

# DEPARTMENT OF HEALTH AND FITNESS



DECEMBER 2020

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# BISMILLAHIRRAHMANIRRAHIM

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**Dear Lajna Imaillah Switzerland**

This Month's Syllabus (December 2020) contains information about the illness Diabetes, Nutritional Advice and Vitamins. All of this information is especially prepared for you. I kindly request you all to read it and to try following it. All of you will gain benefits from this, god willing. If you need more information, please contact our team members, which are listed at the end.

You can also find the December Syllabus 2020 on the Lajna Homepage.

Please remember me and my team members in your Prayers.  
Wasalam Uzma Ahmad

From the Holy Quran:

O children of Adam! Look to your adornment at every time and place of worship, and eat and drink but exceed not the bounds; surely, He does not love those who exceed the bounds. [7:32]

Hadith:

The Holly Prophet Muhammad<sup>SAW</sup> said: There are two blessings that many people lose if they are not valued, one is health and the other childbirth. He also said: "There is a cure for every disease, but if the health factors of the disease go away, then by the permission of Allah almighty, it becomes better."

The Promised Messiah<sup>AS</sup> said:

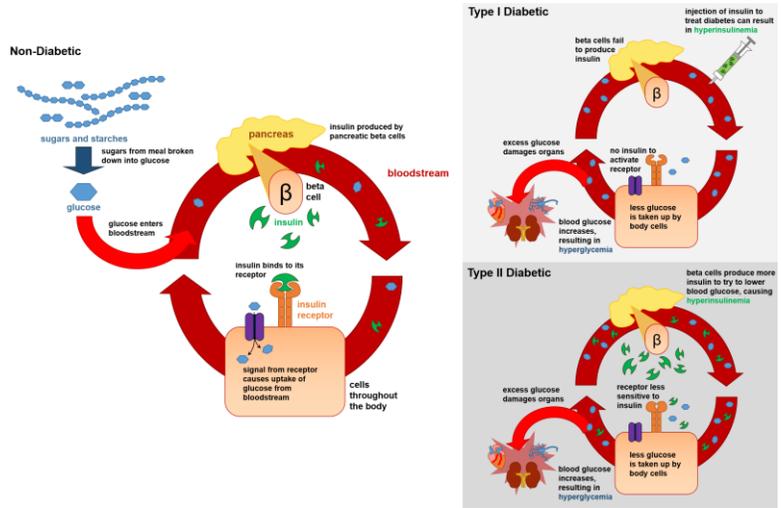
"Once I saw in a vision that I was explaining to a friend that exercise is too much to do. But they do not call us thick. But a man on whose life the lives of millions of people depend, if he does not protect his life, he commits atrocities."

# Diabetes mellitus

**Diabetes mellitus** (sugar disease) is a pathological disorder of sugar metabolism. The blood sugar level of the affected person is permanently increased. Over time, this damages the vessels and various organs. Therefore, diabetes should be detected and treated at an early stage.

## Main types of diabetes are:

- **Type 1 diabetes** (Juvenile diabetes): in this condition the body's immune system destroys and attacks the cells that produce insulin (lack of insulin)
- **Type 2 diabetes:** in this condition the body becomes resistant to insulin or does not make enough insulin (ineffective use of insulin)

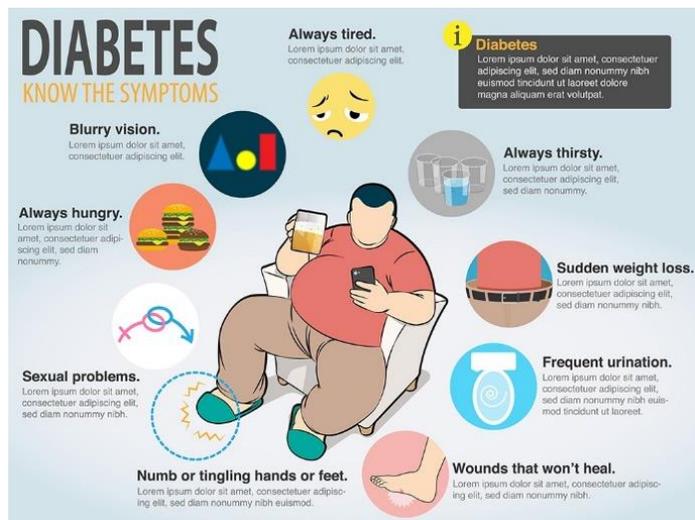


## Symptoms of diabetes are:

- Frequent urination
- Increased thirst
- Extreme fatigue
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

