

Digging for the Root Causes of Our Illnesses From Flu to Cancer!

Fatal Errors:

Chemically Laden Soil, Hybrid & Genetically Modified Seeds
Wrong Food Combinations
Considering Stimulants as Energy
Wrong Eating & Sleeping Patterns

Solution – 4-Steps (Easy to Adopt Approach):

Eliminating the cause
Clean & Rebuild
Look at the Blood
Consistently Build Your Relationship with Allaah

Every illness — from candida to cancer and everything in between — is caused by oxygen. Because most people today are eating against the way, most people have this loss of oxygen in their bloodstreams. Chlorophyll (green pigment in vegetables) is oxygen carrier that's why non-hybrid & non-GM vegetables and fruits are essential for our optimal health...

High quality black seeds & its oil have a great potential to help every type of illness. We need to use the high quality & optimal dose...

Everyone has a unique cause of his or her illness or even Cancer. Chemotherapy is left out of first & second world war; it's based on Mustard gas, which was originally developed to kill people!! It's not even a therapy. Did you doctor inform you that you couldn't be an organ donor after your first chemotherapy treatment?

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About Dr. Zeeshan Aslam:

Dr. Zeeshan Aslam (F.C.A.H., Canada) is an online alternative medicine consultant (a homeopath) and offers online consultation around the world! <http://theRapidCure.com>

About this manual:

Dr. Zeeshan Aslam (F.C.A.H., Canada) compiled this document to educate his patients around the world & public in general to help them fully understand the concept of disease and health in holistic perspective, which media and the western doctors don't talk about.

Take your health decisions with a genuine insight and don't be deceived by the common opinions! Of course if we want the right results, we need to take the right steps and if we keep repeating our mistakes, we can't get the results. We need to educate ourselves and then act on that to gain our fullest potential.

For more information about his online services or for your any inquires, please visit: <http://theRapidCure.com>

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We were created with a purpose:

We have a responsibility as to accomplish the goals established during our creation. We have not been created to wander around and being lazy. We need our fullest potential to accomplish our goals.

People have developed self-destructive behavior in order to appease their fleshly desires.

Our bodies were not fashioned to consume loads of candy, cakes, cookies, and processed foods. Microwaves, frying, and manipulating foods have no role in a true eating plan.

When it comes to our food, big businesses are altering and hybridizing seeds, providing us with unreliable carbon copies of healthy seeds.

Do not be deceived anymore by marketing and advertising claiming that it is essential to abide by their plan.

We were designed to enjoy the fruits and vegetables.

An increasing number of people are seeking to return to the eating plan designed for our bodies.

Regardless of the diet you consume at present, you have the capability to return to the diet He has planned and designed for you.

We may find it difficult to take pleasure in the taste of fresh foods, because our taste buds have adapted to processed, altered foods. But rest assured that as you return to the original eating plan meant for you, your whole body will again enjoy the foods you have been designed to consume. Your health and energy will be restored, and your entire body will be healthy once more — the way it was always meant to be.

Fruits and Vegetables – HEALING EFFECTS:

All fruits and vegetables have been given to us to sustain and heal our bodies. Here are various common foods and how they heal our bodies:

Carrots — Carrots are good for the eyes because they contain nutrients that support good eyesight and greatly enhance blood flow to and from the eyes. Fittingly, if you slice a carrot, the cross section looks like the human eye.

Tomatoes — Most red vegetables are good for the blood, but the tomato when sliced has four chambers just like the heart, the organ of the body that pumps blood. Research shows tomatoes are loaded with lycopene and are indeed pure heart and blood food.

Grapes — Grapes are another excellent food for the heart. If you look at clusters of grapes, they usually hang in the shape of hearts. Each grape is like a blood cell, vitalizing the blood of the body.

Walnuts — Walnuts have folds that look very similar to the brain. The oils found in walnuts are excellent for the brain.

Celery — Celery comes in the shape of bones. The minerals in celery are excellent for good bone support.

Avocados — Avocados are a true super food, especially for the health and function of the womb and cervix of the female. If you look at a sliced avocado, it is in the shape of these organs.

Figs — Figs are a wonderful food. Figs have been discovered to increase the motility of male sperm. Interestingly, they have many seeds and hang in twos when they grow.

As you observe your food, you appreciate that you do not have to be a scientist to know what food does for every part of the body.

If you want to change results, you must change the action. If your health suffers as a result of your diet, the answer doesn't remain in doctors or drugs.

Vegan DIET IS NOT AN ANSWER:

The ordinary person nowadays eats too many foods containing processed sugar, high fat, animal proteins, and an insufficient quantity of fresh fruits, vegetables, nuts, and seeds. Others who believe a vegetarian diet is most beneficial often persist in consuming an excess of fat, sugar, and protein from vegetarian junk foods, and in spite of everything, still not enough fresh foods; so they suffer from the same illnesses. Finally, they throw in the towel and exclaim there is no link between health and diet. So they go back to where they started.

Few people will ultimately realize there is a link between diet and health. However, in spite of everything they have learned, they will unwisely carry on their uncontrollable desire to satisfy their taste buds and full stomachs.

If you want to get well, you can't change only the name of the diet and anticipate recovery. Replacing one unhealthful way of eating with another is not going to succeed. Everything we require is found in a wide variety of fruits, vegetables, nuts, seeds, and unprocessed animal products.

WHAT TO AVOID?

The first step in getting back to the- diet plan is to avoid, or at least cut back on, the foods that were never meant to be consumed in the first place.

Chemical-laden Foods and Soil

Not only animal products, but many of the fruits and vegetables are grown with many toxic chemicals. We hear the word 'organic'

often nowadays, but organic foods are nothing new. Organic means chemical free. The toxic chemicals added to foods today are very harmful to our health. To make matters worse, much of the produce today is grown in soil that has been sprayed with these chemicals. So just washing the outside of the food won't get rid of many of the toxins that get inside during growth from the toxic soil.

Another major setback is that the soil the food is grown in is no longer rich with minerals that normally would become part of the plant. The decline in the quality of the soil creates low-quality produce. All parts of the process must be high quality for our bodies to get the most out of them. There are so many important nutrients and healing properties within soil.

Hybridized Foods

Because of man's greed, the hybridization of foods today gives us the lowest-quality varieties of crops in our history. When food is hybridized, the quality of food is lowered, and nutrients are lost. Some plants naturally become hybridized due to natural elements so they can survive. However, man has purposely crossbred plants to grow within each other, mixing the seeds that would never have mixed naturally in nature. This corruption produces lower-quality foods and new combinations of old foods making new, much lower-quality varieties in the process.

The big businesses that alter the food for profit claim they do this to make the crop more resistant to diseases due to climate and insect damage. They are just greedy, and the amount of money they can make is more important to them than people's health. They look to see how they can get the most money for the crops, never giving any attention to the quality of food being lost.

