

INVESTIGATION REPORT

OF

DEFAMATION ATTACK UPON

DR. PATINA UNDERWOOD, .N.D.

Prepared by

LAW OFFICES OF CARLOS F. NEGRETE

August, 2008

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INTRODUCTION

INTRODUCTION

This report is the result of a year long comprehensive investigation of a series of personal attacks against Dr. Patina Underwood-Muhammad and the South Mountain Nutritional Center of Phoenix Arizona involving false and disparaging statements concerning her credentials and reputation.

As will be discussed in this report, the attacks have been found to be perpetrated by unqualified and uninformed third parties, originated by a disbarred Maryland attorney that had his license revoked. Evidence also has been uncovered that co-participants in this defamation campaign are motivated by their own personal animosity toward Dr. Underwood and her participation of the treatment and care of Minister Jabril Muhammad.

The campaign utilized all out false information, half-truths and innuendo to seek to support the position that Dr. Underwood is not qualified or competent to perform nutritional guidance and consultation. This, as will be discussed, is wholly without merit and untrue.

Dr. Underwood is not only qualified, but she should be praised for her many accomplishments and testimonials of her inspirational work.

CARLOS F. NEGRETE

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Carlos F. Negrete and the Law Offices of Carlos F. Negrete, based in San Juan Capistrano, California, enjoy over 20 years of experience in representing high profile clients and health care professionals across the United States and internationally.

The Law Offices of Carlos F. Negrete has consulted and represented numerous nationally known clients including celebrities, public elected officials, including the former Speaker of the California Assembly, former governor of California, nationally known physicians, dentists, chiropractors, naturopaths, supplement manufacturers, major corporations and practitioners of complimentary medicine. His firm is also the general counsel for several professional organizations, including one of the leading Chiropractic Associations in the United States.

Mr. Negrete is well known for his representation of practitioners of Complimentary and Alternative therapies. He is one of only three attorneys in the United States that practice in this field and the only one that has the broadest litigation experience in complex court battles between advocates and critics of complimentary medicine. Mr. Negrete has not lost a single court trial in which critics and attackers of complimentary therapies have challenged local community practitioners.

Physicians, hospitals and dentists that practice conventional medicine have also sought out his advice and representation. Mr. Negrete's legal team practice business, corporate and individual civil rights matters. He has successfully represented nationally known individuals concerning their speech and First Amendment rights before courts across the country.

**MESSAGE FROM
MINISTER
JABRIL MUHAMMAD**

As-Salaam-Alaikum:

In the name of Allah, the Beneficent, the most Merciful.
I bear witness that there is no God but He and
Muhammad is His Messenger.

August, 2008

Dear Believers,

I've made only a few public remarks of my health condition since I was hospitalized on February 18, 2007. These few remarks have appeared in the beginning of a very few of my articles and at the end of one article that appeared in our newspaper—The Final Call.

It did not occur to me that I would ever be compelled to make a public statement related to my health.

The basis of this statement originated on the second day after I woke up in the hospital on February 25, 2007. I felt that it would be very educational. Moreover, I thought it would clear up some misunderstandings.

Allah blessed me to awake with a clear mind. When I awoke I saw my son, Elijah, Brother Cedric and Brother Charles. I saw them and I smiled. My first words were, "Where am I?" They answered. Then I asked, "How many days have I been here?" They answered. They told me, "Five days." Then I said, "Well, I guess I'm not in Detroit." We all laughed. I then asked them, "Is there anyway I can see the Minister Saviours' Day Address?" They told me "Yes." I was satisfied.

I was filled with gratitude to Allah and His Messiah that I was still alive, because I thought, that I might be able to do some good to help my Beloved Brother and the Nation.

Regardless to how clear my thinking was then or is now, due to aphasia—which was the effect of the stroke on February 18, 2007— I was unable to communicate (whether writing or speaking) as clear as I was able to prior to the stroke.

I learned that there are about 1 million people in America who have this condition. And then I learned that only about 3-5 percent of this 1 million have the type of aphasia I have—Conduction Aphasia.

I was in two different hospitals and learned much from both. I was at the first hospital for approximately two weeks. The second hospital, which was the Rehabilitation hospital, is where I first learned what constituted therapy for aphasia.

I was blessed to have two "conversations" with the Honorable Minister Louis Farrakhan while I was in the hospital. I wish that I could quote his words for you. The reason I put the word conversations in quote was because of the nature of aphasia. Later on, I intend to explain this paragraph.

I had a beautiful conversation with Mother Tynnetta Muhammad, who visited me while I was in the Rehab hospital.

I had a few other conversations with my Big Brother on the telephone, before July or August of last year when he suggested to me that I should write something in The Final Call regarding my health. He told me that some believers were asking how I was doing.

My first reaction was "Yes, I'm honored." But after a few days the difficulty of doing this, in written form and my circumstances set in. Without going into the details, for instance, it takes time to relearn how

to write, with normal speed and accuracy. Be it the will of Allah, with full therapy, in all areas, I can expect a full recovery.

At that time, I recalled my “conversation” with the therapist at the hospital. That was the first time I realized I was unable to write—as a result of aphasia. She was also the first person to introduce me to the kind of therapy that was required for me to ultimately come out of this condition. In terms of my knowledge and experience, it wasn’t until January of this year that I finally learned much more in depth of the nature of this therapy.

To inform the readers of The Final Call, or any one of my present condition, which Minister Farrakhan invited me to do, involves some knowledge of the history of what led to this condition, health wise. I can’t present it all. Nor do I want to.

It requires much to explain why I have chosen the route that I have chosen to present or make my statement to you, at this time. Generally, when a person is admitted to a hospital, the doctors seek to find out your medical history. Why? The doctors are trying to make the proper diagnoses. The doctors need to know what medicines you are taking, if any, so that they don’t kill the patient, etc.

In 1987 Minister Farrakhan took me to a chiropractor. This was right after I first learned that I had very high blood pressure. And it was the first treatment I got for the high blood pressure. At that time the chiropractor had an attitude against the medical profession in general. They had just won a big legal battle against the American Medical Association which attempted to discredit and control their medical alternative therapies.

After three months, with the treatment by the chiropractor, my blood pressure went way down. This was the first time that I learned of other, natural, ways of treating high blood pressure without the use of synthetic drugs. Through that doctor my mind was even more broadened that there was a war going on in the medical profession. The chiropractor is still practicing today as well as educating.

This was the first time that I ever had any major medical problems. In the last few months, I’ve learned for the first time, what may be the root cause of it. I’m learning much. Perhaps, others may benefit from my experience—if it be the will of Allah.

In my case, back in 1987, I had no medical history when I saw the chiropractor. If a person was dead there may not be a need for the medical records regardless to what the person died of. They may just perform an autopsy. In other words, the investigation in this case is different.

I’m not saying that I had no health problems at all, but other than the problem of high blood pressure, I was not aware of any other problems. At that time, I was not aware that high blood pressure can lead to either new complications or that it may exacerbate other health complications that you are unaware of. I had never studied it. Eventually, after a few years, I learned that it did cause other problems! I’ll come to that later.

In 1999 I learned I was poisoned but I did not die, obviously. On November 22, 2000, I had a heart attack and a mini stroke. How do you make sense of this, in terms of its relationship to other events? Did the poison trigger the heart attack?

Ultimately, there are only two ways to solve this puzzle. That is to say, you either tell the truth or lie.

Since, as many Muslims know, especially in Phoenix, Arizona there are only two people who you should go to if you are really interested in seeking the truth of my medical history.

You either have to talk to me straight up or the only other person you should talk to is Sister Patina Muhammad because she has all of my medical histories. Dr. Patina took the time and dedication to sort out all of my medical histories and treatments so that they could be explained to me in a manner that I would understand. Dr. Patina is a Doctor in Naturopathy and has a medical background. More importantly, she is a devote member of the Nation and believer in the messages that come from Allah as brought to us by his messengers and prophets. Dr. Patina was able to sort out the complex components of my medical

treatments, diagnosis's, physicians and therapies and present them to me in an intelligent and informed manner.

There are other doctors who have aspects of my medical records, but, how are you to learn who they are unless you talk to me or her?

Since, I am not a doctor, why should anyone talk to me? I do not know who did it, but I do know the context when it was discovered that I was poisoned.

Unfortunately or fortunately, this involves controversy. Certainly, this is not the most important of all the controversies at present. In fact, it is minuscule and even less than that, and even lesser than that both in terms of its past and present.

I have two points to make concerning "controversy" as it pertains to me. I am about to make one of these points now. I'll present the other point later.

The first point revolves around the fact that I am one of the patients of Dr. Patina. As far as I know, I'm the only patient of hers where there is controversy. I don't know, nor do I care to know the lists of her patients. That's not my business. I know that a certain number of patients are Muslims. How many? I don't know. I don't care to know. I know that some of her patients are attorneys. How many? I don't know. I know that some of her patients are medical persons—some of whom are medical doctors (MD). What does she treat them for? I don't know. That is hers and their business. I'm aware that some of her patients are nurses. Some of them are Muslim nurses.

I don't know where her other patients are from. What I'm leading to is this: I know that there is a controversy about her practice that involves me. It has heightened since I entered the hospital, February of last year.

Controversy essentially means "clash of opposing views." Some people believe that she is a fraud—a medical phony. This is unfounded and unsupported by anything.

Have you heard the doctor's view as to why she is not a phony? Have you heard my view as to why she is not a phony? Have you heard her lawyer's view, of his position, as to why she is not a phony?

Some feel that I should not be one of her patients. However, they have never given me a good reason why I should take their advice, beyond their idea that they have been influenced by false calumnious rumors that she is a phony. They are nothing more than rumors. Nobody has ever directed me to another doctor that I should see for treatment.

To do this intelligently means that that doctor would have to talk with Dr. Patina and myself. I have to listen to everybody's view, to come to an intelligent decision, to do what they want me to do.

I just wrote that I have two points to make concerning controversy and how it pertains to me. To conclude the first point, we have to agree that we go over and accept the truth of my own medical history. And what Dr. Patina has done for me, health wise.

BACKGROUND

Why did I become one of Dr. Patina Muhammad's patients? Why should anybody have to answer that question? Why should anybody ask such question? Are any of her other patients confronted with these questions? If so, why? If not, why not?

How many doctors or patients are confronted with these kinds of questions anyway? How many doctors are killing or hurting patients on a daily basis? According to a November 1999 study by National Institute of Health (PubMed), 98,000 patients die yearly from medical mistakes. Medical malpractice is the second leading cause of death in this country. Has that figure gone up? If so, why? What about the figure of other kinds of medical "mess-up?" I'm aware that there are many medical successes.

Before I explain myself, it should be understood that there are two types of medical "philosophies."

The first is Allopathic medical therapy. This is the traditional physician/medical doctor treatment and use of synthetic drugs.

