

WHOLISTIC HEALTH NEWSLETTER

THE BLESSED EARTH

FROM THE EARTH

by Jeanette Hablullah, N.D.

*“For thousands of years – indeed for all of human history except for the past 50 – 70 years in Western societies –, plants have been our chief source of medicine.”
(Nature’s Medicine; Natural Geographic 2000)*

There is a deeply significant and natural relationship between the plants of the earth and the human body. Most obviously, we are sustained by them and products produced from them but, in addition, we are restored, healed, made well in the most marvelous ways by plants, barks, roots, seeds, leaves and extracts. Though the healing sciences have moved away from this natural focus in most Western societies (and not to their benefit), there are numerous societies and cultures all over the world where plants in one form or another serve as the regular and main sources of medicine.

As the introductory quote indicates, it wasn’t so long ago that plants were also the main medicinal source here in the United States. That began to change in the first quarter of the 20th century (early 1900’s) and has continued, leading us on a downhill spiral into the mire of modern pharmaceutical drugs. For these, few natural substances are actually used, but plants and plant extracts are studied and used as “molecular templates” from which patented formulas are developed. The benefit of these patented formulas to the pharmaceutical companies is that they, then, own the products and can claim exclusive rights to all profits from their sale. Take note of the time – 1930’s till now – and you must admit sickness, disease, and weakness has increased exponentially, new diseases continue to appear and we continually hear “no known cure” or “incurable”. We are constantly bombarded by mail and phone to support cancer research, various hospitals, lung disease programs, etc. Well, Hello!! Is anyone awake in these institutions?

The cures lie in backyards, parks, forests and nature reserves, and even on roadsides. They are covering trees (bark), anchoring plants (roots), and decorating our lawns (dandelions, etc.). As societies have rejected God given cures, they are experiencing natural, just and inevitable consequences. As Americans, we like to think of ourselves as ahead of others, more advanced. Yet, we are lagging far behind in many important areas, health care and effective medicines being one of them. Since 1980, the German government has dedicated funds and an official commission to study and document “age-old therapeutic powers of medicinal plants – how they heal, why they heal...”. This commission went on to become a guideline for all of Europe related to herbal medications.

Can we turn back? All evidence shows that we certainly need to make an effort. In doing so the Creator may once again bless our efforts to restore and heal.

Continued on Page 3

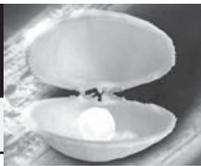
In This Issue:

From The Earth, pgs 1 and 3
Pearls of Wisdom, pg 2
Using Reason For The Season, pgs 2
Medicine Alert, pgs 4
Inspirational Quote, pg 4

Photography by Ayanna Miranda

Letters To The Editor:

TPW-Wholistic Health Newsletter
 2501 Molton Way Windsor Mill, MD 21244
 email: lettertoeditor@omspublishing.com



“Sustaining and restoring ourselves with Divine provision is one of our expressions of gratitude and it is with gratitude that we receive increase.”

Dear Readers,
Assalaamu alaikum (Peace be on you)

“And the earth, He has humbled to the use of all creatures. In her are fruits and date palms heavy with spathes; and corn endowed with sturdy stalks and sweet smelling plants. Then which of the favors of your Lord will you deny?” (translation of Quran Surah 55: 10 – 13)

How is it that we can purchase gems and then decorate ourselves or loved one, “eat mostly to our hearts” content, serve ourselves from the blessed water, wear clothes that warm, protect and dignify and yet forget the gratitude and reject some plain blessings in front of our eyes? Allah (God, Yahweh, The Great Spirit, etc.) has not neglected any one of our needs. Healing plants are presented to us in every season with patient determination. They speak to us on the level of our deep, inherent intellect. We recognize them at that level, but that deeper, higher intellect often fails to penetrate our distracted consciousness.

Healing plants appear naturally, tenaciously and every land is endowed with her own variety. In the Arabic of the ayaat (verses) translated above, there is a word “*raihaan*”, which is said to be sweet basil but also refers to a general group of pleasant plants able to be used for human benefit. There are a number of foods mentioned in Quran, Bible and Taurah. Each of them has specific and general benefits for humans and animals. Some are given additional honor by being paired with status carrying adjectives or by being in a particular class. For example, honey is the only food in Quran clearly identified as a healer. The Olive tree is described as a “*blessed tree*” (Surah 24: 35) and in the Bible as a “*tree of life*” (Genesis 2: 9). Some, such as milk and pomegranates, are mentioned as foods of paradise (Surah 47: 15; Surah 55: 68).

