

Chapter 1 : Easy Herbal Medicine & Natural Remedies in under 30 minutes per

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The term termagant sums up the surprising way Westerners saw Muslim women before the seventeenth century. Here are some examples of customs and social attitudes from the Muslim side of the divide in reverse chronological order that have me, for one, shaking my head. Somali mother of eight stoned to death for taking a second husband: She admitted she illegally married a second husband. According to the Islamic Sharia she was publicly stoned to death this afternoon. Child marriages are increasing drastically in Yemen, due to the civil war and the poverty and the displacement it caused. A father ran out of cash while buying qat "leaves habitually chewed as a stimulant in Yemen" so he gave his daughter to the dealer in marriage. Another man married off his daughter three times in two years for repeated dowries, all before she turned In another case, a child bride who had been handed over by her father in exchange for a taxi bled to death after being forced to have sex days after her wedding. May 28, Marrying off young daughters for the dowry in Yemen: As civil war grinds on in Yemen and families become destitute, one option to decrease expenses and raise capital is to marry off pre-pubescent girls. The family sold their belongings after fleeing airstrikes in the northern city of Saada last year. But the money raised was not enough to pay their debts to the hospital and relatives. Their shy daughter, a shade under 4 feet tall, became their only source of income. Scared, she ran into a bedroom and locked herself inside. I called my father and he called my grandfather. Child marriages are common: On a recent day, eight community elders sat in a [refugee] camp, some chewing khat, the narcotic leaf favored by most Yemeni men. Seven have married off their girls this year. Even Salim, the elder who worked at the charity, is preparing to marry off his two daughters, ages 13 and Mohammad Ali al-Ansi married off his two girls, ages 13 and 14, in April. But after paying for their weddings and meeting other debts, the money has nearly run out. Fatma spent her day cooking and washing clothes for her in-laws. She remembers her father telling her and her sister, Amal, that the family needed money. She remembers that Amal was in tears because her new husband was taking her to another region. The two sisters have not seen each other since their weddings. I want to learn how to write. I have sacrificed for my family," she continued, her voice dropping to a whisper. Minutes later, her husband arrived at the tent, and Fatma went silent. He said Fatma was "at a good age to marry. July 7, Female sexual freedom among the Tuareg: The Tuareg evoke images of a long forgotten and romantic age. But behind the ancient way of life is a culture so progressive it would even make some people in liberal western cultures blush. What is even more surprising is that even though the tribe has embraced Islam they have firmly held onto some of the customs that would not be acceptable to the wider Muslim world. Before a woman marries, she is free to take as many lovers as she wants. There, they will spend the night together - while the family, who all live in the tent, politely pretend not to notice. Should the woman choose to welcome a different man into her tent the next day, so be it. Yet could all of this be under threat, Drury asks. Butler has noticed more of the women taking up the hijab. And while she has been assured the women are wearing it for a fashion statement, rather than for religious reasons, she cannot be sure. But there is hope this proud tribe, which has survived for more than 1, years, will hold fast to the traditions which make them so very different from all others. After all, they believe their culture is preferable to anything they have yet to come across. They certainly consider themselves superior to us. I first encountered the Tuareg in Niger in and their mystery inspired me a year later to take up Arabic. I had planned with a friend after graduating college to spend a year in a Land Rover documenting aspects of Tuareg life. This did not happen; but my fascination with this people remains in place nearly a half-century later. June 24, The travails of Pakistani transvestites: Simon Tomlinson recounts the difficulty of cross-dressing in Pakistan: Across conservative Pakistan, where extremists launch near-daily attacks and many follow a strict interpretation of their Muslim faith, male cross-dressers face a challenge balancing their two identities. Male and female roles are clearly defined in Pakistan and transgender people often face harassment and abuse. Some have left their villages for the anonymity of a big city, fearing the reactions of their families while still concealing their

identity from neighbours and co-workers. Surprisingly though, "A Supreme Court ruling allowed transgender people to get national identity cards recognising them as neither male nor female and allowing them to vote. Transgendered politicians have also run for office. Restaurants in Saudi Arabia have posted "[Single] women not allowed" signs because they are seen as trouble. One owner explained he did so to avoid problems following cases of harassment. A blogger, Capable Politician, told of a typical single female: She would come in alone and focuses on her mobile from which emanates loud music. She then takes out a cigarette and upsets other guests who may call in the Commission for the Promotion of Virtue and Prevention of Vice. This could cause problem for the restaurant. So the best thing is to keep women away from restaurants unless they have a male custodian. That way the restaurant is not shut down because of the misbehaviour of an adolescent or mentally unstable woman. A second blogger, Talal, justified the decision similarly: My brother has a restaurant and he says that even though there is a section for families, there are often instances of embarrassment. Several women would come in and would speak loudly without any respect for public behaviour. He says that it is difficult for him to get them to lower their voices. A third, "Not A Simple Decision," added: Restaurant managers are usually foreigners who do not know the right way to conduct themselves and their business when there are women without male custodians around. They would rather ban them than allow them in and face serious issues. November 23, Female Indonesian police recruits must take a virginity test: Human Rights Watch published a report today, " Indonesia: The "virginity tests" are conducted under Chief Police Regulation No. Article 36 of the regulation requires female police academy applicants to undergo an "obstetrics and gynecology" examination. While the regulation does not specify that a "virginity test" is to be administered as part of the exam, two senior policewomen told Human Rights Watch that it has long been the practice. Police Medical and Health Center Pusat Kedokteran dan Kesehatan personnel conduct the tests primarily in police-operated hospitals. So all women who want to become policewomen should keep their virginity. A year-old woman who took the test in recounts: We were ordered to strip to our underwear in three minutes. The medical staff then checked our eyes, nose, teeth, spine alignment, varicose veins, and hemorrhoids. Then we were told to enter a separate room without a door. The medical staff performed the "two-finger" test on two candidates [at a time] in the room. Even just entering the room was very scary because we had to undress while there were 20 people in the room. Entering the virginity test examination room was really upsetting. I feared that after they performed the test I would not be a virgin anymore. They inserted two fingers. My friend even fainted because An year-old woman who took the test in Bandung in told Human Rights Watch: Twenty female applicants were told to enter a hall for the physical examination. They were then told to enter a room and told to lie down. The medical staffer, a female, then carried out the "two-finger" test. I am humiliated and scared for having to do the virginity test. There were candidates who fainted due to the stress. A year-old woman who took the test in Pekanbaru in told Human Rights Watch: They put up a curtain so that outsiders could not look inside. My group of about 20 girls was asked to enter the hall and was asked to take off our clothes, including our bras and underpants. Only those who had menstruation can keep [wearing] underpants. Our group was the last one that day. The medical staff was probably already exhausted. A female doctor did the virginity test As for the impact of these tests:

