

# **PHOTOS AND ME**

## **VOLUME ONE**



42<sup>nd</sup> President Bill Clinton

Photo By Ricardo Thomas

Courtesy of the Detroit News

## **EXPRESSION OF MY SOUL**

### **Special Edition**

### **Created For**

### **AHRC**

### **Alim Myeloma Out Reach Mission**

**By Ansar Alim**  
**The Alchemist Way Publishing**

## Other Books

Rise-ing Self-Jenee Says  
Rise-ing Self My Path the Great way  
The Acknowledgement of Thee Truth  
The Alchemist Way To Health: Volume One: Poisonous Plants Toxic and Hazardous Products  
The Alchemist Way To Health: Volume Two: Herbs, Spices and Teas

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First Edition.  
First printing

**Volume One:** Photos And Me

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### **Foreword:**

**“Who can find a virtuous woman? For her price is far above rubies.”**

**- Proverbs 31:9-11 Holy Bible KJV**

**Far above rubies, it is rare in a lifetime that the accomplishments of a woman elevate her to the ranks of priceless divinity. Alim Allah born Jenee King, the world traveller, the gifted healer, the Alchemist, the scholar, the businesswoman, and mother is such a lady.**

**Alim’s discovery that she has Myeloma a rare form of bone cancer led to her most recent enterprise... a charitable foundation called the Alim Myeloma Outreach Mission and the publishing of this book to raise funds for the Center itself and any additional research on this specific cancer.**

**I have known Ansar Alim over a decade almost two. She is an extraordinary business woman, having had her own TV show “The Alchemist Way”, her own radio broadcast on herbs, her own health food deli, her own museum, her own production company where she owns her own film footage. She has personally met with Muhammad Ali and his wife, and interviewed Heads of State including former President Clinton, Jerry Bruckheimer, John Muhammad for her program, as well as numerous photo opportunities with entertainers and celebrities for this book. God blesses the woman who has her own.**

**Alim is an exemplary woman. A loving mother to her sons Jah-El & Oneness, and whose abounding love has extended to all her family and friends including my own. Guru Nana-ki as some know her internationally is an extraordinarily gifted healer...healing a member of the family of an African President, healing herself from poisonous ant bites after a fall into their nest, healing strangers or friends with her incredible knowledge of herbs acquired from world-wide travel and her “Spinalator” at her clinic & bookstore, or her own miraculous recovery from a heart condition.**

**Her loving kindness and phenomenal charity extends globally...to people and countries the world over including myself here in Canada and my own children resident in the Bahamas when they were afflicted. To me personally Alim has been a great friend and an incredible example of the divine potential in Man. I have been blessed to visit her home, live with her graciousness, eat at her table, study or read from her library and enjoy her company. She is a fountain of wisdom and knowledge like the well of Zem-Zem whose waters were so pure that the more you drank of those waters, the more that you wanted to drink. I have had the distinct honour and pleasure to study her esoteric teachings personally and as a classically trained Mathematician have never experienced a learning so profound.**

**I witnessed many great things in her company. Teaching seminars on Alchemy, guest speaking on various topics, healing sickness and afflictions from friends and acquaintances. Alim is an accomplished author and any of us in possession of her many books, manuals or media cherish them as rare and priceless. Her committed effort, dedication to sharing her knowledge and willingness to disseminate her wisdom will stand forever as a testament to her incomparable love.**

