

# WHOLISTIC HEALTH NEWSLETTER

## CYCLICAL CLEANSING

### CYCLICAL CLEANSING THE SEASONAL CLEANSE

*“During a cleanse, the body, in its infinite wisdom, will decompose and burn only the substances and tissues that are damaged, diseased or unneeded such as abscesses, tumors, excess fat deposits and congestive wastes.” (Healthy Healing)*

If we observe the cycles of nature, we will clearly see that in each system and every being there is a time for cleansing and renewal. Oceans throw off their waste in foam that rises and is discarded, the earth’s toxins are purified by sun rays or sent downward by heavy rains or blown to another area by the servant winds. Every being has a means of processing and eliminating wastes. Similarly, our bodies naturally and regularly purge byproducts of chemical functions and unusable waste. It tries to throw off these toxic substances by moving them into organs of elimination – bowels, kidneys, lungs and skin. Even so, in preparation for renewal, **“Spring cleaning”** was a regular ritual and later a **“Fall cleaning”** would be implemented to prepare the body for the darker, less active days of winter.

These seasonal cleanses have almost been completely abandoned as the human being has lost guidance and moved away from moderation with regard to consumption of food and drink. Due to overindulgence and consuming toxic, unnatural food, we see a great increase in digestive illnesses, colon cancer and polyps (lumps of stored excess and toxic materials). To make things even worse, there is little to no recommendations from the Medical field for moderation and / or cleansing of the gastrointestinal tract but great encouragement for colonoscopies and

polyp removal and drastic procedures when cancer is detected.

Maintaining health through good practices and preventive measures makes good sense and fits in the natural, universal manner of operating. Water is a liquid that can be pure and also has the ability to purify. Applying it internally through adequate daily intake that includes teas and diluted fruit and vegetable juices is an effective way to assist the natural cleansing and regenerative process. We are encouraging a return to the cyclical cleansing and offer the following:

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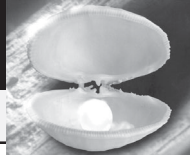


### Letters To The Editor:

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## PEARLS OF WISDOM

Jeanette Hablullah, N.D.



*“We, the human ones, must consciously seek restoration, purification and renew our devotion to the natural patterns.”*

Dear Readers,

Assalaamu alaikum wa rahmatullah.

(Peace and Mercy be with you.)

*“To Him (Allah) belong every being in the heavens and on the earth; all are devoutly obedient to Him. And, He is the One Who begins the creation and then causes it to continue and this is easy for Him...”*  
(translation of *Quran 30: 26 – 27*)

All exists by Divine will, Divine creation and Divine sustenance. This is true for what we know and what is beyond the limits of our knowledge. All is brought into being on particular form and function and must remain in that natural state for healthy continuance. This natural state is sustained by adherence to universal laws. Deviation from these immutable, permanent laws sets any being on a course bound for sickness or destruction.

We can be so very grateful that most of the creation is not able to consciously move away from obedience and submission to the Exalted Lord. This is a mercy to us as humans, who can choose and frequently make wrong choices that reverberate through our own bodies and throughout the greater creation causing chaos.

Every function of our systems is governed by a law of the Creator. **These laws are written upon “every nerve, every muscle and every faculty that has been entrusted to us” and obedience is required.** Time and excess necessitate periodic rightening to restore our beings and renew our abilities. Restorative power is inherent and is itself a part of the governing laws. Though we naturally function along with the universal cycles, we are very often outside of what is natural.

We, the human ones, must consciously seek restoration, purification and renew our devotion to the natural patterns. As the season of renewal (Spring) approaches, let us consciously cleanse, renew and rededicate our selves – body, mind and spirit – to our Originator, Who will soon reclaim us – body, mind and spirit.

## KNOW YOUR COLON CLEANSING AIDS

by Jeanette Hablullah, N.D

**Herbal Laxatives** – These promote bowel action  
**Cascara Sagrada** (Holy Bark), **Aloe Vera**,  
**Dandelion Root**

**Purgatives** – These are fast acting (8 – 24 hours) and induce peristalsis, but should not be used regularly or used if there are hemorrhoids, intestinal bleeding or prolapse of the uterus or bladder.

**Castor Oil, Buckthorn, Senna**

These purgatives should be combined with Carminatives to help expel gas. Carminatives include:

**Peppermint, Anise, Coriander**  
**Cumin, Ginger, Fennel, Thyme**

**Demulcents** – These create a gel like bulk that lubricate and bathe the intestines and are needed especially when the bowel is dry.

