



# WHOLISTIC HEALTH NEWSLETTER

## Dangers of Pharmaceutical Pain Relievers The Case of Acetaminophen

by Jeanette Hablullah, N.D.

*"And hold fast to Allah! He is your protector;  
The Best to protect and The Best to help."  
(Quran Surah 22: 78)*

Acetaminophen, the active ingredient in "the nation's most popular pain killer (Tylenol)", is poisoning the human body. Too many individuals are unknowingly overdosing on this harmful chemical. The shocking and sorrowful result is that acetaminophen is now the leading cause of acute liver failure. According to medical reports made public at the end of 2005, serious problems occur when people don't follow dosing instructions or get too much not realizing acetaminophen is in "hundreds of products". Besides Tylenol, it is in Theraflu, Vicoden, Percaset, Excedrin, Nyquil Cold and Flu, etc, etc, etc. **"Just a doubling of the maximum dose can be enough to kill"**, says Dr. Anne Larson of the University of Washington Medical Center. The maximum dosage for a normal individual is 4000 milligrams daily or 8 Extra Strength Tylenol. Danger increases when this substance is taken by those who drink alcohol or have liver disease.

In 2002, there was an FDA warning because according to their records 56,000 Emergency Room visits per year were due to acetaminophen overdoses. Of these, about 100 were ending in death. There has been a steady and alarming increase:

- In 1998 reports stated that acetaminophen was responsible for 28% of liver poisonings
- In 2003 reports stated that acetaminophen was responsible for 51%

In these reports terms like "accidental, unintentional and unwitting" are used. Medical journals state that **when acetaminophen products are taken correctly, liver damage occurs in only a small fraction of users"**.

The point is that acetaminophen is toxic to the liver and too accessible in a number of over-the-counter products. Pain from headaches, arthritis, muscle aches, sore throats, menstrual cramps, gout, etc. is too common. Our population (U.S.) is not taught either preventive or restorative health care, so the likelihood of these poisonings continues to increase. No one wants to feel pain but most probably we will all experience it. Physical pain is a mechanism to alert us to a problem that the body cannot handle. It identifies the location and level of severity and is a

### In This Issue:

Dangers of Pharmaceutical Pain Relievers, pgs 1 and 3  
 Pearls of Wisdom, pg 2  
 Health Effects of Artificial Colors and Flavors, pg 3  
 Inspirational Quote-*The Path to the Pearl*, pg 4

### Letters To The Editor:

TPW-Wholistic Health Newsletter  
 2501 Molton Way Windsor Mill, MD 21244  
 email: [lettertoeditor@omspublishing.com](mailto:lettertoeditor@omspublishing.com)

### **To Subscribe -Wholistic Health Newsletter:**

***\*Price Increase for 2006 Subscriptions\****

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

\$9.00/year Payable to: Olive Media Services  
**2501 Molton Way Windsor Mill, MD 21244**

or **Subscribe Online at:**

[www.omspublishing.com/tpwnnewsletter.htm](http://www.omspublishing.com/tpwnnewsletter.htm)

## PEARLS OF WISDOM

Jeanette Hablullah, N.D.



*"Sickness, as used by Allah, is a strong incentive for a Believer to repent, to return to the path of truth, to seek forgiveness and elevate him/herself toward the true goal."*

*"Oh you who believe, consciously revere Allah as He should be revered and die not except in a state of Islam."  
(Translation of Quran Surah 3: Ayah 102)*

Dear Readers,

Assalaamu alaikum wa rahmatullah

(Peace and Mercy of God be with you)

It is obligatory on every Muslim that s/he should draw close to Allah by knowledge and worship and put emphasis on obeying the commands and refraining from things forbidden and harmful. We are obligated to strive for what brings benefit to humanity by the preservation of good health and prevention and treatment of disease. Doing so aids the believers, for good health is essential to performance of religious obligations (prayer, charity, fasting and pilgrimage) and the worship of Allah.