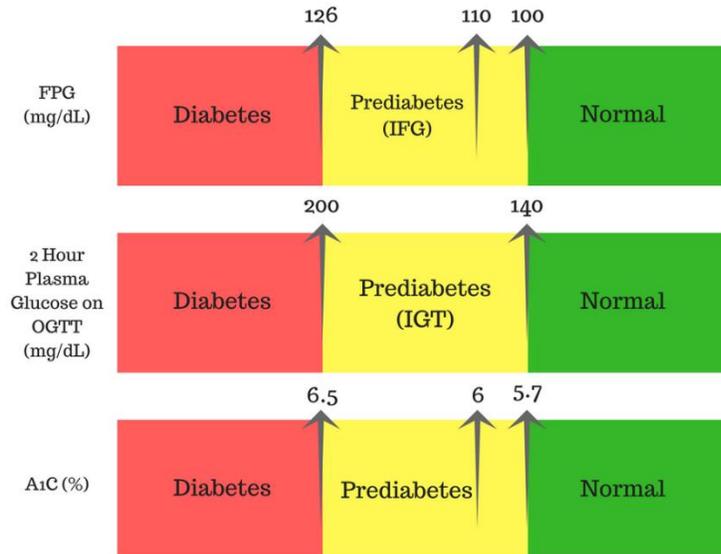
## Complications of diabetes:

- Kidney failure
- Leg amputation
- Vision loss
- Nerve damage
- Two- to three-fold increased risk of heart attacks and strokes



### Prevention:

- Exercising regularly (study shows exercising regularly reduces the risk of developing diabetes by 60%).
- Controlling blood pressure and lipids (reduces cardiovascular risk and other complications)
- Eat a high fiber diet (foods high in fiber include fruits, vegetables, beans, whole grains and nuts)
- Go for whole grains (food made from whole grains are bread, pasta products and cereals. Look for the word “whole” on the package)
- Lose extra weight (if you are overweight or obese, it is best to lose weight to prevent diabetes)
- Drink water as your primary beverage
- Avoid sedentary behavior (sedentary behavior like excessive sitting can increase the risk of developing diabetes).

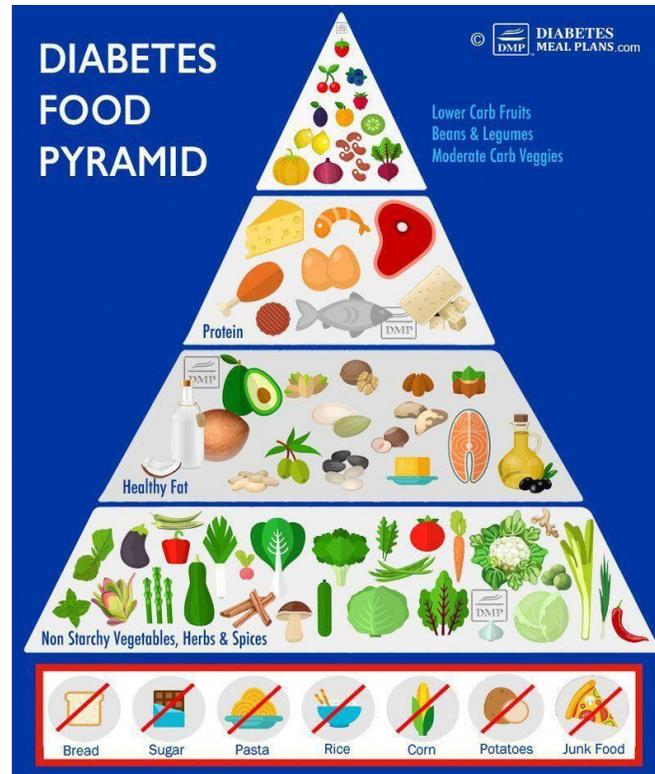


### Links:

<https://thedailynotable.com/2020/11/17/diabetes-concerns-every-family-could-you-prevent-it-in-yours-dn/>

