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No.1 Fixer: Health and Safety Concerns

No.1 Source:

What we eat and drink has an immediate effect on our health so our **"Eating and Drinking" Habits is the No.1 Source** & it causes ill health which also increases our Stress, increases expenses, creating chronic disease and at the end of the day it destroys our Good Health and we suffer from mentally and physically since we always eat and drink hot & never cool down our stomach then eating full stomach and never leave any Gap between Food or meal as a result the acidity built up and gas triggering to brain through increasing the Blood pressure (high blood pressure) it causes Panic, Stress or Anxiety and extreme Fatigue so always eat 1/3rd of stomach, keep 1 part for Food, one part for drinking and another part for Air since it's Sunnah and this Eating habit was followed and maintained by Rasool SAW(PBUH), keep the gap between food 1 to 2 hrs. and take small small meal instead.

No.1 Fixer:

Due to we live in the age of Mobile & Laptop it's changed our Life Style and since we work in closed office in 24/7 Air-conditioned(AC) and even at home 24/7 AC and we work and sit on desk or in a home or flat it's designed with very limited space so then we all have common Problem due to that we never walk or exercise that would require to digest the food to burn the calories and "Release "Perspiration from our Body" but no work out or physical work or exercise and our laziness lead to "No Perspiration release from our body (skins)" so body is unable to cool off the Internal Organ or Internal System then it's remain hot and cause swelling to Internal body parts(organs) and huge stress build up cause triggering our



brain to build up Panic Attacks, Anxiety, Migraine or headache it's also affects our Internal organs caused constipations, diabetes, Kidney problem, Skins problem, Eye Problem, and all kind of problem , chronic gas and acidity etc. and ultimately all these cause are sufficient to destroy the natural immune system and due to it's become fragile it won't able to fights back the attacks of pathogen i.e. virus, bacteria, fungus etc. , the body even can't able to release the toxin from your body since the major part of releasing the toxin from your body it's through your Skins when you do physical workout or walks and when you Sleep adequately your brain has designed to remove the toxin from its own .

Since only perspiration is the System that your body it's metabolism so to cool off your Body so **Physical Work** or **Walks Daily 2 KM** as normal walks until **Perspiration** release its **No.1 Fixer** then follow the diet with hot and cold food & drinks to balance the hot and cool in your body , eat slowly and always less than your hunger, give a gap between foods , take easy digestive foods and drinks, take small , small meal, beef can be extreme Allergy ,Fatigue & Constipation in some person but it's for all person so check first if you are allergic to beef and a symptoms could be after your meal you may feel instant sleepy then avoid or take low quantity, use Indian Toilet do not use Western toilet otherwise your intestine will lose the daily natural bowel movement (clear) habits and it may become a chronic Constipation Problem



No.1 Breaking Point:

Don't experiment with your body, always stick to your Habitual Food and Drinks(diet which makes your happy and healthy and you may never feel uncomfortable while taking it) avoid unknown Foods & Drinks, Always watch out your Food and Drinks Habits and exposure of AC for long Time rather take a breaks between work , AC is not harmful but long exposure would definitely harm in the sense it's heating your body from internally, so make a List of Food that are triggering to "Allergy & Acidity & Gas" make an Allergy Blood Profile Test Done and use the list to balanced your Diet apart from, you yourself have to closely watch on Food and Drinks which immediately give you fatigue or tired and make you sleepy, increase gas , acidity then avoid those food from your List and always maintain your own list of comfortable healthy and balanced diet and remember everybody is different since the Body's metabolism is different so then never try to copy other's Diet nor try out new new recipe or cuisine rather stick to your own diet routine, cook homely cooked food avoid outside and hotel food, your Health is matter since it can make your lost in your AIM and we can't afford a to lose while progressing in our Career /AIM/Objectives while we are falling behind. Eat & Drinks what's Halal and the best of it like many people eat and drinks such a dirty , smelly, unhygienic foods which they have copied from China specially Chicken and meat i.e. eating wastage of body parts of cow , chicken, sheep etc. , Dry Fish , smelly food items these are all unhealthy and we must keep ourselves away from it since Nabi SAW(PBUH) never touched that food , and also avoid eating Non veg in outside since nobody cares about Halal and that meat could be frozen and may have lots of fungus and Virus and Bacteria