

# WHOLISTIC HEALTH NEWSLETTER

## THE COMMUNITY OF BEES

And thy Lord taught the bee  
to build its cells in hills,  
on trees, and in men's habitations.  
*Qur'ian Surah 16: Ayat 68*

The community of bees is one of the many communities Allah (swt) has provided for mankind in order to maintain and sustain life on the earth. The honey bee or *apis mellifera*, as she is scientifically known, is believed to have originated in tropical Africa. There are fossil findings dating back 40 million years but only Allah knows the origin of the bee.

The bees build their homes as they have been instructed and form communities with very specific groupings and responsibilities. A typical hive would have about 20,000 bees, consisting of one queen, up to two hundred male drones and 1,000s of female worker bees. It is these worker bees that are responsible the phrase *ibusy as a bee.* These ladies construct the hexagonal cell that make the comb, tend the larvae, care for the queen, gather the nectar, pollen, and propolis, evaporate the nectar into honey, defend the hive, portion out the food and prepare new queens.

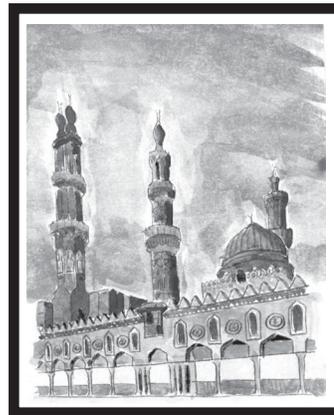
The male drones have one job and that is to mate with the queen. They are most welcome in the summer and are allowed to share the hive only when their services are needed.

The queen is a female bee, selected and specially nourished for her role as a mother. Once prepared, the virgin queen takes a mating flight. After this flight, her life is dedicated to producing eggs - 1,500 per day - and pheromone, a hormone that discourages other females from mating. She does nothing but eat and produce eggs and when the egg productions drops, another queen is prepared.

### Bees and Us

Bees harvest nectar from flowers and, in that process, also collect pollen all over their bodies. The nectar is deposited into the hexagonal cells. Nectar is evaporated

*(Continued on Page 3)*



This is a water color painting titled *Al-Azharî* by Meraj Mohiuddin.

This picture is featured in the Book of Ghazals titled *An Audience of One.* by Majid Mohiuddin.

### In This Issue:

- Community of Bees, pgs 1 and 3
- Column-Pearls of Wisdom-*Honey: Nature's Sweetest Medicine*, pg 2
- Relaxation Techniques-Part 2, pg 3
- Inspirational Quote, pg 4 & Future Health Topics, pg 4

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î Honey is also the most versatile healing agent of the physical world. For instance, honey is antibacterial and therefore assists in the healing of any bacterial disease.î

## Honey - Natureís Sweetest Medicine

*îÖ there comes forth from their bellies a drink varying in colors in which is healing for all human beings. Surely in this is a sign for those who reflect.î (Quran Surah 16: Ayah 69)*

Dear Readers;

As Salaamu alaikum wa rahmatullah  
(Peace and Mercy be with you)

Allah created the bee and gave her noble tasks ñ the pollination of plants, the spreading of life, the education of humans and the production of natureís most wonderful healer. Bees produce honey and use it to feed their families but also produce enough to share with other creatures. The greatest share of this sweet bounty is reserved for the use of those who are most oblivious and most ungrateful - human beings. Becoming aware of the reality of the blessing of honey and the generosity and thoughtful provision of The Creator will hopefully change our oblivion to awareness and our ungratefulness to humble gratitude.

Allah (swt) has said that there is healing in honey. It is second only to Quran in its ability to heal and there is nothing better, equal or similar to it. In addition, the Prophet said îMake use of two remedies ñ Quran and honeyî and he himself used it and recommended it for healing. It is then the responsibility of the believer to use honey for that purpose and to become familiar with the many ways that honey heals. Also, we must remember that when information comes to us from respected societal institutions or individuals that contradict what Allah and the Prophet have said, we must reject such information. Honey that comes from the bees, who live, eat and produce as Allah instructed them to do is always healing for us.

Now consider one additional amazing fact. It takes the life work of 12 bees to produce a teaspoon of honey. If you are a honey user, think how many spoons you use in a day or a week. Then, calculate the number of bees that have given the product of their lifeís work so that you might enjoy the

sweetness of Allahís provision. This should inspire you to remember, praise and thank the Lord of the heavens and earth and all in between.

Honey is also the most versatile healing agent of the physical world. For instance, honey is antibacterial and therefore assists in the healing of any bacterial disease. It soothes any injured tissue and begins its healing as soon as it makes contact. Honey acts both as an anti-infectious agent and stimulator of growth of healthy cells in wounds and burns. Its immediate use can eliminate the need for prescription antibiotics and even skin grafting. It will heal stomach ulcers, problems in the digestive tract, soothe a sore throat and assuage a cough. In addition, since bacteria will not grow in honey, it will also prevent tooth decay. It is calming to an agitated spirit and pleasing to the heart. The heart loves sweetness and recognizes the provision of Allah in the product of the bee. For its healing properties, that is just an introduction. Honey is also nutritive providing vitamins, minerals and enzymes and assists in both digestion and nutritional balance as when it aids in the retention of calcium.