Creating new varieties of foods is one example of how the consumer is kept interested and at the same time deceived. Take for example an apricot and a plum. They have been combined, and now we have a pluot. This seems new and exciting, but at what cost to our health? Another marketing trick is to claim the food is

being made easier to eat. For example, because of hybridization, watermelons can no longer produce new seeds within their own food. This adds up to a much lower-quality food, but it is marketed as, wow, watermelon — how much easier to eat with no seeds! And people fall for it.

Watermelon is just an example. There are many fruits that once had lots of seeds that no longer do so. The less work people have to do spitting out the seeds, and the sweeter tasting the food, because we are all addicted to sugar, the more people enjoy this newly created food, but get fewer nutrients out of it.

Most fruits, vegetables, and grains, even when organic, are genetically altered to some degree. The best guideline is to avoid seedless fruits of any kind.

Genetically Modified Foods

Genetically modified (GM) foods are foods that have had their DNA changed through genetic manipulation techniques. Unlike hybrids, which have been created through conventional breeding and have been consumed for thousands of years, genetically modified foods were first put on the market in the early 1990s. The most commonly modified such foods are derived from plants: soybean, corn, canola, and cottonseed oil.

For example, a typical GM food could be a strawberry that has to survive in cold climates. Therefore, the farmer gets its DNA altered so it can survive in the frost. DNA is taken from a frost-resistant cell and transferred into the strawberry cell's genes. Thus the cells of the strawberry are now frost resistant and will survive the frost so that the farmer does not lose money.

This transformation of the food continues the trend of taking us as far as possible

Of all the issues with crops today and also with animals, the most common we are seeing more of is the modifying of the seeds and germ cells to produce new, dangerous foods. From corn to fish to tomatoes, scientists are taking the genes of animals and inserting them into the DNA of plant seeds. This has become the world of

mad science in the form of what we call food.

Just how bad has it gotten? A food researcher reported that once he cut open a tomato and seen a strawberry grown inside. He said that one day someone would cut open a tomato and find a fish head inside.

The foods currently being genetically modified are soybeans, corn, cotton, Hawaiian papaya, tomatoes, potatoes, sweet corn, rice, rapeseed (canola), sugar cane, sugar beet. It is very important they only be organic if you consume any of these foods.

Processed Foods

Of all the foods today, the ones we consume the most often are going to have the biggest impacts on our health. Foods that are taken out of their original whole states, stripped of their nutrients, fortified with chemicals, and heated to destroy all the enzymes are processed to such a degree they do not even have the same elements that they were meant to.

If you can do anything for your health, cut out the processed foods from your diet. Just about anything that is in a can, bottle, bag, container, box, wrapper is processed to some degree, especially if it has no expiration date on it, and it is sitting on a shelf in a store.

We often see foods such as bread, that today have been processed to such a degree they are no longer healthful to eat.

The processed grains are very high on the glycemic index chart, especially when cooked, because they quickly convert to sugar in the bloodstream. This makes most grains and flours poor choices for those in search of health. Wheat products are not a much better choice. Wheat also is usually very processed and contains gluten. Several diseases today are caused by gluten in the diet, including inflammatory bowel disease, also known as ulcerative colitis, Crohn's disease, and celiac disease.

So What's Left to Eat?

Avoiding all the foods that we have become accustomed to enjoying can leave us thinking there is nothing left to eat. We have to understand that we have been provided with all our needs. Allaah supplies everything we need in abundance. There are a tremendous variety of foods left to consume. The following is a list of the foods that are best for our overall health.

Fruits and Vegetables

every nutrient we need to thrive to be found in fruits and vegetables. However, because of the lower-quality produce grown today, it is more challenging in some places to be a vegan without supplementation.

Fruits and vegetables are vital to your health, and every- one needs some in his or her diet to survive. You cannot say that about meat or any other food source. You can leave every- thing else out of your diet, but fruits and vegetables are a must. Whether you eat an all vegan diet or include some animal products in your diet, we cannot be healthy without eating some amount of produce.

Finding produce ripe, fresh, and organic is important, so we should all do our best to eat all fruits and vegetables this way. Plant gardens, and eat what they produce.

We are more herbivorous (herb-eating) creatures than carnivorous (meat-eating) ones. Our hands are made for picking fruit; our minds are made for planting and growing; our organs are made to digest fruits and herbs. Our teeth are made to chew fruits and vegetables. The gastric juices in our stomachs have to work harder and longer to digest animal food. When it comes to food, fruits and vegetables should be our first choice and the majority of our diets.

Eat Them Raw

Our bodies have been designed to digest fruit and vegetables best when they are uncooked. When food is heated to a temperature above 105°F, many important nutrients, including enzymes, proteins, and many vitamins and minerals, are destroyed. For ultimate health, at least 75% of your diet should consist of raw foods.

When we eat food lacking in enzymes, the body has to expend a tremendous amount of energy digesting the food and then cleansing the body of the waste. When we cook, we're actually taking a high-quality food and making it a lower-quality one.

Cooking also dehydrates the food, taking out the important water and nutritious liquid.

Eat Them Ripe!

When fruit isn't ripe, it hasn't had the chance to develop everything that was intended to be in it for health purposes. There are no fruits that can ripen as properly as it would if it were still on the vine or tree. The unripeness of prematurely picked fruit can be a big issue when trying to eat more healthfully. It is not usually possible to get truly tree ripened fruit, but still make sure you eat fruits when they have fully ripened, even if ripened off the tree. Many fruits that are consumed unripe can be very acidic to the body, creating a toxic internal environment.

Eat Them Fresh!

Getting your food as fresh as possible is also important when it comes to quality. How much time passes since the food was picked from the ground or the tree before you eat it? The distance the food had to be shipped doesn't matter as much as how fresh it is (but that would often make it out of season, another issue). Chances are the food will be fresher if locally grown, but that's not always the case. Find out when it was picked, and do your best to eat foods that are as fresh as possible.

When we cook foods, we lose enzymes. But even when our foods are uncooked, the longer they're sitting somewhere after being picked and before being consumed, the less enzyme activity they'll have. Once picked, all foods start to lose nutrients. Any

improvement in the quality of our food will result in an improvement in our health.

Eat them Organic!

I used to think organic meant the peel wasn't sprayed and that if you were to peel or shell the conventionally grown fruit, vegetable, nut, or seed, it would be safe. I've learned that it goes way beyond that. The nonorganic, or conventional, food is grown in soil that is very toxic, which in turn yields toxic produce.

Another big issue with nonorganic foods has to do with the mineral content of the soil. Vitamins mostly come from the sun and elements above the ground, whereas minerals usually come from the soil and elements beneath the ground. The quality of the food varies widely, depending on the quality of the soil.

