



# DR RAEESA ABOOBAKERS RAMADAAN HEALTH GUIDE

When science meets Islam, what we've been taught in the Quraan and by the Sunnah being explained by modern day medicine 1400 years later

Dr Raeesa Aboobaker  
M Tech Hom

# WHERE SCIENCE MEETS ISLAM

- With the holy month of Ramadan finally here, you and your family are sure to be welcoming this lovely, blessed season of happiness. A sentiment that will be reflected across the homes of Muslims all around the world ...
- Amidst the enveloping atmosphere of love, warmth and generosity surrounding the Iftaar tables, there will still remain an element of uniqueness depending on the specific habits and details that differ from country to country. As a season defined by habits and traditions, I encourage you to participate in those that will ensure you get good nutrition and stay healthy all through this blessed month. You can try to avoid practices that might bring on fatigue, thirst and lethargy during the fast.

# FASTING IS THE SINGLE GREATEST NATURAL HEALING THERAPY!

- Ramadan a time for self-reflection, self control, prayer and charity. In addition to your mind and soul being cleansed, your body goes through some remarkable changes as well, it is the perfect time to practice self – control.
- Use this blessed month to make better choices, reflect on self preservation and look forward to a better quality of life.
- Performing taraweeh will become easier each day, just ask our thousands of patients how they've gone from sitting on a chair to performing salaah in full and proper sajdah

# INTERMITTENT FASTING

## **Natural healing therapy**

Benefits include:

- Lower levels of Insulin,
- Diabetes and blood sugar regulation
- Balances hormones
- Cellular repair
- Lowers risk of heart related conditions
- Lowers risk of cancer

**Did you know?  
Animals instinctively  
fast when ill!**

# FASTING METHODS ACCORDING TO SCIENCE

- Intermittent fasting is quite popular in the scientific world, but there are more than 10 different ways to practise it!
- Disadvantages such as confusion due to varying, conflicting advices of scientific intermittent fasting
- Advantages include information is widespread on intermittent fasting according to medical medical science
- Tech geeks should include an Islamic method of fasting for health benefits on the internet



# PATIENTS USUALLY HAVE CONCERNS RELATING TO:



- Low energy
- Less focus
- Mood swings
- “So why do I feel grouchy and lethargic when I skip breakfast?”
- Skipping sehri or any meal may lead to uncontrollable hunger at the time of the next meal

Fluids are very important for the health and vitality of your body during the fasting period and it is important to drink plenty of water, in addition to other refreshing drinks

# HEALTHY HABITS TO FOLLOW

- Drink 8 glasses of water daily from Iftaar to Suhoor to prevent dehydration and constipation.
- Make sure you have Suhoor to fill your body with energy and help regulate your blood sugar
- Have a balanced varied Iftaar which incorporates dates, soup, salad, a main dish & fruit
- Light physical activity such as walking
- Sleep for 6-8 hours a day to get sufficient mental and physical rest. Less sleep means you will feel tired during the day which in turns leads to less productivity and activity

# UNHEALTHY HABITS TO AVOID

- Try not to drink excess fluids at night for fear of thirst during the day. This will lead to abdominal distress
- Don't eat a wide variety of food at night or Suhoor especially foods high in fat, thinking that they will prevent hunger pangs during the day
- Avoid eating large amounts of food at Iftaar which will lead to extreme fullness
- Try and avoid having a large quantity of starters and sweets which will lead to weight gain



# MAINTAINING A REGULAR LIFESTYLE

- Exercise
- Studying, focus, memory
- Important nutrients to get in
  - ✓ High Fibre
  - ✓ Low GI
  - ✓ Low sugar
  - ✓ High good fats
  - ✓ High protein
  - ✓ Water



# MYTHS

- Starvation mode
- Eat more during non fasting times
- Fasting slows down metabolism
- Eating Frequently Helps Reduce Hunger
- The Brain Needs a Constant Supply of Glucose
- Fasting makes you overeat at your next meal



# THE IDEAL SEHRI

- Eggs, chicken, tuna (lean meat)
- Avocados
- Oats, wholewheat and high fibre wheats and cereals
- Bananas, dates (nutrient rich fruit)
- Nuts and seeds, muesli
- Beans, chickpeas
- Wraps, spinach and feta, chicken and avo
- Vegetables lower the Gi of the meal



# THE IDEAL IFTAR

- Dates
  - Water
  - Haleem
  - Vegetables
  - Savouries-bake or airfry
  - Desserts options-opt for omega rich and sugar substitutes
- Follow @drRaebaker online for tips and ideas



# FOODS TO AVOID

- High salt foods – consuming large amounts of salt will make you thirsty
- Fried food – so no samoosa's! ... or half moons! ... or Spring rolls! Use an airfryer or your oven to bake your “friable” savouries
- High fat foods – especially hard, full fat cheeses like parmesan.
- Sugary drinks – avoid fizzy drinks, substitute for fresh fruit juice.
- Processed foods – also known as "convenience foods", such as microwave meals or ready meals. cakes and biscuits.
- White foods – white breads, white rice, white pasta

# EXERCISE IN RAMADAAAN

- You can most definitely incorporate some form of training into your day when fasting.
- Try these simple exercise regimes to keep you fit:
  - 20mins walking on the treadmill/walking in a uphill direction
  - 15mins lightweight or resistant training using 2kg dumbbells.
  - 10000 steps (use your smartphone to track your steps)



# LOSE WEIGHT THIS RAMADAAN!

Visit our website at [www.drbakers.co.za](http://www.drbakers.co.za) to find out more or purchase our complete Ramadaan package which includes a recipe book, weight loss supplements and Ramadaan meal program.

<https://drbakers.myshopify.com/products/ramadaan-weight-loss-plan>

This is your chance to lose 4-10kgs and turn your life around.

For more information:

Dr Bakers Weight Loss and Aesthetics

460 Peter Mokaba Ridge

Durban

0312099319

0814335734 (whatsapp line)



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