Traditional physician/drug therapy is the newcomer that came to power by political battles between the different camps at the beginning of the last century. Since the allopath physicians had more money and political influence, they were able to slowly and methodically take over the type of medical therapies. This control eventually evolved into the pharmaceuticals, medical boards and insurance companies. Today, the allopaths virtually control every aspect of the health care system from who is allowed to treat us all the way to who gets paid.

In my situation, and being confronted with my own medical condition, it was inevitable that I wanted to understand my situation and take control of my treatment in a manner that I would understand and believe in, while at the same time keeping in line with my beliefs.

As a follower of the Honorable Elijah Muhammad under the leadership of the Honorable Minister Louis Farrakhan, certainly, I was aware of the value and importance of eating the right kind of food in relation to our health. I'm not stating that my knowledge was on the level of those who have studied the effects of food on the body. Brother Joel Muhammad told me, years ago, that the Honorable Elijah Muhammad told him that "Allah has placed a cure for every illness in the earth." What I am saying, is that I had read, *How To Eat To Live*, several times, written by the Honorable Elijah Muhammad and then I was blessed to be in his presence, sometime with others and sometimes by myself when I heard him expressed profound insights about food. I've tried to eat according to what he taught.

There were other times when I saw and heard the Honorable Elijah Muhammad interact with a particular medical doctor who lived in Phoenix. On a few of those occasions, he had me call the doctor for him.

I heard of Sister Patina and the work she was doing with the Believers here in Phoenix. She was the chair person over the health and human committee under Brother Joel Muhammad—who was the Minister of Muhammad Mosque #32 at that time.

I heard that Sister Patina was also holding CPR classes, first aid classes and human anatomy & physiology classes for the Believers. That is when I met her for the first time in 1993.

In 1994 or 1995, I heard from Brother Joel about a speech made that Sunday by Sister Patina on health. Based on what he shared with me, I wished I would have been there. By this time, I learned that she was studying to become a doctor. I notice that her emphasis was on eating the proper food in relation to health. I also knew that most doctors across the country did not study food in relation to health.

Many years before that, I had an experience with a doctor, who demonstrated that he was ignorant of properly treating one of my daughters. The medicine he prescribed for her proved to be making her worse. When I took her back to him, to show him that she was worse, he became arrogant. I asked him how many children he had? He answered. Then I asked him, would he give any of his children the same medicine? He said "No." I told him, "This visit is over and I owe you nothing."

I am not stating that all of my experiences with the allopathic medical profession was negative.

The benefit of alternative/complimentary medicine is that it respects allopathic therapies and does not seek to eliminate it. The reverse is not true, however.

Earlier, I stated that Sister Patina Muhammad was studying to become a doctor. She was taking many courses, as she could have qualified for her degree, but she kept on studying. How do I know? I asked her. I, like a few other people were impressed with her 'course of study' in the health field, which was wider than what was required to become your average "doctor."

In June, 1998 Sister Patina called me and told me that she had made a decision to attend Clayton College of Natural Medicine. Sister Patina told me that she chose that school because it came the closest to what the Honorable Elijah Muhammad teaches. I searched and looked on the internet. Moreover, I was impressed for her reason for choosing this college.

I knew that the person who teaches the courses, in that school, was not from a school set up 100% by the Honorable Elijah Muhammad. But, just from what I read, online, I knew that it was beyond ASU, Harvard or Yale in terms of what she wanted to qualify to do. I was impressed with what I saw.

Up to this point, I had not become one of her patients. I had not recommended anyone to become one of her patients. I had not up to this point made any suggestions about her business. At this point she had no business or patients. There is much, I could cover from this point, up to this moment. But, I'm not writing a book. It would include what I learned not only from her, but from many other doctors, and my experiences with medical persons and from reading.

Someone poisoned me in 1999. I'm not going to deal with how I learned I was poisoned, who might have done it, the context in which it was done, nor where it was done etc.

I'm not going to respond to some of the comments that some people have made several years later, of which are 100% false, who have never spoken to me on this issue. Look into how the Honorable Elijah Muhammad and the Honorable Minister Louis Farrakhan handled when they were poisoned, and why.

The fact is that, I was poisoned. It affected my entire body. It does not take a genius to understand that I needed medical help, of different medical science disciplines.

On November 22, 2000 I had a heart attack and a mini stroke. I was released from the hospital after four days while I was still in Intensive Care Unit. I really was not stable enough to go home and they knew it. The nurse told me that they needed my bed for another patient. Believe it or let it alone. I had to live with my mother while Sister Patina helped me. I needed help.

The doctors who were then treating me refused to do a Cat scan of my brain even after Sister Patina made multiple request. Finally, four months later, under a special circumstance, she was able to have this test done. That special circumstance happened when I was given too much anesthesia, by a dentist and nearly died in March 2001. I'm willing to go into the details of this if necessary. This is something that has been well documented by my medical records.

Sister Patina also was assisting other doctors, of different aspects, of the medical professions to help me. Over time, I was under the care of 8 or 9 cardiologists and at least 2 primary care doctors. The others were of other disciplines. This covered several years.

If Dr. Patina's practice was destroyed, I would not be able to prove this or prove it as easily. It would have destroyed the records of all her other patients.

The poison affected my kidneys, lungs, pancreas, brain and my entire nervous system. This produced several problems for me. I was in bad shape, even though I did not look like it according to the words of several Muslims. But, I did not complain. For example, there was an assignment that Minister Farrakhan gave me, towards the end of the 90's that I was unable to properly work on. This profoundly affected, or even destroyed my other efforts, etc.

Nevertheless, Allah and His Christ blessed me to do some work, such as writing my weekly articles, and later, finished the first printing of Closing The Gap and published the fourth edition of Is It Possible That The Honorable Elijah Muhammad Is Still Physically Alive??, to help my Big Brother and for the Nation. I finished both projects before the morning I was due to travel to Detroit. The day I was due to travel, instead of traveling to Detroit from Phoenix, I traveled from my house to the hospital—both of which is in Phoenix. Smile.

Now, this takes us to February 18, 2007, the day I was hospitalized. I want to open with a question that I asked Dr. Patina Muhammad on three different occasions, and her answer. I never gave her my reasons for asking her this question. I'm now informing the readers (and her too) why. It's not a big deal, but its significance lay only in the context of this tiny event. Would you please tell me of your educational experience?

Here is her answered: "Well, I was very young, 15 years old, when I started studying health and the human body. I enrolled in Area Vocational Training School in the License Practical Nurse program when I

was a sophomore in High School. I completed that course in 1986—the same year I graduated from High School. I got my first job working in the hospital in 1987. I was only 19 years old, my first real job with a big responsibility. I worked at various hospitals, advancing to other positions, to broaden my knowledge in different areas. I knew that I was not going to stop there.

“Since I was 5 years old, I wanted to become a doctor. So I went straight to college after high school. I studied courses that were of interest to me that had to do with health and the human body. I was born and raised in the Nation of Islam, and my mother was very strict with our diet. I use to read How To Eat To Live when I was 5 years old. I gravitated towards those two books back then.

“Naturally, when I saw what I saw, while working in the hospital, I was a bit uneasy. I could not understand why “we” could not do better, in feeding our patients, the proper food in the hospital. Then I saw patients being fed pork. All of this, and then some were racing through my mind. Now, at the same time, I’m learning and gaining a lot of knowledge and experience in other areas of medicine.

“So in 1998, when I called you, I was working in Labor and Delivery at Good Samaritan Hospital, and I was excited over what I was reading in this magazine. The advertisement for Clayton College of Natural Medicine, reminded me of what the Honorable Elijah Muhammad taught us. I saw, that I could still become a doctor, help people and not go against what I firmly believed in what I read in How To Eat To Live.

“Many doctors, whom I worked with, for years, tried to discourage me from going this route. Once my mind was made up, that was it. These same doctors were willing to write me recommendation letters for conventional medical school, but after learning that I made the switch, the numbers went to a very few, who were still willing to write me their letter of recommendation. I was puzzled over their reaction. I had no idea that there were “controversy” in the two types of medicine and the depth of it. I didn’t learn of the controversy until I enrolled in Clayton College of Natural Health and studied the histories of both medicines.

“Now, at the same time, I understand then and I understand now, that there is a need for hospitals, medical doctors, etc., I saw this from the very beginning when I got my first job at John C. Lincoln hospital in 1987. I saw the same need when I made that call to you. Here are the courses that I studied from 1987—2004. I received my Doctor of Naturopathy degree in 2004. This list does not include the courses I took in 1984—the Practical Nursing Program—as this was all part of my high school education.”

1. Essential of Nutrition I
2. Universal Energy and Health
3. The Meaning of Health
4. Introduction to Homeopathy
5. Introduction to Light, Color and Music Therapies
6. Essential of Nutrition II
7. Human Relations Skills
8. Introduction to Natural Health
9. Introduction to Alternative Healing Practices
10. History and the Culture of Health
11. Holistic Health and Lifestyles
12. Biology: The Science of Life
13. Nutritional Biochemistry
14. Introduction of Herbology
15. Nutrition for Mind/Body Healing
16. Wellness and Belief
17. Holistic Nutrition
18. Herbs, Vitamins, Foods and Drugs
19. Classical Homeopathy

20. Holistic Human Development I
21. Holistic Human Development II
22. Anatomy & Physiology I
23. Herbology II
24. Introduction to Therapeutic Touch
25. Cancer: Prevention and Politics
26. Pediatric Nutrition
27. Ethics
28. General Physiology
29. Biological Psychology
30. Body Awareness and Physical Movement
31. History of Naturopathy
32. Foundations of Naturopathy
33. Building and Maintaining a Consulting Practice
34. Detoxification and Healing
35. Manual Therapies
36. The Client-Practitioner Relationship
37. Iridology
38. Dietary Influences on Disease
39. Light Therapy for Healing and Vision Recovery
40. Alternative Approaches to Arthritis
41. Social Psychology
42. English Composition
43. College Algebra
44. Courtship & Marriage
45. Intermediate Spanish
46. Human Anatomy & Physiology II
47. Hospital Orientation
48. Heart & EKG
49. Biomedical Electronics I
50. Introduction To Psychology
51. Emergency Med. Technology
52. First Aid
53. Fundamental Chemistry
54. Fundamental Chemistry Lab
55. Interpersonal Communication
56. Introduction to sociology
57. Principles of Human Nutrition
58. Biology (Majors) II
59. Developmental Psychology
60. Spanish II
61. Spanish III
62. Intermediate Algebra
63. Microbiology
64. Unit coordinator Procedures

65. Advance Human Structure
66. Communication & MGMT Skills
67. Medical Terminology
68. Unit coordinator Procedures Lab
69. Cooperative Education
70. Nutrition & Common Ailments
71. Nutrition in Action
72. Orthomolecular Nutrition
73. Children's Health
74. Medical Chemistry
75. Diet & Nutrition
76. Enzyme Health
77. Living Chemistry
78. Applied Anatomy
79. Amino Acids
80. 96 hours of Quantum Reflex Analysis Level 1 & 2
81. 72 hours of Quantum Reflex Analysis Advance Level
82. 96 hours of Iridology
83. 14 years of hospital experience from 2/1987—1/2001

My reasons for asking her questions about her educational background was to better understand her qualifications, not long after I learned that I was poisoned. Some years later, I wanted to learn more about her education and about her qualifications before I would urge others to see her. Later, I asked her the same question in 2004. In short, I wanted to better understand the qualification of the person who seemed to me to be the most qualified person among us—the Muslims in Phoenix.