This is another reason that even though people say they're vegetarians or raw foodists, they aren't assured of good-quality nutrition. They must make sure to eat high-quality produce. Organically grown is a big factor in this. Once we get some high-quality foods, composting (recycling) the skins and uneaten food will help to assure good-quality soil for future planting.

Live Foods

Live foods take raw foods to the next level. They are the highest quality and will do more to benefit our health. Also known as "life foods," they are fermented foods, such as seed cheeses, sauerkraut, yogurt, and other live-cultured foods, along with sprouts, sprouted beans, and grasses. These foods generate predigested proteins and enzymes and maintain the "life force" destroyed by cooking. With live foods, the growing process continues even after the food is picked.

Wild Foods

We cannot buy or even plant the highest-quality foods, but we can get them for free. Common plants and weeds found in people's yards or local parks are mostly edible, and they are the most healthful foods for our bodies. It's important to research which

ones are nonedible before exploring wild foods, because they can be poisonous. However, only a small percentage is, while there are hundreds of fascinating, delicious, wild vegetables, fruits, nuts, seeds, and herbs growing in our neighborhoods, backyards, parks, and forests that we overlook and disregard.

Many edible weeds are not too difficult to identify. They are easy to recognize once introduced to them. They are easy to collect and enjoy with no harm to the environment. Many are fine eaten raw, some are better cooked, and many can be dried and stored.

Identifying Wild Plants

Leaves, flowers, fruits, roots, shoots, and thorns all have distinctive characteristics to help assist in identifying edible weeds. Most weeds have flowers attached to them, but they are not very visible to the human eye. A helpful tool in identifying plants would be a magnifying glass.

The color of the little flower heads usually unlocks the mystery of the weed. In identifying leaves, notice that the edges are either sharp or round. Some roots and shoots have small hairs coming out of them, while others are smooth textured.

There are many exciting ways to help identify each weed. Other than a guide or the Internet, the most useful source is a good guidebook. You want to get one that covers the types of weeds that grow in your area, because it is different everywhere. A good guidebook will even say in what region of the country or world the weeds usually grow and where they are usually found, such as near lakes or the seashore, etc.

Some of the more common healthful edible weeds are chick- weed, purslane, plantain, lamb's-quarters, and wood sorrel.

Sprouted Food

Unlike wild, edible weeds that take no work by man to grow, sprouted food takes some work, but the food is so nutritious it is well worth it. Sprouted food is any type of seed, nut, grain, or bean that has been soaked in water, exposed to air and indirect sunlight,

and when rinsed daily, has started to form a new plant, beginning with a sprout. Some examples include wheatgrass, sunflower sprouts, sprouted almonds, and even bean sprouts. Sprouts are 10 to 30 times more nutritious than the best vegetables, either as is or juiced. They are the most nutritious of all land-based foods.

Vegetables and Salad Greens

Most foods in our diets should come from fresh, chlorophyll- rich, leafy greens. You'll find many in your market or natural food store you may never have heard of before. Try the new ones as often as possible. Here are the more common ones: arugula, bok choy, chicory, collard greens, dandelion, garlic greens, kale, many varieties of lettuce, mustard greens, spinach, Swiss chard, turnip greens, watercress, sunflower greens.

Other vegetables that should be a good part of our diet are asparagus, broccoli, cabbage, cauliflower, celery, green (string) beans.

Chlorophyll-rich green, leafy vegetables are blood builders. Nobel Peace Prize winner Dr. Otto Warburg confirms this. The quality of our blood will determine the quality of our health. The quality of your blood is the foundation for a healthy body.

Blood sustains the entire body organ in nutrient delivery and waste management. Blood streams through the vascular system, throughout the arteries, away from the heart to arterioles to capillaries and returns via veins to the heart once again. As long as the body has adequate oxygen and the body fluid and tissue have an acid/alkaline balance, amazing health ensues.

There is much talk today about pH levels, alkaline/acid percentages, etc. When it comes to clean blood and dirty blood, it gets quite confusing. To me, the best way to describe it is that dirty blood will cause poor health because it lacks sufficient oxygen. Clean blood is blood that has a sufficient amount of oxygen.

Most poor-quality foods today, eaten in poor-quality forms, will clog the bloodstream with much waste, leading to a lack of oxygen in the bloodstream. Blood carries nutrients to all parts of the

body; it also carries oxygen to all parts of the body.

A lack of oxygen in the bloodstream creates the environment for fungus to grow: candida, as well as cancer cells. These cells can thrive only in a poorly oxygenated environment. Clean, well-oxygenated blood will clean up the problem. Poor health is the result of dirty blood. In my opinion, every illness — from candida to cancer and everything in between — is caused by oxygen-deficient, dirty blood. If the blood is toxic, it won't be able to do its job efficiently, and this is where the problems continue to worsen. Because most people today are eating against the way, most people have this loss of oxygen in their bloodstreams.

We fill our bodies with slime, mucus, and toxins and ultimately, we dirty our blood, causing all sorts of later stages of disease.

How do we reverse the problem and get the oxygen into the body? Most people today eat too much processed, low-quality food, full of fat and sugar. They also consume too much protein.

The majority of our diets should be chlorophyll-rich green vegetables, herbs, algae, sea vegetables, and sprouts. All these foods are excellent, but people eat too little of these foods. If we want to experience this blessing, we need to make sure the majority of our diets consist of these foods.

The reason these green foods are so beneficial for the body is that they contain chlorophyll. Chlorophyll is the green pigment of the plants. It is also known as the blood of plants. It is almost identical to hemoglobin, the pigment that colors our blood red and carries oxygen into our cells. Chlorophyll has been used in blood transfusion successfully at times of emergency.

In taking chlorophyll into the body, vital oxygen is also taken in. This is why wheatgrass is used at so many health spas around the world in the treatment of cancer and other deadly diseases. The greener the leaf, the more chlorophyll it has. Sea algae are available in several edible forms that contain a great deal of chlorophyll as well. Green foods also contain a large amount of minerals lacking in other foods.

Fruits

Any plant containing a seed is technically a fruit. The more liquid a fruit has, the better it is for you usually, because the easier it is to digest. Melons have the most liquid of all fruits and digest most easily. There are many fruits that are commonly considered to be vegetables, but since they contain a seed, they are a fruit. This would include tomatoes, cucumbers, zucchini, and bell peppers. Of all the foods for man, fruit is the most natural and digests the most easily.

Nuts and Seeds

Nuts and seeds are best eaten after they have been soaked for 6 to 12 hours because soaking releases enzymes that allow for easier digestion. It's very easy to eat too many nuts, so be careful. However, nuts and seeds both provide a great variety and source of nutrients, so include them in your diet.

Sea Vegetables

Sea vegetables are very high in both the major minerals and trace minerals (which help the electrical frequencies of the body and the immunity of the body, etc.). Sea vegetables are the most nutritious foods in the ocean. There are many different types of sea vegetables.

