

WHOLISTIC HEALTH NEWSLETTER

WOMEN'S HEALTH

FEMALE REPRODUCTIVE HEALTH

By Jeanette Hablullah, N.D.

“He Who created the adversities, sufferings and trials has also created the remedies to help people recover from their ingratitude and indulgences, and He also created a cure for every disease.”
 (Natural Healing With the Medicine of the Prophet, p. 98)

Women’s health issues are as varied as those of the general population and yet concentrated in diseases of the heart and reproductive system. As we move into Spring, the season of natural regeneration and bringing forth of new life from the earth, let’s look at our own bodies and the organs of reproduction.

The most common disease compromising this system is Cancer and we have addressed general aspects of this disease in a previous issue (Vol 4: Issue 2-2007). Now, we are specifically addressing cancers of the female reproductive system because there seems to be an increasing number of such illnesses manifesting in women.

Breast – Breast cancer is sadly a leading cause of malignant death in women. Generally detected by a firm, non-painful lump in the general tissue, it can also be concentrated in the nipple and manifest as itching, redness and soreness. This usually indicates that there is cancer present in some other area of the body. Because the lumps can be benign or malignant, one may choose to have a biopsy. Take note that this procedure can be quite dangerous. If the tissue has malignant cells, slicing it will release some of those harmful cells, which the body had contained, into the bloodstream. It is better to pursue serious dietary and lifestyle changes and to nourish the spiritual-emotional self in kind ways.

Research has shown that women living in geographical areas receiving less sunlight (i.e. northwestern California, western Oregon and Washington or the Northeast) have a greater frequency of breast cancer. So get in the sun and allow that natural feminine heat to bathe your eyes and body. Feel the joy!

Stay away from substances and products that are known or suspect in causing cancer cells to concentrate and grow in the breasts – oral contraceptives, excess estrogen (found in hormone injected chicken and beef, soy, etc.) or chemicals that mimic estrogen, permanent hair dyes, bras with underwires, and so forth.

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PEARLS OF WISDOM

Jeanette Hablullah, N.D.



"We are the fertile land from which life, nourishment for life and foundation for healthy life comes."

Dear Readers,
Assalaamu alaikum.

"Your wives are as fertile land for you, so approach your tilth as you desire and send something ahead for yourself and be conscious of Allah and know that you will meet Him. So, give good news to the Believers."

(translation of Quran Surah 2:223)

Allah has likened the woman, who is a wife, to land from which life will come forth. She is exclusively capable of incubating and bringing forth human life. This new life will, insha Allah (God willing), be a joy to her and her husband and a benefit to the entire world. She is the embodiment of human regeneration as the earth is the source of cyclical regeneration of life – plant, animal, and mineral.

Women are not only the source of life but, like the earth, the food (milk) initially needed for sustenance comes forth naturally from her body, a mercy from Allah to the infant. Whether or not a woman actually becomes pregnant and delivers a child, she is still like the earth with the potential to bring forth and sustain life. She remains a sign of the rahmah (mercy) of Allah.

Our health is in our being female servants of Allah, the consciousness of that being and acting, seeking and speaking out of that consciousness. It is in knowing our nature; that we have as our base purpose the worship of Allah (Surah 51: 56). We hunger to fulfill our purpose, flourish when that is happening and shrivel when we are neglectful. Just as a weed breaks through concrete to seek the reality of its existence, so can the female break through any oppressive, inhibitive dominance to allow her self to emerge. She must do this to prevent diseases related to inhibition and repression of her productive and creative energies (fibroid tumors, cysts, etc.).

There is no need for ranting, raving or wild behavior. The subtle becoming and being are extremely powerful. Know within yourself the truth of your being, hold that and nourish it daily with kind truths and rays of spiritual

connections that energize like sunbeams. Truth is our greatest sustenance and falsehood our greatest poison. Allah is Al-Haqq, Pure Truth from which all truths emanate. Remain focused on your Lord and every beautiful truth of yourself that comes from Him. Do not allow yourself to be pulled from that into falsehood and thereby into disease.

