

Spotlight on Members gives us the opportunity to hear about what our members are up to today, as well as how they found their way to the NHA Health Program. If you're interested in sharing your own story, we'd love to hear from you. Please email essays of around 500 words and one or two photos, to info@healthscience.org.

Enayat Mohammed

Trinidad and Tobago

by Faequa Kahn

As I reflect on my 90th year on this marvelous planet, I would be remiss if I did not take the time to acknowledge my journey in natural living and healthy living. In 1978, my mother was diagnosed with cervical cancer. During her treatment (chemotherapy and radiation), she developed sores in her throat and tongue. It was uncomfortable for her. At that time a very close friend of ours, Mr. Azeez Rahaman, visited my mother and saw her problem. He immediately suggested to us that we withdraw all medications and have her only on fluids. After a few days, the sores were all cleared up. I was told by Azeez that the sores were the result of the medications. Seeing this, I was now convinced of the ill effects of medication. Azeez had told me that what I was observing was a direct result of the body trying to

heal itself naturally by withdrawing the offensive agents.

I immediately became interested in learning more about how the human body can heal itself. He gave me all the information I required by providing me with literature—brochures and books pertaining to natural healing. He introduced me to the American Natural Hygiene Society (now known as the National Health Association), where I was able to get all the information that is required for natural healthy living.

Because of my interest in gaining more knowledge, Azeez and I attended our first Natural Hygiene Society convention in 1980 in Ohio. We have since attended many conventions at various venues throughout the United States. The last convention we attended was Hallandale, Florida, in 2011. I've had the honor and privilege of being a member of the NHA Century Club since 2011.

During the last forty years, my association with the NHA has influenced my life and living, although at times I have gone off course and paid for the transgression.

In 1983, I fasted for two weeks under the supervision of Dr. Keki Sidhwa at Frinton-on-Sea, England. I also undertook separate three-week fasts in 1989 and 1992.

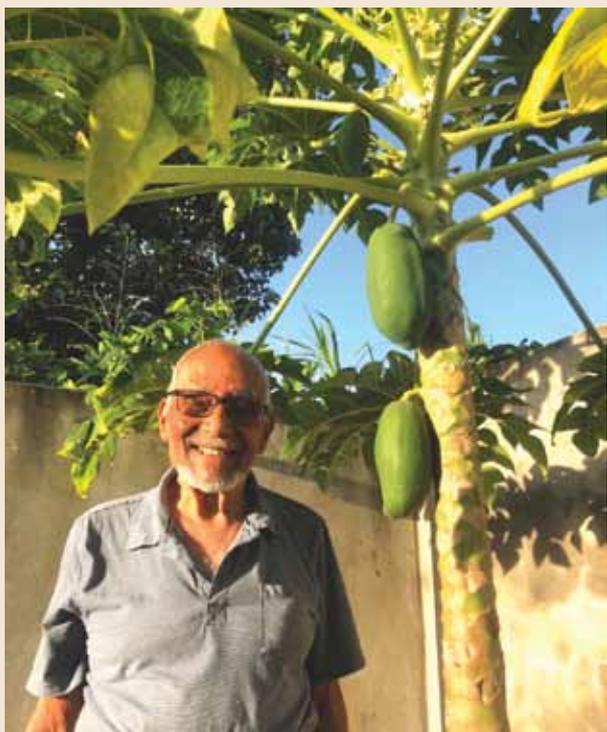
I celebrated my 90th birth anniversary on October 10th, 2020, and continue to enjoy the best of health, putting into practice NHA's motto, "Health



care is self-care." I have benefited from NHA's quarterly *Health Science* magazine, which has shown improvement over the years. The articles and the interviews have been outstanding, and for this I wish to express thanks to our hard-working president, Mr. Mark Huberman.

In Dr. William Esser's Timeless Teaching article from the Summer 2020 issue of *Health Science*, he states, "Natural laws are unchanging. They govern each of us." I have been a follower of this timeless teaching for all my life. It comes from the holy book I follow, the Holy Quran. It states, "the nature made by Almighty God in which he created mankind." I have realized that once we follow the natural laws of the Creator, we will be on the right course for a healthy lifestyle. The National Health Association points out to us the direction we must follow to be rightly guided.

I would like to express my heartfelt thanks to all those individuals who were responsible for keeping me on the right path to achieve the highest standard in healthful living. I will always be grateful to all, individually and collectively, as long as I shall live.



Enayat near a papaya tree in his garden.



Among her many accomplishments, Tiffany has become a Food for Life instructor with the Physicians Committee for Responsible Medicine.

When I tell you that I never would have imagined adopting a whole-food, plant-based lifestyle, it is the truth. Why would I? Growing up, my life was always filled with grilled-meat celebrations. Coming from a long line of master grillers, it was almost a family tradition that was expected to be continued. It's how we showed our love for one another. Backyard cook-offs and grilling brought in the New Year, celebrated birthdays, and added happiness to the fireworks on the Fourth of July. However, attached to this tradition of grilling, lurking in the shadows, was also a long family history of cancers, high blood pressure, diabetes, and more. That's just life, right? My way of thinking was that I should just cross my fingers and embrace the genes I was given. Never did I ever see the obvious parallel of diet and health problems and connect the dots. But suddenly, those dots became connected in a tragic way, which brings me to my life-changing story.