**May His Exalted Majesty, Thee Supreme Allah God forever bless and keep her.  
With Infinite Love**

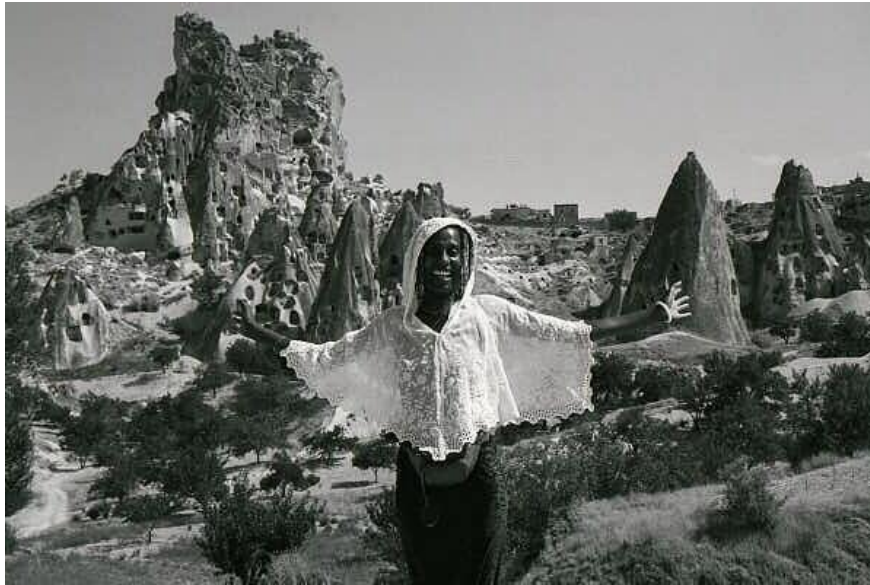
*Raqib Ar Rahman Al Wahid (Brother Todd L, Todd Alan Martin)*



In memory of my father whom pass from cancer  
Ellis King Sr. July 20, 1921-March 4, 1968



In memory of my best friend and sister Janice Baylor  
Who pass from cancer January 2008



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### **Names Of Famous Face: End of Book One**

Dave Bing: Former Basketball Star And Businessman  
Danny Glover: Actor  
Vivica Fox: Actress  
Muhammad Ali And Wife: Boxer World Heavy Weight Champion  
Carolyn C. Kilpatrick: United State Congresswoman, former Michigan State Representative and Chairwoman of Congressional Black Caucus 2007-2009  
Maryann Mahaffey and Erma Henderson: Former Detroit City Council President  
Donna Brazile: Political Analyst  
Reggie Bush: Football Player  
Master P. (Percy Miller): Hip Hop Mogul and Ludacris (Chris Badges): Rapper  
United State Congressman David E. Bonior: Former Congressmen from Michigan and Professor  
Sinbad: Actor, Comedian  
Mason: Radio Host for Radio One  
Ajay: Television Host of BET  
Anita Baker: Singer  
Brother John Muhammad: Minister of Islam and the Brother of The Honorable Elijah Muhammad  
Dawnn Lewis: Singer/Actress  
United State Senator Debbie Stabenow: From Michigan  
Jerry Bruckheimer: Powerhouse of media, Executive Producer of television and movies  
Leonardo Di Caprio: Movie Star  
Mayor Dennis Archer: Former Mayor of Detroit and Businessmen  
Mayor Kwane M. Kilpatrick: Mayor of Detroit, Former State Rep for Michigan and Lawyer  
Dr. Claude Anderson  
Marcus Balgrave: Jazz Musician  
R.J. Watkins: CEO/President and Henry Tyler: Vic President of Watkins Broadcasting  
Tom Pope: Radio Host  
Judge Mathis: Judge on Television Show and from Detroit  
Governor Jennifer Granholm: First Women Governor of Michigan  
Gil Hill: Actor and Politician  
Corey Robinson: Actor  
Robert Townsend: Actor and Judge Craig Strong: From Detroit

### **Names Of Famous Face: End of Book Two**

United State Congressman John Conyers: From Michigan  
Cathy Hughes: Founder of Radio and T.V. One, Media Mogul  
Tyson Beckford: Model the face of Ralph Lauren Fashion, Television Host  
Smokey Robinson: Singer songwriter and one of the legions of Motown Records  
Fanchon Stinger: News Anchor  
Donnie McClurkin: Gospel singer  
George Wallace: Comedian and actor  
Rev. Marvin Winans: Gospel Singer  
Rev. Jessie Jackson: Activists, and ran for President of the United States  
Loretta Devine: Actress

