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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Time of Test**

**By Allama Parvez**

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As you all know Pakistan is currently going through an extremely critical situation - probably more than any other time in its history. This is no time to "play politics." This is the time for soul searching.

This is not the time for finger pointing, being arrogant, or exerting self-righteousness. This is the time for humility, self-reflection, and bonding for the sake of Pakistan and Islam. This is the time for being calm and collected but determined and focused, not emotional and hotheaded. No matter what our past and present background and affiliations. Therefore, this is not the time to side with parties or personalities - religious or political. This is the time to side with truth and justice.

This is the time of looking inward into our spiritual mirrors. This is the time for reorientation of our thoughts and emotions from personal benefits to the benefit of Pakistan. There is a real danger at this time that our emotions might take over and our sense of balance and the balance of sense might be lost. But remember! Vultures are hovering over us to take advantage of us or even to use this opportunity to tear us apart.

Please do not let your emotion dictate you, especially at this dangerous and critical time. Global injustice prevails. Law of jungle seems to have taken over. 'Might is right' is being used as the norm. Poor and the weak are suffering. Truth is being sacrificed at the altar of prejudice and hatred. World policies seem to be in the hands of the followers of Machiavelli. Our Quaid came to know it very well - the hard way. Just remember what happened to Gurdaspur.

This is not the time to indulge in useless arguments like Sindhi, Mohajir, Punjabi or Sunni or Shia etc, that divide us. This is the time to bury our differences once and for all, and demolish any physical or mental or religious barriers that divide us. War is being thrust upon us. If we remain steadfast and united, Allah Almighty guarantees our victory. If we don't, then we will be on our own. Then Allah Almighty will not help us, no matter how much we pray for His help.

The only course we should adopt is the course of unity and balance based on reason and not on emotion. Let us learn from the Quran the meaning of Siraat-al Mustaqeem, the straight and the most

balanced way. We must maintain balance. Otherwise, we will fall.

Regards

Parvez

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Allama Parwez studied the Quran and the classics of Islam under the sole guidance of his grandfather. His other early teachers were Khateeb Jamia Masjid Batala Maulana Mohammad Ibrahim and his younger brother Maulana Zafrul Haq, two celebrities of the time. He completed his high school studies from "A Lady of England" High School Batala in 1921 and graduated from the Punjab University in 1934.

## **When To Take A Pregnancy Test**

**By Olinda Rola**

Knowing when to take a pregnancy test will help you know whether or not you're pregnant. If you're wanting to know when to take a pregnancy test, the timing depends on the type of test.

There are two basic types of pregnancy tests – the urine test and the blood test. Both tests look for the hormone that is only present if a woman is pregnant. This hormone is called 'human chorionic gonadotropin', also referred to as 'hCG'. Blood tests can detect hCG about 6 to 8 days after you have ovulated. In general, urine tests can detect hCG about 14 days after ovulation. When to take a pregnancy test at home is done by many women using a pregnancy test that will test the urine to determine if they are pregnant. Home pregnancy tests are convenient, inexpensive and are private. The urine test should be done using your first urine when you awake in the morning. When you have a positive home pregnancy test result, you should then see your health care provider soon. Your health care provider will confirm your home test result with a blood test plus a pelvic exam.

When to take a pregnancy test is important, because if you test too early in your pregnancy, there may not yet be enough of the pregnancy hormone in the urine to provide a positive test result. Most of the home pregnancy tests will be 90% accurate if you wait and test yourself one day after your missed period is due. If you feel you are pregnant but the home pregnancy test is negative, repeat the test again in a week if you still have not had your period. And if you are still getting negative test results and think you are pregnant, be sure and see your health care provider right away.

Pregnancy is a wonderful event that is complex, frustrating, satisfying and exciting. Your desire to become pregnant and having a child will have even more significance to you if it means you'll be taking better care of yourself and your partner. Besides knowing when to take a pregnancy test, learn as much as you can about improving your own health so you'll be providing that special little one the very best start to life that is possible.

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Read more about fertility monitors and ovulation tests at

– Olinda Rola is President of InfoSearch

Publishing and webmaster of

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