



WHOLISTIC HEALTH NEWSLETTER

KIDNEY HEALTH ISSUE

Why Are Kidneys Failing? and What To Do?

"Indeed the first of Allah's favors that a person will be questioned about on Judgment Day is, 'Did We not make your body healthy and give you cool water to drink?'"

(Hadith Related by Tirmidhi)

In the population of the United States failure of essential organs has reached epidemic levels. Heart, kidney, liver, pancreas, lung, colon, if you can name it, there's probably a serious problem with it failing. No essential part of the human body has been immune. For this issue, because of limited space and because I have encountered an unusual number of these cases recently, we are focusing on the **Kidneys**.

The **Kidneys** are two lima bean shaped organs located on each side of the vertebral column. The right Kidney is slightly lower (1.5 - 2 cm) than the left due to the large area the liver occupies. The renal artery enters through a depression in the middle of each kidney and the renal vein and ureter exit from the lower area of this same depression. Minute structures in the Kidney cavity collect fluid from the system, filter it and make H₂O and other beneficial substances contained in the plasma (i.e. amino acids, protein, ascorbic acid) available to the body.

The Kidneys are organs of filtration. Therefore, excess toxins, artificial substances in food and drink, and inadequate water intake all place excess stress on the Kidneys and may cause disease / malfunction. Some common causes of toxic waste in the system are consumption of too much red meat, carbonated beverages, sugars, caffeine, and prescription drugs. In addition, adrenal gland (situated above each Kidney) malfunction can also lead to Kidney Disease, as well as residual negative emotions. Adrenal malfunction is often related to the inability to cope with stress in one's life.

Symptoms of Kidney problems include nausea, chronic lower back pain, painful urination, swelling in fingers and ankles, and protein in the urine. Generally, medications are given. Severe cases result in dialysis and perhaps even recommendation for a transplant. A casual perusal of the Kidney section in an anatomy book will astound you as to how complex the Kidneys are.

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TPW-Wholistic Health Newsletter
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PEARLS OF WISDOM

Jeanette Hablullah, N.D.



"Every essential organ is negatively affected by certain prolonged toxic emotions (i.e. liver by anger, gallbladder by frustration, kidney by fear, lung by sadness)."

"The seven heavens and the earth and all beings therein declare His glory. There is not a thing but it glorifies Him (Allah) with its praise, yet you do not understand their means of glorification. Surely, He is Forbearing and Forgiving." (Translation of Quran: Surah 17:44)

Dear Readers,
Assalaamu alaikum wa rahmatullah.

We are all in great need of these aspects of our Lord - forbearance and forgiveness as we pass from stages of ignorance into higher understanding. A little over a year ago, I was communicating some aspects of healing (via an interpreter) to a senior Syrian lady. She commented, "Alhamdulillah aladhee allama-l-insaana ma lam yalaam. (Praise be Allah, Who taught the human being that which s/he didn't know)."

Allah teaches us every day in a number of ways. The question is, "Are we ready to receive education and adjust ourselves to new knowledge?" This column is the result of recent education resulting from a woman suffering pain from gallstones, who refusing to take my holistic advice, had her gallbladder removed. While reflecting on all these circumstances, Allah taught me that each organ and part of our body is itself an entity having intellect and voice. (Read Quran Surah 36: Ayah 65 and Hadith from Sahih Bukhari regarding the female womb speaking to Allah.) Each acts as a servant of Allah in service to us and continues to faithfully serve until we, due to wrong thought, poor diet or other misbehavior, cause it to malfunction.

Our response, then, should not be to punish these subservient entities by surgical removal or forced toxic restraint with chemical prescriptions but to correct our own disease producing thoughts and actions. Every essential organ is negatively affected by certain prolonged toxic emotions (i.e. liver by anger, gallbladder by frustration, kidney by fear, lung by sadness). They are also compromised by lack of beneficial nutrient and insufficient rest.

Removal of an organ, even a "so called" non-essential one such as the tonsils and the appendix, causes the rest of the body to grieve and also to attempt to shift responsibility to other parts. **There are no disposable parts.** Our Creator, having infinite wisdom, knows the purpose of each of our trillions of cells and how each communicates and interacts with the others.

