

FARAH MAGAZINE 6TH ISSUE (MARCH 2020)

SUCCESS



فانكفي بالله وميكلا

and Allah suffices as an Ever Trusted Trustee [4.81]



*Try and Take
The First
Step...*



Contents

Editorial.....	4
What is success? <i>By Asqarini Hasbi</i>	6
Success through mindset <i>By Amina Abuzaid</i>	12
Who are the people of success and wisdom? <i>By Ustadha Hosai Mojaddidi</i>	18
A Gift of Heart <i>By Nisa Ahmad</i>	24
A successful woman in Islam <i>By Benish Adeel Syed</i>	30
Locked No More <i>By Asqarini Hasbi</i>	36
Remains in the soul <i>By Nisa Ahmad</i>	40
Understanding the Niqab <i>By Nisa Ahmad</i>	46
Level 10 Muslimah <i>By Seema Um Rayaan</i>	52
Gratefulness <i>By Nisa Ahmad</i>	58
The ongoing crisis of smoking and obesity <i>By Ahmad Shahid Khan</i>	64
Divorce <i>By Aumeer Nusayhah</i>	70
A Healthful Journey through the digestive system <i>By Aiman Attar</i>	77
Empowering the souls to succeed <i>By Askarini Hasbi</i>	90
The road to triumph <i>By Fatima Yakubu</i>	94
She, A Woman <i>By Umm Afraz Muhammad</i>	100
Empowering the souls to succeed <i>By Asqarini Hasbi</i>	104
Test Brings us closer to Allah <i>By Nisa Ahmad</i>	110
Kentucky Fried Chicken recipe <i>By Nisa Ahmad</i>	114
Pancakes: How to make? <i>By Nisa Ahmad</i>	116



CLEAN WATER FOR SRI LANKA



WATER AND SANITATION INFRASTRUCTURE CAN PREVENT POVERTY, AND DISEASE.



£280 for each water pump.

TOGETHER WE CAN HELP AND SUPPORT THEM BY PROVIDING CLEAN WATER.



www.justgiving.com/fundraising/waterwellforsrilanka

SIBLING MISSION KASHMIR MEDICAL AID

Raising funds to help the people of Kashmir who are affected by the 6.1 magnitude earthquake

SIBLING MISSION RELIEF FOR ALBANIA

ITEMS NEEDED: BLANKETS FOOD PACKS £20

1st DECEMBER 2019 THE FARAH SAEED TRUST PRESENTS 1ST OF ITS KIND

ARTISTIC 2019 ONLINE ART EXHIBITION

artisticonlineartexhibition.weebly.com

SEE THE WORK OF ARTISTS AND THOSE WHO LOVE ART FROM DIFFERENT PARTS OF THE WORLD

PHOTOGRAPHY	JEWELLERY DESIGN
HENNA	GRAPHIC DESIGN
CRAFTS	CLOTHING DESIGN
CALLIGRAPHY	POTTERY
PAINTINGS	OTHER ARTS

FREE LITTLE FARAH MAGAZINE ISSUE 1

online annual

OUT 1ST NOV 2019

www.issuu.com/thefarahsaeedtrust6

A BALANCE BETWEEN, ISLAM, EDUCATION AND FUN

MAGNETIC LOVE WITH RAMADAN REASONRY

Cementing our Purpose.
By Sister Hafsa Waseela Abbas
www.hafsaabbas.com

FREE seminar pre- and during Ramadan inshaAllah.
West Midlands.
Weekends only.
Call for FREE bookings
07838554419

Understanding our role on Earth and how we can practically and emotionally prepare ourselves in the Akhirah.

Construction of Masjid Fatima Al-Zahra in process, Sudan



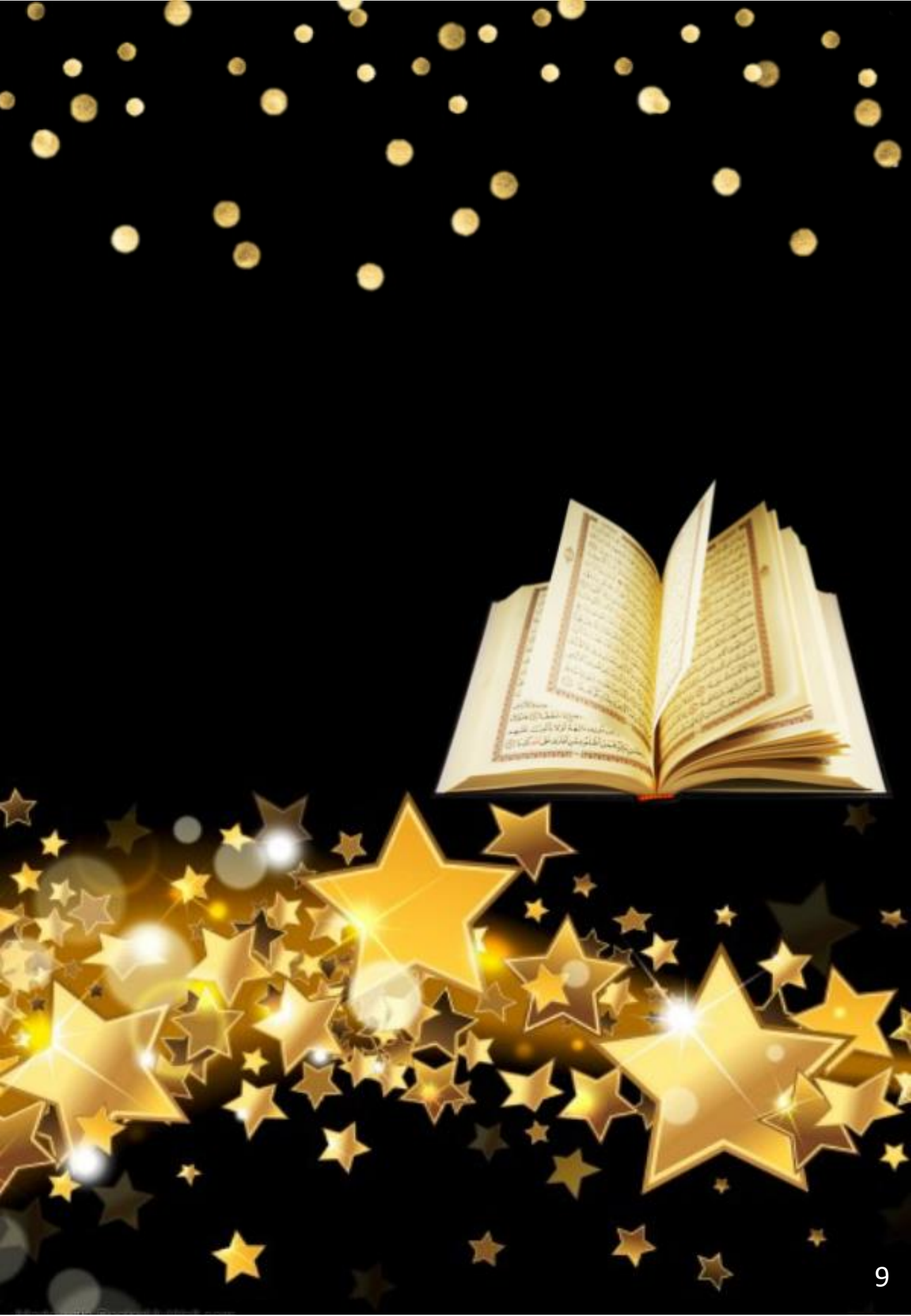
What is success?

