



WHOLISTIC HEALTH NEWSLETTER

HONEY- A FOOD AND MEDICINE

HONEY

SUPERIOR FOOD, SUPERIOR MEDICINE

by Jeanette Hablullah, N.D.

*"...there is no other food among what God Almighty has created for us that equals honey in value, and nothing is close to its constitution."
(Medicine of the Prophet)*

We are again writing about and encouraging the use of pure, raw honey (See- *Wholistic Health Newsletter Vol 2:Issue 2, 2005*). This food and medicine is created from bees who follow a Divinely inspired lifestyle. They establish homes in particular places, fly and eat from every flowering plant, and follow preordained, invisible routes out from and back to their homes (*Quran 16: 68-69*). This is an extremely important fact because commercial honey that is produced from "caged" bees and mixed with corn syrup is neither a good food nor an effective medicine. It is only on adequate sweetener.

Real honey is a nectar containing some of every nutrient required for cell building. One verse in the Quran (*Quran 16:69*) refers to the variations in the color. This is caused by the diversity of source flowers. There are as many varieties of honey as there are source plants (i.e. clover, wildflower, orange blossom, buckwheat, pine, bean, etc.). Pure honey nourishes and hydrates the cells and provides innumerable healing functions for internal and external illnesses. Its medicinal use has recently been brought into public focus by statements from the Pediatric and Adolescent Medicine Association (Dec 2007). The Association stated that **"Honey is more effective than cough syrup for children in relieving symptoms and giving a peaceful night's rest"**. In addition, there has been an adjustment in the minimal age for which honey is recommended; it has changed from 2 years of age to 1 year of age. Ironically, this is similar to what is stated in the *Medicine of the Prophet* □ There it states, **"Honey should be excluded from the diet of children under one year of age"**.

I want to emphasize that **diet and healing remedies are not the same**. Allah has said of honey in the Quran (in translation), **"...in it is healing for humanity"**. It should be used as needed for healing at all age levels. Certainly one would adjust the quantity and, with infants particularly, should seek the advice of a

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PEARLS OF WISDOM

Jeanette Hablullah, N.D.



"When we, in faith, take in Divinely created nourishers and healers, our hearts become happy and strong. The brain and the body's natural defenses appropriately respond."

Assalaamu alaikum (Peace Be With You),
Dear Readers,

"...The seven heavens and the earth and all beings therein declare His (Allah/God) glory. There is not a thing that exists but it glorifies Him with praise; and yet you do not understand their means of glorification. Surely, He is Forebearing, Forgiving." (translation of Surah 17:44)

There is a universal intellect, a consciousness that pervades all of creation. It is an intellectual awareness that knows the Creator and knows the subservient position of all else. Allah, the Exalted, clearly states in Quran that it is He who taught the first human being (2:31), the bee (16:68-69), etc. and continues to teach all who will acknowledge Him and, out of reverent awareness, act in a righteous manner (2:282 end of the verse).

In some instances the verb used for "teach" is *'alama* and in others it is the more elevated verb *wahaa*. The latter is used for knowledge given by revelation or inspiration. It is used in instances when Allah teaches directly and when messages are sent by angels or in dreams. **The elevated form of teaching is what occurred with the bee.** Allah (God) revealed to the bee its manner of living, working, building, and service; the noble bee does just what she was taught. This is her nature, her instinctual behavior.

Each aspect of creation has an inspired, revealed nature, language, and purpose. All creation is here for our benefit. Each food has specific assignments; each healing herb and grass knows exactly how to perform its service for us. Moreover, each knows his / her method of prayer and praise. I remain baffled that those who consciously identify themselves as believers and worshippers of The One God, The All Wise, The Generous Provider, will turn away from the natural, Divinely provided nourishment and medicine and take synthetic, fabricated food and pharmaceuticals. It is a prescription for disaster. The internal intellect knows real from false as does the earth, the heavens, and all beings.

Look at the recent revelation about chemical medicines in the tap water (more in our next issue). Human bodies could not utilize them. The earth could not effect their biodegradation. Filtration systems operating at wastewater treatment plants could not eliminate them. Falsehood, whether established in thought or material, is dangerous.

When we interact with natural substances we connect with Divine wisdom. When we, in faith, take in Divinely created nourishers and healers, our hearts become happy and strong. The brain and the body's natural defenses appropriately respond. Together they cooperate to expel disease and maintain or restore health.

It is with sincere concern for your well being that I ask you to pray for guidance to proper people and substances and for the strength to make correct choices.

Allah be with you.



TPW - NEWS



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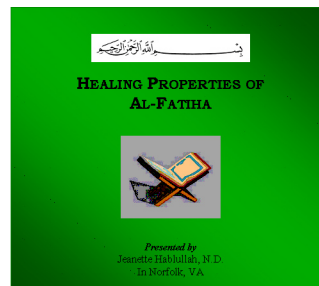


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HEALING PROPERTIES OF AL-FATIHA

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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.

"Because honey is a whole, natural, Divinely produced food, it can be used by all of God's human creation, even diabetics."



"If the bees and butterflies can't survive eating from these plants, my friends, neither can we."

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medical professional who utilizes natural substances.

