

# WHOLISTIC HEALTH NEWSLETTER

## RAMADAN 1432

### THE PLEASURES OF FASTING

*By Jeanette Hablullah, N.D.*

*“... This day I have perfected for you your way of life and completed My favor upon you and I have made Islam pleasing to you as a system of faith.” (translation of Quran Surah 5: 3)*

One can safely say that the main objective of life for a person of faith is to have their Lord be pleased with them. It is most comforting, then, to know that our Creator also wants us to be pleased and find pleasure in being and acting according to Divine plan in compliance and humble submission. Built into every true faith practice is purposeful abstinence and ritual fasting.

*“Oh you who believe, fasting is prescribed for you as it was prescribed for those who preceded you so that you will be reverently aware.” (translation of Quran Surah 2: 183)*

The main objective of the Islamic fast, described in the word *“tataqoon”* is difficult to convey in one or two English words. It comes from the root *“qawaa”* that means to protect, secure or guard. Fasting enables one to guard and protect the self in a wholistic manner – developing moral strength, cleansing and renewing the physical body and focusing the mind on higher matters. It is a pillar of our faith, one of the main practices that give support to all other aspects of a pleasurable life.

In a Hadith or saying of the Prophet Muhammad (saw), we are told, *“... one who fasts has two joys: a joy when he breaks his fast and a joy when he meets his Lord...”* (Bukharee) This first joy can be verified by anyone who intentionally gives up the pleasures of food, drink and physical pleasures for spiritual development (or even for healing purposes).

Intentional fasting imposes discipline on a physical system designed to function under specific laws. No matter the level of struggle against order and supervision, all of humanity is truly happier and more peaceful when submitting to Divine, Universal Law. Appetite is a gift and yet, with it comes caution as appetite combined with improper lifestyle becomes perverted. We can come to desire what is harmful and the more the desire is indulged, the stronger it becomes. The fast allows restoration of will, of physical organs and pleasure of the soul.

Each year Muslims all over the world look forward to the arrival of Ramadan, the 9<sup>th</sup> month, the Blessed Month. Preparations are made in the months immediately preceding – voluntary fasting is done, homes are cleaned, children are given notice, foods and menus for the month are mentally selected and goals are set. It is similar to

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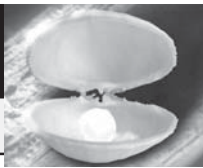
#### Letters To The Editor:

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*“One can not identify ease unless the opposite is known and one can not appreciate the ability and satisfaction of endurance without the assurance of knowing the ultimate purpose of life.”*

## EASE

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

*“...Allah intends ease for you and He does not intend hardship for you and that you complete the numbered days and exalt Allah, as He has guided you and that you will become grateful.” (translation of Quran Surah 2: 185)*

As Allah develops our understanding of the fast of **Ramadan**, He chooses to mention **ease**, the absence of hardship and, or difficulty. This embodies being enabled to engage successfully in life with grace and fortitude. The deen, our complete way of life, is a means of enablement, a way free of awkward missteps. It may take a bit of reflection, meditative thought to understand this as an actual fact or absolute truth, but nevertheless, it is true.

In translation of Allah’s words from Surah Hajj (Surah 22) it states, *“...He has chosen you and has not put any constriction on you in the practice of faith.”* Furthermore, in the commentary found in **“In the Shade of the Quran”** we find said of our opening quote, *“This statement encapsulates the fundamental principle on which all Islamic religious duties are founded.”*

In our need to function as integral beings, having our physical body governed by an enlightened mind, directed by a pure soul, we must happily accept Divine guidance and obey Supreme commands. Then, as we encounter what we will define as great difficulty, we can understand purposeful development of moral muscles and tests of faith and devotion.

One can not identify ease unless the opposite is known and one can not appreciate the ability and satisfaction of endurance without the assurance of knowing the ultimate purpose of life. When we read

or recite Surah tul Inshirah (The Expansion), we understand **“Surely with every hardship there is ease.”** Hardship and ease are paired, as many things are in Quran, sometimes alternating in which will be dominant at any given time. As believers, we know that ease and facility are meant to dominate, that we are to find enablement and development of virtue in sickness, poverty, loss, hunger and any other perceived deprivation.

