

WHOLISTIC HEALTH NEWSLETTER

RAMADAN 1431

CREATING PHYSICAL HEALTH BY THE SPIRITUAL FAST

by Jeanette Hablullah, N.D.

“The month of Ramadan in which the Quraan was sent down (from Allah), a guidance for humanity, clarification of the guidance and the Criteria. So whoever of you witnesses the month then let him fast...”

(translation of Quraan Surah 2: 185)

Ramadan, the esteemed, blessed month has come to us once again by the grace and mercy of the One Who created time and divided the time into segments. This 9th month of the lunar year has been endowed with greatness and honor and honors us as we accept to enter into it in obedience and with a desire to enrich our souls as the body is corrected.

Fasting is a form of abstinence and the Prophet (saw) said that abstinence is *“the best of cures”*. Abstinence requires self-restraint and when used to restrict food and drink will *“cause the disease to stand still and allow the body to expel it”*. Observing the fast of Ramadan is an act of obedience to Divine command. In addition, we do not choose how we will fast or what we will give up, but are given specific instructions: *“...eat and drink until the white thread of dawn is distinguishable from the black thread (of night). Then complete the fast until the night comes.”* Therefore, there is no food and no drink from dawn until sunset regardless of the season or length of the day. Being diligent in following the requirements requires knowledge first and then discipline as *“knowledge must be acquired before words are spoken and actions are taken.”* So we

have, in this observance, joined the ability of the mind with the strength of the body and subjected both of those to the desire of the soul. We have entered into a wholistic endeavor for the purpose of achieving the Divine reward.

Normally we indulge the physical desires, most regularly the desires of the stomach. Of the stomach, the Prophet (saw) said, *“The children of Adam will never fill a container worse than that of the stomach”*. The stomach is remarkably durable, extremely efficient and yet fragile and sensitive. Through this organ passes all that will be transferred to blood, organs and cells for the sustenance of physical life and the enabling of acts of virtue and worship. For the one who does not fast, this organ will have only the short intervals between meals and snacks to rest and rejuvenate. During a fast the stomach purges harmful residue accumulated from much abuse – overeating, eating low quality foods, unnatural foods, and foods laden with toxic additives. In addition, as physical energy is not being channeled to the digestive system, other systemic functions can be corrected.

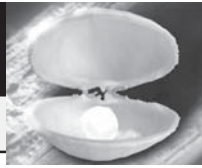
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Letters To The Editor:

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“Admit that there is a flaw in our thinking and request to be restored, rectified, rewired – whatever is needed, and Allah knows best.”

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

“And We send down from the Quraan what is a healing and a mercy for those who believe and it adds nothing to the unjust except intense loss.” (translation of Quran Surah 17: 82)

Ramadan is the month of Quraan, the recurring universal celebration of a most glorious event – the descent of the Quraan with Jibreel (Gabriel a.s.) The Book descended as, with and in superlatives:

“Allah revealed the most noble of books, in the most noble of languages (Arabic), by way of the most noble of Messengers (Muhammad saw), through the mediation of the most noble of angels (Jibreel). This occurred in the most noble of locations on earth (Makkah) and the commencement began in the most noble of months of the year.”

Thus the Quraan is perfect in every aspect and an unfathomable treasure. The ability and obligation to mercifully heal the believers is an inherent quality that dutifully responds to our seeking, asking and respectful association.

Quraan is extremely powerful in achieving every purpose for which he was sent. They why does illness seem to be so rampant in the ummah, the community of believers? This is no fault of the masterful, powerful words of Allah, but a deficiency of utilization. We are not going to the Quraan with humble requests from sincere hearts. Even though we are clearly told in three separate ayaat that Quraan is an agent of healing (10: 57; 17: 82; 41: 44), we neglect using the Book for this purpose.

During a recent conversation about cancer, I realized that, while there was consideration to accept the devastating treatments, no thought had been given to Quraan. How can we turn ourselves over to questionable human beings, yet not submit ourselves wholly and faithfully to the pure, merciful shifaa (healing) embodied in the words of this Quraan? Admit that there is a flaw in our thinking and request to be restored, rectified, rewired – whatever is needed, and

Allah knows best. Our clay has been distorted, our true forms corrupted, but we are the human ones honored by Allah and He will save us from ourselves and our inveterate enemy. He says: **“Call on Me, I will answer you”**. Oh Allah, heal the sickness of the believers and restore us to our honorable condition.

RAMADAN- “DOLLAR-A-DAY MEALS” CHALLENGE

[Adapted from an article by Abdul Malik Mujahid
“Eating dollar a day meals this Ramadan”]

by **Ayanna Miranda**

Each year that Ramadan comes upon us we look for ways to maximize the blessings. We look forward to performing the sunnah prayer and to sharing food by providing iftar for guests. To provide the meal at iftar we often prepare wonderful dinners that become three course meals.

