



WHOLISTIC HEALTH NEWSLETTER

LUNG HEALTH ISSUE

LUNG DISORDERS

The Pearl Within has developed a number of therapy sheets over the years to advise and educate clients on Wholistic Healing. This issue is focused on Lungs. **Following is:**

Therapy Sheet #26 - Lung Disorders

Chronic Pulmonary Infections have been increasing at alarming rates. Two of the most common-tuberculosis and pneumonia - are concentrating in certain populations where they spread quickly. These include prisons, hospitals, and low income areas.

Description: Lung disorders can be characterized by breathing problems, excess phlegm, or fatigue due to low oxygen levels in the blood. Sarcoidosis, a systemic viral infection, affects the lung by forming lesions, which reduce the oxygen processing ability. Cystic Fibrosis also causes recurring lung infections. Most infections are viral but some also have bacterial origins.

Causes: Because the Lungs take in air from the surrounding environment, they are very susceptible to pollutants that may be contained in the air. These pollutants include car exhausts, factory emissions, and chemicals coming from carpet, paints, furniture, and household cleaners. Lung health is also greatly affected by emotions and breathing will change according to the emotional state.

Emotional Basis of Disorders: Problems with the Lungs are generally related to fear - a fear of taking in life and of not being worthy to receive the good that life has to offer.

Therapeutic Recommendations

Diet

Follow a mucous cleansing diet for 3 days:

- Early a.m. - lemon and warm water
- Breakfast 1/2 grapefruit or 4 oz grapefruit juice or pineapple juice
- Mid a.m. - herbal tea
- Lunch - carrot juice or vegetable soup

- Mid afternoon - herbal tea
 - Dinner - Green Salad and fruit (papaya or pineapple)
- General:
- Add garlic to food or take garlic capsules
 - Eat organic foods as much as possible
 - Avoid caffeine
 - Avoid red meats and chicken with hormonal additives

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Letters To The Editor:

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PEARLS OF WISDOM

Jeanette Hablullah, N.D.



"The universe itself has been in the state of expansion since its inception but, as we know from Quran, it will one day contract and fold up completing one "cosmic breath"."

Dear Readers,
Assalaamu alaikum wa rahmatullah.

"Then He fashioned him in due proportion and breathed into him something of His spirit. And He gave you the faculties of hearing, sight and feeling. Little is the thanks that you give."

(translation of Quran Surah 32: 9)

Breath is the essence of being, manifested in the cyclic expansion and contraction of our lungs. We are created from earth and water and infused with air. Once this rhythmic expansion and contraction of breathing has begun, it must continue. Any interruption of more than a few minutes will result in severe damage or death. The rhythm of breath is as the rhythm of the heart is as the rhythm of the universe. All is functioning on the repeating pattern of creation established by Allah (swt). The universe itself has been in the state of expansion since its inception but, as we know from Quran, it will one day contract and fold up completing one "cosmic breath".

Inhalation draws oxygen into our lungs, where it meets and oxygenates purified blood. This mixture is then sent to the entire body with a powerful thrust from the heart, providing life and regenerating trillions of cells. Exhalation expels waste gases and tiny particles. With every breath we are renewed. Each breath impacts our health and reflects our state of being. Shallow breathing in which the breath is limited to the upper chest cavity occurs in states of anxiety and fear. This type of breathing sends alert messages to the rest of the body triggering physical and chemical reactions. Deeper breathing, in which the abdominal cavity expands first, sends messages of peace and security and creates harmonious physical function. Proper breathing may take some effort at first, but with effort will become automatic.

Working with the breath can be very spiritual. The very name of Allah (The One God) involves a balance of expansion and contraction. Breathing exercises are used to regulate heart beat, blood pressure, increase circulation and improve digestion. Various

types of breathing can also increase energy, align the posture, reduce pain and strengthen the immune system. One way of harmonizing the self with universal energies, found in Dr. Andrew Weil's "Spontaneous Healing", is to "let yourself be breathed". Lie on the back with arms at your sides, close your eyes and focus on the breath. Imagine the inhalation as the universe blowing breath into you and the exhalations as its withdrawal. You are the passive recipient. Try to hold this perception for 10 cycles (about 2 1/2 minutes)

Breathe easy and breathe well. This will be facilitated by seeking to breathe fresh, unpolluted air found where there is little traffic and industry and an abundance of trees. Whenever possible breathe the blessed air of tahajjud, the hours in the last third of the night when the spiritual nature of the universe transforms the air. Breathe with pleasure when the air is pure and carefully when it is not. Breathe with prayer and pray that the last exhalation is one of peace and blessing.