Chapter 2 : History of saffron - Wikipedia

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How do you deal with the snake-like qualities in others? A short talk given by M. As long as there is a God, if you believe in God, then He will somehow prevent anything bad from happening to you. He knows and He will prevent it. Do not allow God to leave your innermost heart, your qalb. If you do not let go of your hold on God, He will never let go of you. Then a snake will never bite you. Even though it may set out to sting you, it will be made to forget what it came for and go away. Let me tell you a secret. After you began coming here, mountainous changes occurred in your life. Many potentially difficult and even dangerous situations were averted and now they no longer can occur. A mountain of difficulties has been reduced to the size of a piece of straw. How can a straw hurt you? It cannot, because all the difficulties have been dissipated. However, you need to be aware that even after you remove the fangs of a snake, it will still hiss. Its qualities will still be there. Even if you show it love, it will hiss. Even if you offer it milk, at first it will hiss, but after a while it will suck the milk. Although its fangs have been removed, its qualities have not. Those qualities are still going to be there. The most venomous teeth have been removed, but there may still be a small amount of venom in the other teeth. Therefore, if you offer milk to a snake, do it carefully and then put it back in the cage again. Do this with patience and wisdom. You must touch and yet not be touched, for if you offer your hand, it will sting you. However, because it has been defanged, even if it does sting, the poison will be very mild. You must carry on with patience and wisdom and not make a big thing of this or be worried. It has been reduced to a small issue now. No matter what the circumstance, you must practice patience. Patience must always be with you. However good someone may be, if he sleeps on a pillow infested with head lice or bedbugs, they will bite him and keep him from falling asleep. That might bring out his anger, making him toss and turn and complain, "Oh, what a nuisance! This is how it is. A bedbug will never let a man sleep; it will cause him problems and make him angry. All this because of a bedbug. It will go on biting and he will go on itching and losing sleep. The fault is not in the bed itself, but in the pillow and mattress where the bug breeds. Everything is a lesson you must learn from. Never look upon anything as a difficulty or a disaster, for if you look at it with wisdom, you will accept it and say, "God is teaching me something. But one day the thought came to him, "Whatever may happen to anyone, I will protect them. I will help them. Now I can finally get this man. All the satans gathered in readiness. What do you want us to do? I want you to change into a snake with fangs containing a very potent poison made from all eight kinds of evil poisons from the eight directions. Protect me, take care of me. I will protect you. My enemy is coming right now with a knife to kill me. My enemy is after me now! Please save me from him. He will nd me! If you tell me when my enemy has gone, immediately I will come out of your mouth. Swear seventy thousand times that nothing will happen to him and that you promise you will come out. Please hurry, my enemy is coming! When the snake got inside, it started twisting and turning. Then satan appeared in the form of an Arab with a sword in his hand. The pain was unbearable, so he said, "Your enemy has gone now. You can come out now. My stomach is hurting. Please come out right away. I am in a safe place where no enemy can get to me. Now I am going to spit these eight powerful poisons from my mouth into your heart. They will prick you like needle points and fill your heart with holes. You were talking as if you were God, but now I am going to burn you up with this most potent poison. We have been waiting for you for ages. You have taken people away from us and sent them toward God. For eighty years we have been waiting to get you. Only now do we finally have the chance. If we can just finish you off, our kingdom of hell will flourish. Now I have come once again to lead you from heaven to hell. There is no oath that can bind us. There is no good in us and no truth in us. We can swear hundreds of millions of oaths, as many as we want. You are a fool if you believe our oaths. Our work is to achieve our goal, and for this we will do anything or swear anything. That shows what a fool you are. Now we are going to finish you off and take you to hell, just as we did to Adam. Just grant me one favor. Please allow me five minutes before spitting your poison into me.

Spare me five minutes until I get to my own place, my own abode, and lie down. Once I get there, you can do whatever you want. You have five minutes leeway. Just as the snake was about to spit its venom into him, he prayed to God with tears in his eyes and uplifted hands. You alone are the Protector. Because of the words I uttered, I gave this satan, who had waited eighty years for me, the opportunity to catch me. O God, please forgive me and protect me. The herb killed the snake and it was excreted piece by piece. S then said, "Go bathe and come back. Allah will protect you. Allah is the One who protects everyone. Just uttering one little word, "I will help you, I am the one who will protect you," brought about the entire calamity. However learned a person may be, if he makes a slip in even one word or one thought, the path opens, giving satan an opportunity to enter. So, for whatever is yet to happen, we must hand over the responsibility for it to Allah, saying, "God will protect me, God will take care of me. If we can hand that trust over to God, He will take care of us. In every word we utter, we should not give even one atom of space for satan to creep in. We must block off every opening through which he might enter. If we have falsehood, envy, jealousy, or anger, satan can enter us. He will set us up to make one or another of these qualities rise in us, and then he will try to enter by way of that quality. Never give him that opportunity by harboring such thoughts. That is what we have to learn here.

