



ALI 481: Preparing for Holy Ramadan 1440 *(for Teenage Boys)*

Shabbir M.H. Alibhai

April 13, 2019



Outline

- Medical aspects of fasting – Drs. Alibhai/Shafiee
- Spiritual aspects of fasting – Sh. Kassamali
- 2 weeks; 1 hour per session



Outline

- Medical aspects of fasting
- Session 1 (Dr. Alibhai)
 - Physical and mental benefits of fasting
 - Importance of sleep
 - Hypoglycaemia
- Session 2 (Dr. Shafiee)
 - Physiology of fasting (how does the body adapt to fasting) in healthy people
 - How to eat properly at iftar and suhoor
- Spiritual aspects of fasting



Ideal Acts of Worship



Ideal Acts of Worship

Spiritual

Physical

Mental/
Emotional



Group Exercise #1

- Work in small groups of 2 or 3
- Come up with physical, mental, or emotional **BENEFITS** of fasting
- Do not talk about spiritual benefits



Benefits of Fasting

- Physical
 - Reduced insulin resistance/better blood sugar control
 - Reduces chronic inflammation
 - Removes toxin build-up
 - Reduces blood pressure & cholesterol
 - Weight loss
 - Increases growth hormone levels and other hormone/metabolism regulators
 - Can delay aging and many more...



Benefits of Fasting

- Mental/Emotional
 - Builds self-discipline
 - Fight against ‘mindless eating’
 - Builds up patience/resilience/resistance (Stanford marshmallow study...)
 - Improves attention/concentration
 - Improves emotional/self-control
 - May improve brain structure and function



Benefits of Fasting

- Don't forget social benefits!
 - Appreciate hunger/poverty
 - Appreciate this amazing human body
 - Reduced aggression/crime
 - many more...



Risks of Fasting

- Fasting is not easy (especially in the long, hot days of summer...)

Group Exercise #2

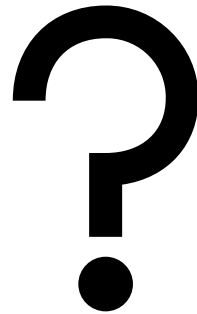
- Working with the same partner, come up with tips on how to prepare physically and mentally for fasting
- Do not focus on spiritual preparation
- Do not focus on what to eat/when to eat

Importance of Sleep

- Fasting leads to depletion of calories/food energy as well as dehydration
- These lead to physical and mental fatigue
- Getting enough sleep is a key way to help manage the fatigue and drain on the body of fasting

Importance of Sleep

- How much sleep is ideal for young men aged 13-16?



Importance of Sleep

- How much sleep is ideal for young men aged 13-16?
- **Answer:** 8-10 hours (9-9 ½ hours)

Hypoglycaemia

- **Definition:** low blood sugar in the body
- Symptoms: confusion, trouble talking/focusing, headache, etc.
- If left untreated can proceed to loss of consciousness, seizure, and rarely death

Hypoglycaemia

- Normal blood sugar ranges from 4-7 mmol/L
- Low blood sugar leading to symptoms typically occurs at levels of 2.8 to 3.0 or lower
- **Extremely rare to get levels of blood sugar below 3.5 even with prolonged fasting**

Hypoglycaemia

Key things to prevent hypoglycaemia:

- Eat sufficient *complex* carbohydrates daily
- Do not drink excessive water without eating
- Avoid prolonged vigorous exercise while fasting
- If feasible observe suhoor

Preparing for Fasting

1. Pace yourself physically and mentally
2. Take time to rest
3. Change timing of moderate or vigorous exercise
4. Get enough sleep
5. *Healthy eating*
6. *Drinking enough fluids (4-6 glasses/day)*

Q&A

References

- Dr. Mohammad Shafiee (notes)
- <https://www.healthline.com/nutrition/fasting-benefits>
- <https://www.medicalnewstoday.com/articles/295914.php>
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