

Keys to a Successful Ramadan

Live a Pure (Tayyib) Lifestyle and Be Grateful



Eat Pure (Tayyib) to Optimize Gut and Hormone Health

- ✓ Remove Refined Grains, Dairy, Sugar, Processed Foods, Alcohol, Food Sensitivities - All Weaken Immunity- No Kabith/Impure
- ✓ Every Meal Should Contain Veggies, Clean Protein and Healthy Fats-Eat Tayyib/Pure
- ✓ Eat Small Quantity
- ✓ Probiotics like Fermented Foods
- ✓ Prebiotics (Garlic, Onions, etc)
- ✓ Bone Broth Daily
- ✓ Hydrate
- ✓ Fasting



Keep the World In, On and Around You Pure (Tayyib)

- ✓ Identify The Toxins in Your World
- ✓ Make Sure You Are Pooping Daily and Peeing Often
- ✓ Alternate Epsom Salt, Sea Salt and Baking Soda Baths Regularly
- ✓ Eat To Detoxify
- ✓ Swap Out Toxic for Clean, Limit EMF Exposure



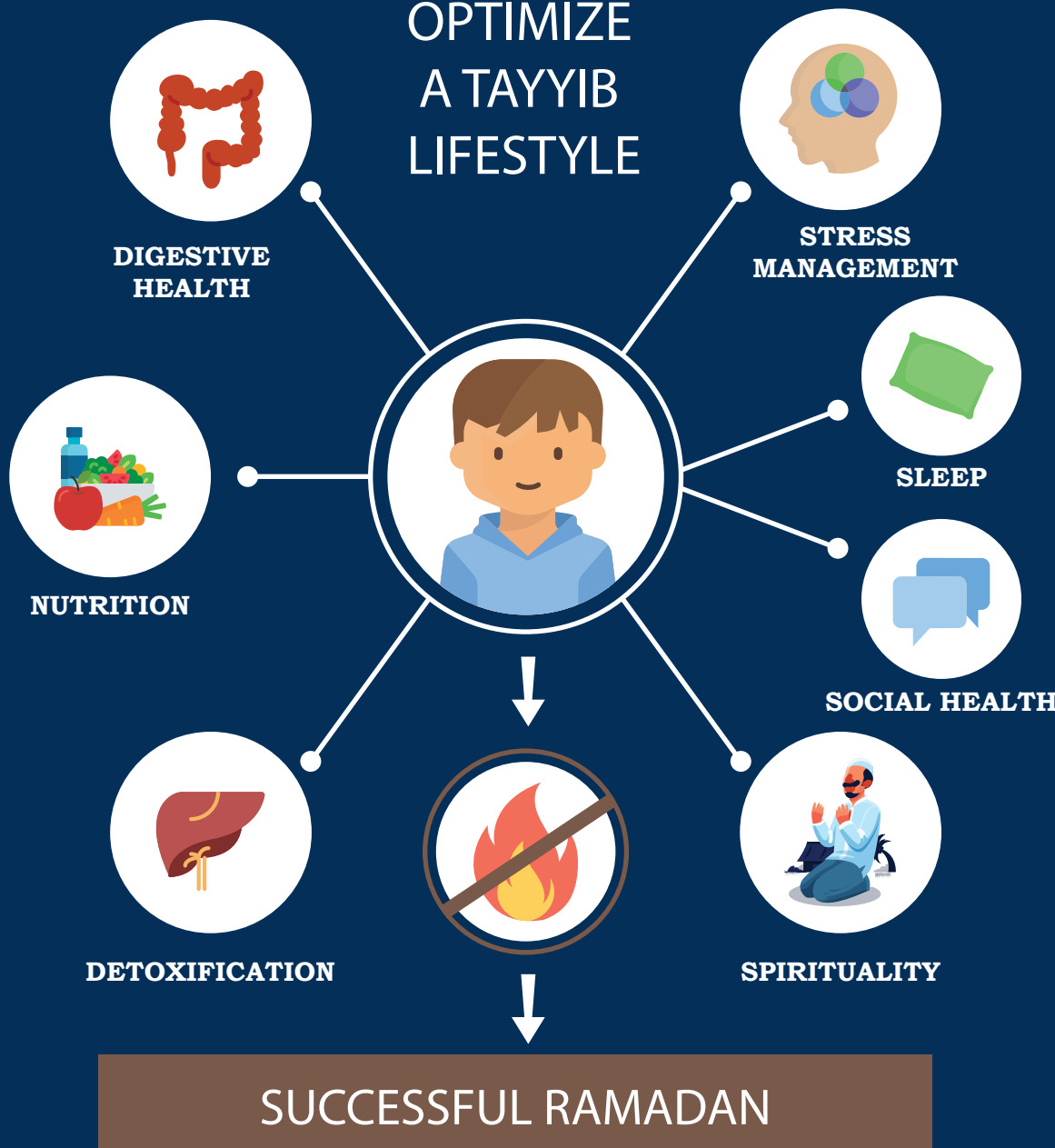
Optimize Stress Management, Sleep, Social and Spiritual Health