Sufi healing is a transcultural, holistic curative practice that employs a combination of techniques spanning the gamut of energy types from the repetition of certain words and prayers to the drinking of a beneficial soup.

Find articles by Walaa M. This article has been cited by other articles in PMC. Abstract With the significant growth of the Muslim population all over the world, there exists a corresponding increase in the need for mental health services that suit this group of patients. Research demonstrates the effectiveness of the integration of spirituality and religiosity into psychotherapy and how religious beliefs could affect the management plans. This article discusses the impact of various beliefs in the Islamic faith on the bio-psychosocial model for the management of different psychiatric disorders including focusing on the modification of psychotherapeutic techniques as cognitive restructuring. It also shows other types of therapies such as music therapy, meditation therapy, and aromatherapy. The main emphasis remains to ensure that Muslim psychiatric patients get ethical, acceptable, and effective treatment. Do good to others as God has done good to you. It provides the guidelines and requirements for two types of interactions: Those between humans and God worship ; and those between humans to humans social transactions. The main sources of Sharia are the Holy Quran and Sunna. The Quran describes the way in which Allah should be worshipped. According to attachment theory by John Bowlby,[2] we know that having a secure attachment has been linked to the over-all wellbeing, coping, better mental health outcomes, enhanced self-esteem, and stronger relationship functioning. Despite the growing size of the Islamic community in the western countries, most western practitioners appear not to have been very well exposed to Islamic values and teachings during their educational careers. Consequently, Muslims might feel uncomfortable in seeking psychiatric help to avoid being in conflict with their religious beliefs. The aim of this review article is to highlight the role of Islam in the management of different psychiatric disorders; and provide psychiatrists especially those working in Western countries with Muslim patients or Western psychiatrists travelling to Islamic countries or to those who are not familiar with Islamic values with therapeutic modalities that are congruent with Islamic values. We think it is highly beneficial to integrate certain Islamic views in Westernized therapeutic techniques to make them more acceptable by Muslim societies. Hence it is imperative to recognize how Islam can modify the treatment and prevention of different mental disorders. Islam from a bio-psychosocial model perspective In Islam, religion and spirituality are not mutually exclusive as you cannot have one without the other. Other religious and spiritual traditions may see them as separate where you can have one over the other. This was the first psychiatric hospital in the world. This can also be achieved by using alternative dosage forms for medication during Ramadan. Another detrimental factor in pharmacotherapy adherence is the presence of inert ingredients in psychotropic medications, which might be derived from pork products that may pass unnoticed by the clinicians. So if this issue is not identified and addressed, then patients may not only stop taking their medications, and hence leading to relapse of symptoms, increasing hospitalization rates, and increasing healthcare costs but also lead to a poor doctor-patient relationship. We believe that, in order to maintain a good doctor-patient relationship and improve medication adherence, psychiatrists should have a basic familiarity with religious dietary restrictions and they should discuss such issue frankly with their patients as a part of informed consent. This does not have its implications for patients alone but may also have ethical and potentially legal consequences for physicians as well. Muslims approach Imams for counseling on social and mental health issues and particularly marital and family problems. This model explains the illness or personal problems as a possession by spirit jinn. This is usually done through the Islamic daily prayers and worship with continuous invocation of prayers and the names of God to elevate the spirit zikr. Even those scholars who do not agree with the traditional counseling for Muslim clients frequently consider Sufism as the basis of an original counseling model in Islam. It has been widely known that psychotherapy is a unique art developed by the Western society during the 20th century; however, as we can find that psychotherapy was widely used in treating mental disorders all over the world for many ages before it has been started by the West. During the golden era of Islamic civilization, the Islamic scholars had discussed the concept of psychology, psychiatry,

