

Health In Islam Part 4 Of 4 Fitness And Exercise

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~~Health in Islam (part 4 of 4): Fitness and Exercise~~

Health in Islam (part 1 of 4): A Holistic Approach Description: Islam is a way of life that takes a holistic approach to health. By Aisha Stacey (© 2008 IslamReligion.com) Published on 17 Nov 2008 - Last modified on 23 Mar 2020 Category: Articles >Systems in Islam > Health and Nutrition Islam comes from the root word oesa-la-mal, as

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Fasting is both an obligatory and recommended dietary practice within Islam (2:183), which may carry physical benefit especially in overweight individuals [4, 5]. There is evidence of weight loss, reduced blood sugar and cholesterol levels in those completing a month of controlled fasting [4, 6].

~~How the Quran and Hadith tell us to keep physically ...~~

This is part 1 of a 2-part series, which aims to discuss the Islamic perspective on physical health in the light of the growing problems of obesity and heart disease in this day and age. Part 1 will provide an introduction to the meaning of health in Islam and examine why the Muslim community should give greater consideration to maintaining physical health.

~~Muslims need to take care of their health too - The Muslim ...~~

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(Quran 4:79). Therefore, pathology (disease) is defined by the famous pathologist William Boyd as physiology (natural state) gone wrong. It is our tampering with the natural process that leads to unnatural outcomes. The human body can be compared to some degree with a machine created by man.

~~Health guidelines from Quran and Sunnah | SoundVision.com~~

This is the final part of a series of articles discussing the Islamic perspective on physical health. We have already discussed what health is, the importance of striving for physical health as a duty of every Muslim and the dietary means of attaining good physical health according to the Qur'an and Ahlul-Bait (peace be upon them).

~~Part 4: Practical measures to improving physical health ...~~

Parts 3 and 4 will provide advice on how physical health can be optimised, using Quranic references and traditions of The Ahlul-Bait (peace be upon them). Definition of Health. The World Health Organisation has defined the term health as [complete physical, social and mental wellbeing and not merely the absence of disease or infirmity] [1]. Within an Islamic context this definition is extended to include spiritual well being [2]. Why is physical health especially relevant to the Muslim ...

~~Islam and Physical Health | Islamic Unity Society~~

Islam encourages the exercise part of physical health; A Muslim who believes that all the eases and hardship is from Allah; Cleanliness prevent infection from entering the citadel of a human body; Islam does not prohibit Muslim physicians from caring for AIDS patients; Avoiding stress: slow down; look at the present and enjoy it before you lose it

~~Importance of Health in Islam - Qamar Islam Khan~~

Using faith to help Muslims face mental health problems Mental health among Muslims is deteriorating as the community increasingly feels under siege. ... as well as the impact on Muslims of the government's policies to combat Islamic extremism and terrorism, and regular critiques of multiculturalism, most recently by prime minister David ...

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Prevention of illnesses by maintaining good health through diet is tremendous means provided by the Creator, Allaah. We as Muslims need to be aware of that which is good and that which is harmful in foods. We must recognise the harms of processed foods, chemicals, and sugar in our diet.

~~Importance of Health in Islam and the Prophetic Medicine ...~~

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