



NEW MOWASAT HOSPITAL
CARING FOR GENERATIONS



Ramadan 2012

Special Ramadan Issue | 2012

MOWASAT NEWS

02

Diabetes and Fasting
CAN DIABETICS FAST SAFELY?

04

Fasting and
HEART DISEASES PATIENTS

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Can I fast
WHILE I AM PREGNANT ?



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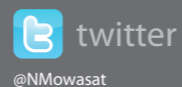
Ramadan
2022



NEW MOWASAT HOSPITAL
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01 HEALTH BENEFITS OF FASTING

Protects Against Tumors

Fasting serves as a surgeon's scalpel which removes damaged and weak cells of body. The hunger imposed on the human body due to fasting drives the internal organs of the body to consume the vulnerable cells in order to cope with the food shortage. This way, a golden opportunity is available to the body to recover its vitality and activity. Moreover, fasting protects the body against many harmful diseases such as kidney stones, polyps, cysts as well as tumors in the beginning of their formation.

Protects Against Diabetes

Fasting is the best opportunity to reduce the sugar level in the blood to its lowest rates. Therefore, fasting gives the pancreas a wonderful opportunity to rest as Pancreas produces insulin, which converts sugar to carbohydrates and fat stored in the tissues. If food exceeds the amount of produced insulin, the pancreas gets tired and weak and, finally, unable to do its job. Thus, sugar is accumulated in the blood, especially in overweight people; and its level increases gradually and diabetes appears. However, many treatment facilities have been established in various parts of the world to address diabetes by following a fasting system for a period of more than ten hours and less than twenty hours, according to the condition. Then, the patient eats very small meals for a period no less than three consecutive weeks. The results were impressive and patients' condition was perceptibly improving without using any chemical drugs.

Helps to Reduce Weight

Fasting is one of the most powerful and cheapest doctors for weight loss. Fasting inevitably leads to weight loss, only if it is accompanied by moderation for food at Iftar time, and a caution not to fill the stomach with unnecessary food and drink after.

A fasting person should break the fast with 3 dates as the sugar content gives a quick feeling of satiety because it is rapidly absorbed into the blood. At the same time, it gives the body the energy necessary to engage in normal activity.

But if the fasting person starts the Iftar (after long hours of hunger) by eating meat, vegetables and bread, it will take the digestive system a longer time to digest the food and a part of it will be converted into sugar that results in a feeling of fullness. In this case, we continue filling our stomach excessively, imagining that we are still hungry. This way, fasting loses its amazing property to bring health, welfare and fitness.

Treats skin problems

Fasting is useful in the treatment of skin diseases; the reason being it reduces the percentage of water in the blood and in the skin which results in:

- Increasing skin immunity and resistance of microbes and microbial infectious diseases
- Reducing the severity of skin diseases that spread over a large area in the body such as "psoriasis".
- Alleviating allergic diseases and reducing the problems of oily skin.
- Reducing secretions of toxins in the intestines and reducing the fermentation which can lead to continuous ulcers and blisters.

Protects against Gout

"Gout" results from excessive nutrition and specially "meat". This disease is caused by impaired metabolism of proteins available in meat (especially red meat) in the body, resulting in increased deposition of uric acid in the joints, especially in the joint of the big toe.

When a joint is infected with gout, it gets swollen and red and this is accompanied by severe pain. There may be an increase of the quantity of salts in the blood, and these salts are deposited in the kidneys causing kidney stone formation. Thus, decreasing the amount of food is a major treatment of this severe disease.

Protects against Heart and Brain Clots

Many scientific and medical researches emphasized that, when fasting decreases fat in the body, it therefore leads to a decrease in a substance called "cholesterol" in the blood. So, "what is the cholesterol?" It is a substance on the wall of arteries, and their rates increase with the increase of body fat, which leads to hardening of the arteries and causes blood clots in the arteries of the heart and brain. Therefore, it is advised not to eat excessive quantities of foods and beverages, and to fast three days every month.

