



WHOLISTIC HEALTH NEWSLETTER

WATER CRISIS

THE WATER CRISIS

A Global Concern

by Jeanette Hablullah, N.D.

“And Allah (God) has created every creature from water. Then of them are those that crawl on their bellies and of them are those that walk on two legs and of them are those who walk on four. Allah creates what He wills ...”

(Translation of Quran Surah 24: 45)

For the greater part of our lives most of us have given little serious thought to water. We have had access to adequate supply upon demand – either from a well (as I did in my youth) or a faucet. Hot, cold, by cup, or gallon, it came as we expected. Then we became aware of the need for caution due to harmful chemicals and metals in the water – chlorine, fluorine, arsenic, aluminum, lead, etc. Many began filtering, others began purchasing drinking water, spending additional dollars to the monthly or quarterly Water Bill. By the way we never had one, when we had the outside pump and well. Last year (2007) 50 billion gallons of water was in plastic bottles.

The latest water shock came a few months ago when major media reports told of the traces of prescription medicines that have been found in water supplies of major U.S. cities (anti-depressants, anti-psychotics, sexual stimulants, antibiotics, and more). If you remember, we did report on this in 2006, Volume 3: Issue 1 of this Newsletter.

Now, in addition to all else, we are being told of severe shortages and many parts of the United States are suffering from drought. Water has become a major world industry - \$400 billion per year, much of which is being earned from its privatization by large corporations. The largest “water owner” (now that is truly an oxymoron) in

the world right now is General Electric but Coca Cola is giving them some stiff competition.

While corporations jockey for place, private citizens are often unaware of their local realities. It is said that our world is one of diminishing water supplies.

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PEARLS OF WISDOM

Jeanette Hablullah, N.D.



“Water changes in structure, based on energetic reverberations from our thoughts and words and also sounds from the environment.”

Dear Readers,
Assalaamu alaikum (Peace of The Creator be with you).

“He is The One Who created the heavens and the earth in six days and His Throne was on the water that He might test you as to which of you is best in conduct ...”
(Translation of Quran Surah 11:7)

In the original Divine words (not my translation) are clear messages and mystic meaning. Ibn Katheer, in his commentary, relates Hadith (Prophetic sayings) from collections of Ahmad and Bukharee stating that there was a time when there was “nothing but Allah” and His Throne was above the water. At what point were the Throne and the water introduced? No one can say and it is not important. What matters is that water is a primal material, containing the ability to generate life and that in that life we will be tested.

Dr. Emoto, (see main article) says, *“I believe that prior to Adam and Eve water itself held the consciousness of God, that God’s intention (niyyah) was put into the medium of water and that this was used in the creation of Earth and Nature... all of the information needed for God’s creation was reflected in the water.”* Virtually all scientists are in agreement that the original water came from the outer regions of the solar system, from asteroids, “proto-planets” and other sources. A small amount is attributed to water leakage from hydrous mineral of rocks. (See Quran Surah 2:74) Some, as a University of Central Florida professor of Physics and Astronomy teaches, say that earth formed as a dry planet. This is not in contradiction to Quranic statements (Surah 21:30). In addition to the atmospheric recycling of water, we have the opportunity to continue to receive water from the outer heaven.

As essential as water is to us, it deserves some serious thought and consideration. Water changes in structure, based on energetic reverberations from our thoughts and words and also sounds from the environment. So we should be careful what types of music, TV programs, etc. to which our drinking water is exposed. One manner of healing is to purify the waters of the body. This is quite logical, since we are approximately 75 % water. Adhering to prayers and

regular worship reminds the water of its origins. Praying over water before ingesting it and asking for what we expect from it – quenching of thirst, hydration of our cells, purification, etc – stimulates the water’s abilities.

Do I believe that water has a conscious intellect? Has not Our Lord said in the Wise Book (in translation) that *“whatever is in the heavens and earth glorifies Allah”* (Surah 57:1)? This glorification is done in consciousness. It is imperative that we change our way of estimating and relating to other aspects of creation. All beings have been created to glorify and serve the Creator. Then, in addition, many have been created to serve the human being. However, even the best servant can change due to disrespect and mistreatment. As I stated in 2005 (Vol. 2: Issue 1), “Water is a blessing from the Creator. So, drink and be grateful. Drink (with blessing) and gratefulness will emanate from within.”



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HEALING PROPERTIES OF AL-FATIHA

2-CD SET - TIME - MIN:SEC- 87:81



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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.

“A surprising 90 % of the interior constituents of every cell in the body are water.”



“The methanol in aspartame breaks down into formaldehyde (embalming fluid) and formic acid and is implicated in birth defects and the rise in autism.”

