

NATION OF ISLAM SERVICE TO THE COMMUNITY

A Virtual Seminar on Covid-19: Practical Steps For Self-Care, What You Can Do To Protect Yourself

by **Charlene Muhammad**
National Correspondent
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On Friday, August 27, more than 3,000 people viewed a special virtual event sponsored by the Nation of Islam Online Study Group. The revelatory study guides given to the Black community specifically and humanity in general from the Honorable Minister Louis Farrakhan, make up a Course entitled *Self Improvement: The Basis For Community Development*.

A panel of five scientific, medical and public and wholistic health experts, gave the viewers a powerful, safe and effective approach to protection from Covid-19. It was a brilliant demonstration to overcome the false propaganda that the only response to the virus are the deadly vaccines being deployed by the U.S. Government. The panel proved that “unvaccinated” in no way means “unprotected.” They went beyond how to respond to an infectious disease and offered keys to a healthy life.

Student Minister Ava Muhammad, National Spokesperson for the Honorable Minister Louis Farrakhan, moderated the historic seminar, entitled “*Covid-19: Practical Steps for Self-Care: What You Can Do to Protect Yourself.*”

“This course engages us in self examination, self analysis and self correction, and that takes place on three levels: the spiritual, the mental and the physical. And of course, the Covid-19 virus has presented us with a problem on all three of those levels,” Minister Ava Muhammad explained in her opening remarks.

She noted that from the beginning of the pandemic, Allah (God) made it so that participants in the Course were strengthened because the particular study unit they were on was directly responsive to the difficult circumstances and trials arising from the pestilence from heaven under the name Covid-19.

Four of the special guest speakers, Dr. Safiyya S. Shabazz, Dr. Akili Graham Muhammad, Public Health Administrator Anissa Muhammad and Dr. Darnita Muhammad, are registered members of the Nation of Islam. Dr. Velva Boles, a physician-scientist trained in microbiology and gene regulation, is a well-known activist in the fight for independent Black hospitals, health care and doctors which were lost to integration.

Self Improvement Study Group Coordinators from across the country also took part in the 2-hour live presentation: Troy 5X (Chicago), Jimi Muhammad (Las Vegas), Bobby Muhammad (Colorado), Audrey Muhammad (North Carolina), and Jabril Malik Muhammad (Washington, D.C.)

Organized in less than a week, the special virtual presentation reached the 3,200 enthusiastic viewers without any technical “glitches.” The “short-but-sweet” presentations were loaded with valuable, practical and inexpensive tools and therapies that people could apply immediately.

The Nation of Islam Executive Council has been working diligently to develop the framework for the Ministry of Health and Human Services, Minister Ava Muhammad said. The presentation manifested part of their diligent efforts. The Covid-19 pandemic manifested the need to quicken the response to the Honorable Minister Farrakhan’s directive to activate Nine Ministries. We must quickly prepare for the Original Man’s Exodus out from under the children of our slave masters, said Minister Ava Muhammad.

The Nine Ministries to Build a Nation: Health & Human Services, Agriculture, Education, Defense, Art & Culture, Trade & Commerce, Justice, Information and Science & Technology are designed to cover the full scope of human needs and are central to the development of a new nation of people.

Student Minister Ava Muhammad advanced the dialogue by connecting the dots in a snapshot of Black People’s deliverance, from their suffering at the end of chattel slavery in 1865, to the work of the NOI and the Teachings of the Honorable Elijah Muhammad, up to the direction and leadership of the Honorable Minister Louis Farrakhan.

“I can say I have been faithful.” After lifting these words of Minister Farrakhan from *The Criterion*, a message delivered July 4, 2020, Sister Ava Muhammad told the viewers



NATION
of
ISLAM

In The Name of Allah, The Beneficent, The Merciful.



NATIONAL
Self Improvement:
THE BASIS FOR COMMUNITY DEVELOPMENT
ONLINE STUDY GROUP

A SPECIAL PRESENTATION

**Covid-19: Practical Steps for Self Care:
What You Can Do to Protect Yourself**

Friday, August 27, 2021
7:30pm CT/8:30 ET

 **Zoom ID: 823 9018 2496**

Special Guest Speakers

				
Dr. Safiyyah Shabazz	Dr. Velva Boles	Dr. Akili Muhammad	Sis. Anissa Muhammad	Dr. Darnita Muhammad

Moderated by:
Student Minister Ava Muhammad
Student National Spokesperson
for the Honorable Minister Louis Farrakhan



that while we are going through trials, everyone is going through his or her own severe tests. “Allah (God) promises us that whatever we are going through, a way will be made and He will make a way that will enable us to bear it.”

