

Making Friends with Food

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It is through proper use of food and good digestion that 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.

1. You need to eat the right foods in the right combination to produce energy, rather than excessive toxins and fats (see 'Eat Right and Be Slim' for more details)
2. You need to have a healthy digestion with sufficient digestive fire to help digest foods into their proper form and qualities. The use of 'Easydigest' will help with this.
3. You need to establish correct etiquette (or Adab) of eating and drinking

Here are some do's and don'ts – Etiquette of eating or Adab

- ✓ Eat with attention and focus on foods, begin with a prayer
- ✓ Sit down when eating or drinking
- ✓ Stop eating before you become uncomfortable, leave about 1/3 of your stomach empty
- ✓ Eat slowly and chew your food well
- ✓ Eat freshly cooked or prepared foods
- ✓ Eat a variety of foods (see 'Eat Right and Be Slim')
- Do not eat when upset, very tired, in front of the TV or computer
- Do not use cold foods and drinks
- Do not eat until your last meal is digested – this takes about 6 hours
- ✓ End your meal with a prayer
- ✓ Sit quietly for a few minutes after your meal

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.