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**The Power of Mother Love**  
by  
**Ruby Ameenah Muhammad Abdullah**

**About The Author**

The late Ruby Ameenah Muhammad Abdullah had been an activist in the cause of G-d for over 25 years. She became a Muslim back in the 70s and had been a strong supporter of the Mosque Cares under the leadership of Imam W. D. Mohammed. She also supported his father, The Honorable Elijah Muhammad, when he was alive.

Sis Ruby, as she was called, lived in Gary, IN with her husband Imam Charles Abdullah, who is the head of the Gary Muslim Center. Sis Ruby and her husband Bro. Charles, as he is called, headed a large family of Muslims in Gary; many of whom attend the Center, as the Gary Muslim Center is called.

Sis. Ruby had many years of life experience to share with us and this first book is just an humble attempt to bring some of it to you. Her family worked with her to help bring this great wealth of knowledge to the public and we realize that this book is just the tip of the ice-berg.

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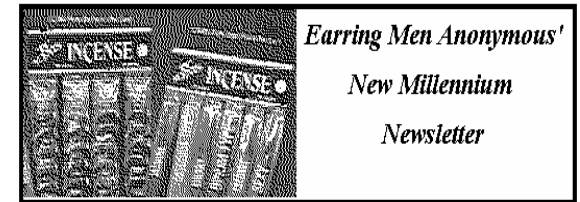
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**This document was prepared from the virtual studios of Earring Men Anonymous Street Ministry where we specialize in promoting Self Help. We do not have a 501 C-3 and probably won't get one: we exist mainly for the pleasure of G-d; however, anyone that wants to can send us a donation. Just don't look for a tax break. Send all donations to: Leroy Muhammad (Earring Men Anonymous Street Ministry) P.O. Box 7261 Gary, IN 46407**

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Editorial appeal: This newsletter is being offered as a ***Self-Help Fund Raising Product***. The homeless, the poor and/ or otherwise disadvantaged are being given permission herein to reproduce, receive copies of or have someone copy this product for them; after which, they can take it to the public and solicit donations for it to help improve their plight. The money goes directly to the one soliciting it.

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***Conquer Dementia  
Symptoms with Fun No-  
Cost Therapy***

Dear Reader,

OK how's THIS for irony?

I was recently reading the details of a study on using humor instead of certain drugs and I...well...ended up doubled over in a giggling fit.

You see it never fails to tickle my funny bone when I read about the *ineffectiveness* of certain widely accepted *drug 'em till their dizzy* protocols being exposed. But when you add in the fact that this time it's HUMOR that blew the drugs right out of the water and, well, you really can't blame me for letting a few guffaws escape can you?

Allow me to back up a bit and explain.

Experts tell us that somewhere between 70% and 80% of people who suffer from dementia *also* have to endure agitation related to the disease. That agitation...which often rears its ugly head in the form of verbal and physical aggression...can be a major source of stress for both the patients and their caregivers.

And what do you suppose the typical mainstream response is to the problem? Ding...ding. Yup, you guessed it...they throw drugs at it. In this case the drugs they're throwing are the heavy-duty anti-psychotic variety.

Now I'm sure that I don't have to tell you that hand-in-hand with those serious drugs comes a list of super-serious side effects as long as your arm including dizziness, blurred vision, tremors, rapid heartbeat, muscle spasms, strokes, and even death to name just a few.

Thankfully, a group of researchers...apparently all with a good sense of humor and open minds...wanted to find out how humor therapy could affect the mood and behavior of dementia patients. The so-called SMILE study was launched and included dementia patients in 36 residential elder care facilities across Australia.

A staff member at each facility was recruited to be a "LaughterBoss" (and no I'm NOT making that up) who worked with a humor therapist to learn how to introduce laughter and a playful approach to relationships with seniors suffering from dementia.

And do you want to know the real kicker?

It worked **equally as well** as those dangerous anti-psychotics with...of course... zero side effects!

During the 12-week program researchers saw a 20% reduction in agitation using the humor therapy and patient's agitation levels stayed lower during the 26-week follow up period as well.

So why does it work? Well we aren't 100% positive yet, but its effectiveness is really not as much of a stretch as it might seem at first glance.

We *already* know that laughter can do a lot of good things for the body. A hearty chuckle helps with blood flow and oxygen exchange throughout the body. A giggling fit can naturally boost your heart function and your immune system. Plus a good belly laugh releases feel-good endorphins along with all

kinds of other mood boosting and pain-killing chemicals.

So remember, as Doctor Patch Adams a leader in the medical clown movement says, "Being happy is the best cure of all diseases!"

Amused that the *old wives tale* that says "laughter is the best medicine" is actually grounded in *new science*, I am...

Alice Wessendorf



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Now Available!!! A "unique" book published by Unique Vision Publications Gary, IN

*Read!!! Muslim Journal Newspaper: Leroy Muhammad Speaks*

By Leroy Muhammad

About The Author

Leroy Muhammad is a family man. He followed The Honorable Elijah Muhammad from 1972 - 1975 when he returned to G-d (passed). Leroy has since been a follower of The Honorable Imam W. D. Mohammed who is the son of The Honorable Elijah

Muhammad. Leroy says that he is grateful to G-d for blessing him with the kind of leadership that has shown him how to connect back to the source: G-d.

Leroy has been married twice and is the proud father of nine children. He is a community activist who has been actively engaged in the uplift of his people for over 30 years. He says that he is a follower of the Prophets and is engaged in the business of taking truth to the streets. He doesn't like cell phones because he says that he doesn't like being wired to anyone other than G-d; however, he also likes to boast that his kids always know where to find him. And he can usually be found on one fund raising product route or another or at the local Mosque where he attends daily

Leroy loves to hustle and he says that everybody loves a hustler; and everybody wants one on their team. He says that part of his Mission is Re-dignifying the Hustle. He is an entrepreneur at heart and says that he can sell anything. The Product he says he likes to sell the most; however, is free. That Product is the Word of G-d.

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