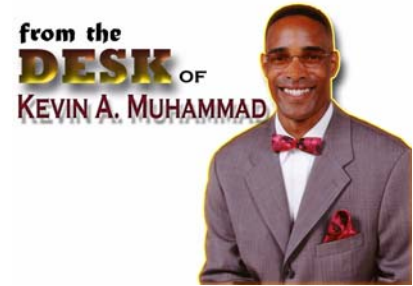


In the Name of Allah, The Beneficent, The Merciful

OCTOBER 4, 2011



National Health Initiatives launched at Health Symposium — 16th Anniversary of Million Man March

TOWARD SELF DETERMINATION, SELF PRESERVATION AND PERSONAL RESPONSIBILITY

In spite of decades of federal health initiatives and campaigns to “allegedly” improve the health of people living in the United States, the health crisis continues to worsen; and the collapse of the elitist-driven economy has branded hundreds of millions of people “excess baggage” —to be thrown overboard via state budget cuts and more draconian laws to imprison and further enslave the population. In addition, despite the mumbo-jumbo about thwarting health disparities, Black, Latino and poor Caucasian communities remain marginalized, disenfranchised and abused beyond righteous imagination.

According to the Honorable Elijah Muhammad, history is best qualified to reward our research. And, for those who have dared to study the workings of aristocratic European societies, they are completely aware, beyond a shadow of doubt, that these horrendous social conditions are consistent with such governments—controlled by a few wealthy families. The most subtle deception victimizing us is the notion that good health is dependent upon the social systems of aristocratic governments. This ingrains in us an inordinate reliance on these systems to care for our needs. The result is always gross abuse, and the destruction of millions of lives—under bogus medical, social, and education concepts that only produce failure. Has this not been the reality—not for only one year or one decade, but for centuries?

The Spirit of the Million Man March, at its essence, is the spirit of ***Self-Determination, Self-Preservation and Personal Responsibility*** —perpetual ***Atonement and Reconciliation***. This, however, can only be accomplished with proper knowledge and a complete abandonment of failed and tyrannical social systems of exploitation. Unfortunately, the latter has been difficult for many people to accept; and the aristocratic forces continue to interfere with efforts towards the lofty aims that lead to health, wealth and prosperity of each person walking the earth. We must have the courage to decide in our best interest

The health forums presented at the **Health Symposium**, October 8th, are rooted in self-determination, self-preservation and personal responsibility; and have the objective of getting us on the road to acquiring that which the CREATOR has given to us as our “birth right”—freedom, justice, equality, and the unfettered pursuit of happiness and prosperity!! Following is a synopsis of each forum.

We hope to see you at this event!

16th Anniversary of the Million Man March - Health Symposium

“Creating A HEALTHIER Self, Family, Community & Nation”

Health Forum Synopsis

UNDERSTANDING THE DANGERS OF VACCINATION

10:15 am - 11:15 am

Commonsense, logic and biological sciences have substantiated that the chemicals in vaccines cause illnesses, such as autism, ADHD, type 1 diabetes and hundreds of others, including cancer. In addition, the Honorable Minister Louis Farrakhan made it clear in His October 2007 public lecture titled, Black Youth in Peril, that vaccines are being used to create a zombie-like population (autism) and to “cull the population”—in fulfillment of what very wise social scientists, such as Bertrand Arthur William Russell, (3rd Earl Russell) envisaged. This has been underway for many decades.

Unfortunately, the atrocity of vaccination is getting worse every day. The mass administering of “DNA vaccines” have made human beings, especially children, victims of genetic-engineering experimentation; consequently, bringing those who control governments closer to making “humanoid” populations—persons whose DNA now includes that of lower animals, insects and plants. Many sober-minded scientists have warned the government of this great threat, to no avail.

Fortunately, more parents are adamantly rejecting vaccination. Because of this, state legislatures—acting as pawns for the pharmaceutical industry and aristocratic ruling families—are enacting tyrannical laws that egregiously violate our civil, human and God-given rights. California, New York and North Carolina are among the states known to have pursued or enacted laws that allow minor children to be vaccinated without the consent of their parents. Other states are venturing down this path.

In addition, state governments are erasing religious exemptions for vaccinations, or making the process of obtaining them frustrating and complex. For example, the State of Washington requires residents that seek religious exemptions to prove that their religious belief has tenets that disallow them to be vaccinated. Other states require exemption forms to be signed-off by physicians; thereby, deceitfully exposing parents to punishment by state governments.

