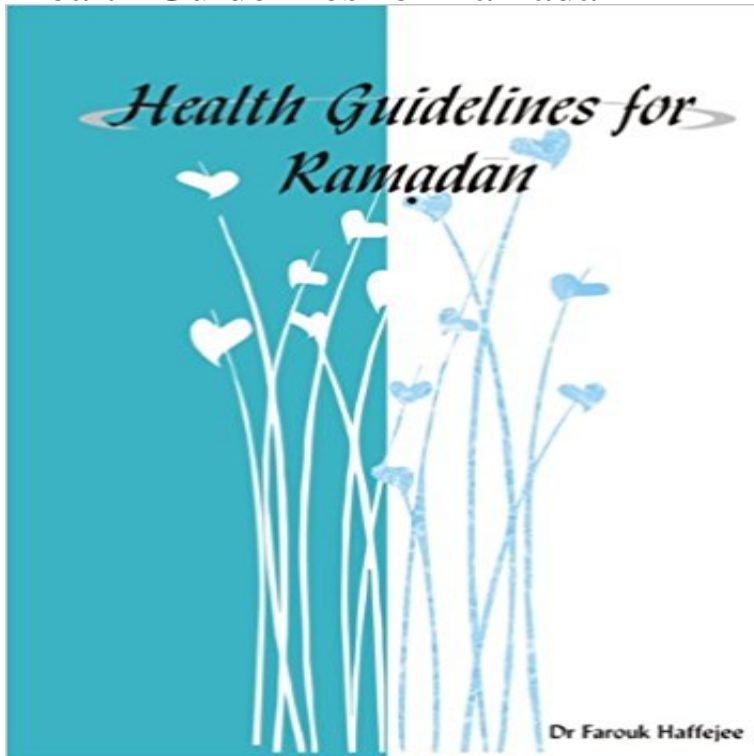


# Health Guidelines for Ramadan



About the book: This publication outlines the need for Muslims to re-focus on the reason for fasting in the month of Ramadan. Due to many decades, if not centuries of confusing traditions and customs with Islamic principles, the real purpose of Ramadan has changed. This book outlines what is needed to be done to reestablish the close connection with Allah. The practice of eating exotic, extravagant foods and of over-eating takes away the spirituality that we desperately need during this Holy Month. This book is intended to be read well before Ramadan, to initiate the changes required for a spiritually rewarding Ramadan.

About the Author: Dr. Farouk Haffejee is a Family Physician (GP) with many years experience in treating patients of different nationalities in Australia and in South Africa. In 1995, Dr. Haffejee produced a summarized pamphlet, published by the Islamic Medical Association of South Africa, outlining the life style changes necessary for a spiritually uplifting experience in Ramadan, with common medical conditions that can occur during Ramadan and their treatment. This pamphlet was widely circulated in South Africa and many other countries. It has been translated into many languages. It has been quoted by many publications in the world. Dr. Haffejee has given numerous radio and TV interviews on this subject over the years.

About the Islamic Medical Association: Formed in the early 70s, the Islamic Medical Association of South Africa (IMASA) consists of all Health Care Professionals with a vision to establish and project an Islamic value system solely for the Service and Pleasure of Allah SWT. This is achieved by conducting and disseminating relevant research and educational programs such as Islamic study circles, meetings, seminars, conferences, publications, Primary Health Care Clinics, etc. The IMASA also conducts treatment programs for cataract surgery,

circumcisions and renal dialysis. The IMASA also networks with other organisations and governments and provides humanitarian services wherever they are required. The IMASA is at present planning the construction of an Islamic Hospital in Durban. About the Kindle Edition: The Kindle Edition of this book has been set at the lowest price point possible so that it can be accessible to as many people as possible. Any profits from the sale of this book will go to charitable causes.

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