



Rasulullah (sallallahu 'alaihi wasallam) has mentioned that there are two favours which most people take lightly; good health and free time. (Saheeh Bukhaari #6412) Looking after one's health is an essential part of a Muslim's life. We have been repeatedly taught in the ahaadeeth to make du'aa for good health and seek Allah Ta'ala's protection from dreadful diseases.

Health and sickness are both from Allah Ta'ala alone. However, we have been commanded to take precautions. Hence if we adhere to the following points, insha-Allah, we will enjoy good health throughout our lives:

### 1. Clean Air:

- Make a point of breathing in fresh clean air. After fajr, breathe in deeply from your nose allowing the fresh morning air to filter through your lungs. Exhale from your mouth.

- Allow fresh air and sunlight into the home daily and ensure that it is free from dampness and diseases.

### 2. Clean Water:

- Drink clean fresh water. If possible, drink rain water or borehole water (provided it is tested and declared safe to drink).

- Drink 8 glasses (+/- 2 litres) of water per day.

- Try and avoid drinking very cold or iced water.

### 3. Exercise:

- One should exercise at least 3 times a week for 20-30 minutes.
- Women should not go out on the street or to gyms. Rather they should exercise in their homes or in their private yards. (For a detailed explanation on this, click [here](#))

### 4. Balanced Diet:

- Don't overeat. We learn from the hadeeth of Rasulullah (sallallahu 'alaihi wasallam) to reserve one third of the stomach for food, one third for water and one third for air. (Sunan Tirmizi #2380)
- Refrain from eating 'junk' foods.
- Avoid eating between meals.
- Cook simple meals.

### 5. Sleep:

- One cannot function efficiently without having sufficient sleep.

- A person should get six hours of sound sleep daily.

- Rasulullah (sallallahu 'alaihi wasallam) has encouraged us to have a siesta (afternoon nap). This sleep in medical terms is referred to as a power sleep. This will also assist in waking up for the tahajjud salaah.

### **6. Control of Emotions:**

- Rasulullah (sallallahu 'alaihi wasallam) has, on several occasions, cautioned the Ummah about controlling their emotions.

- Not controlling one's anger, as well as harbouring jealousy and hatred eventually builds into stress within a person.

- Due to our hectic lifestyles, we begin to stress and those around us suffer the consequences.

- People who cannot manage their stress levels adequately are prone to high blood pressure, cholesterol, diabetes and other illnesses.

### **7. Elimination of Toxins (Detox)**

- Due to our unhealthy diet, we have a build-up of toxins in our bodies. These toxins need to be eliminated from time to time. Toxin build-up in the colon is the beginning of many illnesses.

- In order to eliminate these toxins, one should take 2 tablespoons of Castor oil in half a glass

of orange juice every two or three months.

- Drinking a lot of water also helps to eliminate toxins from the body.

May Allah Ta'ala keep us all physically and spiritually healthy, aameen.