What can we do about the vaccination crisis? What knowledge must we have in order to act in our best interests? This forum, **UNDERSTANDING THE DANGERS OF VACCINATION**, educates attendees about the dangers of vaccinations, and shows them how to protect themselves and their children by knowing and exercising their God-given rights.

16th Anniversary of the Million Man March - Health Symposium

“Creating A HEALTHIER Self, Family, Community & Nation”

Health Forum Synopsis

HOW TO EAT TO LIVE — THE GATEWAY TO AN ELEVATED CULTURE

11:30 am - 12:30 pm

There are no simpler words than those of the Honorable Elijah Muhammad, in expressing the importance of the dietary guidance given to us in the books, *How To Eat To Live*, wherein He states: "... *food keeps us here; it is essential that we eat food which gives and maintains life. That same food destroys life.*"

How To Eat To Live was revealed at the advent of the Nation of Islam in the West, which occurred in Detroit, Michigan, and not in rural farming areas in Alabama. Therefore, the fundamental tenets of **How To Eat To Live** are within reach of most, if not all, of us — these are: 1) selecting the best foods available to us; 2) properly preparing our meals; 3) eating at the proper time, and 4) fasting.

This also means that **How To Eat To Live** remains applicable in solving health problems caused by poor dietary habits—which is the root of most of the illnesses from which we suffer. All health experts agree that chronic diseases are preventable through healthy diets and lifestyles.

We can visualize that any community where **How To Eat To Live** is practiced is a healthy community that experiences measurable economic savings, and social reformation and elevation. This points to another important benefit of **How To Eat To Live** — achieving an elevated culture!

The Honorable Elijah Muhammad revealed how those who control food and healthcare industries commercialize and experiment on human life. The facts prove that the chemicals in foods, drugs, and vaccines manipulate the body's neurological and hormonal systems that support how we think and how we perceive reality; consequently, dictating our behaviors. Apathy, acts of violence, and the gross disrespect of one's self and others are linked to poor dietary habits. A proper diet leads to better behaviors.

This forum, **HOW TO EAT TO LIVE — THE GATEWAY TO AN ELEVATED CULTURE**, is designed to explain the benefits of **How To Eat To Live**; educate participants about the rudiments of this dietary guidance — in the simplest way; instruct participants about how best to begin adopting this divine dietary practice; and to provide simple recipes to get participants started on the path of better health.

16th Anniversary of the Million Man March - Health Symposium

“Creating A HEALTHIER Self, Family, Community & Nation”

Health Forum Synopsis

THE IMPORTANCE OF MIDWIVES IN REDUCING BLACK MATERNAL AND INFANT MORTALITY

1:30 pm - 2:30 pm

On average, women in the U.S. die in greater numbers during childbirth than in 50 other countries; and Black women in the U.S. are four-times as likely to die giving birth. In addition, the Black infant mortality rate in the U.S. has been astronomically high for many decades. Unfortunately, these conditions are worsening, rather than improving — despite a highly structured and expensive U.S. medical system.

The facts show that most pregnancy-related deaths are preventable because they are caused by systemic failures, including barriers to accessing care; and inadequate, neglectful or discriminatory healthcare; and overuse of risky interventions, such as inducing labor and delivering via cesarean section.

Hospitals are increasingly becoming the greatest threat to pregnant women and their newborns. The 4 million babies born each year in the U.S. generate approximately \$100 billion annually for the medical industry, much of which is due to the health complications during childbirth caused by invasive and senseless surgeries and the administration of many types of drugs to both mothers and newborns. Childbirth has morphed into a profit-making industry for the medical and pharmaceutical industries.

In addition, the long-standing crisis of access to healthcare for Black/Latino people in both urban and rural communities is intensifying. Pregnant women and their newborns are the most at risk; and consequently, maternity and infant mortality among Black/Latino populations are increasing. Traditional methods of childbirth, such as midwifery, can remedy this plight.

In fact, the World Health Organization has spearheaded a global initiative to increase midwives and nurses, and to establish "community healthcare service models", yet the U.S. has not embraced this initiative, even though the social conditions in many areas warrant it. Black/Latino communities desperately need midwives, nurses and other natural childbirth workers to serve the needs of pregnant women, infants and their families.