She described “The Criterion” as likely the most profound Message delivered to humanity, as the 6,000 year rule of Satan comes to an end.

Seminar Presenter Sister Anissa Muhammad, from Muhammad Mosque Number 27, is an active member of the Ministry of Health and Human Services in Los Angeles, California, and has a background in nursing and allied health, chronic disease management and quality improvement in healthcare. She has a Master’s Degree in Public Health Administration, and is currently working on her doctorate in Health Administration.

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Protect yourself

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She outlined the definition of public health, which is concerned with diet, hygiene, the prevention and eradication of epidemic diseases, in addition to sanitation and removing environmental hazards.

Subdivisions of the Department of Health are disease prevention and control, namely, Covid-19 and HIV.

Sister Anissa Muhammad detailed the vision and plans of the NOI for a ministry of health and human services: medical hospitals, systems and professionals to specifically handle mass hospitalizations, intensive care units, and hospital settings, in addition to the NOI's work to educate its registered members and Black and Indigenous People on how to treat and prevent Covid-19, as well as self-management of chronic diseases, such as chronic obstructive pulmonary disease (COPD), cancer, diabetes, and high blood pressure.

Seminar Presenter Dr. Akili Muhammad attended Meharry Medical College in Nashville, Tennessee, and completed his residency at the University of Texas at Houston. He presented the highest level of protection the human being has the natural immunity; he shared the divine solution Allah (God) gave us through the Honorable Elijah Muhammad's dietary program in his monumental 2-volume book, "How to Eat to Live: From God In Person." Dr. Akili Muhammad addressed specifically the underlying "pre-conditions" or "co-morbidities" that exacerbate the effects of the virus in Black and Indigenous People.

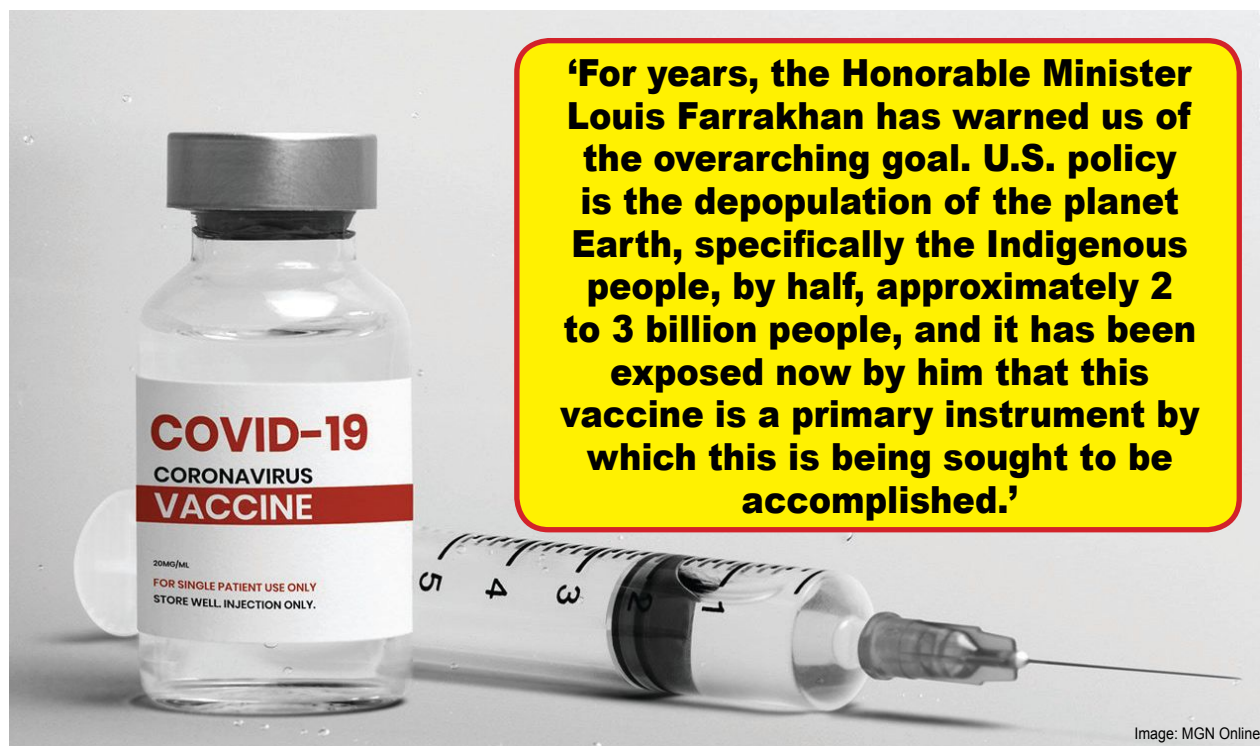
He stated that he has seen many medical problems that had been diagnosed by other physicians as incurable, but improved when the patient followed the Guidance of the Honorable Elijah Muhammad, which calls for, among other things, eating one meal a day or every other day. "Let's not wait any further," said Dr. Akili Muhammad, who practiced in a federally funded health facility in Houston prior to opening his own practice in 2003.