psychotherapy, and their relationship to mental health. For example, Abu Bakar Muhammad Zakaria Al-Razi CE is the first Muslim physician who introduced the methods of psychotherapy and he had achieved a lot of success in discovering the definition, symptoms and mental health. Consultation with an Imam a Muslim religious leader, a Muslim social work professional, or another respected community member can also be helpful. Islam highlights the importance of community rather than looking inward to establish their identity. Muslims tend to look outward, identify their identity in religious teachings, culture, and family. Group therapy also may be problematic for many Muslims. For instance, some Muslims may feel uncomfortable sharing personal details in group settings, particularly if members of the opposite gender are present. However, the functions of such groups may be enhanced if they are composed of members of the same gender and involve values taken from the Islamic faith. Similarly, a study conducted on Muslims with bereavement showed significantly better results with cognitive-behavioral therapy that had been modified to incorporate Islamic beliefs and practices. This reflects the utmost need for more research in this area to make definitive statements about the empirical soundness of such approaches. The process would then involve an evaluation and modification of automatic thoughts, followed by modification of core beliefs and assumptions. Modification occurs mainly through examining the evidence and looking for alternative explanation. We have reviewed different studies and books and tried to explore the impact of Islamic values and beliefs on modification of the patient cognitive errors, and how these Islamic values can even help in prevention of different psychiatric disorders. Depression Negative life events are one of major risk factors for depression. Islam plays an important role in helping Muslims to cope with negative life events, which helps them in both prevention and treatment of depression. Muslims are not superhuman, however, if one experiences negative feelings, he is encouraged to resist them with positive thoughts and actions if possible, or to seek professional help if the case is clinical, exactly like any other form of illness. Verily, with every difficulty there is relief. And if anyone puts his trust in Allah, sufficient is Allah for him. For Allah will surely accomplish His purpose: Most Muslim scholars agree that it is God alone who will judge the actions of each individual. This may help to reduce the guilt feeling that may affect the mentally ill patients after attempting suicide. Grief It is a normal reaction toward any life losses. Muslims believe that all suffering, life, death, joy, and happiness are derived from God and that God is the one who gives us strength to survive. These beliefs usually help to comfort and aid the healing process. Who say, when afflicted with calamity: The Prophet Muhammad said: It is permissible to cry and express grief over the death of a loved one. Prophet Muhammad himself never forgot his love for his beloved wife, Khadijah, even years after her death. In therapy these patients may improve with interventions, such as modification of cognitive errors that focus on these thoughts and beliefs. One of the foundations of Islamic belief is the understanding that Allah is able to do all things and He runs all affairs. It is reported in a Hadith on the authority of Abdullah bin Abbas, who said: One day I was behind the prophet and he said to me: Be mindful of Allah, and Allah will protect you. Be mindful of Allah, and you will find Him in front of you. If you ask, ask of Allah; if you seek help, seek help of Allah. Know that if the Nation were to gather together to benefit you with anything, it would benefit you only with something that Allah had already prescribed for you, and that if they gather together to harm you with anything, they would harm you only with something Allah had already prescribed for you. Other cognitive adapting techniques that can be used to relieve stress and help in anxiety as well as depression, is to count how much God has blessed us and trying to focus on what we have and not on what we are deficient in. Other way of cognitive restructuring is to help Muslims to learn from the Prophet Muhammad teachings that do not regret for things that have happened in the past, which one cannot go back and change, and to worry about what may happen in the future is useless. The person should think only about the present, focusing his energy on doing his best today, because this is what results in perfect work, and helps him to forget his worries and regrets and as the prophet said: Pay attention to that which could benefit you, seek the help of Allah and do not feel incapacitated. We can find evidence of this in the holy Quran and Hadith. All human beings experience at some point in their life wasawis, regardless of age, sex, faith, or creed. However, the nature, content, severity, and influence of these wasawis vary from one person to the other. For some, they only cause mild anxiety and worry, while for others may be more severely affected to the point of becoming spiritually, mentally, emotionally, psychologically, and socially

incapacitated. We find in the holy Quran the counter adaptive thoughts for these obsessions wasawis as called in Islam [So when you intend to recite the Quran, seek refuge with Allah from Shaytan, the outcast. He has no power over those who believe and put their trust only in their Lord Allah. His power is over those who obey and follow him Shaytan and those who join partners with Allah] Quran On my true servants, you would have no authority. Sufficient is your Lord as a guardian] Quran Moreover it can help to relieve the guilt feeling which is associated with the obsessions of religious nature. Alcohol and substance abuse Alcoholism is not a huge mental health problem among Muslims in comparison with Western society as Islam prohibits alcohol and substance use among Muslims. There is no specific age for drinking, or safe drugs to get high. As in Western countries most of the teenage alcoholics do not buy the alcohol from the store but get it at home. Islam prohibits drinking completely total abstinence for all Muslim of any age and sex. It is the reason why the West finds it a difficult issue to manage the problems of drugs and alcohol, because it has made double standards. Therefore not only promiscuous sex is prohibited, but casual mixing of sexes freely is also prohibited, obscenity and pornography is also prohibited. The drinking of alcohol, or to come in contact with alcohol or any other spirits such as making, selling, keeping them, or even growing grapes for the sole purpose of selling it to winery for making wine is prohibited. As mentioned in Quran. Smoking Muslims are forbidden to harm themselves or others. We all know that cigarette smoking causes a number of health problems that may lead to heart disease, emphysema, oral cancer, stroke, etc. The Quran, does not specifically prohibit smoking, but gives behavioral guidance. Humans are not homosexuals by nature. People usually become homosexuals because of their surroundings. Of utmost importance is the environment during puberty. All creatures are created in pairs each with certain physical and psychological characteristics to complement and complete one another and to serve certain function. The main function of the human being is to build up the society. The physicalâ€”psychologicalâ€”spiritual development through marriage and mating, followed by procreation that may continue for more than one generation should help humans to understand the wisdom of God and his favors in creating life to build up a balanced society. Homosexuality is harmful for the health of the individuals and for the society.

Chapter 4 : New Courses - The Sun Magazine

After living another ten years as the Sufi's psychedelic shaykh, subsisting mainly on cannabis preparations, Haydar passed on, leaving the request that seeds of his holy plant be sown around his tomb, so that even in death he might enjoy the shade of its leaves and scent of its flowers.

It is simple, safe, effective, and free. For as long as we can remember, women have been using simple, safe, natural remedies to prevent and cure illness. Our ancestors knew how to use an enormous variety of plants for health and well being. Our neighbors around the world continue to use local plants for healing and health maintenance. You can learn how to identify, harvest natural medicines too. Join Susun here every week for a virtual weed walk. This course gives students new short videos and audios each week totaling less than 30 minutes, for a fast, easy way to incorporate herbal medicine into your life. Sign up and look forward to your new content being released weekly. In this course you will learn: Each week, for one year, a new section will open up to you. We hope you enjoy this fun, educational, course, that was created to easily fit into your busy lifestyle. Your Instructor Susun Weed Ms. Susun offers mentorship opportunities at www. She sits on many advisory boards: Price Wise Traditions Foundation. Weed has instructed students at venues such as: She has also trained health-care professionals abroad at such prestigious schools as: During the past three decade she has been a featured teacher at: Her books and appearances have helped millions of women attain better health and become more powerful in themselves. Weed has no diplomas of any kind, having left high school in her junior year to pursue mathematics and artificial intelligence at UCLA, and having left there in her junior year to pursue life. She began studying her study of herbal medicine in Her areas of focus are: She is especially interested in altered states of consciousness as they pertain to learning, healing, birthing, and dying; and the role of plants in these states. Learn more at www.

