



## THE WISDOM BEHIND LAWFUL AND PURE BRINGING THE FOCUS BACK TO TAYYIB (PURE)

- 1 "Do not eat the lawful and good things out of what is in the earth, and do not follow the footsteps of the shaitan; surely he is your open enemy." (Quran 2:168)
- 2 "You who have believed, eat from the good things which We have provided for you and be grateful to Allah if it is (indeed) from Him that you wish!" (Quran 2:172)
- 3 "And eat of what Allah has provided for you (which is) lawful and good. And fear Allah, in whom you are believers." (Quran 5:88)
- 4 "He makes Lawful to them the goodly pure things and forbids them from harmful impure things" (Quran 7:157)
- 5 "Eat of the good things we have provided for your sustenance, but commit no excess therein, lest my wrath should justly descend on you, and those on whom descends my wrath do perish indeed!" (Quran 20:81)
- 6 Say, "Not equal are the impure and the pure, although the abundance of impure might impress you." So fear Allah, O you of understanding, that you may be successful! (Quran 5:100)

### DEFINITIONS

- ✓ **Tayyib/Pure- Good, Beautiful, Peaceful, Pure, Tranquil, Nutritious, Safe...**
- ✓ **Khability/Impure- Artificial, GMO, Preservatives, Toxins...**

### CONCLUSION FROM QURAN AND SUNNAH



### PROBLEMS IS AN "IMPURE" LIFE



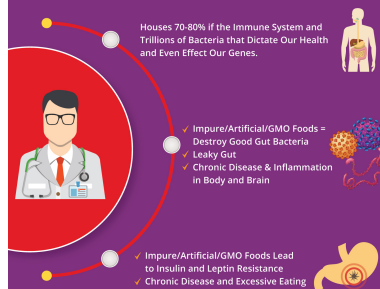
### QURANIC PERSPECTIVE ON FOOD

- Pure Quality >>> Heals the Gut Bacteria
- Small Quantity >>> Balances Hormones and Insulin Levels
- Prophetic Foods >>> Nutrient Dense Foods to Heal the Body

"The son of Adam does not fill any vessel worse than his stomach..."  
Sunan al-Tirmidhi

### Why?

Science Shows that the Gut is the Gateway to Health



### TAYYIB (PURE) LIFE HEALS!

Healing and Preventing Chronic Disease

**Pure Food, Pure Environment, Pure Thoughts, Pure Words, Pure Friends, Pure Sleep, Positive Thoughts, a Pure Lifestyle = Heals**



"Allah never inflicts a disease unless he makes a cure for it..."  
(Sahih Bukhari).

Eat Pure Real Food, Not Fake Food!  
Live Pure. Live the Quran.