“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
This was the title of the article in the October 4, 2010 issue of Newsweek magazine. The next line from the title of the article was this: “Medical errors kill some 100,000 Americans every year.”

The article was about trying to change this abominable figure in American medicine. The Institute of Medicine’s report, “To Err Is Human” stated that as many as 98,000 Americans die every year from preventable medical errors. This report was written 12 YEARS ago! The report went on to say that the number “many experts now believe is conservative.”

Dr. Lucian Leape, of the Lucian Leape Institute in Boston said health care remains, “fundamentally unsafe.” Many in the medical establishment feel the need to improve patient care and health practices. But they run into problems that many of us had felt, but few ever heard admitted to. Newsweek writer, Claudia Kalb writes, “Undoing a culture is hard, especially one steeped in hierarchy and intimidation, where doctors tend to reign supreme and nurses, pharmacists, and technicians fall into the ranks below.” Here is a direct quote from a Dr. Pronovost, an anesthesiologist and director of Hopkins Quality and Safety Research Group, who addressed this issue: “What underlies it (this medical culture of hierarchy) is arrogance.” He went on to explain that he had a run-in with a surgeon who refused to change his latex gloves to another type of glove because of patient allergies and
that the doctor did not relent until a call was made to the hospital president.

Pronovost exclaimed, “This patient could have died from ignorance and arrogance – a lethal combination.” Newsweek went on to say that, “This is not a rare event.” Every year over 80,000 patients develop “central-line infections” from the catheters that deliver medications. Of those 80,000 patients per year, about 30,000 of them die! The Newsweek article says, “A major reason: fatalism.” WHAT? Fatalism?! What does that mean? Dr. Pronovost continues: “For decades, harm has been viewed as inevitable rather than preventable. We’ve learned to tolerate it.”

Dear reader... is that tolerable to you? To your spouse? To your loved one? Earlier in 2010, Dr. Leape published a report calling on schools to teach patient safety as a basic science. (You mean that isn’t a basic science?) His report also asked for schools to train students to work in teams with nurses and pharmacists, and to have “zero tolerance” for disrespectful or abusive behavior, which can lead to mistakes. (Well, I would hope so.) The statement that just blew me away was the sentence after what we just read. Leape says, “On the surface, this seems pretty obvious, and yet this is a radical idea, it’s a big cultural change.” I can tell you that it is no “cultural change” for me to expect “zero tolerance” in medical errors and to expect absolutely no, “disrespectful or abusive behavior” from the doctors and medical staff. I am appalled at the idea of simply expecting so many people to die from medical procedures. However, thank God we can do something about a lot of this ourselves. “God has caused to grow out of the ground herbs for the use of man and if we understand the nature of these roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today.” PH144

“There are simple herbs and roots that every family may use for themselves, and need not call in a physician any sooner than they would call a lawyer.” PH144

After reading the article in the Newsweek magazine, I now understand why Sister White wrote what she did. ☺
Directions to my Father’s House

Make a right onto Believeth Blvd. Keep straight and go through the Green Light, which is Jesus Christ. There, you must turn onto the Bridge of Faith, which is over Troubled Water.

Now when you get off the bridge, make a Right turn and Keep Straight. You are on the King’s Highway - Heaven Bound. Keep going for three miles: One for the Father, One for the Son, and One for the Holy Spirit.

Then take the Grace Blvd. exit. From there, make a Right turn on Gospel Lane. Keep Straight and then make another Right on Prayer Road. As you go on your way, Yield Not to the traffic on Temptation Ave. Also, avoid SIN STREET because it is a DEAD END. Pass up Envy Drive and Hate Avenue. Also pass Hypocrisy Street, Gossiping Lane, and Backbiting Blvd.

However, you will have to go down Long-suffering Lane, Persecution Blvd. and Trials and Tribulation Ave. But that’s all right, because VICTORY Street is straight ahead! AMEN!

Submitted by Irene Judd

FLU: BEWARE OF TOXIC GROUND

Since flu viruses mutate, the government has made it clear: They highly recommend we take vaccinations every year.
If you inject some little germs your system will fight back,
And build the antibodies that your body now may lack.

I got my vaccination for the bird flu like they said,
My vaccination for the swine flu too, or else I might be dead.
My vaccinations for the A flu, B flu, C flu, three,
My vaccinations for the yearly threats I’m told that they see.

I took my State-blessed germs in duty’s 50 years of shots,
I don’t know if they helped too much, but they really cost me lots.
And worse those vaccinations, it may sadly soon be found,
Do nothing more than put on your tomb: “Beware of toxic ground.”

Submitted by Dr. Olson
I grew up with practical parents. A mother, God love her, who washed aluminum foil after she cooked in it, then reused it. She was the original recycle queen, before they had a name for it... A father who was happier getting old shoes fixed than buying new ones.

Their marriage was good, their dreams focused. Their best friends lived barely a wave away... I can see them now, dad in trousers, tee shirt and a hat and Mom in a housedress, lawn mower in one hand, and dishtowel in the other. It was the time for fixing things. A curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress. Things we keep.

It was a way of life, and sometimes it made me crazy. All that re-fixing, eating, renewing. I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant you knew there’d always be more. But then my mother died, and on that clear summer’s night, in the warmth of the hospital room, I was struck with the pain of learning that sometimes there isn’t any more.

Sometimes, what we care about most gets all used up and goes away... never to return... so... while we have it... it’s best we love it... and care for it... and fix it when it’s broken... and heal it when it’s sick.

This is true for marriage... and old cars... and children with bad report cards... and dogs with bad hips.... and aging parents... and grandparents. We keep them because they are worth it, because we are worth it.