- ✓ Incorporate a Relaxation Routine into Your Day= Mindful Prayer, Dua and Dhikr
- ✓ Keep Quality Sleep a Priority
- ✓ Keep Positive and Loving People/Pets Around You
- ✓ Say 10 Things You Are Thankful For Every Morning, Increase Gratitude
- ✓ Schedule a Routine Time in Nature Regular Exercise Quran Charity
- ✓ Improve Your Character, Increase Compassion and Guard Your Tongue



Live Tayyib and Be Grateful

"O you who have believed, eat from the pure things which We have provided for you and be grateful to Allah if it is [indeed] Him that you worship "(2:172)



DEEPER DIVE INTO TAYYIB EATING*

Quranic/Prophetic (S) Food

Vegetables: Mushrooms, Chard, Onions, Squash

Healthy Fat: Olive/Olive Fat, Ghee

Clean Protein: Wild Salmon, Chicken Broth, Poultry and Eggs, Meat, Lentils, Liver

Fruit: Watermelon, Dates, Grapes, Pomegranate, Cucumber

Sweetener and Spices: Honey, Garlic, Black Seeds

Beverages: Water



Tayyib in The Quran

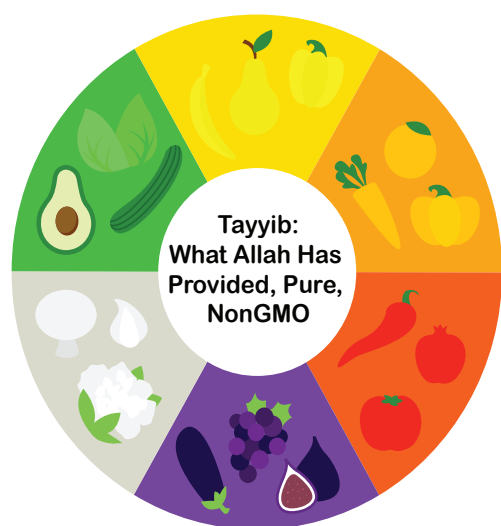
"O mankind, eat from whatever is on earth [that is] lawful and pure and do not follow the footsteps of Satan. Indeed, he is to you a clear enemy." (Quran 2:168)

"O messengers, eat from good things and act righteously, for I know what you do." (Quran 23:51)

"This Day [all] Tayyib/Pure food Has been made lawful..."(Quran 5:5)

"Then eat of what Allah has provided for you [which is] lawful and pure. And be grateful for the favor of Allah, if it is [indeed] Him that you worship"(Quran 16:114)

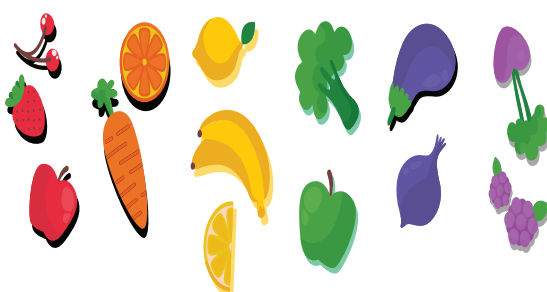
[Saying], "Eat from the pure things with which We have provided you and do not transgress [or oppress others] therein, lest My anger should descend upon you. And he upon whom My anger descends has certainly fallen." (Quran Taha: 81)



Less Food in The Quran

"O children of Adam, take your adornment at every Masjid, and eat and drink, but be not excessive. Indeed, He likes not those who commit excess." (Quran 7:31)

"But those who disbelieve enjoy themselves and eat as grazing livestock eat, and the Fire will be a residence for them." (Qur'an 47:12)



*Options to discuss with your doctor- to see what best fits your unique self. For more detailed information, please see The Holistic Rx: Your Guide to Healing Chronic Inflammation and Disease

Disclaimer: Content not considered medical advice. Please see a physician before making any medical or lifestyle changes, Images : Freepix

