

To enhance mental health status in Holy month of Ramadan

Let us commit that during Ramadan, we will change our thought process by continuous control over our thoughts. We will enjoy our routine with no conflict, with a greeting smile on our lips & no superficiality; we will take care of ourselves and people around us regardless of their race, language, age, cast, believes, dress, gender, marital status etc. In case, if someone's behaviour is not good, we will think that this all is due to one's mental disturbance. All this kind of thought process bring us close to each other. Prevalence of hatred behaviours, reliance on punishment to teach anyone will decrease. This kind of kind behaviours are essential for the unity that is opposite of division and division of humans is no doubt mental disturbance. And there is no need to disturb our minds.

Diet plan to maximize essential nutrient intake to enhance the health status

Sahoor time

4 glasses of hot water when you get up in Sahoor.

First step is to detox our body from the continuously forming toxins in our digestive system and blood,

Followed by healthy shake with omelet or fully boiled eggs/ omelete. One glass of hot water in end of Saher. Walk for 5-10 minutes is good. In this diet you will not feel hungry throughout the day because As all your needs are full filled and gut is cleaned.

Healthy shake

Mango, strawberries, water melon, apple, carrot and banana are good fruits for healthy shake. Make a shake by blending in a blender machine the fruits of your choice, 3-4 tablespoonful of edible oil, and water to dilute if watermelon is not available. Visualize how much nutrient dense is this shake because this provides you with all essential nutrients that is all *essential fatty acids, vitamins & minerals*.

Omelet or boiled eggs

For protein need 2 full boiled eggs or 2 eggs omelet are excellent in the breakfast.

(Combination of oil is the best oil among this the best is the

combination of canola oil and olive oil.) Overnight soaked flax seeds 2 table spoons can be used in shake.

Iftaar time

In Iftaar, preferred foods are those foods which could fulfill nutritional needs of human body to carry on metabolism at optimum level.

There are bunch of options in Iftaar.

- ✚ Fruit salad.
- ✚ Lemon water
- ✚ Baked or grilled fish, chicken, mutton and beef.
- ✚ Baked potato wedges
- ✚ Steam vegetables of any kind.
- ✚ With chutney (recipe written below)
- ✚ Healthy shake could be one option.

Fruit salad

Melon, apple, pear, strawberry, grapes, pineapple, steamed sweat potato etc. are good for fruit salad. Cut all the fruits in same size and mix in big bowl. To make it delicious and nutritional make a sauce with 2 bananas, 4 strawberries and 3 table spoonful of combination of oil i.e. canola oil and extra-virgin olive oil (**Oil increase the digestibility of vitamins and minerals**). Blend these 3 ingredients and pour in the fruit salad bowl, mix well. Nutrient dense fruit salad is ready for Iftaar.

Steam vegetables

Cut onion, garlic, green chilies, tomato and any other vegetable you want to cook. Put this mixture of vegetables into a steel bowl. Place a utensil bigger than that steel bowl on fire with water in it for steam formation. Now place that vegetable filled steel bowl in big utensil and cover the big utensil. The steam so formed will tender the vegetables. Now take out the vegetable containing bowl and mix well edible oil 3-4 table spoons, fresh lemon juice 1-2 table spoonful and spices in it. This is highly nutritional food that is easy to digest. This is ideal diet plan to get rid of every type of disease, follow it as such.

Steam vegetable are better than boiled because during boiling vitamins and minerals are lost in water.

Vegetable salad.

Cut fine onion, tomato, spinach (Most important), cucumber, capsicum etc. in a bowl. Mix lemon juice, edible oil & salt. Fruit can also be used in vegetable salad just for the change of taste. Mixing edible oil in salad increases the digestibility of vitamins present in vegetables and fruits.

Chutney #1

Two tomatoes 🍅 1-2 Dates, 3 cloves, salt for taste, curry 6 leaves, fresh lemon 🍋 juice 2 tablespoons, 3 tablespoons of blend of extra Virgin oil and olive oil

Blend all these ingredients

Now fine chop spring onions and onions, green chilies, mint leave and cilantro leaves 🌿 Mix these chopped goods in blended items highly nutritional chutney is ready for Iftaar.

Chutney # 2

Crush onion, ginger, green chilies, tomato, mint, coriander and dried pomegranate seeds. Add lemon juice, red chilies, other spices and 1-2 table spoonful edible oil.

Method of preparation of drink that has no side effects.

Boil water with 1-3 cardamom in it. Remove it from fire and put 3-4 leaves of mint now serve with fresh lime that is rich in flavor. Honey can also be used as sweetener. Serve it with dates.

Rationale

During Ramadan eating according to our needs to carry on our normal metabolism to optimum level helps us to get rid of diseases like *Acid Peptic Disease, hypertension, diabetes, obesity, skin problems* etc.

Our needs to carry on our metabolism to optimum level are

- ✚ Water
- ✚ Essential fats
- ✚ Vitamins
- ✚ Minerals

✚ **Animal protein**

✚ **Carbohydrates only from fruits and vegetables**

Avoiding foods that are responsible for depriving us from vitamins and minerals help us to obtain essential nutrients to optimum level e.g. Caffeinated beverages, grains of any kind, milk and milk products, artificial food preservatives processed foods etc.

Even small amount of mentioned foods is disrupting our digestion process. We should visualize that new cells are continuously forming in our body to replace the old cells of digestive tract, immune cells, red blood cells, skin cells etc. and if we do not eat according to our needs, deformed or malfunctioned cells are formed and chronic diseases emerge.

Thinking greatly affect the digestibility of essential nutrients. Positive attitudes and behaviours markedly enhance digestion of essential nutrient. So smile is first step in making the environment friendly. Making friends and taking care of people around us actually helps us in making the environment healthy that ultimately enhance the health status of the community in which we are living.

When we bring depression, anger, fear, superficiality, discrimination that leads to injustice etc. mental health deteriorates and there is impaired digestion of essential nutrients.

There are 2 autonomic nervous systems are working in our body to maintain the homeostasis. One is **sympathetic nervous system also called fight and flight**; we need this system during emergency conditions like accidents, sickness, exercise. But if this system become activated in normal conditions; digestion of essential nutrients is markedly reduced. This happens, when we drink caffeinated beverages like tea, coffee, soft drinks, in depression, anxiety, anger etc.

Other is **parasympathetic nervous system also called rest and digest**; during its activation, mind & body are in rest and normal digestion is in process. Essential nutrients absorb to full extent and new cells which are formed during activation of this system are strong enough to combat the hardships of the environment. Creativity and thinking ability is on peak and person is in love with the surrounding.

Exercise

Exercise is not only good but also essential because **exercise increases oxygen consumption** and **oxygen consumption is directly proportional to health.**

After exercise, the absorption of essential nutrients increases to full extent. In exercise, muscles break and during rest period strong and big muscles are formed. Bones mineralization also increase due to stress on the bones due to exercise.

After proper warm up resistance exercises is essential to obtain optimum health before or after Iftaar.