



Eat right and be slim

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There is a lot of confusion and conflicting information about food and health, especially when it comes to weight loss. This confusion is also found amongst health care professionals. Modern nutrition classifies foods by their material and chemical forms. On this laboratory analysis foods are grouped into proteins, carbohydrates, fats, vitamins, minerals etc. Although this grouping provides us with some information in practice, apart from a few uses, this simplistic and artificial classification is not much use. This approach is completely artificial and industrial so it ignores the most important factors: the **human being** and their **individuality**.

Natural medicine, especially **Tibb**, takes a genuinely holistic view of food and health. It places the human being at the centre of the discussion. It classifies a person by their unique temperament and body type or **mizaj**. It also recognises that each person metabolizes food in their own specific way. Foods are also 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.

In order to achieve your desired or optimal weight, you need to first understand your unique temperament and body type or mizaj. Your over-weight or obesity is an indication of your imbalance from this natural temperament.

You need to understand the impact of your lifestyle upon your health and well-being. Here are some specific guides to help you towards recovery of this balance:

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

Here are some general guidelines

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 these: 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.

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 on their own, do not mix with your meals.

Avoid banana.

Fish and meat: - fish is fine, **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 use 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 no hard cheese.

Drinks: - do not drink with your main meals. At other times sip hot water throughout the day, if possible every hour. Use Mohsin 'Detox & Slim Tea' after your main meals, or green tea.

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, ginger, black pepper and cardamom.

Avoid all of the following:

white flour, white rice and white sugar products

fried food and fatty foods

fizzy and carbonated drinks

cold ice drinks

processed food, take away food and leftover stale food

alcohol

Reduce coffee and (black) tea to minimum.

At **Mohsin Clinic of Natural Medicine** we have a long track record of helping people with weight issues and we always work in a way that is holistic – that is, we look at your whole health overall, not just one aspect of it.

We wish you success in your journey towards a healthy & sustainable weight. Please do not hesitate to contact us if you would like an individual consultation about weight or any other aspect of your health.



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