I have been practicing wholistic medicine and healing now for almost fourteen years and the struggle remains the same. Continually the effort is to convince the people to see the truth of health and disease, to understand the wholistic nature of their being and to depend upon Allah for healing and guidance. Disease and discomfort will afflict most of us. It is often a natural consequence of disconnection to our souls and the messages of taqwa that are trying to reach the physical level. Sickness, as used by Allah, is a strong incentive for a Believer to repent, to return to the path of truth, to seek forgiveness and elevate him/herself toward the true goal. In the translation of Sahih Bukharee and Sahih Muslim it is recorded,

*"A believer will not suffer sickness nor fatigue nor discomfort nor even sorrow or anything that causes him/her anxiety nor a thorn to pierce the skin except that Allah will forgive him/her some of the sins by it."*

We accept sickness but seek health and do not fear. Fear is a debilitating emotion and Allah (swt) cautions us against fear of anything except His displeasure and punishment. If the fear is of pain, then seek to alleviate it. If the fear is of weakness and degeneration, then seek to avoid it. If the fear is of death, then give it up

because it is inevitable and nothing and no one can stop it or even change its decreed time by a nano-second. Understand this well because it is essential to our iman (faith) and will effect our decisions and chosen direction related to our health. Heal with the good things provided by Allah, The Creator and Sustainer of All, and know without any doubt that what causes harm is not healing. Seek medicines but know the difference between medicine and poison.

I pray for you and myself each and every day. May Allah heal us as only He can. May Allah restore us to a true restoration and wipe us gently and lovingly with His right, healing hand.

**Ameen.**

---

### New Product Available from The Pearl Within

#### **Muscadine Plus - Capsules or Packets**



This native American grape has the attention of both health care professionals and scientists. Results from research done at the University of Georgia reveal that the skin of the muscadine grape has over 200 phytonutrients and that they are higher in antioxidants than blueberries and pomegranates. This high antioxidant quality stops free radical from damaging cells, tissues and organs. This results in significant benefit to complication of aging, and to prevent heart disease, cancer and arthritis. It is also anti-inflammatory and reduces stiffness of joints, increases flexibility and range of motion.

For more information you may go to [www.PubMed.com](http://www.PubMed.com) and enter combinations of the following words joined by and; Muscadine, cancer, antioxidant anti-inflammatory, resveratrol, diabetes, stroke aging, Alzheimer's, cardiovascular coronary heart disease Or, call 888-628-5898

Visit [www.omspublishing.co/thepearlwithin](http://www.omspublishing.co/thepearlwithin) to purchase Muscadine products.

"When the problem is correctly addressed, the pain will subside and disappear. However, most people will not address the problem at all but only the symptom."



"For relief of pain, use herbal pain relievers and/or acupressure, acupuncture, reflexology and biofeedback."

### **Cont'd From Page 1-Dangers of Pharmaceutical Pain Relievers**

good, dependable alarm system. When the problem is correctly addressed, the pain will subside and disappear. However, most people will not address the problem at all but only the symptom. The reaction of choice for most is to "pop" a pill and keep going. That is how we have come to such a problem with liver poisonings.

There is nothing wrong with seeking pain relief. In fact, in my wholistic training we were taught that it is primary - that you must seek to relieve the pain before proceeding on to other treatment. It should be done, but must be done with a substance or method that works with the body and not against it. Allah has seen to all our needs before we were brought into existence.

**What to do?** First the approach to pain should not be just to eliminate it by deadening the pathways to the brain. One should seek to determine the cause and correct the problem. Some common causes of pain are poor diet, poor elimination (cause of many headaches and joint pain), over acidity, obesity, poor muscle development, and abnormal internal growths. Also, a high stress lifestyle that depletes the body of minerals and B-vitamins and exhausts certain glandular functions can result in pain. While trying to determine the cause of pain, one can seek alleviation by adjusting the diet to increase mineral rich foods and vegetable proteins. It is also beneficial to reduce caffeine and salty food and eliminate white sugar. For relief of pain, use herbal pain relievers and/or acupressure, acupuncture, reflexology and biofeedback. Herbal pain relievers work at a deeper, more subtle level to relax, soothe and calm the distressed area. Some tried and true remedies are:

**White Willow Bark** - (the original product from which the active ingredient in aspirin is extracted) anti-inflammatory and analgesic

