



# Ramadan Special

The month of Mind, Body, and Soul



## What is Ramadan?

“Ramadan is the spring of good deeds and blessings.”

Ramadan’s blessing encompasses not only the spiritual aspect of a person life but also brings great benefits on one’s mind and body. This month is an opportunity to rejuvenate oneself if understood and utilized rightly.

## Let this Ramadan be your Spiritual and Physical Detox Month



### The Month of Spiritual Healing

We as humans live in an overindulgent society today. Whether it’s food or desires or intoxication

with negative thoughts or emotions, we like feeding our desires and egos.

- In this blessed month, let us refrain from physical, emotional or spiritual intoxication.
- Ramadan teaches us of self-control and self-discipline. If we all practice self-control, we can come out renewed and with clarity of what nourishes our souls.
- Almost every spiritual text in the world has emphasized on the concept of selflessness. Ramadan is the best time to practice the concept of giving and not seeking.
- Let looking beyond self’s needs and desires and seek happiness in the happiness and comfort of others be our aim this Ramadan.



## Healthy Body reflects a Healthy Mind

### Moderate Activity & Adequate Sleep

Maintaining a moderate exercise or physical activity which is necessary to improve memory and brain function, lowers blood pressures and improves heart health, balances blood sugar levels, aids in weight management, mood and stress management improves sleep quality.

Getting a Good Sleep is key to achieve normal hormonal balance, blood sugar levels, metabolism, stress levels, weight, memory, alertness, and cellular rejuvenation. Key is to get a quality sleep to get best out of this month of prayers and blessings.



## Keep Well Hydrated

Hydration is key to normal cellular health, digestion and metabolism, body temperature, keeping joints and mucosal membranes moist, production of hormones and essential chemicals in the body, mental health, and overall wellbeing.



Tips: Herbal Teas, infused water, yogurt, fruits, vegetables, clear soups.

## Slow Down Suhoor

### Aim for Strength, Vitality and Sustainability

Suhoors should be wholesome and filling that can provide your body with energy it needs to sustain and perform well during your hours of fast.



Tips: Eggs, yogurt, milk, vegetables, and whole grain bread.

## A Balanced Iftar Meal

Iftars should be recharging! Variety is the spice and iftar plate should be from different food groups to ensure body gets all the nutrients to keep the body in a healthy equilibrium.



### My Iftar plate

#### Proteins

##### (1/4th of the plate):

Is a long lasting energy source, helps feel full and regulate blood sugar. Tips: Eggs, Fish, Chicken, Lentils, Chickpeas and beans.

#### Healthy Fats

##### (2-3 Table Spoons):

Great Energy source helps promoting satiety. Nuts, seeds, avocado, olives, coconut oil and grass fed Ghee.

#### Non-Starchy Carbohydrates

##### (1/2 of the plates):

Fiber rich, helps blood sugar balance packed with minerals and essential nutrients. Tips: leafy greens, broccoli, tomatoes and bell pepper.

#### Starchy Whole Carbohydrates

##### (1/4 plate):

Unrefined, whole carbohydrates promote satiety, regulate blood cholesterol and balance blood sugar. Tips: Oats, quinoa, whole grain bread and sweet potatoes.

#### Fluids (12 - 16 cups):

Provides the body with hydration. Tips: Clear Soups, Plain Water, Infusion Waters, Herbal Teas, Fluid rich fruits and Fresh Vegetables.

## Foods to be limited in Ramadan



**Spicy and Salty Foods** lead to imbalance of the sodium in the body that can cause increase in thirst. Examples: spicy foods, salted nuts, pickles, chips, soy sauce, etc.



**Refined Carbohydrates** can cause spike in blood sugar levels followed by a rapid drop which can increase in hunger and cravings. Examples: pastries, sweets, soft drinks and fruit juices.



**Fried Foods** contain high levels of pro-inflammatory omega-6 oils and lead to feeling of tiredness and lethargy.



**Caffeinated Drinks** act as stimulants like tea and coffee may promote dehydration when over consumed.

## Common Health Struggles in Ramadan

A look at some of the health problems you might be facing this Ramadan and how to overcome them.

<p><b>Dehydration:</b> Adequate fluid intake, avoid food that trigger thirst, avoid caffeinated drinks.</p>	<p><b>Fatigue &amp; Lack of concentration:</b> Deep breathing techniques, quality sleep and moderate workout.</p>	<p><b>Weight Gain:</b> Plan meal ahead, avoid high sugar intake, stay mobile.</p>	<p><b>Constipation:</b> Ensure sufficient fiber intake, adequate amounts of fluids, increase mobility.</p>	<p><b>Indigestion:</b> Avoid fatty, spicy and fried food. Eat slowly and chew well. Practice mindful eating.</p>

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