



Volume 1: Issue 2

WHOLISTIC HEALTH NEWSLETTER

RESTORING HEALTH WHOLISTICALLY

Therapeutic Information Sheet #20

Jeanette Hablullah, N.D.

The earth has been supplied by Allah (SWT) with all of the produce the human being needs to restore and maintain health. Each illness and disease has a cure. Abu Huraira (RA), a companion of the Prophet (SAW), narrated that the Prophet (SAW) said, "There is no disease that Allah has created, except that He also has created its treatment." [from Sahih Al Bukhari]

A prevalent disease in this society is High Blood Pressure. Statistics indicate that 1 in 4 American Adults will be affected by this illness which can damage your arteries, heart, kidneys and more. However, in my 12 years of practice I have found that very often blood pressure can be regulated in short periods of time with manual therapies and dietary changes. Following is a therapy sheet with information on how to treat this condition.

Therapeutic Information Sheet #20

High Blood Pressure

High blood pressure is the force of blood against your artery walls. High Blood Pressure is called "The Silent Disease" because one may be suffering from it and be totally unaware. However, the body will attempt to alert you with certain signals. One should never ignore feelings of discomfort, pain, unusual body functions or discoloration of skin or eyes. Specific symptoms, which may indicate blood pressure problems, include: headache, dizziness, flushed complexion, ringing in the ears, edema, redness in the eyes and fatigue.

Causes:

A poor diet high in salt and fat, clogged arteries, blood thickened from excess mucous and waste, poor sugar metabolism, poor kidneys and bowel function and high stress lifestyle.

(Cont'd on page 3)



In This Issue:

- High Blood Pressure Therapy Sheet, pg 1, 3
- Restoring Health Wholistically, pgs 1, 3
- Column-Pearls of Wisdom, pg 2
- Healing With Jin Shin Jyutsu, pgs 2-3
- Inspirational Quote, pg 4
- Future Health Topics, pg 4

Photography by Ayanna Miranda, pgs 1 and 3

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**Jasmina McNutt**

I was talking to my friend, Larisa, one day after she started to study with Dr. Hablullah. She was excited about an energy technique called Jin Shin Jyutsu. She showed me that I can help my digestion by holding my thumb. I tried it, not really believing that something so simple can help me deal with a problem that I've had for years. Beginning with "Bismi Allah" I held my thumb and, after only five minutes, I found my stomach was starting to feel better.

This was very interesting to me so, in order to quit bugging Larisa for every little ache and pain, I bought a copy of Jin Shin Jyutsu: "Energyzing Body, Mind, and Spirit with the Art of Jin Shin Jyutsu," by Alice Burmeister and Tome Monte. My intention was to learn enough of this technique to deal with everyday issues. I never imagined that I would use Jin Shin Jyutsu on a regular basis not only on myself but also on others. Jin Shin Jyutsu is an art that can be used by anyone who is interested in keeping their life in balance.

The name Jin Shin Jyutsu literally means, "The Art of the Creator through the person of compassion." Simply put, Jin Shin Jyutsu is a way to balance life energy by holding some points along the energy flow, or meridians. There are 12 main energy flows. Each is associated with a particular organ, but effects everything along its path.

So how are flows balanced? The simplest way is to hold one of the fingers associated with that flow. In the case of the gall bladder flow, this is the middle finger. So, gently hold either middle finger until an even pulse can be felt. If you're working on someone else, then you can hold both middle fingers. That's it! This is the simplicity of Jin Shin Jyutsu.

(Cont'd on page 3)

Dear Readers; As Salaamu Alaikum Wa Rahmatullah

Praise be to the Lord, Guardian, Who is Omniscient and the Supreme Teacher. All of creation, including many humans and jinn, bear witness that there is no god but Allah. These are all engaged in glorification of the Creator and thankful for the messengers and guides in the form of Prophets (AS).

Embodied in each of us is the understanding of oneness or *wholism*. It is an inherent knowledge emanating from the sub-atomic level, programmed into each cell, pulsating in messages sent with each beat of our hearts. We can then either consciously accept it with our physical minds or deny what is being confirmed. We are from one origin, composed of the same materials, have similar patterns and are inextricably linked to all created matter. We are a microcosm of the universe. That is a fertile statement that will, Insha Allah, produce interesting topics for coming issues of this newsletter.

