THE MIRACLE OF AL QURAN ON BALANCED NUTRITION, HALALANTHOYYIBAN & FASTING FOR HEALTHY LIFESTYLES

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At present, metabolic disease is the number one cause of human death in the world. This happens because humans eat and drink excessively, do not do much fasting, do not consume halal food and a lot of stress, causing disruption of the balance of chemical compounds in the body in medical terms called Interference with homeostasis of the body. This triggers a variety of metabolic diseases, such as diabetes mellitus, coronary heart disease, stroke, high blood pressure disorders of the stomach, gout, migraine and cancer. People who die from excess consumption of food far more than people who die from lack of food. This happens to all adherents of both Muslim and non-Muslim religions. This can only be overcome if humanity returns to Allah's commands, as instructed in the Qur'an, that is if eating should not be excessive, eating halal food, doing a lot of fasting to obtain excellent health, doing a lot of remembrance (zikir) to make a peaceful heart and avoid stress. This is a miracle from the Al Quran to prevent metabolic diseases.
Command to do research in Al Quran, Surah Sad (38) verse (29) :

(This is) a Book (the Quran) which We have sent down to you, full of blessings that they may ponder over (conduct research) its Verses, and that those of understanding would be reminded..

Kitab (Al Quran) yang kami turunkan kepada engkau (Muhammad), penuh dengan berkah, untuk diteliti (Renungkan) ayat-ayatNya, Agar mendapatkan pemahaman orang-orang yang berilmu.
Islamic Teachings for Food Management

HALALANTHOYYIBAN
Quran Surah Al Baqarah verse 168

Kullu Wasrobu walatusrifu (Quran Al Araf verse 31)

Shumu tashihu (Hadits)

HEALTHY LIFESTYLES IN ISLAM

HOMEOSTASIS (Balanced nutrition)

fasting for healthy
About mandatory in Islamic sharia for food

Generally, Muslims are obedient not to eat haram food

Generally, Muslims are fasting especially in Ramadhan

BUT

Generally Muslims and non-Muslims are not obedient to consume balanced nutrition.

(This has triggered the occurrence of obesity and threaten many people in the world)
Not many of us realize that people who over-eat kill more people than people who die of starvation.
OBESITY Reaches Global Tipping Point
OBESITY IS NOW A GLOBAL EPIDEMIC!
OVER 50% OF DEATH ARE FROM OBESITY RELATED CHRONIC DISEASES (Metabolic Syndrom)

Obesity is a source of diseases.
Diabetes in 2000 & 2025 in USA and the World

USA
15

151 million

300 million

22

## Diabetes Prevalence (2007-2025)

<table>
<thead>
<tr>
<th>Country</th>
<th>2007</th>
<th>2025</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qatar</td>
<td>15.2%</td>
<td>16.9%</td>
</tr>
<tr>
<td>Bahrain</td>
<td>15.2%</td>
<td>17.0%</td>
</tr>
<tr>
<td>UAE</td>
<td>19.5%</td>
<td>21.9%</td>
</tr>
<tr>
<td>Saudi Arabia</td>
<td>15.7%</td>
<td>18.4%</td>
</tr>
<tr>
<td>Kuwait</td>
<td>14.4%</td>
<td>16.4%</td>
</tr>
<tr>
<td>Oman</td>
<td>13.1%</td>
<td>14.7%</td>
</tr>
<tr>
<td>Yemen</td>
<td>2.9%</td>
<td>3.4%</td>
</tr>
</tbody>
</table>

*IDF Diabetes Atlas- 2006- National prevalence estimates*

<table>
<thead>
<tr>
<th>Country</th>
<th>Prevalence (Year)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesia</td>
<td>7.1% (2007)</td>
</tr>
<tr>
<td></td>
<td>21.3% (2030)</td>
</tr>
</tbody>
</table>

*Sumber Kemenkes*
“Diabetes is a chronic, debilitating and costly disease associated with severe complications, which poses severe risks for families, Member States and the entire world.”

UN Resolution 61/225. World Diabetes Day
Al Quran: Surah ‘Abasa (80) verse 24

فَلِيَنْظِرُ الْإِنسَانُ إِلَى طَعَامِهِ
So man must look at his food.
(Maka hendaklah manusia memperhatikan makanannya)

The Hadith narrated by Abu Dawood.

