

KEY to good health is doing Rozah
-Maulana Ali (SA)



2.0

FASTING

THE RIGHT WAY

**7-Part Guide To Fast Effortlessly
and Unlock The Benefits Of Rozah**



NOTE BY MURTAZA

I completed my Masters in Pharmaceutical Science with the hope of finding a solution for my problems (Asthma, Chronic Sinus, Fibromyalgia).

Studied pharmacy for 6 years, could not find a cure, and was told to manage my health issues with lifelong medications.

For more than 10 years, I have been a student of Health and Human body. Understanding why we fall sick allowed me to overcome my problems (free from all medications) and now, I share these principles to empower others to reclaim their health, without spending extra time, energy, or money.

My most important discovery was that the human body is designed to **stay healthy effortlessly** as long as we are alive so we can use our 100% energy towards building a life we love!

Health ON Autopilot is a journey into timeless healthy living principles, without modern complexities.

My mission is to guide individuals towards effortless health, ensuring it doesn't hinder their pursuit of a life and business they love. I have been blessed to overcome these obstacles, and I believe you can too.

The goal is to stay healthy and be able to do *Rozah* - Until Our Last Breath.

My humble request for you is don't succumb to information overload or extreme health regimens.

Give your body the gift of health, connect with natural homeostasis to put your **Health On Autopilot**, and to **Live Happy, Healthy & Regret-Free!**



RAMADAN GUIDE FEEDBACK



Salaam bhai, Eid Mubarak to you and your family.

I want to convey a special thank you. This year is my first year in which I could all roza the reason I could is because of you. I have been following your videos and small small tips given by you helped me a lot. I always did alternate day roza or could do only few. But this I can proudly say I could do all at a stretch.

Once again thank you bhai

07:30

Murtazabhai

Your talk on fasting tips was really great

I realized I kept having unnecessary amounts of water and implemented your recommendations. Can already feel the difference Thank you



So true and I gave experienced that when we eat food more than required after fasting, our body and mind doesnt work as swiftly as it does normally

Reply Message

Yes Murtaza bhai....

Your videos are very inspiring and amazing i too had a lot of bloating problems but khuda na shukur after following your videos it had helped me a lot. Khuda tamare khair ni jaza aape.

12:11

The guide is really helpful...

Shukran Jazakallah

We r now training our minds to fast without realizing hunger and thirst and focus on doing ibaadat with more dedication

Alhamdulillah Shukranlillah

Bhai Murtaza bhai Shakir

Khuda Aapne khair ni jazaa aape , ummeedo tamaam kare ,Ameen

Apna je 4 video,sherullah ni pehli raate ,je sehat related hata ,yeh meye joya ane ehma amal kidu

Toh last 2 mahina si ,mara pet ma ghanu problem hato doctor kehta hata ke Collen ma problem che ane ghana badha test karavanu ane MRI karavanu kidu hatu ,magar aa mehaz moula no mojizo che ke aapna video par amal karvasi mari bimari shifa thai gai , Alhamdulillah Shukranlillah

Khuda apna Aqa ane Moula TUS ne Umar Shareef ne Taroze Qayamat Lag daraaz ane daraaz karjo
Ameen

Yes it is so true..

I suffered from bloating and gas during fasts due to excess water intake during sehori. But now after your guidance I feel so relaxed during fasts. Shukran jazilah





Salamun jameel kem cho bhai.. Sherullah il
mozzam nu je program aapye kido che .. ye
mara waste ghani mohti nemat ane saadaat
hati.. aapna instructions na mutabiq amal
kidu..

Mara waste it was very difficult ke shehrullah
na roza kari saku.. bas yej fikar ke me kem
karis, taqat bilkul nathi n m thin n I use
to eat alot but wth zero result bcoz I was
doing it wth wrong mindset .. spotting thatu..
but as soon as I read ur article.. my
mindset changed completely as if a miracle
happened n It healed me immediately..
spotting stopped.. n I started roza ..
alhamdolillah shukran.

Khuda aapne khair ni jaza aapjo.. Its a true
blessing to do roza wth correct mindset.