During the course of our conversations I had with Dr. Patina regarding her qualifications, she told me of her degrees, certifications and professional associations. I can only give her website, where a person can see more of the reason why I chose to be one of her patients. Her website is <http://www.cuttingedgeknowledge.org>.

Aside from her qualifications, another thing I looked for was if she was arrogant.

Now let's end this. Earlier I wrote that I was poisoned. I hinted why I did not and refuse to go into that. But do I have to prove it? No. There's billions and billions of people who don't know about it and are not interested and it makes no difference. The only reason why I mentioned it, as I said earlier, is because it is a part of my medical history. If there was a need to understand my health situation that, would have to be taken into account—what led up to it and what came after it.

There are no records on paper that shows the exact date when it occurred. As you know people do not walk up to you and tell you that I am about to poison you. The first week of January 1999, was when I first showed symptoms of poisoning. However, certain people may or may not recall certain observations that indicated that I was poisoned. The first record on paper was a few months after I suffered a heart attack and mini stroke in November 2000. I'll come to that in a moment.

I had a heart attack. I was in the process of finishing an article Farrakhan The Traveler. The actual word that I was typing in my article is still vivid in my mind. I suddenly felt something in my heart and my head that wasn't good. I stood up and immediately thought to myself, "Boy I am in big trouble now." There are several people who are witnesses of the fact that this happened—not that they saw it—but saw me in the hospital.

I'm going to cite one of the major indications that I had a serious medical condition. I learned over the years that one of the major indicators of the health of a person's heart is referred to as the "Ejection

Fraction.” As you will agree with me, I’m not writing a book. I’m about to make a major point about the quality of Dr. Patina Muhammad’s practice and what she did for my health.

As you will see, my Ejection Fraction went from 46% in November of 2000 to 70% in October 2007.

This is the written report of the test that was done on my heart on November 22, 2000. “Myocard Perf w/Ejection Fraction; Myocardial Perf Imaging: “Myocardial infarction with non-Q wave MI. Cardiac wall motion is normal. The ejection fraction was calculated at 46%.”

“Discharge diagnosis: Myocardial Infarction, Unstable Angina, Hypertension, Low Ejection Fraction, and Kidney Insufficiency.”

Any knowledgeable medical person would agree that I was in bad shape and it was very serious and I needed tremendous help and quality help and fast help.

Now, I’m going to ask you, briefly, to follow me along this medical path that has intricacies. I’m going to try to make it super simple without sacrificing an ounce of truth, and with speed. To make this simple, let’s start from the time it was evident, in January 1999 that I was poisoned and end momentarily in December 2005. Then let’s go from there, speed up to now, and stop.

Let’s agree that I would not and did not poison myself. Next, I don’t know how to free myself from poison. Then I don’t know how to prove that I’m free from poison. Next, I did not, knowingly give myself a heart attack. And I don’t know how to get out of that condition. I had to learn of the effects of the poison, the effects of the heart attack, and the effects of the high blood pressure and the effects of the stroke. I had to learn to be a good patient, which means to cooperate with doctors. Dr. Patina took me to doctors to help me with the high blood pressure and with aspects of my heart. Why? Because she knows the medical field more than I do.

For example, the cardiologist did a test to determine the percentage of my clogged arteries. I’m not going to go through the various experiences or the tests I went through, performed by various doctors. Some of the tests were used by Dr. Patina to help her, help me. Over that time it was like going to school. Everyone I met was my teacher. This includes a doctor—a brother—whose heart medicine was not working for me. In one of my visits, because his medicine was not working, he asked me if I was doing drugs. I laughed out loud and told him ‘no sir.’ But he did not laugh. Later, he referred me to a specialist. This specialist entered into the room I was in as he’s finishing up his sandwich. He spent four minutes with me. I timed him. He got paid big money, but his medicine was a little better.

On February 10, 2001 Southwest Naturopathic Medical Center did the first toxicology report on me. I’m only going to mention a little bit of that report. “Antimony extremely high, Bismuth extremely high, Arsenic extremely high and Aluminum extremely high.” This should be enough information to see that I was poisoned. If a knowledgeable person read the whole report they would agree that there was some person or persons out to murder me.

From that date to July 28, 2004, “Antimony normal limits, Bismuth normal limits, Arsenic normal limits and Aluminum high.” These are quotes.

I went to many doctors who did not even mentioned that I was poisoned. I learned that it is not something that they routinely check for. It was not until Dr. Patina took me to Southwest Naturopathic Medical Center and requested that they do a toxicology report. The other reports, overtime, showed that all of the poisons were slowly leaving my system, due to her work.

By June, 2004, when Dr. Patina graduated and got her Doctorate of Naturopathy degree that I “officially” became her client. She then put me on a specialized program for my heart condition. Before she put me on this specialized program, I made multiple trips to the emergency room with chest pains. She changed my diet and put me on what she calls a “cardiac diet.” I continued to see other doctors, as Dr. Patina would tell me that I still need to get tests done and take other medicines. Gradually, I was able to decrease some of the heart medicines.

Early in 2004, Dr. Patina called my attention to the fact that my kidney was malfunctioning and that I had high blood sugar, according to the hospital records from 2000. They never mentioned it to me. Dr. Patina took me to the laboratory to verify their reports. She was correct and went to work on these two problems as well. If I had to show what I just stated, I have those reports that showed that my kidney was malfunctioning and that I had high blood sugar. She solved these problems too. Remember, we're moving speedily, so I'm leaving out many details such as how she solved these problems.

Let's jump to December 2005. I woke up from a nap feeling strange. I came out of my room as Sister Linda—who was typing my responses to prisoners—was leaving. Dr. Patina was in her office—which was located on my property at that time—came over and told me that she just finished a conference call with other doctors.

I began to tell her how I was feeling—a very strange sensation in my head. She told me that her conference call, with the other doctors was dealing with strokes. She immediately took my vital signs and told me to lie down. She then gave me my medicines. She told me that I must take it easy and that I must go on strict bed rest.

Dr. Patina suggested that I go to the hospital for tests. I was admitted to the hospital for five days. I learned two big things. I'll sum it up this way. After performing 15 different tests on me, at the time of discharge, four doctors told me that I had no need to see a Cardiologist. But that I need to see a Neurologist and a Neurosurgeon.

This particular hospital I was in has no Neurologist or Neurosurgeon on staff. They then told me that there was nothing that they can do for me. They told me that there was nothing wrong with my heart. They strongly recommended that I be transferred to another hospital that had a neurologist and a neurosurgeon on staff. I raised a question, "Can I follow up with the doctors on an outpatient basis?" His answer was that he preferred me to be transferred by them, but, if I promised to go and see the neurologist right away he would discharge me. I accepted and he discharged me.

I knew from what the doctors were telling me that I was facing death. I knew that the doctors did not know my thinking or the reason for wanting to go home. They did not know the contents of my prayer. Part of the contents of my prayer concerned my brain. A part of my thinking was that I wanted to see my mother and my children before death, if that was Allah's will. Next, I wanted them to know that Dr. Patina was a wonderful doctor and that she had solved the problems with my heart. This was confirmed by what the doctors just told us. Next, and most important, they did not know of my prayers to Allah.

What the doctors informed us of regarding my heart meant that Dr. Patina Muhammad had solved all of my heart issues. I have the records. Now, the question was of my brain.

At this point, I want to ask the readers to read and accept the truth of what I'm about to tell you.

Let me begin by pointing out that I could not sit up in the back of the car as she first drove me to the hospital. I could not sit up in the hospital. I could not sit up as she drove me to my house. I could not sit up even in my house for the few days we had to wait to see the neurologist. I could not even sit up as she drove me back and forth from the neurologist office. And then, I could not sit up in her office without great difficulty.

My head was in great pain. The point I'm trying to make is that I could not sit up anywhere without great difficulty—a very unusual condition. When we went into the neurologist's office she looked at me as if I was not in the condition I was in. She did not see the reality of my condition until she took my blood pressure and read the report.

I can't produce a picture beyond what I'm about to tell you. When the neurologist took my blood pressure as she read my reports, she literally panicked, in my face. Have you ever seen any doctor panicked, under any circumstances, wherein a person requires help? She was trembling as she recommended that I go back to the same hospital.

Here is what the doctors wrote about my brain and heart that she read.

This is the written report of the tests that was done on my brain and heart on December 21, 2005: CAT scan of brain report: "14mm focal abnormality region of the right cavernous carotid artery suspicious for aneurysm."

MRI of brain: "Moderate to severe microvascular ischemic changes. Ectasia and tortuosity of the right cavernous carotid artery."

MRA of brain: "Occlusion and/or severe stenosis left petrous internal carotid artery with extremely attenuated flow to the left middle cerebral artery group of vessel distribution." Ectasia and tortuosity of the cavernous right internal carotid artery with focal areas of stenosis."

EKG: "Normal sinus rhythm with nonspecific T wave abnormalities. Otherwise unremarkable."

Echocardiogram: "Sinus rhythm. Mitral valve leaflets are slightly calcified with normal excursion. Tricuspid valve is normal. The pulmonic valve appears normal on limited views. The aortic valve is slightly calcified with normal excursion. Aortic diameter is normal. Left atrium and right atrium are mildly enlarged measuring 4.3 cm. Right ventricle is normal size. Left ventricle size is normal size. There is moderate left ventricle hypertrophy. Estimated ejection is 60-65%.

[As you can see, my Ejection Fraction of my heart went from 46% in 2000 now 60-65% in 2005.]

"From a cardiac standpoint, he's clear. Will recommend Neurologist and Neurosurgeon."

Upon being released from the hospital four doctors put in their report that my heart was normal. And that I don't need to see a Cardiologist.

Remember, in November 2000 I had a heart attack. I was seeing a Cardiologist from that time to December 2005. Now in December 2005, I did not need one. Why? What happened to turn this around? There is no "official" way to tell if my heart was healed besides getting tested in the way that it was tested in the hospital. What do I mean by "official?" The fact of the matter is that my heart was not healed in the manner that the doctors I went to knew. How did Dr. Patina heal my heart? Ask her.