By Asqanni Hasbi

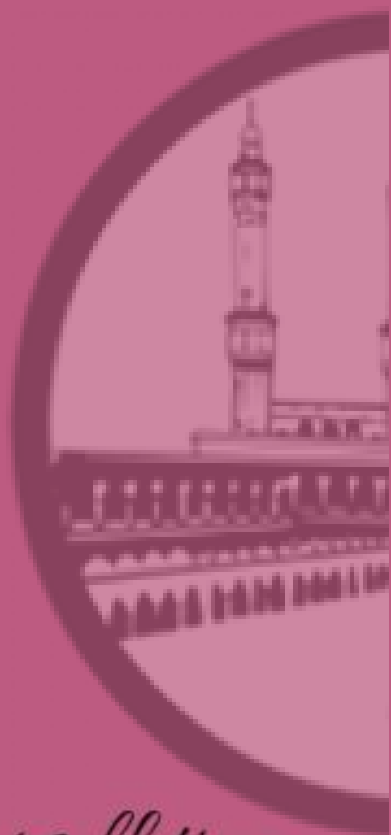








Inspiring quotes



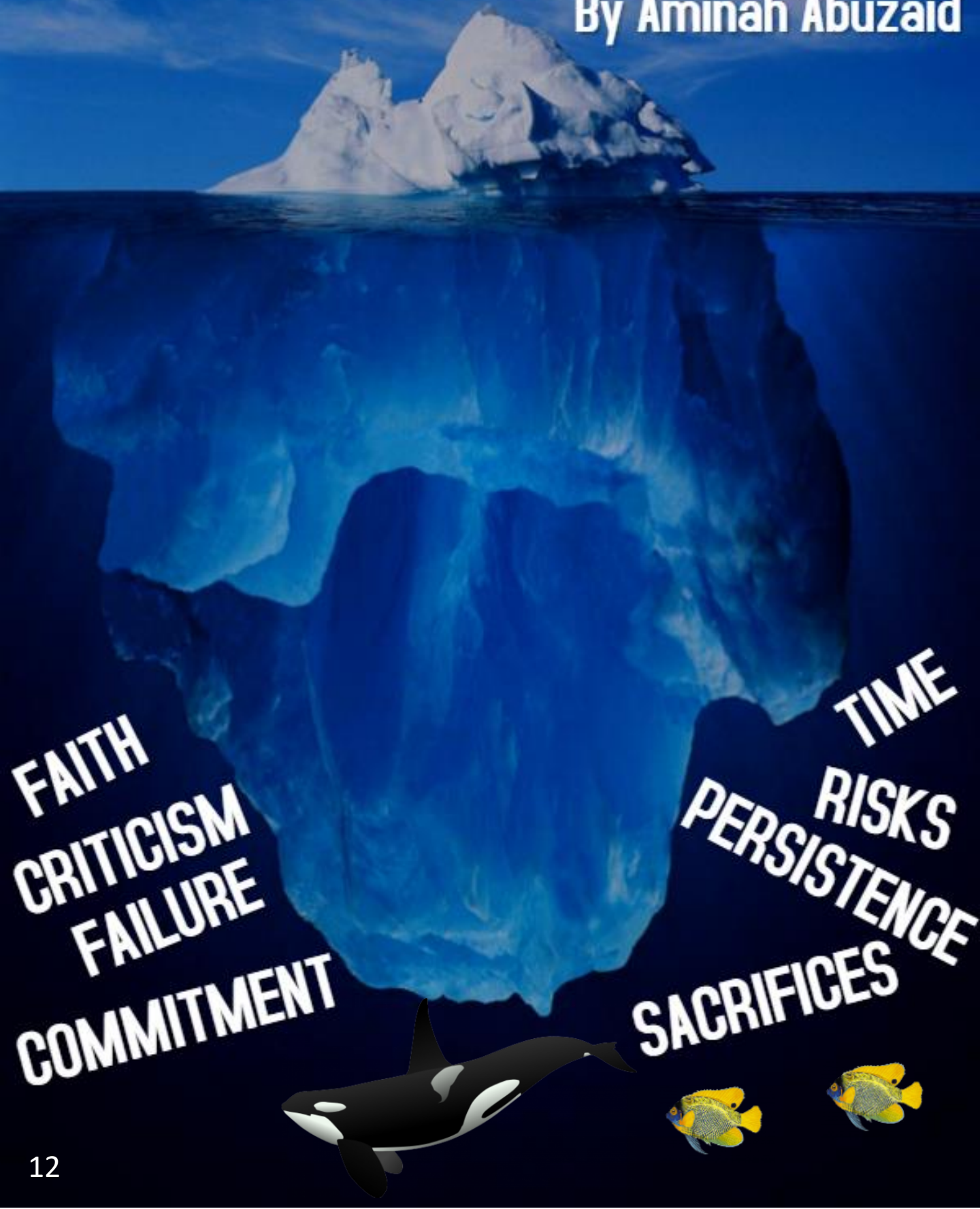
Give yourself time.

Quranic reminders



SUCCESS THROUGH THE MINDSET

By Aminah Abuzaid







HOPE



Inspiring quotes



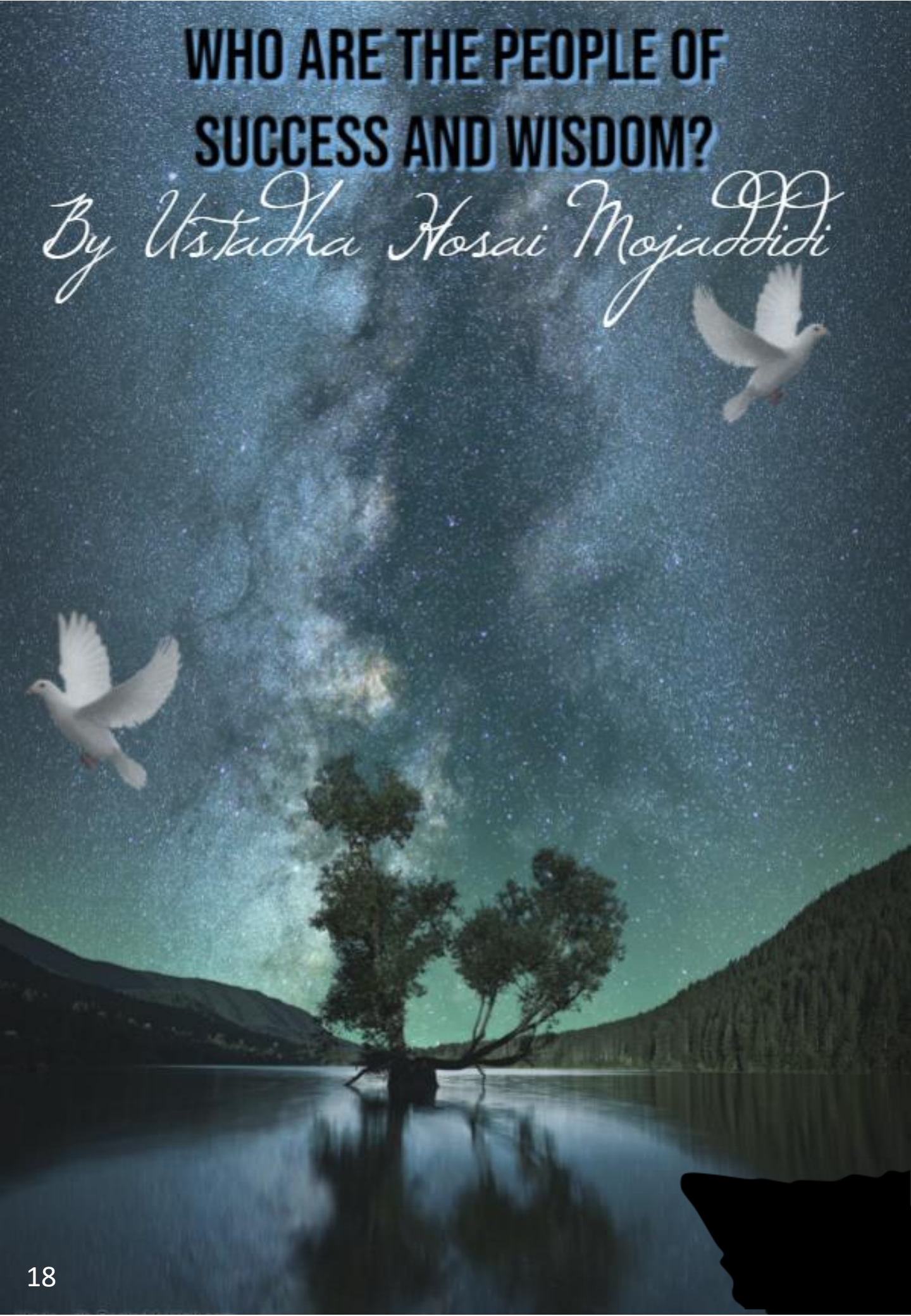
Give yourself time.

Quranic reminders



WHO ARE THE PEOPLE OF SUCCESS AND WISDOM?

By Ustatha Hosai Mojaddidi





Made with PosterMyWai.com

2019

2020





Inspiring quotes



Give yourself time.

Quranic reminders





A gift of Heart

By Nisa Ahmad

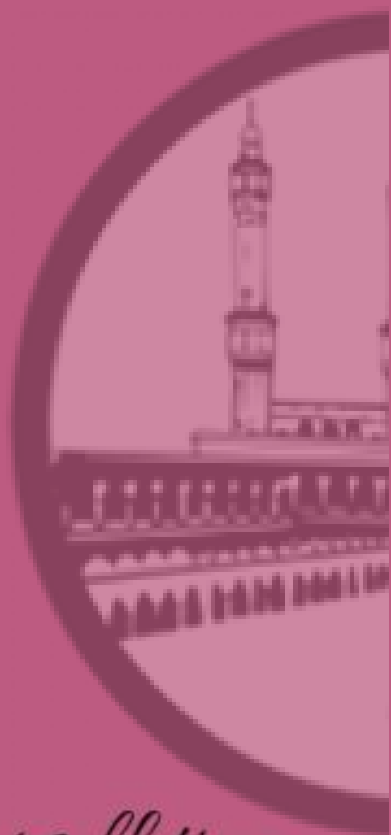








Inspiring quotes



Give yourself time.