Some things we keep. Like a best friend that moved away or a classmate we grew up with. There are just some things that make life important, like people we know who are special... and so, we keep them.

Be Careful!!

Your thoughts become your words
Your words become your actions
Your actions become your habits
Your habits become your character
Your character becomes your destiny.

AUTHOR UNKNOWN

Submitted by Peter Laurin
Your days of “coping” with joint and muscle pain are over. You can now experience total relief and finally enjoy doing everyday things! You will no longer have to fear the crippling pain from doing chores around the house or the stiffness and soreness after playing with your grandchildren or taking a walk with a loved one.

**ARTHRI-GONE**

Discover the benefits of just a few of the extraordinary ingredients in Arthri-Gone:

- Devil’s Claw - Helps in alleviating arthritis symptoms, particularly for reducing pain and inflammation.
- Alfalfa Leaves - Helps relieve fluid retention, swelling, & arthritis.
- Yucca - Reduces inflammation and joint pain associated with osteoporosis and rheumatoid arthritis.
- White Willow Bark - Renowned for anti-inflammatory and pain-reducing abilities, especially for arthritis.
- Cat’s Claw - Powerful anti-inflammatory that helps reduce pain.
- MSM - Reduces or eliminates pain from chronic arthritis.
- Horsetail - Helps to reduce inflammation and combat joint pain, arthritis, gout, muscle cramps, spasms, and rheumatism.
- Boron - Helps the body to conserve magnesium and calcium. Helps prevent bone demineralization and arthritis, and also maintaining healthy bones and cartilage.
- Quercitin - Inhibits the type of inflammation that can occur in the joints of those with arthritis
- Vitamin A - Crucial to the formation of collagen and connective tissues, which improves symptoms of arthritis.
- Niacin - Improves joint mobility and muscle strength. Also decreases muscle and joint fatigue. and many many more. . .

**FACTS:**

Arthritis limits everyday activities such as walking, dressing, and bathing for more than 7 million Americans.

An estimated 46 million adults in the United States alone reported being told by a doctor that they have some form of arthritis.

Arthritis affects people in all age groups including nearly 300,000 children.

Arthritis is second only to heart disease as cause of work disability.

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The word “arthritis” literally means joint inflammation, and its major symptom is joint pain. According to the Arthritis Foundation, arthritis affects some 70 million Americans (one out of every three people), and is the reason behind 39 million doctor visits and over a half million hospitalizations. As you can see, this is a hugely widespread disease.

What is a joint?
Before you can understand what’s wrong with your joints, you need to understand what a joint is and how it works. Any place in the body where two bones meet is called a joint. Sometimes those bones actually fuse together. For instance, your skull is an example of an area with fused bones.

In the joints where the bones don’t actually touch, this is where you can develop arthritis. In these joints, a small amount of space exists between the two bone ends. The space between the ends of the bones keeps them from grinding against each other and wearing each other down.

For extra protection, the bone ends are capped with a slick, tough, rubbery material that is eight times more slippery than ice, and a better shock absorber than the tires and springs on your car – cartilage! Extremely unique and tough, not a single man-made substance is more resilient, a better shock absorber, or lower in friction than cartilage. It is made up of 65 percent to 85 percent water, which helps keep the joint well lubricated and slippery for ease of movement. Unlike other connective tissues, cartilage does not contain blood vessels. The cells that make up cartilage are fed by diffusion, helped by the pumping action generated by compression or flexion. Thus, compared to other connective tissues, cartilage grows and repairs more slowly.
Around the joint is a special lining called the synovial membrane or synovium, which makes a slick, slippery liquid called the synovial fluid. This liquid fills that little space between the bone ends. Together, all these parts make up the joint.

**How does a joint work?**

Let’s think about the knee joint. When you’re walking, your knees take turns moving. Say you put your weight on your left leg. The bone ends are pressing toward each other with a great deal of pressure. This pushes synovial fluid out of the cartilage into the synovial space (think pressing down on a porous sponge – the water is pressed out). Then, shift your weight from your left leg back to your right. Now the pressure on your left knee is released. The cartilage in your left knee then “drinks” the synovial fluid back in, just like a sponge would. When you take another step and transfer the weight back onto your left leg, much of the fluid squeezes back out of the cartilage. This squeezing of joint fluid into and out of the cartilage helps it respond to the off-and-on pressure of walking without shattering under the strain.

Can you imagine the results if we didn’t have this watery cushion within our joints? With the rough, porous surfaces of the bone ends pitted against each other, bones would grind each other down in no time. Especially when you consider the amount of strain our joints put up with. For instance, did you know that when you run, the pressure on your knees can increase to ten times that of your body weight? That means an average 150 pound person can have up to 1500 pounds of pressure on their knees! That’s a lot of weight!

So when everything within the joint is working properly, you should be pain free with no problems with mobility or range of motion. However, when it’s not working properly, you begin to experience stiffness, pain, inflammation, swelling, or irritation. This is usually diagnosed as arthritis.

**Two common arthritic conditions**

Although more than two hundred diseases are classified under the name “arthritis,” most arthritic conditions fall into one of two categories: osteoarthritis and rheumatoid arthritis. These are the diseases I will be dealing with in this article.
Osteoarthritis is by far the more common, afflicting 40 million Americans including 80 percent of people over fifty. With this type of arthritis, the cartilage breaks down, exposing bone ends and allowing them to rub together. The result can be pain, stiffness, loss of movement, and sometimes swelling. Osteoarthritis is most often found in the weight-bearing joints, such as the hips, knees, ankles, and spine, but it can also affect the fingers.

Although injury or the normal wear and tear of life often bring on cartilage damage, it can be made much worse by food allergies, poor diet, heavy metal toxicity, and mineral deposits in the joints. For some people, the effects of mental and emotional stress aggravate arthritis pain. Changes in the weather—usually, rain and falling barometric pressure—often cause arthritis flare-ups.

