



WHOLISTIC HEALTH NEWSLETTER

Drug Traces Found In Water - Manifestation of Human Misguidance

Corruption has appeared on land and sea because of what the hands of humans have earned, so that (Allah) may give them a taste of some of their deeds; in order that they may turn back (to right). (Quran: 30: 41)

About a year ago, my son returned from a visit to London and said there was **Prozac** in the drinking water. On hearing this, my daughter, an agricultural engineer, said that meant the water was being re-circulated too quickly for the chemicals to decompose. Now U.S. scientists are admitting the same problem exists here. Water quality experts say most harmful drugs are removed from drinking water, "but not all of them". Human systems are not decomposing or efficiently utilizing the drugs, which indicates they are either not suited to human use or being administered in excess. Also, current scientific studies are detailing the effects of prescription drugs on inhabitants of rivers and streams - fish, tadpoles, muscles, oysters, etc.

On October 16, 2005, the subtitle of a front page article of the Baltimore Sun alarmingly stated, "Pharmaceuticals passing unaltered from humans into nation's waterways". Studies on bass from the Potomac River indicate that 60% of the males have "bizarre sexual traits"; eggs are growing inside of their testes. The fish were taken from waters downstream of sewage treatment plants where the chemical **ethinylestradiol** - the active ingredient in birth control pills - is a known pollutant. Further along the article states that scientists in Georgia and Mississippi have found **Prozac** in the water close to sewage treatment plants and it "can kill tadpoles, stunt the growth of others and befuddle the survivors so they swim in circles and can't flee from predators". In addition, other pollutants are mentioned to be present including **triclosan** (a disinfectant used in soap) and **triflurin** (a farm pesticide). You can be sure that these named drugs and chemicals are only the tip of the iceberg. Water treatment plants are not designed to break the chemicals down and, according to the article, such an effort would cost about 100 million per plant.

Is this problem exclusive to the Potomac and waterways along the eastern shores? Absolutely not!! It is being repeated across our nation because ingestion of prescription chemicals and use of toxic substances are alarmingly high almost everywhere.

In 2002, **Prozac was found in 28 of 44 streambeds tested nationally**. Fish are studied as indicators of environmental health which is directly linked to human health.

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Islamic Medicine Foundations: Allah and The Words of Allah

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

(Translation of words of Prophet Ibraheem. Quran 26: 80)

Dear Readers,

Assalaamu alaikum wa rahmatullah.

The above words, spoken by Prophet Ibraheem (as) to his father and people, embody the aspect of iman (faith) that is essential to Islamic medicine. In the Preface to Medicine of The Prophet (Tibb un Nabawi) it states, "...the medicine of Allah's messenger (saw) can only be understood in light of the Divine Revelation ..." This essential faith, that Allah (swt) is The Healer, is lacking in many patients and doctors. Human faith, trust and dependence have transferred to individuals with general and specialized degrees and pharmaceutical companies that produce man-made chemical drugs. But, Allah is The Healer. Secondly, what Allah (iwj) has created in the physical world for healing is what works. All else is Satanic / Shaitanic deception because all else does damage to the creation of Allah and leads us away from the straight path (siraat-ul-mustaqeem).

It is not possible that a human, himself a created being, can alter the creation of Allah and then create something superior to what The Creator has made. It is also not possible that the created one will ever fully understand the intricate intellectual functioning of what The Creator has made. This is where we must allow our faith to sustain us. We say Allahu Akbar (The One God is greater than all else.) and elevate people and things above Allah. We say subhana Allah 'amaa yusrikoon (Highly glorified is Allah above the partners attributed to Him.) and then invest others with power and authority that rest solely with Allah.

When one accepts Allah (God) as The Healer and Guide, s/he looks to utilize what The Creator has identified as agents of healing. For the Muslim, this

is first the words of Allah or Quran. We know from history that the Prophet (saw) regularly used Al-Fatihah (Chapter 1 of Quran) for physical healing. Al-Fatihah contains the prayer of the servant and the answer of The Master. "It is the ultimate cure for all diseases." The benefits are to some degree available to all and can be scientifically confirmed by the field of Sound Therapy. It is said that Al-Fatihah renders healing to those who recognize her worth, submit to her superiority, and are skillful in the recitation. The Divine selection of sounds that compose the words of Al-Fatihah send healing vibrations to every system of the body. The innate intellect, governed by the heart, responds and what is written by Allah occurs.

In Medicine of The Prophet it says that "... the Quran is the perfect cure for all diseases of the heart, the body and the mind..." Let us turn back from the way of error and return to our blessed foundations.

(To be continued...)