Quranic reminders



A SUCCESSFUL WOMAN IN ISLAM

BY BINESH
ADEEL SYED

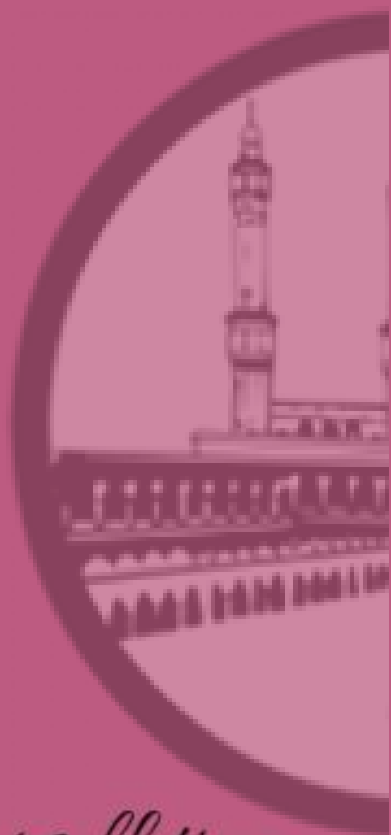








Inspiring quotes



Give yourself time.

Quranic reminders





Locked No More

By Asqarini Hasbi



Inspiring quotes



Give yourself time.

Quranic reminders



REMAINS IN THE SOUL

By Nisa Ahmad





L

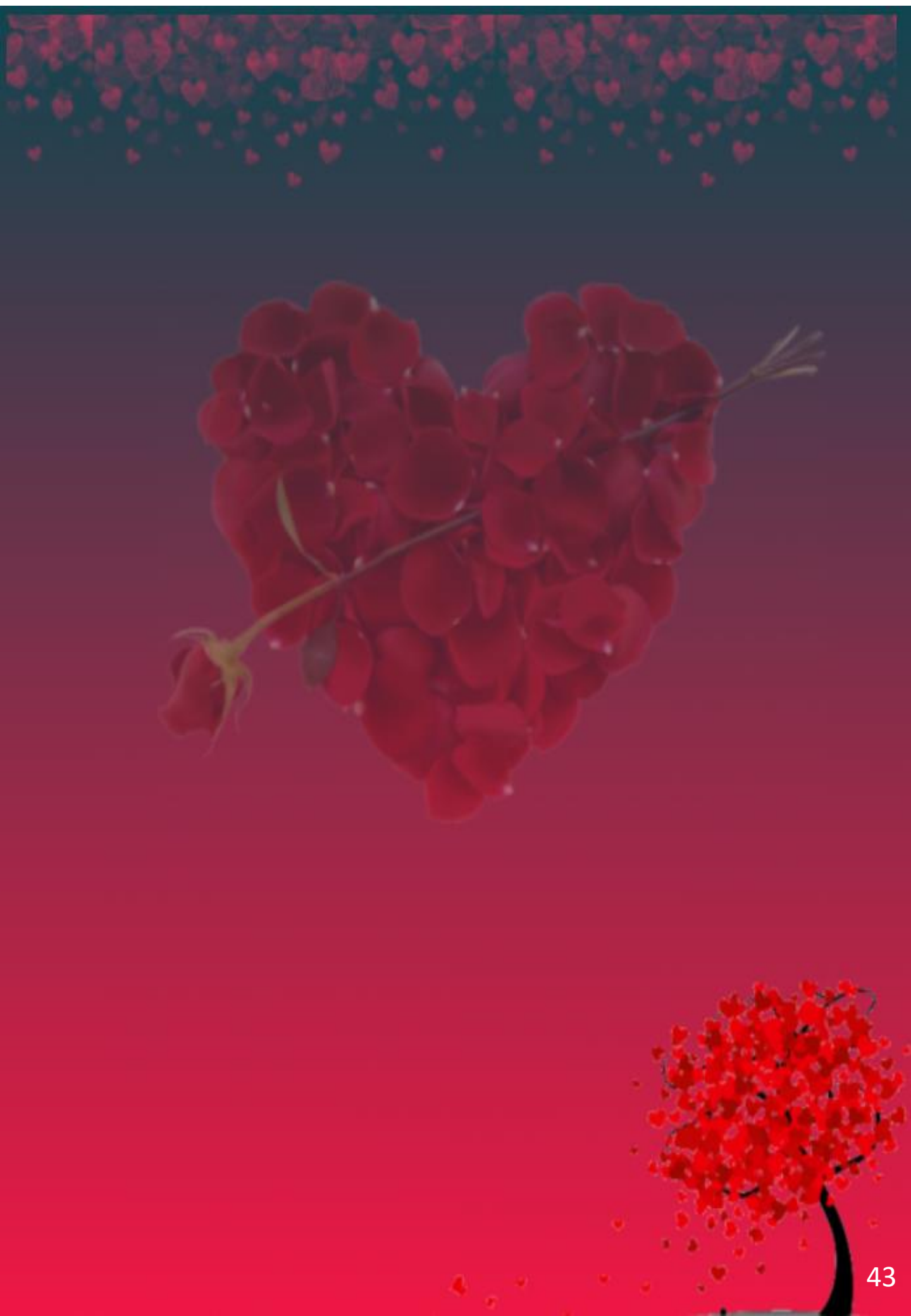
O

V

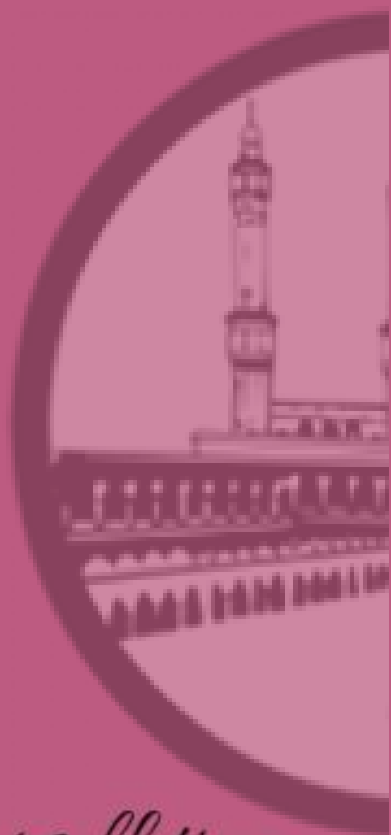
E

I love you





Inspiring quotes



Give yourself time.

Quranic reminders



UNDERSTANDING THE NIQAB

By Nisa Ahmad

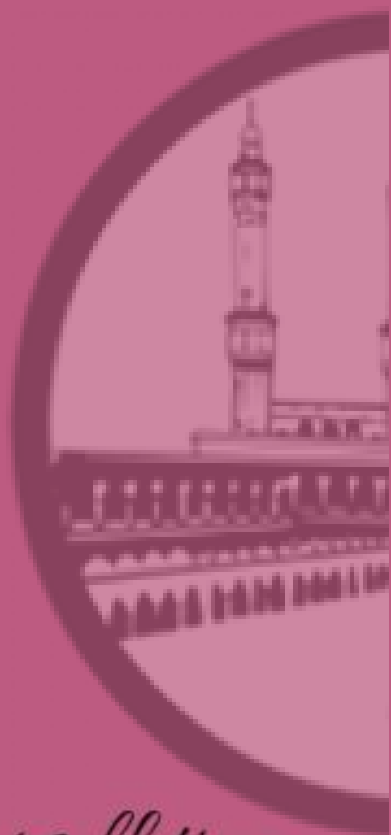








Inspiring quotes



Give yourself time.

Quranic reminders



Level Muslimah

By Seema Um Rayaan

10









Inspiring quotes



Give yourself time.