Dr. Shabazz, a board certified family physician and owner and medical director of Fountain Medical Associates, received her Bachelor of Science and Engineering and Medical Doctorate from the University of Pennsylvania. She is a diplomat of the American Board of Family Medicine.

She offered valuable items that we all should have at home and vastly increase our ability to know and understand our condition. She stressed the importance of getting these tools (available at most drugstores and large discount stores) in advance to monitor vital signs in the event there is a need to treat a known or suspected case of Covid-19 at home. For example, a digital thermometer for temperature readings can help determine if additional bacterial infections exist on top of a viral infection. Dr. Shabazz is a multi-award recipient in chemical engineering and medicine.

Like many of the speakers, she spoke about over-the-counter medications and nutritional supplements used to support immune systems and for treatment purposes, should one fall ill. Similarly, presenters highlighted the highly successful medication Ivermectin. It also has powerful anti-inflammatory and anti-viral properties, said Dr. Shabazz.

She pointed out that Ivermectin is becoming very controversial (due to attacks from those pushing the vaccines) and as a result more difficult to source, and find a healthcare provider willing to prescribe it. Even when a



'For years, the Honorable Minister Louis Farrakhan has warned us of the overarching goal. U.S. policy is the depopulation of the planet Earth, specifically the Indigenous people, by half, approximately 2 to 3 billion people, and it has been exposed now by him that this vaccine is a primary instrument by which this is being sought to be accomplished.'

Image: MGN Online

provider is willing to prescribe the medication, it is more difficult to find a pharmacy willing to fill it, according to Dr. Shabazz.

Similarly, the other special guest speakers emphasized the importance of early preparation and obtaining the various products they recommended to treat and prevent the virus.

"You want to be in your best health," stated Dr. Velva Boles, who received her medical doctorate degree from the University of Pittsburgh, Doctorate of Philosophy degree in Health Sciences from Concordia University, a Master's Degree in Chemistry from Duquesne University and a Bachelor of Science degree from North Carolina State University. She also has teaching experiences in the Biochemistry Department, Colorado State University, and School of Nursing in Fort Collins, Colorado.

Dr. Boles provided a comprehensive list of tools and practices to prevent or defeat Covid: She urged the viewers to relax; get enough sleep; drink enough fluids, primarily water, to help keep the body flushed.

In addition to a cost-effective disinfectant demonstrated to shield households from viruses for 24 hours, she recommended keeping a simple at-home Covid-19 test. The test is the same technology as a home pregnancy test, can be purchased at a pharmacy, and gives results in approximately 15 minutes, according to Dr. Boles.

Dr. Darnita Muhammad, a trained Osteopathic Physician who specializes in family medicine, has been practicing for over 25 years. She has worked most recently in community health clinics and urgent care centers throughout Alabama, where she also teaches and is a physician at Tuskegee University. There is no magic pill or potion, however a multi-faceted approach is necessary and has proven effective and essential in the pandemic for the prevention and early and late treatment of Covid-19, she stated.

Before concluding the power-packed session, Minister Ava Muhammad presented several astounding videos. One was the Founding Physicians of the Frontline COVID-19 Critical Care Alliance's video summary of what Ivermectin is, where it came from, what it does, and a web link

to help prepare in advance. The Final Call publishes the website where one can learn about and obtain Ivermectin each week in this section of the newspaper.

Another powerful demonstration of the actual impact of Ivermectin was a graph showing how the Delta variant, which first appeared in and ravaged India, underwent a steep decline to almost zero presence, after government officials began to disperse Ivermectin treatment kits to its citizens. Mexico City, Mexico experienced a similar decrease, Minister Ava Muhammad pointed out.

