

WHOLISTIC HEALTH NEWSLETTER

REFLECTIONS

2010 REFLECTIONS ON HEALTH

by Jeanette Hablullah, N.D.

“And He has subjected for you, from Himself, all that is in the heavens and earth. Certainly in this there are indeed signs for those who reflect.” (translation of Quran 45: 13)

Reflection is an exercise of recall and investigation, something we are encouraged to do for intellectual and spiritual development. It is a type of study and a means of discovering facts and meaning previously obscure. This year has been one of much focus on health and health care for all segments of society. There has been much talk, discussion, fact finding, finger pointing, accusations and debating. Still, not much has changed. There were two significant topics that carried through the entire year, **Health Care Reform** and the **First Responders Health Care** bill. The latter was finally approved on the very last day that Congress met before going on Christmas vacation, but at a fraction of the aid originally requested. Both of these represent the unfortunate state of health care in this country. The simplified question becomes, *“Should we or should we not take care of our citizens and see to it that they have the ability to get needed health care from a provider of their choice, without creating financial difficulty?”* It is pretty shocking that this is still being debated at the highest level of government.

As far as the Health Care Reform, even though there is some noticeable progress included in the new laws – i.e. denial of coverage for pre-existing conditions will be prohibited; doctors and hospitals will be rewarded for working in teams for coordinated patient care; care will be extended to larger numbers of the population –, the laws will not be in effect until 2014. That is, if the Bill is not overturned by the Republican congress. For the First Responders bill, it is unbelievably shameful

that it took over 9 years to approve funds for those who were on the front lines of response to the September 2001 disaster. It is even sadder to learn that 962 of these dedicated professionals have already died from illnesses and injuries resulting from their work at *“ground zero”*.

Health is a Divine gift. Healers are agents of the Creator. Care is to be a human response to the needs of creation. As we see that pursuit of health can be a challenge of overwhelming proportions and sometimes result in poverty and homelessness (which should never happen), we need to reflect on the Divine Laws, restore their place in our daily lives and encourage their practice to our children, relatives, friends neighbors, and even casual acquaintances as conversations or circumstances provide that opportunity.

Divine Laws

1. Acceptance of, dependence on and trust in Allah

(God) as the Source and Supreme Provider of healing. This means you give this honor to no one else and consult and seek others only as servants and agents of the Supreme One.

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Photography by Ayanna Miranda



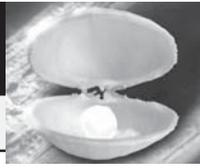
Sunset on a North Shore Beach, HI: Sept 2010

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PEARLS OF WISDOM

Jeanette Hablullah, N.D.



“It was so pleasing to hear last month that one of our readers, with relatives in Syria, had passed on some advice and received word that family members there were making use of it and having good response.”

Dear Readers,
Assalaamu alaikum (Peace be on you)

“Allah is the One Who created seven heavens and of the earth something similar to them. Between them descends the Command that you may know that surely Allah has power and authority over all things and that Allah most surely encompasses all things with comprehensive knowledge.”
(translation of Quran Surah 65: 12)

As we come to the end of seven years of producing this Newsletter, reflection, gratitude and rededication are certainly due. Seven is a number of structure and completion of structure – heavens, earth, days of the week, oceans, etc. We thought this year would have to be the final one and this issue was to be the last. But, Allah’s plan supercedes all others and encouragement to continue and offers of help gave us renewed energy or a “second wind”. So we will, insha Allah, continue into 2011.

As you may have gauged by my writing, I am a bit of what is labeled as a “dinosaur”, being steeped in older ways. The help offered was requiring electronic relationships and I am a people person. I rely on those I know, can see and or hear and interact with. So, while we did not take those offers, we thank you sincerely and commit to continue as we have until we are no longer able.

It also helps us to know that the knowledge shared is appreciated, passed on and benefitting in some way. It was so pleasing to hear last month that one of our readers, with relatives in Syria, had passed on some advice and received word that family members there were making use of it and having good response. Little by little we must help to change the dire conditions of sickness and disease to health and wellness according to the desire and plan of Allah (The One God).

May Allah reward you all for the continued support of your subscriptions – personal and gifts. May we all be increased in knowledge, blessed with wisdom and graced with health and happiness.