Quranic reminders



Gratefulness

By Nisa Ahmed









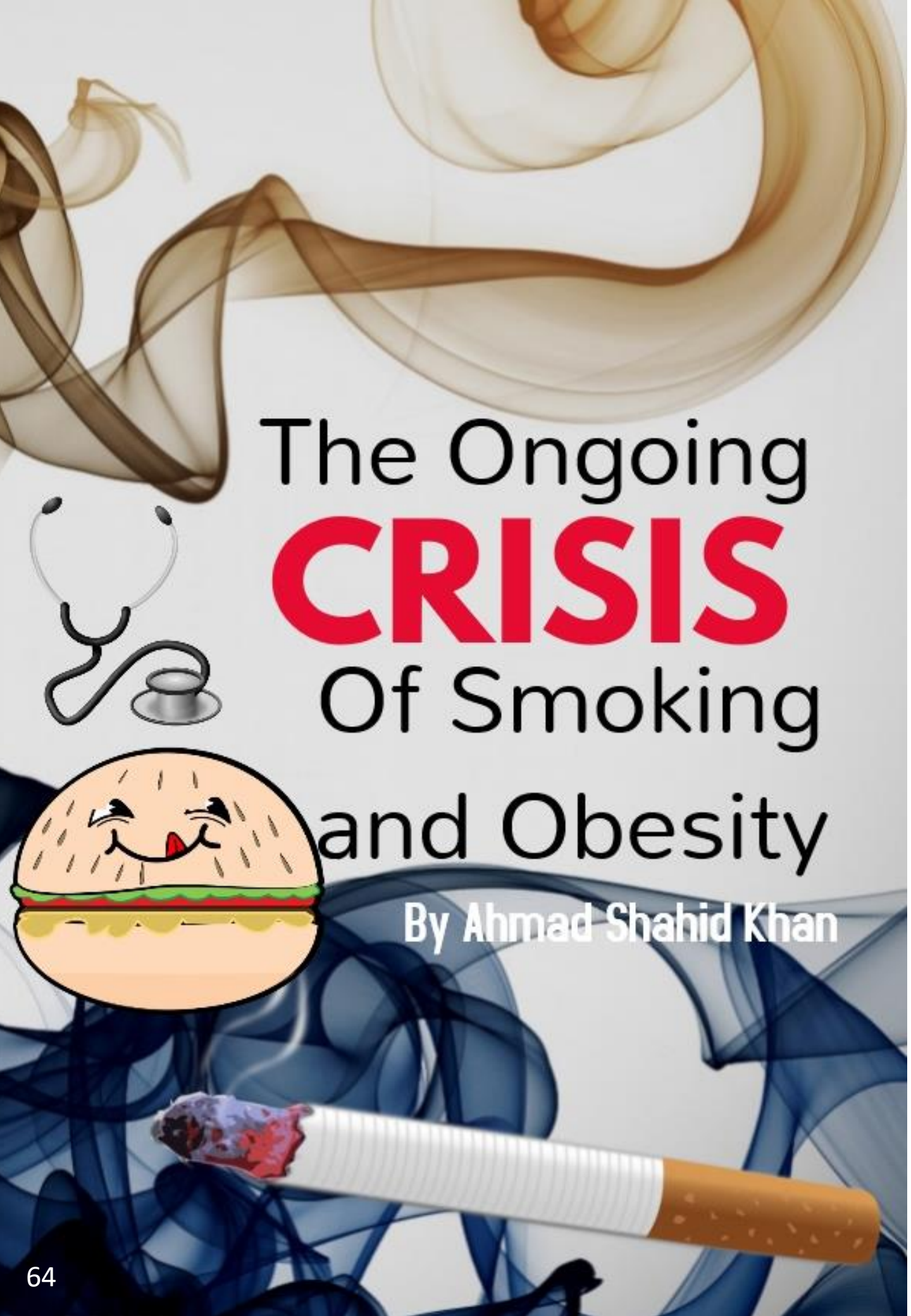
Inspiring quotes



Give yourself time.

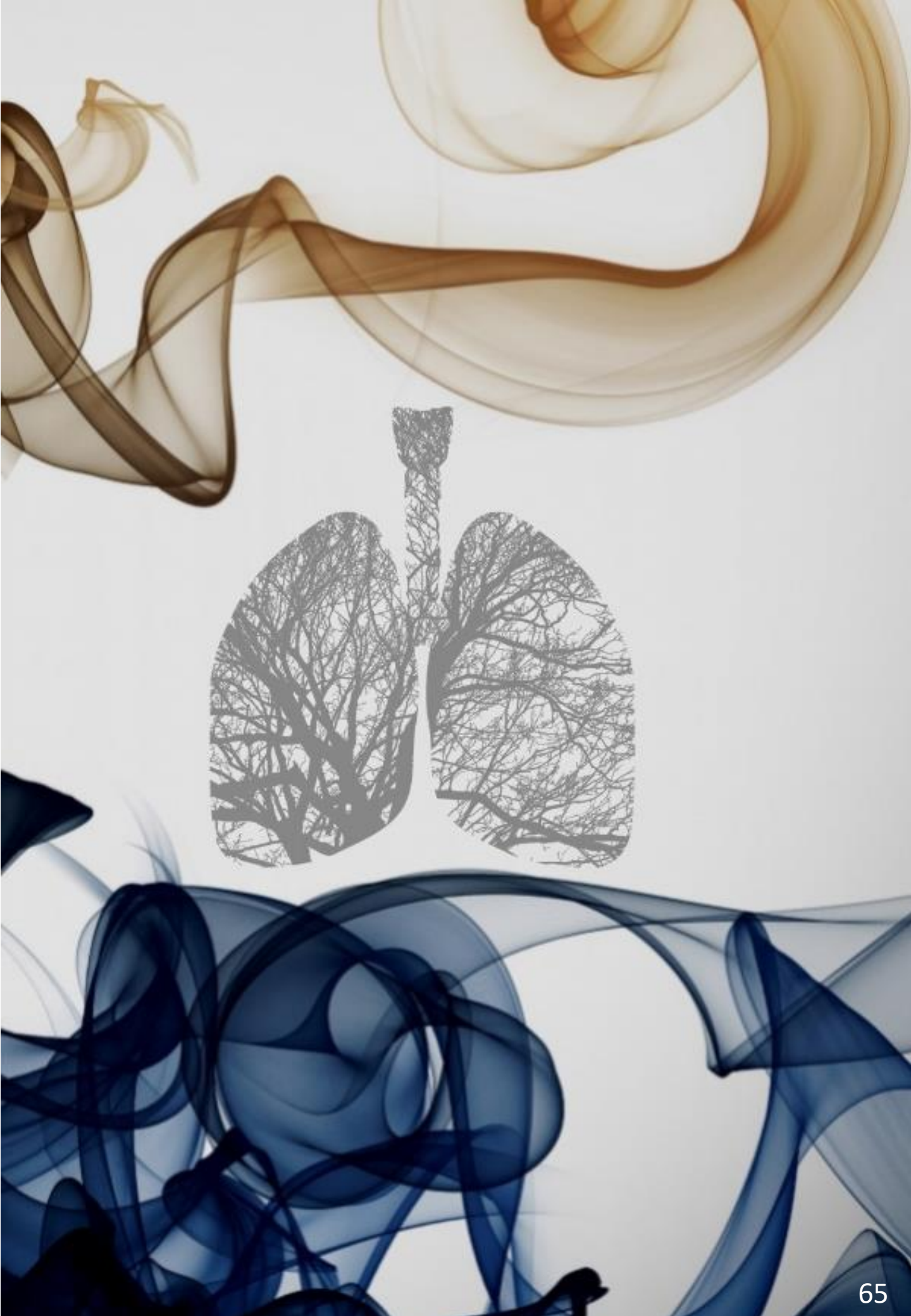
Quranic reminders





The Ongoing
CRISIS
Of Smoking
and Obesity

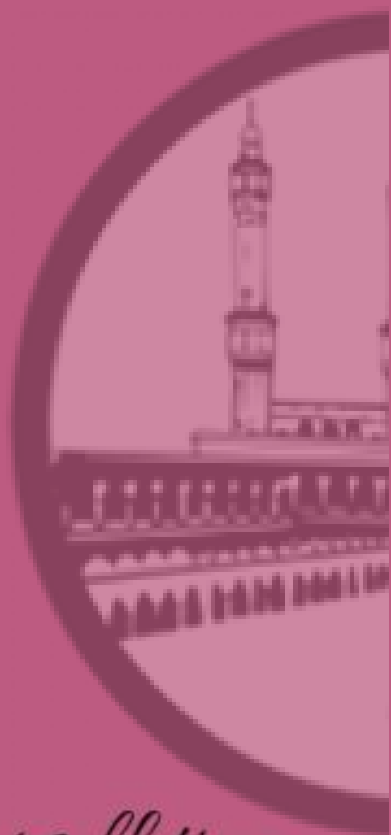
By Ahmad Shahid Khan







Inspiring quotes



Give yourself time.