نحن قوم لا نأكل حتى نجوع وإذا أكلنا لا نشبع

We are a group of people who eat because we already feel hungry and if we eat, stop before full
(Kita adalah sekelompok orang-orang yang makan karena sudah merasa lapar dan jika kita makan, berhenti sebelum kenyang)
A son of Adam (human) does not satisfy a place worse than their stomach. It is enough for the son of Adam to be some food bribe that can only raise his spine. **If demands must be fulfilled, then 1/3 for food, 1/3 for drinks and 1/3 again for breathing.**

(Hadist Homeostasis = Balanced Nutrition = Gizi Seimbang)
Based on this hadith (Homeostasis), I have done research in 2015 ago, on some medical literature

(Berdasarkan Hadist tersebut diatas, saya telah melakukan penelitian pada buku-buku Kedokteran) pada tahun 2015 yang lalu)

As the results are shown in the table below.

Sebagai kesimpulan dari hasilnya, ditunjukkan pada tabel dibawah ini
The result of the compilation of health research and its compatibility with the concept of food in Islam, about homeostasis (balanced Nutrition) in the body for person with a weight of 70 kg. (YANIS, 2015) (Hadits Homeostasis → Food Daily = 1/3 Solid Food, 1/3 water, 1/3 for breathing)

<table>
<thead>
<tr>
<th>The volume of food intake and digestive secretions</th>
<th>Excretion of food and fluid reabsorption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily food volume</td>
<td>Daily reabsorption</td>
</tr>
<tr>
<td>• Food</td>
<td>• Yeyunum</td>
</tr>
<tr>
<td>• Water</td>
<td>• Ileum</td>
</tr>
<tr>
<td>± 2 L</td>
<td>• Colon</td>
</tr>
<tr>
<td>± 2 L</td>
<td>± 5,5 L</td>
</tr>
<tr>
<td>4 L</td>
<td>± 2 L</td>
</tr>
<tr>
<td></td>
<td>± 1,3 L</td>
</tr>
<tr>
<td></td>
<td>8,8 L</td>
</tr>
<tr>
<td>Daily digestive secretion</td>
<td>Daily excretions</td>
</tr>
<tr>
<td>• Salivary gland</td>
<td>• Urine</td>
</tr>
<tr>
<td>• Stomach</td>
<td>• Feces</td>
</tr>
<tr>
<td>• Gall</td>
<td>• Sweat</td>
</tr>
<tr>
<td>• Pancreas</td>
<td>• Saliva</td>
</tr>
<tr>
<td>• Gut</td>
<td>• Respiratory</td>
</tr>
<tr>
<td>± 1,5 L</td>
<td>1-1,2 L</td>
</tr>
<tr>
<td>2 -3 L</td>
<td>± 0,2 L</td>
</tr>
<tr>
<td>0,6 – 0,8 L</td>
<td>0.02 – 0.5 L</td>
</tr>
<tr>
<td>± 2 L</td>
<td>0.01 – 0.1 L</td>
</tr>
<tr>
<td>± 1 L</td>
<td>± 2 L</td>
</tr>
<tr>
<td>8 L</td>
<td>3,2 L</td>
</tr>
<tr>
<td>Daily input and total secretion</td>
<td>Daily total reabsorption and excretion</td>
</tr>
<tr>
<td>12 L (INPUT)</td>
<td>12 L (OUTPUT)</td>
</tr>
</tbody>
</table>
On the relationship between food and diseases, Rasullulah Muhammad SAW's in his hadith narrated by HR Thabrani:

المعدة حوض البدن واللعر وف النها واردة، فاأذ صحت المعدة صرت
رؤية الطبراني: العروق بالصحة وإذا سفمت المعدة صدرت العروق بالق بالسقم

The stomach is the body pool. The whole veins come to him, therefore, if the stomach is healthy then the veins will grow healthy, if the stomach sick, then the veins will grow sick.

Lambung adalah kolam tubuh, seluruh pembuluh darah bermuara kepadanya, karena itu jika lambung sehat, maka pembuluh darah akan tumbuh sehat, jika lambung sakit, maka pembuluh akan tumbuh dengan sakit
% obesity in some countries


<table>
<thead>
<tr>
<th>Country</th>
<th>% obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States</td>
<td>38</td>
</tr>
<tr>
<td>Mexico</td>
<td>32</td>
</tr>
<tr>
<td>Hungary</td>
<td>30</td>
</tr>
<tr>
<td>New Zealand</td>
<td>30</td>
</tr>
<tr>
<td>Australia</td>
<td>28</td>
</tr>
<tr>
<td>Canada</td>
<td>26</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>26</td>
</tr>
<tr>
<td>Chile</td>
<td>25</td>
</tr>
<tr>
<td>Finland</td>
<td>25</td>
</tr>
<tr>
<td>Germany</td>
<td>24</td>
</tr>
<tr>
<td>Ireland</td>
<td>23</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>23</td>
</tr>
<tr>
<td>Turkey</td>
<td>22</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>21</td>
</tr>
<tr>
<td>Belgium</td>
<td>19</td>
</tr>
<tr>
<td>France</td>
<td>17</td>
</tr>
<tr>
<td>Slovak Republic</td>
<td>17</td>
</tr>
<tr>
<td>Korea</td>
<td>4</td>
</tr>
<tr>
<td>Japan</td>
<td>4</td>
</tr>
</tbody>
</table>
THE 10 MOST OBESE COUNTRIES ON EARTH
According To The World Health Organization

