



# WHOLISTIC HEALTH NEWSLETTER

## HIGH TECH TESTS

### ***THE HIGH TECH TESTS DO WE REALLY BENEFIT?***

*By Jeanette Hablullah, N.D.*

**A**s a population in which illness and serious disease is on the rise we have become enamored with or, at the very least, resigned to *“the Tests”*. Doctors order CT’s (Computed Topography), MRI’s (Magnetic Resonance Imaging), x-Rays, Mammograms, Sonograms and various other procedures. MD’s are using these high-tech diagnostic assistants more and more and relying less on professional judgment and other standard tests (i.e. blood and urine). This is partly due to the fear of malpractice suits and also because they can get detailed, internal information quickly. ***But, at what cost?***

In 1980, according to records, there were 3 million CT scans performed. By 2007 records showed an increase to 72 million. CT scans are the most dangerous, according to some Doctors, Radiologists and scientific journals. These are the Super x-Rays that are replacing other tests. One CT scan could expose a patient to as much radiation as 74 Mammograms or 442 chest x-Rays. They are delivering far more radiation to human bodies than most are aware of, and according to one report from 2009, “contribute to 29,000 new cancer cases each year” while being a factor in 145,000 deaths. Prior to this, a study was done at Columbia University in New York in 2007 which estimated that “in a few decades, as many as 2% of all cancers in the U.S. might be due to radiation from CT scans given now”.

Radiation is measured in millisieverts. The natural radiation we receive from the sun and earth is about 2 millisieverts a year. Scientific studies (2009) estimate that 4 million Americans are getting 20 millisieverts per year from medical imaging. ***But, who is keeping track?*** Doctors are not communicating with each other and only the most conscientious of radiologists is checking and setting limits. It is easier for a physician

to order another test than take the time and perceived trouble to get the one that has already been done. One study showed that 50 people over a three year period had more than 10 CT scans; one individual had 31.

Americans are getting more medical radiation than anyone else in the world. The most overused of these scans are those done of the chest and abdominal area. These deliver 10 – 20 millisieverts each as opposed to .01 - .1 for an ordinary chest x-ray. Heart patients get millisieverts that are equal to 850 chest x-rays from CT scans done over the first few days in the hospital. Even when the test are justified, there are usually more views taken than necessary and, according to studies done at 15 Imaging Centers in Michigan, the radiation dose could be cut by 2/3 without any loss of quality.

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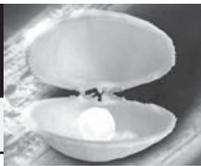
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### **Letters To The Editor:**

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## PEARLS OF WISDOM

Jeanette Hablullah, N.D.



*“One has to have more than physical sight to see much of the satanic influence today. So sharpen your skills and pray for light (Divine light) in all of your senses.”*

Dear Readers,  
Assalaamu alaikum. (May Divine Peace be with you.)

*“Surely in the creation of the heavens and the earth and the alternation of the night and the day there are signs for those endowed with understanding; those who remember Allah standing, sitting and lying on their sides and reflect on the creation of the heavens and the earth...” (translation of Quran Surah 3: 190 – 191)*

One of the highest, most ennobling gifts given to the human being is the intellect capable of expanding and developing. Then the Exalted One placed us in an environment suited to facilitate that development. This happens by interaction with Nature, encounters with Divine revelation in spiritual texts and educational exchanges with other humans through whom rays of the lights of knowledge emanate. The soul entrusted with intellect is to be concerned with what is accepted, absorbed and utilized as directional knowledge, knowledge that will be used to make decisions, guide judgments and be passed on to others.

Parallel to this blessing is the challenge and test put upon us in the presence of Shaitan (Satan) and those who follow his promptings and call. If we try to live our lives without a strong consciousness of this reality, we will be continually beguiled. The first human sin and the first use of our moral muscle were due to deception by our original and perpetual enemy. He promised to “attract” us away from the right and good, to make the evil and harmful appealing and desired and perhaps even appear as a false necessity. In respect to our first parents (Adam and Eve), it is said, **“So, he brought them down by deception.”** (translation of part of ayah 22: Surah 7) One has to have more than physical sight to see much of the satanic influence today. So sharpen your skills and pray for light (Divine light) in all of your senses.

Allah has said, and I’m giving you a translated meaning, **“All beneficial things are permissible for you.”** (Surah 5: 4) Everything that is good, wholesome, constructive, nourishing, healing and supportive of the truth in which we were created is permissible. All that is opposite to these is forbidden or strongly discouraged. We have options in healing. We can make choices.