Look forward to a most interesting set of Volume 8 in this coming year, insha Allah.

REST – A UNIVERSAL LAW

“Disease never comes without a cause. The way is prepared, and disease invited by disregard of the laws of health.”
(Ministry of Healing; E.G White)

Several years ago Sleep Deprivation was named as the number one illness in America. This was and is due to the daily demands of a hectic life. We have all been endowed with a certain amount of vital force, but this vitality must be regularly restored and maintained. Continued demands on life energy at the mental, emotional or physical level will render one deficient in ability, response levels and patience.

Sleep, while being just one form of rest, is the main and most important type. Each day is designed with segments of time in which one may find benefits to mind and body by engaging in planned sleep. In a translation of Quran, one reads, *“He is the One Who has made the night for you to rest therein. Surely in that are signs for people who listen.”* (Surah 10: 67) Night is the most obvious time for sleep and there is a portion of the night in which the benefit of sleep is multiplied. These are the hours between about 2 hours after sunset until midnight or, for those practicing Islam, the time immediately following the ‘isha prayer until midnight. Along with this there are certain rules for gaining maximum benefits of this time:

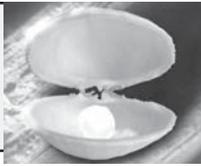
1. One rests better on an empty stomach, so eat at least 2 hours prior to bedtime.
2. Oxygen helps to calm the body, preparing it for sleep. A short evening walk or some deep breathing exercises are very beneficial.
3. Putting on comfortable, natural fabric sleepwear adds to a beneficial sleep.
4. Bedtime rituals let your system know you are preparing to sleep – i.e. night cleansing routines, reading inspirational, relaxing words, evening prayers or chanting.

Remember, one hour of sleep before midnight is equivalent to two afterwards.

In addition to the night rest, there is a great benefit in the afternoon nap. The timing should be between real noon (not daylight saving time) and mid-afternoon, which is known by the sun being mid-way in her decline to sunset. During this time a 15 minute sleep gives the benefit of 45 minutes of rest. So, go for those *“power naps”*.

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“Air is our greatest physical need, so we need to concern ourselves with the quality of the air in our homes and in the environment.”

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2. **Breath** – Air is our greatest physical need, so we need to concern ourselves with the quality of the air in our homes and in the environment. Please, no Glade, Febreze or other similar products. Use plants, essential oils, air purifying machines and fresh air circulation. Drive as little as possible, use manual lawn care equipment and natural weed and pest control, etc.
3. **Water** – Life is generated and sustained with water and we, like the earth are over 75% water. Therefore, we need to take in good amounts of fresh, pure water and see that there is regular flushing of waste water from our systems. Caution! Do not be taken in by market hype of various amounts and types of water to ingest. Be wise, filter your water, pray over it and drink. A general guideline is 5 – 7 eight ounce glasses daily. While amounts needed vary, remember balance in all things is advised.
4. **Cleanliness** – This is a Divine principle stated in the Quran and the Bible. Our bodies are designed for natural internal cleansing, though sometimes assistance is needed. Our greater concern, then, is cleaning the external body, the mind and our surroundings. This consciousness and acting in this consciousness need to be regular parts of our daily regimen.
5. **Sunlight** – All creatures have a need for light, warmth and the strengthening nutrients that come from our Sister sun. Her rays are purifying, pleasure giving and healing. Reasonable exposure to sunlight can help lower blood pressure, reduce harmful cholesterol, enhance the immune system, aid arthritis and improve depression. A mere 15 minutes of exposure daily will help you create adequate supplies of Vitamin D, eliminating the need for supplements.
6. **Motion / Physical Exercise** – Motion is a law of existence. Inactivity promotes disease and is a characteristic of death. Every organ and molecule

REFLECTIONS ON HEALTH Cont'd

of our bodies is sustained by activity. This means physical activity needs to be a part of our daily plan. It doesn't take much and need not be vigorous. Tai Chi and Yoga are just as beneficial as Hip Hop Abs. Activity of the intellect and sensory perceptions also need to be considered.