1. United States of America - 33.8%
2. New Zealand - 26.5%
3. Australia - 24.6%
4. Czech Republic - 24.2%
5. United Arab Emirates - 23%
6. Slovakia - 23%
7. Norway - 22.4%
8. Canada - 22%
9. Germany - 20.2%
10. Hungary - 18.8%
OVERWEIGHT POPULATIONS IN SOUTHEAST ASIA

Overweight prevalence (%) for adults of both sexes (BMI of > 25 kg/m²)

Cambodia 21 12.1
Indonesia 13.3
Laos 18.4
Malaysia 44.2
Myanmar 26.5
Philippines 30.2
Singapore 32.2
Thailand 14.2
Vietnam

Source: WHO Non-Communicable Diseases Country Profiles, 2011
Statics..... % of obesity

Sex-specific prevalence (%)

- Bahrain
- Egypt
- Iran
- Jordan
- Kuwait
- Lebanon
- Morocco
- KSA
- Tunisia
- Turkey
- UAE

The population (%)

- Women 2004
- Men 2004
- Women 2008
- Men 2008
Estimated World Prevalence of Diabetes: 2025

Prevalence estimates of diabetes, 2025

SOURCE: DIABETES ATLAS THIRD EDITION, © INTERNATIONAL DIABETES FEDERATION, 2006
Many Arabs, their lifestyle has changed, from eating lots of tinn fruit and olive oil (Zaitun) for anti-obesity, and not overeating. Rich and prosperous, they move to fast food. Usually they used to walk through the desert, now they are going where in a luxury car with rarely exercise (Sport) consequently Saudi arabia, UAE and Kuwait became the largest diabetic country in the world.
<table>
<thead>
<tr>
<th>Food Item</th>
<th>Calories</th>
<th>Price</th>
<th>Calories Per Dollar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burger King Double Whopper</td>
<td>1,110</td>
<td>$4.79</td>
<td>221</td>
</tr>
<tr>
<td>Burger King Tendercrisp Chicken</td>
<td>930</td>
<td>$4.79</td>
<td>198</td>
</tr>
<tr>
<td>Burger King Large Fries</td>
<td>960</td>
<td>$2.45</td>
<td>120</td>
</tr>
<tr>
<td>Taco Bell 2 Piece Breast + Wing</td>
<td>970</td>
<td>$5.69</td>
<td>174</td>
</tr>
<tr>
<td>Taco Bell 10 Honey BBQ Wings</td>
<td>800</td>
<td>$6.09</td>
<td>131</td>
</tr>
<tr>
<td>Taco Bell Beef Gordita Supreme</td>
<td>310</td>
<td>$1.89</td>
<td>80</td>
</tr>
<tr>
<td>Taco Bell Fiesta Chicken Salad</td>
<td>850</td>
<td>$4.09</td>
<td>208</td>
</tr>
<tr>
<td>Pizza Hut Meat Lover's Personal</td>
<td>1,050</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IHOP Country Fried</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Subway 6&quot; Meatball Sub</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Subway 12&quot; Sweet Onion</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Conclusion:**

FAST FOOD = OBESITY
WHY ARE KIDS OBESE?

Burger $0.99

Salad $4.99
In the past, parents were proud, have their Children obese. but in fact obese bring many illnesses & short life
FOR SAFETY
We must keep fast food and overeating, we must go back to the Qur'an and hadith
Body Mass Index (BMI)

• The body mass index is calculated based on the following formula:
  Body weight in kilograms divided by height in meters squared

  or

  \[ \text{BMI} = \frac{\text{body weight in Kg}}{\text{height in meter (Kuadrat)}} \]

  \[ \text{BMI} = \frac{\text{Berat badan (Kg)}}{\text{Tinggi (meter)kuadrat}} \]

• Example for 175 cm height and 70 kg weight

  \[ \text{BMI} = 70 / (1.75 \times 1.75) = 22.86 \]
On the relationship between food and diseases, Rasullulah Muhammad SAW's in his hadith narrated by HR Thabrani:

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Lambung adalah kolam tubuh, seluruh pembuluh darah bermuara kepadanya, karena itu jika lambung sehat, maka pembuluh darah akan tumbuh sehat, jika lambung sakit, maka pembuluh akan tumbuh dengan sakit
Hadith The Prophet said that the main source of all diseases is the stomach. As the classification based on medical science, also shows that the source of the disease also from the stomach.

