

WHOLISTIC HEALTH NEWSLETTER

THE NEW SWINE FLU

THE NEW SWINE FLU – WHAT? AND WHAT TO DO?

*“We said ‘Descend from here (the Garden) and if, as is sure, there comes to you Guidance from Me, then whoever follows My Guidance, they will have no fear, nor will they grieve.’”
(translation of Surah 2: 38)*

One unfortunate reaction to the most recent emergence of Swine Flu is fear fueled by all sorts of media reports, Center for Disease Control (CDC) labeling and statistical predictions. As a society, we have been conditioned to respond emotionally rather than rationally and intellectually. Individuals grounded in faith and dependent upon on Omnipotent Creator, however, can and should respond quite differently.

Swine Flue or Pig Influenza is not new. It is only this particular strain, unusual and not recognized before the Spring of this year that has caused such an extensive concern. This strain contains genetic material from pigs, birds and humans, which causes some to take the position that this is a manufactured virus. They say this could not have happened naturally. Well, in truth, the virus is being manufactured and mass produced ostensibly for the production of the vaccine, which is supposed to protect. Try as I may, however, I cannot come to understand mass production of a harmful, and potentially deadly, substance or entity. My mind says, “Wrong. Wrong.!”

Then in order to either preserve the dead virus or control the attenuated or weakened virus, other harmful materials are added, such as Formaldehyde and actual poisons. This and, who knows what else, is what will finally be put in vials and injected into numerous men, women and children. Could there not be a better way?

Though there are a few products on the market that may reduce the symptoms of the flu and weaken the virus (i.e. Tamiflu and Relenza), the virus can quickly develop resistance to them. For that reason, their use is being limited and reserved for those with a high risk of vulnerability and

complications. In addition to that a recent poll shows that a majority of Americans don’t want the H1N1 shot. Many have come to distrust a system that has a questionable and sometimes even criminal history. Take for example Baxter, a U.S. Pharmaceutical Company that has been under investigation for distributing the Avian Flu virus to 18

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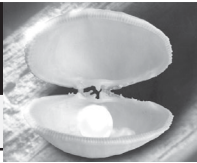
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“There have been glaring errors in the approach to health care regarding contagious disease.”

[This column is being reprinted from Volume 2: Issue 1 Jan – Mar 2005 with minor editing.]

*“...then you will never find in Allah’s way any change and you will never find in Allah’s way any deviation.”
(translation of Quran from Surah 35: 43)*

Dear Readers,
Assalaamu alaikum wa rahmatullah.

Universal Laws and the manner in which creation functions are definite, repetitive and unchanging. Allah (glorified and exalted), Who began and continues creation, has installed inherent patterns in each aspect of creation. Those patterns operate with great efficiency, except when deviation is inserted by the misguided hand of a human being. One of the basic patterns or laws operating in our physical world is the **“Law of Opposites”**. Related to the well being of an organism or an individual, there is strength and weakness or sickness and health.

The sunnah (characteristic way of acting) of Allah with weakness or deficiency, in areas deserving of Divine intervention, is to supply strength. There are many examples of this in the Quran. The Quran itself was sent to strengthen those who believed (16: 102) and Allah says that He created us in weakness, then after that made us strong (30: 54). When Prophet Hud (as) spoke to his people of Allah he said, **“He will send from the skies abundant rain and add strength to your strength...”** (11: 52). Also, in the early battles, when the Muslims were weak in numbers and supplies, Allah strengthened them with firmness of iman (faith) and angels, whom they could not see (8: 9 – 10). So, weakness is cured by strengthening, by providing support and by enhancing the good that exists. This sunnah, if used as an example and followed in our efforts to combat illness, will be greatly successful (with Allah’s permission).

There have been glaring errors in the approach to health care regarding contagious disease. One of these is that the existing defense system has not been supported and enhanced. Natural responses such as cell mediated immunity have been forced into compromised conditions causing weakness in major organs of the immune response – thymus and spleen. Another error is that individuals have been given toxic substances that

work against overall systemic health. Therefore, our ability to combat bacterial and/or viral assault with inherent defense mechanisms has been diminished, while our use of harmful chemicals has increased.

You’ve heard the words many times, **“Eat right, exercise and get plenty of rest”**. These three things are basic to good health. In addition, there are a number of strengthening agents. Here are a few ranked in order of importance.

- (1) **Quran (Scripture)** – reading, reciting, listening to revealed verses will strengthen the entire system.
- (2) **Honey** – This superior food increases immune ability against allergies and bacterial infections.
- (3) **Black Seed** – **“...a cure for everything except death.”** is a natural immune enhancer. Scientific analysis has identified over 100 specific beneficial substances in this tiny seed. Remarkable!
- (4) **Garlic** – a bulb with hot and dry characteristics, works well in the upper respiratory area. The Prophet (saw) advised that it should be cooked. Roasted Garlic?!

By contrast, simple medications – meaning those quite commonly used – will weaken the system. Here are a few examples:

- (1) **Aspirin** – can cause stomach irritation, hearing loss, decreased number of white blood cells and platelets (which equals a weakened immune system), bronchial spasms in asthmatics, etc.
- (2) **amoxicillin** – an antibiotic still in common use can superinfections (yeast), drug induced colitis and a decrease in white blood cells (weakened immune system)
- (3) **Tylenol** – negatively affects essential organs such as liver and kidney, can be addictive and cause constipation.

Hopefully the message is clear. Follow the natural patterns. Support the wonderful, proficient, superbly equipped system that lies within. **Work with your system and not against it.** Strengthen your body, mind, and spirit.