While the feeding of a fasting person is kind and thoughtful, we should take time during the month to reflect on the feeling of hunger that we experience and how people around the world experience this sensation of hunger on a daily basis. The fact that one billion people worldwide live on \$1 a day (including everything not just food)¹ should make us rethink the cost of meal preparation during Ramadan. There are Muslims who survive on suhoor and iftar meals that are simple to prepare with the cost being equal to one bottle of water. Those of us who are blessed with a variety of foods usually do not consider this. Sometimes we feel that we are entitled to “eat our fill” after fasting. However, for many, “eating their fill” is not an option.

This Ramadan I challenge you to take the Ramadan “Dollar A Day Meals” Challenge. This can be done. One must keep meals simple. Examples of meals;

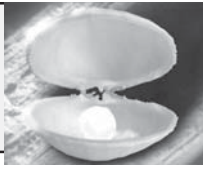
Suhoor Options

- ¼ to ½ piece of bread
 - With a couple of dates and water, or
 - With a fried egg
- ½ cup of oatmeal
 - With a little milk, or
 - With some fruit orange or apple

Reminder: Do not skip suhoor. The Prophet (saw) asked us not to skip suhoor.

“Dollar-A-Day Meals” Continued on Page 4

“Fasting helps heal rheumatism in joints and muscles, increases the circulation, strengthens the blood vessels, reduces respiratory disease, allergies, diabetes and obesity.”



“Unpasteurized, raw, pure milk is beneficial to us in so many ways.”

“The Spiritual Fast” Cont’d from Page 1

Fasting helps heal rheumatism in joints and muscles, increases the circulation, strengthens the blood vessels, reduces respiratory disease, allergies, diabetes and obesity. The heart and the kidneys rejuvenate also as the work load is lessened. For those bothered with facial acne, eczema, etc., fasting helps relieve most skin problems. The skin, we must remember, is an organ of elimination. When the toxic body cannot eliminate through the colon and kidney, it begins pushing waste out through the skin. Fasting also helps improve faculties of all the five senses – vision, hearing, taste, touch and smell. Finally and very important in this season, fasting reduces harmful microbials as they have little on which to feed and multiply. To assist with all of these benefits, make sure that when you eat the food is of the highest quality (i.e. fresh, organic), has a healthy amount of raw fruits and vegetables, and is eaten in moderate amounts. Otherwise you will defeat the purpose and achieve little in improving your physical condition.

It is beneficial for everyone to fast in some way at various times and there are many different types of fasts. Ramadhan is one of the spiritual fasts ordained by the Creator, Who knows the needs of His servants. In this world heavy with materialism, we lose consciousness of the fact that our great hunger and thirst is for closeness with Our Lord. We, then, can be grateful for an annual mandate that breaks the power of physical appetites, heals the body and most importantly honors and restores the connection of the soul to her Lord.

IN FAVOR OF RAW MILK

by **Jeanette Hablullah, N.D.**

As a general principle, we as human beings cannot improve on the quality and benefits of what our Lord has created. So, when it comes to Divine provision of our food and drink, we take this same position. We take as much in its natural state as possible, cook what needs to be cooked and enjoy the flavors, colors and health that we derive from pure food and drink.

“And certainly for you in the cattle there is an instructive sign. We produce for you from what is in their bodies between excretions and blood milk pure and agreeable to those who drink it.” (translation of Quran Surah 16: 66)

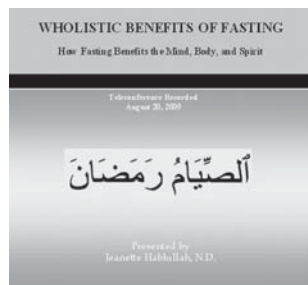
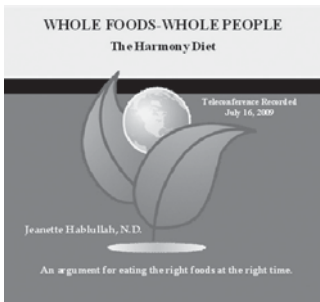
Cows, goats, sheep, and camels all produce pure milk from which humans drink and produce cheeses, yogurt, kefir, butter and tasty deserts. The verse above says the milk is **pure and agreeable**.

Unpasteurized, raw, pure milk is beneficial to us in so many ways. Many societies throughout the world still depend on this naturally provided drink as a dietary staple. Others, as many here in the U.S., are returning to this Divine provision to reestablish healthy connections in their food sources.