The Prophet Muhammad (saw) used to drink water sweetened with honey on an empty stomach. This is a good practice to adopt as the first drink of the day and can be used for the frequently recommended a.m. cleansing drink. Honey **"cleanses arteries and bowels of impurities and opens obstructions of the liver, kidney and bladder"**. Regular use of local honey acts as an inoculation against environmental allergies. It will also, by Allah's permission, and with dietary adjustments, help children and adults to overcome asthma.

Because honey is a whole, natural, Divinely produced food, it can be used by all of God's human creation, even diabetics. This should be supervised by health care practitioners, but there should be no fear on the part of any believer in using what has been expressly created for their benefit.

Allah, the Exalted, has made us to some degree dependent on the bees. A full one-third of our U.S. diet is tied to the humble service of the honeybee. The estimated value of the pollination service they provide is \$14.6 billion dollars per year. Certainly these servant worker - providers deserve something from us. I think that is gratitude, honor, proper utilization of their product and a request for their protection by insisting on a pure product.

(For more information see: mercola.com; Organic Consumers Association 12/07 or just google Honey.)

Recipe for Cough Syrup

- 1 pint (16 oz) honey
- 2 whole lemons
- 1 cup water

Squeeze lemons and cut the peels (if organic) into water; boil 2 - 3 minutes; let cool to warm temperature; strain and add honey. Keeps in refrigerator for 2 months or more.

Give 1/2 teaspoon for 25 lb. child and 1 teaspoon for 50 lb. child 4 times a day.

Do Not Boil Honey. That will kill some of the natural, beneficial ingredients.

ARTIFICIAL VS. NATURAL - THE CASE OF SPLENDA

By Jeanette Hablullah, N.D.

"...He (Moses) said: 'Will you exchange the better for the worse?...' (translation of segment of verse 61 of Surah 2 from Quran)

Splenda, a product of the mega-company Johnson & Johnson is the "synthetic compound *sucralose* discovered in 1976 by scientists in Britain seeking a new pesticide formulation". The artificial sweetener is made by replacing hydroxyl groups in the sugar molecule with chlorine. If you have a television, you have likely seen the ads with little angel-like children and delectable little sweets. If not, you may have seen the actual product in the markets standing out on the shelves due to the colorful, attractive packaging.

Splenda is shamelessly being marketed to children and adults as a sugar alternative even though short term studies done by the manufacturers show that sucralose caused shrunken thymus glands and enlarged livers and kidneys in rodents. These findings are harmonious with results of studies done on other artificial sweeteners such as **aspartame**. The immune system is compromised and organs of purification are overworked due to toxic overload.

Not surprisingly, in spite of these findings, the Food and Drug Administration (FDA) decided that because these studies weren't based on human test animals, they were not conclusive. There is now a lawsuit pending filed by sugar companies because Splenda ads claim that the product is made from sugar. (*Information from Organic Consumers Newsletter 1/04/08.*)

COLONIES IN CRISIS

Since 2006 hundreds of thousands of U.S. honeybee colonies have died out in what is being called "**colony collapse disorder**" (CCD). There have been speculations as to the cause, which include excess use of pesticides and genetic manipulation of the plants. Even though this loss of honeybees puts the United States food supply in serious jeopardy, the likely culprits seem unwilling to make changes in their methods. Con-Agra, Monsanto, and Archer Daniels Midland, to name a few, are continuing their run to completely control agri-business in the U.S. and around the world. Beyond a loss of fertile, productive plants, we are also looking at human sickness and death. If the bees and butterflies can't survive eating from these plants, my friends, neither can we.

(*From Information in the National Geographic Magazine October 2007*)

Inspirational Quote



*"The artificial sweetener is made by replacing hydroxyl groups in the sugar molecule with chlorine."
Inside This Issue*

MICROWAVES

-Ten Reasons to Throw Them Out- *The Next Five*

by Ayanna Miranda

This is a continuation of the article from Vol 4: Issue 3 and Vol 4: Issue 5 of the Newsletter. As stated on www.mercola.com "... we can no longer ignore the microwave oven sitting in our kitchens."

The next five reasons to throw out the Microwave:

- 6) The minerals in vegetables are altered into cancerous free radicals when cooked in microwave ovens.
- 7) Microwaved foods cause stomach and intestinal cancerous growths [tumors]. This may explain the rapidly increased rate of colon cancer in America.
- 8) The prolonged eating of microwaved foods causes cancerous cells to increase in human blood.
- 9) Continual ingestion of microwaved food causes immune system deficiencies through lymph gland and blood serum alterations.
- 10) Eating microwaved food causes loss of memory, concentration, emotional instability, and a decrease of intelligence.

Have you tossed out your microwave oven yet?

After you throw out your microwave you can use a toaster oven as a replacement. It works well for most [food] and is nearly as quick.

**The above information has been compiled from
www.mercola.com/article/microwave/hazards*

.....
"...if a plant possesses certain good qualities, it transmits them to the animal that eats it. Or, if the flesh of a particular animal has evil qualities, these qualities affect the man who eats the flesh. This effect, however, is not just physical; rather, the soul of man is also affected by it."
.....

(Islamic Cosmological Doctrine pg. 70)



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