

WHOLISTIC HEALTH NEWSLETTER

HEART HEALTH ISSUE

THE HEART DISEASES AND CURES

by Jeanette Hablullah, N.D.



Our hearts are diseased!! Unfortunately, that statement is a general truth for the impoverished society in which we live. Heart disease now competes with obesity and sleep deprivation to be the number one health problem in the United States. It has been increasing at alarming rates since the early 60's. A little bit of investigation and contemplation will allow one to see that parallel with the increase in heart disease has been the change in spiritual practices and a dramatic rise of immorality.

We are now at a point where defibrillators (those mechanical heart stimulators) are omnipresent, thousands are on lists for heart transplants -including an incredible number of children, millions are being medicated, and the number of surgeries is at record highs.

Anatomically the heart (feminine in Arabic) is a muscle actively contracting and relaxing as long as life exists in our bodies. It is an absolutely amazing organ (see Heart Facts in this issue) governing the entire circulatory system, which nourishes every single cell. So, our quality of health is dependent on the health of the heart and the purity of life's fluid - blood. We have been inundated with information from the medical community about what causes damage to the heart and what dietary and lifestyle changes need to be made to live (hopefully) without heart disease. Following are some wholistic facts and alternate paths to health maintenance and restoration.

1. The heart is nourished and sustained by Truth.

All foods must be pure and real. The heart will not accept what is synthetic and artificial.

Filtering organs, such as the liver and kidneys, will be overworked as the intelligent system tries to keep the blood pure by cleansing out artificial colors and flavors, etc.

Continued on Page 3

In This Issue:

- The Heart - Diseases and Cures, pgs 1 & 3
- Pearls of Wisdom, pgs 2 & 3
- Heart Health Tips for Women, pgs 3 & 4
- Inspirational Quote, pg 4
- Heart Art -Original by Alaa El-Buri, pg 1
- Heart Art from picturesemporium.com, pgs 2 & 3

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"One of the greatest lies imposed upon humanity is that intellect and wisdom are functions of the brain."

"Those who disbelieve say, 'Why is there not a sign sent down to him (The Prophet (saw)) from his Lord?' Say, Allah leaves astray whomever He wills and guides to Himself those who turn in repentance."

Those who believe and whose hearts find satisfaction in the remembrance of Allah. Isn't it with the remembrance of Allah that hearts find satisfaction."
(Translation of Quran, Surah 13: 27 - 28)

Assalaamu alaikum wa rahmatullah.wa barakatuhu
Dear Readers,

While the creation in its entirety and each of us as individuals embody spirituality, the human heart is the supreme sacred space. There is a saying that the entire creation cannot comprehend the holiness of Our Lord but only the human heart is capable. The heart measures our lives with its rhythmic beats, measuring the time written for us by Allah before we entered the physical realm. She (the heart is feminine in Arabic) physically joins every cell in the body and seeks liaisons with other hearts that help her feel love and joy. The heart of the child yearns for the love of the parents and vice versa. Hearts seek and need companions on many levels and will wither from loneliness. The greatest pleasure of the heart, however, and the greatest healer of the heart is remembrance of and sincere worship of Allah (swt) - The One, The Only Originator and Sustainer of Life.

The One who created and owns the hearts is the best to heal them and will, if we submit the heart to Divine guidance. Part of that is simply acknowledging the position and authority that the heart has. Secondly, it is to defer to the intellect and guidance of the heart in our daily decisions, for the healthy heart is the one that remains in communication with Allah ﷻ Al Hadi (The One Who Guides). One of the greatest lies imposed

upon humanity is that intellect and wisdom are functions of the brain. Allah clearly informs us that intellect is a faculty of the heart (Surah 22:46).

In addition, revelation from Allah is designed to heal the heart by bringing it truth and joy. Allah says in Surah Yunus 10:57 in translation:

"Oh you human beings, surely there has come to you a guiding advice from your Lord and a healing for what is in your chests (the heart), and guidance and mercy for those who believe."

So, any time spent reading, reflecting, memorizing, reciting and absorbing Quran results in physical and spiritual benefits to the heart. Then, as the heart is the wholistic healer of the body, our entire condition is improved.

May your hearts be blessed.



Heart Quotes

- In the body there is a piece of flesh. If it is pure it will purify the entire body and if it is corrupt it will corrupt the entire body. Oh, and certainly this is the heart. *Prophet Muhammad (saw)*
- For everything there is a polish and the polish for the Heart is the dhikr of Allah (iwj).
- Rejoice in the Lord and He will give you the delights of your heart. *Bible*
- In the central place of the heart there is a recording and sending chamber. So long as you see to it that your heart keeps sending loving signals to other hearts, even when you are sad, your heart will receive loving signals back. *Mother of Paul Pearsall, who is the author of The Heart's Code*
- Gratitude is the heart's memory.

