



WHOLISTIC HEALTH NEWSLETTER

CANCER - CAUSES AND CURES ISSUE

CANCER Causes and Cures

"Oh you human one, what has turned you away from your Lord, The Most Generous; the One Who created you, shaped you and gave you a just balance? In whatever form He wills, He puts you together." (Translation of Quran; Surah 82: 6-8)

The human body is an astoundingly complex marvel of construction and function. There are more than 75 trillion cells grouped as the Creator has commanded them to group, striving to maintain a condition called *homeostasis* - integrated, harmonious coordination. If any invader comes or a condition arises to threaten this condition, the vascular system (governed by the heart) assisted by the immune, endocrine, hormonal and nervous systems acts to protect and restore balance. In order for tissues and organs to remain in this state of normality, the environment around each cell must also remain stable. Stability can only be maintained when the system has sufficient nourishment on the spiritual, mental, emotional, and physical levels.

So what happens when cancer manifests in the body as a disease? There has been a serious and sustained interruption in the natural functions of the body. Growth of any tissues in the body depends upon the ability of cells to divide and reproduce. There are many checks and balances built into the human system to stop harmful growth, whether it is a bacterium, fungus, virus, or cancer. Lymph nodes are stationed throughout the body to collect and destroy such cells and they are usually successful. If this destruction is not complete, harmful cells will enter the bloodstream where additional attempts are made to neutralize an eminent danger. Most of this work in the bloodstream is done in the capillaries. If these additional efforts are also not successful the cancerous cells will enter organs (i.e.

kidney, liver, lung). If they find a hospitable climate, meaning the organ is not capable of defending itself, a very strange thing occurs. Capillaries grow to supply the entity, nutrients are transported, and life support is created for an invader. This basically means that a part of the system has surrendered. To have pervasive

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Letters To The Editor:

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PEARLS OF WISDOM

Jeanette Hablullah, N.D.



"[Allah is The Healer (Ash Shafee) and The Restorer] (al 'Aafeeu)."

Dear Readers,
Assalaamu alaikum (Peace be with you)

"For everything that Allah created, He also created its opposite and for every disease He wrote, He also created a particular cure." (Natural Healing with the Medicine of The Prophet)

Every disease has a cure that has been placed in the Creation by The One Who Created. Knowing the nature of Allah, in our limited capacity to know, educates us as to the nature of Divine healing and cures. That they exist and are available to us goes without question. That they are kind (as our Creator is Kind); that they are powerful (as our Creator is Powerful); that they are merciful (as our Creator is Merciful); that they are loving (as our Creator is Loving); and that they are beneficent and not harming (as the Creator is Beneficent) are other attributes to cures that we need to consider in identifying and choosing them.

Disease and afflictions are allowed for various reasons. Often they are just natural consequences to irreverent living. At other times they are manifestations of the acceptance of false cures given by those who have been duped by Shaitan. Often, however, disease and afflictions are tests by Allah on His servants or a means of purification of the sins of this world to prepare a beloved servant for Paradise.

"Whenever a Muslim is afflicted with harm from sickness or other matters, Allah drops his sins as a tree drops its leaves." (Hadith recorded by Bukharee and Muslim)

Patience and faith are required in all situations but one must also seek the cure that is available. Not seeking the cure is a disrespect of a benefit placed in the world for us. If one is anxious for relief and cure and has not been able to find it, then it is better to calm the self with prayer, seeking forgiveness and finding ways of sadaqah (charity). Give something away, whether it is food, money or material property; spend time and effort assisting others in need so that Allah will provide for

your need. Then be patient and know that the outcome of all things is in the hand of Allah and know that:

"When a Muslim (one who seeks to submit their personal will to that of the Creator) is afflicted with hardship, sickness, worry, sadness, harm or depression - even if it is something as trivial as a thorn's prick - Allah expiates some of his sins by it". (Hadith recorded by Bukharee and Muslim)

Allah is The Healer (Ash Shafee) and The Restorer (al 'Aafeeu). Any healing, cure, restoration or alleviation will come from Allah and the natural things He has created. Seek them, find them, use them, teach about them and praise Allah, Most High, for them.



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"Reconnect with the center of your being..."



"It is advised that one avoid eating fish from probable contaminant areas, eat more of the smaller fish..."

