



# WHOLISTIC HEALTH NEWSLETTER

## SKELETAL INTEGRITY

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By Jeanette Hablullah, ND

*"Then We created from the drop of sperm a clot of congealed blood and developed the clot into a (fetus) lump and created from that lump bones. Then, We clothed the bones with flesh and then developed out of it another creation." (Translation of the meaning of Quran: 23: 14)*

Bone formation (ossification) begins by the fourth week of pre-natal development and is not complete in certain bones until mid to late 20's. While this process goes on, the number of bones increases and then decreases (as bones fuse) to reach an adult average of 206. The impressive skeletal structure that results is responsible for support, protection and movement of the physical body as well as other essential metabolic functions.

As we tend to focus on our outer appearance and organ health, we often neglect or disregard what is happening to our bones until we have some pain, fracture or break, deformation or receive an alert warning from a medical practitioner. Red blood cells, white blood cells and platelets are produced in the bone marrow and stored there until needed by the blood or other organs. Bones are often sacrificed when there are mineral needs in the blood or essential organs. They bear our weight and the weight of whatever we choose to or are obligated to carry. They are humble, faithful servants of the body.

Each bone is an organ in and of itself. Each has a specific pattern of development and growth, a distinct shape and distinct surface features that indicate its relationship to other bones, muscles and body structures. While normally having impressive density and strength due to high percentages of calcium and phosphorous, we know all too well that bones can become weak, fragile and porous (having excessive minute cavities).

**What causes problems?**

Bones are weakened by poor diet, unbalanced diet, prescription drug toxicity and emotional and physical stress. When, and this is very common in the U.S., one consumes many acid causing foods, the blood becomes

*Continued on Page 3*

**In This Issue:**

**Skeletal Integrity, pgs 1 & 3**

**Pearls of Wisdom, pg 2**

**A Tribute to Brother Fred, pg 3**

**Microwaves - Ten Reasons to Throw Them Out, pg 4**

**Inspirational Quote, pg 4**

**Letters To The Editor:**

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*"The greatest thing we can do as upright, flexible creatures is worship —bending and prostrating in humility."*

*"...Look further at the bones, how We bring them together and clothe them with flesh. When this was clearly shown to him, he said, 'I know certainly that Allah has power over all things!'"*

*(Translation of meaning of Quran: 2: 259)*

Assalaamu alaikum

Dear Readers,

The human being, as the final creation, is both a physical and intellectual marvel. Our bodies are microcosms of the form and function of the entire universe. In development the human passes through the forms of all animal life; that of a water creature while in the womb, one that crawls on its belly, one that walks on all fours (crawling) and the erect two legged "khalifah" or steward of the earth.

In the Tafseer of Quran by Ibn Katheer, one of the sahaba (companions) of the Prophet (saw) said, *"He who thinks about his own creation will realize that he was created with flexible joints so that it is easy for him to perform acts of worship."* In the Sahih (Sound) collections of both Muslim and Bukharee, the Prophet Muhammad (saw) is recorded as saying, *"Each person's every joint must perform a charity every day the sun comes up ... a good word is charity; every step you take to prayer is a charity; removing a harmful thing from the road is a charity."*

The joint is a meeting place between two bones, where cushioning has been placed and flexibility enabled. The greatest thing we can do as upright, flexible creatures is worship —bending and prostrating in humility. After that it is to express gratitude and seek ways to utilize our physical form in service.

Many are suffering from crippling arthritis, loss of limbs due to diabetes or tragic injuries or other diseases. Repetition of some of these losses can be prevented and some in disabled conditions can be restored. Let us try to be more conscious when we lift a finger, bend a wrist or a knee and move from place to place. Make a duah for those who do not have these abilities and thank our Creator, Lord and Evolver of all forms for the gracious gift of movement.

## TPW Reminder

### Natural Anti-Bacterial and Anti-Viral Remedies For Cold and Flu Symptoms

1. Premium Aid from the "Blessed Tree" —Olive Leaf - tea, extract or capsules; take every 5 hours on an empty stomach 500 - 1500 mg's
2. Garlic - Cooked in foods or gel capsules; take with food or liquid; works well with ginger
3. Elderberry - tea or tincture; take 3x daily
4. Echinacea - stimulate / booster for the immune system; tea or tincture; do not take over 10 consecutive days
5. Vitamin C-complex - powder or tablets; take 500 - 1000 mg's every 2 hours until symptoms subside.

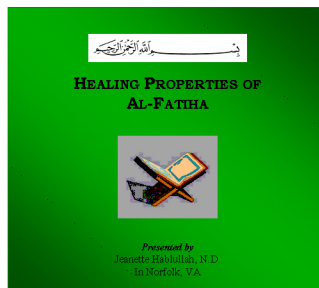


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## HEALING PROPERTIES OF AL-FATIHA

2-CD SET - TIME - MIN:SEC- 87:81



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This session was recorded in Norfolk, VA on March 19, 2006. The presentation given by Jeanette 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.



## Inspirational Quote



*"To keep a healthy skeletal system, eat well, keep a stress relieving practice such as .... exercise routine in your schedule, move the body in a respectful, dignified manner and practice good posture." Inside This Issue*

*"Allah created the son of Adam, and He provided each limb of his body with its own balance and perfection. Should the limb sense any imbalance in the standard of its innate excellence, or failure in its natural functions, it will feel pain."*

(Medicine of the Prophet; p. 161)

## Microwaves - Ten Reasons to Throw Them Out

by Ayanna Miranda

This is a continuation of the article from the Volume 4: Issue 3 of the Newsletter. Dr. Mercola states on his web site information from studies conducted on the microwave oven that "From the conclusions of the Swiss, Russian, and German scientific clinical studies, we can no longer ignore the microwave oven sitting in our kitchens."

### Here are the first five reasons to throw out the Microwave:

1. Continually eating food processed from a microwave oven causes long term - permanent - brain damage by shorting out electrical impulses in the brain [depolarizing or de-magnetizing the brain tissue].
2. The human body cannot metabolize [break down] the unknown by-products created in microwaved food.
3. Male and female hormone production is shut down and/or altered by continually eating microwaved foods.
4. The effects of microwaved food by-products are residual [long term, permanent] within the human body.
5. Minerals, vitamins, and nutrients of all microwaved food is reduced or altered so that the human body gets little or no benefit, or the human body absorbs altered compounds that cannot be broken down.

*\*The above information has been compiled from [www.mercola.com/article/microwave/hazards](http://www.mercola.com/article/microwave/hazards)*

*Continued in the Next Newsletter*



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### Future Topics:

Childhood Diseases - Asthma  
Microwaves - Ten Reasons to Throw Them Out -  
Cont'd; The Next Five Reasons



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