This health forum, **THE IMPORTANCE OF MIDWIVES IN REDUCING BLACK MATERNAL AND INFANT MORTALITY** educates participants about the psycho-social and clinical benefits of midwifery; and how to attain rewarding careers in midwifery.

16th Anniversary of the Million Man March - Health Symposium

"Creating A HEALTHIER Self, Family, Community & Nation"

Health Forum Synopsis

RESPONSIBILITY OF HEALERS/HEALTH PROFESSIONALS TO COMMUNITY & VICE VERSA

2:45 pm - 3:45 pm

With more people lacking health insurance and many others marginalized from receiving adequate healthcare services because of economic status, social class and locality, there is a dire need to establish both prevention and intervention models that overcome these barriers. Intrinsic in this quest is the requirement to produce our own healthcare workers/professionals through apprenticeships and other easily accessible and attainable training avenues.

For many decades, concerned citizens have criticized the U.S. health educational system for being inordinately complex—for the sake of generating profits and controlling the health of specific populations, to the detriment of millions of people.

Understanding the sinister commercialization of God-given human services in the U.S., the Honorable Elijah Muhammad encouraged and led us to "Do For Self", which encompassed building our own healthcare facilities and training our own healthcare workers. He stated, (paraphrase) "If you give me one doctor, and I'll make many doctors; If you give me one nurse, and I'll make many nurses."

History reveals that the apprenticeship system is the most effective training and teaching system for nearly every human endeavor. However, this system was diabolically usurped by those with profit-driven motives, and replaced with complex, confusing and monetary-based training systems, which limits the opportunities for millions of people.

In a speech delivered in 1900, the great physician, Dr. Daniel Hale Williams stated:

"In view of this cruel ostracism, affecting so vitally the race, our duty seems plain, institute hospitals and training schools. Let us no longer sit idly and inanelly by deploring existing conditions. Let us not waste time trying to affect changes or modifications in the institutions unfriendly to us, but rather let us seek to promote the doctrine of helping and stimulating our race."

The health forum, **RESPONSIBILITY OF HEALERS/HEALTH PROFESSIONALS TO COMMUNITY & VICE VERSA**, addresses ways that healers/ health professionals can provide advocacy, education and health services to disenfranchised communities — in creative ways outside the norm of the current medical system and rooted in self-preservation and self-determination. It also addresses the responsibility that residents have in supporting these efforts within our communities.

16th Anniversary of the Million Man March - Health Symposium

“Creating A HEALTHIER Self, Family, Community & Nation”

Health Forum Synopsis

GET FIT TO LIVE: "HOW TO BE YOUR BEST YOU"

4:00 pm - 5:00 pm

Obesity (overweight) has been epidemic in U.S. for many decades, affecting all populations and genders. Each year the crisis worsens despite the publicity given to it. Obesity inordinately afflicts specific populations. For example, there are more Black and Latino men, women, and children overweight than there are those that are not. According to statistical sources, four out of five Black women are overweight, giving this specific population the highest rates of obesity in the U.S.

Unprecedented in this health crisis is the explosion of obesity and obesity-related chronic diseases among children—from toddlers to teenagers. Many health statisticians predict that children, today, will not outlive their parents. The Honorable Elijah Muhammad stated in the books, How To Eat To Live, that being overweight attracts many illnesses. Overweight children who remain that way throughout their childhood have fewer opportunities to experience good health, and are at risk of diet-related diseases that lead to early mortality.

Many social, political and economic factors contribute to the obesity crisis. These systems do not support “active” and healthy lifestyles. Today, all sectors promote sedentary lifestyles and improper diets, in some form, for monetary gain. Children are targets for many commercial markets, such as video games, and sweets and snacks---a combination responsible for the astronomical rise in obesity over the past decade.

On the adult side, the predominance of desk jobs and automobile transportation has people sitting most of the time, making the simple act of walking foreign to many people. Yet, people are encouraged and influenced to eat three meals a day. Weight gain is the obvious result.

Therefore, parents and citizens, alike, must be aware of how a commerce-driven society contributes to obesity and disease; and then, become vigilant in making decisions that support health and longevity. One of the most important decisions that each of us must make is to become physically fit—through consistent exercise regimens and sustained lifestyle changes.

This health forum, **GET FIT TO LIVE: "HOW TO BE YOUR BEST YOU"**, discusses the value and necessity of physical fitness; the socially-entrenched obstacles that hinder us from making exercise a part of our daily activities; and provides simple guidance for implementing effective exercise regimens that can be easily sustained.