Chapter 5 : Strange Sex Stories from the Muslim World :: Daniel Pipes

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In , he struggled with Irritable Bowel Syndrome brought on by the stress of managing multiple projects. Medications brought some relief. After eight weeks of acupuncture treatment, his symptoms went completely away. A few months later, he made a life changing decision. He decided to leave the engineering field. He also pursued studies in Craniosacral technique, Alexander technique, and Sufi healing. He created a successful private practice in treating people with chronic pain, fatigue, and fibromyalgia that were unable to be healed with western medicine. However, the patients that kept him up at night were the ones with Lyme disease. The LDAESM is very fortunate to have so many valuable resources such as yourself to draw from with our questions and concerns. It frustrated him that their symptoms would quickly return. Over the past twelve years, he has analyzed eastern and western medical research studies to find answers for helping these patients. Here is how one patient named Vicki, who is a nurse, has improved with treatment: Over a two year period, I had six emergency room visits for severe headaches, Bels palsy, and meningitis. After everything else failed to get my symptoms under control, my doctor said that my next step was chemotherapy with a brain biopsy. And that is when I came to Greg. I feel like a normal person again. The pain has been a big thing. Things that I have not been able to do for a long time. Things that have improved are my sleep, my energy, my pain, the brain fog. Actually everything has improved in some way or another. The GoodbyeLyme System provides a customized treatment program for treating Lyme disease bacteria and co-infection pathogens, neutralizing toxins, and healing the damage to different organs and systems of the body. This system also helps you to tap into your most powerful source of healing. Here is how another client found relief: I had a lot of pain in my foot, I had pain in my head, I had pain in my left shoulder, and almost immediately after I did the acupuncture, and we did some other things, the foot [pain] went away immediately. I left here Monday, and the pain behind my ear where I had it for a couple months, that was all gone within a day or so. On Tuesday, after I started taking the herbs I felt pretty good, I could see a difference. Thursday evening, I had a toxic release and that put me down, I was drained Friday and Saturday, Sunday it [my energy] came back. For me it has been a great turn around. I mean my peers have seen it, and my wife has definitely seen it, she is real happy right now, as I am. For several years, he was a director and instructor at the Traditional Acupuncture Institute. He has also taught classes on alternative healing to medical students at the University of Maryland Medical School. He has written several articles for the National Fibromyalgia Association online newsletter. He was also a managing partner at LionHeart Consulting. It is so pervasive throughout the continental United States. Many physicians still seem to fail to recognize the early warning signs of Lyme or to take tick bites seriously. Greg Lee has made an excellent study of Lyme disease and offers many resources both for patients and practitioners of Chinese medicine. No one I have read about uses the Chinese herbs like you do. Or does cupping for detoxification when it comes to Lyme. As a Lyme [Literate] Doctor and a Lyme patient, I have researched, administered and received many traditional and alternative treatments. And the GoodbyeLyme System has surprised me at every turn. I now have the confidence that I can have, and can keep, the upper hand on Lyme with the GoodbyeLyme System. Greg now offers the benefits of the GoodbyeLyme System worldwide to others through individual treatment, training seminars, workshops, consultancy, speaking, and in his free newsletter via his websites.

Chapter 6 : About Us – The Dragon's Den

Sufi Spiritual healing generally incorporates holy energy work, herbal and natural remedies belonging to ancient wisdom and other healing methods particularly used by Prophet Muhammad himself. Spiritual healing in sufi way often time involves the fusion between: 1.

