



Learn more about the health benefits of Ramadan

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There are a number of health benefits of Ramadan - It is part of a larger dietary programme that comes to us from our creator who knows what is best for our physical being and spiritual vitality. We don't partake in any substances that are addictive or toxic, whether inhaled or injected.

We as a society consume far too much and the epidemic of obesity is evidence of that. Ramadan is to bring us back to proportionality. The reason we have people who are hungry and starving in the world is because we have people who are over eating and indulging and there is a direct relationship between the two extremes. A person who eats more than the average person should eat should know he is contributing directly to another person not having enough to eat. This should be observed a lot during the blessed month.

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