Uses: - for all types of arthritis pain; blend with rosemary oil for headaches

Caution - Do not take if Pregnant or Breast Feeding

**St. John's Wort** - antispasmodic, anti-inflammatory

Uses - Muscle and joint pain, menstrual cramps and to repair nerve damage

**Valerian** - sedative, anti-spasmodic, calmative

Uses - Relief of migraines and other headaches

**Rosemary Oil** - increases circulation

Uses - muscle and rheumatic pain

Caution - May increase blood pressure

**Lavender** - calming, soothing, adaptogen, analgesic

Uses - digestive spasms, tension headache, stress

---

## **Health Effects of Artificial Colors and Flavors -Sensitivity and Hyperactivity-**

By Ayanna Miranda

"FD&C" these three letters appear to be ubiquitous when we search the ingredients of many prepackaged foods and cosmetics. This code FD&C, permitted by the Food & Drug Administration (FDA), indicates that it is permissible to add particular artificial colorings to foods, drugs, and cosmetics. D&C means that a color has been certified and may be used in drugs and cosmetics. Many of the colorings today are made from petroleum. According to [feingold.org](http://feingold.org) FDA certification rules provide the manufacturer with a list of permissible amounts of contaminants and residues such as lead, mercury, arsenic, and certain carcinogens that may be added to a product. However, commercially available colorings, FD&C Yellow #5 and #6, have been found to have levels up to 200 times more than what is officially allowed.

The use of food coloring is in everything from cheese crackers, to cheese curls, to sports drinks. Our food supply has been blanketed with so much artificial colorings and flavors for so long that many have no idea what a natural product would look and taste like.

The artificial colors and flavors added to foods are having adverse effects on our health. One of the most common dyes studied for health effects is tartrazine (yellow no. 5). Tartrazine has been identified as a precipitation agent in asthma, eczema, urticaria (hives), and migraines. Behavioral changes in irritability, restlessness, and sleep disturbance have been found in some children after the ingestion of tartrazine. [Effects on Behavior and Cognition: Diet Artificial Colors, Flavors, and Preservatives by Lucille Beseler, MS, RD, CS, LD]

The effects artificial colors and flavors have on our health have been listed on [www.feingold.org/effects.html](http://www.feingold.org/effects.html).

### **DYE**

FD&C Yellow No. 5 (Tartrazine)

### **HEALTH EFFECTS**

Allergies, Thyroid tumors, Chromosomal Damage, Trigger for asthma, Hyperactivity (Rowe & Rowe, Egger, 1985)

*(To Be Continued)*

## Inspirational Quote



"Tartazine has been identified as a precipitating agent in asthma, eczema, urticaria (hives), and migranes." -*Inside this issue.*-

### The Path of The Pearl

The Pearl is the oldest gem and the only gem produced by a living entity. It is a glowing example of a mortal threat transformed into magnificence. The Pearl is a miraculous living gift from the sea - the creation of beauty from adversity. Can we, like the oyster, learn to transform adversity and irritation into glowing, virtuous aspects of our being?

*(Adapted from : The Path of The Pearl  
by Mary Olsen Kelly)*

### Future Topics:

The Heart - Diseases and Cures  
Children's Health  
The Myth of ADD and ADHD

### Upcoming Retreats and Lectures with Dr. Jeanette Hablullah

**April 7 - 9 Galveston, Texas** The Wholistic Muslim Woman. A bayside retreat designed to educate, regenerate and provide relaxing moments.

Contact: Qadara Muhammad (281) 277-0682 or Sr. Angela (713) 771-4467

**April 14 - 16 Linwood, Kansas** Sacredness Of The Woman. 4<sup>th</sup> Annual Retreat of the ILMW - Kansas City, MO. Held at a rural, wooded location in the farmlands of Kansas. Contact: Sr. Amelia (816) 444-3410

**April 21-UMKC, Islam & Wholistic Healing** - (816) 965-8172.

**May 14<sup>th</sup> Silver Spring, Maryland** The Gathering Of Sisterhood 12:00 noon - 5:00 p.m. Bazaar, Therapeutic Treatments and Educational Presentations: Lecture: Essentials of Wholistic Living Contact: Habiba (240) 671-9685

### **The Pearl Within**

#### **Health Products**

Available @ [www.omspublishing.com/health\\_products.htm](http://www.omspublishing.com/health_products.htm)

#### **Sweet Sunnah Products**

Available @ [www.omspublishing.com/sweet\\_sunnah\\_products.htm](http://www.omspublishing.com/sweet_sunnah_products.htm)



### **The Pearl Within**

Therapies, Consultation, and Health Products  
**410-281-1417**

Islam and Wholistic Healing Seminar Audio Tapes & CD's  
Available @ [www.omspublishing.com](http://www.omspublishing.com)



### **Olive Media Services**

2501 Molton Way  
Windsor Mill, MD 21244  
(443) 939-8591

U.S. Postage