

WHOLISTIC HEALTH NEWSLETTER

BACK TO NATURAL

BACK TO NATURAL THE ARGUMENT FOR REAL FOOD

“All of our uncertainties about nutrition should not obscure the plain fact that the chronic diseases that now kill most of us can be traced directly to the industrialization of our food, the rise of highly processed foods and refined grains; the use of chemicals to raise plants and animals in huge monocultures;.”

(Michael Pollan; In Defense of Food)

Seems like it may come down to all of those “..izations”. After all the, **civilization, modernization, industrialization, mechanization, standardization, and pasteurization** have done us more harm than good. Yes, we enjoy many things that come from these movements or processes but are we actually better off when all is justly evaluated? One easy way to test each aspect or product of all of them is to examine each with one question in mind. **Does it fit in the Divine plan or order? -or- “Is it natural?”** That’s all, because that simple question embodies an entire set of criteria by which to appraise the quality of everything in our lives. It encompasses what is normal, what is inherent, what is genetic, what is organic, what is true, what fits with the origin of our being and what is essential to our wellbeing.

We have come to a time when we can hardly appreciate anything unless it is complex and almost incomprehensible. Do we really need to know how many calories are in a slice of bread or a glass of milk? Can we live well without calculating the grams of sugar in a medium apple or how much fat is in an egg? Counting, weighing and measuring, substituting and eliminating has pretty much sucked the pleasure out of what was designed by our Creator to be an enjoyable experience. **“Oh Adam, dwell you and your wife in the Garden and eat from it with comfort as you like...”** (translation of Quran 2: 35)

In our household we do not purchase nor consume “low-fat, no-fat, sugar free” foods. We have a “Let it be as it was meant to be.” philosophy. Anyway, what is put in after the natural component is taken out is much more harmful. Just read the ever expanding ingredient list. Margarine, cheese food, Egg Beaters, etc. are the products of human ingenuity, but what makes us

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Letters To The Editor:

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PEARLS OF WISDOM

Jeanette Hablullah, N.D.



“If we examine our lives and lifestyles, we would likely find many things in need of reform. If we ask, in prayer, for truth to be shown to us, we will find a good number more.”

Assalaamu alaikum (Peace be with You).
Dear Readers,

“And the earth, He has spread it out for the creatures. On her there are fruits and date palms producing spathes (of dates) and corn with leaves and stalks and fragrant plants. Then, which of the favors of your Lord will you deny?”

(translation of Quran Surah 55:10 -13)

Allah, The Creator and Lord of all, is full of grace and kindness to His servants. In Quran the earth is described as a soft carpet and the heaven as a canopy. There are also many descriptions of the adornments of stars, colorful plants and pleasant, nutritional foods. He is the Lord of Immeasurable Bounty, Who wants the creation to use and enjoy (usufruct) and recognize with gratitude the origin of the blessings. Then, *“if you are grateful, I will increase the good for you; and, if you are ungrateful, surely My punishment is harsh indeed.”* (translation of Quran 14:7)

All that we see, hear, smell and experience with our spiritual and physical senses was created for us before us. If we stop for only a moment and reflect, we would logically conclude that The One Who created us knows what is best for us. Very simply stated, this is what is natural – fits our nature, creates wholeness in us, keeps us in harmony with all created beings and retains integrity in the environment. In Arabic this is *“at tayyibaat”* (all beneficial things).

So many items, philosophies, practices and forms of false attraction have come in between ourselves and our nature that we can hardly perceive the natural. There is, unfortunately, great danger being in this condition. There are foundations to our healthy existence; Allah (God) has created us with Truth. All that comes from that original Truth supports our health, while all that has been fabricated on deviation and deception will undermine our health. In no way could I list or explain all the deviations, but let me give you a few examples to stimulate you own thought processes.

- *Using chemical herbicides on the lawn is good because it eliminates “weeds” such as dandelion and renders a uniform, green grass.*
- *Chemical preservatives are needed in food, as they increase the shelf life and make products less susceptible to mold or rotting.*
- *FDA approval indicates a product is safe and healthy for our use. They wouldn’t approve toxic substances for our use.*
- *Laboratory developed medicines have been scientifically evaluated to benefit us and are safer than unstudied herbs.*
- *Polyester fabrics are great as they wear better and are almost maintenance free.*

If we examine our lives and lifestyles, we would likely find many things in need of reform. If we ask, in prayer, for truth to be shown to us, we will find a good number more. There is so much natural good being rejected while pursuit goes on and resources are spent for the artificial.

Let us make a commitment – personal and communal – to seek what is harmonious with our nature, to enjoy the natural blessings and spend a measureable part of each day in grateful consciousness.



TPW - NEWS



Topics on Wholistic Health Teleconference:

3rd Thursday of month @ 8pm EST,

Call Number: 1-518-825-1400 Access Code: 84735;

For more information go to:

www.omspublishing.com/tpw_upcoming_events.htm.

Fit Muslimah Summit

Date: July 24-26, 2009

Place: Litchfield, CT

Email: info@fitmuslimahsummit.com

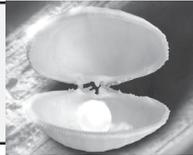
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Do you have a health article to contribute?

If so, please submit to:

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“Unnatural diets are not bringing us closer to a healthy existence but only taking us so far away, we almost forget what is normal and natural.”



“Embodied in their purpose is the ability to generate healing, relieve pain and restore our physical and emotional wellness.”