**Psyllium Seed, Flax Seed, Slippery Elm,**  
**Fenugreek, Agar Agar**

**Stool Softeners** – Should only be used for short terms because they can increase the toxicity of other drugs and may damage the liver.

**Docusate Sodium (Ducolax),**  
**Mineral Oil**

**Osmotic Agents (Salts)** – These draw water into the bowel for a flush. They are safe for occasional use, however, those with edema or pleurisy should not use salts.

**Epsom Salts, Milk of Magnesia,**  
**Table Salt**

**Enemas and / or Colonics** – These should be reserved for times when normal bowel function has been lost or as an aid to acute problems. Various substances may be mixed with water to use for the procedure – lemon juice, coffee, garlic, aloe vera, etc.

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**Do you have a health article to contribute?**

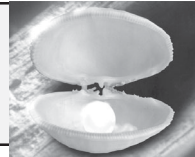
If so, please submit to:

TPW 2501 Molton Way, Windsor Mill, MD 21244.

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*“The BLADE is designed to reduce CO<sub>2</sub> up to 12%, capture toxic PM, and increase fuel economy up to 12%.”*

## CYCLICAL CLEANSING Cont'd from Page 1

### 24 Hour Cleanse:

On the evening prior to the abstinence from solid food have a green salad with 2 tablespoons of Olive Oil and the juice of ½ lemon.

**Early a.m.:** Dandelion extract diluted in water or Dandelion Tea  
Water 5 – 7 Glasses throughout the day;  
1 with lemon and honey

**Mid a.m.:** 4 – 6 ounces of apple juice

**Lunch and** Vegetable Juice or Broth

### Dinner:

For the next 7 days eat more raw foods, whole grains and continue the a.m. dandelion.

### 3 – 7 Day Cleanse:

*“A few days without solid food can be a refreshing and enlightening experience. ... A short fast increases awareness as well as available energy for elimination.”*

**(Healthy Healing)**

On the evening prior to beginning the cleanse, have a salad and take an herbal laxative – i.e. Cascara Sagrada. Put dried figs, raisins and prunes in a large container, cover with water, add one tablespoon of molasses and soak overnight.

**Early a.m.:** Take dandelion extract dissolved in water or dandelion tea

**Breakfast:** Strain water off the fruits and drink 3-4 ozs. Eat the fruits or divide into two servings.

**Mid a.m.:** Have 2 ozs.. Aloe Vera juice

**Lunch:** Have Broth or vegetable juice (i.e. carrot)

**Mid p.m.:** 1 cup Alfalfa or Clover Tea

**Dinner:** Vegetable or Barley Broth

Each day remember to have 5 – 7 glasses of pure water, take a brisk walk and dry brush the body to help cleanse toxins eliminated via the skin. Dandelion (tea, extract and fresh greens) and clover are very important to this seasonal cleanse. Just observe their presence in the natural environment and you will hopefully receive their message. They are there to assist you.

## A DAY AT THE GREEN FESTIVAL

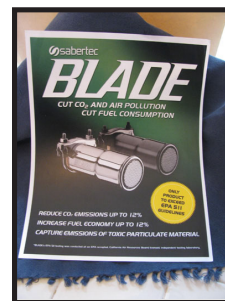
by Ayanna Miranda

The Green Festival™ is a convention that showcases environmental initiatives in local communities, non-profit organizations, businesses, and state and city governments. The festival featured over 100 speakers, 350 green businesses, green films, and organic cuisine with vegetarian and vegan specialties. The Green Festival™ is a joint project of Global Exchange and Green America.

On Saturday October 10, 2009 I attended the Green Festival in Washington, D.C. for the second year. We were first introduced to the Green Festival through a booklet we received from attending the Natural Foods Expo-East. I attended the Green Festival to learn what others are doing to make our earth a sustainable resource and environment in which to live.