Quranic reminders

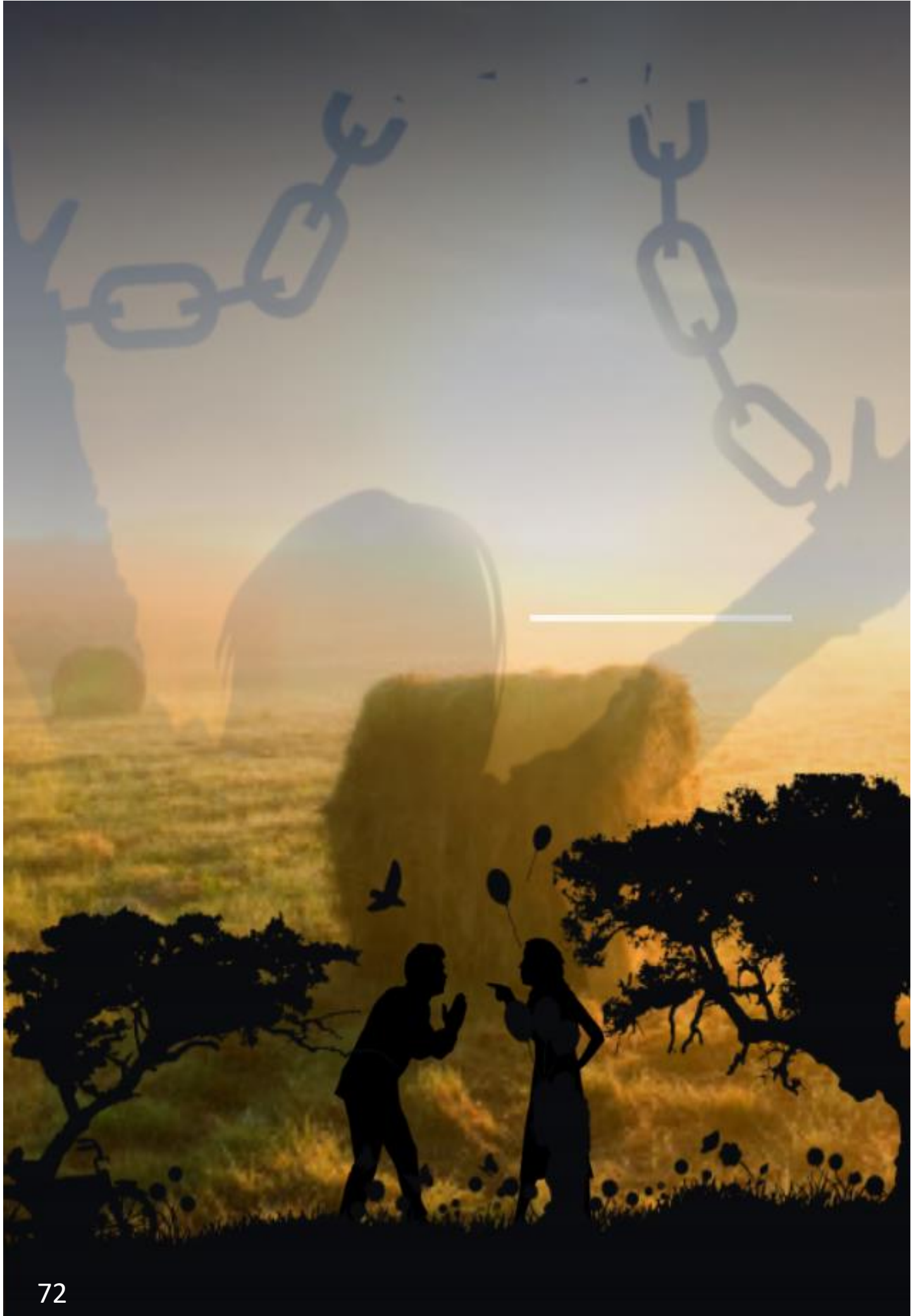




Divorce

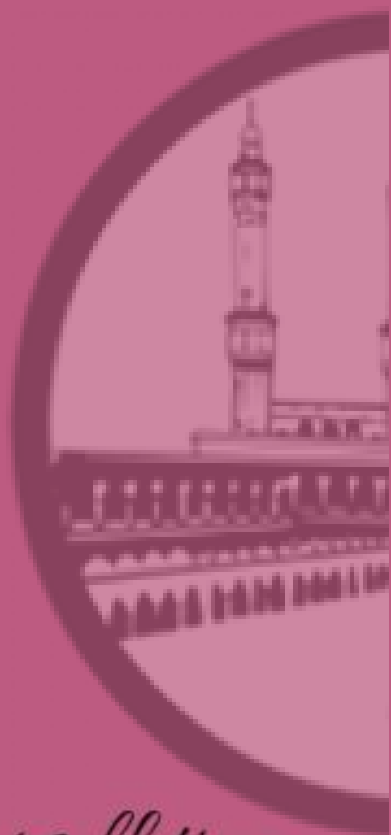
By Aumeer Nusayhah







Inspiring quotes



Give yourself time.

Quranic reminders





A HEALTHFUL JOURNEY THROUGH THE DIGESTIVE SYSTEM

BY AIMAN ATTAR



DIGESTION ACCORDING TO TRADITIONAL MEDICINE



The primary focus of the modern diet is what to consume and how much, whereas the primary focus of traditional diets is clean digestion.

What do I mean by clean digestion?

Traditional medicine and nutrition was not concerned by how many calories we need to consume, and from which food groups. It was more concerned with how your body would digest and metabolize the nutrition consumed.

A cup of food taken once a day, properly broken down and absorbed by the body, is far more beneficial for our health than seven cups of food a day that fill the belly, satiate the desire temporarily, but leave us robbed of nutrients and energy. I should add here that when I say 'food', I am referring to REAL food: dairy, fruits and vegetables, meats, and breads. Potato chips and packaged noodles are fun, but they are not really food.

Now, back to the concept of clean digestion: think of your laundry. Would you mix whites with colours (that run)? Would you mix bleach needed to keep whites clean with your beautiful red shirt? Would you stuff the machine to the rim, leaving no room for water or space to move the clothes around during agitation?

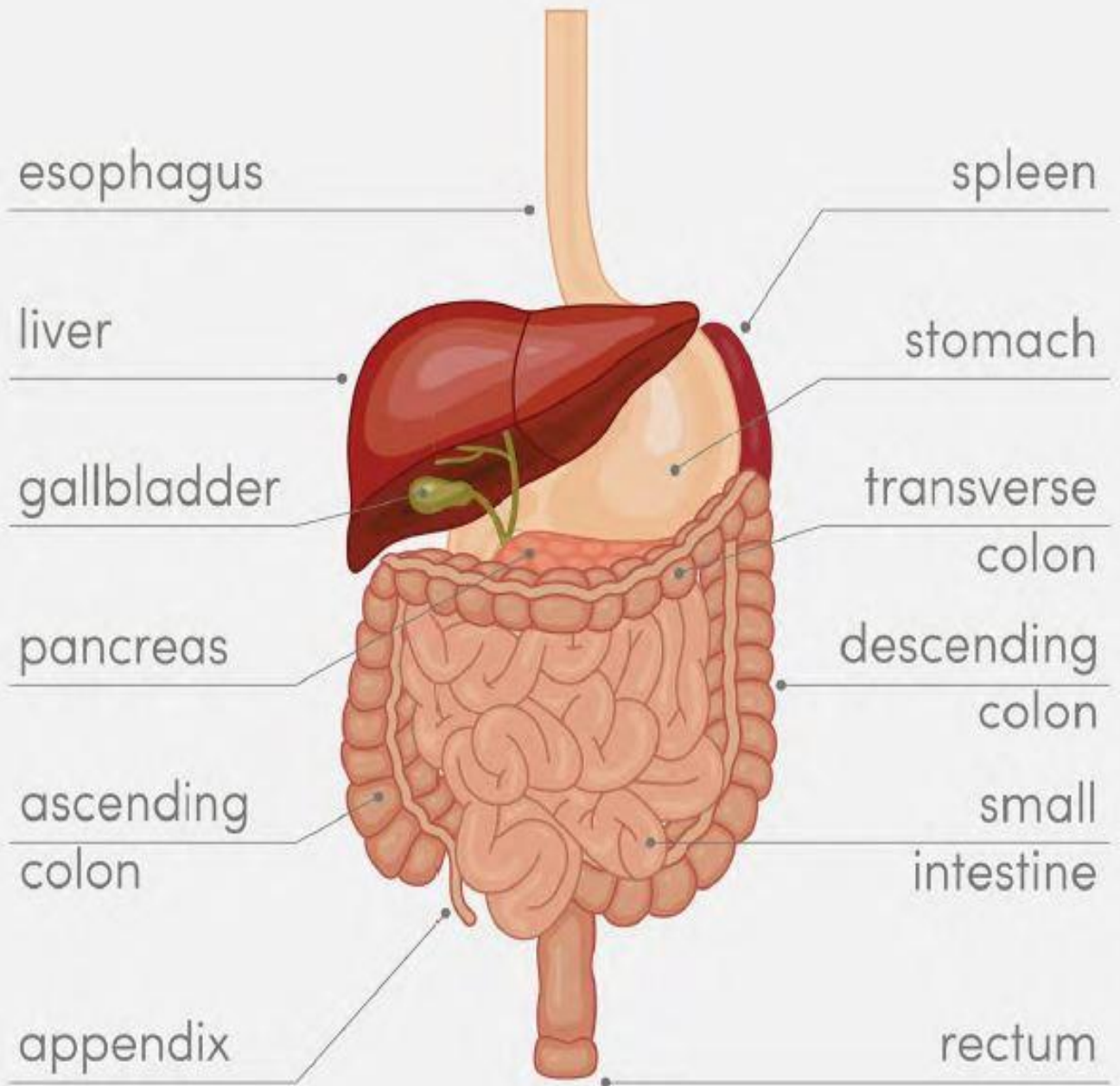
This is precisely how your stomach works. It needs water and it needs space. Exactly $\frac{1}{3}$ of each. So when you fill $\frac{1}{3}$ with food, add $\frac{1}{3}$ water and allow your stomach to churn, digestion happens efficiently.

How much is $\frac{1}{3}$ of your stomach? I asked the very same thing. From my research, I figured out that the stomach in its natural size is about 750ml to 900ml. We have the tendency to overfill it causing it to expand in order to properly function but the optimal size is its natural size. www.encyclopedia.com/medicine/anatomy-and-physiology/anatomy-and-physiology/stomach

That means... are you ready for this? Your food portion should be 250ml (the size of a cereal bowl), plus 1 cup of water. That is it. That is considered the MAXIMUM. The hadith states a few morsels would suffice, but if you must, then $\frac{1}{3}$.

BUT here's the thing. The hadith does not limit how often a day you can eat. Sigh of relief.

DIGESTIVE TRACT



However, there is one caveat to the lack of a limit: you must wait for food to completely empty from your stomach before starting your next bowl! That is a 3 hour wait if you consumed anything with meat. It is only about a 90-minute wait if you only ate a salad.