There is an abundance of minerals and trace elements in ocean water and on the ocean floor that makes the many varieties of sea vegetables so valuable to us today. I suggest anyone wanting to eat a raw vegan diet to eat a wide variety of sea vegetables. Sea vegetables are one of the richest food sources of minerals and trace elements.

Many sea vegetables also come in powdered, green super foods or capsules to help if you don't have time to eat the actual weeds, or if you don't enjoy the flavor. I assure you that once you make some delicious recipes with seaweeds, the flavor will no longer be an issue.

You may ask yourself why any human would need to consume sea

vegetables. It may seem very unnatural to do so. But many of the people who ask this question eat fish, which is even more unnatural. We are living in such a polluted world, and the minerals have been stripped from our soils. Even produce grown in organic soil is not as good as it used to be and should be. By adding sea vegetables to our diets, we are making sure we get the best of the best.

Here are a few of the most popular with their most important benefits:

Alaria

Delicious raw in salads, either presoaked or marinated. Comparable to whole sesame seeds in calcium content (1100mg/100g). Very high vitamin A, comparable to parsley, spinach, or turnip greens; very high in B vitamins.

Arame

Nutty sea vegetable taste. Very high in calcium, phosphorous, iodine, iron, potassium, and vitamins A and B.

Dulse

Delicious as a raw snack, with a distinctive, strong sea flavor. Great in salads. Protein, 22%: more than chickpeas, almonds, or whole sesame seeds. A handful gives a whole day's supply of iron. The same handful will provide more than 100% of the RDA for vitamin B₆. Relatively low in sodium (1740mg/100g), high in potassium (7820mg/100g).

Hijiki

Very high in calcium; vitamins A, B₁, and B₂; and phosphorous.

Kelp

Tastes great marinated. Exceptionally high in all major minerals, particularly calcium, potassium, magnesium, and iron. Rich in important trace minerals, such as manganese, copper, and zinc. One ounce of kelp provides the recommended daily dose of

chromium, instrumental in blood sugar regulation. That same ounce provides many times the RDA for iodine, essential to the thyroid gland and lacking in many terrestrial soils.

Nori

Distinctive mild, nutty, salty-sweet taste. Great in salads and can be used to make vegetable nori rolls. Protein, 28%: more than sunflower seeds, lentils, or wheat germ. An excellent source of naturally occurring manganese, fluoride, copper, and zinc. Of all the sea vegetables, nori is the highest in vitamins B₁, B₂, B₆, C, and E.

Whole Grains and Legumes

It's best to eat grains that have been sprouted first, so they are easier to digest. The least healthful grains are rye, spelt, basmati rice, white rice, wheat, barley, and corn. The most healthful grains are millet, quinoa, amaranth, teff, buckwheat (hulled).

Milk, Cheese, Eggs, and Honey

Raw milk from goats or sheep is excellent for health. However, milk purchased today from the supermarket is usually processed, cooked (pasteurized), homogenized, and loaded with chemicals. If that is the only milk you can get, avoid it. Also, milk from a cow is not ideal because a baby calf grows to be 800 pounds, and the cow will produce a composition of the milk to support such a large animal. This milk has too much protein and fat for humans to consume and is very mucus forming.

However, a baby goat or sheep grows to be about the same size as a human, and the milk very closely resembles a human mother's milk.

Honey

Honey is very nutritious, but because of the high amount of sugar in most people's diets, the added sugar from honey can be too much. Consume honey and skip a lot of other sugar in your diet. All honey should be consumed raw.

Eggs

Eggs are good. If you do choose to consume eggs, make sure they come from organic, free range, non-animal-fed chickens.

Overall, the most healthful way to consume an egg is raw. If the taste of a raw egg is not so desirable, adding it to a milkshake or smoothie gives you all the benefits without the taste.

Clean Meats

It should be free range and organic. Because animal flesh is very hard to digest, we should limit the amount of meat consumed.

Fish

If it is gotten from clean water, it is still an excellent food today. We need to be careful not to eat it too much or too often. Consume the lower fat & lower mercury fish.

Lower Fat, Lower Mercury	Higher Fat, Higher Mercury
- Flounder	- Bluefish
- Haddock	- Mackerel
- Salmon	- Marlin
- Sardines	- Sea bass
- Scallops	- Shark
- Sole	- Swordfish
- Trout	- Tilefish
	- Tuna

Birds

Birds would fall into the same category as meat. It should be free range and organic. For instance: chicken, turkey, quail.

Supplement

When we eat according to the proper way, it may seem that we can

get all the required nutrients from our diet. However, with poor-quality soil and preconditioned sicknesses already existing amongst us in today's world, there are times when taking supplements in addition to our food can be vital to our health.

We have to do our best to find food that is as high in quality as possible. If it's not available, I suggest taking high-quality supplements to make up for any possible deficiency.

But what supplements we need and how much we need should not be decided upon based on what we feel we need. Everyone should have his blood checked at least once a year and let the blood profile reveal what nutrients are lacking. If a person is eating a correct diet in the right amounts and at the ideal times and is still deficient in any nutrient, it is time for supplementation.

Too many people today run to the store blindly taking vitamins and herbs without knowing much about them or whether they are even needed. This can result in a waste of money and can even lead to toxicity if they are not needed but taken. I never suggest vitamins to anyone until I view the blood profile first to see what nutrients exactly are missing. I would also suggest a person get nutrients from food first. If that does not help the issue, taking a good quality supplement usually can resolve it.

Herbs are great medicine to our body, but we should take herbs only to treat or prevent an issue. Herbs should never be taken "because they said it was good." What's good for one person is not always good or even necessary for the next.

Supplements for Disease

Each disease requires a different program. For people who are already dealing with later stages of disease, certain supplements can help to save their lives. Many people who are sick are very malnourished and need massive amounts of nutrients. A person cannot always get the required nutrients from food soon enough. Also supplements taken orally may not be enough. There are other

methods for getting the nutrients into the system more quickly, such as intravenously through a drip line. Sometimes known as liquid vitamins, this should only be performed under supervision and if needed.

Eating Mechanism:

- Don't overeat
- Chew your food well
- Follow food combining
- Eat in a good environment

Don't overeat:

We should not eat until we are full. Regardless of the reason, most people today eat too much and too often.

How often we should eat is a very important topic that many people overlook because of lack of knowledge, deception, or addiction.

What is too much food? Technically, consuming more food than our bodies have a nutritional need for is too much. So we shouldn't consume more than our nutritional needs.

When we consume the high-quality foods, we will meet our nutritional needs and feel satisfied emotionally. However, if we eat lower-quality food or if we eat for inappropriate reasons (such as emotional comfort), we will overeat. When we eat more than we need, then instead of efficiently doing its work of digestion, the body has to work harder and spend extra time trying to eliminate the extra waste. This overeating, along with eating foods that are not healthful for us, can become a very dangerous mix.