22:26



Salam murtaza bhai
Hope you're doing well
I have read your tips on fasting
and watched all your videos
I have realised the image of
fasting in my mind was on a
wrong track
I want you to convey a special
thanks to you
Thank you for giving me such an
excellent guidance
Wishing you a good luck 😊
And hope to see your page grow
more
Once again thank you so much

Ramadan mubarak to you and
your family

Salaam bhai

I have been following ur page since
quite a time,
U posted a video regarding iftaari
to take salt after khake shifa, well
I started practicing it and told my
bensab(amil saheb wife) n sent ur
video to her also,
Initially she was only served khake
shifa den I told her khidmat guzar to
get salt also and we all started tht
habit.
Shukran

Also u posted video abt sehori, dat
drink water before food not after as it
creates bloating n gas, so I told this in
thaal to the ladies, after few days one
ben told me that she feels so relieved
n no more bloating or gas by this
practice. Shukran

More i told dis sehori thing to my
bensab also, she started practicing it,
initially she felt vomiting as she had
d habit of drinking water after meal
so she stopped it n now she started
having it before meal, she felt so
relax...

Hello bhai
How r u
Ramzan Mubarak

Ur fasting guidelines helped me alot
I m following each steps from sehri to iftari
and it really worked out well for me

As u know my doctor told me no for fasting
and so do parents but this year i m doing it
with very positive energy that i can do it and
it ur guidelines are the road for its success

😊 thank you so much for your kind support
and help

14:32

TABLE OF CONTENTS

3	<u>PART 1- THE WRONG WAY</u>
7	<u>PART 2 - THE MINDSET</u>
13	<u>PART 3 - SEHRI MISTAKES</u>
20	<u>PART 4 -IFTAR MISTAKES</u>
24	<u>PART 5 - EATING HABITS</u>
35	<u>PART 6 - NIGHT SLEEP</u>
39	<u>PART 7 - COMMON QUESTIONS</u>

The table of contents are
directly hyperlinked to the
page of the respective part.



HOW TO USE THIS PDF GUIDE

The goal of this guide is to help you do Ramadan Rozah as long as you live and stay healthy effortlessly.

The scope of this guide is to purely focus on the Physical and Mental Health benefits doing fasting.

The PDF also contains links to videos, which are recommended to watch for a better understanding.

If you suffer from any medical conditions, please take the opinion of your registered healthcare provider before making any changes mentioned in the guide.

For any support or feedback, connect via
DM on Instagram @murtazahshakir
or [WhatsApp +91 7378653000](#)



حدیث

صوموا تصحوا

Become healthy by doing *rozah*



*Maulana Ali (SA) advised
Imam Hasan (SA) that the
KEY to good health is Rozah.*



01

THE
WRONG
WAY

THE WRONG WAY

Rozah is the key to unlocking
the door of good health.

**The KEY Works ONLY If You
Fast The RIGHT Way.**

While fasting the wrong way...
can take you closer to ill-health.

First step is to change the Mindset about *Rozah*
to unlock the door of good health.

**How do I know if I am doing *Rozah*
the right or the wrong way?**

Signs Of Fasting The Wrong Way

1) Gain weight or do not lose weight after Ramadan.

Eating more in sehri and post-iftar to compensate for the time you stay hungry. This indicates Mind is focused on food & feasting, and not on fasting. By doing this, the KEY will not work.

2) Thinking all day about food and iftar.

The Holy month of Ramadan is not about food and tasting different types of recipes for iftar. If you constantly think about food and iftar, then it's a sign you are doing it the wrong way.

3) Feeling tired and fatigued:

Complaining how Rozah makes you tired or compromises your work/study. When you fast the right way, it does not take away your energy, but it energizes you physically and mentally.

"I fast for greater physical and mental efficiency"

- Plato

02

THE MINDSET

THE MINDSET

During Ramadan, your **MIND** can be focused on...

1. Hunger and eating food, or
2. Focused on fasting the right way and prayers

You can't do both.