"Revelation- Must speak to every level of those to whom it is sent and the personal reality of every human being is not merely a body, or a body with a mind but rather body, mind and spirit... "

Shaikh Nur Keller

For Wholistic Defense this cold and flu season, refer to:

- (1) Wholistic Health Newsletter Volume 1: Issue 3 Oct ñ Dec, 2004; Olive Leaf ñ Natureís antibiotic and anti-viral substance
- (2) Wholistic Health Newsletter Volume 2: Issue 1 Jan ñ March 2005; Immune System strengtheners
- (3) Order: Wholistic Approach to Cold and Flu Season ñ Tape or CD

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"However, the chemical properties of these additives may contribute to carcinogenicity or tumorigenicity."



"Researchers are concerned about declining sperm counts in human males and increases in testicular cancer."

Health Effects of Artificial Preservatives BHA, BHT, and TBHQ

By Ayanna Miranda

Lately I have noticed an increase in artificial additives in prepackaged food products. Those of particular interest to me are the two that I see the most, BHT and TBHQ. These additives are found in a number of products including chewing gum, cereals, snack foods, and candy. I decided to do some research to find out what each one was and why they are being added to these products. The findings disturbed me and the information is what became this article.

These additives in their long form are; BHT - Butylated Hydroxytoluene, BHA - Butylated Hydroxyanisole, and TBHQ Tertiary Butyl Hydroquinone. They are used for various purposes from preserving color - to preserving taste.

All three additives, BHA, BHT, and TBHQ, have undergone the additive application and review process required by the US Food and Drug Administration (FDA). However, the chemical properties of these additives may contribute to carcinogenicity or tumorigenicity. On the web site www.feingold.org it quotes from the Tenth Annual Report on Carcinogens (2002) of Public Health Service National Toxicology Program that [BHA] "is reasonably anticipated to be a human carcinogen."

It is reported that some people may have difficulty metabolizing the additives (<http://chemistry.about.com/library/weekly/aa082101a>). If a person's body cannot metabolize the additive what happens to it?

There is a brief quote from a study on www.feingold.org/bht.htm on the **Toxicology of Synthetic Antioxidants BHA and BHT In comparison With the Natural Antioxidant Vitamin E** (Kahl R, Kappus H, Z Lebensm Unter Forsch 1993) it states, **"Specific toxic effects to the lung have only been observed with BHT... However, BHA induces in animals tumours of the forestomach, which are dose dependent, whereas BHT induces liver tumours in long-term experiments... all published findings agree with the fact that BHA and BHT are tumour promoters. In contrast to BHA and BHT, vitamin E is not carcinogenic"**

In my research, I actually came across a material safety

data sheet (MSDS) for the additive TBHQ (www.tbhq.net/tbhq-msds.htm). The fact that one exists truly disturbed me. The first page of the safety data sheet contains a chart that states for Ingestion under the Hazards Identification column; ***May cause irritation of the digestive tract. May be harmful if swallowed.***

In Volume 2, Issue 2 2005 of the Wholistic Health Newsletter in the article "Community of Bees," it states that honey is a natural preservative. Honey, mentioned in the Quran, is a good, permissible product of the earth. Honey will help us to heal if we are sick (Surah Al Nahl, Ayat 69), can be used in various ways for food preparation to achieve a sweet taste, to add flavor, or simply be used as a preservative.

To eat what is good and permissible is an order that Allah (swt) states very clearly in the Quran in Surah Al Baqarah, Ayat 168 "O ye people!, Eat of what is on earth lawful and good;..." We have to teach our children about what Allah (swt) has placed on this earth that is good and permissible for the human being. Every parent, grandparent, uncle, aunt, and school teacher must be conscious and knowledgeable of the content of the food that they provide to a child. For the immediate effects may not be as obvious as the long term affects.

There are plenty of studies that have been placed on the web site www.feingold.org/bht.html if you would like to read more on the effects of these additives.

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Researchers are concerned about "declining sperm counts in human males and increases in testicular cancer". They do not mention the increase in biologically based homosexuality. That would be "politically incorrect".

The consequence of deviation from the way of Allah is manifest on land and sea. The answer is not to adapt machinery and spend 100's of millions of taxpayer money to develop new chemicals. The solution is to abandon what is proven to be harmful to us and to all of Allah's creation and embrace natural, wholistic, beneficial healing substances, pest controllers, anti-bacterials, etc. Whether we consider ourselves stewards, caretakers or khulufaa of the creation or haven't given it a thought, the fact remains the same. As human beings we are responsible.

Be part of a blessed solution!

Inspirational Quote



"It is said that Al Fatihah renders healing to those who recognize her worth, submit to her superiority, and are skillful in the recitation."

"The light of Allah surrounds me, the Love of Allah enfolds me, the power of Allah flows through me. Wherever I am Allah is, and all is well!"
(Paraphrased from "Create Your Own Affirmations" -- Shakti Gawan)

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