The stomach is supposed to be the size of your fist, and your fist is not supposed to be big and fat. The layers of fat on top of your

belly are not your stomach. They are layers of fat on your stomach area. Think about how much work the body has to do when we eat large meals and eat very often.

Can our bodies run out of room for the extra food? Where does it go? There is a reason why the most developed countries around the world have the most obese people living there. All the extra food that is consumed becomes fat on the body.

The extra fat can turn into a deadly weapon if it gets too out of control. It usually does. Heart disease is the number one cause of death in most developed countries around the world. And other causes of death, such as cancer, diabetes, and strokes have direct connections with too much eating.

Look at it this way: If you have an empty room and keep filling it up with stuff, there will no longer be room for any more stuff once the space runs out. If you keep trying to put more stuff into it, ignoring the fact that there just isn't any more room, eventually the stuff in the room will overflow and come out any way it can — through windows, doors, or any opening it can find. If the openings are blocked, the walls might even break and crumble. The body works a similar way. The more you eat, the more room you take up in your body. The bad food you eat clogs the body's openings, and this excess waste has nowhere to go. That's when the body will start to crumble, just like the walls of the room. No matter how good or bad the food you eat, it will be harmful to the body if you eat too much. It will cause your body to work harder than it can, leading to loss of energy. That will lead to many other health problems.

The way to conserve healing energy and build strength is either to eat very little or to fast, depending on your level of health. This will give your system a chance to clean itself, to dislodge and get rid of poisons stored in the body, to get rid of disease, and to heal.

It's not the amount of food that keeps you alive; it's the amount of food your body can use. Any excess will just cause trouble. You

can eat a lot of food and still starve to death if your cells cannot use anything in the food. It's not how much you eat, but how much of what you eat the body can use.

The amount of nutrients each person needs will vary on an individual basis. Most people over consume, and more is not necessarily better because it produces waste. It is this waste that causes many diseases today. There are of course spiritual causes of disease, but from an eating standpoint, disease is either the result of a deficiency or detoxification. Many people think they're getting too little when in fact they're getting too much.

Two other important factors are how toxic a person is and the quality of the foods eaten. The more toxic people are, the more they might feel the continuous need to eat. If they go without food, they'll feel very sick. This is usually not a sign that they need more nutrition, but a good sign that they need less. The reason they feel so sick is that the body is trying to clean out. Once they eat, they usually feel better, but they are just stopping the body's natural cleansing process. The fact is, the cleaner people are internally and the higher the quality of their food intake, the less they will need to consume, and their bodies will get much more out of it.

Chew Your Food Well

Each body part was created for a reason, and we have teeth to chew our food! People seem to forget this important step when eating. Digestion begins in the mouth, and if we grind our food into a liquid before we swallow it, we create even less work for our digestive system, making it easier for the body to extract the nutrients from the food.

Chewing, or *mastication*, stimulates the salivary glands to release saliva, which begins to act on the food immediately, breaking it down before it even makes its way to the stomach. Chew your food thoroughly into a creamy consistency. In addition, eating large amounts of food without chewing sufficiently means real difficulty for the intestines to digest and then assimilate the

nutrients from the food.

Food Combining

A common issue today is that we have the capability to get foods from all over the world and eat them at the same time. Too many different types of foods in one meal can create poor food combining.

Mixing the wrong foods together or eating them in the wrong order can zap energy and cause fermentation and putrefaction. Proper food combining is a way to eat that allows for easier digestion and minimal digestive conflicts.

It works like this: Every food takes a certain amount of time to digest. Eating similar foods with similar digestive times helps the body digest meals more easily. These foods are said to combine well. For example, watermelon takes about one hour to digest; almonds may take up to five hours. In view of this, eating watermelon and almonds at the same meal is not a good idea. It's known as a poor combination. Eating too many meals like this will cause constipation, bloating, and gas, which could lead to more serious issues.

Since there are different types of raw foods, each with its unique digestive time, your body will have to work harder to digest foods eaten in poor combinations. Ideally, you'd want your body to use as little power as possible for digestion — the very reason it's important to combine your foods properly.

There are people who can mix their foods and not have problems, but many can't; so I recommend heeding correct food combining rules, and if possible, sequential eating. I suggest placing the following food combining chart on your refrigerator door.

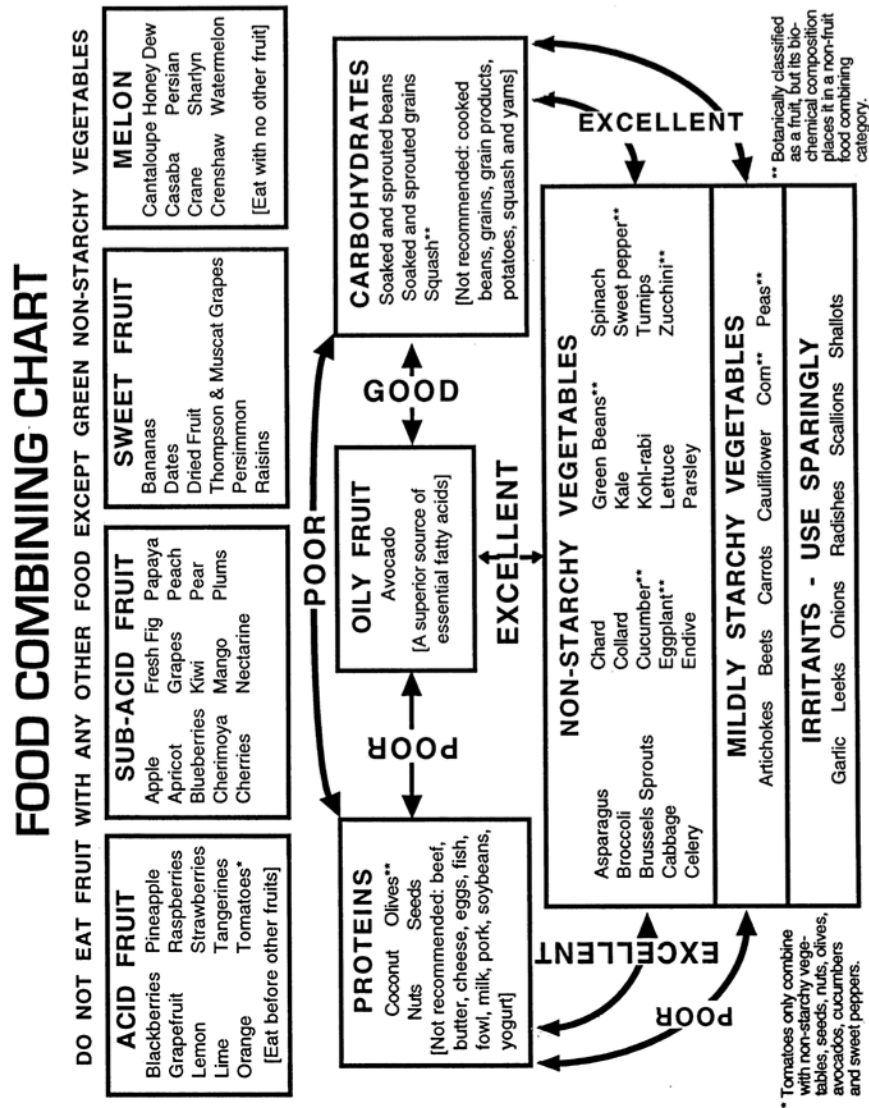


Chart compliments of Dave Klein

Eat in a Good Environment

When we are stressed in any manner, eating is not healthy. It's okay to skip a meal if you must, but of all the bad eating habits people have today, eating while stressed is one of the most harmful and also one of the most common.