Cancer: Causes and Cures Cont'd from Page 1

or systemic cancer means that invading cells have broken through all 4 gates of defense: 1) General attempt to prevent abnormal cell development; 2) Efforts to contain the growth to limited areas; 3) Destruction that occurs at the vascular level and in the lymph nodes (few cells survive this); 4) Rejection by the organs of foreign cells.

What causes the human system to be so weak that its defense systems are not capable of success? The primary factor is a weakened spiritual connection. Allah t'alaah (Exalted is He) tells us in Quran through the words of Prophet Ibraheem, "**And when I am sick, then He heals me. (Surah 26: 82) Dependence upon and worship of The One Who Creates all beings is essential to health and healing.**" Inner conviction and outer action based upon this absolute reality creates open paths to true health. Secondly, there are residual, negative emotions and thoughts which impair the system. Anger, grief, a sense of being victimized and deep emotional pain held in the body create chemical environments in which cancerous cells can thrive. Finally, polluted and denatured air, water and food will render the physical system unable to battle against a harmful inner environment.

So, if one gets to the frightening point of being told that there is Cancer in the body, are they left with no choice but to subject themselves to the cruel, assaultive therapies of allopathic medicine - cut (surgery), poison (chemotherapy), and burn (radiation)? Absolutely not!!

There are natural cures:

- 1) Reconnect with the center of your being by more conscious worship and sincere supplication for Divine help and assistance. **Pray!**
- 2) Change the thought patterns. Eliminate negativity and focus on strong, positive truths and happy, encouraging thoughts and statements.
- 3) Find one of the many affordable food or herbal cures that is appealing to you and seems manageable in your lifestyle (i.e. changing to a fruit and vegetable diet, Dandelion; Grapes, Blessed Formula - Esiak, Essiac, Caisseis Tea or Flor-Essence. All of the latter are the same basic formula.

All of these have worked at different times for different people. I have watched cures occur, even in a woman who was given three days to live. What comes from Our Lord works with Love. (More to come in future issues)

Our Environment Our Health: Fish Consumption Advisory

By Ayanna Miranda

As we move into the summer there will be many more of us enjoying seafood and in many cases, fresh fish. Fish is recommended as part of a healthy, well balanced diet. This recommendation particularly applies to women and growing children. Fish are known to be low in fat, high in good omega fatty acids, and rich in protein. However, there are some fish consumption guidelines that should be followed for the protection of health.

When eating fish people are exposed to certain contaminants that accumulate in fish tissue, such as mercury and polychlorinated bipheyls (PCB's).¹ The presence of mercury can affect nerve development and affect learning and mental development.¹ PCB's are suspected carcinogens and may have the same affect as mercury.¹

Advice

The advice for the consumer is, eat fish, but know where it is coming from. The commercially caught and prepared fish that you purchase in the store is required to meet federal regulatory standards for quality assurance. Ask and be knowledgeable about the location of the catch because this will provide information about the fish's possible exposure to contaminants. The consumer should be certain of the location of catch so that an educated decision can be made about consumption. It is advised that one avoid eating fish from probable contaminant areas, eat more of the smaller fish, and less of the larger predatory species.

Educate Yourself

States have the responsibility for informing their citizens about contaminants in recreationally caught fish. Read the labels or ask questions about the source of the fish or seafood purchased in stores. Ask if the seafood is a wild caught or farm raised. Farm-raised fish and seafood are not in their natural habitat (are confined to a pond or concrete water basin), not provided their natural food source and are often fed man-made feed.

Inspirational Quote



"Disease and afflictions are allowed for various reasons. Often they are just natural consequences to irreverent living. At other times they are manifestations of the acceptance of false cures given by those who have been duped by Shaitan!" *Inside*

*"You cannot and will not encounter a circumstance or a moment that does not present an opportunity for the healing, progression, and evolution of the soul."
(Gary Zukof in Seat of the Soul)*

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Eat From What is Permissible and Good

As we purchase and prepare food we have to strive for food that is locally grown, allowed to live and grow in the natural habitat that Allah (swt) has created, and not fed man-made feed. We have to follow what Allah (swt) has commanded of us in the Quran (translation of Surah Al Baqaraa): **"Oh you people! Eat of what is on earth, lawful and good"** (Ayah 168); **"Oh you who believe! Eat of the good things that We have provided for you. And be grateful to Allah, if it is Him you worship."** (Ayah 172)

1. ENVIRONMENTAL MATTERS - May 16, 2007, Publication of the Maryland Department of the Environment



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