It is only right for us to take note of the blessings – naturally provided – and respectfully utilize them for enjoyment and well-being. Sustaining and restoring ourselves with Divine provision is one of our expressions of gratitude and it is with gratitude that we receive increase.

Be well naturally.

USING REASON FOR THE SEASON

by Jeanette Hablullah, N.D.

Once again we are approaching cold and flu season. It is always recommended to prepare the body before the demand for immune response heightens. The first step is to cleanse – three to seven days of a modified diet that will facilitate systemic cleansing. This generally means eliminating the meats, breads, carbohydrates and sweets while increasing vegetables and fruits. One may also choose to continue with a normal diet and take colon cleansers. Whatever you choose it is simply important to be aware of the need for seasonal cleansing. [See “**CYCLICAL CLEANSING**”; Vol 7: Issue 1; 2010]

The next step is to boost the immune system, get it toned up and ready for the rigors of this season. For this we offer a few suggestions:

Flowers – Echinacea (just remember this is an herb of short term use 3 – 5 days for children and 5 – 10 days for adults. It can be used again after a recommended interval.)

Seeds – Nigella Sativa (Black Seed) can and should be added to the diet as a regular supplement.

Leaves – Golden Seal is also for short term use and may be mixed with Echinacea

Foods – Citrus fruits such as lemons, oranges and grapefruit

For Prevention and Cure

Food – Honey, the supreme healer on all levels. Add this to your diet year round.

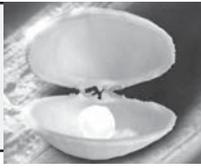
Leaves – Olive Leaf can be taken daily, or used intensely every 5 hours during a sickness

Seeds – Once again the Black Seed is the best in this category. Use the seeds or, for more concentrated effect, use the oil.

Flowers / Berries – Elderberry acts primarily as an anti-viral substance. It has an affinity for the respiratory system and can be taken daily as an extract or tea.



“The next step is to boost the immune system, get it toned up and ready for the rigors of this season.”



“Educate yourself and know that for every disease there is a cure.”

From The Earth Cont'd from Page 1

Following are descriptions of some wonderful herbal healers. While these are easily available at herbal shops and health food stores, I caution you to be wise in your personal use. Herbs do have chemical constituents. Therefore, if you are taking prescription drugs, you need to be under guidance and supervision in transferring to herbs or adding them to your healing regimen. Even if you are not taking prescription drugs, you need to be herbally educated. Every herb is not safe for long term use and some can reach toxic levels in the body. Educate yourself and know that for every disease there is a cure. Almost without exception, that cure can be found in the amazing world of plants.

Alfalfa – Sprouts are a tasty, popular salad additive but the concentration of nutrients is in the leaves. This plant is high in minerals because the roots go deep below possibly depleted topsoil to access bounteous mineral resources. Alfalfa contains phyto-estrogen and is beneficial to breastfeeding and menopausal women. Certain chemicals (saponins) help lower harmful LDL cholesterol, while the manganese helps to lower blood sugar.

Therapeutically Used For: diabetes, high cholesterol, indigestion, menopause, water retention, yeast infection

Black Walnut – Is a fruit of a tree that grows naturally in the Eastern U.S. The nuts are enjoyable and contain helpful amounts of serotonin, a mood-relaxing chemical found in several medications but the primary sources of medicinal value are the bark, leaves and nut husks. From these we get substances that are anti-fungal, anti-viral, antiseptic and astringent.

Therapeutically Used For: infections, parasites, internal microbial diseases and against airborne microbes

Cayenne – The peppers of this plant are scientifically known as berries and are of the nightshade family. They are the best known source of the phytochemical capsaicin, which helps alleviate physical pain and discomfort of rheumatoid and osteoarthritis, psoriasis, shingles, and cluster headaches. It also acts as a mild blood thinner and helps to reduce cholesterol and

From The Earth Cont'd

triglycerides. This latter effect helps with circulation allowing the blood to flow better through arteries and veins. Capsaicin also helps thin mucus.

Therapeutically Used For: arthritis, cramps, muscle and nerve pain, cluster headaches, hardening of the arteries, high cholesterol, varicose veins, heart disease and sore throat.

Dandelion – Those little sunny circles decorating the spring landscapes. All parts of this hardy perennial bring health benefits. The flowers are a good source of lecithin that naturally elevates acetylcholine in the brain, which may help prevent Alzheimer's. The leaves are rich in Vitamins A and C and the roots can be brewed and drunk for the therapeutic benefits that follow. Dandelion also aids in cleaning the liver, acts as a natural diuretic and treats conditions of jaundice.