Understanding Nutritional Categories

Health doesn't begin with what we add to the diet; it's what we leave out that's important! That's why many of the popular trendy

diets today seem to be okay and get results, because this is what they all have in common: they all leave out something harmful. Only when you find a diet that leaves out not just some, but all, of the harmful foods, will you experience health in the long run, not just for short-term results. Your physical health mirrors your diet. Eating higher-quality foods will give you higher-quality health. Eating lower-quality foods will give you lower-quality health. Today's public disregard of health and nutrition is alarming.

Commonly today, people think the nutritional categories are fats, sugars, proteins, and carbohydrates. The advertisers deceive the public into buying whatever source of food they will make the most money from, and people are falling for it.

Eating Times:

The Start of the Day

The beginning of day starts when the sun goes down and our night-light (the moon) rises. Yes, the evening is the beginning of the day! This seems incredibly unusual because our man-made clocks and modern time teach us the day starts at midnight.

Sleep is the most essential ingredient for our health that we require, but we often become deficient in it. Good, proper sleep is so valuable to our health that it has been planned to be the very first act each day in our daily schedule. When His night-light (the moon) appears, it's time to rest and sleep. During resting and sleeping, our bodies cleanse, heal and rebuild. It's very common today that people do not get enough sleep. More common is they do not sleep at the right times.

Time to Go to Sleep:

Instead of arranging to go to sleep early at night, the majority of people nowadays have just begun preparing to eat their biggest meal of the day. In addition, they make plans to go out for entertainment after they eat. They do not comprehend that once the sun goes down and the moon appears, the rhythm of the body

slows down. Eating just prior going to sleep or anytime when it is dark outside is not recommended. Even eating five hours before sleeping is not suggested.

Eating right before going to sleep is not good because the body is digesting food well after the meal is eaten, sometimes up to five hours after! When the body should be resting but is digesting your last meal instead, your sleep and health suffer. You may go to bed at one time and appear to be getting needed rest, but what is really taking place is digestion for the first five hours instead of the important cleansing that normally takes place during sleep. Even if you stay in bed with your eyes closed for eight hours, often only three hours of important, healing sleep has taken place. It's no wonder why the later people eat at night, the more tired they are in the morning.

Without man-made night-lights, we would rarely get an urge to eat when daylight disappears, and it is dark outside. Relaxing and sleeping would be our preferred activities because during this time of night, the body does the most cleansing if it doesn't have to use energy on digesting food.

On the topic of sleep, a general error often made is that people are inclined to concentrate on the amount and not the quality. The number of hours is important, but more significant is the quality of sleep. There are four different stages of sleep, and it is during the last stage that deep healing and cleansing are taking place. It is common today for many people to reach this level-four stage of sleep only briefly during their sleeping hours. Although they have been in bed with their eyes closed for 6 or 8 hours, they toss and turn all night. Even though they spent a good amount of time in bed, they are not well rested in the morning.

Besides not eating late at night in order to assist the body in obtaining more deep, stage-four sleep, some other good tips would be not to watch television or work on the computer at least three hours before going to sleep. As opposed to how people often feel, work is stimulating and so is viewing images on a screen. Some people believe the sound of a television helps them fall asleep, but it usually keeps them up later than if they didn't watch it. What

usually makes them fall asleep is the high-fat snack they are eating while watching late-night television. Studies show gluttony makes people drowsy, similar to alcoholism. People can actually get drunk from eating too much.

Stimulation is the body's built-in response to danger. However, overstimulation can create exhaustion of the adrenal glands and overuse of other hormones and various organs of the body. But the worst result of stimulation is that it keeps people from being obedient to our natural timetable. Stimulation prior to going to bed will make it nearly impossible to get to sleep at the intended time.

Best way to assure a good night's rest: not only relaxation of the outer body, but also the internal organs of the body. An empty digestive tract creates relaxation throughout the body. Another good way to relax the whole body and mind before retiring if the weather is nice outside is to take a pleasant walk.

It is believed that drinking water before going to sleep is a good idea, but I disagree. I suggest not drinking any water or liquid at least two or three hours before going to sleep, if drinking within of few hours of retiring for the night wakes us up throughout the night to go to the bathroom. Each time you awaken during the night, you are taking yourself out of the deep, stage-four sleep your body requires. If you follow a high-quality diet, you should have had enough water throughout the day (which is important) such that you are not thirsty at night. You will be well hydrated if you drink enough water throughout the day.

Good health requires we get a certain amount of sleep each night. Arising early in the morning while still getting the necessary amount of sleep can happen only when we get to bed several hours before midnight.

Ideal Time to Awaken

Awakening at the appropriate time (at least at dawn - Fajr) helps you obtain important sleep and rest while preparing you to be refreshed and ready to do your daily activities when you arise.

Today's man is often too tired to get out of bed early in the morning hours due to late-night eating and retiring well after the midnight hour. Because of work and other daily activities, people are usually forced to awaken well before their bodies have completed the job of cleansing that takes place during the deep stages of sleep.

Lack of sleep is one of the prime causes of sickness. The majority of people do not get enough sleep because they overeat. The more a person eats, the more sleep he requires, because more cleansing has to take place.

Take the sunrise for instance. The transition period each day from darkness to daylight does not happen immediately. There is an adjustment period from the first gleam of light along the horizon before the sun fully rises. The body also needs time to awaken and adjust each morning. Stimulating it too quickly can be injurious to your health.

Eating too soon after waking is not healthy because it stimulates the body and does not provide enough time to adjust naturally to the next phase of the day. When you arise at 7 or 8 a.m., there is usually not enough time before starting work to adjust from nighttime to daytime. This is another reason waking early morning is a wiser time.

Other than nocturnal animals, just about every other creature and animal in nature gets up at or right before sunrise unless sick or diseased. The birds start chirping, the flowers begin to open, and the air is the freshest it will be all day. Life truly seems to awaken all around before sunrise. Similar to sick animals, only sick and diseased people will awaken well after sunrise.

The Formula for health:

People today are used to overeating. They are addicted to the taste, flavors, and consistency of food, and it often seems it's the only way to put a smile on someone's face until finished, often with a food hangover.