Rheumatoid arthritis (RA) is quite another story. Most experts believe it is caused by an inappropriate immune reaction, in which white blood cells attack the cartilage in the joints. It can even go on to destroy the bones themselves and even the muscles and the skin. It is often exceedingly painful and can cripple its sufferers. The malfunction of the immune system with RA is likely caused by a combination of factors. Food allergies, bacterial or viral infections, stress, excess acid in the body, genes, and the presence of certain antibodies in the blood may all play a role.

While osteoarthritis affects men and women equally, RA appears three times more frequently in women. It affects only 2 to 3 percent of the population and can occur at any age, even in childhood. The course of the disease is difficult to predict. It may disappear a few months after its appearance, or it may grow progressively worse.

Even though the course of disease is different, many of the complementary therapies used for osteoarthritis are also effective in reducing the pain and slowing the spread of rheumatoid arthritis. Underlying factors for both of these conditions may include poor digestive function, hormone imbalance, nutritional deficiencies, food allergies, and lifestyle factors.

Symptoms of Osteoarthritis
Symptoms usually come on gradually, progressing as follows:
1. Morning stiffness in the joints.
2. Painful or swollen joints.
3. Restricted range of motion.
And finally it can lead to deformity of joints in some cases.

Symptoms of Rheumatoid Arthritis
- Inflammation, pain, tenderness, and discoloration in the joints, usually the shoulders, the elbows, the wrists, the fingers, the ankles, or the toes.
- Morning stiffness
- Lumps under the skin at the site of damaged joints
- Deformity of joints in long-term cases
- Fatigue, weight loss, weakness, and occasionally fever.
- Chronic infections

Root Causes of Osteoarthritis
- Fractures or other injuries, even those that occurred early in life
- Food allergies
- A diet high in fats, animal products, and other foods that promote an internal acidic environment
- Excess of body fat, which places extra stress on joints
- Emotional stress
- Hormone imbalance
- Biomechanical imbalance (e.g., poor posture and abnormal foot arch)

Root Causes of Rheumatoid Arthritis
There is no one specific cause for RA. However, as mentioned before, food allergies, poor diet, heavy metal toxicity, stress, and mineral deposits in the joints seem to have an effect on RA.

Diet
An effective diet will go a long way toward controlling arthritis for many people.

Recommended Foods
1. Flaxseeds or flaxseed oil - Flaxseeds are high in essential fatty acids and have natural anti-inflammatory properties.
2. Fiber-rich foods - Eat lots of fiber in the form of raw vegetables and whole grains. It will help sweep away mineral and acid build-up and keep your digestive system free of harmful bacteria. Cruciferous vegetables such as broccoli and cauliflower also have natural anti-inflammatory properties.
3. Sulfur-rich foods - Foods high in sulfur will actually help repair damaged cartilage and bone. Try eating some asparagus, cabbage, garlic, or onion every day.
4. Pineapple, whether whole or juiced (and even canned), has an enzyme called bromelain, which has been shown to reduce inflammation.

5. **Pure Water** - For someone suffering from arthritis, one of the **most important** things you can do is **drink more water**. Since the arthritis pain and stiffness is a direct result of joints not being cushioned well enough, water can give relief by helping to lubricate and provide padding for these areas. Remember, cartilage is 65 percent to 85 percent water. If there is not enough water, the joints can’t glide freely as they should. So, an increased water intake can keep the water supply in the joints at a healthy level, helping to reduce pain and inflammation. Also, water helps to flush out uric acid and other toxins. Chronic pain is often an indicator of chronic dehydration. Water will help give the joints the nourishment and lubrica-tion they need for easy and pain-free movement. Try to drink at least half of your body weight in ounces each day.

**Food to Avoid**

Too much acid in the body causes inflammation, which leads to pain. Avoid acid promoting foods such as: red meat, eggs, saturated fats, oils, fried foods, sugar, dairy products, refined carbohydrates, foods high in gluten (such as breads, pasta, and pastries), alcohol, and caffeine. Although this list seems very long, arthritis sufferers who eliminate these foods often experience great (and sometimes total) relief.

**Detoxification**

A vegetable juice or water fast can help to reduce joint pain. Lemon and grapefruit juices are especially helpful. Green drinks are also excellent for detoxification.

**Stress Reduction**

Many doctors and other experts have noted that emotional stress seems to appear frequently in arthritis sufferers. In addition, arthritis itself can cause great tension, both muscular and emotional, and even depression. If you suffer from anxiety, depression, or feel stressed out, try an herbal formula like our Sunny Day to help you calm down and feel at ease. Take some time out of the day to meditate, pray, relax, and unwind.
Weight loss
Try to achieve and maintain normal body weight. Having excess body weight places an added strain on the weight-bearing joints. For some individuals, symptoms disappear completely after weight loss. The arthritis diet mentioned above, along with a moderate exercise program will help promote weight loss.

Exercise
Arthritis sufferers often cut back on activity, but studies show that moderate exercise actually reduces pain and swelling. Countless studies have shown that exercise can help lubricate and nourish the joints by forcing joint fluid into and out of the cartilage. Under exercised joints don’t get much of this in-and-out action, so cartilage can thin out and become dry. Staying in one place too long can also cause the ligaments to tighten, causing more pain.

While you must avoid joint pounding workouts like jogging or tennis, low- or no-impact exercises like swimming, aqua-aerobics, cycling, and brisk walking are excellent choices. Regular exercise can help with flexibility, strength, and can help with weight loss, reducing the amount of pressure on the joints. If you can, exercising outdoors in the fresh air and sunshine has additional health benefits. Particularly, the fact that sunlight precipitates vitamin D. Vitamin D aids the absorption of calcium, and regulates how much of the mineral we need, which helps strengthen bones and joints.