Above you read that the neurologist panicked over this. Why? Read to the end of this paragraph. CAT scan of brain report: "14mm focal abnormality region of the right cavernous carotid artery suspicious for aneurysm."

MRI of brain: "Moderate to severe microvascular ischemic changes. Ectasia and tortuosity of the right cavernous carotid artery."

MRA of brain: "Occlusion and/or severe stenosis left petrous internal carotid artery with extremely attenuated flow to the left middle cerebral artery group of vessel distribution." Ectasia and tortuosity of the cavernous right internal carotid artery with focal areas of stenosis." This is the written report of the tests that was done on my brain on December 21, 2005.

If you take this to any knowledgeable medical person, or to one of your medical friends who is likewise knowledgeable, you will be told that whoever's brain this is, he is in big, big trouble and heading for the grave yard quick.

The medical report that was done by the doctors on February 18, 2007 and October 11, 2007 described my condition. It shows a drastic improvement compared to November 2000 and December 2005. Certain things happened that would not have happened by me, if the drastic changes did not occur in my brain. Among those things were Closing The Gap and Is It Possible That The Honorable Elijah Muhammad Is Still Physically Alive??? (Fourth edition) I was also blessed to produce my weekly articles that bear witness to the person and mission of Minister Farrakhan.

This is the written report of the test of my brain and heart done on February 18, 2007 and October 11, 2007 respectively, and a few words the doctors wrote about my overall health condition.

CAT scan of brain report: "Left posterior temporal-parietal lobe intraparenchymal hemorrhage. Findings to be contributed to hypertensive hemorrhage. Moderate microvascular ischemic changes of white matter. Remote lacunar infarction through the basal ganglia, left greater than right."

MRI of brain: “Left temporal lobe intraparenchymal hemorrhage which may be secondary to a hypertensive bleed considering the setting of severe small vessel ischemic disease and multiple chronic lacunar infarctions and microhemorrhages.”

EKG: “Normal sinus rhythm with nonspecific T wave abnormalities. Otherwise unremarkable.”

Echocardiogram: “Left ventricle cavity size is normal. There are no segmental wall motion abnormalities. Left ventricular wall thickness is normal. Left atrium: Normal chamber size. Right ventricle: Normal chamber size. Mitral valve: No evidence of thickening of the leaflets. The leaflets move normally in both diastole and systole. Aortic valve: There are fibrocalcific changes in the aortic valve cusp without restriction and cusp mobility. Tricuspid valve: Normal. Pericardial effusion: None. Ejection fraction normal, estimated at 70%.

[Now as you can see my Ejection Fraction went from 60-65% in December 2005 now to 70% in October 2007.]

Now, if you take this to any knowledgeable medical person, or to one of your medical friends who is likewise knowledgeable, they would be astonished or at least moved that the person who worked on this person’s brain and heart is an exceptional doctor. The person would want to know of this person’s education and would want to know how it was done.

For instance, August of last year, Dr. Patina took my report to one of the “world renowned stroke doctor,” as they are known in California. She told me that he studied the report. Then he asked her, “Wow, what did you do?” She said that he started naming some things she could have done. Then he said, “This report in 2007, compared to 2005, makes it look like he has no problems.” Now, remember I had a brain hemorrhage. I still have big problems now. I hope this is clear.

The fact of the matter is that this work was done by Dr. Patina Muhammad while I continued to live in my house and while I did work on my articles and the two books, with the help of other brothers and sisters—all praises are due to Allah. While the brothers and sisters were working, my brain was being improved. Dr. Patina worked on me while still seeing other patients. If you want to know how and what she did for my brain and heart, ask her.

I can tell you that at the end of 2005 I was in deep pain—in big trouble. During the first week, she told me she consulted with other doctors even as she began to work on me. She told me that she did not get a clear answer and one doctor even told her, “I would not touch that with a ten foot pole.” One of the amazing things to me was that the few people, who saw me, during that time period, told me that I looked well. They did not see that I was in great pain and facing death. If I was to give you a full picture of my circumstances, at that time, it would have to include the fact that I was on home oxygen. As time passed, the guidance that Dr. Patina gave me relieved most of the pain and I was able to get off the oxygen.

A few Believers, saw that I required oxygen. During that time Minister Farrakhan visited me as he took care of other business. I mentioned this because this was the first time, covering many years, I was not able to leave my house and drive with him. It was difficult for me to explain why.

By the time he left for Chicago, I was feeling much better. Months later, the Closing The Gap book was done and the Believers came and left, I felt even better. During this time, I pushed myself. Why? On another matter, I correctly used the word “context” with reference to my being poisoned, but didn’t go into it. I must use this word again. In retrospect, I should have slowed down my pace, or even stop to rest before I started on the next book, but I did not. Instead, I stepped up my pace and started right on the next project. What I wrote during that time, publicly, tells you what was on my mind.

I’m not going to go into the details as this is not the purpose of this statement. It’s a big subject. I want to touch just a few points. If it be the will of Allah, I will deal with this in The Final Call.

March, 2007

I was referred to a doctor when I was discharged from the hospital. I appreciated his effort to get my blood pressure under control. After a few months, I saw that he could not really control my blood pressure. I know that some people have their different views about why my blood pressure was not under control. It was like a yo-yo.

July, 2007

Then I contacted another doctor that I have not been in touch with for 21 years. The last time I saw him was in 1987. Before he became a doctor he had attended the Mosque in this city.

If you read *Is It Possible That The Honorable Elijah Muhammad Is Still Physically Alive*, you will read on its cover, "With a letter from the Honorable Elijah Muhammad on his escape from a particular death plot." This letter was written to me by the Honorable Elijah Muhammad in 1966. I lost that letter. I tell the reader in that book how I got it back. Minister Farrakhan makes a very important statement in the book about that letter.

This letter has a 100% bearing on the success of the mission of Minister Farrakhan and it has a direct bearing on your life and future. If I was able to go into that, fully, it would make clear why I was pushing myself. Of course, there are some people who dismissed this. If it be the will of Allah, I would go into this "context" of that time, why I was pushing myself that led to my being hospitalized.

I ran into several serious problems, in the process, of trying to get that book out. It became intense. The point I'm making is that I became "busy" and forgot to take my medicines. I got too busy for my own sake. On February 18, 2007, I got slowed waaay down. Smile.

With the exception of the bleed in a part of my brain, the doctors wrote that my overall health was good. Later two doctors verbally repeated to me, what they wrote. They told me that because of my overall good health, I was able to come out of this stroke with minimum damage.

I was at the rehab for two weeks, in certain respects it was a great learning experience. I saw people in conditions that I never saw before. I was very grateful that I was still able to walk, use my hands etc. I was able to go to the nursing station and get my own coffee. All though I really did not understand the effects of the stroke, at that time nor did I really understand why I could not speak clear, nor write, or make phone calls, I was filled with gratitude. There is still much I yet have to overcome from the stroke.

Later, Sister Traci emailed an article to my daughter Bari to give to me. Originally, I wanted to give you the first six paragraphs from this article. But it's too involved for this statement. So at least I wanted to give you the date.

May 28, 2007 by Gina Kolata opens her with: "Dr. Diana Fite, a 53-year-old emergency medicine specialist in Houston, knew her blood pressure readings had been dangerously high for five years."

She goes on to tell the readers that Dr. Fite told her that she had a stroke while driving her car. Later in the article, she said that Dr. Fite told her that in the course of their conversation she became careless with her health and got too busy and didn't take her medicine.

If Allah pleases, I will come back to this article, because it contains another fact that has a direct bearing on my life. At a more suitable time, I will like to deal with it, be it the will of Allah. I have to leave this to medical people to study the whole article because only people who are trained can understand.

Finally, I went through several medical experiences last year and was hospitalized four times this year. Neither were stroke situations. I am doing what the doctors tell me to do.

But, I want you to understand that I am under the guidance of Dr. Patina Muhammad, who works with other medical people. The relationship is the same as it was prior to my entering the hospital on

February 18, 2007. She was guiding me—medically speaking—along with other doctors, with the objective to get me well.

It would be of the grossest ingratitude, if I didn't mention that twice Dr. Patina saved my mother's life. I don't have to prove this. But I can. I am grateful for the prayers many made for me and the many wonderful letters and cards. The Holy Quran reads: "If you are ungrateful, then surely Allah is above need of you. And He likes not ungratefulness in His servants. And if you are grateful, He likes it for you. And no bearer of a burden will bear another's burden. Then to your Lord is your return, then will He inform you of what you did. Surely He is Knower of what is in the breasts." (39:7)

Next, I hope to educate the readers on "Aphasia" that I am working to overcome. I hope to make all of this clear in Part Two in a very few words, by the help of Allah and His Servant—the Honorable Elijah Muhammad.

I completed this statement over a long period. Please continue to visit the website www.cuttingedgeknowledge.org for updates.

I am very grateful, from the depth of my heart, for all those who participated in helping me or were/are involved on any level, and to those who expressed words of prayers or otherwise for me.

As-Salaam-Alaikum:

Jabril Muhammad

Part Two

In part one I said that I would make clear why I chose to make this statement through Dr. Patina's lawyer. I said that I would do it in a very few words, by the help of Allah.

Last year I discovered that Dr. Patina Muhammad was forced to contact a lawyer to clear her name from vicious and false public attacks.

I learned the circumstances under which she had to do it. Despite the unfairness of the destructive nature of the attacks, Dr. Patina was mature and blessed in her composure. Even though her lawyer, Mr. Carlos F. Negrete of California, had advised her that she could file federal lawsuits, she told him that her main objective was not to bash anyone, but to teach and educate. She also made it clear that if she is forced to go to court on this matter, she would.

After talking to Dr. Patina, it became obvious that this case is a misunderstanding based on misinterpretations of the full law and on ignorance of the evil "teachers" backed by the rich and powerful.

If she did not do something, it was clear to me that her business would have closed down. I saw that this would have hurt many people including myself.

I looked at the lawyer's website. I liked what I saw. I saw that he represented Naturopathic Doctors and others, like Dr. Patina here in Arizona who had come under similar attacks. I also saw that he won big cases for these doctors against entities that are against natural healing also known as alternative medicine.

I had the opportunity to meet him and listen to the conversation between him and Dr. Patina. I saw that they were comparable in terms of their aim and purposes, pertaining to the medical field. I met him four times.

He, several times defeated Quackbuster, Quackwatch and entities like them, who are really backed by the Pharmaceutical cartel and the FDA. They have billions of dollars. They are people who are backed by the pharmaceutical companies and the FDA who misrepresent the "new" kind of medical people to the public. Thus, the general public is misled by these liars, who are backed by the rich and powerful.

