

# HEALTH STRATEGY

## Step 1

**Decide priorities ,Empty the Mind then Work on priorities one after another**

- A. Don't be lazy or careless
- B. Do not cross limitations
- C. Do not commit performance related mistakes
- D. While working on priorities, if we violate the commands of Allah and ignore Sunnah of Prophet SWS, then Allah's divine kingdom goes-against us and His help won't be there.

## Step 2

- A. Alkaline Diet
- B. Exercise
- C. Physical Therapy
- D. Rest and Sleep
- E. Vital Medical Parameters

## Step 3

- A. Self Control
- B. Patience
- C. Sacrifice
- D. HARD WORK

## Step 4

- A. Thoughts (misguidance)
- B. Khawhish
- C. Ignorance
- D. Laziness

## Step 5

- A. Detoxify the body through long fasting
- B. Avoid stressful environments
- C. Learn when and where to focus and on what
- D. Improve will-power, energy and stamina

## Step 6

- A. Will witness many things.
- B. Will hear many things.
- C. Will think many things.
- D. Will understand many things.
- E. But act according to your strength and capacity.

**Avoid all kinds of carbohydrate.**

Dr. Mohsin Ali  
[www.imcdelhi.com](http://www.imcdelhi.com)  
[www.wisdominlife.net](http://www.wisdominlife.net)