Rheumatoid Arthritis (Rheumatoid)

Rheumatoid arthritis disease gets worse over time and causes infected parts to swell, which is accompanied by severe pain & a possibility of hands and feet deformities. This disease can affect people in any stage of life, but particularly those between thirty and fifty years old.

However, studies have proved that fasting can be an adjunct therapy of inflammatory arthritis by adopting a fasting system for a sequential period of no less than three weeks. This has been attributed to the fact that fasting completely gets rid of waste and toxic materials from the body, thus increases immunology as well as helps in the self-secretion of hormones that lead to inhibition of the effectiveness of the disease. Afterwards, the tests results proved stunning improvement of the fasting patients' condition.

02 Diabetes and Fasting CAN DIABETICS FAST SAFELY?

Currently, there are approximately 140 million persons around the world suffering from diabetes and, unfortunately, this number can easily rise.

However, a diabetic patient should monitor diet and take the medication regularly in order not to be exposed to complications of the disease, which may be serious (kidney failure - blood clot - blindness - peripheral nerves inflammation...).

What is Diabetes

It is a high percentage of sugar or glucose in the blood. In this case, the body cannot make or benefit from Insulin produced by the pancreas. Thus, sugar cannot enter into the body cells to prepare the basic energy of body fuel. That's to say there are two types of diabetes:

1. Lack of an adequate amount of Insulin in the blood.
2. Insulin signals do not reach the cells and this case is known as "insulin resistance" and usually affects patients who suffer from obesity and overweight.

First Type (Insulin – Dependent)

This type occurs when the pancreas stops producing insulin and, therefore, sugar cannot enter into the body cells, and it usually affects children, adolescents and young people.

Group 1

Patients treated with a single dose of insulin in the morning can fast if allowed by the doctor with certain conditions:

- To follow the same nutritional instructions.
- To take a dose of insulin immediately before the Iftar.

Group 2

Patients who take 2 doses a day are not allowed to fast unless:

- It is proved that the level of sugar in their blood is constant.
- They abide to reducing their Suhoor meal to about 50% in order to prevent drop in sugar during the day hours.

Second type (Non Insulin- Dependent)

This type occurs when the pancreas continues to produce insulin, but in smaller quantities than necessary and, thus, prevent a certain percentage of blood sugar to enter into body cells, and it usually affects adults and people with obesity.

Group 1

Patients who are on controlled diet only can easily fast with consideration to:

- Divide each meal into two smaller meals and refrain from eating sweets.
- Delay Suhoor meal as far as possible.
- Practicing sports

The increase in sugar level in the blood is usually infrequent during the holy month of Ramadan provided a strict adherence to the diet.

However, the drop in blood sugar is frequent, and its symptoms or indicators are as follows:

- Sudden sweating with a feeling of anxiety.
- Trembling, chills and a sense of haste heart palpitations.
- Doubled vision and numbness of tongue and lips.

In this case, a patient should eat:

- A large tablespoon of fruit jam.
- Water, sugar or a piece of chocolate.
- Sweetened orange juice or soft drink.

Group 2

Patients who are treated with oral tablets can fast with consideration to:

- Take the first dose with breakfast.
- Take the second dose with Suhoor, but this time should be reduced to prevent a drop in blood sugar.
- Regularly measure the blood sugar level.

Guidelines necessary for diabetic fasting during the holy month of Ramadan

- Refrain from eating traditional dishes of Ramadan in terms of sweets, and comply with diet.
- You must continue to treat any other illness accompanying diabetes because it has side effects.
- Some drugs that you may take can affect the blood sugar percentage, and you should discuss this with your doctor.

May Allah bring us the holy month with good fortune and blessing.

Physiology of Fasting and its

03 EFFECT ON CHRONIC DISEASES

God, the Almighty, has designed our bodies in a way to deal with food compounds according to a mechanism that functions within a system of three successive stages:

First stage: which deals with digestion in the stomach, absorption and metabolism in the intestine, and the processes of converting food into glucose in the blood and into other preliminary substances used for releasing of energy and building tissues.