Now, I do not think the intention of limiting our food consumption to one bowl means that we are required to be living from bowl to bowl and eating every 2-3 hours, like a newborn baby. Our focus should not be to constantly fill the belly.

Eating a bowl that is properly balanced ensures you are sufficed and nourished without starving yourself. Believe me, I tried it and it works. It resets your hunger thermostat, so you will feel less hunger within a matter of days.

Portion size is not the only thing to consider when choosing your next meal. Your body type and your metabolic fire are also important factors in this scientific equation.

BODY TYPES ACCORDING TO TRADITIONAL MEDICINE



Your Digestive Fire

In Ayurveda, Greek Medicine and Islamic Medicine, your metabolism is known as your digestive fire and is the central home of good health. Your metabolism is responsible for various acids and enzymes that break down foods by heating them up for assimilation. Proper absorption (assimilation) of nutrients and efficient functioning of organs are dependent upon the heat of metabolism.

If your digestive fire is too cold or too hot, an imbalance will arise that will begin manifesting itself as common, often-ignored ailments such as:

- Dry or oily skin, dry hair, dry nails.
- Digestion - bloating, indigestion, belching, abdominal aches, excessive gas, gas with foul odor.
- Intestines and stool — hemorrhoids, intestinal polyps, constipation, diarrhea, foul odor, yellowish stool, loose form of stool.

- Breast tumors, ovarian cysts
- Food allergies
- High cholesterol, high blood pressure
- Fatty liver, IBS, leaky gut
- Cancer, benign tumor growths.

We do not all metabolize foods the same way. Each person's metabolism is dependent upon his/her body type/body constitution.

In Ayurveda, there are three body constitutions known as Pitta, Vata and Kapha. In Greek and Islamic Medicine, there are four body types known as Sanguine, Yellow Bile, Phlegmatic and Black Bile. In Traditional Chinese Medicine, there are five body types. It is not possible to list every traditional medicine, and each body type, but I want to clearly illustrate that the notion of body constitutions and metabolism dates back to thousands of years and continues to this day.

Some people can eat horribly and remain thin because their metabolism is so fast. A lot of calories ingested is simply flushed out and very little remains in their body. This does not mean that they are healthy because weight is not the only indicator of health. Likewise, someone can eat a very healthy diet and still struggle to lose weight.

By understanding our body type, we can learn to eat according to our temperament and begin to recognize that our body speaks to us when it is out of balance.

Four Body Types

In Greek Medicine, it is believed that there are four body temperaments that determine our constitution, and thus how we metabolize food. Although all four humors (or temperaments) — blood, yellow bile, black bile and phlegm — exist in all of us, in different quantities, there is usually one that is the dominating humor and which affects what we crave and how we respond to food. Whichever humor is dominant within a person reflects their body type.

SANGUINE TEMPERAMENT BLOOD - DAMM

Sanguine (Blood) is considered to be the most natural, balanced constitution, although it can become unbalanced due to our diet and lifestyle.

Humor: Blood

Constitution: Hot and Wet (warm and moist)

Traits:

- Oval faced
- Not too fat or too thin
- Medium frame and build
- Hearty appetite
- Moderate, balanced metabolism
- Good digestion when not eating in excess
- Good elimination (stool), well-formed, neither hard or soft when in balance
- Sweats moderately

Predisposition: If out of balance, the following health concerns arise

- Congested liver and pancreas
- Sluggish metabolism
- High cholesterol
- Diabetes
- Gout
- Congested blood, excessive menstruation in women
- Respiratory congestion
- Urinary issues
- Skin conditions

Foods that aggravate: excessive consumption of proteins (meats), rich fatty foods and sweets may lead to Sanguine excesses of the blood, like uremia and gout, diabetes or high cholesterol.

www.greekmedicine.net/b_p/Four_Temperaments

CHOLERIC TEMPERAMENT YELLOW BILE - SAFRA

Choleric is considered to be the most catabolic, the hottest and most active of all temperaments. Choleric is already off balance by its nature and thus diet and lifestyle are instrumental in creating balance.

Humor: Yellow Bile

Constitution: Hot and Dry

Traits:

- Broad jaw, sharp nose, high cheekbones, angular facial structure
- Compact, lean, small frame and build
- Sharp, ravenous appetite
- Strong, fast metabolism
- Cast iron stomach / digestion when in balance
- Short transit time for elimination (stool), tends to be loose stool
- Sweats profuse in heat or physical activity

Predisposition: If out of balance, the following health concerns arise

- Fevers
- Hives
- Inflammation
- High cholesterol
- Cardiovascular disorders
- High blood pressure
- Headaches / migraines
- Infections
- Middle GI tract conditions (hyperacidity, ulcerative etc)

Foods that aggravate: salt and salty foods, fats and cholesterol, fried foods, vinegar, alcohol, excessive sour or fermented foods, aged cheeses, excessive hot spices and chillies, excessive beef and red meat.

www.greekmedicine.net/b_p/Four_Temperaments

MELANCHOLIC TEMPERAMENT BLACK BILE - SAUDA

Melancholic is considered to be the most problematic because it is opposite to our natural balance, but with proper care it can be healthy.

Humor: Black Bile

Constitution: Cold and Dry

Traits:

- Rectangular face, prominent cheekbones
- Tends to be thin, lean
- Variable to poor appetite
- Slow, erratic metabolism, prone to dehydration
- Digestion varies according to mental/nervous/emotional state
- Constipation, irritable bowel is common
- Scanty sweat can be due to poor immunity

Predisposition: If out of balance, the following health concerns arise

- Anemia
- Poor appetite
- Nervous colicky digestive disorders
- Blood sugar problems
- Hypoglycemia
- Dizziness, vertigo, ringing in ears
- Depression
- Arthritis, rheumatism

Foods that aggravate: old, dry, stale foods, excessive beans, soy, nuts, astringent foods, peanuts, rancid fats and nightshade vegetables such as peppers, tomatoes, potatoes, and eggplants.

www.greekmedicine.net/b_p/Four_Temperaments

PHLEGMATIC TEMPERAMENT

PHLEGM - BALGHAM

Phlegmatic is considered to be the coldest, most passive, energy conserving constitution.

Humor: Phlegm

Constitution: Cold and Wet

Traits:

- Round face, full cheeks, often dimpled, double chin, pug nose
- Heavy frame with ample flesh and well-developed, often plump or overweight
- Cool, clammy perspiration especially in hands and feet
- Slow, steady appetite often craving sweets, dairy, and starchy foods
- Slow to sluggish digestion, sleepiness/drowsiness common after eating
- Cold, wet and slow metabolism, anabolic metabolism
- Sluggish bowels, though well-formed but slightly soft and loose
- Sweats profuse in heat or physical activity

Predisposition: If out of balance, the following health concerns arise

- Phlegm congestion
- Water retention
- Lymphatic congestion
- Poor venous circulation
- Slow digestion
- Hypothyroid
- Adrenal hypofunction
- Weight gain, obesity
- Frequent colds and flus
- Chronic respiratory conditions

Foods that aggravate: milk, dairy products, fresh cheeses, refined sugar, refined starches and flours, wheat and glutinous foods, cold foods, ice cold drinks, and moist, creamy rich foods.

www.greekmedicine.net/b_p/Four_Temperaments

What does Islam say about body constitution?

There is no direct mention of body types/constitutions in the Qur'an or Sunnah, however the Prophet Muhammad ﷺ did eat foods together that had opposite energetics – which was accepted medicine of that time – as a method of balancing foods. Energetics does not refer directly to types of foods, but rather to their composition and their effect on the moisture, dryness, heat and coldness of the body. It is important to note that the doctor of the Prophet ﷺ was Al Harith Ibn Kalada ؓ. He was a companion and the oldest known Arab physician who was educated in and practiced Greek Medicine. (Body constitutions were part of their medical practice).

Reference: Sh. Omar Suleiman's lecture on the Prophet's Doctor

Narrated 'Abdullah bin Ja'far ؓ:

"I saw the Prophet ﷺ eating fresh dates with snake cucumbers."

(Sahih Al Bukhari, Vol. 7, Book 65, Hadith 358)

However, there is clear evidence that the energetics of food was mentioned by the Prophet Muhammad ﷺ as stated in the following hadith:

Umm Al-Mundhir ﷺ said:

"The Messenger of Allah ﷺ entered upon me, while 'Ali ﷺ was with him, and we had a cluster of unripe dates hanging." She said: "The Messenger of Allah ﷺ began eating, and 'Ali ﷺ ate with him. The Messenger of Allah ﷺ said to 'Ali: 'Stop, stop, for you are still recovering.' So 'Ali sat and the Prophet ﷺ ate." She said: "I made some chard and barley for them, so the Prophet ﷺ said: 'O 'Ali eat from this, for indeed it will be more suitable for you."

(Graded Hasan, Jami' At-Tirmidhi, Vol. 4, Book 2, Hadith 2036)

It was known that the illness Ali ﷺ was suffering from was due to excessive heat in the body, but dates only increase heat, while swiss chards are cooling and reduce this heat.

