



# WHOLISTIC HEALTH NEWSLETTER

## VACCINES

### THE BLACK SEED

#### A Miracle Cure Then and Now

*“Make regular use of the Black Seed, for in it is a cure for every ailment except death.”*

Saying of Prophet Muhammad (saw)

Although there are a number of black seeds, some of them very similar in appearance, when those two words are used together millions immediately recognize that the reference is to the ‘*seed of blessing*’. This tiny cumin seed, indigenous to North Africa and the Near East, has an amazing history and an even greater esteem as a proven healer. It is known to have been used in the Assyrian societies over 3000 years ago; it is referenced in the Old Testament of the Bible in the Book of Isaiah as ‘ketzah’ (Isaiah 28: 25, 27); naturopaths of Greek and Roman cultures, including Hippocrates, wrote of it in medical texts dating back to the 5<sup>th</sup> Century B.C.; and a vial of the oil was found in the tomb of King Tutankhamun, indicating its great importance in royal Egyptian society.

The historical healing abilities attributed to this seed are numerous and include: aiding digestive disorders; eliminating kidney stones, gallstones and jaundice; alleviating pre-menstrual and menopausal complaints, sleep disorders, poor concentration and constipation; and promoting the flow and quality of breastmilk. As it has a uterine contracting effect, it is not recommended to initiate use of the seed or oil of the seed during pregnancy. However, it can be used safely to assist labor and reduce sepsis.

The plants thrive in areas that are very warm with little rainfall, preferring light, sandy soil. The seed is “20% protein, 35% carbohydrate and 35 – 45% vegetable oil and fat. The fatty acids are of the *essential fatty acids or EFA’s* essential for human wellbeing. The taste of the seed and oil is slightly bitter with a bit of spiciness. Once you become acquainted with it, you will have no trouble distinguishing the real Black Seed or Blessed Seed from other seeds with similar appearance. It is only this tiny seed and the oil pressed from the seeds that contain the significant medicinal qualities of the plant.

Though the healing benefits were widely known and kept alive in Islamic societies by the above statement of the Prophet Muhammad, the black seed was not thoroughly researched by scientific circles until mid 20<sup>th</sup> century. At that time research was done primarily in Turkey and Germany. Now many studies have been

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#### Letters To The Editor:

TPW-Wholistic Health Newsletter  
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 email: [lettertoeditor@omspublishing.com](mailto:lettertoeditor@omspublishing.com)

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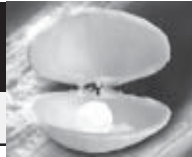
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## PEARLS OF WISDOM

Jeanette Hablullah, N.D.



*“Within the creation there are substances that support and restore the fitrah and have no harmful “side effects”.”*

Dear Readers,  
Assalaamu alaikum wa rahmatullah  
(Peace and Mercy be with you).

**“Then establish your face to the true way of life, being rightly guided; to the pattern of Allah on which He has brought the human being into existence. Make no change to the Creation of Allah. That is the upright way, but truly most human beings do not know.”**  
*(Translation of Quran Surah 30:30)*

This ayah is one I have referenced for some years now to help us understand the need for and validity of wholistic healing. There are Divine patterns in creation; a *sunnah* or repeated practice of Allah that must be recognized, honored and maintained if the integrity and health of the creation is to be secured. It is the humility of the human steward or vicegerent and the honor and esteem of The Creator that enables human beings to act accordingly. Unfortunately, a great number of us have succumbed to the bold advances of our original enemy, Shaitan / Satan, and have become victims of his arrogant prediction found in Quran: **“I will lead them astray and I will create in them false desires. I will order them and they will slit the ears of cattle (superstitious acts) and I will order them, then they will change the creation of Allah...”** (Translation of Quran Surah 4:119)

It is important to read the introductory verse or ayah with this one and compare what Allah has told us not to do and what Shaitan said (to Allah) that he would cause us to do and then reflect on what has happened related to health maintenance and disease cure in our society. Our only success lies in studying the human system, becoming knowledgeable of the fitrah (pattern of human function) and supporting and or restoring that pattern with appropriate food and medicines.

When we evaluate the so called medicinal products (i.e. Lipitor, Lasix, Cumetin, Prevacid, Tylenol, ad infinitum) and procedures (i.e. sonograms, mammograms, CAT scans, chemotherapy, transplants, and –ectomies of appendix, tonsils, breasts, uterus, etc.), we see a human attempt to take authority over a

Divinely created system, whose innate intelligence and natural function is superior to our understanding.