To fast the right way,

Eliminate the negative mindset of :

- *I have to stay hungry and thirsty.*
- *I will get tired without food and water.*
- *I cannot work/study the same way while fasting.*
- *I need special food in Sehri to not feel hungry.*
- *I need special food after iftar.*
- *My body and mind will get weak.*
- *The fast duration is very long, it will be difficult.*
- *It will be difficult to fast in the summer season.*

Let's replace the above with the Right Mindset...

“There is no illness of
the body apart from
the mind.”

- *Socrates*

MINDSET For Fasting The Right Way

To unlock the doors of good health.

1

Fasting is healing and energizing me:

Tissues and organs are repaired more rapidly during fasting. When the body is healing, you feel more energy and vitality. It is shown to heal and prevent diseases like diabetes, BP, and even cancer.

2

Fasting makes my immunity stronger:

Numerous studies have shown that fasting from dawn to dusk has a powerful impact on strengthening the immune system which protects the body against viruses and even cancer cells.

MINDSET For Fasting The Right Way

3

Fasting makes me younger and helps slow down aging process:

Fasting has been shown to lower insulin resistance, liver fat, inflammation, and other markers associated with aging.

4

It boosts my mental & emotional health:

Fasting can improve mental clarity and focus by promoting the production of brain-derived neurotrophic factor (BDNF). Increased BDNF can lead to improved brain function & better mental clarity.

“

**Ramadan fasting is not
training the BODY
to stay hungry**

**It is training
the MIND**

**to help the body
stay healthy effortlessly!**

- Murtaza Shakir

03

SEHRI GUIDELINES

SEHRI GUIDELINES

Mistake of drinking excess water after eating in Sehri:



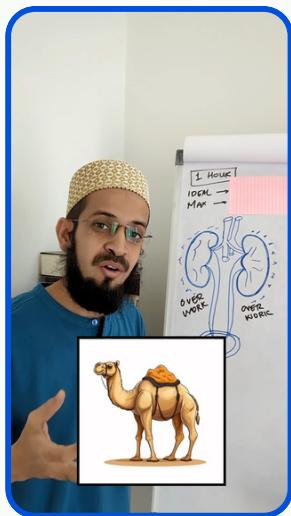
Watch Video

Avoiding this mistake helps you prevent bloating, indigestion, gas, constipation, and even fatigue.

Drink 1 or 1.5 glasses of water on an empty stomach 5-10 mins before sehri and avoid drinking large amounts of water after eating.

SEHRI GUIDELINES

How much water to drink in Sehri



Watch Video

Making this mistake of drinking excess water in sehri can put pressure on the kidneys and also interfere with the digestion process leaving you with a feeling of heaviness.

SEHRI GUIDELINES

Special food in Sehri to not feel hungry



Watch Video

This guideline will help you eat peacefully the local foods that you would eat normally for breakfast... without worrying about feeling hungry during the day and also prevent overeating which can lead to indigestion.

SEHRI GUIDELINES

Foods to avoid in Sehri:



- ✖ **Packet and ready to eat foods like cereals, quick oats, instant foods.**
- ✖ **Processed foods like breads, jams, bagels, nutella, biscuits.**
- ✖ **Frozen and processed meat like salami, seekh, sausages, nuggets.**

NOTE: It is okay if any of the above is required to be consumed 2-3 times during the month. One must limit the quantity and be mindful of the processed food intake.

SEHRI GUIDELINES

Foods good to have:



- ✓ Homemade wheat roti with meat, eggs, curd, paneer, fresh cream, or beans.
- ✓ Stuffed paratha (eg paneer, peas, potato) with curd, ghee, fresh cream or butter.
- ✓ Boiled eggs, dry fruits with milk/curd
- ✓ Thuli or whole grain porridge with curd or dry fruits or milk.
- ✓ Any other local homemade food - eg: Idli, Poha, Upma, Cheela.
- ✓ A small cup of tea/coffee if it suits you.

REMEMBER : Avoid Overeating

(more about this in the EATING HABITS part)

“You need to know that stomach disability and weakness can be the cause of all other diseases of the body. **Most stomach diseases are from overeating.** The greatest enemy of the stomach is filling it up with too much food.”