## Table Of Content

Gilbert Young: Artist  
Don Barden: Businessman one of the founder of cable television in Michigan  
President Festus Gontebanye Mogae: President of Botswana Africa 1998-2008  
Lavarne Ross: Artist, founding father of black art going into catalogue  
Omarosa: Reality Show Actress and Businesswoman  
Dennis Edwards: Temptation, Internationally Acclaimed Motown Recording Artist & Grammy Winner  
Ronnie McNair: The Four Tops. Recording Artist & Singer  
Susan Taylor: Of Essence Magazine  
Thomas Hearn: World Champion Boxer  
Willie Gary: Businessman and Lawyer  
Roy Ayers: Musician  
Val Clark: ABC News Reporter:  
Governor James Blanchard: Former Governor of Michigan  
Rev. Wendell Anthony: President of NAACP, Founder of the HIP HOP Summit in Detroit, Activist  
Congressman Sandy Levin: From Michigan  
Marion Barry: Former Mayor of New York  
Rena Scott: Singer  
Vivica Fox: Actress  
Edward Foxworth III: Fox News  
Edye Evens Hyde: Singer

### **Photos of famous face by Ansar Alim: End of Book Three**

Duggie Fresh: Rapper, Rev. Anthony, Omarosa and Tyson Beckford  
Governor Granholm and President Clinton  
Aretha Franklin: Singer and Actress  
Master P. (Percy Miller)  
Kelly Monaco: Actress and Joh Kelley: Co-Host of Extra's and Sports Anchor  
Rev. Anthony, President Obama and Mayor Kilpatrick  
Governor Granholm, Congresswomen Kilpatrick and Senator Stabenow  
Jessica Alba: Movie Star  
Chuck Stokes: Media  
Governor Granholm, President Obama and Senator Stabenow  
Congresswoman Carolyn Kilpatrick  
President Bill Clinton  
Mayor Kwame Kilpatrick  
Senator Hillary Clinton and Mayor Kwame Kilpatrick  
President Barack Obama  
Rev. McClurkin, Senator Stabenow and Rev. Winans  
Governor Granholm, Mayor Kipatrick, President Clinton and Sentator Stabenow  
Rev. Jessie Jackson and Rev. Wendell Anthony  
Nas: Rapper  
Sean "Diddy" Combs: Music Mogul and Businessman  
Devin Scillian: WDIV-TV 4



**The Founder of Ar-Rahman Allah (aka) Jenée Frolaine King-Rasulallah  
In Peru at Machu Picchu**

## **CONTRIBUTORS**

Photographs taken by Alim, of places she has travel in the world, in this Special Edition.

Photos of Alim and other starting in 2001-2007 by her son Jah-El Khalid, those in China by Abdul H. Rasulallah, those in France, Spain, Canada by Sister Melinda Pointer-Pope and other countries by her close friends and tour buddies

Cover: President Obama, By Dan Muller

Title Page: President Bill Clinton, By Ricardo Thomas:

Muhammad and Wife, By Gary Shrewfbury

Vivica Fox, Sinbad, Loretta Divine, Donna Brazile & Kathy Huges, By Shelia Tyson:

Danny Glover, By Hodo:

Rev. Winans, Donnie Macurkin, By Lavonia Perryman:

Anita Baker, By Keith White:

Photo of Alim pregnant with Jah-El, By Arlinda Crossland



## **MULTIPLE MYELOMA**



**Founder A.R. Alim Allah**

## **Alim Herbarium Research Center**

### **Our Purpose**

- Research Library & Museum
- A: Herbarium Club (Support Place)
- B: Give lecture and workshops
- C: Provide Expedition
- Myeloma Out Reach Mission
- A: Develop Media Awareness
- B: Research Laboratory
- C: Hospice Center

### **The Library & Museum**

#### **The Library**

Is for your relaxation, research and enjoyment, as you engage your mind in many fields of study. Here we help develop healthy minds, spirits and bodies. We do so by providing a comprehensive library collection, on health and herbs but most of all on Blood Cancers and Multiple Myeloma.

#### **The Museum**

It starts in the library it self and then extend into its on gallery. The gallery is a display of photographs that have been taken by the founder of different places she travel over the world, that have been used in our fund raising books Photo and Me. Along with the other photographs used in the books. Also there are posters, lithographs and original works of art. And there is a space for work and shows of other artist.