No Comment "Consciously or unconsciously every being is capable of healing himself or others. This instinct is inborn in insects, birds, and beasts, as well as in man. All these find their own medicine and heal themselves and each other in various ways. In ancient days the doctors and healers learned much from animals about the treatment of disease. This shows that natural intuition has manifested in the lower creation as well as in the higher. Islamic sufi tradition is rich in the practice of spiritual healing. From earlier Biblical and Quranic apostles to Muhammad, the last messenger of God and then later passed down to sufi masters - spiritual healing has always been part of golden heritage and lineage of the sufis. The Sufi healing method is an Islamic healing method using Divine spiritual power practiced exclusively by the Sufis for centuries. For the sufis, the supreme object of life is to serve and obey God, to emulate His divine attributes, and thereby to earn His pleasure. Among the service to humanity, that which the Sufis consider superior to most others is the healing of the sick. Their method is called the Sufi Healing credit. Sufi Spiritual healing generally incorporates holy energy work, herbal and natural remedies belonging to ancient wisdom and other healing methods particularly used by Prophet Muhammad himself. Spiritual healing in sufi way often time involves the fusion between: Faith - but not in the context of belief subset or theology which is mind-centric, but heart-centered faith and intuitive knowing, based on deep gnosis. Sincerity - the quality that is connected to the yearning and calling of the human heart. Working on the inner heart, its polishing and getting rid of the rust. Self-examination - deep look and recognition of the self, its shadow. Sufi healing modalities involves with purification, breath work, rhythm, deep intuition, deep listening, presence and holy glance of the master, sacred words and its vibration. Spiritual healing in sufi tradition acknowledge the Divine as The Highest Source of Healing and the healer works as a conduit between The Source of Healing and the one who needs healing. The very word "spiritual" in the context of spiritual healing refers to the divine nature of the energy, which comes from One Invisible, Unseen All Intelligent Source. The healing energy from This Source is available to all. The Quran declares 2: Jesus Christ, revered as one of the greatest messenger in Islam, is an archetypal example of spiritual healer. His Prophetic mission embodied deep spiritual healing work. It was a great gift given to him by the Divine to manifest miracle by healing. And Jesus Christ himself testified that the gift given to him is also available to all and healing is a sacred spiritual work: In the Islamic tradition, healers utilize both medicinal remedies and spiritual means. Prophet Muhammad alluding to the inner heart once said, "Surely there is in the body a small piece of flesh; if it is good, the whole body is good, and if it is corrupted, the whole body is corrupted, and that is surely the heart. One of the main characteristics of sufi healers is that they work with this inner heart. Pir Murad, a sufi saint once commented, "Restoring one dead heart to the eternal life is better than restoring life to a thousand dead bodies. He said, "Yes, you must seek remedy from medicine, because whatever disease God has created in this world, He has also created its remedy as well. But there is one disease for which He has not created any remedy, which is old age and death. One of the major characteristics of sufi spiritual healing is the use of the healing properties of sacred verses of Quran. In the holy tradition, the Prophet Muahammad mentioned the healing properties of particular verses and sections surah of the Quran for different remedies. Wayansurkum AAalayhim wayashfi sudoora qawmin mumineena. Ya ayyuha alnnasu qad jaatkum mawAAithatun min rabbikum washifaon lima fee alsudoori wahudan warahmatun lilmumineena. Yakhruju min butooniha sharabun mukhtalifun alwanuhu feehi shifaon lilnnasi. Wanunazzilu mina alqurani ma huwa shifaon warahmatun lilmumineena - Bani Israel Waitha maridtu fahuwa yashfeeni - Shuara Qul huwa lillatheena amanoo hudan washifaon waallatheena la yuminoona. Furthermore, one may also repeat and meditate on some of the Holy Names of God in Islamic tradition: May the Source of all Healing heal you within and without. God is the Real Healer.

Chapter 7 : Spiritual Healing in Islamic Sufi Tradition - Qurani Cure of Magic

Herbal medicine is the medicine of the people. It is simple, safe, effective, and free. For as long as we can remember, women have been using simple, safe, natural remedies to prevent and cure illness.

Toby Lewis, MD and others - see documentation. The Somali Bantu are a distinct cultural group. Click here for information about Somali Bantu refugees. Somalia Geography Somalia is a long, narrow country that wraps around the Horn of Africa. The inland areas are predominantly plateaus, with the exception of some rugged mountains in the far north. The northern region is more arid, whereas the southern portion of the country receives more rainfall. Many Somalis are nomadic or semi-nomadic herders, some are fishermen, and some farmers. Mogadishu is the capital and largest city. History and Politics Unlike many African nations, Somalia is composed of a single, homogeneous ethnic group. Although Somalis may differ in nuances of local lifestyle, they share a uniform language, religion, and culture, and trace their heritage to a common ancestor. Colonial rule began in the mid s and divided the land inhabited by ethnic Somalis into several territories. The French controlled the northernmost region the area that is now Djibouti , the British colonized northern Somalia creating a country called British Somaliland, the Italians governed southern Somalia, creating Italian Somaliland, Ethiopia controlled the inland region of the Ogaden, and Kenya controlled land on its northern border inhabited by Somalis, called the Northern Frontier District NFD. In British Somaliland and Italian Somaliland peacefully obtained independence and were united to form the current borders of Somalia. This has been a source of heated contention between the Somali and Ethiopian governments ever since. Twice, in and again in , military conflict arose between the two countries over control of the Ogaden, resulting in many lost lives on both sides. The land is currently controlled by Ethiopia, though many Somalis believe the region should be reunited with Somalia. In Djibouti received independence from the French. Although the government of Djibouti chose not to reunite with Somalia, ties between the countries remain close, as the citizens share a common culture and language. Travel is permitted freely across the border without a visa. At the time of independence in a civilian government was established, which then allied itself with the USSR as a way to distance itself from its prior colonial rulers. In , General Mohammed Siad Barre lead a coup, creating a socialist military government with himself as its President. In the early years of his government Barre enjoyed popular support, but as his regime became increasingly more oppressive, his support waned. The Barre government was accused of many human rights violations. In addition, some Somalis felt Barre was not aggressive enough about regaining the Ogaden from Ethiopia. In the late s and early s clan-based militias developed in order to oppose and overthrow Barre. Outright civil war erupted from , culminating in the exile of Barre in January . Since , the various militias have fought against each other vying for control of the country. There has been no effective government and the infrastructure of the country has crumbled. Many civilians have suffered from rampant violence. Food supplies have been manipulated for political gain resulting in famine and death from starvation. By March all foreign troops had withdrawn. At the present time the country remains overwhelmed in inter-clan disputes. In people began leaving the country to escape the hunger, rape, and death that had become widespread. Over one million people fled to neighboring countries such as Ethiopia, Kenya, Djibouti, Yemen, and Burundi. Most stayed in large refugee camps that were established to house the Somalis. Language The universal language in Somalia is Somali, an afroasiatic language that is closely related to Oromiffa and more distantly related to Swahili and the semitic languages of Arabic, Hebrew, and Amharic. Although written for many years, a uniform orthography was not adopted until . The government sponsored literacy campaigns in the s and s and education was free at all levels until . Interpersonal Relationships Names, Naming Somali names have three parts. The first name is the given name, and is specific to an individual. Thus siblings, both male and female, will share the same second and third names. Women, when they marry, do not change their names. By keeping the name of their father and grandfather, they are, in effect, maintaining their affiliation with their clan of birth. Status, Roles, and Prestige Opinions vary among Somalis regarding who has high status and is most respected in their communities. Opinions about what contributes to high status include those who: Since the war, tribal affiliations have