Second stage: the stage of storing the surplus energy. As glucose surplus is stored in the liver and muscles in the form of animal starch (glycogen), the fat surplus is stored in most of the body parts.

Third stage: opening glycogen stores and converting glucose and fats into fatty acids to release energy in the body.

The last stage does not occur at all if a person eats or if the person does not fast. A fasting person refrains from eating, and the normal level of glucose (80-120 mg /100 cm³) in the blood begins to drop after about six hours from the beginning of fasting. Here the area of “hypothalamus” in the brain immediately takes notice, and sends an urgent message to the glands requesting help and supplies. Then, the adrenal gland secretes more hormones that urge glycogen to be converted into glucose by the hormone of adrenaline and cortisol.

Thyroid gland does the same work by the thyroxin enzyme, as well as the pituitary gland by the growth hormone, and also the pancreas by hormone (glucagons) and, thus, share all of these hormones to induce the body to convert stores of energy saved in the liver and muscles and convert them into glucose which restores the balance lost in the blood sugar. However, glycogen stock may run out, and here we must deal with the fat stores to release their energy.

It is confirmed by researchers that fasting effect increases the fat burning process during fasting hours, where the fat deposits in the outer parts of body are consumed, such as buttocks, rump, abdomen, and so on.

Here, we can guess what might happen in the body if fasting is not practiced - from time to time – as the body remains busy conducting the first two stages, and is not allowed the opportunity to melt the stock of glycogen and fat. The result would simply be more burden on the body with large amounts of stored fat, which require the creation of tens of kilometers of additional, small and thin capillaries to transfer blood to these fats.

A study indicated that every excessive kilogram of fat tissue is offset by an increase of 3 km in length of capillaries, which need blood extra supply. This means more burden imposed on the heart and arteries, as well as what is caused by the accumulated fat in terms of bad effect on the liver, kidneys and all other organs and systems of the body.

Consequently, from a medical point of view, fasting is a physiological exercise of the body to withstand hunger in all circumstances, where there are many hormonal and physiological changes in all parts of the body in which the body adapts to the shortfall in incoming food.

Therefore, it is necessary to give feedback and ideas, even simple, about effect of fasting on some common diseases, and patients who are not medically qualified to fast in the month of Ramadan.

Diabetes:

There are two types of diabetes - the first entirely dependent on insulin, meaning that treatment requires injections of insulin to carefully control the diet. These patients may be exposed to a severe shortage or increase of sugar. Therefore, doctors do not recommend fasting.

As for the second type, the adults’ type of diabetes, is called or in some cases “Non –insulin dependent diabetes”. These patients can fast after consulting a competent doctor about the appropriate health steps to carefully monitor their daily diet and activity.

Heart Patient:

Heart patients often benefit from fasting in terms of reducing heart stress during the fasting period, and reducing the percentage of fat in the blood. However, patients should take care at the breakfast because the large intake of food increases the heart stress and large amounts of blood go to the stomach and intestines in order to complete the process of digestion. As for patients who take diuretics to treat high blood pressure, they cannot fast because the body needs some fluids and

they can be subject to disturbances in blood electrolytes. Therefore, those patients should not fast.

Kidney Patients:

Patients who suffer from a kidney failure cannot fast due to disturbances in the balance of sodium and water in the body, as well as some other ions, such as potassium, calcium and others. The body needs water in a balanced way, and patients cannot tolerate dehydration, lack of sodium and the rest of ions. In addition, there is a diet followed by kidney patients depends on the balance of a specific protein with a special balance of a certain and defined metal.