Water Crisis Cont'd from Page 1

Just south of the U.S. in Mexico only 9% of the surface water is fit for drinking and, according to the National Commission on Water, 12 million Mexicans have no access to potable water. In Mexico City, a metropolitan area of 22 million inhabitants, ***“services are so poor in the slums and outer areas that cockroaches run out when the tap is turned on”***.

The problem with this crisis is that there is no substitute for water. It is the second most essential source of life maintenance, surpassed only by air. The answer to the crisis is not “toilet to tap” recycling or cleaning of dirty water as one U.S. study is investigating. Nor is it transporting water from remote places via extensive pipelines to where we want it as China is doing in trying to transfer water from the Himalayas to her growing metropolitan populations. It is truthfully rather simple. As Dr. Masuro Emoto quotes in his book “The Hidden Messages in Water”, ***“What water needs more than anything else is respect.”***

Water is a living organism serving us in innumerable way both in our internal and external environments. Essential body fluids (blood, cerebrospinal, etc.) rely on adequate water supply. The brain itself is 85 % water and dehydration will quickly result in disoriented thought. A surprising 90 % of the interior constituents of every cell in the body are water. We could all describe ourselves as water-based beings in a water-based environment. Our health, life and water are permanently linked.

So, do we have the ability to affect this pending crisis? I believe so. Water has been proven to be extremely responsive to human thought, words and feelings. The quality and quantity can be affected. First, respect and be grateful for each bit of water used, whether to brush your teeth, wash your clothes or other. Then ask the Creator and Distributor of the water to have mercy upon us and grant us what is sufficient for our needs and enjoyment. ***“Thousands have lived without love, but not one without water.”*** (W.H. Auden)

(Water Crisis Cont'd in Next Column)

Water Crisis Cont'd

For additional information:

- **Documentary Film:** “For Love of Water (FLOW)”;
- **Books:** 1) “Blue Covenant” by Maude Barlow and 2) “Water-The Foundation of Youth Health and Beauty” by William D. Holloway, Jr and Herb Joiner-Bey, ND;
- **Article:** “Water Warriors”, Nation Magazine; April 14, 2008

Aspartame/Equal/Nutra-Sweet: Killing You Sweetly

by Jeanette Hablullah, N.D.

Aspartame has been studied in laboratories for over 45 years. It was approved by the FDA in 1974 and put out for purchase. That approval was quickly withdrawn and it was taken off the market, after studies showed it “caused brain lesions and carcinogenic tumors”. Early studies that I read, about two decades ago, also mentioned it caused liver toxicity. After some corporate research, it was re-approved in 1981 and has been “out there” ever since.

FACTS (for more go to: www.dldewey.com/aspar508.htm):

- Aspartame is synthetic and not able to benefit the human system
- Aspartame is in over 6000 products including 99 % of all chewing gum and children’s medicine (***label reading is essential***)
- It breaks down into 50 % phenylalanine—phenylalanine crosses the blood brain barrier and blocks the production of serotonin (Emory University 1987)
- The methanol in aspartame breaks down into formaldehyde (embalming fluid) and formic acid and is implicated in birth defects and the rise in autism.



Inspirational Quote

“Adhering to prayers and regular worship reminds the water of its origins.”

Inside This Issue



“Words are vibrations, and when our bodies, with all the water coursing through them, are exposed to good words, we cannot help but experience health and well being.”

(Dr. Masuro Emoto)

Sad But True-Natural Companies Sell-Out

Compiled by Jeanette Hablullah, N.D. and Ayanna Miranda

*Corporate Takeovers of Organic Food Companies
(from Organic Consumers Association – April 2006)*

- 2000** General Mills purchased Cascadian Farms and bought out Muir Glen
- 2000** Unilever bought out Ben and Jerry’s Ice Cream²
- 2001** Coca Cola Company purchased Odwalla Juice
- 2003** Dean Foods (largest dairy in the U.S.) bought Horizon Dairy and White Wave
- 2004** Kraft Foods¹ purchased Back To Nature They also own Boca Burger
- Year?** Kellogg’s acquired Kashi and Morningstar Farms
- 2006** Colgate-Palmolive bought 84% of Tom’s Of Maine²
- 2007** Clorox bought Burt’s Bees²

1. Kraft Foods is a subsidiary of Altria Group which owns Phillip Morris
2. Inc. Magazine May 2008

Why grow your own? Why buy local?

400 calories of fossil fuel is used to transport “1” five calorie strawberry from California to the East Coast!!



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- ❖ Natural Living – The Green Movement
- ❖ Eat Fresh, Eat Local
- ❖ Women’s Reproductive Health



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