divided much of the society but unity is still valued especially when in the U. Children and elders share mutual respect. Men are usually the head of the household. Women manage the finances and take care of the children. It is considered culturally unacceptable for a man to not be perceived as being in charge of his home. Most women in Somalia now work outside the home, due to increasing financial hardships primarily caused by war and resulting inflation. In Somalia, working women tend to have more flexibility and community support than in the U. It can be difficult for women to balance homemaking and childcare responsibilities without the type of support available in Somalia. Family is extremely important in the Somali community. The focus of Somali culture is on the family; family is more important than the individual in all aspects of life. Somalis will live with their parents until they get married. In times of sickness or marriage, all resources are pooled and it is understood that whatever you have is not only yours. Somalis who have immigrated to the U. The civil war is based on interclan and interfactional conflicts. Tribes were names originally given in order to place families and locate people, but now they reinforce prejudices produced by the civil war. When in the U. Greetings and Displays of Respect Many social norms are derived from Islamic tradition, and thus may be similar to other Islamic countries. The common way to greet someone is to say salam alechem roughly translated as "God bless you" and to shake their hand. Due to Islamic tradition, men and women do not touch each other. When departing, the common phrase is nabad gelyo "goodbye". Respect is paid to the elders of the community. Elders are addressed as "aunt" or "uncle," even if they are strangers. Phrases of Courtesy in Nine Languages: A Tool for Medical Providers This language learning tool features videos of native speakers saying phrases of courtesy in nine languages, including Somali. Phrases of greeting, introduction, acknowledgment, departure and for emergency situations in a clinical setting can be played at a normal speed and at a learning speed. The goal of this tool is to provide a jumping-off point for developing rapport in the interpreted health encounter. Read more about the tool View Somali videos General Etiquette The right hand is considered the clean and polite hand to use for daily tasks such as eating, writing, and greeting people. If a child begins to show left-handed preference, the parents will actively try to train him or her to use the right hand. Thus left-handedness is very uncommon in Somalia. As proscribed by Moslem tradition, married women are expected to cover their bodies including their hair. In Somalia, some Somali women wear veils to cover their faces, but few do in the U. Pants are not a generally accepted form of attire for women, but may be worn under a skirt. The traditional womens dress is called a hejab, and the traditional clothing for a man is called a maawis. The snug-fitting hat that men wear is a qofe. Marriage, Family and Kinship Marriage Marriages can either be arranged or be a result of personal choice. The common age of marriage is around 14 or 15 years old. Men who can afford to do so, may have up to 4 wives, as is customary in Islamic tradition. However, not all wealthy men exercise this option. In urban areas, a man with multiple wives provides separate homes for his different families. Whether these families interact or not depends on the preference of the individuals involved. In rural areas, it is more common for a man with more than one wife to have a single household, where the families care for the farm or livestock together. Gender Roles As in many Islamic cultures, adult men and women are separated in most spheres of life. Although some women in the cities hold jobs, the preferred role is for the husband to work and the wife to stay at home with the children. Female and male children participate in the same educational programs and literacy among women is relatively high. Family and Kinship Structure There are several main clans in Somalia and many, many subclans. In certain regions of the country a single subclan will predominate, but as the Somalis are largely nomadic, it is more common for several subclans to live intermixed in a given area. Membership in a clan is determined by paternal lineage. Marriage between clans is common. When a woman marries a man of another clan, she becomes a member of that clan, though retains connection with her family and its clan. Extended Families Living with extended families is the norm. Young adults who move to the city to go to school live with relatives rather than live alone. Similarly, people who do not marry tend to live with their extended families. Divorce does occur, though proceedings must be initiated by the husband.

Chapter 8 : Somali Cultural Profile – EthnoMed

O Sufi's, go and offer prayers of praise (tasbāḥ) to Allah for another twelve years." The gnāḥni went back and prayed for twelve more years. Just uttering one little word, "I will help you, I am the one who will protect you," brought about the entire calamity.

