

Treatment with a Sunnah diet gives a remarkable and permanent cure of a vast majority of diseases. And a person will **إن شاء الله** not require any medications if the instructions below are followed precisely.

Hadith No. (1) Al Makdam son of Madi Karb Alkindi **رضى الله عنه** relates that Rasool Allah **صلى الله عليه وسلم** said that the son of A'dam has not filled any vessel worse than his stomach; a few morsels are enough to straighten the back of the son of Adam. If he has to eat 1/3 for food, 1/3 for drink and 1/3 for his breathing. Related by Baihaqui in Shoabal Iman.

This hadith has been written on the walls of a German Hospital. It would be most appropriate if it was written on the walls of every hospital and clinic of the world.

Hadith No. (2) Hazrat Abu Huraira **رضى الله عنه** narrates that the Allah's Messenger (**صلى الله عليه وسلم**) said, "On the Day of Judgement, a huge fat man will come who will not weigh, the weight of the wing of a mosquito in Allah's Sight." Bukhari (4729)

Hadith No. (3) Hazrat Yahya Al-Bakka' narrates from Ibn 'Umar **رضى الله عنه** that: "A man belched in the presence of the Prophet (**صلى الله عليه وسلم**), so He said: 'Restain your belching from us. For indeed those who are filled most in the world will be the hungriest on the Day of Judgement.'" Related by Tirmidhi

Hadith No. (4) `Imran bin Husain **رضى الله عنهما** says that "Allah's Messenger (**صلى الله عليه وسلم**) said, 'The best of my followers are those living in my generation (i.e. my contemporaries). and then those who will follow the latter" `Imran added, "I do not remember whether he mentioned two or three generations after his generation, then the Prophet (**صلى الله عليه وسلم**) added, 'There will come after you, people who will bear witness without being asked to do so, and will be treacherous and untrustworthy, and they will vow and never fulfill their vows, and obesity will appear among them." . Related by Bukhari and Muslim

Hadith No. (5) Hadhrat Jahdata AlJashmi **رضى الله عنه** said I saw Rasool Allah **صلى الله عليه وسلم** pointing his hands towards the belly of an obese man and saying if this was somewhere else it would have been better for you. (Meaning thereby that obesity and a fat belly are not desirable things.) Related in AlMustadrak of Hakim on the condition of sahiheen.

Hadith No. (6) Nafe **رضى الله عنه** says that Ibn `Umar **رضى الله عنه** never used to take his meal unless a poor man was called to eat with him. One day I brought a poor man to eat with him, the man ate too much, whereupon Ibn `Umar said, "O Nafe! Don't let this man enter my house, for I heard the Prophet (**صلى الله عليه وسلم**) saying, "A believer eats in one

intestine (is satisfied with a little food), and a kafir (unbeliever) eats in seven intestines (eats much food). Related by Bukhari and Muslim

Imam Shafie "I did not fill my stomach up in the past 16 years except once when I deliberately vomitted it out. This is because eating to a full stomach makes the body heavy, hardens the heart, decreases intelligence, brings on sleep and makes the person weak in the worship of Allah. Related by Imam Razi in "The etiquette and virtues of Shafie".

Hadith No. (7) Urwa رضى الله عنه relates that Aisha رضى الله عنها said to Urwa : O son of my sister we would see three moons one after another in two months and no fire was burnt in any of the houses of Rasool Allah صلى الله عليه وسلم. Urwa said how you survived. She said two black things, Dates and Water except that there were some neighbors of Rasool Allah صلى الله عليه وسلم who had some milk giving animals and they would gift some milk from their houses and Rasool Allah صلى الله عليه وسلم used to give us to drink. Related by Bukhari; Sahih.

From this Hadith I have derived one principle that there should be no food cooked on fire. Because Rasool Allah صلى الله عليه وسلم used this diet for only two months, out of caution I only use this diet on patients for 40 days. That is for 40 days the patient will not eat any Bread, or Rice, or Meat and nothing from the Bakery like Biscuits and Cake. No bottled juices and no soft Drinks.

What will the diet be?

All types of uncooked vegetables, like salad, carrots, tomatoes, radish and cucumber.

All Types of fruits except obese and diabetic patients. They should not eat four fruits

(1) Dates (2) Grapes (3) Bananas (4) Mangoes.

They can drink half a glass of milk mixed with half a glass of water morning and in the evening.

Two tablespoons of extra virgin olive oil, should be taken once daily along with salad or milk.

Every day walk for one hour briskly in the morning. If they have problems of the knee joint they should cycle for one hour or use an exercise cycle.

If they feel weak they should mix one table spoon of honey in a glass of water and drink it.

If the patient feels giddy or very weak they can mix 2 tablespoons of Ghee (Butter oil) with Milk and drink it.

If someone would like to drink juices then they should drink them fresh within half an hour.

If you want to make a milk shake this should also be drunk within half an hour.

With this diet I have treated all types of patients, patients with Heart Disease, Hypertension, patients with depression and all types of Psychiatric diseases, all types of skins diseases and allergies.

For these patients within 10 days I stop all medications. Those diabetic patients who are on insulin, their insulin requirement drops considerably. Obviously these diabetic should be controlled by a qualified doctor.

If this diet is used conscientiously as described then I have not seen any patients who did not benefit.

These patients should not eat with the family but eat alone, because if he is eating in the company of other people he will not be able to control his hand.

After six weeks this diet should be stopped and the diet mentioned below should be started.

The average Sahaba used to eat twice a day and Rasool Allah صلى الله عليه وسلم only once.

Their lunch was around 10 to 11 am then they would sleep (Keloolah) then wake up for Salat Zuhr. Their dinner was after Isha when Rasool Allah صلى الله عليه وسلم used to distribute guests to eat with them. Normally I advise patients to eat dinner after Maghrib as one should preferably sleep 2 and half hours after dinner.

Imam Ibn Qayyim says that after dinner one should walk at least 100 steps.

Because Rasool Allah صلى الله عليه وسلم said 1/3 for food, one should eat one chapatti made at home or 2 slices of brown bread. The best grain to use is barley because it is beneficial for cholesterol, obesity, and diabetes.

If barley does not suit you then use wheat. In either case tell the grinders to only grind once and to keep his gauge thick so that all the fiber is preserved. Ordinarily the grinders grind twice which destroys all the fiber. Aisha رضى الله عنها says that Rasool Allah did not even see a sieve. After grinding she used to blow in the flour and the big fibers used to be thrown out but all of the rest of the fiber was left behind.

Two meals of meat can be taken per week. No cow meat and no farm chicken. Fish or goat or camel meat or (desi) chicken should be eaten. Besides this all types of lentils and vegetables. Olive oil gets bad by cooking. It should be poured on cooked food. Obese patients should again return to the first diet after six weeks. They should keep alternating the two diets for six weeks each until the desired weight is achieved. With very obese patients this may take a few months.

Note:

Every person does not have the capacity to be able to follow this diet for six weeks. For this reason it is advisable to gradually get him accustomed to this diet. For a start he should use this diet for one day in a week and for the rest of the 6 days he should eat his normal diet. After a few weeks he should increase this to two days per week. Then

gradually to three days per week and so on according to his capacity; however it is advisable to proceed very slowly. Perhaps in three to six months he may be able to have developed the capacity to withstand this diet for six weeks. During this period inshallah he will definitely have tasted the benefits of this diet. It should be remembered that this is derived from a Sunnah diet and it has tremendous spiritual and physical benefits.