My transition in 2010 was unexpected and unplanned—never on my radar. My journey began when I lost

Tiffany Wilkerson

Frisco, TX

one of the most important people in my life, my grandmother, Dorothy. I could write ten million words trying to explain how much she meant to me and the many good times we closely shared, and I still would not be able to capture the light she was in my world. To say she was the “icing on the cake” in my life is putting it very mildly. For me, she was that constant comfort of love and giver of life-changing words of wisdom. We oftentimes talked on the phone late at night, just chatting like young girls, full of energy and giggles. She was present at all of the major milestones of my life, and I can still picture her perfect smile. When she was diagnosed with colon cancer, I remember not breathing easy for many nights—actually, for many months. I vowed to try and be by her



Tiffany with her family: husband Larry Jr., daughter Mackenzie (16), and son Larry III (14)

side as much as I could during that journey and ultimately believed/hoped that she would see it through. As things progressed, our bedside talks became less and less frequent. Eventually, things became silent. I can vividly remember visiting her towards her final days. Tears overtook my eyes. I asked myself what would be the one thing she would probably

wish for during these times, and I imagined she would say, “Health.” And from that, while sitting there, I knew my life needed to change nutritionally.

From that beginning, starting as a pescatarian and continuing to evolve, a whole-food, plant-based life was born. Yes, it was just that sudden and just that clear to me. I knew no one who had adopted the whole-food, plant-based lifestyle, so I was on my own. My husband was supportive of my decision and became an encourager. I threw myself into years of learning mode, attending health conferences, obtaining certifications, and reading every bit of sound information

I could get my hands on into the wee hours of the night to expand my knowledge of plant-based nutrition.

During that time, I've become a licensed Food for Life instructor with the Physicians Committee for Responsible Medicine and earned my plant-based certification from eCornell University's T. Colin Campbell Center for Nutrition Studies. I've also obtained my Certified Health and Wellness Coach accreditation, with an emphasis

on lifestyle medicine, from WellCoaches. And to expand my kitchen skills and knowledge, I earned my Culinary Plant-based Professional certificate from Rouxbe's Forks Over Knives program and my Culinary Coaching certificate through Harvard University.

Fast forward to today: I'm happy to say that our family of four is plant-



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based. My husband, Larry Jr., and I are very proud of our two teenagers, Mackenzie and Larry III, who play competitive varsity tennis—athletes fueled by plants! I can't tell you the reduced number of doctor visits we've had since they transitioned. It's quite amazing how committed they are to eating this way, and they boldly let

their friends know this. I've even been able to help my parents to transition. It's a whole new world for them now. After 20+ years, their blood pressure is the best it has ever been—and I am smiling!

This journey for me still continues to beautifully unfold as I meet such wonderful individuals, groups, and organizations along the way.

Finding out about the National Health Association through Nutmeg Notebook has been a blessing. The

years of informative contributions that NHA has made in my life are unparalleled. I can joyfully say that I became hooked when I first found the website and NHA's Facebook page, and my interest and enjoyment increased after speaking with Wanda Huberman a few times. NHA's genuine passion is a well-needed light in the community! I am pleased to say I have found my "plant home" here, and I am so very happy to be a family member. 

Linda Lui Palo Alto, CA

In April 2019, I did a 10-day water-only fast (plus 5 days of refeeding) at the TrueNorth Health Center in Santa Rosa, CA, a couple of hours north of my home in the Bay area. I had read about the various health benefits of fasting and was very curious. Looking at TrueNorth's website, I learned about their success in getting people off of blood pressure meds, so I made that the goal for my fasting adventure.

The educational component of their program consisted of daily lectures and a binder of DVDs to view in our free time. By the end of my stay, their message had sunk in. I realized that the real key to lowering my blood pressure for the long haul was changing to a whole-food, plant-based, SOS-free (no added salt, oil, or sugar) diet. The fast provided a great launchpad into a new lifestyle by recalibrating my taste buds and defining a good threshold to use for monitoring my meds.

It was a revelation to learn that the same health-promoting diet that can lower my blood pressure can also reduce my risk for other, seemingly different afflictions: heart disease, cancer, diabetes, Alzheimer's, and autoimmune disorders. (Eating chicken

and olive oil is not considered health-promoting? What?!?) The staff, along with the videos and presentations, also cleared up my confusion from all of the misinformation and pseudoscience that pervades the media and internet. Now I only listen to the practitioners that I trust. I feel at peace. Finally.

Two years later, I continue to eat WFPB, SOS-free and am still off my blood pressure meds. I know blood pressure tends to rise as one ages (I am 62), but at least I am now doing everything in my power to stay off meds as long as possible. Although there was an adjustment period after I returned home from TrueNorth as I figured out new go-to meals for myself, I now thoroughly enjoy my food (mainly hearty salads with a cashew dressing) and don't feel at all deprived. I allow myself an occasional cheat meal, usually for social reasons, but rarely and mindfully.

One of my flatmates at TrueNorth introduced me to the wonderful NHA newsletter as well as some plant-based



Linda Lui with her sister, Cynthia Fedors

food summits, which support the whole-food approach to eating. I shared these with my sister, Cynthia, 71, who lives in Washington, DC. We were going to meet in the middle at NHA's annual conference in Cleveland, OH, in June 2020 until it was sidelined by the COVID-19 pandemic. She and her husband, 82, are 80-90% plant-based, and though they aren't entirely SOS-free, they've seen dramatic reductions in their weight and blood pressure.

We both get a lot out of the terrific NHA *Health Science* magazines and save them all for future reference. I think the NHA's message is *urgently* needed for the health of the population and the planet. 