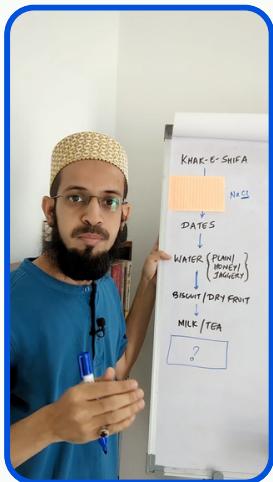
- Abu Ali Sina
(The Canon of Medicine, Volume 3, Part 13)

04

IFTAR
GUIDELINES

IFTAR GUIDELINES

Dont miss this step during Iftar and eating right



Tasting salt during iftar activates salivary amylase enzyme, which helps in digestion.

Along with the above step, eat slowly, chew well, drink water in small sips, and practice mindful eating to help the body digest food without discomfort. Avoid drinking excess water immediately after iftar.

IFTAR GUIDELINES

This mistake can kill all the benefits of fasting



Watch Video

More hunger does not mean more food.

Most people make this mistake due to the mindset issue. Being mindful of what, how and how much you eat can help you unlock the benefits of fasting.

“Fasting is the greatest remedy – the physician within.”

- Paracelsus

This physician is activated only when you fast with the right mindset and avoid sehri & iftar mistakes

05

EATING
HABITS

EATING HABITS



RAMADAN
Is NOT About FOOD

FEASTING AFTER FASTING
KILLS ALL THE BENEFITS OF FASTING

EATING HABITS

Shift the focus from feasting and eating more to...

- Eat less, **Feed More**
- Eat Less, **Pray More**
- Eat Less, **Serve More**

Eating less does not mean starvation or deprivation, it refers to **eating right** because the majority of people are eating more than required.

1. Right quality (what)
2. Right quantity (how much)
3. Right way (how)
4. Right time (when)

**The body can survive
without food for
over 30 days
if it gets an adequate
amount of water.**

PMID: 20069776

Fasts are not longer than 16 to 18 hours max. The body will take care of itself if you take care of your Mindset.

Four Guidelines For Eating Right

1

RIGHT QUALITY

Simple home-cooked food, or food served at the place of worship. Avoid outside food as much as possible (once or twice a month is okay). **No processed foods and commercial food.**

2

RIGHT QUANTITY

Eat only that much to kill the hunger, not overeat trying to compensate for staying hungry throughout the day. Eat up to 80% of your capacity. If you feel heavy and full immediately after finishing your meal, it's a **sign of overeating**.



Click here to watch videos on Healthy Eating Habits

Maula TUS recounted yet another pearl of advice from Amirul Mumineen AS **regarding food intake:**

'Stand up [from your meal] while you still desire more.'

Mauls TUS explained that when a person has had their fill, the stomach sends a message to the brain saying that it is full. However, this message is delayed and often one is already full before the brain receives the message.

Therefore, if one continues to eat until they feel full, they have already overeaten.

Amirul Mumineen AS directive to stop eating even though one might still desire more, allows one to consume the **right amount of food**, leading to **moderation** and ultimately to **rāhat**.

*Source: Reflections: Majlis 3
Ashara Mubarka 1443 H, Aljamea-tus-Saifiyah, Nairobi*

Four Guidelines For Eating Right

3

RIGHT WAY

Eating mindfully. Eat slowly, chew more, and eat without devices and distractions. 100% focused on eating food peacefully and thankfully. You are not just what you eat, but also **how you eat**.

4

RIGHT TIME

Eating at the time of Sehri and have your dinner after Iftar.

Avoid eating late night or throughout the night if you are awake. Have liquids and water if you stay awake for prayers at night.



Click here to watch videos on Healthy Eating Habits

PART 5

Eating Habits

Watch The Healthy Eating Video Series

#1: The 5 Point Eating Healthy Pathway



#3: Right Way to Eat: How, When & How Much?



#5: Eat Favourite Foods Without Fear & Guilt



#2: The Real Foods Your Body Need.



#4: Solve Your Eating Problems Forever.



#6: Overeating: Risks & How to Break the Habit



“If you want to get more done in life, eat less food.”

- Robin Sharma

Use food as fuel to live and experience life, do not make your life about experiencing food.

