cards instead. Yet, since most games require 52 cards, these people were thought to be stupid or dumb because they weren’t ‘playing with a full deck.’

Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TV’s or radios, the politicians sent their assistants to local taverns, pubs, and bars. They were told to ‘go sip some ale’ and listen to people’s conversations and political concerns. Many assistants were dispatched at different times. ‘You go sip here’ and ‘You go sip there.’ The two words ‘go sip’ were eventually combined when referring to the local opinion and, thus we have the term ‘gossip.’

At local taverns, pubs, and bars, people drank from pint and quart-sized containers. A bar maid’s job was to keep an eye on the customers and keep the drinks coming. She had to pay close attention and remember who was drinking in ‘pints’ and who was drinking in ‘quarts’, hence the term ‘minding your “P’s and Q’s.”

Submitted by Ron & Julia Hornback
Imagine that you had won the following prize in a contest: Each morning your bank would deposit $86,400.00 in your private account for your use.

However, this prize has rules, just as any game has certain rules. The first set of rules would be:

1. Everything that you didn’t spend during each day would be taken away from you.
2. You may not simply transfer money into some other account.
3. You may only spend it.

Each morning upon awakening, the bank opens your account with another $86,400.00 for that day. The second set of rules:

1. The bank can end the game without warning; at any time it can say, “It’s over,” the game is over!
2. It can close the account and you will not receive a new one.

What would you personally do? You would buy anything and everything you wanted right? Not only for yourself, but for all people you love, right?

Even for people you don’t know, because you couldn’t possibly spend it all on yourself, right? You would try to spend every cent, and use it all, right?

**ACTUALLY This GAME is REALITY!**

Each of us is in possession of such a magical bank. We just can’t seem to see it. The MAGICAL BANK is TIME! Each morning we awaken to receive 86,400 seconds as a gift of life, and when we go to sleep at night, any remaining time is NOT credited to us.

What we haven’t lived up that day is forever lost. Yesterday is forever gone. Each morning the account is refilled, but the bank can dissolve your account at any time... WITHOUT WARNING.

SO, what will YOU do with your 86,400 seconds? Those seconds are worth so much more than the same amount in dollars. Think about that, and always think of this:

Enjoy every second of your life, because time races by so much quicker than you think.

Submitted by Bill Janssen
Are you constantly dragging? Do you feel like you just don’t have the energy you used to? Are you having a hard time remembering even the simplest things? If so, then give Ener-G a try! It boosts energy levels, improves memory and cognitive function, and fights stress!

WHAT DOES ENER-G DO?

- Improves heart health and circulation.
- Normalizes blood pressure and reduces cholesterol.
- Energizes the body both physically and mentally.
- Increases ability to deal with stress, anxiety, & depression.
- Enhances sexual desire and fights impotence.
- Boosts sex drive; increases semen output and fertility.
- Improves athletic performance; increases endurance/stamina.

Do you have poor circulation?
Some of the common symptoms of poor blood circulation may include; tingling sensation or numbness of either the hands or feet (otherwise known as neuropathy); shortness of breath; lack of energy; irregular heartbeat; poor memory; and a lack of stamina. If so, give Ener-G a try today!

Are you tired/fatigued?
Around 20% of Americans claim to have fatigue intense enough to interfere with normal activities. Physical causes are estimated at 20-60%, and emotional causes are the other 40-80%. Ener-G helps to improve symptoms of fatigue, regardless of the cause.

Are you stressed, anxious, or depressed?
The main ingredient in Ener-G, Panax Ginseng, gives an overall relaxing feeling as it reduces stress & anxiety. Ginseng works in a multi-purpose fashion. It helps regulate hormonal functioning (which reduces fatigue and depression), and at the same time, it helps create endorphins, making you happier!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to prevent, diagnose, treat, or cure any disease.
The Lord found this lovely spot in Illinois for our base of operation eight years ago. Many blessings and miracles accompanied the establishment of Hope at this location, and have continued daily.

One of our greatest blessings is the faithful support and encouragement we receive from our family of believers around the globe who send in their tithes and offerings to support the work at Hope. What you may not realize is that we also receive support from many friends we have made outside of the Adventist community. In Ministry of Healing Chapter 20, Sister White writes that throughout history God has moved “upon hearts of kings and rulers in behalf of His people.” It has been our privilege to benefit from God moving the hearts of many business people in our area.
For many years we have received upwards to $100,000.00 from the printers who produce this publication and Our Firm Foundation magazine. We have received discounted prices from other local printers for smaller printing jobs. These businesses receive a tax letter for their gifting, but they do it because of their interest in the work we are doing and not for the tax advantage. That is just an extra plus!

Most recently a local entrepreneur (Pete) who tends to our heating/air needs gave us a 25% discount to add much needed insulation to all our buildings. As a result of the new insulation we will be saving money on the heat and air conditioning bills, which means more money will go directly towards preparing souls for Christ’s return! Pete also has an appliance warehouse. Dr. Olson was recently buying a washer and dryer, and was looking at stoves, as her stove has been unusable for quite some time. When Pete realized that Dr. Olson did not have a proper stove, he threw in a $3000.00 gourmet cook stove for FREE! This was of course an extraordinary savings, but also a wonderful opportunity for Dr. Olson to utilize this new stove to research vegan recipes.

The money Hope International saves from the generosity of friends like Pete is of course beneficial, but the benefit of establishing relationships with these local business people has eternal consequences that are priceless! We are able to speak of our faith, bring the health message to many as they see our health products, and as they come in contact with Dr. Olson and Barbara Holdeman.