# NUTRITIONAL ADVICE

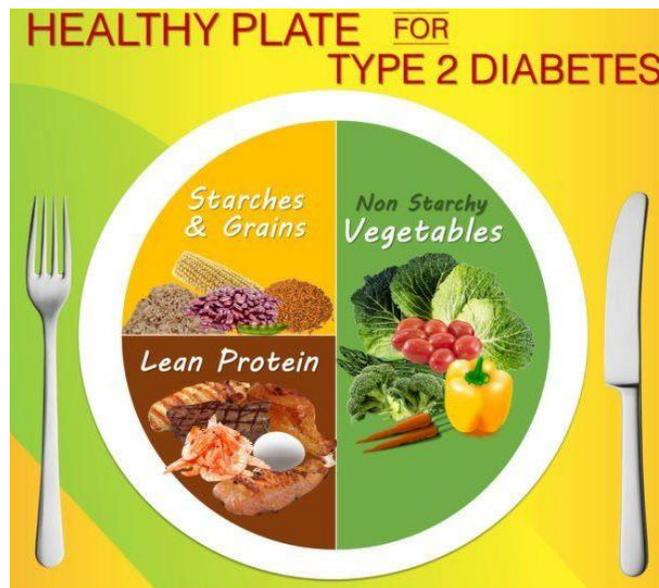
Lajna with **type 1 diabetes** who are not overweight are relatively free in what they can eat. A healthy, wholesome mixed diet is certainly best.



- Lots of fresh fruit and vegetables - three servings of vegetables and two servings of fruit should be taken daily
- Avoid sugar whenever possible. Sugar drives up blood sugar and thus also the insulin level. Insulin fills the fat cells and prevents fat from being broken down
- For rice, pasta, bread and other grain products, rely on the whole grain variant
- Eat meat, sausage, cheese and other animal foods in moderation
- Prefer certain fats from plants - for example olive and rapeseed oil as well as nuts and seeds are good
- Use salt sparingly - especially if you have high blood pressure

*It is said that the Prophet (Allah bless and give him salvation) said: The best generation is my generation, then the one that comes after it, then the one that comes after it. After that, people will come who swear without being asked, who take oaths without fulfilling them; **the overweight will be visible on their bodies.**"*  
*Al-Harith ibn Kalada ath-Thaqafi, doctor and contemporary of the Prophet Mohammed (saws) said: "What killed humanity is eating from meal to meal **without digesting the previous meal.**"*

Overweight **Lajna with type 2 diabetes** should exercise as much as possible and reduce and then maintain their weight - while finding a diet that best suits their life.



Vegetables 50%	Lean Protein 25%	Starches 25%
Spinach	Chicken	Whole grain bread
Kale	Turkey	Brown and wild rice
Greens	Salmon, tuna, cod	High fiber cereal
Carrots	Shrimp, lobster, crab	Whole oats
Lettuce	Lean beef	Corn
Broccoli	Tofu	Black and kidney beans
Bok Choy	Tempeh	Green peas
Green Beans	Eggs	Black-eyed peas
Asparagus	Low fat cheese	Lima beans
Tomatoes		Potatoes
Onion		Winter squash
Cucumber		Plain popcorn
Okra		Pinto
Mushrooms		
Peppers		
And other non-starchy vegetables		

Small portion of healthy fats: Coconut oil, olive oil, olives, avocado, almonds, chia seeds, pistachios, walnuts, cashews

*In Islam, our bodies are a divine trust (amanah) and as such, they must be taken care of. The Prophet peace be upon him was once asked whether people should tie their camels or trust in God to keep the camels safe. He famously replied: "Tie your camel and then trust in God." Similarly, it is an Islamic obligation to have a healthy lifestyle and diet, and then trust in God to keep us healthy.*

## **Advice for both types:**

### **1. Don't drink your calories and avoid sugar**

Try to skip the milk and the sweet juice too. There is milk sugar in the milk, fruit sugar in the juice. In the end, both are sugar. It is therefore not surprising that people who drink sweetened drinks are 83% more likely to develop type 2 diabetes.

### **2. Avoid eating sugar for breakfast if possible**

### **3. Use cinnamon instead of sugar**

Cinnamon can promote a somewhat sweet taste and it also helps prevent your blood sugar from skyrocketing too quickly.

### **4. Do not use sauces or dressings with sugar**

Many people add plenty of sugar to their dishes to enhance the flavor. Just use more spices and healthy fats like coconut oil, olive oil or linseed oil. Fat is a flavor carrier.

### **5. Sleep more to break down sugar**

Studies have shown that if you sleep less than 7 hours, your hormones go crazy. Ghrelin (appetite stimulating hormone) is released more, whereas leptin (your satiety hormone) is less produced. The more balanced these hormones are, the more balanced your mood will be and the more your body will be able to function.