7. **Diet** – Since we all know “you gotta eat” and because we generally get pleasure from satisfying that desire, attention to this law is usually more than that given to others. The problem is natural, health giving patterns and guidelines are most often ignored. First the food and drink must be what our Creator designed for human consumption (halalan tayyiban – permissible and wholesome). Then that should be consumed in moderation and at proper times.
8. **Rest** – All created beings must have their rest and rejuvenation periods. This Divine Law is evident in seasonal patterns, hibernation cycles, and sleep benefits. Please see the enclosed article for more details.

A good New Year's resolution would be to achieve a lifestyle honoring these basic, timeless, effective laws of healthy living.

REST - A UNIVERSAL LAW Cont'd from Page 2

Also, rest is more than sleep. Rest can mean a change of activity or pace. Those involved in rigorous physical activity need to relax with periods of reading, listening to nature, etc. Those with strenuous mental tasks need periods of walking, biking or other physical exercise. However, we are primarily restored, renewed and recharged with sleep.

Rest well.



TPW NEWS

Dear Respected Readers,



May Allah (swt) grant us mercy, forgiveness, and protection from the hell fire. Ameen.

Inspirational Quote



“This Divine Law is evident in seasonal patterns, hibernation cycles, and sleep benefits.”

Inside This Issue

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“Man cannot know all that is in the universe by going around and studying it because life is too short and the world too large; only by studying himself can he come to the knowledge of all things which already exist within him (for he is the microcosm of the entire universe).”

Introduction to Islamic Cosmological Doctrine
by Seyyed Hossein Nasr

THE GENEROUS EARTH

Reflections on My Visit To Hawaii
By Ayanna Miranda

The Island of Oahu has to be the most beautiful place I have seen in my 39 years on this earth. Plush green mountains, flowers, and palm trees were the established landscape view I observed as we exited the Honolulu Airport. The drive along Hwy-1, also known as Kalaniana'ole Hwy, included the view of coconut palms on both sides, mountains to our left, and the ocean to our right. Our host family lived in a location where the mountains were in front of them, the ocean behind them, and the coconut palms surrounded them.

We were treated to fresh fruits of mango, pineapple, papaya, and banana that grow on the island. On a trip across the island we stopped at a souvenir stand, and as we were completing our purchases, the vendor asked if we liked papaya. As we answered yes, the vendor's son took a device similar to what a LaCrosse net looks like, went to the trees beyond the stand and gathered bags full of papaya for us.

We took the opportunity to mix the papaya into fresh fruit smoothies many of the days of our stay. Papaya is a yellowish-orange fruit, with an egg or pear shape of varying lengths, and not the type of fruit most of us would go to the store and purchase. However, as I consumed the fruit, and saw the abundance of seeds contained in the fruit, I knew there had to be some important benefit from such a fruit. I have since learned

from reading *“The Green Pharmacy Herbal Handbook”* that papaya has a substance called **papain**, an enzyme in the juice, that can dissolve blood clots and shrink ruptured or slipped discs. The papain also has protein-digesting power against heartburn and indigestion. Furthermore, there are tests that suggest that the papaya seeds may help to reverse infertility.¹

During my stay, I had the opportunity to swim in the Pacific Ocean, walk through a volcano at Koko Crater Stables-Botanical Garden, go parasailing, and eat produce from the land. The beauty and abundance contained on the Island of Oahu reminded me of the ayaat (verses) in Qur'an where Allah (swt) describes the blessings of sustenance that he provides on the earth. In a particular ayat (verse), the translation of Surah Fussilat (Expounded), 41:10, Allah states,

“He set on the earth, mountains standing firm, high above it, and bestowed blessing on the earth, and measured therein all things to give them nourishment in due proportion, in four days, in accordance with those who seek (sustenance).”

This ayat describes elements of the earth that Allah (swt) created for human beings to seek for sustenance and to sustain mankind for as long as we live on the earth. The blessings of the earth are more than one can comprehend or fathom. I thank Allah (swt) for allowing me to observe, to experience, and to benefit from the blessings of the earth in my travels. **Aloha!**

1. **The Green Pharmacy Herbal Handbook - A Comprehensive, Authoritative Guide To The Best Herbs For Healing!** By James A. Duke, Ph.D. pgs 225-227

FUTURE TOPICS

- ◆ **Health Care Reform**
- ◆ **Emotional Aspects of Healing**



Ayanna on The North Shore, HI
Sept 2010



Palms on the Beach, HI
Sept 2010