If milk producing animals are kept in unclean conditions, fed contaminated feed and are not allowed to roam and eat freely of natural, non-polluted grasses, then Pasteurization would be necessary to keep disease from being spread through the milk. However, when these animals are left to live natural lives and kept well, the milk is not only pure, it is health promoting. The Prophet Muhammad (saw) is reported to have said that because cows eat from many grasses (similar to how bees eat from many flowers), that the drink that comes from their bodies has cures for many diseases.

“In Favor of Raw Milk” Continued on Page 4

“Wholistic Benefits of Fasting”



“Whole Foods-Whole People”
Available online at
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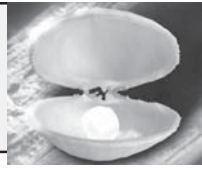


Dear Respected Readers,



We announced in the previous issue that this year would be our last year of publishing the newsletter. Well after encouraging comments from our readers and internal discussion it has been decided to continue for at least another year, insha Allah. Please continue to provide your comments. May Allah (swt) bless you all and increase you in faith and knowledge.

Inspirational Quote



“To assist with all of these benefits, make sure that when you eat the food is of the highest quality (i.e. fresh, organic)...”

Inside This Issue

“The use of injurious foods is defiling. That which corrupts the body tends to corrupt the soul. It unfits the user for communion with God, unfits him for high and holy service.”

(E.G. White; The Ministry of Healing)

In Favor of Raw Milk Cont'd from Page 3

Lactic Acid bacteria found in raw milk stimulate and modulate the immune system. In 2007 a Swedish study was done on 15,000 children from five European countries. They found that children drinking raw milk were 30% less likely to develop Asthma and allergies. In the U.S., 5,000 (+) people die from Asthma and allergies every year. By calculating 30% of 5,000 it is clear that more than 1,600 individuals with those problems could benefit from having raw milk. Raw milk also helps with nervous conditions, gallstones, ulcers, prolapse of the stomach and uterus, eczema, hardening of the arteries, gout, wrinkles, arthritis and other discomforts and illnesses.

As far as the epidemic of lactose intolerance, I think that the words of Edwin Shank, a Pennsylvania dairy farmer, say it quite well, **“People are not lactose intolerant** (after all, the Lord created them and created the cows to share their milk with them), **they are pasteurized milk intolerant.”** Many of the enzymes and substances needed to digest and absorb the quality nutrients in the milk are destroyed in the processing. We just need to get back to what's natural, normal and health producing. Drink raw milk, eat raw milk products, have a taste of the food of Paradise.

“A parable of the Garden, which the righteous are promised, in it are rivers of water incorruptible; rivers of milk of which the taste never changes, rivers of wine a joy to those who drink and rivers of honey, pure and clear...” (translation of Quran Surah 47: 15)

“Dollar- A-Day Meals” Cont'd

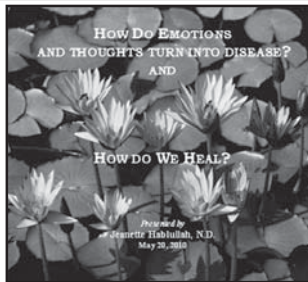
- Developing a higher level of connectiveness with those one billion human beings who go to sleep hungry most nights.

The idea of the challenge is to reduce the amount of food and drink consumed to a total of \$1 a day. If you cannot commit to the whole month, then try the challenge for a week.

May Allah (swt) accept our fasting and our prayers during Ramadan. May Allah allow us to see Ramadan and use it to experience a connection with those of the earth who have less, by simple living, consuming less and sharing more.

Ameen.

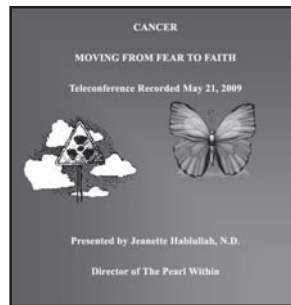
1.Earth Trends - <http://earthtrends.wri.org/updates/node/6>



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

www.omspublishing.com

“Cancer: Moving from Fear to Faith”



“Dollar- A-Day Meals” Cont'd from Page 2

Iftar Options

- Just take a tablespoon or two of whatever is being served.
- For drinks, avoid bottled drinks. These break your dollar a day budget by themselves.

More tips

1. Skip the meat. Meat often is the most expensive part of a meal.
2. Skip eating out or ready to eat meals.
3. Eat more fruits and vegetables.
4. Eat beans and lentils.
5. Eat yogurt.
6. Drink water, water, water.
7. Make more food from scratch. It is less expensive than prepared foods and the “made from scratch” meals can feed more people.

Remember that according to hadith the servant shall have the reward for what he intended. Dollar-A-Day meals during Ramadan should be planned, prepared, and consumed with the intention of:

- Pleasing our Lord by following the sunnah of his Prophet (saw) by sharing more and consuming less.