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**Purpose of Fasting in Islam**

**By Allama Parvez**

**Purpose of Fasting in Islam by Allama Parvez**

The evening prayer has attracted a larger than usual number of worshippers. Today, the advent of the new moon might herald the start of the holy month of Ramadan – the Muslim month of fasting. In an effort to observe the Sunnah of the Muhammad (PBUH), some worshippers are busy trying to sight the new moon when the call to prayer is made. After the prayer, the Imam is informed that the new moon has been sighted. Members of the council also confirm this news. This prompts worshippers to congratulate each other and the mosque is filled with the chants of Allahu Akbar (God is great).

For this group the holy month of Ramadan has begun. Yet Muslims in many other mosques are still debating whether or not the new moon has been sighted. Sunni Muslims generally look to Saudi Arabia for answers to this, as well as many other religious matters. Although ISNA (Islamic Society of North America) has established for North American Muslims, a Shura (or consultation) council for dealing with controversial religious issues (such as moon sighting), many Imams in local mosques decide such matters on their own.

Year after year, this story is repeated among Muslims in many towns around the world. This pillar of Islam begins with controversy among Muslims and ends with controversy. Shi`as have their own clerical system and their Imams look to Iran in this matter rather than Saudi Arabia. One wonders if this is the way our messenger Muhammad (PBUH) and his companions started and ended the holy month of Ramadan.

Since the Quran prescribed fasting specifically in the month of Ramadan, it is important to know the significance of this special time. A special feature of the Quran is that whenever it gives a command for action, it also provides the wisdom behind it. It tells what the final result of that action will be in this world, if it is successfully carried out. In this way the Quran provides a pragmatic test for people to see whether or not they are moving toward that desired result. Regarding fasting, the Quran says:

O ye who believe! Fasting is prescribed to you as it was prescribed to those before you, that ye may (learn) self-restraint . [al-Baqarah 2:183] Translation: Yusuf Ali

Regards

Parvez

[www.parvez-video.com/insight/islam/ramadan/index.asp](http://www.parvez-video.com/insight/islam/ramadan/index.asp)

Allama Parwez studied the Quran and the classics of Islam under the sole guidance of his grandfather. His other early teachers were Khateeb Jamia Masjid Batala Maulana Mohammad Ibrahim and his younger brother Maulana Zafrul Haq, two celebrities of the time. He completed his high school studies from "A Lady of England" High School Batala in 1921 and graduated from the Punjab University in 1934

### **Can You Attain Weight Loss While Fasting?**

**By Jason Barger**

Fasting, when done properly, can be a basic part of a solid weight loss plan. If done correctly it can be a great start to your new way of living.

When I first started my weight loss program I began with a fast. I have fasted for 2–7 days on a few different occasions. The reason that fasting can be such a great way to start a weight loss program is because you can see results immediately.

It will also make it very easy to stick to your diet for the first week. After not eating for a few days, your food will taste better. This is a great time to go a few days eating only fruits and vegetables. This can easily turn your two day fast into a 7 day, full body cleanse.

Fasting can make you look much thinner in only a couple days. You may not lose a significant amount of weight, but it will look like you have. It can make your waist noticeably thinner and clear up blemishes or skin problems.

Although I do not think fasting is to be used specifically for weight loss, I think you can do it to get your body ready for a healthier way of living. Use it as a way to cleanse your body out and get rid of all the toxins clogging your system.

I suggest drinking fruit and vegetable juices while fasting. I have read that you should do a water fast, but it can be a miserable experience if you have never fasted before. So stick to natural juices.

One of the better results I saw from my fasting experience was that I have more self control over my eating habits. I have always been a binge type of eater. After my fast, I felt like I could restrain myself easier. It is probably a mental attribute. I mean if I can go without eating for 7 days then I can sure keep myself from eating something I shouldn't.

So although I don't think you can use fasting as a diet or weight loss program, I do feel that it can be a great start to a proper weight loss diet and exercise program. I think it is definitely something that everybody should do at least once a year.

## Purpose of Fasting in Islam

If you have any health problems you should consult a physician before starting any weight loss program. And, if you absolutely cannot go without food then simply try going a few days eating vegetables and fruits only. This will give you most of the same results as the fasting will. However, I recommend the fast over the fruits and vegetables because of the confidence and control you will begin to enjoy as a result.

This article was written by Jason Barger. Jason has been helping people lose weight with his breakthrough book, Primal Weight Loss. To learn more about his philosophy and programs you can visit

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