In terms of his attitude concerning health, it was compatible to that of Dr. Patina. I had an opportunity to see that he had deep respect for the Honorable Minister Louis Farrakhan and the Nation of Islam. From the first time, it was clear to me that his emphasis, although he is an effective lawyer, is he is an educator and advocate for professional healers across the country.

In April 1960, I was in Chicago, listening to the Honorable Elijah Muhammad speak. In the course of his speech, I heard the Honorable Elijah Muhammad speak significant words about the future of "medicine." I've been blessed to see some of the developments, for the better in "medicine" or the healthcare industry, that he spoke about.

Recently, I was blessed to see and appreciate the strength of his words in my personal medical situation. I also became aware that non-coincidental circumstances have presented me with these events and allow me to come forward with my personal enlightenment.

It would take a book to make that clear. But, it's not necessary because there are many books on this subject. If you were to read all of the good books that are out there, in a very short time, they would be replaced by much better books, on the same subject. What I'm trying to make clear is that this change that is taking place is what the Honorable Elijah Muhammad spoke about. The process that I'm speaking about was initiated by his Teacher in the early 1930s.

Finally, I chose him to speak through because of two reasons. He is an expert in the legal complexities of medical law. He is not narrow-minded. He, likewise, is not ignorant of the need for

“traditional allopathic” and “alternative”. He, likewise, understands the need for both kinds of medicines in certain situations.

In closing this short statement, Dr. Patina and her Lawyer, Mr. Negrete are very compatible when it comes to educating, not insulting, the general public in terms of the cutting edge knowledge pertaining to medical knowledge.

I hope that those who read my statement will think carefully and deeply. We are approaching the time of intense darkness that the prophets warned us of. We must be very, very careful. The Honorable Minister Louis Farrakhan has spoken and written of this very clearly. He has covered the need for us to seek forgiveness from the Almighty and how to do better by each other right now, for our better tomorrow.

On this website, you may expect to learn much about conduction aphasia that I am personally seeking to overcome.

Thank you for reading this.

Jabril Muhammad

July 2008

CRITICS AND THE QUR'AN

The following are excerpts taking from the book This Is The One, written in December 1970 by Jabril Muhammad. To read this chapter in its entirety, please visit the website at www.cuttingedgeknowledge.org

As far as I know, not one of the critics of the Honorable Elijah Muhammad and The Nation of Islam has publicly faced up to the real issue: did he or did he not meet God.

When you present a person with the true knowledge of how The Honorable Elijah Muhammad became the Messenger of Allah—from Whom he received his infinite wisdom and the Source of his unique success—and when you provide a person with the proof of that truth, that person is going to react in one of two ways. He, or she, will either accept or reject it. This rejection can take more than one form. Doubt or uncertainty is one form. Disbelief, appearing as indifference or disbelief leading to actual opposition, is another form of rejection. Virulent hypocrisy, appearing first as an acceptance, but later on becoming manifested for what it is, is another form of the rejection of the truth. . . .

As was shown last chapter, much of what passed for fair criticism and comment on the mission and person of the Messenger was no more than slander and libel.

This is not to say that many of the critics do not have good intentions. There are those who do mean well, and in fact, wish the Messenger and his followers "all the success in the world." Many such people prove that they are sincerely motivated, because upon getting a better understanding of the identity and wisdom of the Honorable Elijah Muhammad, they make fitting changes. But all are not like this. When shown the truth to the extent that even the basis of their objections are removed, some people continue to cling to false beliefs. These are they who say in effect that "I won't believe what you say, even if you prove it is the truth." This is sheer perversity and foolishness.

Certainly, the use of trickery has been successful during a little over the past 6,000 years. But we are in a new day when trickery and wickedness has just about run its course. The 'sun' light of truth is enough to reveal the slanderers for what they are and their sayings for what they are worth.

Besides all this, the word of Allah to Messenger Elijah Muhammad contains the following:

... argue not with the People of the Book except by what is best ... Holy Qur'an 29:46

And again it is written in the Holy Qur'an:

Call to the way of thy Lord with wisdom and goodly exhortation, and argue with them in the best manner ... 16:125

However, it can be safely presumed that these writers were sufficiently educated to appreciate what is involved in the research process. Surely they knew that the purpose of research is, or should be, the discovery of the truth. They knew that research is the careful, systematic inquiry, especially into subjects of importance. Surely, these writers knew that aside from the addition of knowledge and the deepening of understanding, research may force the revision of knowledge, or the way in which one does things. In other words, the results of research may strengthen previously held views or lead to the complete destruction of ideas, methods, etc., which prove to be worthless. In addition to all of this, research, in the broadest sense, should lead to the increasing grasp of the true relation between facts and the significance of both the facts and their understandings.

There is no need to enter into a full discussion of the research process here. However, there are a few aspects of the research process which are usually neglected by the critics of Messenger Elijah Muhammad and The Nation of Islam.

The aim and purpose of the research process is to uncover truths by means of the principles of scientific investigation. The first step involves the determination of what questions can or should be answered. Now the steps of the research process are of such nature that they merge one into the other.

The interrelatedness of the steps in any effort of research are such that the nature of the first

step greatly fixes the nature of the last step. Errors at the beginning steps of investigation may produce problems which result in the prevention of the successful conclusion of the research effort. Worse, conclusions rooted in errors, fallacies, etc., can end in death and destruction, when they are applied to such serious problems as the "race" issue.

The more important the issue, the greater the care that must be exercised, from the formulation of the theme to be studied, through the collection of data, to the final presentation and use made of the conclusions. This does not mean that care ought not to be used in small matters.

It is well known among scholars and students that the seeker of truth must maintain thoughtful attention between his studies, and their relation to the accessible knowledge that there is, and to emerging views and even to possibilities. Researchers also know that the application of the results must be anticipated from the start of a study, if the research is intended to resolve an immediate and practical problem.

What the investigator determines that can or can't be measured or weighed will influence what elements he selects or omits as he forms his approach to the problem he faces. This in turn greatly influences the type of evidence seen as relevant to the answer the searcher seeks. After the data has been gathered and the research design or pattern has been fixed, several irreversible decisions are built in, which substantially determines the type of analysis and interpretation of the findings.

This brings us to the fact that an overemphasis of certain factors, or omitted information, can result in the total failure of the seekers of truth to realize their objective. The omission of relevant facts must result in the same thing as the deliberate discarding of facts—something less than the truth or no truth at all. It goes almost without saying that the purpose with which one approaches a subject, influences the selection and use of material in any research project.

Some simply did not understand their subject, and have admitted this later. Fallacies in our reasoning make our conclusions wrong. When we try to walk in the false light cast by incorrectness in our thinking, our line of reasoning, our beliefs, we can get ourselves into big trouble. Fallacies are dangerous. Why? Because they often appear as truth. They may seem reasonable when they are senseless. They frequently look right when really wrong. They resemble sound thinking but are really unsound.

Sometimes a speaker makes his point in such a way that one may be led to think he has supported his point with evidence, when he has not. Sometimes he will give a few examples, and from that speak of other things as though the few are typical of the rest. Sometimes he will make comparisons between things in which there are critical differences.

Giving the impression that a minor relation between two things is bigger than it really is, and that this caused that, when it hasn't, are two often used fallacies.

Taking what seems to be the sign of one thing to be the sign of something different is another instance of a fallacy. Another example involves being vague or using a word in a vital area that hides the true meaning.

Using loaded language—emotional language—to establish a point for which the speaker has no proof, is another fallacious device. Name calling is an example of this. Some speakers simply avoid facts that have direct bearing on the subject.

On the other hand, he may bring in things that have no bearing on the issue. The reader may have seen speakers—especially preachers—repeat a thing over and over to try to win his point. But repetition is not proof of truth. Sheer noise is used by some. Personal attacks rather than attacks on what the other has to say, is still another device.

Agreeing with another's conclusion while denying the base of that conclusion, even though it necessarily flows from the premise put forth by the other, is a fallacy. Playing on the imagination and feeling of the listeners by appealing to what may be popular is fallacious.

Or, he may knock down an argument that the other has not put forth. Or, again, he may ask the other a loaded question: Have you stopped stealing yet? Have you stopped beating your wife?

We've seen speakers in debates take advantage of the fact that an audience, or most in the audience, may not have enough knowledge to see that one speaker may be taking advantage of the other, because of the lack of knowledge on the part of the audience on that subject. One man may say such and such cannot be true because, "We have never heard of that before." For instance, uninformed people at one time said that the telephone was impractical because "we all know you can't talk over wires."

Another example that use to cause those in the know a hard time was that knowledge of the atom was not widespread. So, when talk of cracking the atom came up, people who were not in the know said, "Of course you can't crack an atom; how can you possibly crack something that you can't see?"

It is hard enough when the audience, or most of it, are not in the know on the subject. One of the speakers may have a hard time, though he may be very much in the know. This means he will have to work harder than the other. But when the other is also not in the know, then, we really have a problem.

The Random House Dictionary defines fallacy to mean:

A deceptive, misleading, or false notion, belief, etc.; a misleading or unsound argument; deceptive, misleading, or false nature; erroneousness. In the science of logic a fallacy is any of various types of erroneous reasoning that render arguments logically unsound.

The American Heritage Dictionary defines fallacy in this way:

An idea or opinion founded on mistaken logic or perception; a false notion; a statement or thesis that is inconsistent with logic or fact and thus renders the conclusion invalid; the quality of being in error; incorrectness of reasoning or belief; the quality of being deceptive.

Sophistry means a:

subtle, tricky, superficially plausible, but generally fallacious method of reasoning; a false argument... (Random House)

And it is further defined:

A plausible but misleading or fallacious argumentation; faulty reasoning. (American Heritage)

From dictionaries and other "word books" it is clear that there are but slight differences between the words sophistry and sophism. Both words refer to argumentative techniques that stress form rather than content. Both point to:

False arguments intentionally used to deceive, (Funk and Wagnalls Modern Guide To Synonyms)

Websters New Dictionary of Synonyms says that:

Sophism and sophistry and sophisticated imply, as fallacy and fallacious do not necessarily imply, either the intent to mislead or deceive by fallacious arguments or indifference to the correctness of one's reasoning provided one's words carry conviction; the terms, therefore, often connote confusingly subtle, equivocal, or specious reasoning. Sophism, however, applies usually to a specific argument of this character, sophistry often to the type of reasoning employing sophisms.

It is clear that the type of thinking or reasoning indicated by these words (fallacy, sophistry, etc.) is dangerous when employed to build programs to cope with this complex problem of "race" in and out of America.

Let us take a good look at the words critic, criticism and criticize, as used here, and based on definitions given in several dictionaries.