Allah owns every cell of our being and the intangible soul. He is the Merciful, Compassionate, Kind, Loving, Generous and Forgiving One to Whom we are returning. May we learn to accept and honor what has been instilled in our lives to develop gracefulness on our journey.

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## WATER-ESSENCE OF LIFE AND ESSENTIAL FOR OUR FAST

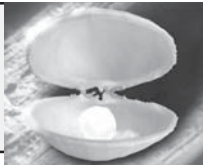
*“And We send productive winds, then cause the water to descend from the heaven and We quench your thirst with him (it) and you are not the keeper of his sources.”*  
*(translation of Quran Surah 15:22)*

Searing temperatures of these summer days, long hours of the required fast and little time for sleep have increased the importance of and need for water in the daily life of the Muslim. During Ramadan, our consciousness and sense of how to guard our selves is to be heightened. Part of this is a sense of physical well being in which water plays an important role on so many levels. It is our primary means of purification as well as a basic need for which Allah has created a pressing desire, thirst.

As we can only consume very early in the a.m. and rather late in the evenings, we have to plan to take in adequate amounts of water. Unless you are required to spend a good amount of time outdoors, you can do well with less water due to consuming reduced amounts of food. Still,

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*"We are unified in a profound way with others all over the earth engaged in this same practice at this same time."*



*"Also, Allah makes these fruits easy for us to get, which is a characteristic of the fruits of Jannah. It is not difficult to climb a date tree."*

## Pleasures of Fasting Cont'd from Page 1

awaiting and preparing for a loved guest. Then the visitor arrives and great effort is made, exhausting oneself to serve well.

Each day is a pleasure, even as there are disappointments – *"I ate too much."* *"I didn't read enough Quran."* *"I lost focus."* We are unified in a profound way with others all over the earth engaged in this same practice at this same time. We are unified universally with all beings who annually celebrate the great significance of this exalted month. Sense the healing and restorative energies that come with this. What a unique pleasure!

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## QUINOA: ANOTHER PROTEIN SOURCE

For this month of Ramadan, when many seek to reduce their intake of meats and for increasing protein sources as diets are moderated in lifestyle change, there is a wonderful grain to be considered. **Whole grain Quinoa** is a gluten free seed originally found in the Andean regions of South America. Though most often used as a substitute for rice or pasta, it is an excellent source of protein and can be used as a main dish topped with sautéed vegetables and nuts such as almonds or cashews. You may even add some cranberries or raisins.

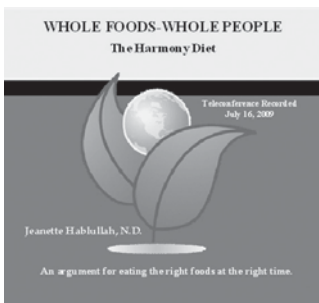
Quinoa has a number of amino acids, is a good source of B vitamins and is a plentiful source of fiber. It can also be used as a breakfast cereal, in soups and as a meat substitute in dishes like Chile (without the *Carne*).

Try it and enjoy.

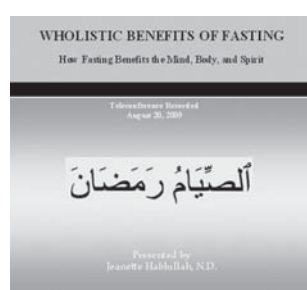
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### "Whole Foods Whole People"



### "Wholistic Benefits of Fasting"



## DATES – MANY BENEFITS OF A SMALL FRUIT

(Reprinted from Ramadan Issue 2007)

By Jeanette Hablullah, N.D.

*"It is He (Allah) Who sends down rain from the heavens; with it We produce vegetation of all kinds ... out of the date palms and its sheaths clusters of dates, hanging low and near..." (Translation of Quran Surah 6: 99)*

Allah has made food a necessity for us. We must eat to live and we must eat well to be healthy. Proper eating is a form of 'ibadaah (worship) as it is obedience to Allah's commands (i.e. *"Oh you human beings, eat from what is on the earth that is permissible and good"*). The best food is both nourishing and healing and that is honey. After that there are many good foods.