<table>
<thead>
<tr>
<th>TRIGGER</th>
<th>CAUSE</th>
<th>sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical</td>
<td>Mechanical trauma, high / low temperature, sudden changes in atmospheric pressure, radiation, electrical</td>
<td>Stomach or NOT</td>
</tr>
<tr>
<td>Chemicals &amp; medicine</td>
<td>Certain toxic compounds, drug preparations etc.</td>
<td>Stomach</td>
</tr>
<tr>
<td>Infection</td>
<td>Viruses, ricketia, bacteria, fungus, higher parasitic forms</td>
<td>Stomach</td>
</tr>
<tr>
<td>Lack of oxygen</td>
<td>Decreased blood circulation, decreased ability of blood to transport oxygen, poisoning in oxidative enzymes</td>
<td>Stomach</td>
</tr>
<tr>
<td>Genetic</td>
<td>Cancer, Congenital, molecular,</td>
<td>Stomach</td>
</tr>
<tr>
<td>Immunologic reaction</td>
<td>Anaphylaxis, autoimmune disease</td>
<td>Stomach</td>
</tr>
<tr>
<td>Disturbance of nutritional</td>
<td>Nutritional deficiency or excess nutrients</td>
<td>Stomach</td>
</tr>
<tr>
<td>Hormonal</td>
<td>Hormonal deficiency, hormonal excess</td>
<td>Stomach</td>
</tr>
<tr>
<td>Degenerative</td>
<td>Homeostatic Disorders</td>
<td>Stomach</td>
</tr>
<tr>
<td>Psychology</td>
<td>Stress and neurological disorders</td>
<td>Stomach or NOT</td>
</tr>
<tr>
<td>Idiopatic</td>
<td>An unknown cause</td>
<td>Stomach or NOT</td>
</tr>
</tbody>
</table>
THE RISK OF CONSUMING HARAM FOODS BASED ON MEDICAL ASPECTS
ALL FOOD are considered halal in Islam EXCEPT the list under haram

- Pork and its byproducts
- Animals improperly slaughtered
- Animals killed in the name of anyone other than Allah.
- Alcohol and intoxicants and its byproducts
- Carnivorous animals and birds of prey
- Blood and blood byproducts
Biotransformation of Xenobiotic

Results of biotransformation

1. More potent
2. Less potent
3. Toxic

Biotransformed Xenobiotic and Poison

active

inactive

1. Active
2. Inactive

Xenobiotic and Poison

HARAM FOODS (Xenobiotic):

Alcohol, Pork, Blood, Carnivorus animal & birds of prey, Animals improperly slaughtered, animals killed in the name of anyone other than Allah

Slow but sure, will changes to:
1. Physical body
2. Change in character
Pig genetic is similar with human genetic.

Pig organs most widely taken for organ implants in humans is known as the Xenotransplantation.

- **Xenotransplantation** refers to the practice of transplanting, implanting, or infusing living cells, tissues, or organs from one species to another.
ANALISIS MAKANAN HALAL LEBIH FOKUS KEPADA BABI & PRODUK TURUNANNYA KARENA DIA PALING BANYAK TERDAPAT PADA MAKANAN, OBAT DAN KOSMETIKA
Because Pig genetic is similar with human genetic

Eating pork = cannibalism

According to medical science:
- About 66% of the protein in our body will work as enzymes
- The function of enzymes in the body is to regulate all activities and our character
- Action of the enzyme in the body is as biocatalyzer (biokatalisator)
- We talk, angry, sad, in love and etc. caused enzymes work
- If we eat dog meat = Our character becomes easy to angry
- Because enzymes of dogs = enzymes for easy to angry
Pigs & LGBT

Pigs do lesbian
PIGS DO HOMOSEXUAL
UNTIL THE OLD PIGS ALWAYS HOMOSEXUAL
PIG AND DOG DO TRANSGENDER
When you eat pork, your character and physical, slowly but surely, will be like a pig.
Because pig genetic is similar to human genetic, hence, the chemical and diseases in pig is very easy to move to human

In order to obtain more pork and protein, then, generally at this time, pigs that bred by farmers are pigs that obesity
Therefore, genetic pig very similar with humans genetic, so, chemical compound & diseases that exist in pigs are very easily transmitted to humans