Critic: "one who expresses a reasoned opinion on any matter, as a work of art or a course of conduct, involving a judgment of its value, truth, or righteousness, an appreciation of its beauty or technique, or an interpretation: one skilled in judging the merits of literary or artistic works, one

concerned or adept in any analysis of the work of others involving critical judgments, or one whose profession is to write criticism:—one who judges the merits of anything by some standard or criterion; a skilled judge of literary, theatrical, or other artistic creations—a person who forms, and expresses judgments of people or things: a person who forms and expresses judgments of the qualities and comparative worth of books, music, paintings, sculpture, plays, motion pictures, etc., especially one who writes such judgments professionally.

The word implies that the critic, makes an effort to see a thing clearly, truly and impartially so that not only the good in it (or whoever may be under study) may be distinguished from the bad, and the perfect from the imperfect, but also that it as a whole may be fairly judged or valued.

And according to Webster's New Dictionary of Synonyms:

Criticize in its basic sense does not carry fault finding as its invariable or even major implication; rather it suggests a discernment of the merits and faults of a person or a thing. In ordinary use, however, the word does commonly imply an unfavorable judgment or a pointing out of faults and is probably the term most frequently used to express this idea. (This is usually done openly, publicly.)

Criticism (when meaning a discourse, essay or a report presenting one's conclusion after examining a work of art, literature, etc.,) usually implies an author who is expected to have expert knowledge in his field, a clear definition of his standards of judgment, and an intent to evaluate the work under consideration.

I hope the reader is not offended by the appearance of these definitions. This is just to assist some readers in comparing what a "critic" is supposed to be, and do, to the critics of The Nation of Islam.

**PROFESSIONAL
&
EDUCATIONAL
BACKGROUND
OF
DR. UNDERWOOD**

PATINA UNDERWOOD-MUHAMMAD, N.D.

Education

High School Alhambra High School
Metro Tech Vocational Training (LPN program)
1982-1986

Phoenix Community College (Pre-med courses)
1986-1987
1993-1995

Gateway Community College
1987-1988

Samaritan Health Systems (Hospitals)
1987-2001

Arizona State University
Pre-med courses
1995-1996

Clayton College of Naturopathic Medicine
1999-2004

96 hours of hands on Quantum Reflex Analysis Level 1&2

72 hours of hands on Quantum Reflex Analysis advance level.

96 hours of Iridology

Certified Nutritional Consultation certification exam

Professional Degrees & Designations:

Bachelor of Science of Natural Health
Master of Science of Natural Health
Doctor of Naturopathy

Certifications:

Board certified alternative medical practitioner
Certified Nutritional Consultant (CNC)

Board Certified Iridologist
Certified Quantum Reflex Analysis practitioner

Professional Associations:

American Association of Drugless practitioner
American Association of Naturopathic medicine
International Institute of Iridology
Coalition for Natural Health

Practical work experience includes working in various hospitals, including J.C. Lincoln Hospital, Maryvale Samaritan Hospital, Thunderbird Samaritan Hospital and Good Samaritan Hospital as a nurse intern/ critical care tech. Cross trained to different positions at various hospitals working on the Medical/Surgical floor, Telemetry, Endoscopy, High Risk Labor & Delivery.

The above work covers 14 years of actual clinical work. More than the 120 hours of clinical work customarily received by average person of same education level.

Dr. Underwood wanted to become a doctor since she was 5 years old. That's when she started reading *How To Eat To Live Books* one and two.

Dr. Underwood studied nursing while a Sophomore, Junior and Senior in High School and graduated from the LPN program in 1986. In 1986 she went straight to Phoenix Community College to do pre-med courses. She elected Phoenix Community College because it was the only college in the state of Arizona that used cadavers in the Human Anatomy & Physiology course. She also took Emergency Medical Technician course (that required additional hours of emergency room clinical training. She gained additional experience by following an emergency room physician and assist him with critical injured patients. She completed the course. At the time, while taking pre-med courses, Dr. Underwood became interested in working on the ambulance. She applied and was interviewed, at Southwest Ambulance (what it was called then) but was informed that she was too young to work on the ambulance, as the insurance would not cover her.

She then persevered and applied at the John C. Lincoln hospital in Phoenix and was offered a job as a nurse intern/monitor technician, (where she responsible for 20 heart monitors on the Telemetry Unit, which also paid more money at that time than a L.P.N. She remained there for approximately three months because of racist attitudes that prevailed at the time.

She left there and was hired at Maryvale Samaritan Hospital (same position) and did on the job training as a Health Unit Coordinator (Secretary) to run the desk when needed. She became certified. She was one of the first nurse intern/tech to be trained in drawing ABG's (arterial blood gases). She was also one of the first to go to a hospital orientation training class to be a part of the trainee team that train and orient new graduates-LPN/RN nurses and interns. She

remained at Samaritan Health Services for 14 years transferring throughout the system working in various parts of the hospital while going to school. Each time she gained an opportunity to advance herself. She attended ACLS (advance cardiac life support) courses and was part of the code team. Even though she was often offered well paying jobs at various doctor's offices, she focused on completion of her education.

While working at the hospital, she observed that something terrible was wrong. She looked at what they were feeding the patients. She look at the many medications that these patients were provided. It became clear to her why these patients were not getting well and why the hospital was seeing the same patients over and over again for the same problem.

At that time, she was not aware that there was another side of medicine called "alternative medicine." It was not until 1999 when a doctor friend of hers had a magazine that on the outside cover read "*For Doctor only.*" He gave her permission to read the magazine and she saw an advertisement for a Naturopath medical school. It was Clayton College of Natural Health advertisement. What caught her attention was the fact that she read how you can use food and nutrition to heal the body. Without hesitation, she called the school and asked what she needed to do to get into this school. She enrolled and studied from 1999 to 2004, total of 5 years.

Dr. Underwood achieved her educational goals and earned three professional degrees.

She now has many clients that include nurse practitioners, register nurses, medical doctors, chiropractor, naturopathic doctors etc. She get referrals from other naturopathic doctors, from Dr. Marshall's health talk radio show that is aired in all 50 states, and from satisfied clients.

She is distinguished among her peers and very much respected by them. She and other doctors have teleconferences every second Tuesday of the month to discuss their most difficult cases.

Dr. Underwood now enjoys a thriving practice in Phoenix and has countless successes. Her approach to clients is professional, experience and based upon her vast body of education, experience and knowledge. She has more that 200 positive testimonials of clients, including 10 physicians and 60-70 other health professionals.

As the public has become more aware of the benefits of complimentary therapies and nutrition, Dr. Underwood's work has expanded.

She is the only health care professional with her experience and background that enjoys the recognition of members of the Nation of Islam and the local community. She has also been recognized by many leaders of the Nation of Islam for her work and dedication.

**FINDINGS OF
INVESTIGATION**

LAW OFFICES OF

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July 31, 2008

SOUTH MOUNTAIN NUTRITIONAL CENTER

26 East Baseline Road

Suite 132

Phoenix, AZ 85042

RE: Dr. Patina Underwood-Muhammad
INVESTIGATION REPORT

Dear South Mountain Nutritional Center:

For several months, Dr. Patina Underwood-Muhammad has been the subject of a public negative campaign aimed at discrediting her and her Center.

This attack has taken the form of internet postings, emails and oral statements published to third parties.

Our law firm was engaged to investigate this negative campaign and series of personal attacks in order to determine their origins and whether or not they have any basis.

Accusations

In the attack campaign, Dr. Underwood has been accused of:

- Causing the death of individuals due to medical treatment;
- Illegally practicing medicine;
- Practicing medicine without a license;
- Causing harm to specific members of the community;
- Making false claims of successes;
- Defrauding the public.

After a very careful and exhaustive investigation, we have found that there is absolutely no evidence that any of this is true. There is no evidence to back any of the accusations.

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Our office contacted the accusers in an effort to come forward with evidence of their outrageous charges against Dr. Underwood. After almost a year of trying, they have not come forward with anything other than calumnious unsupported charges that amount to nothing more than self-generated gossip.

These attacks are so specious and malicious, that it has been recommended that consideration of filing a Federal lawsuit should be considered.

Brief Summary of Findings

After an thorough and comprehensive investigation by the Law Offices of Carlos F. Negrete of the accusations of Dr. Patina Underwood-Muhammad it has been found that there is no evidence to support the accusations. The accusations are found, instead, to be baseless and false and made with malicious intent with ulterior motives of the perpetrators of a negative disparagement campaign.

The main perpetrators of negative campaign included, but are not limited to, third parties [which for now are unnamed co-conspirators] that have ulterior motives and agendas that are directed at Dr. Underwood because of her connections to certain well known patients and because of the good standing and reputation that she has achieved in the community.

The leading co-conspirator of the defamation is a former Maryland attorney that has his license revoked due to professional misconduct and incompetence. Even though his license was revoked, he illegally continued to hold himself out as a licensed civil rights attorney. The co-conspirators used this masquerade to deceive the public into believing there was some legitimacy to the accusations, when there was none.

Upon in depth investigation, it has been found that the perpetrators have engaged in a systematic pattern to destroy the reputation and business of Dr. Underwood by means of half-truths, innuendos and all out false facts.

Our investigation indicates that underlying motive of this carefully orchestrated scheme to discredit Dr. Underwood was to enhance the standing of those connected with negative campaign within the Nation of Islam community by any false means presumably necessary.

We have found that one of the purpose of the scheme was to use Minister Jabril Muhammad, who was stricken with a serious medical condition, as a pawn and example of the

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wrongdoing of Dr. Underwood. As it turns out, the true facts are that Minister Muhammad's attributes his recovery to the life saving work of Dr. Underwood and her expertise.

While it has been discussed that a lawsuit is highly warranted and justified to bring the perpetrators to justice, it has been the decision of the victims, including Dr. Underwood, that rather than engage in more hostility and infighting among members of the Nation and Minister Muhammad's family, attention should be focused at education and further devotion to work that is much needed in the community.

Notwithstanding this very noble and honorable attitude, there is significant legal and factual support to initiate legal proceedings against the perpetrators.

Scope & Methodology

Our firm has reviewed hundreds of pages of documents, emails, research material and interviewed former and current patients of Dr. Underwood and Dr. Underwood, herself, as part of our investigation.

We have also been in contact with the accusers and performed investigative background on each one of them.

Our office has also performed legal research into the areas that are related to the acts and charges of the proponents of the negative campaign.

Ultimately, after the compilation of all the information, we are now able to report our findings.

Credentials & Qualifications

Dr. Underwood has been found to have a very distinguished and remarkable educational and practical background.

There is no basis to claim that Dr. Underwood is not qualified to practice in her field within the standards of the State of Arizona.

Dr. Underwood has attained national recognition and attention for the successes that have been achieved.

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A more comprehensive analysis of Dr. Underwood's background has been attached.

Background

By way of background, we have considered that Dr. Underwood works within the traditions of Complimentary and Alternative Medicine.

