



Trusted for 35 Years

## Eat Right and Be Slim

By Hakim M. Salim Khan, M.D. (M.A.), M.H., D.O., F.G.N.I.

Natural medicine, especially Tibb, takes a genuinely holistic view of food and health. The human being at the centre of the discussion is classified by their unique temperament and body type (**Mizaj**). It also recognises that each person metabolizes food in their own specific way. Being over-weight or suffering obesity is an indication of your imbalance from this natural temperament (**Mizaj**).

Modern nutrition classifies foods by their material and chemical forms and so groups them into proteins, carbohydrates, fats, vitamins & minerals.

Although this grouping provides us with some information in practice, apart from a few benefits, this simplistic and artificial classification is not much of use, therefore ignoring the most important factors: the **human being** and their **individuality**.

Foods are understood and classified by their **quality** and **actions** upon each person. This wisdom based tradition, with thousands of years of evidence, provides a clear framework with regard to food and human health. This knowledge, practically applied, is helpful in empowering us to become healthy and slim.

**See below general guidelines to achieve optimal weight and health, for each category of food.**

**Vegetables:** Use these to help you to lose excess weight and to remain slim and healthy. Green leafy vegetables, such as: radish, asparagus, lettuce, celery, pumpkin, bitter melon, fenugreek. Also use cauliflower, cabbage and sprouts. Use vegetables which are in season and local, whenever possible.

**Avoid using potatoes and aubergines.**

**Grains:** Use barley, rye, buckwheat, millet, wheat. Use old varieties of wheat such as spelt and khmat. Use wheat in moderation. Eat wholemeal or brown rice, eat white rice in moderation.

**Avoid modern varieties of wheat.**



*Trusted for 35 Years*

**Beans and Lentils:** All beans and pulses are good, especially chick peas and brown chick peas.

**Fruits:** Eat fruits which are in season, whenever possible. Eat fruits separately from meals (not at meal times).

**Avoid banana.**

**Fish and meat:** Fish can be eaten but **do not eat shellfish**. Eggs are good too. **Do not use pork or beef.**

**Dairy:** Live yogurts are excellent, in moderation.

Use only warm milk with ginger, cinnamon or turmeric added to it. Milk is a meal on its own **so do not drink milk with meals.**

**Do not drink sour drinks (like lemon) soon after drinking milk.**

**Avoid fish after your milk drink.**

Light cheese in moderation is fine, but **do not use hard cheese.**

**Drinks:** It is helpful to use Mohsin '**Detox & Slim Tea**' after your main meals, or green tea. **Apart from these, do not have drinks with your main meals.** At other times sip hot water throughout the day, if possible every hour.

**Sweets:** Only use honey or small amounts of molasses.

**Nuts:** Use almonds, walnuts and pistachios in moderation.

**Spices and Herbs:** All spices and herbs are excellent.

Use some every day, choose from: cumin, cinnamon, cloves, turmeric, and ginger, black pepper and cardamom.



*Trusted for 35 Years*

**Here are some specific rules which will assist in recovering your balance:**

- ✓ Eat foods that are warm and light.
- ✓ Eat pungent tasting foods on a daily basis
- ✓ Eat bitter tasting foods on a daily basis.
- ✓ Use plenty of freshly cooked vegetables.
- ✓ Use fruits and salads on daily basis.
- ✓ Use spices everyday in your foods.

**Avoid all of the following:**

- ✗ White flour, white rice and white sugar products.
- ✗ Fried food and fatty foods.
- ✗ Fizzy and carbonated drinks.
- ✗ Ice cold drinks.
- ✗ Processed food, 'takeaway' food and leftover food which has gone stale.
- ✗ Alcohol.

**At Mohsin Health we always work in a way that is 'holistic' – meaning we look at your whole health not just one aspect of it.**

**To Book Your Appointment Now:**

Call us on: ☎ +44 (0)116 273 8614

Email us at: ✉ info@mohsinhealth.co.uk

Visit or Write to us at: ✍ 446 East Park Road, Leicester, LE5 5HH, UK