Water Intake

When you fast the right way,
the body needs water to flush out toxins.

As we understood in the Sehri mistake,
excess water is not required due to the limited
amount of time...

REMEMBER TO:

Drink adequate water and fluids after the Iftar.

In the summer season:

- Add some salt and jaggery to replenish the electrolytes in case of sweating.
- Adding rose water or basil seeds (tukmaria) also helps in cooling and cleansing.

Water Intake

- Avoid drinking large amounts of water at once, (not more than 300 ml) and space it in the gap of 30 mins to an hour.
- Avoid drinking excess water with meals or immediately after meals.
- 1-2 glasses during Sehri and 5 to 6 glasses post iftar until sleep can be sufficient for most people. (Note: Requirement may vary depending upon weight, climate, or medical condition)
- **Remember - drink water slowly in sips, do not gulp it.**



[Click here to watch YouTube video on all about water](#)

06

NIGHT
SLEEP

NIGHT SLEEP

The state of fasting is cleansing and repairing the body; sleep requirements do not have to be similar to non-fasting days.

- **When you fast the right way...**
The body can survive on a little less sleep.
An hour less of sleep during Ramadan is fine.
- **When you overeat, eat all unhealthy and processed foods, the body needs more sleep.**

Do not stay awake at night for any other purposes apart from night prayers (Bihori) as per the required time. Prioritizing your night sleep is equally important.

Man is required to seek comfort and rest.

Allah Ta‘ālā states in the Quran:

وَجَعَلْنَا نَوْمَكُمْ سُبَاتًا

And we have made your sleep [a means for] rest (78:9)

Sleep allows the body to recuperate and is especially beneficial during times of illness.

Source: Reflections: Majlis 3
Ashara Mubarka 1443 H, Aljamea-tus-Saifiyah, Nairobi

NIGHT SLEEP

Important points for a good night's sleep:

- Avoid sleeping with a full stomach, have at least 2 hrs of gap between dinner and sleep.
- Keep dinner light, be mindful, and avoid overeating at dinner.
- Avoid outside and processed foods after iftar.
- Walk 10-15 minutes after dinner.
- No screen time 30-60 minutes before sleep.
- Plan to sleep at the same time.
- Avoid eating and screentime during bihari namaaz. Water is okay to have.
- A 20-minute nap in the afternoon can be helpful.
- Plan to get some sleep before the Bihori namaaz.

 [Click to watch video on 3-2-1 Principle To Sleep Peacefully](#)

07

COMMON
QUESTIONS

COMMON QUESTIONS

1: Best food to break the fast?

Dates are excellent for breaking the fast.

Followed by water, honey water or gol pani.
Drink it slowly in sips, not in excess.

If you have tea, please be mindful of quantity;
one small cup of 80-100 ml is enough.

If you don't drink tea, milk or Hariro is a good
option if it suits you.

Along with tea, if required 2 biscuits are okay.
Else you can have few dry fruits or nuts.

COMMON QUESTIONS

2 : Exercise during Ramadan?

If you are fasting with the right Mindset and following the guidelines mentioned, special exercise is not required. (unless prescribed for a medical health condition)

A 15-20 min walking post dinner would be helpful. Avoid excessive sitting during day.

Time must be utilized for prayers.

REMEMBER:

The important exercise is training the MIND.

3 : How to avoid constipation?

If you fast with the right mindset, and avoid all mistakes, you will not experience constipation. (*fewer than three bowel movements a week or hard and dry stools*)

Motion frequency can change, it can be alternate days if not daily.

Having 3-4 prunes before sleep or 1-2 soaked figs in the morning can be helpful. Have it only 2-3 times a week, not daily.

In case of severe constipation, herbal laxatives can be used under medical supervision.



[Click here to watch 2 Part Video on Constipation Fix](#)

4 : How can I feel more energetic?

Fasting the right way boosts your energy, but **stress, worry, and anxiety can drain it.**

Your breath is a powerful tool—it helps calm your mind, reduce stress, and keep you focused.

By practicing proper breathing, you can shift from tension to relaxation, restoring a sense of peace and balance in your body.

Breathe Right, stress less, and feel more energized!