What is Complimentary & Alternative Medicine (CAM)?

In performing our investigation, it is important to note that Dr. Underwood places emphasis on Complimentary and Alternative medicine (CAM) as part of her practice.

While a comprehensive explanation can be found in the website www.cuttingedgeknowledge.org, this report has considered this in understanding the work of Dr. Underwood in the face of the accusations. In doing so, we take into consideration what CAM is and the relationship it has to Dr. Underwood.

CAM places focus on treating the body as a whole person — recognizing that physical health, nutrition, mental well-being and toxins contained in the body play a part in the overall health of an individual.

Naturopathy focuses on noninvasive treatments to help one's body do its own healing. Naturopaths draw on many forms of complementary and alternative medicine, including massage, acupuncture, herbal remedies, exercise and lifestyle counseling.

There are many terms used to describe approaches to health care that are outside the realm of conventional medicine as practiced by holders of M.D. (medical doctor) or D.O. (doctor of osteopathy) degrees and by their allied health professionals such as physical therapists, psychologists, and registered nurses, as practiced in the United States. This fact sheet explains how the National Center for Complementary and Alternative Medicine (NCCAM), a component of the National Institutes of Health, defines some of the key terms used in the field of complementary and alternative medicine (CAM)A group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine. Complementary medicine is used together with conventional medicine, and alternative medicine is used in place of conventional medicine.

What is Naturopathy?

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Dr. Underwood earned a degree as a Doctor of Naturopathy.

Naturopathy, or naturopathic medicine, is a system of medicine based on the healing power of nature. Naturopathy is a holistic system, meaning that naturopathic doctors (N.D.s) strive to find the cause of disease by understanding the patient as a totality of body, mind, and spirit. Most N.D.s use a wide variety of therapies and techniques (such as nutrition, herbal medicine, homeopathy, and acupuncture).

There are two areas of focus in naturopathy: one is supporting the body's own healing abilities, and the other is empowering individuals to make lifestyle changes necessary for the best possible health. While N.D.s treat both short bouts of illness and chronic conditions, their emphasis is on prevention of disease and patient education.

More information is contained in www.cuttingedgeknowledge.org.

Medical Establishment and the Acceptance of CAM versus Conventional Therapies

As CAM became more popular, the medical establishment has invested millions of dollars to discredit its benefits in order to attempt to slow down its spiraling growth.

One of the long standing myths is that CAM is dangerous and patients at great risk of injury or even death. Ironically, several published studies have show the opposite is true. In fact, it is conventional medical that is now under question.

Alternative medicine is clearly a threat to these communities since they rely upon self-help, nutrition and home remedies that are available to all, something which these groups are threatened by.

Ironically, it is what is being labeled as "alternative" that is truly traditional. It consists of those therapies that have existed for thousands of years and was passed down from generation to generation, through word of mouth and the written word.

What is now known as "traditional" medicine is something that came to being just about the turn of the last century and was based upon, not success, but rather economic forces and the powerful few. This ultimately morphed its way into the Food & Drug Administration (FDA), the American Medical Association (AMA) and the billion dollar pharmaceutical industry. This alliance has systematically engaged in a campaign to discredit and/or destroy anything that is not regulated or controlled by them.

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Since complimentary remedies cannot be patented, they have little or no value to giant pharmaceuticals, hence the disinterest.

It has been documented and reported that the Modern health care system is the leading cause of death in American.

A definitive review and close reading of medical peer-review journals, and government health statistics shows that American medicine frequently causes more harm than good. The number of people having in-hospital, adverse drug reactions (ADR) to prescribed medicine is 2.2 million. Dr. Richard Besser, of the CDC, in 1995, said the number of unnecessary antibiotics prescribed annually for viral infections was 20 million. Dr. Besser, in 2003, now refers to tens of millions of unnecessary antibiotics.

The number of unnecessary medical and surgical procedures performed annually is 7.5 million. The number of people exposed to unnecessary hospitalization annually is 8.9 million. The total number of iatrogenic [induced inadvertently by a physician or surgeon or by medical treatment or diagnostic procedures] deaths shown in the following table is 783,936.

It is evident that **the American medical system is the leading cause of death and injury in the United States**. The 2001 heart disease annual death rate is 699,697; the annual cancer death rate, 553,251.

Medical mistakes are the third leading cause of death just behind cancer and heart disease.

In contrast, there are no such statistics with complimentary medicine. This is logical since most complimentary therapies consist of non-toxic and non-evasive modalities.

The human body is a miraculous instrument that understands how to heal itself if it is properly nourished and healthy.

Dr. Underwood has focused her work on CAM. Emphasis on nutrition places you in exactly the right place to compliment the human body.

Keeping this in mind, it was found though our investigation that the accusations lodged were ignorant of these statistics and the nature of Dr. Underwood's practice. There was no effort made on the part of the accusers to either question or verify their own facts from the source, i.e. Dr. Underwood.

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Had even a minimal inquiry have been performed, it would have been absolutely evident that Dr. Underwood's therapies are well established and based upon well studied and tested medical modalities.

Clayton College of Natural Health

Contrary to the misleading statements of Dr. Underwood's attackers, Clayton College is a well established, accredited and recognized professional school that provides a comprehensive program with emphasis in CAM therapies. It has graduated over 20,000 students during the years since its establishment.

Clayton College is accredited by the Alabama Department of Postsecondary Education. It is also accredited by the American Association of Drugless Practitioners and the American Naturopathic Medical Accreditation Board. The International Iridology Practitioners Association accredits CCNH's Iridology Certificate Program. These private associations offer professional accreditation in the field of naturopathy and other areas of natural health. As such, they are designed to meet the needs of non-traditional education and are not recognized by the United States Department of Education.

Therefore, it is pure ignorance to suggest that Clayton College is not a legitimate college or that it is unaccredited.

Arizona Licensing

The State of Arizona is one of a very few states that established a designation of "Naturopath" or "N.D." However, while the Arizona law appears to be a recognition of CAM, it was, instead, the result of the political lobbying of two colleges that convinced the legislature to write a law that was more limiting than necessarily broad enough to provide a licensing system for practitioners of Naturopathy.

Clayton College, being a competitor of these two colleges, was excluded as being recognized by the State of Arizona. There are efforts now in place to correct this injustice as Clayton College has been long recognized throughout the country and world.

As Applied to Dr. Underwood, even though she has earned the degree of Doctor of Naturopathy and can be correctly referred to as Dr. Underwood or Naturopathic Doctor

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("N.D.")d, the State of Arizona is among very few states that prohibits the use of this designation unless you have graduated from one of the two *sweetheart* colleges.

Since a degree is earned and conferred, it cannot be ignored or taken away. There are several states that Dr. Underwood could openly use the designation of N.D.

CONCLUSION

After performing our investigation and review of the charges lodged against Dr. Underwood, we find that there is no basis or evidence, whatsoever, for the claims made against Dr. Underwood.

It is more obvious that Dr. Underwood has been the subject of a very vicious and false attack on her reputation by third parties that seek either to gain personal advantage or have independent ulterior motives.

It is strongly suggested that consideration should be given to referring the accusers to governmental agencies or, at the very least, filing a federal court lawsuit for defamation and unfair business practices, among other things.

Based upon the information that we have reviewed, we believe that there would be a strong likelihood of bringing the accusers to justice before a court of law.

For the time being, we are very pleased and honored to report to Dr. Underwood, that she has been cleared of all charges and vindicated.

Very truly yours,

LAW OFFICES OF CARLOS F. NEGRETE



CARLOS F. NEGRETE

Attorney at Law

CFN/me

SUPPORTING EVIDENCE

**WHAT IS
COMPLIMENTARY
MEDICINE?**

What is Complimentary & Alternative Medicine?

Complimentary and Alternative Medicine (CAM) is nothing new and has, instead, been in existence for thousands of years.

CAM is recognized around the world and is the fastest growing sector of the health care industry.

For many consumers, may already be receiving CAM therapies such as chiropractic care, acupuncture, massage therapies and nutritional supplements.

In the recent past few years, major hospitals, research organizations and the government has begun to recognize that CAM is taking on such growth that it cannot be ignored and, rather, should be recognized and embraced.

MAYO CLINIC

The world recognized hospital and research center explains CAM as follows:

Complementary and alternative medicine: What is it?

Ranging from herbs to acupuncture, alternative medicine is becoming increasingly popular. Learn the basics.

When you were a child and sprained an ankle or came down with the flu, you probably visited a family doctor or a pediatrician to treat your problem. As an adult, you most likely visit your primary care physician for what ails you. But now your friends are suggesting alternative medicine treatments that you've never heard of — things like homeopathy, ayurveda, acupuncture and herbs.

What are these alternative medicine treatments? Are they safe? Will they work? Get the basics yourself before starting any alternative medicine therapy, and always tell your doctor which ones you're trying.

What is alternative medicine? What is complementary medicine?

Alternative medicine generally refers to practices not typically used in conventional medicine. What's considered alternative medicine changes constantly as more and more treatments undergo rigorous study and are proved to be effective or not.

- Complementary medicine is thought of as treatments used in addition to the conventional therapies your doctor may prescribe, such as using tai chi or massage in addition to prescription medicine for anxiety.
 - Alternative medicine is generally thought of as being used instead of conventional methods. For example, this might mean seeing a homeopath or naturopath instead of your regular doctor.
- Integrative medicine: Combining complementary treatments with conventional care

Conventional doctors are learning more about complementary and alternative medicine (CAM) because they recognize that more than half of people try some kind of alternative treatment. Many health care institutions have begun integrating therapies that aren't part of mainstream medicine into their treatment programs. A number of medical schools now include education on nontraditional techniques in their curriculum. As complementary and alternative therapies prove effective, they're being combined more often with conventional care. This is known as integrative medicine. You're practicing integrative medicine when you choose to add a complementary treatment to an existing conventional treatment. For instance, you may decide to take an omega-3 fatty acid supplement to help keep your heart healthy in addition to statins your doctor prescribed to reduce your cholesterol. Remember, talk to your doctor before combining complementary and alternative treatments with conventional treatments to avoid possible problems. What are the principles of complementary and alternative medicine?

Many alternative medicine practitioners base their work around a few common principles. Some of these are similar to what your conventional doctor might do, while others are quite different. Basic philosophies of complementary and alternative medicine include:

- Prevention is key to good health. Taking steps to better your health before you get sick is the best way to keep yourself healthy.
- Your body has the ability to heal itself. Alternative medicine practitioners see themselves as facilitators. To them, your body does the healing work, and treatment encourages your natural healing processes.
- Learning and healing go hand in hand. Alternative medicine practitioners see themselves as teachers and mentors who offer guidance. To the practitioner, you're the one who does the healing.
- Holistic care. The focus is on treating you as a whole person — recognizing that physical health, mental well-being, relationships and spiritual needs are interconnected and play a part in your overall health.