Understanding wholism leads to wholistic thought, which can lead to wholistic life choices. This harmony of mind and body produces optimal health and well-being that only occurs when there is soundness and integration of spirit, mind, and body. This is what our Creator desires of us and is evident in the constant, spontaneous regeneration and restoration that takes place in our physical bodies. This process of defense, battling invaders, expelling harmful entities, restoring and renewing is only disturbed after long periods of negative programming. What occurs then is what we see plenty of in this day and time; auto-immune diseases. These diseases may be frightening to some but hopefully not to any wholistic practitioner.

Healing is restorative, making one whole again, restoring integrity and balance. It must be done according to the natural pattern, with natural substances. Results achieved by other means are temporary and deceptive. Restoration of the human being to the Divine pattern brings a positive, wonderful energy that spreads from the individual to others and into the universe. Your health has a global effect.

Healing is a blessed work and is always wholistic. Its agents are servants on Divine assignment, moving with courage, spreading hope, faith and truth. Truth says that there is disease, faith says there is a cure, and hope keeps us patiently searching for the wonderful peace and relief that is available to us.

Allah is Ash Shafee "And when I am sick, it is He that heals me."

Prophet Ibraheem- Surah 26, Ayah 80



Of course, there are other ways in which the energy can be balanced. It can be released from SEL's (Safety Energy Locks) by holding them until a pulse can be felt. This method of energy balancing is easier on your body than taking pain relievers, and there are no side effects. Your system cannot be "overbalanced."

Wholistic health is all about balance. As a Muslimah, I find that I have plenty of opportunity for this in just following the Sunnah of our beloved Messenger (SAW). A little Jin Shin Jyutsu with a regimen of Sunnah will, Insha Allah (by the will of God), keep your body in a healthy state.

(Therapeutic Information Sheet #20 Cont'd)

General Dietary Recommendations:

Reduce red meats and fat intake.

- Eat meat once a week or less
- No margarine or hydrogenated shortening (solids)
- No deep fried foods
- Avoid caffeine, extra salt, and carbonated beverages, especially diet drinks

Eat whole grains and plenty of fresh vegetables and fruits, i.e. brown rice, broccoli, leafy greens, apples.

- Use only pure olive oil in cooking and salads
- Use fresh garlic or take garlic capsules 2x daily
- Take an early a.m. cleansing drink of 2 tablespoons of raw vinegar in 8 oz. water with honey
- Have a lemon drink or grapefruit juice in the a.m. and apple or papaya after dinner

Supplements:

- 1/2 teaspoons of Black Seed Oil 2x daily-a.m. and mid-day
- Add marjoram to foods-fresh leaves when possible
- Stress Relief: Chamomile Tea p.m. or Nerve Tonic 2-3x daily

Supplements Cont'd:

- If diuretic needed take Dandelion Extract late p.m. or early a.m.
- If heart tonic needed use Hawthorn Berry Extract

Lifestyle:

Daily deep breathing in fresh air 3-5 minutes 2x daily
Relaxed walking minimum of 3x weekly

Note: Remember this sheet is never used alone. Manual therapies such as reflexology or acupressure/acupuncture are recommended. You should visit and/or consult with a wholistic practitioner.

Special Recommendation

Daar Ul-Shifaa Blood Pressure Balance Formula
Available from The Pearl Within

Affirmation To Relieve Emotional Aspect

“Life is temporary and able to be managed well. I remain peaceful and calm in serving my Lord. I draw strength and ease from the knowledge of truth. I allow myself to move freely through each day and release the tensions and pressures of the world before I sleep a sleep of renewal.”



Inspirational Quote



An Audience of One

by Majid Mohiuddin

A bird can fly freely though perched in a cage,
The Nightingale is weeping *Allah, Allah.*

The silent wind whispers amongst the tall trees
Sending all the leaves rustling, *Allah, Allah.*

Thin reed in my youth, I was cut into shape,
Fashioned like a flute, crying *Allah, Allah.*

If we Listen, deeply to the voice within,
We can hear our hearts beating, *Allah, Allah.*

Future Topics

Islamic Medicine: A Broader View

Genetic Diseases: A Wholistic Approach

Truth: Its Relationship to Health and Disease

Real Case Studies: How Wholistic Therapies have worked for Mutiple Sclerosis, Cancer, Heart Disease, High Blood Pressure



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The inspirational quote is taken from a wonderful collection of ghazals (poems) written by Majid Mohiuddin who is currently in residency at Harvard Medical School. His collection of Ghazals, the Persian/Sufi style of poetry, titled “**An Audience of One**” is truly a spiritual journey. The ghazal (poem) titles correspond to the names and times of the five daily prayers of Muslim. With each poem there is a feeling the spiritual senses are being replenished. **Enjoy!**

An Audience of One available online from *Olive Media Services*: www.omspublishing.com and available from **Amazon.com**

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