From the book Healing with the Medicine of the Prophet by Ibn Al Qayyim رحمه الله, the four temperaments are mentioned as well as the energetics of plants and food.

Based on how the book is written, and the casual mention of Phlegm, Blood, Choleric and Melancholic, one can infer that the accepted and practiced medicine of the time was that of Ibn Sina (Avicenna) who adopted the four temperaments from the works of Hippocrates.

Ibn Qayyim رحمه الله writes: There are internal reasons for the abnormal state the body passes through for the body consists of coldness, hotness, wetness and dryness. Also there are external reasons for the abnormal state, which could find the body susceptible and affect it. Abnormal state of the body means illness, or imbalance.

Reference: page 21, Healing with the Medicine of the Prophet.

It was at this point in my journey, while reading this book, that I began to wonder why the common knowledge of readers 700 years ago about health, nutrition and medicine, differed so vastly from the understanding of our bodies now.

Today, around the world, medical practice still falls into two, albeit quite different, categories: there is mainstream Western medicine, which slowly deviated

Inspiring quotes



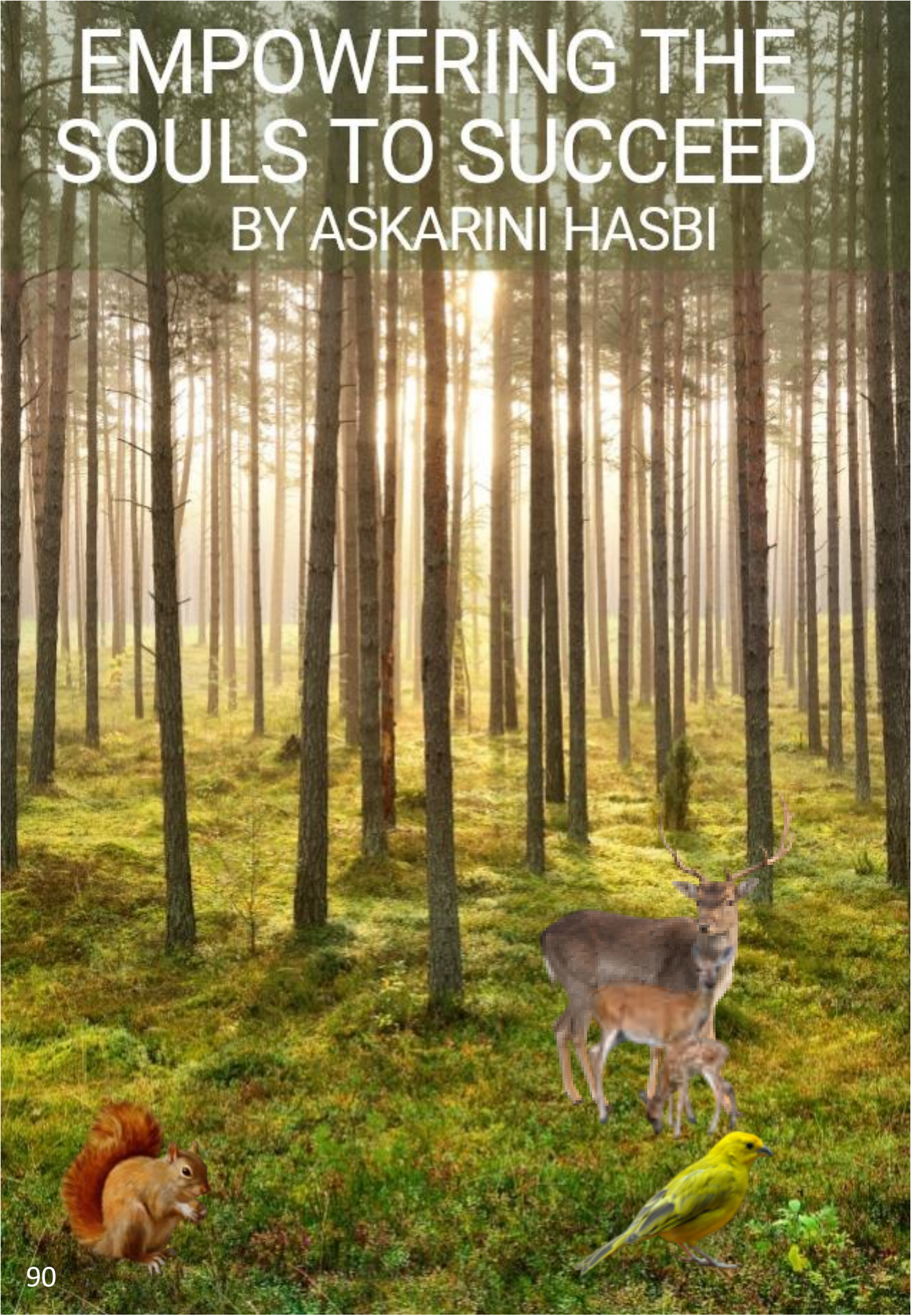
Give yourself time.

Quranic reminders



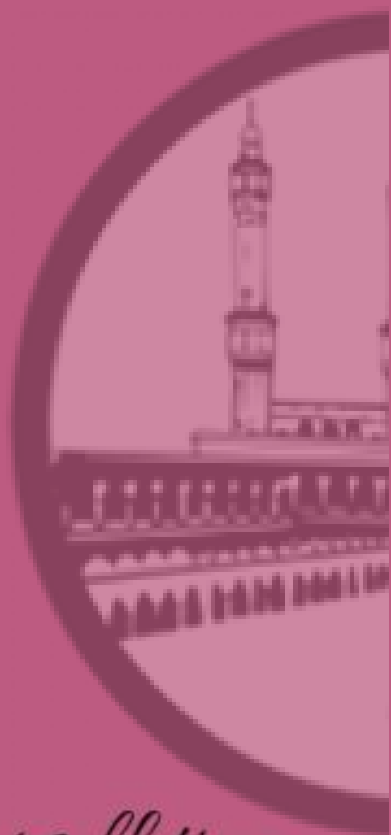
EMPOWERING THE SOULS TO SUCCEED

BY ASKARINI HASBI





Inspiring quotes



Give yourself time.

Quranic reminders



The road to Triumph

By Fatima Yakubu



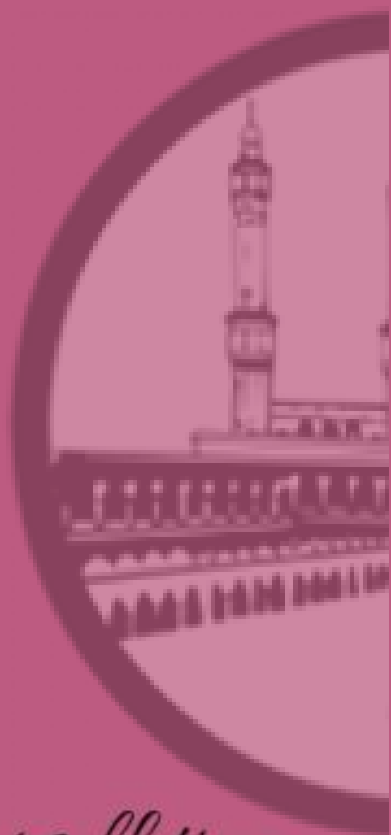
الله







Inspiring quotes



Give yourself time.