Rest
During deep sleep, the production of growth hormone is at its peak. Growth hormone speeds the absorption of nutrients and amino acids into your cells and aids the healing of tissues throughout your body. Much of the body’s healing occurs during the nighttime hours. It is very important that you get plenty of rest at night (especially between 8pm-midnight). Make sure and do not rest TOO much. A major mistake with most arthritis sufferers is getting too much rest. Staying in one position for too long can cause more joint stiffness and pain (which is why you usually experience more pain/stiffness first thing in the morning upon arising).

Other Therapies
HYDROTHERAPY
Soak in a hot bath with mineral salts or clay for at least twenty minutes. The warm water will help to relax tense muscles and
can help relieve stress. You’ll also eliminate toxins through sweat, and the salts or clay will help replenish the body’s mineral stores.

**MASSAGE**
A light drainage massage of the areas surrounding an arthritic joint will reduce the build-up of lymphatic fluid. Stress and tension can trigger painful episodes, especially for sufferers of RA. Regular massage will relax the body and the mind. It will also loosen muscles that have tightened in reaction to pain.

**CLAY THERAPY**
A poultice of green clay (with or without Swedish bitters mixed in) can be applied to swollen sore areas for relief of pain and for increased healing time. Many people especially find relief when applying to knees, hips, hands, and wrists. Can be applied to any area, with special caution used when applying it to the spinal area.

**What about Conventional medications?**
There are five main classes of conventional arthritis medications, with 2 being the most prescribed:

1. **Nonsteroidal anti-inflammatory drugs (NSAIDs):** NSAIDs help relieve pain and reduce inflammation by interfering with an enzyme called COX (cycloxygenase). Aspirin, Ibuprofen, Anaprox, Feldene, Tolectin are examples of some, however they also come with a long list of serious side effects. Not to mention that they can cause an inability to form healthy cartilage – which is particularly bad for arthritis suffers.

2. **Corticosteroids:** These are man-made versions of naturally occurring hormones in the body that help quell inflammation. Although they’re a powerful anti-inflammatory, they can also have powerful side effects, including elevated blood pressure, stomach ulcers, thinning of the bones and skin, and increased risk of infection.

I have found that many patients have been able to use diet, exercise, stress relief, and the other therapies listed above, along with a few natural herbal supplements to drastically reduce arthritis pain and inflammation. Listed below are some of the products that
have proved successful for arthritis sufferers.

**Supplements**

**MSM** – MSM has natural anti-inflammatory benefits and contains the mineral sulfur, an integral component of cartilage.

**Mega Multi** – Our multivitamin formula is rich in a blend of antioxidants and nutrients, which will help prevent joint tissue destruction.

**Arthrigone** – Our powerful arthritis formula is rich in vitamins, nutrients, and herbs that help to reduce pain, improve range of motion, while lubricating and healing the joints and surrounding tissues.

**Pain Eraser** – This product contains a synergistic blend of herbs that help to relieve pain and inflammation. It can be taken as needed for pain.

**Evening Primrose Oil** – EPO contains the essential fatty acid GLA, which reduces joint inflammation and pain. Also helps to heal irritation of the skin associated with RA.

**E-Complex** – Reduces inflammation, tension, pain, and helps improve coordination.

**Living Green Energy** – Helps to detoxify the body and reduce acid buildup, which causes inflammation and pain in the joints.

**Comfort Cream** – A powerful herbal blend, Comfort cream helps to reduce inflammation and pain while healing the underlying tissues, joints, and bones. Some people experience relief in as little as 20 minutes.

I hope this has helped you to understand more about arthritis and how it affects your body. If you would like more information about how you can naturally reduce the pain, inflammation, and swelling associated with Osteoarthritis and Rheumatoid Arthritis, please call us TODAY. Our health counselors are standing by to take your calls and to help provide a self help plan designed just for you. Call us today at 309-343-5853.

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.
Since September 11, 2001, the U.S. government has created or reconfigured at least 263 organizations to tackle some aspect of the war on terror. The amount of money spent on intelligence has risen by 250 percent, to $75 billion (and that’s the public number, which is a gross underestimate). That’s more than the rest of the world spends put together. Thirty-three new building complexes have been built for intelligence bureaucracies alone, occupying 17 million square feet – the equivalent of 22 U.S. Capitols, or three Pentagons. Five miles southeast of the White House, the largest government site in 50 years is being built – at a cost of $3.4 billion – to house the largest bureaucracy after the Pentagon and the Department of Veterans Affairs: the Department of Homeland Security, which has a workforce of 230,000 people.

This new system produces 50,000 reports a year – 136 a day! – which of course means few ever get read. Those senior officials who have read them describe most as banal; one tells me, “Many could be produced in an hour using Google.” Fifty-one separate bureaucracies operating in 15 states track the flow of money to and from terrorist organizations, with little information sharing.

Some 30,000 people are now employed exclusively to listen in on phone conversations and other communications in the United States.” Newsweek September 13, 2010 p.18
A successful businessman was growing old and knew it was time to choose a successor to take over the business. Instead of choosing one of his Directors or his children, he decided to do something different. He called all the young executives in his company together.

He said, “It is time for me to step down and choose the next CEO. I have decided to choose one of you.” The young executives were shocked, but the boss continued, “I am going to give each one of you a SEED...”
today - one very special SEED. I want you to plant the seed, water it, and come back here one year from today with what you have grown from the seed I have given you. I will then judge the plants that you bring, and the one I choose will be the next CEO."