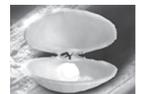
We are the fertile land from which life, nourishment for life and foundation for healthy life comes. So give good news to those who believe and *"be patient, encourage each other in patience and strengthen each other and be reverent of Allah so that you may succeed (translation of Surah 3: 200)*



This piece is from the book **"An Audience of One"**. There are 19 original watercolor art pieces by Meraj Mohiuddin and Noera Ayaz.



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Teleconference: 3rd Thursday of month @ 8pm EST,
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Access Code: 84735; For more information visit
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Women's Retreat: April 24-26, 2009, Lee's Summit,
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Do you have a health article to contribute?

If so, please submit to:
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“On a positive note, we are blessed in that ovaries are very responsive to healing.”



“Cancer is a disease of the body, mind, and spirit. A positive spirit will help one fight and win the battle.”

REPRODUCTIVE HEALTH Cont'd from Page 1

Ovarian – Ovaries are key to our reproductive hormonal balance and the ability to generate life. They are extremely fragile and when overcome by cancer become the greatest cause of death from reproductive cancers. One should pay attention to abdominal swelling, bowel problems and frequent urination as possible symptoms and be aware of “risk factors”. One of these is the use of talcum powder on the genital areas. May God save us from our own ignorance. How many innocent babies have we “powdered down” with talc laden products? On a positive note, we are blessed in that ovaries are very responsive to healing.

Cervical – We must address this, if only briefly, due to the increased focus on the Human Papilloma Virus (HPV) and the effort to force the vaccine on our young girls. There are generally no symptoms of this disease until it has progressed significantly but there are warning signs such as serious vaginal infections. Then one may experience bleeding between cycles or after intercourse, unusual discharge or heavy bleeding during the menses. Causes of this sexually transmittable disease can include having sex at young ages, having multiple partners in a short time span, and having other cancers in the body.

Components of a Natural Cure:

1. Adhering to a lifestyle that respects the laws of health and well being
2. Eating natural, wholesome foods with little of no meat (while healing), good amounts of raw fruits and vegetables
3. Resting properly in the time the Lord made for sleep
4. Exercising with regularity in fresh air
5. Taking supplements to assist one's healing process – Vitamin E, C with bioflavonoids, B-Complex (best in food as brown rice), A and D

75% of all cancers are preventable. All are capable of being cured in early stages with Allah's permission and help. Some can be reversed even in the later, terminal stages. I have seen this with my own eyes. There are numerous cancer cures – Raw Honey, Black Seed, Flor-Essence, other herbal formulas, and more. It is our responsibility to seek the cure put in place by Divine Providence.

HOW TO RELIEVE MENSTRUAL PAIN

By Ayanna Miranda and Jeanette Hablullah, N.D.

Women are intricately constructed beings whose reproductive cycles are often accompanied by pain, swelling, or other discomforts. It has been scientifically determined that uterine cramps are caused by the hormone-like substance called prostaglandins. The prostaglandins that are produced in the body have an incredible range of physiological effects. Millions of women experience one of those physiological effects each month with the onset of menstrual cramps. The prostaglandins released prior to menstruation cause the uterus to go into painful contractions or spasms. Women who suffer the most severe cramps have higher levels of prostaglandins in their menstrual blood.

There are natural therapies to combat menstrual pain and cramps. One of the easiest therapies is to pamper your self with warmth. This can be in the form of drinking hot tea, sitting in a warm bath, or applying a hot water bottle to the abdominal area. The heat starts blood flowing and eases the pain. A second therapy is to use some simple stretches to relieve pain as described below:

Back Stretches

1. Lie on your back with your knees bent and your feet flat on the floor near your buttocks.
2. Lift the lower end of your spine off the floor as far as is comfortable for you.
3. Lower your spine to the floor and repeat.