Within the creation there are substances that support and restore the fitrah and have no harmful “side effects”. They are ubiquitous (pervasive in presence) indicating the prescience and unbounded mercy of The Creator (*ijw*). May Our Lord be glorified in oral praise and by utilizing that which has been placed before us for our own benefit.

Healing is an innate function of the human system and the surrounding environment out into the vast, unfathomable reaches of the universe. Allah has a *sunnah* – a repeating way of establishing aspects of the creation and **“you will never find in the sunnah of Allah any change”**. (Quran 33:63; 35:43; 48:23) I can only ask and encourage you to turn away from the deception and turn back to the way of Allah. In this path of healing is your true success and a pleasing balm for your entire being. May Allah guide you to truth and give you conviction to make correct choices. May you be healed by The Healer, The One Who Restores.



This piece is from the book **“An Audience of One”**. There are 19 original watercolor art pieces by Meraj Mohiuddin and Noera Ayaz.



### TPW - NEWS

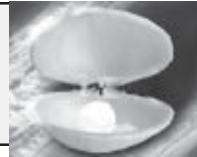


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**Women’s Retreat:** May 24-25, 2009, Lee’s Summit,  
MO Contact: Amelia (816) 444-3410.

*“It is also wonderful for external application to painful joints, stiff muscles, and eczema.”*



*“Many vaccines are morally objectionable to most practitioners of major religions because aborted human fetal embryo tissue has been used in their preparation.”*

### THE BLACK SEED Cont'd from Page 1

conducted and continue to be done all over the world. Several years ago, at the University of Maryland, a Professor of Anthropology told me one of her Ph.D. students was conducting research in this area. Research has confirmed that there are over 100 identified substances contained in this seed. Those that are known have been listed with their corresponding physical benefits. Researchers have also acknowledged that more components remain unknown. Is it possible that any human could reach the end of the benefits and blessings contained in such a Divinely created substance? Only if the Creator so desires.

The identified and unidentified components work together synergistically to benefit every aspect of the physical being. Today the seed is most commonly known as an immune enhancer and a premier supplement capable of restoring harmony to the system. In my practice I regularly encourage the use for lowering high blood pressure and blood sugar, building strength against allergies and breaking down tumors and other abnormal growths. I also use it in personal hair oil preparation and recommend it to help stop hair loss. It is also wonderful for external application to painful joints, stiff muscles, and eczema. In addition, researchers have found that the **“Black Seed is superior to almost every other natural remedy when used for autoimmune disorders”** especially when combined with garlic. In these instances the blessed seed functions with immuno-modulating action (harmonizing the imbalance). When seeking to use the black seed to correct autoimmune disorders, I urge you to do so in conjunction with the supervision and therapy of a wholistic practitioner.

Now, due to increased demand, the seed is being widely cultivated in Egypt, Sudan, Morocco, Ethiopia, Iraq, Pakistan, India, and even in the U.S. As the words of our Prophet (saw) are true, we never doubted that this seed nourishes and strengthens the body and enables us against every ailment except death. With the proven healing ability, now confirmed by modern research, it is surprising that so many bypass this blessing to make use of inferior products and harmful pharmaceuticals. Let us not be unwise and exchange the lesser for the greater.

### BLACK SEED PRODUCTS AVAILABLE



From  
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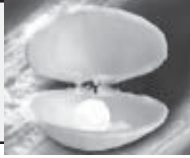
### VACCINATION FACTS

Once again we are in the midst of flu season and Flu Shots are being hyped via television commercials, physician advice, and Public Health messages. Also, across the nation families are agonizing over whether or not to immunize their infants, school age children and, with the new human papilloma virus (HPV) injection, their 11 – 13 year old daughters. To inform and to hopefully help you make better decisions, here are a few facts:

1. Many vaccines have significant side effects grouped as immediate reactions, delayed reactions and permanent disabilities (i.e. epilepsy, learning disabilities and paralysis).
2. Smallpox was possibly the worst disease known to man but the vaccine is also deadly. After the post 9-11 Anthrax scare, the U.S. ordered 210 million doses of smallpox vaccines to be prepared. About 38 million Americans cannot be vaccinated due to serious health risks, including compromised immune systems. (U.S. News and World Report June 17, 2002)
3. Many vaccines are morally objectionable to most practitioners of major religions because aborted human fetal embryo tissue has been used in their preparation. (Heard this one myself from a Catholic priest / professor interviewed by Dianne Reem on NPR a few years ago)
4. Many of those vaccinated including infants and children have severe reactions including death. 1000 cases of vaccine damaged children are now before the Special Master of the Federal Court in the division that hears Vaccine Injury Compensation cases. (Natural Solutions Foundation April 2008)
5. Influenza (flu) vaccines vary in type and effects and there are new vaccines prepared as the virus mutates and adapts. This means a vaccine prepared from last year's virus will not be very effective this year. Unknown numbers receiving the shot become sick anyway.
6. Diseases unheard of before the proliferate use of vaccines are suspect of being linked to the vaccinations (i.e. Epstein Barr (Chronic Fatigue Syndrome) and Autism). Other known diseases are seen to increase with vaccinations.

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## Inspirational Quote



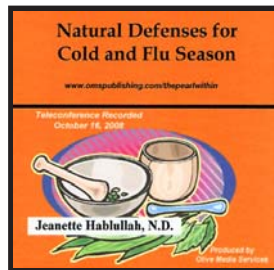
*“Many vaccines have significant side effects grouped as immediate reactions, delayed reactions, and permanent disabilities....”*  
*Inside This Issue*

.....  
 “There is a prerequisite condition for recovering from ills and afflictions that befall the human being – and that is the role of faith (iman) in promoting healing. ...for under the correct psychological conditions, ‘nature’ will strongly adhere to the medicine.”

(Natural Healing with the Medicine of the Prophet)



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## FUTURE TOPICS

- ◆ Faith Healing
- ◆ Women's Reproductive Health

## VACCINATION FACTS Cont'd from Page 3

7. Although many vaccinations are labeled “Mandatory”, there are options:
- a) you may request exemption on religious grounds. (See page 188 of The Vaccination Crisis for a sample letter).
  - b) you can move to another state with more liberal laws
  - c) you can get a waiver based on exemptions stated in state vaccination laws. Contact the State or County Health Department and request a copy of your state's Immunization Laws.

**If you need help contact:** National Vaccine Information Center  
 204 Mill Street Suite B-1  
 Vienna, VA 22180  
 703-938-0342

## - DUA -

A PASSAGE FROM THE BOOK

“AN AUDIENCE OF ONE”

With every forlorn thought I make, I call!  
 Will You witness my sole heartache? I call!

I am so afraid of what will befall  
 the Ummah; our lives are at stake, I call.

The Qur'an itself has chastised my “fall”:  
 Even my “frown” is for Your sake, I call.

Wrapped in cloaks, he prays till he hears Bilaal,  
 “Help me till the next dawn will break, I call.”

When Suleiman rode, how the ants would crawl!  
 Until our foes feel the earth shake, I call.

On the Plains, may the believers recall—  
 “This Deen is yours—did I forsake my call?”

Returned to Mecca, the Prophet stood tall;  
 “Here I come my Lord, *O Lubbaik* I call!”

## FOOD FACTS

(from Environmental Working Group)

There are over 100,000 synthetic chemicals being used in the world. A number of these are being used in food growth and food production. For a variety of reasons, there has been insufficient testing as to the effects on the environment and effects on human beings.

Following is a list of the “*dirty dozen*”, 12 foods containing the highest levels of pesticides and herbicides. **NEVER buy these foods in regular stores unless they are organic.** Whenever possible replace these 12 worst foods with foods from the second list, some of the foods with the lowest levels of harmful chemicals. This effort alone can reduce the exposure of you and family members to pesticides and herbicides by about 90%.

### The Dirty Dozen

- |                       |                 |                    |
|-----------------------|-----------------|--------------------|
| 1. Peaches            | 5. Nectarines   | 9. Imported Grapes |
| 2. Apples             | 6. Strawberries | 10. Pears          |
| 3. Sweet Bell Peppers | 7. Cherries     | 11. Spinach        |
| 4. Celery             | 8. Lettuce      | 12. Potatoes       |

### Containing Less Chemicals

- |               |             |                |
|---------------|-------------|----------------|
| 1. Pineapple  | 5. Bananas  | 9. Eggplant    |
| 2. Mango      | 6. Cabbage  | 10. Asparagus  |
| 3. Sweet Corn | 7. Broccoli | 11. Sweet Peas |
| 4. Kiwi       | 8. Papaya   | 12. Tomatoes   |