One man, named Jim, was there that day and he, like the others, received a seed. He went home and excitedly, told his wife the story. She helped him get a pot, soil and compost and he planted the seed. Everyday, he would water it and watch to see if it had grown. After about three weeks, some of the other executives began to talk about their seeds and the plants that were beginning to grow. Jim kept checking his seed, but nothing ever grew. Three weeks, four weeks, five weeks went by, still nothing.

By now, others were talking about their plants, but Jim didn’t have a plant and he felt like a failure. Six months went by -- still nothing in Jim’s pot. He just knew he had killed his seed. Everyone else had trees and tall plants, but he had nothing. Jim didn’t say anything to his colleagues, however, he just kept watering and fertilizing the soil - he so wanted the seed to grow.

A year finally went by and all the young executives of the company brought their plants to the CEO for inspection. Jim told his wife that he wasn’t going to take an empty pot. But she asked him to be honest about what happened. Jim felt sick to his stomach, it was going to be the most embarrassing moment of his life, but he knew his wife was right. He took his empty pot to the boardroom. When Jim arrived, he was amazed at the variety of plants grown by the other executives. They were beautiful -- in all shapes and sizes. Jim put his empty pot on the floor and many of his colleagues laughed, a few felt sorry for him!

When the CEO arrived, he surveyed the room and greeted his young executives. Jim just tried to hide in the back. “My, what great grown,” said the CEO. “Today one of you will be appointed the next CEO!”

All of a sudden, the CEO spotted Jim at the back of the room with his empty pot. He ordered the Financial Director to bring him to the front. Jim was terrified. He thought, “The CEO knows I’m a failure! Maybe he will have me fired!” When Jim got to the front, the CEO asked him what had happened to his seed - Jim told him the story.

The CEO asked everyone to sit down except Jim. He looked at Jim, and then announced to the young executives, “Behold your next Chief Executive Officer! His name is Jim!” Jim couldn’t believe
it. Jim couldn’t even grow his seed. “How could he be the new CEO?” the others said.

Then the CEO said, “One year ago today, I gave everyone in this room a seed. I told you to take the seed, plant it, water it, and bring it back to me today. But I gave you all boiled seeds; they were dead - it was not possible for them to grow.

All of you, except Jim, have brought me trees and plants and flowers. When you found that the seed would not grow, you substituted another seed for the one I gave you. Jim was the only one with the courage and honesty to bring me a pot with my seed in it. Therefore, he is the one who will be the new Chief Executive Officer!”

- If you plant honesty, you will reap trust
- If you plant goodness, you will reap friends
- If you plant humility, you will reap greatness
- If you plant perseverance, you will reap contentment
- If you plant consideration, you will reap perspective
- If you plant hard work, you will reap success
- If you plant forgiveness, you will reap reconciliation

So, be careful what you plant now; it will determine what you will reap later.

Submitted by Jim Holdeman
Are you looking for relief from joint pain? If so, look no further! MSM can actually help to repair damaged connective tissue rather than just suppressing the pain. It can reduce the pain and discomfort that comes from degenerative conditions such as osteoarthritis and from physical causes, including tendonitis, joint sprains, or hyperextension.

If you suffer from these conditions, Try Hope For Health’s MSM Today!

### MSM VS. NSAIDS

Almost 50% of Americans seek treatment for pain each year. Over 150 over-the-counter medications, known as non-steroidal anti-inflammatory drugs (NSAIDs) line store shelves, all promising temporary pain relief. These same medications have been associated with the following side effects: stomach pain, heartburn, stomach ulcers, gastrointestinal bleeding, headaches, dizziness, and even serious liver and kidney problems. Medical authorities continuously caution physicians and patients against their repeated use. Still, each year in the U.S. more than 100,000 deaths and 1.5 million hospitalizations in the U.S. are linked to over-the-counter pain medications.

**Fact:**
In a study of 16 patients with degenerative arthritis, the patients who took 2,250 mg of MSM daily for six weeks reported an 82% reduction in pain on average.

So if you battle with pain or fatigue, don’t wait another minute! Try Hope For Health’s MSM today!

*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.*
There was a certain Professor of Religion named Dr. Christianson, a studious man who taught at a small college in the western United States. Dr. Christianson taught the required survey course in Christianity at this particular institution. Every student was required to take this course their freshman year, regardless of his or her major.

Although Dr. Christianson tried hard to communicate the essence of the gospel in his class, he found that most of his students looked upon the course as nothing but required drudgery. Despite his best efforts, most students refused to take Christianity seriously.

This year, Dr. Christianson had a special student named Steve. Steve was only a freshman, but was studying with the intent of going onto seminary for the ministry. Steve was popular, he was well liked, and he was an imposing physical specimen. He was now the starting center on the school football team, and was the best student in the professor’s class.
One day, Dr. Christianson asked Steve to stay after class so he could talk with him. ‘How many push-ups can you do?’ Steve said, ‘I do about 200 every night.’ ‘200? That’s pretty good, Steve,’ Dr. Christianson said. ‘Do you think you could do 300?’ Steve replied, ‘I don’t know... I’ve never done 300 at a time’ ‘Do you think you could?’ again asked Dr. Christianson. ‘Well, I can try,’ said Steve. ‘Can you do 300 in sets of 10? I have a class project in mind and I need you to do about 300 push-ups in sets of ten for this to work. Can you do it? I need you to tell me you can do it,’ said the professor. Steve said, ‘Well... I think I can... yeah, I can do it.’ Dr. Christianson said, ‘Good! I need you to do this on Friday. Let me explain what I have in mind.’

Friday came and Steve got to class early and sat in the front of the room. When class started, the professor pulled out a big box of donuts. No, these weren’t the normal kinds of donuts, they were the extra fancy BIG kind, with cream centers and frosting swirls. Everyone was pretty excited it was Friday, the last class of the day, and they were going to get an early start on the weekend with a party in Dr. Christianson’s class.