Dates and date trees are mentioned in the Quran 14 times and the date seed is mentioned once. Allah clearly is letting us know that dates and gardens of date trees are very valuable. When Allah blesses communities or individuals, one of the things he may choose are date producing trees. Also, Allah makes these fruits easy for us to get, which is a characteristic of the fruits of Jannah. It is not difficult to climb a date tree.

In this blessed month of Ramadan practically every Muslim home and institution will be honored

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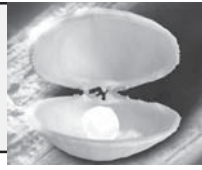
## TPW NEWS

Dear Respected Readers,



This year has been filled with many unexpected twists and turns through which we have had to navigate. We had expected to provide you with a complete volume of issues of the newsletter. However, our plan of action was derailed. We hope that you will read, you will learn, and your knowledge will be increased by the Lord most high. May Allah accept your fasting and prayers.

## Inspirational Quote

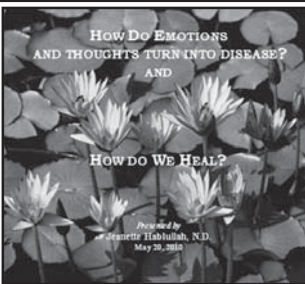


***“Dates are characterized as hot and moist which means they aid conditions that are cool and dry.”***

*Inside This Issue*

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***“People are to enjoy their food as it affects their personality and character. Enjoying the eating of food is a matter of worship as any other aspect of life in Islam. ...but commit no excess therein.”***

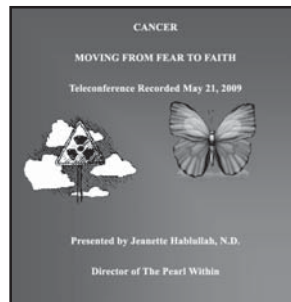
**(Book of Healing; Ahmed Sakr)**  
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**“How Do Emotions and Thoughts Turn Into Disease? How Do We Heal?”**

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**“Cancer: Moving from Fear to Faith”**



## Dates - Many Benefits Cont'd from Page 3

by the presence of this blessed fruit, since it is sunnah to break the fast with an odd number of dates and water. The Prophet Muhammad (saw) said, **“A house without dates has hungry people”**. Dates are one of three “royal foods” – that is fit for and enjoyed by kings and esteemed people. The other two are grapes and figs.

Dates are characterized as hot and moist which means they aid conditions that are cool and dry. They stimulate intestinal secretion and prepare the stomach and intestines for other food. (This is why they are good for breaking the fast.) Dates are the most wholesome of the fruits; they give more nourishment than any other fruit. The sugar in the date is quickly used by the body, converted and distributed for energy. So, after a day of fasting just one date with a glass of water can quickly restore your energy.

The Prophet said, **“The date is from Paradise and contains an antidote to poison”**. (Recorded by Tirmidhi) They are known to remove parasites from the intestines when eaten in the morning on an empty stomach. The Prophet often ate dates for breakfast and frequently dates were all he and others had to eat. We cannot be as free with the dates as they were, however, because dates are a fruit of a hot climate and we do not live in a similar environment. So, we must be moderate, particularly in the colder months. Over consumption can cause eye problems, such as blurred vision, headaches, and damage the teeth. We can use a precaution and balance the dates by eating them with almonds. Almonds are opposite in their nature being dry. Still, moderation is best.

If we keep dates in our homes we will keep a reminder from the Quran of a food of the Jannah and also a reminder to follow the sunnah of the Prophet (saw).

**RAMADAN MUBARAK**

## Water Essence of Life.. Cont'd from Page 2

there is a need for about four 8 oz. glasses in addition to 4 – 6 oz. of fruit juice and perhaps a cup of tea or coffee.

Remember, water is a Divine blessing ready to serve human needs and even more ready to serve the need of a believer. Water naturally responds to sound, so place ample containers near you as you recite Quran, praise and glorify your Lord and supplicate with duah. This aspect of water has been verified through the work of Japanese scientist Dr. Masuro Emoto and others. He demonstrated that water responds to positive, pure words, music and exposure to other energetic forces.

Store this water in glass or earthenware pitchers or jars that are covered. Always remember the Bismillah before drinking and Alhamdulillah when finishing. The Bismillah reminds the water of the purpose for which it will be used and activates those wonderful H<sub>2</sub>O molecules.