What are some examples of complementary and alternative medicine?

To make sense of the many therapies available, it might help to look at them in the broad categories that the National Institutes of Health uses for classification. Keep in mind that while these categories may be useful for understanding types of complementary and alternative medicine, the distinctions between therapies aren't clear-cut. Some treatment systems may use techniques from more than one category. For example, traditional Chinese medicine uses several types of complementary and alternative medicine. Some techniques may fit in more than one category. For example, acupressure could fit either in the category of manipulation and touch or in the category of energy therapies. Here are the broad categories of complementary and alternative medicine.

Healing systems

Healing systems are complete sets of theories and practices. A system isn't just a single practice or remedy — such as massage — but many different practices that all center on a philosophy or lifestyle, such as the power of nature or the presence of energy in your body. Many healing systems developed long before the conventional Western medicine that's commonly used in the United States.

Examples of complementary and alternative medicine healing systems include:

- **Ayurveda.** This form of medicine, which originated in India more than 5,000 years ago, emphasizes a unique cure per individual circumstances. It incorporates treatments including yoga, meditation, massage, diet and herbs.
- **Homeopathy.** This treatment uses minute doses of a substance that causes symptoms to stimulate the body's self-healing response.
- **Naturopathy.** This type of treatment focuses on noninvasive treatments to help your body do its own healing. Naturopaths draw on many forms of complementary and alternative medicine, including massage, acupuncture, herbal remedies, exercise and lifestyle counseling.
- **Ancient medicines.** These complementary and alternative medicine treatments include Chinese, Asian, Pacific Islander, American Indian and Tibetan practices.

Mind-body connections

Mind-body techniques strengthen the communication between your mind and your body. Complementary and alternative medicine practitioners say these two systems must be in harmony for you to stay healthy. Examples of mind-body connection techniques include:

- Meditation
- Yoga
- Biofeedback
- Prayer
- Hypnosis
- Relaxation and art therapies, such as poetry, music and dance

Dietary supplements and herbal remedies

These treatments use ingredients found in nature. Examples of herbs include ginseng, ginkgo and echinacea, while examples of other dietary supplements include selenium, glucosamine sulfate and SAM-e. Herbs and supplements can be

taken as teas, oils, syrups, powders, tablets or capsules. Some say that they trust herbal medicine because it's been used for thousands of years. Others say that they like it because it's "natural."

Manipulation and touch

These methods use human touch to move or manipulate a specific part of your body. They include:

- Chiropractic and spinal manipulation
- Massage
- Other types of manipulation and touch therapies, such as osteopathy, craniosacral therapy and acupressure

Energy therapies

Some complementary and alternative medicine practitioners believe an invisible energy force flows through your body, and when this energy flow is blocked or unbalanced you can become sick. Different traditions call this energy by different names, such as chi, prana and life force. Unblocking or re-balancing your energy force is the goal of these therapies, and each claims to accomplish that goal differently. Proponents of acupuncture, for instance, say that the insertion of needles into points along energy pathways in your body restores your natural energy.

Other energy therapies include:

- Therapeutic touch
- Reiki
- Magnet therapy
- Polarity therapy
- Light therapy

Are conventional doctors opposed to complementary and alternative medicine?

Many doctors aren't opposed to complementary and alternative medicine. But many doctors practicing today did not receive training in CAM therapies, so they may not feel comfortable addressing questions in this area. However, as the evidence for certain therapies increases, doctors in the United States are increasingly referring people to complementary and alternative practitioners. Your doctor may be willing to discuss these options with you.

Why is there a lack of evidence about complementary and alternative treatments?

One reason for the lack of research in complementary and alternative treatments is that large, carefully controlled medical studies are costly. Trials for conventional medications or procedures are often directly or indirectly funded by the government or drug companies, giving conventional treatments more resources to do studies. Most complementary and alternative treatment trials are more difficult to fund, so there are fewer trials. Nonetheless, a number of studies are currently under way on complementary and alternative treatments ranging from herbs to yoga that may help identify what works and what doesn't, and what's safe and what isn't. In fact, the U.S. government has established a National Center for Complementary and Alternative Medicine to help guide the public in making wise choices when it comes to complementary and alternative treatments.

Talk to your doctor about possible benefits and dangers

Work with your conventional medical doctor to help you make informed decisions regarding complementary and alternative treatments. Even if your doctor can't recommend a specific complementary and alternative treatment, he or she can help you understand possible risks and benefits before you try a treatment. Though some of these treatments can be helpful, many have side effects and can cause problems with certain medications or health conditions. Keep in mind that CAM treatments aren't a substitute or replacement for conventional medical care — but used wisely and in conjunction with conventional medical treatment, they may help you alleviate stress, pain and anxiety, manage your symptoms, maintain strength and flexibility, and promote a sense of well-being.

U.S. Government Response to CAM

In the early 1990s the United States Congress passed legislation that would lead to the establishment and funding of the National Center for Complimentary and Alternative Medicine (NCCAM) within the National Institute of Health (NIH).

This event paved the way for recognition of CAM as an established form of treatment for health issues.

The NCCAM describes CAM as follows:

There are many terms used to describe approaches to health care that are outside the realm of conventional medicine as practiced by holders of M.D. (medical doctor) or D.O. (doctor of osteopathy) degrees and by their allied health professionals such as physical therapists, psychologists, and registered nurses. as practiced in the United States. This fact sheet explains how the National Center for Complementary and Alternative Medicine (NCCAM), a component of the National Institutes of Health, defines some of the key terms used in the field of complementary and alternative medicine (CAM)A group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine. Complementary medicine is used together with conventional medicine, and alternative medicine is used in place of conventional medicine. Terms that are underlined in the text are defined at the end of this fact sheet.

What is CAM?

CAM is a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine. Conventional medicine is medicine as practiced by holders of M.D. (medical doctor) or D.O. (doctor of osteopathy) degrees and by their allied health professionals, such as physical therapists, psychologists, and registered nurses. Some health care providers practice both CAM and conventional medicine. While some scientific evidence exists regarding some CAM therapies, for most there are key questions that are yet to be answered through well-designed scientific studies--questions such as whether these therapies are safe and whether they work for the diseases or medical conditions for which they are used.

The list of what is considered to be CAM changes continually, as those therapies that are proven to be safe and effective become adopted into conventional health care and as new approaches to health care emerge.

Are complementary medicine and alternative medicine different from each other?

Yes, they are different.

- Complementary medicine is used together with conventional medicine. An example of a complementary therapy is using aromatherapyA therapy in which the scent of essential oils from flowers, herbs, and trees is inhaled to promote health and well-being. to help lessen a patient's discomfort following surgery.
- Alternative medicine is used in place of conventional medicine. An example of an alternative therapy is using a special diet to treat cancer instead of undergoing surgery, radiation, or chemotherapy that has been recommended by a conventional doctor.

What is integrative medicine?

Integrative medicine combines treatments from conventional medicine and CAM for which there is some high-quality evidence of safety and effectiveness. It is also called integrated medicineAn approach to medicine that combines treatments from conventional medicine and CAM for which there is some high-quality scientific evidence of safety and effectiveness..

What are the major types of complementary and alternative medicine?

NCCAM groups CAM practices into four domains, recognizing there can be some overlap. In addition, NCCAM studies CAM whole medical systems, which cut across all domains.

Whole Medical Systems

Whole medical systems are built upon complete systems of theory and practice. Often, these systems have evolved apart from and earlier than the conventional medical approach used in the United States. Examples of whole medical systems that have developed in Western cultures include homeopathic medicineA whole medical system that originated in Europe. Homeopathy seeks to stimulate the body's ability to heal itself by giving very small doses of highly diluted substances that in larger doses would produce illness or symptoms (an approach called "like cures like"). and naturopathic medicineA whole medical system that originated in Europe. Naturopathy aims to support the body's ability to heal itself through the use of dietary and lifestyle changes together with CAM therapies such as herbs, massage, and joint manipulation.. Examples of systems that have developed in non-Western cultures include traditional Chinese medicineA whole medical system that originated in China. It is based on the concept that disease results from disruption in the flow of qi and imbalance in the forces of yin and yang. Practices such as herbs, meditation, massage, and acupuncture seek to aid healing by restoring the yin-yang balance and the flow of qi. and AyurvedaA whole medical system that originated in India. It aims to integrate the body, mind,

and spirit to prevent and treat disease. Therapies used include herbs, massage, and yoga..

Mind-Body Medicine

Mind-body medicine uses a variety of techniques designed to enhance the mind's capacity to affect bodily function and symptoms. Some techniques that were considered CAM in the past have become mainstream (for example, patient support groups and cognitive-behavioral therapy). Other mind-body techniques are still considered CAM, including meditationA conscious mental process using certain techniques -- such as focusing attention or maintaining a specific posture -- to suspend the stream of thoughts and relax the body and mind., prayer, mental healing, and therapies that use creative outlets such as art, music, or dance.

Biologically Based Practices

Biologically based practices in CAM use substances found in nature, such as herbs, foods, and vitamins. Some examples include dietary supplements, herbal products, and the use of other so-called natural but as yet scientifically unproven therapies (for example, using shark cartilage to treat cancer).

Manipulative and Body-Based Practices

Manipulative and body-based practices in CAM are based on manipulationThe application of controlled force to a joint, moving it beyond the normal range of motion in an effort to aid in restoring health. Manipulation may be performed as a part of other therapies or whole medical systems, including chiropractic medicine, massage, and naturopathy. and/or movement of one or more parts of the body. Some examples include chiropractic or osteopathic manipulation. A type of manipulation practiced by osteopathic physicians. It is combined with physical therapy and instruction in proper posture., and massage Pressing, rubbing, and moving muscles and other soft tissues of the body, primarily by using the hands and fingers. The aim is to increase the flow of blood and oxygen to the massaged area..

Energy Medicine

Energy therapies involve the use of energy fields. They are of two types:

- Biofield therapies are intended to affect energy fields that purportedly surround and penetrate the human body. The existence of such fields has not yet been scientifically proven. Some forms of energy therapy manipulate biofields by applying pressure and/or manipulating the body by placing the hands in, or through, these fields. Examples include qi gongA component of traditional Chinese medicine that combines movement, meditation, and controlled breathing. The intent is to improve blood flow and the

flow of qi., ReikiA therapy in which practitioners seek to transmit a universal energy to a person, either from a distance or by placing their hands on or near that person. The intent is to heal the spirit and thus the body., and Therapeutic TouchA therapy in which practitioners pass their hands over another person's body with the intent to use their own perceived healing energy to identify energy imbalances and promote health.

- Bioelectromagnetic-based therapies involve the unconventional use of electromagnetic fields, such as pulsed fields, magnetic fields, or alternating-current or direct-current fields.