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think that humans can improve on the naturally produced foods? The low-fat craze that began in the mid 1970's has not cut the rate of heart attacks nor curbed obesity. Ironically, there has been an increase in blood cholesterol levels and disease causing triglycerides, according to a study of nutrition scientists from Harvard University (**Journal of the American College of Nutrition Vol. 20, 1**). Sugar substitutes have not helped diabetes, a disease that has skyrocketed in the last 30 years. Visit any Nursing Home, or hospital and see the numerous people on insulin, amputees from diabetic complications and others on milder diabetic medication.

Unnatural diets are not bringing us closer to a healthy existence but only taking us so far away, we almost forget what is normal and natural. Michael Pollan has simplified it into seven words, **“Eat food. Not too much. Mostly plants.”** Sounds like a condensed version of scriptural advice and also reflects some of the guidance handed down in the sayings of the Prophet Muhammad (saw). Moderation in eating is advised in every religious tradition with which I am familiar. Eating real food is a given. So, we need to become reacquainted with our food sources - the growers and the land. We need to support and encourage the local producers and we need to find ways to plant and grow some things for ourselves, even if we begin with just one potted item. Following are some connections to guide you to natural, local products:

1. www.localharvest.com (lists of local farmers, CSA's and Farmers' Markets)
2. www.eatwild.com (lists local sources for grass fed meat and dairy)
3. www.greenzabiha.com (source for Islamically processed grass fed beef and chicken)

To help with making better food selections, keep in mind what is in season, vary the colors and origin (i.e. from under the earth and above; from bushes, vines and trees). For assistance, request a brochure of the **“Universal Harmony Diet”** from our website www.omspublishing.com or by calling (410) 281-1417.

NATURE'S MEDICINE

by Jeanette Hablullah, N.D.

“Oh you who believe, eat of the wholesome things that We have provided for you and be thankful to Allah (The One God), if it is Him you worship.”
(translation of Quran 2: 172)

As humans, we are intricately bound with the plant world. Plants give us the very air we breathe and sacrifice their lives to support ours. They have consciousness, intelligence and purpose. Embodied in their purpose is the ability to generate healing, relieve pain and restore our physical and emotional wellness. Here are some common ailments and a few wonderful herbs with amazing restorative properties.

- Anxiety – kava kava, hops, valerian, lavender
- Arthritis – cinnamon (mixed in a 1:2 ratio with honey), cayenne pepper, ginger, tumeric
- Colds – olive leaf, black seed, echinacea, elderberry
- Burns – aloe vera, (honey is even better)
- Eczema – olive leaf, evening primrose, chamomile
- Headache – white willow bark, peppermint (oil on the temples)
- High Blood Pressure – olive leaf, garlic, celery seed, marjoram
- Indigestion – anise, fennel, peppermint
- Urinary Tract Infections – uva ursi (bearberry), cranberry, goldenrod
- Varicose Veins – butcher's broom, horse chestnut, grape seed

For more information read: *Medicine of The Prophet; The Green Pharmacy Herbal Handbook*



Inspirational Quote



"Plants give us the very air we breathe and sacrifice their lives to support ours. They have consciousness, intelligence and purpose."

Inside This Issue

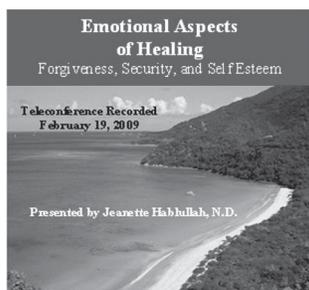
"Keep your wants, your joys, your sorrows, your cares and your fears before God. You cannot burden Him; you cannot weary Him. He Who numbers the hairs of your head is not indifferent to the wants of His children."

(Holy Bible: Book of James 5:11)



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Are You Interested in Truth Therapy?

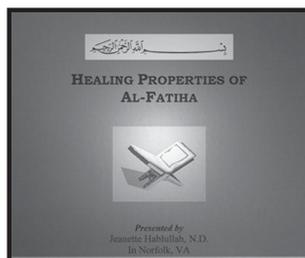
Contact: thepearlwithin@yahoo.com.

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 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.

NATURAL CLEANERS

by Ayanna Miranda

Many households use the latest *new and improved* cleaners that kill germs and make appliances sparkle. However, with the defeat of the germs and the appearance of shine comes toxins. The toxins are released from the chemical compounds in the cleaners. To keep these toxins from infiltrating our home environment, it is best to use biodegradable cleaners free of man made chemical cleaning agents. Biodegradable cleaners include the following:

Natural Household Ingredients

1. **Baking Soda** – A deodorizer and surface scrub.
2. **Vinegar**- Is a disinfectant and deodorizer: one-part vinegar to one-part water; can be used as a fabric softener.
3. **Lemon Juice** – Can be used to clean, shine brass and copper; Place in garbage disposal to deodorize; One cup olive oil to ½ cup of lemon juice can be used as furniture polish.

Brand Name Products

1. **Dr. Bronner's** Olive Oil based soaps – All purpose cleaner.
2. **Earth Friendly Products** – Multiple cleaning products the contain natural, non-toxic biodegradable ingredients.
3. **Citra Solv**- A cleaner with an orange oil base. An all-purpose cleaner.

Remember that the conscious choices that we make in our home environment effect the world environment; especially the water that is recycled and re-delivered to our homes.