The day consisted mostly of visiting vendors and discovering what “green work” they were engaging in to make our earth a healthier place to live. My first stop was at the Maid Brigade booth, mostly because I saw the nice bags that they were passing out and secondly to learn about the organic solvents and cleaners that they use when going to clean a home. I proceeded to the electric scooter both where I found that the Kamin Company has two

*Continued on Page 4*



## TPW - NEWS

### Upcoming Events:

Date: April 16, 17, 18  
Place: Springfield, MA  
Title: **Healing of Body, Mind, Spirit**

Date: April 23-24  
Place: Kansas City, MO  
Title: Women's Retreat

Contact: doretha84@aol.com | Contact: Amelia @ (816) 444-3410

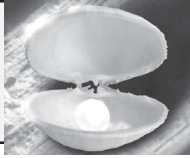
### Topics on Wholistic Health Teleconference:

3rd Thursday of month @ 8pm EST,  
Call Number: 1-518-825-1400, Access Code: 199860





## Inspirational Quote



*“These laws are written upon “every nerve, every muscle and every faculty that has been entrusted to us” and obedience is required.”*

*Inside This Issue*

*“Our very bodies are not our own, to treat as we please, to cripple by habits that lead to decay, making it impossible to render to God perfect service. Our lives and all our faculties belong to Him. He is caring for us at every moment; ...”*  
(Medical Ministry – Letter, October 1896)

## GREEN FESTIVAL Cont'd from Page 3

wonderfully designed electric scooters that can be charged on a regular 120V electric outlet. The scooters are able to get an average of 30 miles to a charge. The price of an electric scooter ranges from \$1,980-\$2,188 with the helmet and storage compartments included. From there it was on to the booths of companies such as Frontier, Wholesome Sweeteners, and Organic Valley.

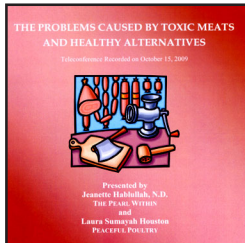
Then I decided it was time to eat, so I headed to the *Soul Vegetarian* booth where for \$12<sup>00</sup> a plate one could satisfy their palate with the tastes of macaroni, greens, tofu, and other delicious vegi-dishes. However, being a spendthrift I had brought my own lunch, and therefore I headed right for the desserts. My purchase was a vegetarian walnut brownie. How was it?...Well my description is more like chocolate cake than a brownie.

I proceeded to booths that displayed and sold organic cotton and wool clothing. I visited a booth were I was allowed to try shoe insoles that massage your feet as you walk. The insoles contained glycerin gel that bubbled up and became kneading massagers as you walked on them. Price, \$35 per pair.

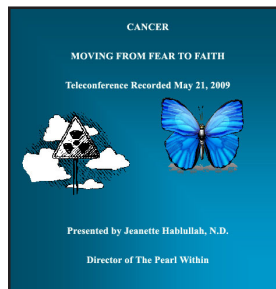
The most interesting booth for me was the booth that contained a product called the BLADE. The BLADE is filtering device that has been developed by Sabertec, LLC to place on the tailpipe of a vehicle to catch particulate matter (PM) 2.5 that would otherwise be released into the air and become a polluting irritant especially for people with asthma and other respiratory conditions. The BLADE is designed to reduce CO<sub>2</sub> up to 12%, capture toxic PM, and increase fuel economy up to 12%. This is most interesting to me since I work with the Vehicle Emissions Inspection Program (VEIP) in Maryland. I learned that it is being road tested in California. I asked what is the proper disposal method for the filter? Just toss it in the trash I was told. However, I went to the web site and it actually states that you place the used filter in the cylinder of the new filter and recycle it. Price \$199<sup>00</sup> per unit. Filter replacement price \$19.99.

What other items caught my eye? Well, one that I actually purchased; To-Go-Ware™. To-Go-Ware™ has two sets of stainless steel containers that can be used for both cold and hot meals.

If you have never been to a Green Festival™ it is an experience. It is good to go and learn that there are healthy alternatives that companies are making available to the general public to purchase and use for a sustainable earth.



**“Problems Caused by Toxic Meats” and “Cancer: Moving from Fear to Faith” \$7<sup>00</sup>/CD**



Go to  
[www.omspublishing.com](http://www.omspublishing.com)  
For CD's and Books

## FUTURE TOPICS

- ◆ Faith Healing
- ◆ Emotional Aspects of Healing-Part 2



**Are You Interested in Truth Therapy?**

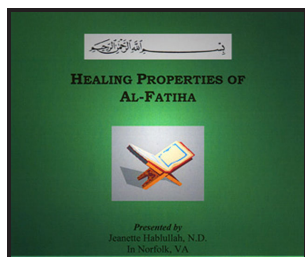
**Contact:** [thepearlwithin@yahoo.com](mailto:thepearlwithin@yahoo.com).

**Instructions can be sent USPS or emailed.**



## HEALING PROPERTIES OF AL-FATIHA

2-CD SET - TIME - MIN:SEC- 87:81



**This session was recorded in Norfolk, VA on March 19, 2006. The presentation given by Jeanette 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.**