Therapeutically Used For: liver dysfunction (including cirrhosis), kidney stones, gallbladder stones, gas, pneumonia, bronchitis, urinary tract infections, and edema

(Most herbal summaries were taken from The Green Pharmacy Herbal Handbook; James A. Duke; Ph.D.)



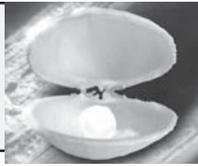
TPW NEWS

Dear Respected Readers,



We must apologize for not having the TPW Newsletter to you in the third quarter of 2010. We have had some trying times in our lives, Alhamdulillah. Please accept our apology for being late.

Inspirational Quote



“Even if you are not taking prescription drugs, you need to be herbally educated. Every herb is not safe for long term use and some can reach toxic levels in the body.” Inside This Issue

“Emergence from a condition of illness into a condition of wellness is also a beautiful example of the state of Grace into which we will emerge, if we act in gratitude for all the gifts the Creator has provided.”
(Native American Nutritionals – catalogue)

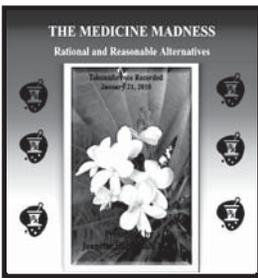
MEDICINE ALERT

“People with severe acne are at an increased risk of attempting suicide, scientists said in a study that further complicates a debate about whether acne drugs, such as Roche’s Accutane, prompt suicidal thoughts.”

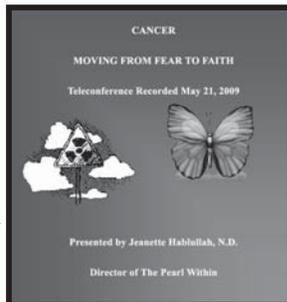
Acne, an inflammatory condition of the oil glands that causes pimples on various areas of the body, but most noticeably on the face, occurs in up to 80% of adolescents. Though severe cases are a small number, they can be very unsightly and cause great embarrassment. This is a source of distress and does lead some to depression and suicidal thoughts. It is believed, however, that some medications are contributing to the psychological difficulties.

The Roche pharmaceutical company is based in Switzerland. They have had difficulties related to Accutane since it first went on the market in 1982. It has been *“linked to birth defects if taken during pregnancy and has also been suspected of causing mental side effects.”* Isotretinoin is the generic version of Accutane and is regularly prescribed for those with severe acne. A Swedish study showed that for those treated with this drug, suicide risks increased for up to one year following treatment. Although other scientific studies have had the usual conflicting results, there are reports linking isotretinoin to depression and suicidal behavior.

(Source: Reuters article; Kate Kelland; Baltimoresun.com/healthkey; November 2010)



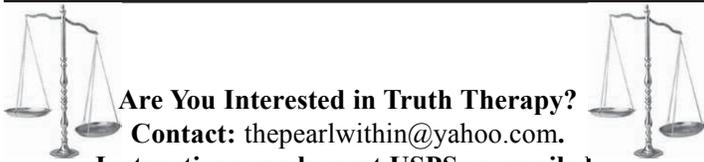
**“The Medicine Madness” and
“Cancer: Moving from Fear to
Faith” \$7⁰⁰/CD**



www.omspublishing.com
For CD's and Books

FUTURE TOPICS

- ◆ Health Care Reform
- ◆ Emotional Aspects of Healing



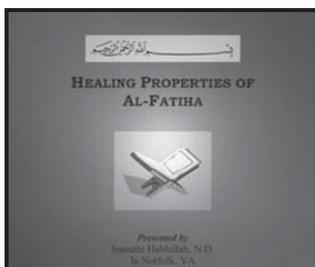
Are You Interested in Truth Therapy?

Contact: 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.

Herbal Alternatives

Aloe Vera – Apply the gel to skin and drink the liquid gel twice daily.

Basil – Take ½ teaspoon of tincture 2 – 3 times daily

Chamomile – Use the cream externally and drink the tea p.m.

Tea Tree Oil – Use the facial wash then, apply the oil directly. You may want to dilute the oil 50/50 with olive oil, grapeseed oil or another choice if you have sensitive skin. You can also use a Tea Tree lotion or cream. **Caution: Do Not Use On Eczema**