Patients with digestive tract ulcers:

It is axiomatic that peptic ulcers increase with the acidity of the stomach, and it is also known that people with ulcers in the digestive tract need to be have (4-6) meals a day to offset the acidity of the stomach and help them to be treated. Therefore, fasting in these cases is not appropriate, especially in the case of severe and acute ulcers, which require timely and immediate treatment. Patients need to take three to four types of medications throughout the day, so they cannot fast. As for patients who have blunt ulcers, they can fast with caution, and they shall also take medication inhibitory of acidity, such as Ambrazul and Al wazzik, at a dose of one 20 mg tablet every 12 hours. Timing of doses can be planned so that they cannot conflict with fasting.

Blood Patients:

Doctors do not recommend patients who suffer from blood clotting disorder to fast, especially in patients with a blood clot in legs, or who use a stopper or lung valve; because fasting increases the possibility of a blood clot within the veins and arteries. Those who insist on fasting should take aspirin daily at Iftar and must consult a specialist in order to take other drugs for that purpose.

04 Fasting and HEART DISEASE PATIENTS

The holy month of Ramadan coincides with the extreme summer heat, leading to a decrease in fluids and, thus, increases health problems in some patients especially those who suffer from kidney disease and urine retention.

Apart from the patient's health status, Ramadan comes with a major change in the lifestyle in terms of nutrition and quality of food and fluids. On the Iftar table, there is a remarkable increase in foods saturated with fat, quantities of salts, sweets and sugars from which fasting heart patient should abstain. Moreover, the quality of food must be appropriate to the patient's health needs with the increasing of water intake since there is a possible loss of fluid that might lead to a drop in blood pressure and dehydration.

In general, there is no problem for patients who suffer from a heart disease to fulfill the obligation of fasting. However, this is a matter of health status and its development. Making the decision to fast depends on the patient himself as he is the one to determine whether he feels he can or that his health is deteriorating and he should break his fast.

Who is the heart patient that is forbidden to fast?

There are special cases in which patients with unstable conditions should refrain from performing the duty of fasting. These patients are those who suffer from:

Heart failure: In this case, patients are advised not to fast as they require taking diuretics and other drugs to strengthen the heart muscle, and often need treatment in the hospital.



Heart Clots: A heart patient who has recently suffered a stroke is not recommended to fast (especially in the early weeks after the stroke).

Patients who suffer from heart valve diseases, arteries diseases, and those who underwent heart surgery a few weeks before Ramadan, and those who complain of breath shortness; should not fast as well.

However, if the patient's condition starts to stabilize, he can fast after consulting the doctor and adopt regular times of medication, or change the dates and quantities in consultation with the doctor, particularly the drugs producing urine, so that the patient is not exposed to dehydration.

A useful tip to the fasting heart patient:

It is possible to consider Ramadan as an opportunity for a healthy diet and to keep away from foods saturated with cholesterol, excess salts, and sweets that are available during Ramadan and which can lead to a rise in the proportion of harmful fats in the heart and arteries.

It is also advisable to eat rich vegetables, grains that contain beneficial fibers for the body, and fruit. It is important to pay attention to compensating body fluids lost by fasting during the day, the quality of food, the dosage of medicines according to your competent physician recommendation.

05 Can I fast WHILE I AM PREGNANT ?

Pregnancy is a natural function of the woman's body. Therefore, pregnant women can fast during Ramadan, as long as they feel they are able to do so. However, pregnant women must be guided by the opinion of a medical specialist, because even this ability needs to be approved by a specialized physician to ensure there is no infection that might conflict with fasting; especially with the fact that the damage not only falls on the pregnant mother, but on her baby as well.

If you decide to fast, after having ensured that you are able to and have been permitted to fast by your gynecologist; you should consider breaking your fast in the following cases:

- If you feel there is a decline in the performance of vital functions of the body.
- If you feel an obvious decrease in the fetus' movements, especially in the late months of pregnancy, you must break your fast at once. If the situation does not improve after eating, you must contact your doctor immediately.
- If you are suffering from persistent vomiting in the early months of pregnancy because of some physiological changes in the functions of the pregnant woman's body, it is advised not to fast in order not to leave the stomach empty for a long time.