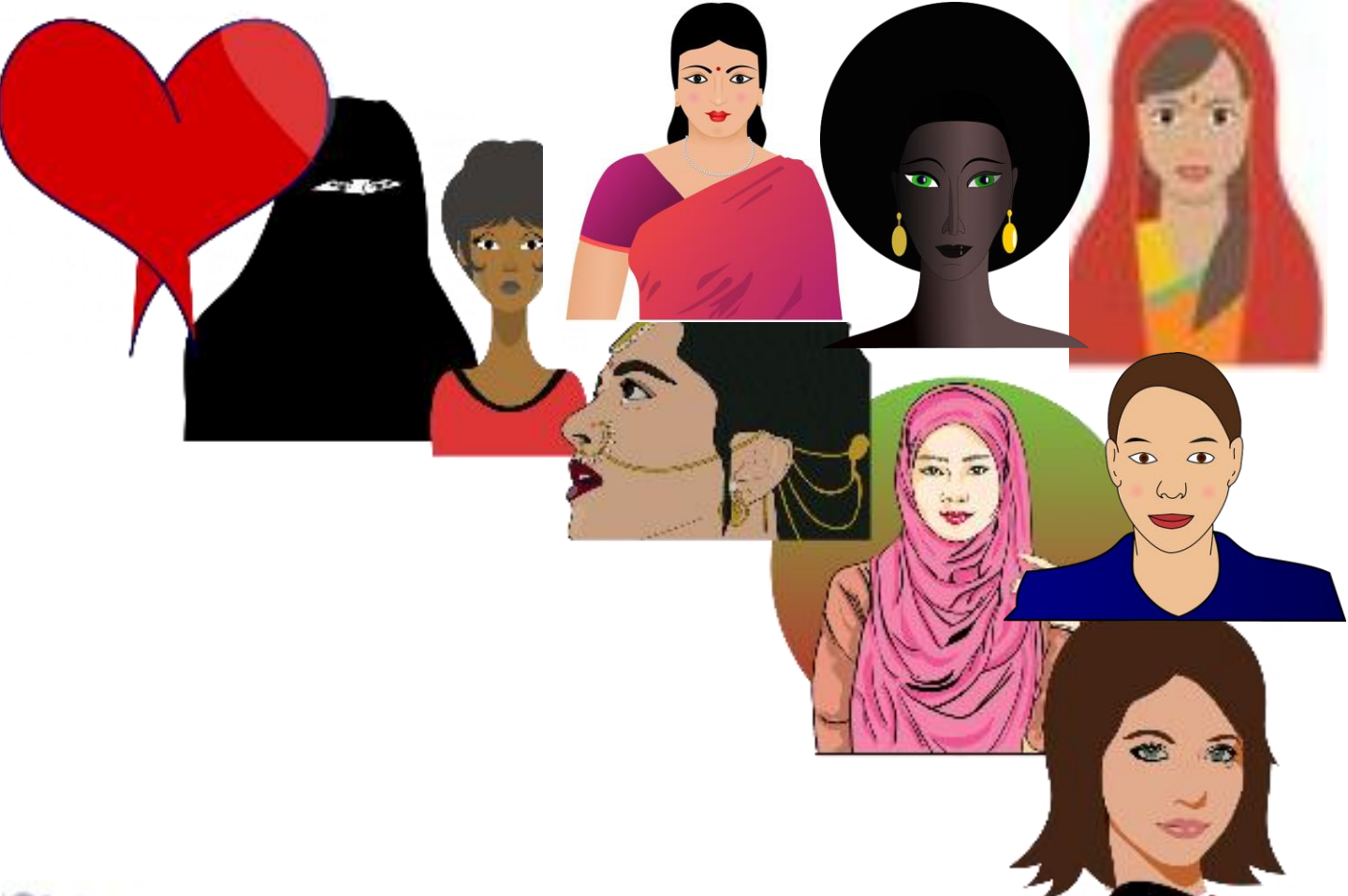
Quranic reminders



She a Woman

]By Umm Afraz Muhammad





Inspiring quotes



Give yourself time.

Quranic reminders

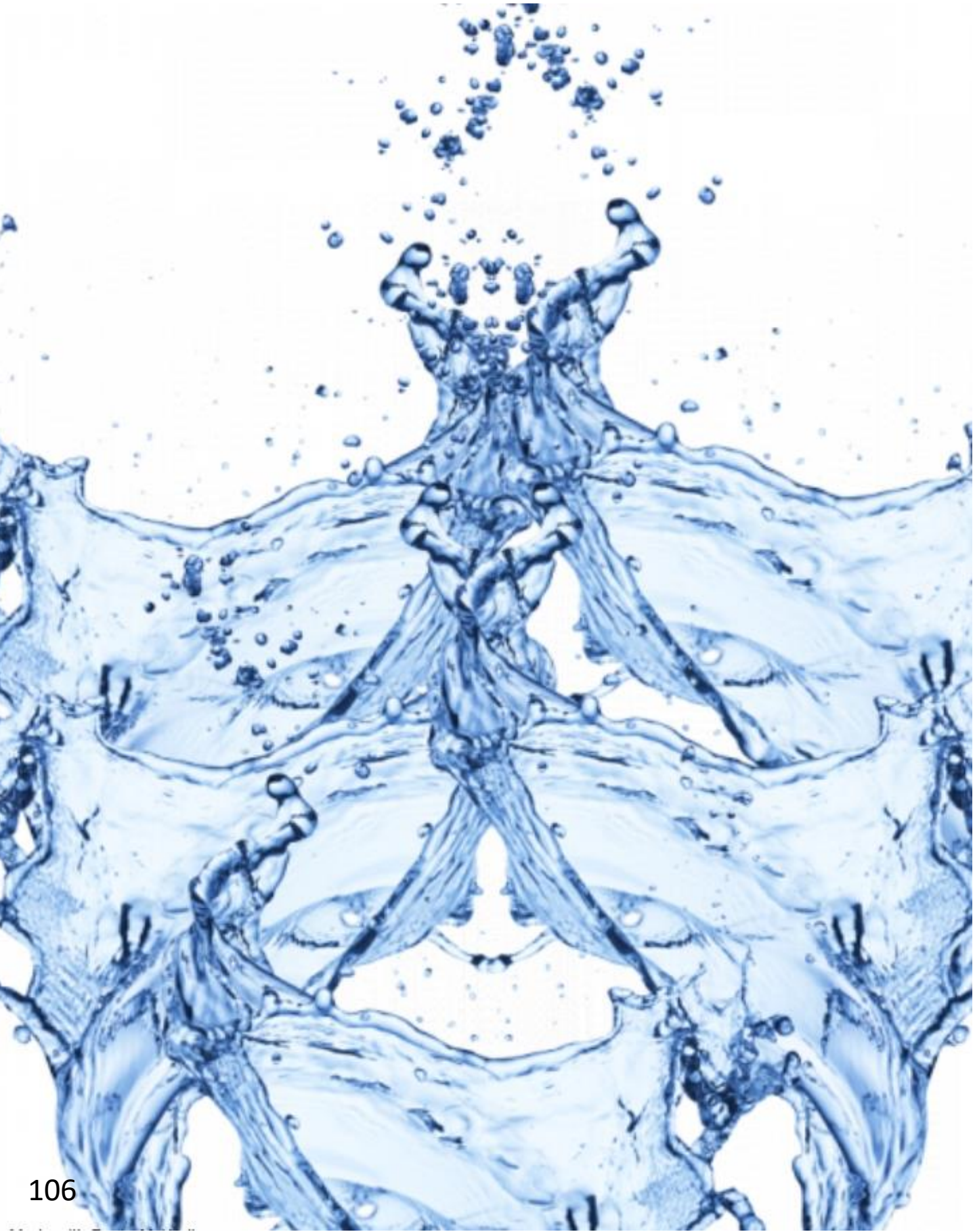




**EMPOWER
THE SOULS
TO SUCCEED**

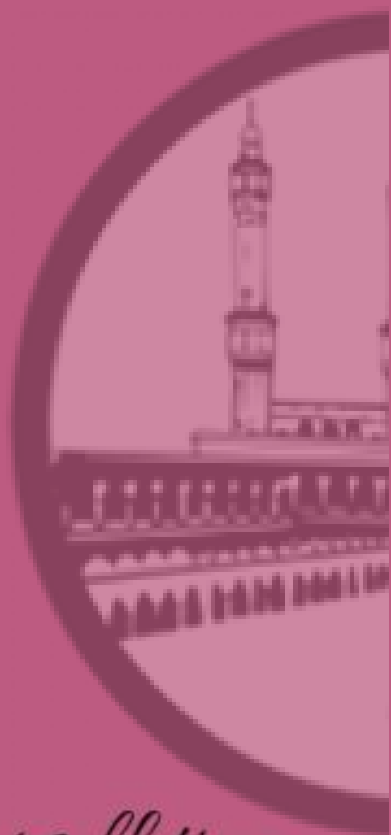
By Asqarini Hasbi







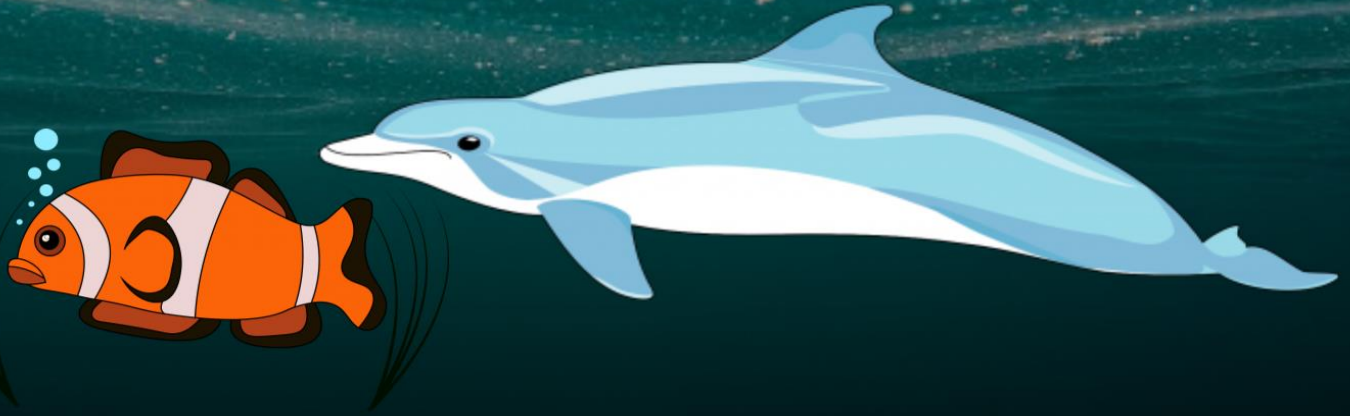
Inspiring quotes



Give yourself time.

Quranic reminders





Tests brings us
closer to Allah

By Nisa Ahmed









Kentucky Fried Chicken





Pancake How to make?

By Nisa Ahmed

