

## WHEN TO AND WHEN NOT TO EAT

**6:00-8:00 am** The colon is cleansing. This work needs to be supported by a morning cleansing drink. Different things work for different people. I recommend raw vinegar in warm water with honey, or lemon and honey in water, or an herbal tea with honey. Eat only fruit during this time.

**8:00-10:00 am** This is a time when the stomach is active, so have a good breakfast. Be sure to eat sun and air foods (fruit, nuts, and grain).

**12:00-2:00 pm** This is "Heart Time." The heart needs to regenerate and one should not divert essential energy from the heart to the digestive system. **DO NOT EAT.** Consider the sunnah of the Prophet (saw) and the sunnah of many societies all over the world. Pray and rest.

**2:00-4:00 pm** These are the hours when the small intestine is at its peak. This means that the body can absorb the greatest amount of nutrients at this time. This is the reason to eat the largest meal and the greatest variety of food in this part of the day.

**7:00-9:00 pm** Or 2-3 hours before bed-time eat a light meal. Sun and air food should be avoided because they increase energy in the body. If you eat wrong foods or excess at this time, you will **not** rest well.

## WATER

There are all types of advice about water. Drink 8 glasses of water each day; Drink so many ounces of water according to your body weight; Drink a quart of water as soon as you wake up in the morning. Islam is a balanced religion and it calls us to reflect on the fact that we are earth and water. Our composition is the same as that of the earth. We are 75% water. That means that we need more water than food. It also means that what we drink must be predominantly water. The chemical processes that must take place in the body cannot be done with coke, iced tea or juice. A normal human being, with a moderate diet, should be able to maintain health drinking 5-7 glasses of water a day in addition to other healthy drinks. Increased activity, salty foods or increased quantities of food require greater water intake. Remember you can overdo anything, including water.

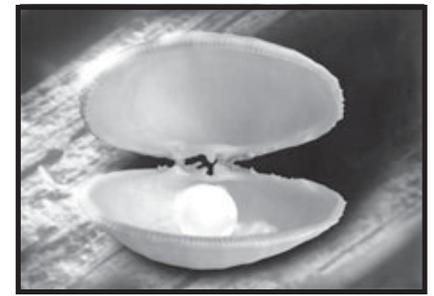
### BENEFITS OF THE UNIVERSAL HARMONY DIET

One of the immediate benefits of this diet is increased energy. This is due to eating when the nutrients can be absorbed and are not detracting energy from the heart. Additional benefits:

- Better elimination; reduction of toxins in the body
- Reduced appetite
- More restful sleep
- Increase in general health

**Eat of the good things and be grateful to Allah, the Source of All Provision.**

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## THE PEARL WITHIN

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## UNIVERSAL HARMONY DIET

*"Oh you human creation, eat of what is on the earth permissible and good and do not follow the footsteps of Shaitan, Surely he is a clear enemy to you."*

*Quran Surah 2: Ayah 168*

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## THE PEARL WITHIN

An Islamic diet is ideal for supporting wholistic health and maintaining harmony between the individual and the outer environment. It requires Knowledge of what is prescribed for us by our Lord related to foods and what is prohibited. In addition, we must be aware that Shaitan (Satan) seeks to cause our weakness and disobedience by way of poor eating habits, carelessness, excess and waste. The dietary guidelines in this brochure are the result of the blending of information from the Quran and sunnah (practices) of the Prophet Muhammad (saw) with the principles of wholistic nutrition and cosmological patterns. All of this came together as a system in 2003. It is now being used by individuals all over the United States, who love the benefits they are experiencing.

## FOOD GROUPS

The U.S. Food and Drug Administration (FDA) encourages Americans to eat from four basic food groups. Wholistic education taught me to replace those categories with more natural ones. These easy to remember groups are Earth, Water, Air, and Sun.

## UNIVERSAL HARMONY DIET

**Earth Foods** - Those that grow under the earth (i.e. carrots, beets, potatoes, etc.).

**Water Foods**- Those that grow close to the earth (i.e. cabbage, squash, tomatoes, cucumbers, peanuts, etc.).

**Air Foods** - Those that grow approximately 4-7 feet above the earth (i.e. corn, wheat, rye, rice, all grains, blueberries, etc.).

**Sun Foods** - All foods that grow on trees, tall bushes and certain vines (i.e. apples, oranges, plums, pecans, walnuts, grapes, etc.). Grazing animals and fish will come under a combination of earth and water food groups.

## MEAL PLANNING

Each day one should eat several selections from each of these groups and vary the colors of what is selected. For instance if you are eating fruits and grains for breakfast, then have whole grain oats (tan or light brown), purple plums, whole wheat bread and apricot juice (orange). The dominant color in the food indicates that a particular nutrient is plentiful. For example, orange and yellow foods (carrots, yams, summer squash, mangoes) are abundant in beta carotene, while purple and red foods (beets, prunes, grapes) are rich in iron (Fe). Varying the colors and origin of the food will insure a more balanced diet.

## THE RIGHT FOOD AT THE RIGHT TIME

### Morning

The morning meal should be designed to feed the body in a way to put it in harmony with universal energy. As your section of the earth is turning towards the sun, the energy of all molecules is increasing. The human physical system is designed to do the same thing. To support your need for morning energy eat from the sun and air foods or basically fruits, nuts, and grain.

### Mid Day

The second meal should be the main meal of the day. Universal energy is at its peak and the human system is capable of absorbing the greatest amount of nutrients during this time. However, this is not “lunch time USA” (12:00 pm -2:00 pm) but rather between 2:00-4:00 pm (see next section).

### Evening/Night

If you feel the need to eat this final meal, it should be eaten 2-3 hours before sleeping and should consist mainly of foods from the earth and water group (i.e. vegetables) as the system needs to prepare for rest. The energy in the universe is waning; calm is beginning to cover the earth. Though many people cannot rest due to essential jobs and others will foolishly defy universal patterns, the most beneficial time for sleep is shortly after full nightfall through two thirds of the night.