Click here to watch YouTube video on breathing.

5 : Food for Sehri & Iftar?

Local homecooked food for sehri - Roti, paratha, curd, milk, egg paneer, hummus, dry fruits, rolled oats, and other local foods.

Iftar and dinner - Be mindful and avoid overeating, focus on eating slowly and chewing well.

Avoid eating late at night, processed foods and eating extra foods after dinner.

Bihori - If required have a glass of milk and drink water. Avoid eating solid foods.

6 : Guideline for summer season.

The digestive system is weak during the summer seasons.

It is important to avoid filling the stomach with excess food. Have more fluids and add cooling foods.

Cooling foods as per Unani System: Rice, beans, lentils, lettuce, cucumber, barley, potatoes, sprouts, peas, beets, coconut, cow's milk, buttermilk, butter, yogurt (homemade), ghee, fig, pomegranate, apricot, orange, apple, melons, peach, pear.

All other foods can be taken in moderation.

For cold season : Meat, eggs, paneer, ghee, olive oil, cream, squash, beans, legumes, wheat, potatoes, dry fruits, herbs & spices.

7 : Intermittent fasting (IF) same as Rozah?

IF and Ramadan Rozah are not the same.

Ramadan Rozah is observed from dawn to dusk for spiritual growth and self-discipline.

In contrast, IF is a **diet trend** aimed at weight loss or **short-term** health benefits.

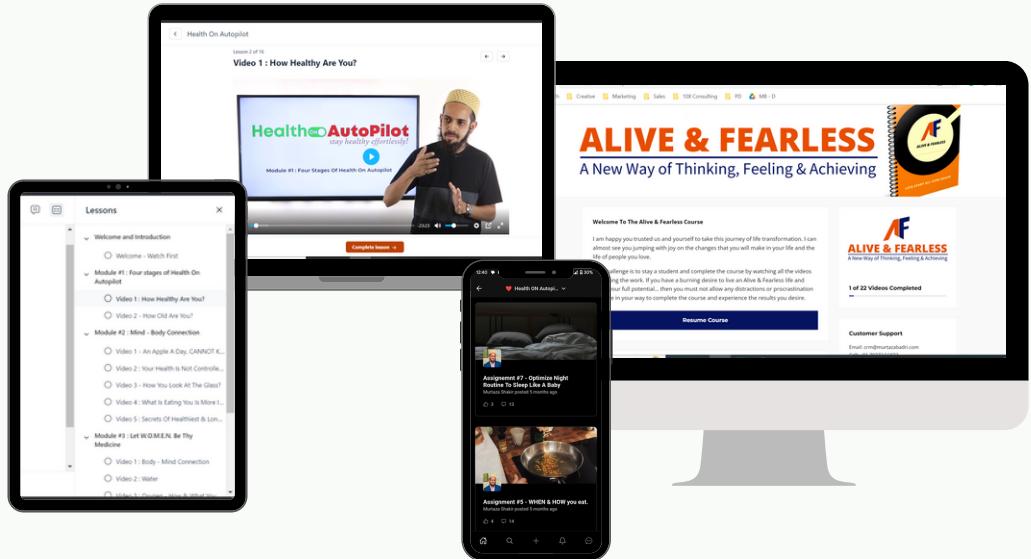
It usually involves skipping meals like breakfast and dinner within a set "eating window," which can lead to overeating, digestive issues, and **long-term** physical & mental health problems.

Fasting isn't just about when you eat, but also why you do it.

[Click here to watch detailed video on IF](#)



CONTINUE LEARNING...



Live Happy, Healthy and Regret-Free

Join the Alive & Fearless Academy

Get your FREE Membership Today!

Click Here To Start

CLOSING & THANK YOU!

Thank you for reading and making it this far!

I hope you take the first step towards fasting the right way and experience effortless good health.

If these **mindsets and habits**
have helped you in your Rozah journey,
I'd love to hear your feedback!

✉ Share your experience via WhatsApp:

[+91 7378653000](tel:+917378653000)



**Book a FREE 20-mins Consultation to
help you put your Health On Autopilot
and stay healthy effortlessly!**

[Book The Call](#)