Sometimes, this is repeated in the late months of pregnancy due to the increase in the reflux esophagus and acidity. In such cases, it is advised that you fast and divide the meals of the Iftar and Suhoor into intervals and in small quantities, with taking anti-acids.

In case you continue to fast while you are pregnant, there are basic rules you must follow:

- Fluids are very important, and must be drunk in large quantities during the period between Iftar and Suhoor; particularly water, juice, milk and light tea. These large quantities of liquids, especially sugary ones, can make up for the fluids lost from the body during the fasting period. Moreover, large quantities of fluids help organize the intestines and prevent constipation which reduces the chance of urinary tract infections.

- You must have a gradual Iftar; starting with dates and milk as they contain high nutritional value, easy to digest and rapid to absorb. It is not preferred to eat a big Iftar meal at once to avoid a feeling of fullness and indigestion. Instead, you can divide Iftar into 4-5 small meals until Suhoor, while avoiding fatty food.
- Avoid or limit your intake of sweets such as "Kunafa" and "Basbousa" with cream, or start your Iftar meal with it.
- Stay away from pepper, pickles, and spices that increase the secretion of acidic gastric juice.
- Your diet should also balance between all kinds of nutrients such as proteins, vitamins, minerals, sugar and carbohydrates especially in the first trimester (1st, 2nd, 3rd months). While folic acid is essential to prevent fetus' malformation, vitamins like B 12 and B 6 are to prevent anemia.
- In the second trimester (4th, 5th, 6th months), the special nutritional needs increase, especially calcium, which is present in milk and dairy products (cheese and yogurt), rice pudding, and in the calcium tablets. It should also be observed that iron is very important and the pregnant women need to eat foods rich in iron, whether in animal foods, such as liver, meat and eggs, or in plant foods, which are provided in green vegetables such as green rocket, parsley and lettuce.

However, animal and plant foods complement each other, but the animal food is more important because it helps with iron absorption. A pregnant woman is advised to eat cereals and brown bread for their medium content of iron and eat carbohydrates to increase the calories. However, in the late months of pregnancy, they should focus on foods of high calories, milk, dairy products and juices.

Finally, pregnant mothers-to-be are advised to get plenty of rest and adequate sleep, avoid any causes of anxiety and tension, and take caution of any infection; starting from flu.



Fluids are very important, and must be drunk in large quantities during the period between Iftar and Suhoor

Children and Fasting

06 HOW TO PREPARE YOUR CHILDREN for fasting in Ramadan?

Modern studies and field researches conducted on groups of children who fast during Ramadan showed that their psychological and physical development is much better than others, and they are more able to take responsibility and encourage them to obtain an independent personality.

The age of 10 is most appropriate for a child to start fasting. As fasting at this age will not make children encounter any health problems. Here, we draw attention to the seriousness of fasting for a 7-year old or younger child because, at this age, he will be in a dire need of foods at certain proportions due to the fast growth of his body & to protect him from diseases that he might be exposed to.

There are two ways for a child to fast:

The first way:

Depends on delaying the normal meal of breakfast for the child. Rather than eating breakfast at 7 o'clock in the morning as usual, it can be delayed to 12 pm and, then, the child can fast until he eats with his family at Maghrib time. (i.e., he may have fasted for about 5 hours) for several days. During the following days, we can delay a child breakfast meal to 11am and then to 9am in the morning and so on and so forth.

The second way:

A child fasts starting after eating the Suhoor meal with his family, then breaks his fast at Noon Prayers (i.e., he may have fasted for about 7 hours) for a period of ten days. Then, it is possible to increase the period of fasting in the next ten days where a child fast from Suhoor until Asr Prayers (about ten hours of fasting) and during the last ten days, children can fast as long as their family members do (starting from Suhoor until Maghrib Prayer).



How do you monitor your fasting child?