With all of these wonderful benefits, we must also realize that honey has been corrupted like so many other aspects of Allahís creation. It will only have the wonderful healing properties if bees are allowed to live and eat as Allah intended. Commercial greed causes men to do to the bees what has been done to chickens and cows. They are restricted from normal lives of following the aerial paths and taking nectar from the flowers. They are kept in hives and fed sugar syrup or other cheap materials and exploited for their sweet product. That unnatural product is then marketed to an unknowing public. It looks like honey, tastes sweet and technically it is honey. But the divine healing is absent. So be aware. Search for pure honey. If possible visit an apiary and get to know the beekeepers of your area. Let them know that you appreciate their work and will spread the word. Support those who respect Allahís creation.

May Allah grant you health. Wa salaamu alaikum.

All fruit and seed crops must be pollinated. Bee hives are often transported during the flowering season from field to field to improve pollination.î



îIn general any repetitive activity helps. While it is healthy to participate in a whole body exercise, there are times when other type of repetitive activities are more desirable.î

### The Community of Bees *Contid*

by rapid wing movement and becomes honey.

Pollen that is still attached to the bee's body will be carried to other flowers and plants. All fruit and seed crops must be pollinated. Bee hives are often transported during the flowering season from field to field to improve pollination. From the Qur'an we know that these bees are also busy in praise and prayer to the creator and they communicate to each other about where abundant nectar can be found. Bees are attracted by color and fragrance. Be careful when outdoors and do not panic. Remember they are essential to our survival on this earth.

### Honey Facts

#### Qualities

- î **Aperient** ñ slightly laxative. Honey draws moisture and therefore can soften and lubricate the bowel
- î **Detergent** - It can remove impurities from the veins and intestines and do the same in the liver and kidney
- î **Tonic** ñ It strengthens the organs and the entire system
- î **Antibiotic** ñ (information in main article)
- î **Detoxifies** ñ By acting on the liver and kidney and removing impurities and blockages
- î **Preservative** ñ Food soaked in honey can last for weeks or even months depending on what it is
- î **Nutritive** ñ The total nutrients are known only to Allah. Honey in excess can cause damage to the liver and is to be balanced with lemon or vinegar

#### Uses

- î **An a.m. cleanser** - A spoon of honey in a glass of warm water in the morning is a good cleaner. The Prophet used to take honey and water on an empty stomach.
- î **Heart Tonic** ñ Honey is rich in potassium and other minerals and provides the taste the heart loves
- î **Cough Suppressant**, phlegm remover, breaking up mucus
- î **Relieve Diarrhea and Mildly Laxative** ñ Seems to be contradictory but it does work for both. When harmful things are removed from the stomach and intestines diarrhea will be alleviated. Remember the hadith of the man whose brother

was suffering and honey was recommended as a cure.

- î **Cure for head and body lice**
- î **Tooth whitener and cleaner**
- î **Improves vision and prevents cataracts** ñ can be put directly in the eye but only a very tiny amount. Can also be mixed with spring water and used as an eyewash
- î **Shampoo and facial** ñ Yep, that shampoo one was a surprise to me too. But I actually know someone who uses honey for that purpose, Etc.

### **Relaxation Techniques: Part 2** **Merciful Relaxation-Mind Unwind**

*by Jasmina McNutt*

A common complaint of over-stressed people is a mind that won't relax enough to sleep at night.

Sleeping at night is something that is mentioned in the Holy Qur'an in Surah 25 Ayat 47, *And He it is Who makes the night as a robe for you, and sleep as repose, and makes the day (as it were) a resurrection.*î

There are many activities that help release the busy mind. Martial arts, Tai Chi, Yoga, and any form of exercise all help. In general any repetitive activity helps. While it is healthy to participate in a whole body exercise, there are times when other type of repetitive activities are more desirable. An excellent example of repetitive activity is arts and crafts. Take needle arts for example. These activities all consist of small units all coming together to form a pattern. Consider knitting in particular. It allow you to focus your attention on a very simple activity (just stitch the next stitch), while keeping in mind a general goal (2 knit, 2 purl for example) and leaving the rest of your mind to work through the happenings of the day. This fairly simple activity can thus allow your mind to settle. Some people compare the calm after knitting to the calm after meditation. Needle arts are very portable -you can relax just about anywhere and since these projects eventually end, you'll always have an object to remember what you spent your time doing. If you choose knitting, your whole family might sport new knit kufi's, hats and scarves in time for winter.

## Inspirational Quote



## Matters of the Heart

A Wholistic Approach

**At evening do not expect [to live till] morning, and at morning do not expect [to live till] evening. Take from your health for your illness and from your life for your death.** *Saying of Prophet Muhammad (saw)*

Related by Al-Bukhari.

### Future Topics:

Islamic Medicine: A Broader View;  
Coping with Stress: Relaxation Techniques Part 3  
How to Relieve Menstral Pain;  
The Heart - Diseases and Cures

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