

الْحَمْدُ لِلَّهِ الَّذِي أَنْزَلَ الدَّاءَ وَالذَّوَاءَ ، وَجَعَلَ لِكُلِّ دَاءٍ دَوَاءً ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ،

وَأَشْهَدُ أَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ فَاللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ الطَّيِّبِينَ الطَّاهِرِينَ وَأَصْحَابِهِ الْغُرِّ الْمَيَامِينِ ، وَالتَّابِعِينَ لَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ .

All praise is to Allah for the countless blessings He has bestowed upon His Creation. I exalt Him as is befitting to His Glorious presence and His great sovereignty and virtues and I bear witness that there is no deity save Allah Alone, having no partners.

I also bear witness that Muhammad is His Servant and Messenger. May the peace and blessings of Allah be upon His Prophet Muhammad, his family, his companions and those who follow on their footsteps until the Last Day.

وَأَتَاكُمْ مِنْ كُلِّ مَا سَأَلْتُمُوهُ وَإِنْ تَعُدُّوا نِعْمَتَ اللَّهِ لَا تَحْصُوهَا إِنَّ الْإِنْسَانَ لَظَلُومٌ كَفَّارٌ

And He gave you much of what you seek; and if you enumerate the favours of Allah, you will never be able to count them; indeed man is very unjust, most ungrateful. (14:34)

إِنَّ السَّمْعَ وَالْبَصَرَ وَالْفُؤَادَ كُلُّ أُولَئِكَ كَانَ عَنْهُ مَسْئُولًا

indeed the ear, and the eye, and the heart – each of these will be questioned. (17:36)

وَلَا تُلْقُوا بِأَيْدِيكُمْ إِلَى التَّهْلُكَةِ وَأَحْسِنُوا إِنَّ اللَّهَ يُحِبُّ الْمُحْسِنِينَ

and do not throw yourselves with your own hands into destruction. And do good; indeed, Allah loves the doers of good.

إِنَّ أَوَّلَ مَا يُسْأَلُ عَنْهُ يَوْمَ الْقِيَامَةِ - يَعْنِي الْعَبْدَ - مِنَ النَّعِيمِ أَنْ يُقَالَ لَهُ: أَلَمْ نُصِحَّ لَكَ جِسْمَكَ وَنُرْوِيكَ مِنَ الْمَاءِ الْبَارِدِ

“Indeed the first of what will be asked about on the Day of Judgment – meaning the slave (of Allah) being questioned about the favours – is that it will be said to him: ‘Did We not make your body, health, and give you of cool water to drink?’” (Tirmidhi)

وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ

“and eat and drink, but be not excessive. Indeed, He likes not those who commit excess”.(7:31)

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَلْتَنْظُرْ نَفْسٌ مَّا قَدَّمَتْ لِغَدٍ وَاتَّقُوا اللَّهَ إِنَّ اللَّهَ خَبِيرٌ بِمَا تَعْمَلُونَ

O you who have believed, fear Allah. And let every soul look to what it has put forth for tomorrow - and fear Allah. Indeed, Allah is Acquainted with what you do. (59:18)

مَنْ أَصْبَحَ مِنْكُمْ آمِنًا فِي سِرْبِهِ مُعَافًى فِي جَسَدِهِ، عِنْدَهُ قُوتٌ يَوْمِهِ فَكَأَنَّمَا حِيزَتْ لَهُ الدُّنْيَا

‘Whoever among you wakes up physically healthy, feeling safe and secure within himself, with food for the day, it is as if he acquired the whole world.’ (Ibn Majah)

سَلُوا اللَّهَ الْعَفْوَ وَالْعَافِيَةَ، فَإِنَّ أَحَدًا لَمْ يُعْطَ بَعْدَ الْيَقِينِ خَيْرًا مِنَ الْعَافِيَةِ

“Ask Allah for pardon and well-being, for verily, none has been given anything better than well-being.’ (Tirmidhi)

"Some Bedouins asked: 'O Messenger of Allah shall we treat (our ill)?' He said: 'Yes, O worshipers of Allah! Use remedies. For indeed Allah did not make a disease but He made a cure for it' - or - 'a remedy. Except for one disease.' They said: 'O Messenger of Allah What is it?' He said: 'Old age.' (Tirmidhi)

- **Binge/Comfort eating and drinking** Vs **Necessary/Wholesome Eating!!!**
- Statistics show that ethnic minorities, in particular South-east Asian men and women, have shockingly higher rates of angina, heart attacks and strokes than the overall general population. Diabetes is also a big issue, particularly amongst Pakistani, Bangladeshi, Indian and Africans.
- Our health is an **Amaanah** from our Lord, one which will be questioned about on the Day of Judgement. Yet we fail to appreciate the beauty of this blessing and constantly abuse the rights our bodies have over us.
- How can one reach their full spiritual maturity in a poor physical and mental condition? The healthier you feel in mind and body, the easier it is for you to grow in *Imaan*.
- As with all aspects of life, Islam teaches us that moderation is key to a healthy diet of fruits, vegetables and odd meats.
- The Prophet ﷺ encouraged physical activity and used to frequently walk himself at a quick pace, he would race, wrestle, practise archery and horse-riding amongst other activities.