Besides the physical addictions, there is something else that is convincing people to eat more than they need. That is lack of knowledge. When people have a hard time giving up their pleasures, they often make excuses to keep indulging them. Concerning food, people will say they need more and more and more. You get the point.

When people see I suggest only two meals a day, many ask me about how they will get energy if they don't eat so much. We don't get as much energy from food as we think. In fact, it takes more energy for the body to digest food many times than what we are getting from it. The reason we often feel a burst of energy after eating is that food stimulates us. No matter what we eat, we get stimulation from food; but if we consume food with stimulants in it, the temporary effect is even more unbalancing.

This stimulation may seem good, but what price are we paying? After much thinking and prayer about what is going on today with health, I see many people addicted to stimulating ingredients in food, such as sugar and caffeine. All these habits usually lead to two major problems: blood sugar issues and adrenal exhaustion. It is a never-ending cycle because this all leads up to a major stress on the rest of the body. But then on the same hand, it is the stress that leads to overeating. To be healthy, we need to support the immune system of the body and not add stress to it. Once we overstress our nervous systems, we start burning nutrients in excess. This will lead to deficiencies, depression, and yes, insomnia. Now the door will be open to many other issues.

The common result of overeating and eating too late at night is lack of rest and sleep. This will usually result in some form of adrenal fatigue. Adrenal fatigue is the most common, but misidentified, illness today.

Warn everyone that energy and stimulation are two different things. Energy is the result we get when we eat a good diet, get the proper amount of rest, and live a healthy life-style. Stimulation is the result of needing to take or do something to make us feel a spark of energy, but it's a false sense of energy in a way. I have found most people are not doing too well in the energy field and

were relying more and more on stimulants to keep them feeling good.

Understanding this health formula will help you comprehend how the body stays healthy and what foods are best to consume. Here it is:

Power – Obstruction = Vitality

Another way to say it would be:

Health – Disease = Wellness

Here is how the formula works. *Power* is ‘health’, or as I prefer to refer to it, ‘energy’. I don’t mean energy as in stimulation, but rather the energy you get when you’ve had the proper sleep and nutrition. *Obstruction* is ‘any stress or dis-ease of the body’. And *Vitality* is ‘wellness’, or the level of health we experience. So:

Health – Disease = Wellness

In other words, your degree of wellness, or vitality, is what’s left of your health when you “subtract” any sickness or discomfort. For example, if you’re a very healthy person, but happen to get a cold, you still have a good supply of overall wellness. But if you don’t eat right, don’t sleep enough, and then get a cold, you’ll have less vitality and ability to heal. Obviously, the healthier you are, the more vitality you will have to help you when you get sick.

As long as the body is able to maintain enough power/health to remove the obstruction/disease, there is going to be some degree of vitality/wellness. If the obstruction/disease becomes greater than your power/health, you won’t have the energy to get rid of the obstruction.

The greater the obstruction, the more likely the disease will reach an advanced stage. So the state of our health is determined by the degree of this vital energy we have left after the body has used its power to get rid of the waste. If the body runs out of energy to supply the power, waste will build up more quickly. Because the body no longer has enough energy to eliminate the buildup of

toxic substances, an excess amount of toxins accumulates in the blood. Soon, we're experiencing the first stages of disease.

If $\text{Power} - \text{Obstruction} = \text{Vitality}$, or the amount of health we have is equal to $\text{Power} - \text{Obstruction}$, too little power and too much obstruction will put us into very diseased states.

This formula is so important to understand because the most common obstruction we have is what we put into our bodies. The food we consume, the type, the amount, and its timing all contribute to the obstruction. Simply, good health is living with the least amount of obstruction.

The key to health from a physical standpoint is taking in as many nutrients as necessary while using as little power as possible to digest them, and also keeping the body's internal environment as clean as possible. A diet of raw fruits and vegetables does that.

Fruits and vegetables require the least amount of the body's energy, yet they provide the most nutrients. In other words, you get more bang for your digestive buck with fruits and vegetables than with any other foods. They are your best source of energy.

Cleansing your Body

Hopefully by now you will realize that you don't need to consume much food if you plan your diet with wisdom.

Now cleaning your body internally requires it to go through a detoxification. You might look worse before you look better, and you'll feel worse before you feel better while your body is undergoing detoxification. This scares many people, but only because they don't understand detoxification. Many worry about detoxification, thinking it's a bad sign, but it's a good sign.

You'll understand detoxification if you remember this: "Energy is always noted in its expenditure, never in its accumulation. Whenever one feels stronger, he is often getting weaker, because he is expending his strength more rapidly. On the contrary, when

feeling weakest, strength is often accumulating most rapidly. It is accumulating and hence unnoticed.”

That piece of information can help so many people understand why eating healthfully and cleaning out will sometimes make them feel worse before they feel better. Healing requires consuming the foods that are best for your body. The best way to avoid bodily dehydration is to eat the foods that will keep your body clean and free of excess mucus and slime.

The more water you have in your body, the cleaner you will be. If water is your soap, then you want to drink a lot of it to stay clean and free of debris. The best foods for the human body are those that contain the most water (liquid) .Water will help you stay clean and remove the dirt that has been there for so long causing disease and discomfort.

Energy vs. Stimulation:

Another word for health is ‘energy’. You will never see a healthy person who doesn’t have energy. You may see a sick person appear to have energy that may be mere stimulation. A truly healthy person is energized without the need for stimulants. All the toxins we put in our bodies physically, emotionally, and spiritually diminish our energy levels — in essence, diminish our health.

4-Steps to improve your health:

Step Number One: Eliminate the Causes of the Problem

Too much stress is the most common cause of poor health. Feeling uncomfortable is stressful. All disease is really nothing but distress to the body or mind. There are many causes of stress in this world, but how we deal with these causes will determine the degree of stress we allow ourselves to reach. Today, there are many gadgets and pills to avoid getting too stressed. You don’t

need any of them. The best way to avoid stress is to have a close personal relationship with Allaah by understanding and acting upon the Quraan and living with those who try to abide by the Deen during day and night.

The enemy does his best to cause people to feel overstressed. That's the only way they'll become sick — so weak in mind, body, and spirit that they will let the enemy come in and have his way with them, making their lives to hell.

What is stressing you: guilt about overeating, your job, certain people in your life? Or is there spiritual warfare going on in your household? Change your thinking so these things don't stress you any more, or get yourself away from what it is causing so much stress in your life. Health begins with getting rid of what is causing the stress. The first step is identifying the problem so you can eliminate it.

There are many potential root causes to our sicknesses, and we must treat the true causes in our lives to get down to the root of the problem. Whatever the cause, we must take action and get it out of our lives once we identify it!