Dr. Christianson went to the first girl in the first row and asked, ‘Cynthia, do you want to have one of these donuts?’ Cynthia said, ‘Yes.’ Dr. Christianson then turned to Steve and asked, ‘Steve, would you do ten push-ups so that Cynthia can have a donut?’ ‘Sure!’ Steve jumped down from his desk to do a quick ten. Then Steve again sat in his desk. Dr. Christianson put a donut on Cynthia’s desk.

Dr. Christianson then went to Joe, the next person, and asked, ‘Joe, do you want a donut?’ Joe said, ‘Yes.’ Dr. Christianson asked, ‘Steve would you do ten push-ups so Joe can have a donut?’ Steve did ten push-ups, Joe got a donut. And so it went, down the first aisle, Steve did ten push-ups for every person before they got their donut.

Walking down the second aisle, Dr. Christianson came to Scott. Scott was on the basketball team, and in as good condition as Steve. He was very popular and never lacking for female companionship.

When the professor asked, ‘Scott
do you want a donut?' Scott’s reply was, ‘Well, can I do my own push-ups?’ Dr. Christianson said, ‘No, Steve has to do them.’ Then Scott said, ‘Well, I don’t want one then.’ Dr. Christianson shrugged and then turned to Steve and asked, ‘Steve, would you do ten push-ups so Scott can have a donut he doesn’t want?’ With perfect obedience Steve started to do ten push-ups. Scott said, ‘HEY! I said I didn’t want one!’

Dr. Christianson said, ‘Look! This is my classroom, my class, my desks, and these are my donuts. Just leave it on the desk if you don’t want it.’ And he put a donut on Scott’s desk. Now by this time, Steve had begun to slow down a little. He just stayed on the floor between sets because it took too much effort to be getting up and down. You could start to see a little perspiration coming out around his brow.

Dr. Christianson started down the third row. Now the students were beginning to get a little angry. Dr. Christianson asked Jenny, ‘Jenny, do you want a donut?’ Sternly, Jenny said, ‘No.’ Then Dr. Christianson asked Steve, ‘Steve, would you do ten more push-ups so Jenny can have a donut that she doesn’t want?’ Steve did ten... Jenny got a donut.

By now, a growing sense of uneasiness filled the room. The students were beginning to say, ‘No!’ and there were all these uneaten donuts on the desks. Steve also had to really put forth a lot of extra effort to get these push-ups done for each donut. There began to be a small pool of sweat on the floor beneath his face, his arms and brow were beginning to get red because of the physical effort involved.

Dr. Christianson asked Robert, who was the most vocal unbeliever in the class, to watch Steve do each push up to make sure he did the full ten push-ups in a set because he couldn’t bear to watch all of Steve’s work for all of those uneaten donuts. He sent Robert over to where Steve was so Robert could count the set and watch Steve closely.

Dr. Christianson started down the fourth row. During his class, however, some students from other classes had wandered in and sat down on the steps along the
radiators that ran down the sides of the room. When the professor realized this, he did a quick count and saw that now there were 34 students in the room. He started to worry if Steve would be able to make it.

Dr. Christianson went on to the next person and the next and the next. Near the end of that row, Steve was really having a rough time. He was taking a lot more time to complete each set. Steve asked Dr. Christianson, ‘Do I have to make my nose touch on each one?’ Dr. Christianson thought for a moment, ‘Well, they’re your push-ups. You are in charge now. You can do them any way that you want.’ And Dr. Christianson went on.

A few moments later, Jason, a recent transfer student, came to the room and was about to come in when all the students yelled in one voice, ‘NO! Don’t come in! Stay out!’ Jason didn’t know what was going on. Steve picked up his head and said, ‘No, let him come.’ Professor Christianson said, ‘You realize that if Jason comes in you will have to do ten push-ups for him?’ Steve said, ‘Yes, let him come in. Give him a donut.’ Dr. Christianson said, ‘Okay, Steve, I’ll let you get Jason’s out of the way right now. Jason, do you want a donut?’ Jason, new to the room, hardly knew what was going on. ‘Yes,’ he said, ‘give me a donut.’

‘Steve, will you do ten push-ups so that Jason can have a donut?’ Steve did ten push-ups very slowly and with great effort. Jason, bewildered, was handed a donut and sat down.

Dr. Christianson finished the fourth row, and then started on those visitors seated by the heaters. Steve’s arms were now shaking with each push-up in a struggle to lift himself against the force of gravity. By this time sweat was profusely dropping off of his face, there was no sound except his heavy breathing; there was not a dry eye in the room.

The very last two students in the room were two young women, both cheerleaders, and very popular. Dr. Christianson went to Linda, the second to last, and asked, ‘Linda, do you want a doughnut?’ Linda said, very sadly, ‘No, thank you.’ Professor Christianson quietly asked, ‘Steve, would you do ten push-ups so that Linda can have a donut she doesn’t want?’ Grunting from the effort, Steve did ten very slow push-ups for Linda.

Then Dr. Christianson turned to the last girl, Susan. ‘Susan, do you want a donut?’ Susan, with tears flowing down her face, began to cry. ‘Dr. Christianson, why can’t I help him?’ Dr. Christianson, with tears of his own, said, ‘No, Steve has to do it alone; I have given him this task and he is in charge
of seeing that everyone has an opportunity for a donut whether they want it or not. When I decided to have a party this last day of class, I looked at my grade book. Steve here is the only student with a perfect grade. Everyone else has failed a test, skipped class, or offered me inferior work. Steve told me that in football practice, when a player messes up he must do push-ups. I told Steve that none of you could come to my party unless he paid the price by doing your push-ups. He and I made a deal for your sakes. ‘Steve, would you do ten push-ups so Susan can have a donut?’