First:

You should watch your child during his fast. If you feel that he cannot bear fasting, you must break his fast immediately. In addition, there are some diseases which prevent a child from fasting, especially kidney disease (because of the child's permanent need of fluids) as well as diabetes, tuberculosis, anemia, stomach ulcers and other diseases that are diagnosed by a competent physician.

Second:

A gradual method shall be adopted with regard to teach a child how to fast. When a child learns how to fast by gradually increasing the number of fasting hours day after day and year after year; this will result in a balanced body in terms of physiological changes that occur as a result of fasting. Thus, a child can fast, while in a healthy condition, without fatigue or discomfort.

Third:

You must not fear when your child is fasting because he is still very young; you will be surprised that he embraces fasting enthusiastically like his parents and siblings for the customs and traditions that Ramadan is marked by specially the family gathering around the table at Iftar and Suhoor.

Fourth:

You must balance your child's Iftar by eating some dates or drinking small amounts of fruit juice or sweetened water. However, don't give children any cold water directly at Iftar, as this will cause confusion in the digestive system and result ill digestion for the rest of the meal. It is preferred to have warm liquids in the beginning, such as soup, to activate the digestive system.

Fifth:

The Iftar meal should be well balanced and the child should have the necessary calories. It is advised that the Iftar meal contains proteins, such as beans, meat and

chicken (which help build new tissues and compensate for any destroyed ones) in addition to vegetables, fruit and carbohydrates such as bread, rice and Pasta, and very small quantity of fats.

Sixth:

Suhoor should be delayed as much as possible. It shall be a satisfactory meal rich in potassium (to prevent hunger on the next day). It should also contain proteins, carbohydrates and fats; such as egg, yoghurt, vegetables, and fruit. It is advised to eat dairy products since they contain a high portion of proteins, fats and liquids that secure the child's physical needs while fasting.

Seventh:

Suhoor meal should be void of pickles and spicy food since they result in terrible thirst in the next day. It is preferred to have small and frequent amounts of liquids, especially fruit juices, with water to compensate the daylong deprivation. If it is necessary to eat Ramadan sweets (Kunafa, Kataef, ... etc.), it is preferred to have them after having Iftar, and not at Suhoor, so that it doesn't cause thirst during the next day as well.

Eighth:

Any physical effort exerted by a child should be reduced during the fasting period. On the other hand, mental effort (such as school homework) is allowed. Therefore, children are permitted to study, particularly within the period before Iftar.

Ninth:

Finally, you should always awake your child at the time of Suhoor to be accustomed to family members practicing this great religious behavior and realize the religious principles practiced during this holy month. Moreover, you should take this opportunity to make your child adhere to performing prayers on time as well as fasting, teach him Holy Quran recitation, teach him the pure principles of fasting, and plant the roots of mercy and sympathy towards poor, less fortunate people.

07 "No" to GAINING WEIGHT IN RAMADAN

Easy tips to lose weight in the Holy Month of Ramadan

Fasting can directly contribute to weight loss if a person manages to organize evening meals. Systemizing your food reduces consumption of large quantities of food and, therefore, leads to lower calories, allowing the body to avoid weight gain.

In general, you should focus on vegetables and salads and avoid eating large quantities of fried foods and sweets in the evenings. In addition, you should also practice walking for half an hour on most weekdays.

What are the reasons for weight gain in Ramadan?

- Excessive continuous and endless eating between Iftar and Imsak, accompanied by laziness at night.
- Reduced movement and complete relaxation after a heavy Iftar meal.
- The increase in food quantities more than the regular portions with which the body deals.
- Eating food that is highly rich in calories and fats such as Kunafa, Qataef and Sambusik (in large quantities), particularly in the evening.
- Encouraging company; since the fasting person is either a host or a guest most of the 30 days.

What are the methods that help improve dietary habits & behaviors and fight weight gain in Ramadan?

