

Hygiene in Islam

The most important aspect of good hygiene is cleanliness

Allah says:

“Allah desires not to put you in a difficulty: but desires to purify you and complete His favors unto you that you may prosper.” (Holy Qur’an, 5:7)
The concern here is for the purification of the mind and soul, and Islam emphasizes that external purity leads to internal purity.

When Muslims practice Islamic hygiene in the correct manner, they benefit in two ways: their outward purity helps them achieve inner purity, and the whole society benefits because many health hazards can be avoided.

Cleanliness is particularly emphasized in connection with salaah (prayer), as a Muslim is expected to try to be in a prayerful state at all times. To this end, Muslims are commanded to perform the ritual washing of certain parts of the body in preparation for salaah.

The Holy Prophet (peace and blessings of Allah be on him) stressed the importance of cleanliness. He said:

1. Cleanliness is half of faith.
2. Purification is the key of prayer.
3. When you visit your brethren tidy up your clothes and your mounts for Allah does not like dirt and untidiness.

HEALTHY SMOOTHIE IDEAS



SUPERFRUIT SMOOTHIE:

- 1 CUP CHERRIES
- 1 WHOLE KIWI
- 1 CUP ALMOND MILK
- 1 TBS CHIA SEEDS

THIS IS A QUICK SMOOTHIE, WHICH DELIVERS A MASSIVE AMOUNT OF NUTRIENTS.

THE CHIA SEEDS MAKE IT HIGH IN PROTEIN, AND THE HIGH FIBRE AND PROTEIN MAY HELP IN WEIGHT LOSS.

HEALTHY SMOOTHIE IDEAS



DETOX SMOOTHIE:

- 1 cup packed kale leaves
- 1 cup packed spinach leaves
- juice of 1/2 lemon
- 1 green apple, cored and diced
- 1/2 cucumber
- 1/2 cup water

This is made with two powerhouse greens, kale and spinach which are packed with fiber, vitamin A, vitamin C, vitamin K, iron and calcium.