As Steve very slowly finished his last push-up, with the understanding that he had accomplished all that was required of him, having done 350 push-ups, his arms buckled beneath him and he fell to the floor.

Dr. Christianson turned to the room and said, ‘And so it was, that our Savior, Jesus Christ, on the cross, plead to the Father, ‘Into Thy hands I commend my spirit.’ With the understanding that He had done everything that was required of Him, He yielded up His life. And like some of those in this room, many of us leave the gift on the desk, uneaten.

Two students helped Steve up off the floor and to a seat, physically exhausted, but wearing a thin smile. ‘Well done, good and faithful servant,’ said the professor, adding, ‘Not all sermons are preached in words.’

Turning to his class, the professor said, ‘My wish is that you might understand and fully comprehend all the riches of grace and mercy that have been given to you through the sacrifice of our Lord and Savior Jesus Christ. He spared not His only begotten Son, but gave Him up for us all, for the whole Church, now and forever. Whether or not we choose to accept His gift to us, the price has been paid.’

‘Wouldn’t you be foolish and ungrateful to leave it lying on the desk?’
The Clock

The clock of life is wound but once,
And no man has the power
To tell just when the hands will stop
At late or early hour.

To lose one’s wealth is sad indeed,
To lose one’s health is more.
To lose one’s soul is such a loss
That no one can restore.

Author Unknown

Submitted by Peter Laurin

Quotes to Live By

What lies before us and what lies behind us are small matters, compared to what lies within us.

Ralph Waldo Emerson
He holds the lamp each Sabbath day
So low that none can miss the way;
And yet so high to bring in sight
That picture fair, of Christ the light,
That gazing up, the lamp between,
The hand that holds it is not seen.

He holds the pitcher, stooping low
To lips of little ones below;
Then raises it to the weary saint
And bids him drink when sick and faint.
They drink, the pitcher thus between,
The hand that holds it scarce is seen.

He blows the trumpet, soft and clear,
That trembling sinners need not fear;
And then with louder note and bold,
To storm the walls of Satan’s hold;
The trumpet coming thus between,
The hand that holds it is not seen.

But when our captain says, “Well done,
Thou good and faithful servant, Come!
Lay down the pitcher and the lamp,
Lay down the trumpet; leave the camp”;  
His weary hands will then be seen
In the hands of Christ – nothing between.

Author Unknown

Submitted by Peter Laurin
There is one person in our church
Who knows our worker’s life
Who weeps and smiles and prays with him –
And that’s the worker’s wife.

The crowd had seen him in his strength
When wielding God’s sharp sword,
As underneath God’s banner’s folds
He faced the devil’s horde.

But deep within her heart she knows
That scarce an hour before,
She helped him pray the glory down
Behind the closet door.

She’s heard him groaning in his soul
When bitter raged the strife,
As, hand in hand, she knelt with him –
For she’s the worker’s wife!

You tell your tales of prophets brave
Who marched across the world,
And changed the course of history
By burning words they hurled.

And I will tell how back of each
Some woman lived her life;
Who wept with him and smiled with him –
She was the worker’s wife!

Author Unknown

Submitted by Peter Laurin
“Patience under trials will keep us from saying and doing those things which will injure our own souls and injure those with whom we associate.” I read this Ellen White quote recently as I was studying the first chapter of 2 Peter. Because the Spirit works in such a marvelous way, I was soon given an opportunity to learn more about patience through an object lesson. If any of you have ever done any home renovation work you will know immediately what I mean!

Hope International has a one-bedroom apartment in the basement of its Chapel, which is used primarily for visitors. It is approximately 30 years old, and was desperately in need of a facelift. It had not been used very often in the last few years, but we have some projects coming up that will require out of town guests, so we decided that the apartment
needed to better represent Christ. We received a donation for the materials and new furnishings, and we had a wonderful plan... all was lovely!

Did I mention that this apartment was at least 30 years old? Did I mention that somewhere during this time water had seeped down through the walls, and when we started to prepare for painting, realized that the drywall, studs, insulation, all of it would have to be replaced on two walls? Now we have our first practical lesson in patience, now we are off schedule, and off budget. Praise the Lord for this opportunity for growth!

Here is a tip for any of you who may be doing renovation work in your home: If you change the flooring, your doors may not hang correctly when you put them back up. Praise the Lord for this opportunity for growth too! Here is another tip: After you repaint and put in new flooring, everything else will seem much shabbier than it did before. Back to the drawing board with the budget and the schedule! Praise the Lord for this opportunity for growth another time!

If you ever buy furniture that needs assembly, please remember that there may be a person on the assembly line in China who is having a very bad day and decided that he doesn’t care if the holes he is drilling line up with the drawing on your directions.

Praise the Lord for opportunity for growth... again! If you ever buy a table, you may want to be sure that the base AND the legs of the table are delivered at the same time as the top of the table. Praise the Lord for this opportunity for growth!

As I write this we are nearly done with the apartment project, just a few finishing touches left and we will then be ready to hang the towels, fluff the pillows and welcome our first out of town guests! Our initial goal of having the apartment better represent Christ has been achieved, and we received an unexpected bonus, the opportunity to mold our characters to better reflect Christ as well!

