



Health is the expression of harmonious balance between the components in a person's body, the environment and the lifestyle of the person. When a person is healthy, by all these factors being in balance, his body will be able to heal itself and fight sickness on its own. The goal is thus to assist the body maintain its balance by having a healthy lifestyle.

Some guidelines to a healthy lifestyle are:

1. Only eat when hungry. Don't eat merely because it is "lunchtime". Don't nibble if you are not hungry.
2. Do not overeat. Reserve a third of the stomach for food, a third for liquid and a third for air. To achieve this, stop eating while there is still place in the stomach.
3. Do not under eat (as some people do to lose weight) as this harms and weakens the body.
4. Eat a varied and balanced diet (in relation to meat, fish, fruit and vegetables) in order for your body to receive all the nutrients (vitamins, minerals, etc) that it requires. It is best for vitamins and minerals to be taken naturally (through food) as they are absorbed into the body quicker.
5. Eat lighter foods in summer and heavier foods in winter.
6. Exercise every day. This is especially essential considering the lack of sufficient movement

and exertion in our lifestyle. Exercise does not have to be very vigorous and heavy; something light is also beneficial.

7. Set out some time to relax and meditate. This should preferably be done at night. One of the easiest methods is to gaze at the stars and ponder over the greatness of Allah Ta'ala or make His zikr. Gazing at running water also relaxes a person.

Adapted and summarized from "Your Health" by Moulana Hakeem Jalil Muhammad Pandor (An Nasihah - January 2004)