



WHOLISTIC HEALTH NEWSLETTER

RAMADAN 1433

FASTING

A PATH TO WHOLISTIC HEALTH

By Jeanette Hablullah, N.D.

“...And eat and drink until the white thread of dawn is distinguishable from the black thread. Then, complete the fast until the night comes.” (translation of a section of Surah 2: ayah187)

Fasting has been written as an obligation of our spiritual path – *“Oh you who believe, fasting is prescribed for you...”* – and, as our Creator anticipated a resistant response, that statement is followed immediately by, *“as it was prescribed for those who preceded you...”* We do not set the rules for this month of abstinence, but must follow Divine guidance given in the Quran and look for further details of how best to successfully complete this obligation in the life and habits (Sunnah) of the Prophet Muhammed (saw).

The main characteristic of the spiritual fast, that is one performed due to Divine ordinance, is not the abstinence from food, drink and physical pleasure but **obedience** to the One Who is Merciful to us. The interruption of the cycle of consumption and indulgence as a response of a created one to the Creator opens channels that may have been obstructed. In the relationship between the physical and spiritual, this may actually be detectable as sludge in our blood vessels, excess mucus, or compacted waste in pockets or on the walls of the colon or even as small tumors or swollen glands trying to keep our systems free of harmful substances. Certainly though,

there are other undetectable negative conditions that also need correcting.

Abstinence is a recommended healing agent in and of itself. It is a natural inclination, observable in animals and humans. One saying of the Prophet is, “In the stomach is the root of every disease and abstinence is the epitome of every remedy, so make this your custom.” However, without a Divine order and/or sickness, few would take the trouble to discipline the desire for pleasurable consumption.

Our bodies are constructed so that every movement and function of every organ and cell creates waste. The waste must be removed and nourishment provided to allow for restoration and the nourishment must be of a quality high enough and pure enough to enable the restoration process. Most are choosing what to consume and how much to consume by appetite. Should the appetite become corrupted, as most are, it prompts one to select food that weakens rather than restores and creates sickness rather than health. As human history began, “Adam and Eve literally ate themselves out of house and home and ate themselves from the pleasure of God into punishment” (Jentizen Franklin).

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Letters To The Editor:

TPW-Wholistic Health Newsletter
 925 Sedgley Rd, Catonsville, MD 21228
 email: lettertoeditor@omspublishing.com

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“The main characteristics of the spiritual fast, that is one performed due to Divine ordinance, is not the abstinence from food, drink, and physical pleasure but obedience to the One Who is Merciful to us.”

As Salaamu Alaikum
Dear Readers,

*“The month of Ramadan, the one in which the Quran was sent down as a guidance to humanity...”
(translation of part of Surah 2:185)*

The descent of the Quran was a magnificent, universally witnessed event concluding the series of Divine messages sent to the physical world for human benefit. There was a cyclic rhythm to these Prophets and Messengers and rhythmic beauty to each message. The month of Ramadan returns annually and, through time, jewels of scriptural revelation were sent during his (Ramadaan) presence. It is a month chosen for revelation; it is a month of spiritual richness.

How would it be possible to perceive some of the blessedness and possibilities of spiritual elevation without the discipline of siyyam (fasting) that removes some of the obstacles to spiritual perception? Then, we are drawn into a deeper level called Saum, which takes us beyond the obvious abstinence from food, drink and sexual activities to depriving additional senses (eyes, ears, touch) from engaging in negative behavior. Saum then takes us further to the abstinence of the heart by mentally restraining her from negative thoughts and desires and abstinence of the tongue from low level expressions or hurtful barbs. Saum is the fast of those closer to Allah and is mentioned as what Maryam (as) was directed to practice the day Prophet Eesaa (as) was born (Surah 19:26). This was also to be characterized by silence – no communication with human beings. Dates and water and silence.

Praise be to Allah, Who develops our souls in the reassuring cyclic reoccurrence of Ramadan. He is the One on Whom we can depend. This regular measured movement is a basic characteristic of the universe, so let us make our participation in it as sure as the cycle itself. Then, let us punctuate, or accent the cycle with regular and increased salaah (prayers), duaah (supplication), tasbeeh (glorification), tarteel (measured and attentive) reading of Quran and random acts of generous kindness.

Make a personal joyful symphony with devoted worship. Join in the universal symphony, and let that be an annual celebration.

GENETICALLY MODIFIED PLANTS

(Look out for presence of these products in your food)

By Jeanette Hablullah, N.D.