A third video was that of Dr. Christina Parks, a Black woman with a Ph.D. in Cellular and Molecular Biology from the University of Michigan, testifying on August 19 for Michigan House Bill 4471, which would prevent employers from mandating certain vaccines, including the Covid vaccine, as a condition of employment. Dr. Parks gave irrefutable evidence that the Covid vaccines as well as others such as the flu vaccine, are dangerous, ineffective and actually make a person more susceptible to becoming infected and seriously ill or dying from the virus. She closed with an explosive statement that those who are "vaccine-hesitant" are Ph.D.'s such as herself, because they know what is in the vaccines; people with less than a high school education, because they know they don't know and they don't trust the government; and Black people because we have been the subject of deadly experimentation throughout medical history in this country.

"As we all know now, there are extreme measures, extreme deprivation of human liberties, in this quest to force every member of the population to take the Covid-19 vaccine," said Minister Ava Muhammad.

"For years, the Honorable Minister Louis Farrakhan has warned us of the overarching goal. U.S. policy is the depopulation of the planet Earth, specifically the Indigenous people, by half, approximately 2 to 3 billion people, and it has been exposed now by him that this vaccine is a primary instrument by which this is being sought to be accomplished."

The "Covid-19: Practical Steps for Self Care: What You Can Do to Protect Yourself" special presentation in its entirety may be accessed at <https://media.noi.org/video/gmt20210828-003138-recording-1920x1080>



IMPORTANT INFORMATION ON IVERMECTIN

—There was an overwhelming response to the July 20th article on Ivermectin, a safe, inexpensive medicine which has proven extremely effective in treating Covid-19. It can only be given by prescription. In response to numerous requests for information on how to obtain Ivermectin, we are providing the website which gives a nationwide list of physicians who will prescribe it. Go to: covid19criticalcare.com



Ivermectin is for Humans: Don't let them trick You

by Dr. Ridgely Abdul Mu'min Muhammad

The *New York Times* Aug 21, 2021 article titled "Health officials warn people not to treat Covid with a drug meant for livestock" states: "On Twitter, the F.D.A. warned: 'You are not a horse,' the agency said. 'You are not a cow. Seriously, y'all. Stop it.'"

The *New York Times* article went on to say: "Ivermectin, an anti-parasitic drug commonly used for livestock, should not be taken to treat or prevent Covid-19."

That statement by the FDA is wicked and deceiving. First, the FDA has approved Ivermectin for use by humans, but refuses to repurpose it for COVID-19, because it wants every man, woman and child vaccinated. The government very well knows that Ivermectin is on the World Health Organization's list of "essential medicines" and has been distributed to millions of people since 1987. It has successfully and safely fought tropical diseases such as river blindness and other parasitical infections in humans. Dr. Pierre Kory, representing Front Line COVID-19 Critical Care Alliance (FLCCC), has testified twice to Congress presenting evidence of the safety and efficacy of Ivermectin for humans in fighting the COVID-19 virus. In fact, you can go to their website (www.covid19criticalcare.com) to locate a doctor licensed to prescribe medicine in your state. They have an extensive directory of medical and health professionals who will consult with you over the internet and prescribe Ivermectin for you.

The FDA is in cahoots with the "deep state government," Big Pharma, mass media and social media—all conspiring to force the American people to participate in a mass experiment that ends in 2023.

This vilification of Ivermectin is similar to how another common and widely used drug to fight malaria—hydroxychloroquine—has been vilified and attacked. In a recent addition of *The Final Call* we were introduced to a heroic medical doctor who used this drug along with others in a protocol that he used to save 6,000 victims from COVID-19, including former president Donald Trump. His name is Dr. Vladimir Zelenko and here is a portion of his presentation to the Health Ministry of Israel:

"Let me tell you about the CDC. President Trump made an executive order that every single American should have access to hydroxychloroquine....[T]hen they took away the emergency use authorization for hydroxychloroquine, and they used the Lancet Study that showed that hydroxychloroquine kills people. The problem with that study was that it was a fraud and [the *Lancet*] had to retract that study because it was based on data that **didn't exist**. But the FDA and the CDC used that study after it was retracted to revoke the emergency use authorization [of hydroxychloroquine]."

And who blocked the delivery of hydroxychloroquine to millions of American people, a safe and ef-

fective therapeutic drug that could have possibly saved 500,000 lives? When asked if the drug was promising in March of 2020 after President Trump talked up the effectiveness of hydroxychloroquine to fight the coronavirus, Dr. Anthony Fauci said, "the answer is no" because "the evidence you're talking about ... is anecdotal evidence." That was a lie. Fauci knew that hydroxychloroquine had been prescribed to millions of patients for more than 50 years with a remarkable safety record.

The January 2021 issue of the *American Journal of Medicine* states hydroxychloroquine "was approved by the U.S. Food and Drug Administration in 1955, has been used by hundreds of millions of people worldwide since then, is sold over the counter in many countries, and has a well-characterized safety profile that should not raise undue alarm."

