

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.

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