Our challenge is to refer everything back to Allah, to Divine knowledge, to look into the sunnah (practices) of the Messengers of Allah (as) and consult our own inner wisdom.

As we exercise the pure intellect, give authority to the inner knowledge and act on Guidance, we will see with greater clarity and have greater courage to choose what is wholistically and permanently good. May our hearts be guided. May we learn to give the heart the authority to guide.

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### CELL PHONES: A CONTRIBUTING FACTOR TO RADIATION DAMAGE

You see them everywhere, with all types and all ages of people. The ubiquitous cell / mobile phone or the Blue Tooth ear attachment, that causes a memory jog to some Star Trek like aliens, are unmistakable, seemingly permanent additions to our human environment. Cell phones are operating on ICRW’s – *Information Carrying Radio Waves*. These waves vibrate at the same frequency as many of our cellular receptors or certain biological frequencies and can cause internal confusion.

You may recall several years ago, well maybe 10 or so by now, there was controversy over whether or not cell phone use was a contributing factor in brain cancers. There were some very convincing arguments but the concern lost out to the marketing and desire to be “hooked up”.

In 1998, while I was living in Sudan, citizens there were using deflective devices concealed in turbans and scarves. In this so called underdeveloped country there was enough scientific evidence to warrant the purchase and use of a protective device. I think we must understand that, in a capitalistic society, profits generally overrule human health concerns (i.e. genetically modified foods, herbicides, additives, etc.)

There are no safe doses of information carrying radio waves. Exposure to them can cause fatigue, sleeplessness, anxiety, headaches, neurological decline, and poor concentration and ultimately lead to cancer.

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*“The statistics show that of 20 year olds who receive one coronary angiogram and one CT scan, one out of every 150 will develop cancer related to the procedures.”*



*“The damage may not show up for years, so don't be lulled by a false sense of security. Radiation raises the risk of cancer.”*

## “HIGH TECH TESTS” Cont'd from Page 1

One third of these tests are unnecessary. That means that “20 million adults and over 1 million children are put at risk of developing cancer needlessly. Children and young women are most vulnerable”. The statistics show that of 20 year olds who receive one coronary angiogram and one CT scan, one out of every 150 will develop cancer related to the procedures.

The USFDA is moving to require printing of the doses of radiation given and some notice of what is a “standard dose” so that individuals and Doctors will know where they stand. Still we must keep in mind that we regularly receive radiation from cell phones, microwaves, Wi-fi routers, power lines, airport scanners and air travel. It is the cumulative effect that is damaging, so reduce and avoid wherever possible. The damage may not show up for years, so don't be lulled by a false sense of security. Radiation raises the risk of cancer.

### What should we do?

As far as the medical tests, question everything. *Why is this test necessary? What dose of radiation will I be receiving? Are there alternatives?* The other possibility is “opt out”. Politely and calmly refuse.

### Other things to consider are:

- Get rid of the microwave. (See Volume 4: Issue 5 and Volume 5: Issue 1)
- Use corded phones at home or use the speaker phone to keep rays away from your head.
- Fly when absolutely necessary. Learn to re-experience the road trip.
- Go wholistic and depend upon your Creator to guide you.

(Sources: AP Medical Report 6-14-10; USA Today 12-09; Archives of Internal Medicine 2009; BBC Report – January 2008; mercola.com)

### ***DID YOU KNOW?***

There is a direct relationship between genetically modified foods (GM) and disease. The health of Americans is deteriorating at an astounding rate and, after reviewing over 600 scientific journals, a world renowned biologist claims GMO's are a major factor. They have been linked to sterility, miscarriages, death of newborns, alterations in DNA and immune disorders. Eat healthy. Eat well.

## KNOW YOUR PLASTICS BY RESIN IDENTIFICATION CODES

*By Jeanette Hablullah, N.D.*

Inside the triangle on the bottom of most plastic containers is a number from #1 to #7. The number represents a type of chemical resin.

### #1 – polyethylene terephthalate (PET or PETE)

Found in: disposable water and soda / pop bottles. These are intended for single use only. They are porous and absorb bacteria and flavors. They are usually recyclable.

### #2 – high density polyethylene (HDPE)

Found in: milk jugs, detergent bottles, shampoo bottles. These are usually recyclable

### #3 – polyvinyl chloride (PVC)

Found in: meat wraps, cooking oil bottles, plumbing pipes. Contains phthalates that interfere with hormonal development.

### #4 – low density polyethylene (LDPE)

Found in: cling wrap, grocery bags, and sandwich bags. These can be recycled at some grocery stores but not at most Recycle Centers.

