



Trusted for 35 Years

Making Friends with Food

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Through proper use of food and good digestion a person builds and revitalises their self and body. In order to have and maintain the right weight a person needs to have a positive and healthy relationship with food. These guidelines will help you to achieve this.

Secrets of eating (Adab, or correct etiquette)

- ✓ Eat with attention and focus, begin with a prayer.
- ✓ Sit down when eating or drinking.
- ✓ Stop before becoming uncomfortably full, leave $\frac{1}{3}$ of your stomach empty.
- ✓ Eat slowly and chew your food well.
- ✓ Eat freshly cooked/prepared foods.
- ✓ Eat a variety of foods (see '**Eat Right and Be Slim**' article).
- ✓ End your meal with a prayer.
- ✓ Sit quietly for a few minutes after your meal.
- ✗ Do not eat when upset, very tired, or while using a TV/computer.
- ✗ Do not use cold foods and drinks.
- ✗ Do not eat again until your last meal is digested – this takes about 6 hours



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Guidelines towards Making Food your Friend:

- 1.** Eat the right foods in the right combination to produce energy, rather than excessive toxins and fats (see '**Eat Right and Be Slim**' article)
- 2.** Maintain healthy digestion with sufficient digestive fire to digest foods into their proper form and qualities. Use 'Mohsin Easy Digest' to help with this.
- 3.** Establish as habits the **Adab** of eating and drinking (listed on the previous page), as a process of gradual and permanent change.

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