A good way to identify that you are unhealthy is to observe your digestion. People who are stressed seem to have weak digestion, and many times constipation is the result. If you're eating three meals a day, you should be going to the bathroom at least twice a day, or at least you should have one *big* bowel movement each day. Anything less would signal constipation or disease in your life.

Another good way to tell if you are unhealthy is by your energy level. Your energy should be at a high level most of the time. If it isn't, then you should be resting or sleeping more often and making any other necessary adjustments in your life. Find out what is zapping your energy. Once you heal and become energized again, make sure you use your energy wisely.

Another way to identify poor health is noticing that you are not feeling at your best emotionally.

If you're following all the guidelines for a healthy lifestyle and still

don't feel your best, it's a good sign you're detoxifying at a faster than comfortable rate, or you have a deficiency. Both of these are strong signs that you might have a disease. Not to worry, because as long as you are feeling the warning signs, it will be easy to identify them.

It's the people whose bodies have lost the capability to feel when something is wrong who should worry. Have you ever heard of someone who never gets sick and hasn't been to a doctor in years but one day wakes up with something like cancer? No one gets cancer or more advanced stages of disease without having the beginning stages of disease. The people who ignore it are the ones in whom it comes back worse. People ignore it because they do not feel the warning signs. Identifying the problem is a vital step in eliminating it.

Step Number Two: Clean and Rebuild

Once we have figured out the primary cause of our illness and eliminated it, we next have to heal from the damage that we created.

There are many different ways to cleanse. We determine the best action to cleanse and heal depending on what the problem is. Emotionally, we can avoid things like television; physically, we can fast; and spiritually, we need to turn to Allaah by repentance and acting upon His Deen.

The rebuilding process may require special attention to damaged areas. Once an area is healed, not much work will be needed to maintain a good state of health: just wisdom, knowledge, strength, and faith.

Step Number Three: Look at the Blood

Because people are so toxic, they cannot truly feel the pain as soon as they should. This misleads us to believe we are fine when in fact we can be very sick. A good basic blood test and/ or other blood test can reveal damage and disease a long time before we feel it. It can reveal if we have any deficiencies sooner than any other method.

It's also helpful to find a good doctor who knows how to read the results of the blood work. Many people don't realize it, but many doctors really don't understand the correct ranges on the blood test. Once you have your blood work, you can develop a diet that works best for your own chemistry.

You can see clear signs when something is wrong in many cases. It won't be as easy in other cases. You'll have to pay really close attention to your body and its functions. Learn what is supposed to be happening. If it's not happening, then take it as a good sign that something is wrong, whether you feel it or not. Monitor your digestion, energy, sleeping patterns, and feelings.

Step Number Four: Consistently Build Your Relationship with Allaah

The greatest step we can take to help us get well and stay healthy is consistently working on our relationship with Allaah. This could easily be Step One because we should use it to start each day of our lives and continuously stay focused on it. Avoid the daily distractions that keep you away from having time to do this. Gossip, news, junk magazines, etc. are just some of the common ways we waste our energies and precious time we could be spending in understanding our Deen.

One big problem is that so many people today focus on what other people might think of them or how they will look to the world. The answer is not to focus on results to show off to the world. Focus on the intentions of your heart and the love you have for the One who created you. The outcome will always be right if the focus is right, regardless of how it seems. All we have to do is have the right focus and action, and our lives will always be joyful.

Today, we are such a sick world and getting sicker for one simple reason: people are doing what is popular today and listening to the word of man instead of listening to the Word of Allaah.

If we don't understand everything Allaah asks us to do, but we do know that if He says it's not good for us, we believe He knows something we don't, and we take His Words over anyone else's.

Some may wonder why there are some righteous people who live

by His guide but also have disease. Instead of getting confused by this, understand an obedient person can have disease caused by situations in his life before becoming an obedient person, or he can be currently suffering from things out of his control; but for the most part, a righteous person will experience much better health than an unrighteous person. The appearance of this might not always be revealed at first, but in the long run, a person who knows he is pleasing Allaah will have eternal joy on the inside regardless of what is going on with his body.

A few words on Cancer:

Everyone has a unique cause of his or her Cancer.

Chemotherapy is left out of first & second world war; it's based on Mustard gas, which was originally developed to kill people!! It's not even a therapy. You can't be an organ donor after your first chemotherapy treatment.

Radiation causes cancer. No one wants to live near a nuclear reactor! Radiations burn away healthy tissues.

Surgery often spreads the cancer to entire body.

We can't trust, we need to think & make our own educated decisions. The more scared you are, the more money "they" make!

Know that cancer can't spread or grow in an oxygen rich alkaline environment. So we need oxygen rich and alkaline environment.

More you drink water (not any water, it has to be energy rich water, water with the right frequency, nothing dead), more you supply oxygen to the body. See resources section for recommended water systems.

Chlorophyll (green pigment in vegetables) is oxygen carrier that's why non-hybrid & non-GM vegetables and fruits are essential for our optimal health. More you eat these; more you supply oxygen

to the body. See resources section for recommended suppliers for non-hybrid & non-GM seeds to grow in your balcony.

Conclusion:

How to fulfill our desires:

1. No Painful Disease: eating a high-quality diet.
2. Emotional Peace: by living a life according to the Words of Allaah.
3. Having Everlasting Joy (continuous joy): by having the strongest faith always!
4. Trust in Allaah with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will direct your paths.

If you do suffer from disease, take personal responsibility to consume high-quality diet and have amazing faith, knowing Allaah will heal you. You must consistently focus on Allaah's Words and stay strong in faith!

Resources:

- **Authentic knowledge on the Deen:** <http://www.salaf.com>
<http://www.salafiaudio.com> <http://ashabulhadith.com>
- **The only answer to cancer (Full Video):** Dr Leonard Coldwell
https://www.youtube.com/watch?v=hWfY_g2TML8
- **Cancer Profile Test – to diagnose & monitor your treatment progress:**
<https://www.americanmetaboliclaboratories.net>
- **Organic Food Charts - 12 Quick Reference Guide Bundle**

(Digital Product): <https://permacharts.com/collections/raw-vegan-organic-living-guides/products/raw-vegan-charts-vegan-quick-reference-guides>

- **Detoxification:** Dr. Jason Fung: <https://goo.gl/8X9CdK>
<https://goo.gl/KwHPYs>
- **On Nutrition:** Dr. Fuhrman <https://www.drfuhrman.com>
- **Water System:** <http://www.naturallyfiltered.com>
- **Water System:** <http://eWater.com>
- Natural. Organic. Non-GMO. - Over 200 Seeds Varieties
(US): <http://www.mypatriotssupply.com>
- Non-GMO, Non-Hybrid Seeds
(UK): <http://www.realseeds.co.uk>
- **Best Natural Fertilizer:** <https://www.oceansolution.com>
Revitalize Depleted Soil, super-charges foods by restoring soil with ocean-mined minerals! 90 naturally occurring deep ocean minerals...