### #5 – polypropylene (PP)

Found in: cloudy plastic water bottles, yogurt cups and tubs. Often these are not accepted at Recycle Centers

### #6 – polystyrene (PS)

Found in: disposable coffee cups and clam shell take out containers. These can leach styrene into your foods. Styrene is known as a possible carcinogen.

*Continued on Page 4*



## TPW NEWS

Dear Respected Readers,



The Pearl Within Wholistic Newsletter has been published for seven years, alhamdulillah. We are proud of this accomplishment. However, it is with sadness that we announce that this year will be our last. There will be two more publications insha Allah. May Allah (swt) bless you all and increase you in faith and knowledge.

## Inspirational Quote



*“The soul entrusted with intellect is to be concerned with what is accepted, absorbed and utilized as directional knowledge...”*

*Inside This Issue*

.....  
*“The whole Universe appears as a dynamic web of inseparable energy patterns. The Universe is thus defined as a dynamic, inseparable whole, which always includes the observer in an essential way. ...there is logically no such thing as a part.... We are a whole.”*

(Barbara Ann Brennan; “Hands of Light”)  
.....

## “KNOW YOUR PLASTICS BY RESIN” Cont’d from Page 3

**#7** – a variety of plastics developed after 1967. Some contain polycarbonate (PC), polylactide (PLA) and some are labeled as BPA Free. Others are made from renewable sources. PC is found in baby bottles, reusable water bottles (i.e. 5 gallon containers) and stain resistant food storage containers.

### What is OK to buy?

**#2, #4, and #5** - If you must buy plastic, these are the best of the bad.

**#1** is fairly safe for single use. The danger is you have no idea of how long the bottles have been in storage, at what temperature and to what they have been exposed. So, buy with necessity only.

**PLA** – These are made from renewable sources such as corn, potatoes, sugar cane and other products with a high starch content. These are generally not recyclable but can be composted.

### What to avoid?

**#3 – PVC** – These release dioxin, which is a potent carcinogen and hormone disruptor. The problem is this is in most all of the new plumbing installed in homes and commercial buildings. These are also found in meat and produce wraps, so it is recommended to slice off a portion of the food that has come into contact with the wrap and then store the rest in a non-plastic container.

**#6 – PS** (see above)

**#7 – Polycarbonate (PC)** is the only plastic made with bisphenol A, which is linked to many health problems (heart disease, obesity, etc.) This is in the process of being banned for use in some U.S. products.

## “CELL PHONES...RADIATION DAMAGE”

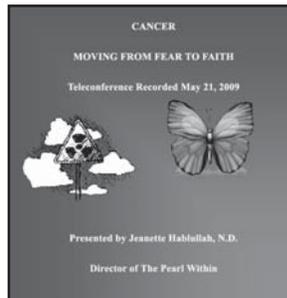
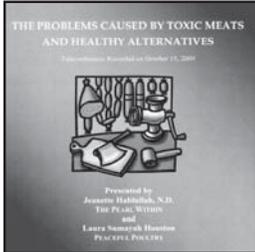
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### CAUTIONS

1. Limit cell phone usage
2. Use an air tube headset
3. Avoid use of Blue Tooth headsets
4. Limit exposure to Wi-Fi routers
5. Use only 900 MHz portable phones (Gigahertz phones stay on constantly exposing you to non-stop ICRW’s)
6. Limit calls inside buildings
7. Use cell phones in open spaces as much as possible. (In cars, airplanes, and buildings waves bounce around inside the structure with repeated negative effects on human cells.)

(Mercola.com; BBC Report 1-21-08)

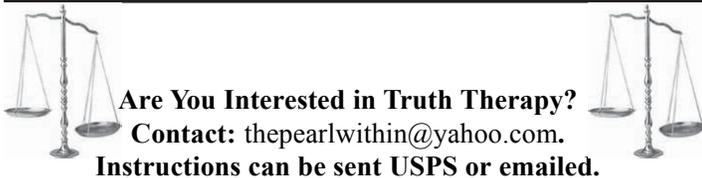
## “Problems Caused by Toxic Meats” and “Cancer: Moving from Fear to Faith” \$7<sup>00</sup>/CD



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## FUTURE TOPICS

- ◆ Faith Healing
- ◆ Emotional Aspects of Healing-Part 2



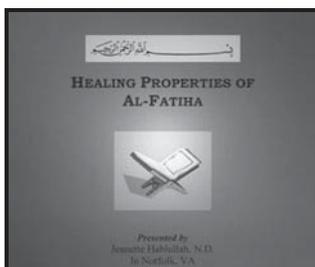
Are You Interested in Truth Therapy?

Contact: [thepearlwithin@yahoo.com](mailto: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 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.