- Don't exaggerate eating. Eat light meals of moderate quantities.
- Don't eat quickly and chew carefully to avoid indigestion.
- Focus on vegetables and salads, as they contain low calories and make you feel satiated.
- Drink at least eight glasses of water a day.
- Eat fresh fruit and natural juices without adding sugar, rather than ready-made juices which contain large amounts of sugar, flavorings and colorings.
- Select low-fat milk products and meat.
- Avoid eating large amounts of sweets and fried foods.
- Replace Ramadan sweets with fruit salads from time to time.
- Walk for half an hour at least 4 days a week.

A healthy Iftar on your table:

- Two fresh lemons in the form of fresh juice. Add one lemon to one cup of warm water and drink it.
- After performing Maghreb prayers, drink a small bowl of oat soup, eat two kernels of baked, not fried, Sanbusa preferably filled with vegetables; such as parsley, onions and very small quantity of rice. It is preferred to be placed in the oven, not fried.
- Eat a small slice of fish or chicken breast, cooked or roasted (not fried).
- Drink 1 to 2 cups of fresh juices; such as apple, pineapple, beet, cabbage, carrots or celery. It is preferable to drink apple or pineapple juice, and then another cup of juice from one of the vegetables mentioned above.
- Try to refrain from drinking coffee or tea, and avoid white sugar.
- Divide your post Iftar meals into intervals of very small quantities.
- Alternate tea and coffee with mint, whose effect is strong and, at the same time, calms the nerves in addition to being anti-indigestion, gases expeller and nausea resistant. Good tea can be prepared as well from chamomile flowers.
- Swallow two cloves of garlic with the sliced fish or chicken since garlic plays a major role in killing bacteria or viruses, strengthens the immune system, and is a very good anti-oxidant.
- Drink plenty of pure water during the evening.



إمساكية 2012

العشاء Isha	المغرب Maghreb	العصر Asr	الظهر Zuhr	الشروق Sharooq	الفجر Fajr	إمساك Imsaak	يوليو 2012 July 2012	رمضان Ramadan	اليوم Date
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8:16	6:47	3:29	11:54	5:01	3:30	3:20	21	2	السبت - Sat
8:15	6:46	3:29	11:54	5:02	3:31	3:21	22	3	الأحد - Sun
8:14	6:45	3:30	11:54	5:03	3:31	3:21	23	4	الاثنين - Mon
8:13	6:45	3:30	11:54	5:03	3:33	3:23	24	5	الثلاثاء - Tue
8:13	6:44	3:30	11:54	5:04	3:33	3:23	25	6	الأربعاء - Wed
8:12	6:44	3:30	11:54	5:04	3:34	3:24	26	7	الخميس - Thu
8:11	6:43	3:30	11:54	5:05	3:35	3:25	27	8	الجمعة - Fri
8:10	6:42	3:30	11:54	5:05	3:35	3:25	28	9	السبت - Sat
8:09	6:42	3:30	11:54	5:06	3:36	3:26	29	10	الأحد - Sun
8:08	6:42	3:30	11:54	5:07	3:37	3:27	30	11	الاثنين - Mon
8:07	6:41	3:30	11:54	5:07	3:38	3:28	31	12	الثلاثاء - Tue
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7:56	6:31	3:29	11:53	5:14	3:47	3:37	11	23	السبت - Sat
7:55	6:31	3:29	11:53	5:14	3:48	3:38	12	24	الأحد - Sun
7:54	6:31	3:28	11:53	5:15	3:49	3:39	13	25	الاثنين - Mon
7:53	6:30	3:28	11:53	5:15	3:50	3:40	14	26	الثلاثاء - Tue
7:51	6:29	3:28	11:53	5:16	3:50	3:40	15	27	الأربعاء - Wed
7:50	6:28	3:28	11:53	5:16	3:51	3:41	16	28	الخميس - Thu
7:49	6:27	3:27	11:53	5:17	3:52	3:42	17	29	الجمعة - Fri
7:48	6:26	3:27	11:53	5:18	3:53	3:43	18	30	السبت - Sat

Ramadan
2012