Let us move from darkness into light, not fall victim to the ways and snares of Shaitan, and be grateful for every physical gift and every new bit of knowledge. -Alhamdulillah-

Quran Surah 36: Ayah 65 (translation):

"That day shall We set a seal on their mouths. But, their hands will speak to Us and their feet will bear witness to all that they did."

Hadith From the Sahih Collectors Regarding The Womb:

On the authority of Abu Huraira, the Prophet (saw) said: After Allah completed the creation, the womb stood up and pulled at the lower garment of Ar-Rahmaan. He said, "Stop that." She said, "My stand here is of one seeking refuge with you from severance." Allah said, "Would it not please you that I join whoever joins with you and sever whoever serves you?" She replied, "Certainly!" He said, "You are granted that."

[This is recorded by Bukharae and Muslim with a different ending and by the others as it is here. The ending added by the two eminent recorders is attributed by one to Abu Huraira and by the other to the Prophet and is thus, "Read if you wish 'So would you perhaps, if you turned away, spread corruption on the earth and sever your ties of kinship'" This is Ayah 22 of Surah Muahammad, #47.]

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ïDialysis machines should be a temporary, emergency rescue and not the function for the balance of oneís life.î



ïResulting psychiatric problems include suicidal tendencies, hearing voices and manic behavior. î

Why Are Kidneys Failing? Contid from Page 1

Moreover, Allah tíalaa has given us two, which indicates the importance of these organs. If one fails or weakens, the other will compensate. Pure water is essential to life. Life cannot continue in a human body without the service of the Kidneys or at least a Kidney. Dialysis machines should be a temporary, emergency rescue and not the function for the balance of oneís life.

All life regenerates; Kidneys can be cleaned and healed. For a good ***Kidney Cleansing and Rebuilding Diet*** see *ïHealthy Healingî* by Dr. Linda Rector-Page. Important to this process are:

- Morning cleansing drink: Ω lemon in 8 oz water, or 2 tablespoons grape, or apple cider vinegar in 8oz water
- Cranberry, celery, parsley, and / or watermelon as natural diuretics
- Dandelion tea or extract to clean Kidney

Kidney Healing Foods

- Onions and Garlic (cooked but not mixed in the same dish / food)
- Leafy Greens
- Watermelon
- Papaya
- Cucumber

Attention Deficit Disorder (ADD) Article Update

Our April ñ June issue of 2006 was dedicated to children. Following is an update to the article on ADD ñ ADHD.

According to an Associated Press article published on February 21, 2007, makers of medications for ADD and ADHD have been directed to develop new guides that will include risk warnings. Ritalin (produced by Novartis), Strattera (produced by Eli Lilly), Adderall (produced by Shire Pharmaceuticals) and all other drugs for these conditions must now include an alert to patients and parents of the risks of mental and heart problems that may result.

This requirement indicates that significant numbers of those taking these drugs have definitely been afflicted with the *ïpossibleî* side effects. That means **many have suffered increased blood pressure and heart rate, stroke and fatal heart attacks (sudden death)**. Resulting psychiatric problems include suicidal tendencies, hearing voices and manic behavior.

Originally this condition was identified in children, now 4% of adults are also included. The numbers are alarming, as is the amount of harmful chemicals being ingested. For a wholistic, natural remedy, request a copy of **Volume 3: Issue 2** or go online to www.omspublishing.com and click on The Pearl Within Newsletter.

Relate to the advice given in the previous article to have children spend more time with nature, recommend the book, *ïLast Child in The Woods: Saving Our Children Form Nature Deficit Disorderî* by Richard Louv. In it he says, *ïThe Woods were my Ritalin. Nature calmed me, focused me and yet excited by senses.*



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Inspirational Quote



According to an Associated Press article published on February 21, 2007, makers of medications for ADD and ADHD have been directed to develop new guides that will include risk warnings. *Inside This Issue*

Health is a great favor from Allah. It enables us to conduct our lives satisfactorily, and it helps us perform acts of obedience to Allah.
(Saying of the Prophet recorded in Tirmidhi)

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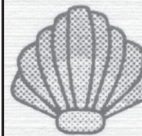
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