With Peace
Ma'a Salaamah

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"Lung disorders can be characterized by breathing problems, excess phlegm, or fatigue due to low oxygen levels in the blood."



"Exercise is not only beneficial for the heart, lungs, and physical appearance but also for the brain."

Lung Disorders Cont'd from page 1

- Wash fruits and vegetables thoroughly or peel to remove pesticides
- Lung nourishing fruits are apricots, peaches and plums
- Drink plenty of fresh, filtered or spring water

Herbal Therapy

- ☐ Drink three cups of herbal tea daily - lobelia/mullein blend or black seed tea
- Use Ginger and Cayenne compresses to chest to loosen mucous

Exercise

Try to get some fresh air exercise daily or at least do deep breathing in an open-air environment. Whenever possible take this exercise where there are plenty of trees, as the quality of air should be better in these areas.

Walk a mile or more at least three times a week.

Bodywork: Reflexology

- Stimulate the Lungs by massaging the soft pad under the toes on both feet.
- Dry Brush 2-3 times a week to stimulate circulation

Emotional/Spiritual

- Realize that the fear is attached to a deeply embedded lie.
- Question yourself to identify the lie. [i.e. What childhood experiences left me thinking: Everyone wants to hurt me. I cannot be safe; I am always vulnerable. I'd better stay in this bad situation, change is too frightening.]
- Identify adult experiences and practices that show you have accepted the lie.[i.e. Am I settling for less than I deserve? Am I allowing myself to be disrespected? Am I hiding myself and my talents out of fear of being inadequate or humiliated?]
- Replace the lie(s) with truth(s).

Affirmation

I have the capacity to take in the fullness of life and release its negativity. I restore my life to the perfect balance (inhalation and exhalation) that Allah (swt)/God intended. I allow myself to accept the nurturing of each breath, knowing that my Merciful Raqeeb (One Who Watches Over) is providing a gracious provision in this air. I accept this and I am truly grateful.

Health and Fitness Through Regular Exercise

By Haneefah Salim

Fitness through exercise is a major part of obtaining and maintaining a healthy balance. Obesity related health problems especially in the African American Community are on the rise. Data from the National Center for Health Statistics indicates that over 60 million adults in the United States over age 19 are obese and over 9 million children aged 6-19 are obese. The African American and Latino community are among the highest. In Al-Quran 4:29, **Allah instructs us not to kill ourselves**, if we don't take control of this serious problem that is exactly what we will be doing!

The Body Mass Index (BMI) is one tool used, based on weight and height, to determine overweight and obesity in adult men and women. This is used along with other factors such as body frame size, waist size (belly fat), and activity level to determine the possibility of certain health risk due to excess body weight and body fat. The BMI does not apply to all individuals such as those with muscular builds. Any concerns of obesity and health risk factors should always be discussed with your doctor before beginning an exercise program.

Some of the benefits of exercise and physical activity are:

- ✓ Reduce the risk of high blood pressure, cholesterol, colon cancer, breast cancer, and diabetes.
- ✓ Maintain or reduce body weight, body fat.
- ✓ Build or maintain healthy muscles, bones and joints, reduce depression and anxiety,
- ✓ Improve psychological well being,
- ✓ Enhances work, recreation, and sports performance.

Exercise is not only beneficial for the heart, lungs, and physical appearance but also for the brain. It helps to stimulate blood flow in the brain and improves the memory. Just imagine what the lack of exercise will do. Almost anyone can do some form of exercise. There are even seated exercise programs available for those with physical limitations.

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Inspirational Quote



"Everyone is a house with four rooms - physical, mental, emotional, and spiritual. Unless we go into every room every day, even if only to keep it aired, we are not a complete person." (Indian Proverb)

Health and Fitness Cont'd from Page 3

We need to get up and get moving for better health. Some inexpensive tools such as a jump rope, a single step, a small ball, a hula-hoop and light dumbbells can be used regularly for exercise routines. As certified by **AAAI/ISMA in Fitness Training**, I do Personal Training and group fitness in Yoga/Pilates, Kickboxing, Body Sculpting, and HI/LO impact aerobics. I am able to provide some simple exercises and some basic kickboxing and yoga/pilates moves that can be used on a daily basis to maintain health and fitness. For more information on fitness or getting started on a fitness program you may contact me, at: HaneefahSalim@aol.com.

Haneefah conducts her own fitness classes in the Baltimore area. She has produced four exercise DVD's including **CARDIO/STRENGTH** and **CARDIO-SCULPT AND YOGA-PILATES**. Contact Info: (443) 742-6088, P.O BOX 47743, Baltimore, MD 21244-7743.

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