Heart Facts: Spiritual Aspects Of The Heart

- The heart is strengthened and pleased by prayer, praise, and service to Allah.
- The heart is the seat of intuitive knowledge and the receiver of Divine instruction.

"The heart is the most powerful muscle in the human body. It is also unique because it is never inactive."



"Al-Quran says the heart is softened by receiving the words of The Creator (39:23)."

Aspects Of The Heart Cont'd from Page 2

- It is from the heart that all virtue and moral judgments originate.
- Only the heart is capable of making correct, wholistic decisions (good for you, humanity, and all of creation).
- The heart is your internal wholistic healer (body, mind, and spirit).

Heart Facts: Biological Aspects Of The Heart

- The heart is the most powerful muscle in the human body. It is also unique because it is never inactive.
- Each day 2000 gallons/7500 liters of blood are circulated through the body via the heart.
- With every beat, the heart emits a powerful electro-magnetic field (EMF) that coordinates the function of approximately 100 trillion cells that make up the human body.
- The electro-magnetic force of the heart is 5000 times stronger than that of the brain.
- Any disturbance in the EMF of the heart creates a chaotic state in the body that can lead to degeneration and disease. Stress is the most prevalent disturbance. Anger is the most powerful.

Heart Health Tips For Women

by Ayanna Miranda

Heart health is the single most important health issue for women. Heart disease has become the #1 killer of American Women.

Women are the mothers, sisters, aunts, and grandmothers who almost always are the caretakers of family members. We rarely take the time to take care of our own health. A woman needs to take time to evaluate her diet, exercise regimen, and relationships for her heart health.

A balanced diet is part of the formula for maintaining a healthy heart and one of the few things that each woman can control to improve her overall heart health. The following are some tips for maintaining a balanced diet. These tips are taken from **The Pearl Within's** brochure-*Universal Harmony Diet*.

Continued on Page 4

The Heart-Diseases and Cures Cont'd from Page 1

All medicines and healers must be from Allah's creation - i.e. honey, ginger, olive oil, pomegranate, hawthorne berry, and barley.

2. The heart has a time of day and a time of the year when she regenerates.

Daily this is from 12:00 noon - 2:00 p.m. This is a time to respect the heart and honor its healing. DO NOT DEFLECT physical energy to the digestive system. This is not a time to eat but to pray, meditate and heal.

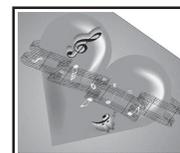
3. The color that recharges the heart is green. Notice the predominance of this color in the creation and absorb its energy.

4. The structure and function of the heart exemplifies balance. As right and left chambers are sending and receiving blood, a universal principal is being exemplified. Another way of keeping health in the heart is to balance giving and receiving in the philosophy and practice of our daily lives. Give generously and regularly and receive openly and gratefully.

5. Vibrationally, the heart quivers from the words of the Creator. From the letters of the Arabic alphabet the 'haa' at the end of the word Allah vibrates directly in the heart. Musically it receives the note of "A".

Al-Quran says the heart is softened by receiving the words of The Creator (39: 23). That means, the opposite would result in hardening of the heart and attached vessels. Also, we can see that giving and receiving must remain in balance or there will be blockages in the vessels or malfunction of the valves.

Take these messages to heart, reflect, and gain wisdom. The heart knows from where she came and to Whom she must return. Treat her well.



Inspirational Quote



"What we think in our hearts and say to each other determines what our future will be."

-Sherry Lockwood-

Heart Health Tips for Women Cont'd from Page 3

Morning Meal 8:00-10:00: Select foods that are fruits, nuts, and grains. These are energy foods that we need to begin our workday.

Regular Lunch Meal 12:00-2:00: Try to drink only during this period. This is the time of day that the heart needs the energy to regenerate and one should not divert essential energy from the heart to the digestive system.

Mid-Day Meal 2:00-4:00: Select foods that are protein, vegetables, and carbohydrates. This should be the main meal of the day. Eating the main meal during this time is best because our energy is high and our bodies are able to absorb the greatest amount of nutrients during this time.

Evening Meal 2-3 hours before bedtime: Select foods that are vegetable and low in carbohydrates. Choose something that will not be heavy in the stomach as the body prepares to rest.

Exercise for us is sometimes unimaginable after running around all day taking care of things. However, ladies take 30 minutes each day to exercise. Walk, run, jump rope, dance, or get a small stool and do an aerobic style step program. If you cannot do 30 minutes start off

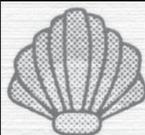
with 5 minutes and add 5 minutes each day until you get to 30 minutes of exercise.

Our personal relationships can affect our heart health either negatively or positively. However, either way relationships play a major role in heart health. Learn ways to deal with or eliminate relationships that affect you negatively. I recommend reading the book *Dealing With People You Can't Stand*. It provides some fascinating revelations for categorizing characters and how you can determine the best way to manage those characters.

Take care of **you** and maintain a healthy heart.

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