More What is Sudafed? Sudafed pseudoephedrine is a decongestant that shrinks blood vessels in the nasal passages. Dilated blood vessels can cause nasal congestion stuffy nose. Sudafed is used to treat nasal and sinus congestion, or congestion of the tubes that drain fluid from your inner ears, called the eustachian yoo-STAY-shun tubes. Sudafed may also be used for purposes not listed in this medication guide. Important information Do not give Sudafed to a child younger than 4 years old. Always ask a doctor before giving a cough or cold medicine to a child. Death can occur from the misuse of cough and cold medicines in very young children. Ask a doctor or pharmacist before using any other cough or cold medicine. Pseudoephedrine or other decongestants are contained in many combination medicines. Taking certain products together can cause you to get too much of a certain drug. Check the label to see if a medicine contains pseudoephedrine or a decongestant. Do not use Sudafed if you have used an MAO inhibitor such as furazolidone Furoxone , isocarboxazid Marplan , phenelzine Nardil , rasagiline Azilect , selegiline Eldepryl, Emsam, Zelapar , or tranlycypromine Parnate in the last 14 days. A dangerous drug interaction could occur, leading to serious side effects. Before taking this medicine Do not use Sudafed if you have used an MAO inhibitor such as furazolidone Furoxone , isocarboxazid Marplan , phenelzine Nardil , rasagiline Azilect , selegiline Eldepryl, Emsam, Zelapar , or tranlycypromine Parnate in the last 14 days. Do not use Sudafed if you are allergic to pseudoephedrine or to other decongestants, diet pills, stimulants, or ADHD medications. Ask a doctor or pharmacist if it is safe for you to take Sudafed if you have: FDA pregnancy category C. It is not known whether Sudafed will harm an unborn baby. Tell your doctor if you are pregnant or plan to become pregnant while using Sudafed. Pseudoephedrine can pass into breast milk and may harm a nursing baby. Do not use Sudafed without telling your doctor if you are breast-feeding a baby. Artificially sweetened liquid cold medicine may contain phenylalanine. If you have phenylketonuria PKU , check the medication label to see if the product contains phenylalanine. How should I take Sudafed? Use Sudafed exactly as directed on the label, or as prescribed by your doctor. Do not use in larger or smaller amounts or for longer than recommended. Cold medicine is usually taken only for a short time until your symptoms clear up. Do not give Sudafed to a child younger than 4 years old. Take Sudafed with a full glass of water. Do not crush, chew, or break an extended-release tablet. Breaking or opening the pill may cause too much of the drug to be released at one time. You may need to shake the oral suspension liquid well just before you measure a dose. Measure the Sudafed liquid with a special dose measuring spoon or medicine cup, not with a regular table spoon. If you do not have a dose measuring device, ask your pharmacist for one. Do not take Sudafed for longer than 7 days in a row. Talk with your doctor if your symptoms do not improve after 7 days of treatment, or if you have a fever with a headache, cough, or skin rash. If you need surgery, tell the surgeon ahead of time that you are using Sudafed. You may need to stop using the medicine for a short time. Store Sudafed at room temperature away from moisture and heat. Dosage Information in more detail What happens if I miss a dose? Since Sudafed is taken as needed, you may not be on a dosing schedule. If you are taking the medication regularly, take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose. Do not take extra medicine to make up the missed dose. What happens if I overdose? Seek emergency medical attention or call the Poison Help line at Overdose symptoms may include feeling restless or nervous. What should I avoid? Avoid taking Sudafed if you also take diet pills, caffeine pills, or other stimulants such as ADHD medications. Taking a stimulant together with a decongestant can increase your risk of unpleasant side effects. Sudafed or other decongestants are contained in many combination medicines. Check the label to see if a medicine contains Sudafed or a decongestant. Sudafed side effects Get emergency medical help if you have any of these signs of an allergic reaction to Sudafed: Stop using Sudafed and call your doctor at once if you have a serious side effect such as: Less serious Sudafed side effects may include: This is not a complete

list of side effects and others may occur. Call your doctor for medical advice about side effects.

Chapter 9 : Sudafed Uses, Dosage, Side Effects - blog.quintoapp.com

The article I wrote on my personal strep throat story has invited both ridicule and applause over the past couple of years. Some folks have angrily emailed me saying I am crazy and putting people's lives in danger by suggesting that forgoing meds for strep is the best way to go if one is in good health.

Have you ever wondered why you get a reminder every year to revaccinate your pet when your physician never prompts you to do the same for your family or yourself? If someone, even someone in a white coat, suggests that you take a drug or get injected with some substance, two logical questions ought to immediately arise in your mind: Is this beneficial to me or does this work as intended? A more important question is the safety issue, as a growing body of evidence mounts showing a correlation between vaccinations and chronic disease. The chronic diseases have many names, including arthritis, hypo- or hyperthyroidism, allergies, asthma, inflammatory bowel disease, repeated ear infections, skin disease, heart disease, diabetes, kidney failure, and cancer. What makes them nightmarish is that they linger, they are not easily cured, and they are slowly, progressively degenerative, meaning the patient declines in health over the time they are present. The best that conventional medicine can do with chronic disease is to control symptoms through suppressive therapies. This is fraught with problems, including side effects from the drugs, and apparently "new," more serious diseases arising from the continued course of suppression. So, our greatest goal as animal caretakers should be to prevent chronic disease in the first place. The onset of chronic disease after vaccination is often delayed, coming about months afterwards. The evidence of this comes from both anecdotal sources and research studies. A British veterinarian has, for the last years, asked those clients who present him with an itchy, allergic dog, "When did this itchiness begin? There has been a marked increase in incidence of this devastating disease that parallels the increased number of vaccinations now required of children. The interval between vaccination and disease? In a research study published in , the authors looked at a deadly canine disease of a confused immune system. Needless to say, this is life-challenging and the death rate is high, as one cannot live long without the oxygen-carrying red blood cells. In the study, 58 dogs with the illness, presenting at a veterinary teaching hospital over a two year period, were compared to a control group presenting for other problems over the same time. This particular tumor arises where the vaccines are commonly given, in the area of loose skin at the back of the neck, or in the back of the hind leg. It appears to be uniformly fatal, even with extensive surgery. And it has been clearly associated with two particular vaccines, rabies and feline leukemia. Finally, in , recognizing the clear cause and effect relationship between vaccination and this cancer, the disease was renamed by the research community. It is now officially called Vaccine-Associated Sarcoma. In the early days of homeopathic veterinary practice, a number of us would see something we would later call the "vaccinosis phenomenon. A second or third prescription would be made with similar dismal responses from the patient. Inevitably the patient was vaccinated. The dog who was hyperactive would settle down and pay attention, the angry cat would become a lover again, or the animal terrified of visitors would come out and say hello. The owners were so impressed with the changes that they would often call before the next appointment to tell us how great things were going! The veterinary profession slowly continues to evaluate this practice of vaccinating annually. In , the American Association of Feline Practitioners came out with an official statement against annual vaccination in the cat. They based this position on research from Cornell where kittens, vaccinated once, measured seven years later still showing evidence of immunity from those vaccines. Our animals are at risk to become chronically ill if we continue this baseless practice of annual revaccination.