Ellen White also writes, “We are to ascend the ladder of progress and add to patience godliness. This is the very outgrowth of patience. Said the apostle Paul, We glory in tribulations also: knowing that tribulation worketh patience, and patience, experience, and experience, hope.” When we are able to be patient in the small inconveniences of life, the challenges of working with others, the everyday situations that cause us to stumble, then we can be assured that God is preparing us to face greater challenges, to become more like Him, and to finally be prepared for Heaven. Praise the Lord for this opportunity for growth!
ways to praise a child

Hey I Love you! • Fantastic • Excellent
You are so clever • Outstanding
Performance • I knew you could do it
Super star • I'm so proud of you
• Fantastie • Beautiful • You're on
top of it • You are just delightful
• You're a joy • Bravo • Nothing can
stop you now • Way to go • You're
on target • Terrific • You belong
• A big kiss • I like you • I trust you
• Awesome • You're a legend • You
are an absolute gem • Looking good
• You're important • You mean the
world to me • You deserve a big hug
• You're growing up • Beautiful work
• You're spectacular • You are a
darling • You tried hard • Well Done
• Fantastic • Nice work • You tried
hard • I love you so much • You're
sensational • You are very responsible
• What a good listener • You are nice
to be with • You are very responsible
• Fantastic Job • Remarkable

Submitted by Ron & Julia Horback
God’s Cake

Sometimes we wonder, ‘What did I do to deserve this?’ or ‘Why did God have to do this to me?’ Here is a wonderful explanation!

A daughter is telling her mother how everything is going wrong, she’s failing algebra, her boyfriend broke up with her and her best friend is moving away. Meanwhile, her mother is baking a cake and asks her daughter if she would like a snack, and the daughter says, ‘Absolutely mom, I love your cake.’ ‘Here, have some cooking oil,’ her mother offers. ‘Yuck’ says her daughter. ‘How about a couple raw eggs?’ ‘Gross, mom!’ ‘Would you like some flour then? Or maybe baking soda?’ ‘mom, those are all yucky!’ To which the mother replies: ‘Yes, all those things seem bad all by themselves. But when they are put together in the right way, they make a wonderfully delicious cake!’

God works the same way. Many times we wonder why He would let us go through such bad and difficult times. But God knows that when He puts these things all in His order, they always work for good! We just have to trust Him and, eventually, they will all make something wonderful! God is crazy about you. He likes to talk, He’ll listen. He can live anywhere in the universe, and He chose your heart.

Submitted by Irene Judd

In Memoriam

Thank Offerings

$5.00 – In appreciation of the “Good News” newsletter – G.P.
$10.00 – In appreciation of the DVDs sent out for free – V.W.
$5,000.00 – In appreciation of 86 years of life! – M.S.
$5.00 – Thank offering for health messages – K.M.

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Studies have shown that comfrey can stimulate tissue repair. This has proven beneficial for improving skin conditions such as psoriasis and eczema.

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Answers from Christian Crossword published in the January - February 2011 issue of Good News

The Book of Titus

Across
2. Elders should have _____ children [FAITHFUL]
5. With sound doctrine, we are to exhort and convince _____ [GAINSAVERS]
9. A bishop should not be given to filthy _____ [LUCRE]
10. Jesus gave Himself for us that He might _____ [REDEEM]
12. "Unto the pure, all things are _____." [PURE]
13. We are made _____ according to the hope of eternal life [HEIRS]
15. What kind of speech cannot be condemned? [SOUND]
16. Paul told Titus that a bishop must be _____ [BLAMELESS]
20. Where did Paul leave Titus? [CRETE]
23. Aged women were not to become false _____ [ACCUSERS]
24. Paul wanted Titus to come to him in what city? [NICOPOLIS]
25. Young men likewise were to be sober _____ [MINDED]
26. Titus was to rebuke with all _____ [AUTHORITY]
27. "The Cretians are always liars, evil beasts, slow _____." [BELLIES]
28. Jesus saves us by the washing of _____ [REGENERATION]

Down
1. We are to be careful to _____ good works [MAINTAIN]
3. What was Zenas' occupation? [LAWYER]
4. We should avoid _____ questions, genealogies and contentions [FOOLISH]
6. Paul planned to send Tychicus or ____ to Titus [ARTEMAS]
7. We should live soberly, righteously and godly in this _____ world [PRESENT]
8. We are to reject a _____ after two admonitions [HERETICK]
11. The people were told to obey _____ [MAGISTRATES]
13. "Looking for that blessed _____." [HOPE]
14. Titus was to ordain _____ in every city [ELDERS]
15. Young women were to be _____ [SOBER]
17. Titus was not to give heed to commandments of _____ [MEN]
18. "Speak thou the things which become _____ doctrine." [SOUND]
19. The grace of God bringeth _____ [SALVATION]
22. Who wrote Titus? [PAUL]
Across
2. Where were Cain and Abel when Cain killed Abel?
4. What were the daughters of men?
11. When does the "day" start?
12. God planted a garden in Eden in what direction?
15. What did God use to water the ground originally?
17. Who was the father of all who handle the harp and organ?
18. God made "coats" for Adam and Eve from ______
20. Adam said his wife shall be called _____
21. What was the lesser "great light" that God made?
23. What part of Eve's seed would the devil bruise?
24. What did Adam and Eve make for themselves?
25. Who did Adam listen to?
27. Seth's son's name
28. Noah's father

Down
1. Father of Enoch
3. What was the serpent to eat for tempting Eve?
5. God made a woman from Adam's _____
6. God placed _____ to guard the entrance to Eden
7. What day were trees created?
8. What were in the earth in those days?
9. God said herbs and fruit would be our what?
10. God made a help ____ for man
13. The first of four rivers that left Eden
14. God said Cain would be a ____
16. God sent Adam out of the garden of Eden to _____
18. How much vengeance would be upon the murderer of Cain?
19. Where did Cain move to?
20. Eve thought the forbidden fruit would make her _____
22. Who was a tiller of the ground?
26. What did Cain call the city he built?
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