### **6. Pimp your drinks to exchange for lemonade**

Spice up your water with a bit of natural flavors. A few raspberries, or especially cucumber, give it an excellent taste.

**“If you want to track your water intake, please print out our water intake calendar from our first Health & Fitness Nisab edition October/November 2020”.**

### **7. Brush your teeth to avoid eating more (sugar)**

If you brush your teeth immediately after eating or in the early evening, then on the one hand you will save yourself from reaching and eating again and on the other hand the only taste will reduce your appetite for sweets.

### **8. Change your recipes to avoid sugar**

Over time you can change your recipes and stop eating sugar or at least reduce it. The effects of cutting and reducing sugar are enormous.

#### **Links:**

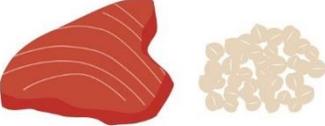
<https://fit-weltweit.de/blog/8-schritte-um-weniger-zucker-zu-essen/>  
<https://www.diabetes-ratgeber.net/Ernaehrung>

# VITAMINS

**Vitamins** are a broad range of substances that the human body requires for normal functioning, such as **metabolism** and **cellular repair**. Lack of sufficient vitamins has been implicated in cellular diseases, such as cancers.



Vitamins can be known as **fat-soluble** or **water-soluble**, which influences if they can be stored and how often they need to be consumed.

VITAMIN A	VITAMIN B	VITAMIN C
<ul style="list-style-type: none"><li>✚ Also known as <b>RETINOL</b></li><li>✚ Essential for vision, immune system and reproduction</li><li>✚ Sources include carrots, green leafy vegetables and sweet potatoes</li><li>✚ <b>Fat-soluble</b></li></ul> 	<ul style="list-style-type: none"><li>✚ Also known as <b>VITAMIN B COMPLEX</b></li><li>✚ Essential for converting food into fuel, thus providing energy to the body, cell growth, metabolism</li><li>✚ Sources include animal and dairy products</li><li>✚ <b>Water-soluble</b></li></ul> 	<ul style="list-style-type: none"><li>✚ Also known as <b>ASCORBIC ACID</b></li><li>✚ Essential for growth &amp; maintenance of all body tissues hence for healing wounds</li><li>✚ Sources include citrus fruits, berries and tomatoes</li><li>✚ <b>Water-soluble</b></li></ul> 

**VITAMIN D**

- ✚ Also known as **CALCIFEROL**
- ✚ Essential for maintaining strong bones and teeth
- ✚ Sources include fatty fish like salmon, egg yolk and cheese
- ✚ **Fat-soluble**



**VITAMIN E**

- ✚ Also known as **TOCOPHEROL**
- ✚ Essential for protecting cells & boosting the immune system
- ✚ Sources include almonds, peanuts and soybean oil
- ✚ **Fat-soluble**



**VITAMIN K**

- ✚ Also known as **PHYLLOQUINONE**
- ✚ Essential for blood clotting
- ✚ Sources include collard greens, kale and spinach
- ✚ **Fat-soluble**



**What vitamins are good for diabetes patients?**

Research shows that many people who have diabetes can benefit from taking **certain vitamin and mineral supplements**, especially older adults as well as those who don't eat a balanced diet including vegetables, fish, and meat or have abnormal blood glucose or weight. Here are some important ones to consider.

**Vitamin D**  
 Besides keeping our bones healthy, vitamin D has many vital functions. For people with diabetes, it plays a crucial role **in controlling glucose levels**. Research has shown that vitamin D deficiency can play a role in insulin resistance. Older adults, who can't make vitamin D efficiently from the sun, and overweight people, who carry excess body fat that prevents it from getting into the blood, may have even more of a reason to supplement it.

**Vitamin B12**  
Up to 30 percent of the people who take metformin may have low vitamin B12 levels. Vitamin B12 can also **lessen the pain of neuropathy**, one of the most common complications of diabetes. And for older adults, low vitamin B12 levels may cause memory loss.

**Vitamin B1 (Thiamine)**  
 Compared to people who don't have diabetes, those with type 1 or type 2 diabetes are more likely to **have lower blood levels of thiamine**, along with a higher risk of thiamine deficiency. Another study found that benfotiamine, a derivative of thiamine, may reduce the pain of diabetic neuropathy.

Links:  
<https://www.msmanuals.com/home/disorders-of-nutrition/vitamins/overview-of-vitamins>

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