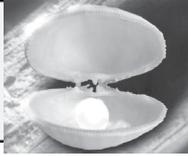
Bent Leg Knee Raise

1. Lie down with back on the floor and knees bent at a 45 degree angle.
2. Placing hands under the right leg, gently pull the knee to the chest. Stretching should be felt in the low back and hamstrings.
3. Hold this position for at least 10 seconds. Gradually work up to a 60 second hold.
4. Relax and repeat the stretch with the left leg. Remember to maintain breathing throughout the entire stretch.
5. Relax and repeat the stretch with both legs together at the same time.

A third therapy is using relaxation techniques such as deep breathing and acupressure to relax muscles and increase blood flow.

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Inspirational Quote



“Our health is in our being female servants of Allah, the consciousness of that being and acting, seeking and speaking out of that consciousness.”

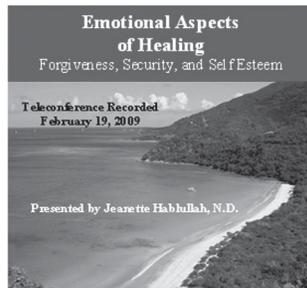
Inside This Issue

“Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He Who numbers the hairs of your head is not indifferent to the wants of His children.”

(Holy Bible: Book of James 5:11)



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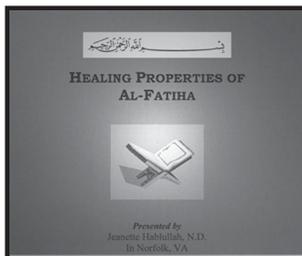
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HEALING PROPERTIES OF AL-FATIHA

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This session was recorded in Norfolk, VA on March 19, 2006. The presentation given by Jeannette Hablullah, N.D. examines the healing properties contained in Surah-tul-Fatiha and a brief introduction to healing in other parts of the Quran. It also contains a recording of the question and answer session from that day.

TO RELIEVE MENTRUAL PAIN Cont'd from Page 3

There are also natural herbal and nutritional substances that work. This include:

- Chamomile is “sedative soothing and harmless”
- Calcium, magnesium, Vitamin E – Calcium and Magnesium relieve cramping muscles while Vitamin E increases circulation
- Slices of fresh ginger made into tea
- Olive, sunflower, and safflower oils help balance prostaglandins.

In all cases the best medicine is prevention. Regular exercise throughout the month, a balanced diet, and proper nutrients will by the permission of Our Creator, eliminate the problem.

References:

1. The Practical Encyclopedia of Natural Healing, Mark Bricklin, Executive Editor of PREVENTION Magazine © 1983
2. Natural Healing With The Medicine of the Prophet, From The Book of The Provisions of the Hereafter by Imam Ibn Qayyim Al Jawziyya, Translated by Muhammad Al Akili, © 1993

CANCER FACTS:

- Cancer cells do not show up in standard test until they have multiplied to a few billion.
- When a person's immune system is strong, the cancer cells will be destroyed and prevented from multiplying and forming tumors.
- When a person has cancer it indicates that there are multiple nutritional deficiencies that may be due to genetic, environmental, food and lifestyle factors.
- Chemotherapy poisons cancer cells but also destroys healthy cells in the bone marrow, gastro-intestinal tract, etc. and can cause organ damage.
- You can battle cancer by starving the growing cells. They feed on sugars, mucous and thrive in an acid environment. Use raw honey, molasses, reduce dairy and alkalinize with a diet that is mostly raw fruits and vegetables.
- Distilled water is acidic – avoid it.
- Cancer cells cannot thrive in an oxygenated environment. Exercise and breathe deeply to get more oxygen down to the cellular level.
- Cancer is a disease of the body, mind, and spirit. A positive spirit will help one fight and win the battle. Learn to have a loving and forgiving spirit. Relax and enjoy life.