Chemical compounds and obesity genes in pigs are triggers obesity in people who eat pork

Obesity is a trigger for cardiovascular disease and arteriosclerosis

Retrovirus which generally living in pig cells is a trigger of cancer
There are a lot of bacteria, viruses and worms that live on pork and easily transmitted to humans

**PARASITIC DISEASES**

- a) Trichinella spiratis (Trichina worms)
- b) Taenia solium (Pork tape worm).
- c) Ascaris (Round worms)
- d) Ancylostomiasis (Hook Worms)
- e) Schitosoma japonicum
- f) Paragomines westermaini
- g) Paciolepsis buski
- h) Clonorchis sinensis
- i) Metastrongylus apri
- j) Giganthorinchus gigas
- k) Balatitidium coli

**BACTERIAL DISEASES**

- Tuberculosis
- Fusiformis necrofurus.
- Salmonella Cholera suis
- Paratyphoid
- Bruceellosis
- Swine Erysipelas

**Viral Diseases**

- Retrovirus → trigger cancer
- Small pox
- Japanese B-encephhalitis
- Influenza

**Protozoal Diseases:**

- Toxo plasma goundii.
Alcohol/Ethanol (ethyl alcohol)

• In chemistry Alcohol is an organic solvent
• In our body, alcohol works dissolving or damaging organic compound the body, especially the enzymes.
• In Biochemistry, The majority of the types of proteins that are present in our body are enzymes.
• The main function of an enzyme in the body is to carry out of chemical reactions or bio-catalyst
• Organic compounds in the body of alcohol drinkers will change from normal conditions.
• Therefore, alcohol drinkers are people that damaged physically and mentally
Scanning results with a Positron Emission Tomography (PET) by using F-18 – Glucose to test the memory in alcohol drinkers and non-drinkers

Qoran surah Al Maidah Verse 91. The Alcohol drinker is forget for remember Allah and do shalat, because their memory cell has damaged
The World Health Organization estimates that there are 140 million people with alcoholism worldwide.

(Wikipedia)
Why ALLAH Forbids Eating Blood

Partly a function of blood

• Blood is the breeding places of various diseases and microorganisms

• Blood is responsible for transport of:
  – Transporting gases (oxygen & carbon dioxide)
  – Transporting nutrients
  – Transporting waste products
  – Transporting drugs
  – Helping remove toxins from the body

Blood is the medium for the transmission of various diseases, viruses, bacteria, disposal toxins, etc.
The concept of fasting is to achieve homeostasis and remove toxins from the body.

Scientists Discover That Fasting Triggers Stem Cell Regeneration & Fights Cancer: Body, Mind, Soul...
Gambar 1.

Hasil pemotretan sel-sel dengan mikroskop elektron
Terdiri dari 3 bentuk
sel-sel normal,
  sel-sel kecil dari normal,
  sel-sel besar dari sel-sel normal, sel-sel yang ada tangkainya adalah sel yang dihuni oleh bakteri/virus

Gambar 2

Hasil pemotretan beberapa sel yang mengalami apoptosis dengan mikroskop elektron, yang ditunjuk dengan panah adalah sel apoptosis (sel-sel yang akan mati secara terprogram
Karena sebagaimana kita ketahui bahwa sebuah sel adalah merupakan reaktor kimia (tempat berlangsungnya reaksi-reaksi kimia). Oleh karena itu pada sebuah sel akan berlangsung suatu reaksi keseimbangan, menurut reaksi keseimbangan adalah,

\[ K_2 \]
\[ A + B \rightleftharpoons C \]
\[ K_1 \]

Menurut hukum aksi massa; proses keseimbangan \( K_1 = K_2 \) akan lebih cepat tercapai bila tambahan senyawa A dan senyawa B dihentikan. (pada puasa senyawa A dan B atau suplai makanan akan terhenti selama 6 jam)
Benefits of fasting
Happy Health tips

- Increased energy
- Increased immunity
- Enhanced liver function
- Reduced allergy symptoms
- Increased metabolism
- Weight loss
- Improved digestive function
- Reduced joint aches and pains
- Improved sleep
- Heightened mental clarity, focus and memory
- Improved stability of moods and balance
- Feeling of calmness and peace
- Reduced food, alcohol and nicotine craving

www.facebook.com/dchappyhealth
CONCLUSION

1. Not many of us realize that people who overeat kill more people than people who die of starvation

2. Implementing balanced nutrition, halalanthoyyiban & fasting in our daily lives is the key to a healthy lifestyle

3. The teachings of Islam are really for the salvation of mankind,