Genetic modification of food has become so widespread and so common that only the truly concerned and observant are still raising objections and resisting by boycotting products and companies involved in this unnatural restructuring. Humans were created to be stewards or caretakers over a perfect creation. Yes, there are many problems, but if we study the problems and trace the origins, we will find human error, deliberate deviation and lack of respect for natural patterns and processes.

Now it is reported that large percentages of certain crops are genetically modified and many of these are in commonly used foods. Here are some of top **GM foods**:

Soy Beans/ Oil/ Lecithin – Since 1996 this crop was subjected to genetic modification. Now, as of 2011, 94% of these plants are GM. Soy is the main component of tofu, soy milk, soy sauce, miso and tempeh.

Corn / Oil/ Syrup – The modifying of this plant also began in 1996 and as of 2011, 88% of the crops are GM. Corn can be found in hundreds of products including: cereals, corn flour products (tortillas, corn chips, etc), mayonnaise, foods fried in Corn Oil and anything sweetened with Corn Syrup, i.e. fruit drinks, sodas, cookies, yogurts, ketchup and many more.

Canola Oil – The Canola plant was created by genetic modification of the Rapeseed plant known to be toxic for human consumption. Check your memory, there is no such thing as a Canola. The word was formed by a contraction of Canadian Oil due to Canadian laboratories being the location of the modification process. Now 90% of the U.S. cultivated rapeseed crop is Canola.

(Taken from www.greenamerica.org April / May 2012)

RAMADAN MUBARAK!

From our family to all of our readers. May Allah (swt) grant you mercy, forgiveness, and protection from the hell fire.

May Allah accept our fasting and prayers.

Ameen.

“Now it is reported that large percentages of certain crops are genetically modified and many of these are in commonly used foods.”



“Dates are native to areas with hot climates and should be consumed sparingly in cold seasons.”

See What's In A Date? page 4

FASTING-A PATH TO WHOLISTIC HEALTH-Cont'd from Page 1

There is great value in ability to control and restrain the appetite and being guided regarding food selection. Food is one element that will either take our bodies to health, vitality and joy or to sickness, degeneration and misery. There are many physical benefits of fasting and we have mentioned these in detail in previous Ramadan editions (www.omspublishing.com/tpwnewsletter). Briefly, in the long absence of food and drink the body can recoup and reset to what is natural and correct. It immediately begins to “clean house” which aids circulation, infectious conditions, water distribution, skin disease, rheumatism etc. It takes the energy previously used to digest and process food and channels it elsewhere. When we replace the focus on food and gratification to a focus on things Divine, we feed the spirit and open ourselves to receive more Divine guidance. An American physician published a report on fasting saying “It is mandatory every person who is sick to restrain from food certain days in a year whether he is wealthy or poor, because if bacteria can find food in abundance in the body, it will grow and multiply. But with fasting it becomes weak.”

If we want to know what is best for ourselves, we must study Divine words and learn how we are advised related to physical foods and spiritual practices. In the pattern of increased reading of Quran in Ramadan we will be reminded to eat from the earth what is permissible and beneficial (2:168). These are two criteria by which to judge all food choices. Then we are told not to eat anything over which any name other than that of the One God has been pronounced and to be grateful to Him (2:172).

FASTING-A PATH TO WHOLISTIC HEALTH Cont'd

This means our food must be consecrated. We are told to eat of the foods as they become ripe (6:141) and to share what is harvested. Also related to this, the Prophet is reported to have forbidden “the buying and selling of foods before they ripen to ensure their wholesomeness and in order to control the possible spread of disease.” (Medicine of the Prophet)

If the fast is achieving its main purpose, the development of vigilant consciousness or Taqwa, then we are daily becoming more receptive to Divine guidance and better at making proper choices. Check yourself. Have you noticed changes in your desires? Are health promoting foods more appealing? Are you noticing a great desire to spend more time in prayer, spiritual reading and silent reflection? Do you feel more humble?

If the spiritual self is firmly connected to Allah, the mind can direct the body to make proper choices. We are grateful for this annual opportunity to yield to Divine instruction, renew our bodies and increase our closeness to our Lord.

TPW NEWS



Dear Respected Readers,



The Newsletter has been in hiatus. Our expectation was to provide a complete set of Issues/Publications this year. However, we plan and Allah (swt) plans things for us. We hope that you will read, you will learn, and your knowledge will be increased by the Lord most high.