Here we have noted just a couple of instances, but pages and pages could be filled with similar testimonies. Please praise the Lord on behalf of the blessings He pours out on this work He has placed before us, and you, our dearest friends!

In Memoriam

$354.00 – In memory of George E. Reimann

$700.00 – In memory and honor of Pearl Harbor and those who died and fought
Do you suffer from an uncomfortable or embarrassing skin condition? If so, Evening Primrose Oil may be the relief you’ve been looking for! One of the most popular, proven benefits of Evening Primrose Oil appears to be its ability to treat dry, scaly, or itchy skin conditions, such as rosacea, acne, and atopic dermatitis. It may even reduce reliance on corticosteroids by patients with certain skin conditions.

**FEATURE PRODUCT**

**EVENING PRIMROSE OIL**

**How Can Evening Primrose Oil (EPO) Help?**

- **PMS** - EPO can help with symptoms of PMS, including mood swings, bloating, cramping, and breast tenderness. A study at St. Thomas Hospital in London found that when PMS suffers were given Evening Primrose Oil three times daily, 67% of the participants were symptom-free and 22% achieved partial relief. (In all total, 89% had positive results with the EPO.)

- **Breast Pain** - EPO is officially licensed for the treatment of breast pain (mastalgia) in the United Kingdom and is considered the first-line of therapy in several European countries. In addition, EPO has been found effective at decreasing breast pain in many clinical studies.

- **Diabetic Neuropathy** - The GLA in EPO may help to prevent and even repair nerve damage caused by diabetes. Studies have shown that symptoms such as: tingling, numbness, pain, burning, and loss of sensation associated with diabetic neuropathy improved when patients took EPO.

- **Rheumatoid Arthritis** - Studies show that the anti-inflammatory properties of EPO may provide relief for those suffering from rheumatoid arthritis.

- **Multiple Sclerosis** - Damage caused by inflammation in people multiple sclerosis, as well as other inflammatory processes, may be reduced or prevented with EPO supplements.

- **Alzheimer’s Disease** - EPO is also thought to be capable of encouraging transmission of nerve impulses, making it of possible use in treating memory problems associated with Alzheimer’s disease.

- **Irritable Bowel Syndrome** - As an anti-inflammatory agent, EPO has shown to be very effective in treating flare-ups of IBS.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to prevent, diagnose, treat, or cure any disease.*
The Book of Philemon

Across
4. Paul wanted Philemon and Onesimus to be _____ [BROTHERS]
6. Paul said that if Onesimus had wronged him, (Philemon) to put it on his _____ [ACCOUNT]
7. What of the saints were refreshed by Philemon? [BOWELS]
8. How long did Paul wish for Philemon to accept Onesimus back? [FOREVER]
9. Paul's hope was the communication of Philemon's _____ would become effectual [FAITH]
14. Paul considered Onesimus his _____ [SON]
15. Paul wanted Philemon to count him (Paul) as a _____ [PARTNER]
16. Paul had heard about Philemon's love to all of the _____ [SAINTS]
17. Onesimus ran away from Philemon _____ [TWICE]
20. Slave of Philemon's [ONESIMUS]
22. Who was another of Paul's fellow laborers? [LUCAS]
23. If Onesimus owed Philemon anything, Paul said he would _____ [REPAY]
27. Fellow laborer of Paul's [PHILEMON]
28. Paul was hoping to _____ with Philemon [LODGE]
29. Paul wanted Onesimus to _____ [STAY]

Down
1. Paul had confidence in Philemon's _____ [OBEEDIENCE]
2. What was unusual about this letter from Paul? [HANDWRITTEN]
3. How long was Onesimus gone for? [SEASON]
5. What did Paul want Philemon to do to Paul's fellow laborers? [SALUTE]
10. In Paul's prayers to God for Philemon, how often does he make mention of him? [ALWAYS]
11. Paul beseeched Philemon for _____ sake [LOVES]
12. Who was Paul's fellow prisoner? [EPAPHRAS]
13. How did Paul want Philemon to accept Onesimus? [WILLINGLY]
18. Paul had great _____ in Philemon's love [JOY]
19. What did Paul ask Philemon to do to Onesimus? [RECEIVE]
21. Paul knew Philemon would do _____ [MORE]
24. What was Paul "in" when he found Onesimus? [BONDS]
25. Paul said concerning Onesimus, "But without thy _____, I would do nothing..." [MIND]
26. Paul told Philemon that he was "Paul the _____" [AGED]
27. Prisoner of Jesus Christ [PAUL]
Across
1. We are to be careful to ____ good works
2. Elders should have ____ children
3. What was Zenas' occupation?
4. We should avoid ____ questions, genealogies and contentions
5. With sound doctrine, we are to exhort and convince ____
6. A bishop should not be given to filthy ____
7. Jesus gave Himself for us that He might ____ us
8. "Unto the pure, all things are ____." 
9. What kind of speech cannot be condemned?
10. Paul told Titus that a bishop must be ____
11. Where did Paul leave Titus?
12. Aged women were not to become false ____
13. Young men likewise were to be sober ____
14. Titus was to rebuke with all ____
15. Jesus saves us by the washing of ____
16. The people were told to obey ____
17. "The Cretians are always liars, evil beasts, slow ____." 
18. "Speak thou the things which become ____ doctrine."
19. The grace of God bringeth ____
20. Titus comes after what book in the Bible?
21. Who wrote Titus?

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**Hope International Online:** www.hopeint.org

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Please make checks payable to Hope International

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Tithe
Hope International does not solicit tithes; however we are a tithe-worthy organization and accept tithes. We use the tithe only for the gospel ministry. Donations designated “Gospel Ministry” will be considered tithe.