#### **Workshops and Lectures**

To bring quantified people in to Lectures to the support group

Give lecture in senior housing and churches by the Chairman and other staff member.

### **The Herbarium Club**

The club offers us a place to come together for enriching our lives, as we build higher self-esteem in many different ways of support. The clubhouse is for people with Multiple Myeloma and other forms of blood cancer and their families.

The Herbarium Club is a place to experience culture. In the form of workshops, entertainment trips, art shows and many other social events

## **Myeloma Out Reach Mission**

### **Research Laboratory**

The Lab is for two purposes

One: To help develop research in herbal science and plant study to help find ways to slow down and cure Multiple Myeloma and other blood cancers.

Two: A small part of the Lab space will be used as a place to explore the mind with creativity. By teaching others to make body products, oils, incense, dye fabric, science projects, floral arrangement and other fields of study in order for people suffering from blood cancer and Multiple Myeloma will have other outlet to bring joy to their life's.

### **Hospice Center**

Will be a place that people with Myeloma and other blood cancer can come to spend their last days of their life. As we provide a setting that is both warming and comfortable for both the patient and their families. With caring staff member, educated in the fields to assist their need.

### **Media Awareness**

To help get data for people with MM

Brochures and Booklets

Television and Radio

## Founder Statement

### **This Special Edition Book Of Photographs and Beautiful Poetry By Ansar Alim**

*Ar-Rahman Allah is donating fifty percent (50%) of the net profit for this book to, Alim Herbarium Research Center (Alim Myeloma Out Reach Mission) which is are assume name, which is a non-profit organization founded December 2007.*

*The founder had for several years ran Alim Herbarium, which was an Herbal Science Museum. This was a dream of the founder to build; it had replaced her herbal business, which she ran over twenty years under the name of Free And Easy For Somebody.*

*In October 2005 the founder broke her ankle, this slow her down quite a bit, after having a cast on for six months in April 2006 she under went foot surgery to repair the tendon. After surgery that day she suffer a stroke due to a clot, and another six months in a cast. Because of this she close the museum and place it in storage, then in February 2007 she under went her first heart procedure due to the clot making the hole in her heart large after the stroke. Then in May 2006 she under went another heart surgery in order to close the hole in her heart.*

*For years she had suffer from Lupus with her SSA-Ro positive, which lead to Granulocytopenia, and many other problems. All of this is to say that in August 2007 she was diagnose with this rare disease Multiple Myeloma, out of this Alim Herbarium Research Center was born.*



Montreal

## Dedication



Jah-El

Alim and Sons

Oneness



Alim, Mother Helen C. Sharp and Sister Melinda Pointer-Pope

## ***Dedication***

*I dedicate this book first to my sons Oneness and Jah-el, who from the time they were born have travel with me to places, and put up with me being away from them over the years. As I travel the world to gather plants for my Herbarium, and as a hobby taken photographs.*

*Also to my mother, Helen C. Sharp that always aloud me to be myself and express the inner me. Like I have said before she who gave me God in my life before I could walk, which is what got me by many of days and nights. She may not have understood the things I did at first but she always gave me her ear and listen to me, and that gave me more hope knowing that I had her blessing. And again I say she always told me I could do or be anything I wanted to in life. Which has gave me the true understanding of Love this day, I love you mom and thank for every thing*

*And to my sister Melinda my travel bud to the end we always did one day each at the things we like to do so that gave us each other views. By being the youngest child, the older ones always treat you like the baby no matter how old you get. And she has always been their for me when I was sick, we both like to do the good things in life so we always shared lots of good meals, plays, shopping sprees and much more thank sis with lot of kisses.*

*Now to all of the people that has walk with me in some part of my journey in life. That has shared in the inspiration that inspired me from our friendship to write these special collections of poems. Beloveds may your path be full of happiness and love. May you'll get everything you want in life. Beloveds ones remember that you share in a part of my life some of these poems came about from our time we spent together each was an experience. In growing we all learn from one another as people, but the most important thing of all is when you can remain friends.*