Native Deen Concert

When: August 25, 2012; **Where:** Richmond, VA
Tawheed Prep School, 1202 Oak St, Richmond, VA 23220;
Time: 6-8 pm; Contact Br. Jamiel 804-833-8229
or Sr. Anita 804-363-2265

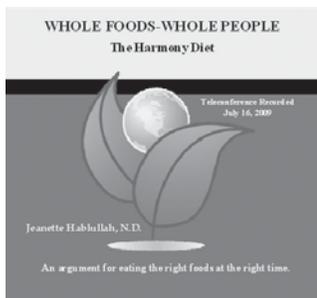
www.brownpapertickets.com/event/262576



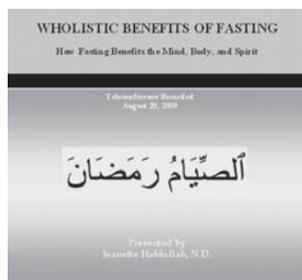
THE REMEDY-is the latest CD release from Native Deen Available from Olive Media Services www.omspublishing.com/native_deen

Available online at www.omspublishing.com

“Whole Foods Whole People”



“Wholistic Benefits of Fasting”



Inspirational Quote

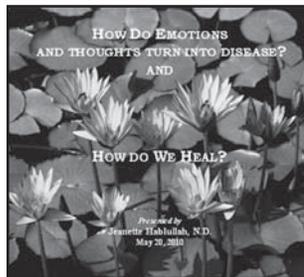


“If the spiritual self is firmly connected to Allah, the mind can direct the body to make proper choices.”

Inside This Issue

“Mere possession of a healthy body without concern for a healthy heart and soul is of no benefit related to one’s ultimate being and eternal comfort in the hereafter. In fact, the repercussion of such heedlessness may appear minimal and ephemeral today, though the consequences are more serious tomorrow.”

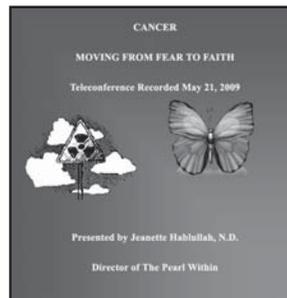
(Ibn Qayyim al Jawziyya; Medicine of the Prophet)



“How Do Emotions and Thoughts Turn Into Disease? How Do We Heal?”

www.omspublishing.com

“Cancer: Moving from Fear to Faith”



WHAT’S IN A DATE?

by Jeanette Hablullah, N.D.

Each year as the 9th month of the lunar calendar (Ramadan) approaches, Muslims stock up on dates to be able to imitate the practice of the Prophet (saw) in the nightly breaking of the fast. It is an international phenomena practiced by almost 2 billion people in every part of the earth. So what is the benefit of this habit? I mean, what’s in a date?

Honor – There is a blessing in the date as it is a food mentioned many times in Quran. The presence of dates in one’s home brings Divine blessing.

Healing – dates stimulate intestinal secretions and prepare the stomach and intestines for other foods. They are rich in nutrients and thus, they quickly restore diminished energy due to abstinence from food. Eaten on an empty stomach, they expel parasites from the intestines and colon. They are also effective in preventing abdominal cancer.

- Heart – Soaked in water overnight and then crushed in that water (after removing seeds), they are a remedy for a weak heart.

WHAT’S IN A DATE? Cont’d

- Teeth – They contain elemental fluorine that helps protect teeth against decay.

Nourishing – The protein in dates has 23 types of amino acids.

- B-Complex – There are a variety of B-Vitamins in dates that help with nerve health, proper blood sugar levels, and healthy hemoglobin.
- Fiber – Helps control diabetes, lower cholesterol (LDL), and promotes a healthy colon
- Antioxidants – Act against abnormal growth and premature aging.
- Mineral Rich – Calcium, iron, selenium, manganese, zinc, copper, magnesium etc.
- Low in Calories – Power packed without the weight gain.

As with all things balance is recommended. Dates are native to areas with hot climates and should be consumed sparingly in cold seasons. In breaking the fast, we are encouraged to have an odd number 1, 3, or 5. Less of the larger while more of the smaller ones is acceptable. Overconsumption has health consequences.

Eat dates, drink water and take a blessed joy each night as the fast is broken.

NEW!

Art and Artists on the Olive Media Services website

Check it Out!

These photos prints (**in color**) are available for sale.

www.omspublishing.com/arts_photography



The Byways of Sharjah, UAE



Sunset in Herndon, VA