Fauci and his crew of crooks and liars have held back Ivermectin and hydroxychloroquine just long enough to get the FDA to give full approval to Pfizer's mRNA drug, with Moderna's kill shot waiting in the wings. The FDA is approving these GMO "operating systems" even though "the jabs" have killed at least 14,000 victims, which is 6 times the total number of reported deaths from previous vaccines over a 16-year period between 1997 and 2013.

Interestingly, the *New York Times* blasts Ivermectin on August 21, and the FDA approves a Pfizer "vaccine" on August 23 with a few tricks in the mix to get the remaining 70% of young Black people and countless others who refuse to buy the stale EUA Pfizer "vaccines" that are about to expire:

The FDA decrees that the Pfizer-BioNTech vaccine

under the EUA [emergency use authorization] should remain unlicensed but can be used "interchangeably" with the newly licensed Cominaty product. Second, the FDA pointed out that both the licensed Pfizer Cominaty vaccine and the existing vaccine are "legally distinct," but proclaims that their differences do not "impact safety or effectiveness."

But why are Big Pharma, Anthony Fauci and Bill Gates so determined to inject these dangerous shots into the arms of 7 billion people?

The answer is found in two goals of the super-rich: depopulation and complete control, as described by Minister Farrakhan:

"And they know they have a genocidal plot against all Black America, starting with Nixon and Kissinger, and "Memorandum 200." Go look it up. They want to cull the population of our planet by two billion people! This is not human, this is Satanic! They have got their scientists in laboratories, how to control your mind!"

For years we have had evil scientists in laboratories working on two different approaches of controlling a politically awakening population: mind control or depopulation." (Min. Farrakhan, Watergate, Nov. 16, 2017)

Now they have the technology in these "operating systems" to take over the human body on a cellular level to control the people and reduce their population through sterilization. These so-called vaccines tell your cells to produce spike proteins, which destroy the body in at least two ways: 1. When your cells produce these foreign spike proteins, your own immune system will destroy your own cells, thereby eating yourself up from

the inside; and 2. These spike proteins concentrate in the reproductive organs of men and women, producing the slow sterilization of their victims.

Catherine Austin Fitts, former Assistant Secretary of HUD, in an interview with Del Bigtree on www.thehighwire.com lays out how the new so-called vaccine passports will be used to completely control the people:

"The ultimate control of this is when they introduce the digital currency system controlled by the central banks. There won't be currencies now; there will be a financial control system. The goal of the vaccine passports has nothing to do with health. They have to do with a new digital financial transactions system which is in essence complete control. As Naomi Wolf puts it "the end of human liberty in the West."

And guess who will be in charge of the technology to facilitate this complete control of you and your finances? Gates' Microsoft Technology Licensing, LLC was granted a patent on March 26, 2020, under the patent publication number, WO/2020/060606 (notice the three sixes). Microsoft will use your 5g smartphone to relay everything about your activities in real time and send it up to the "cloud." If your "body activity data is verified," i.e., if you behave the way they want you to, they will pay you in cryptocurrency. Of course, if you misbehave, they will take away your "cryptomoney."

Now, how will the body activity be tracked? You will be implanted with a very small biosensor injected in you via a shot disguised as a vaccine. In 2016 it was announced that:

"Profusa has been awarded a \$7.5 million grant from the Defense Advanced Research Projects Agency (DARPA) and Army Research Office. The grant will be used toward efforts to develop **implantable biosensors** that can continuously monitor multiple body chemistries."

These "biosensors" will use hydrogels filled with graphene oxide to make your body a transmitter to your smartphone. According to a May 2020 article in the *Polymer Journal*, "Graphene and graphene derivatives (e.g., graphene oxide (GO) have been incorporated into hydrogels to ...develop new functions (e.g., electrical conductivity and drug loading/delivery)."

These sensors will pass on your bodily information to your smartphone hooked up to Gates' cloud for control and manipulation. Of course, if you get too far out of line, there is always the added "drug loading/delivery" capability to open the miniaturized poison vials inside you.

They first told us "Take the shot so you can go back to normal." But "normal" is not wearing a mask and standing 6-feet apart in line to get a booster shot. Like a computer, your "operating system" will be updated twice a year by these "booster shots" or upgrades.

It is hard for white people to accept that they are being lied to and sold out by their own white governments, while Black African leaders are being killed because they listened to Minister Farrakhan and would not betray their people to these poisonous so-called vaccine pushers/soul enslavers. "Separation or Death."