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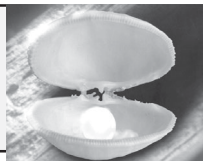


Topics on Wholistic Health Teleconference:

3rd Thursday of month @ 8:30 pm EST,
Call Number: 1-518-825-1400, Access Code: 199860;

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“SWINE FLU” CONT'D FROM PAGE 1

countries who could then be potential customers. Baxter has now been selected to work with the World Health Organization to produce a vaccine against this new Swine Flu. Perhaps there are good reasons to have suspicions and distrust.

Swine Flu, originating in pigs, was mainly contaminating workers on massive pig farms, veterinarians and those with whom these people were coming into contact. Once on human flesh or surfaces (such as clothing, etc.) which humans may touch, it is definitely capable of contaminating others. The new strain spreads and transmits even more quickly and easily than previous ones and infects cells lining the nose, throat and lungs. This infection can come from inhalation or transference of the virus from the hands to the vulnerable areas. The virus is aggressive and can rapidly cause serious illness, so it is important to:

1. **Engage in conscientious preventive activity** – rinsing the nose with salt water; gargling with warm salt water; frequently washing the hands; not mixing clothes worn outside with other clothes in the closet or drawers until they have aired for at least ½ day or been washed
2. **Act immediately and aggressively if infection occurs.**
 - a. **Begin removing waste from the system.**

This can be done with an enema or a mild laxative
 - b. **Take natural anti-viral substances at regular intervals.**
 - Olive Leaf – 1500 mg’s every 5 hours
 - Mixture of 1 clove of garlic, Echinacea tincture, pinch of cayenne pepper, ½ lemon and 8 oz of vegetable juice taken 2 x daily
 - 1 ounce each of Peppermint Leaves and Elderflower over which is poured 16 oz of boiling water; cover and let steep for 15 minutes; take 4 – 6 ozs every 30 minutes until there is perspiration, then 2 tablespoons every hour until the crisis has passed.
 - c. **Use fresh ginger** to help relieve nasal congestion and eliminate chills and aches.
 - d. **Get plenty of liquids, Vitamin C complex** (every 2 hours) and humidify the air in the home or room. Keep the air warm but not stagnant; air the room periodically.
 - e. **Don’t Panic!** Your Lord has provided all that you need. Pray and make use of the Divine provision.

PEACEFUL POULTRY IN PENNSYLVANIA

By Ayanna Miranda

Part II of II

An interview with Laura Sumayah Houston

Ayanna: I understand that there is a speech that you give the new batch of chicks. Would you please tell me about this speech?

Sumayah: Well, baby chicks are the cutest things you have every seen and you would not want to harm them. However, they are not pets. The role of vicegerent is an important role and we have to take permission to take the life of an animal. I talk to the chicks and say “Thank you for being here. I will take care of you the best way that I can. But you must know that your purpose is to feed us and sustain us.”

Ayanna: In November your season of raising poultry will end. What will you be doing to prepare for the next season?

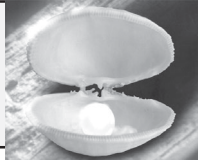
Sumayah: I will be working on building four-room brooders, building more coops, purchasing an ATV, purchasing my own slaughtering equipment, and applying for a small business loan to fund the expansion. I will be reviewing last season’s information. I plan to add laying hens to the business, with multi-colored eggs. I also will be adding a round of turkeys, so I will be studying how to care for turkeys. I will be planning on a new batch of chicks arriving 2 times per month to keep a steady flow of chickens for slaughter.

Sumayah’s poultry are slaughtered according to the Sunnah of the Prophet (saw). Each animal is taken and placed behind a screen so that the other animals do not see the slaughter. As chickens are being slaughtered, the animals are facing the Qibla and the words “Bismillah” are said as well as other recitation of Quran.

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Inspirational Quote



“This infection can come from inhalation or transference of the virus from the hands to the vulnerable areas.”

Inside This Issue

“If we are to advocate and work for just and righteous remedies to ills impacting North American society in general and Muslims in particular, then we must move aside methodologies, habits, and solutions that don’t work and haven’t worked and affirm those that do work; displacing the dysfunctional with the accomplished and failure with success.”

(MANA Newsletter August 2009)

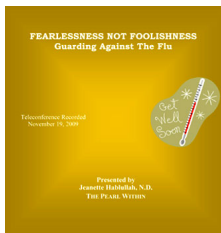
PEACEFUL POULTRY CONT’D FROM PAGE 3

I have purchased chickens several times from Sumayah’s Peaceful Poultry business. A final purchase will be made in December, insha Allah, to sustain our supply through the winter months. I refuse to purchase from anywhere else, including the local halal markets. For those of you who do not know, many of the halal markets are purchasing their meat from the manufacturers who have a Muslim stand in the production line and recite the words “In the name of Allah” over the meat as a machine slaughters it. When there is something better we must obtain it and not settle.

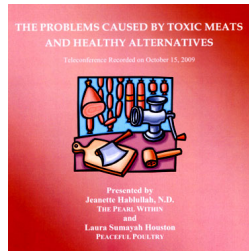
The season for raising poultry has ended for **Peaceful Poultry**. You may contact Laura Sumayah Houston beginning in the spring of 2010 to purchase pasture raised poultry.

To purchase your fresh halal, tayyib poultry you may contact Sumayah at: **Peaceful Poultry** 231 Barnetts Run Rd., Warfordsburg, PA 17267, Ph: (631) 379-7314, laura.r.houston@gmail.com

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- ◆ What are your health questions?



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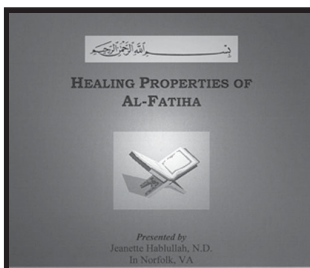
Contact: thepearlwithin@yahoo.com.

Instructions can be sent USPS or emailed.



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.



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