**PAMUKKALE TURKEY 2001**



Mount Olympia in Greece

## **Outline for Multiple Myeloma**

### **Alim Myeloma Out Reach Mission**

**African Americans & Others  
Learning to Live  
Individually With  
Multiple Myeloma (MM)**

### **Our Pledge Is To Help**

**African Americans & Others  
Live Life  
Longer  
Aboundly  
Healthier and Happier**

## **Our Mission**

**Help get data for people with MM**  
**Support places**  
**Screening for people over 50**  
**Give lecture in Churches & Senior housing**  
**Brochures & Booklets**  
**Television and Radio**

**Myeloma is cancer of the bone marrow.**

**When normal plasma cell grows too fast, and becoming abnormal, they are called myeloma cells.**

**There are two main types of myeloma**

**Plasmacytoma and Myeloma**

**Plasmacytoma: Is a single lesion or tumor.**

**Multiple Myeloma: Is more than one lesion or tumor.**

**Based on research, African Americans get myeloma about twice as often as Caucasians. It is more common in men.**

## **Symptoms of Myeloma**

**Pain from bones (Ribs, Back)**  
**Fractures of the bones**  
**Unexpected fractures with injury**  
**Unexplained anemia**  
**High protein in blood**  
**Calcium increase in urine**  
**There may be no symptoms**

## **"Definitions of Myeloma and Related Monoclonal Gammopathies"**

**Monoclonal Gammopathy of Undetermined Significance (MGUS), there is protein present but have not turned into the disease state.**

**Smoldering or Indolent Myeloma (Asymptomatic Myeloma)**

**Higher level of disease than MGUS, but still no symptoms or organ damage.**

**Myeloma (Symptomatic Myeloma) Monoclonal protein present, and one or more "CRAB" features of organ damage present.**

**C-calcium elevation (>10mg/L)**

**R-renal dysfunction (creatinine>2mg/dl)**

**A-anemia (hemoglobin<10g/dl)**

**B-bone disease (lytic lesions or osteoporosis)**

**Above information from: International Myeloma Foundation,  
book on Concise Review of the Disease and Treatment Option.**

## **What is Bone Marrow?**

**It is a spongy tissue that is the site of our blood cell formation in the central cavity of our bones. By the time we become adults, our extremities no longer contain marrow in which blood cells are made.**

## **Diagnosing Myeloma**

### **Blood Testing**

**Complete blood count (CBC)  
Chemistry panel**

### **Protein Testing**

**Serum protein electrophoresis (SPEP)  
Immunofixation  
Freelite test**

### **Urine Testing**

**Urine protein electrophoresis (UPEP)  
Immunofixation**

### **Bone Testing**

**X-Rays  
MRI  
CT Scan  
Nuclear Medicine Scans  
FDG/PET Scan  
Bone Density Testing**

**Bone marrow biopsy is the most critical test to determine the percentage of myeloma cells in the bone marrow. (e.g., chromosomes, immune typing, for amyloid.)  
Treatment for Myeloma**

## **Drug Therapy**

**It can be injected, taken by mouth or given through IV.**

**Common drugs used: Melphalan, Vincristine, Adriamycin, Carmustine, Cyclophosphamide,**



**Thalidomide and Bortezomib.**

## **Other Treatment**

**Radiation**

**Chemotherapy**

**Stem Cell Transplant**

**Bisphosphonates (Aredia or Zometa), these drugs reduce the destruction and failure of new bone formation and help decrease bone pain.**

**Erythropoietin and Darpoetin are drugs that may help with anemia and increase red blood cells.**

## **Questions to ask your Doctor:**

**What stage is my myeloma?**

**What kind of treatment will I get?**

**How long have patients remission lasted**

**How long I will receive the treatment**



**Malta**



Aphrodisias



Las Vegas



China



Water City Venice

# **PHOTOS AND ME EXPRESSION OF MY SOUL**



**A SPECIAL COLLECTION OF LOVE POEMS**

**BOOK ONE**