



*Trusted for 40 Years*

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## Eat Right and Be Slim

Natural medicine, especially Tibb, takes a genuinely holistic view of food and health. The human being at the centre of the discussion is classified by their unique temperament and body type (**Mizaj**). It also recognises that each person metabolizes food in their own specific way. Being over-weight or suffering obesity is an indication of your imbalance from this natural temperament (**Mizaj**).

Modern nutrition classifies foods by their material and chemical forms and so groups them into proteins, carbohydrates, fats, vitamins & minerals.

Although this grouping provides us with some information in practice, apart from a few benefits, this simplistic and artificial classification is not much of use, therefore ignoring the most important factors: the **human being** and their **individuality**.

Foods are understood and classified by their **quality** and **actions** upon each person. This wisdom based tradition, with thousands of years of evidence, provides a clear framework with regard to food and human health. This knowledge, practically applied, is helpful in empowering us to become healthy and slim.

**See below general guidelines to achieve optimal weight and health, for each category of food.**

**Vegetables:** Use these to help you to lose excess weight and to remain slim and healthy. Green leafy vegetables, such as: radish, asparagus, lettuce, celery, pumpkin, bitter melon, fenugreek. Also use cauliflower, cabbage and sprouts. Use vegetables which are in season and local, whenever possible.  
**Avoid using potatoes and aubergines.**



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**Grains:** Use barley, rye, buckwheat, millet, wheat. Use old varieties of wheat such as spelt and khmat. Use wheat in moderation. Eat wholemeal or brown rice, eat white rice in moderation.

Avoid modern varieties of wheat.

**Beans and Lentils:** All beans and pulses are good, especially chick peas and brown chick peas.

**Fruits:** Eat fruits which are in season, whenever possible. Eat fruits separately from meals (not at meal times).

Avoid banana.

**Fish and meat:** Fish can be eaten but **do not eat shellfish**. Eggs are good too. **Do not use pork or beef**.

**Dairy:** Live yogurts are excellent, in moderation.

Use only warm milk with ginger, cinnamon or turmeric added to it. Milk is a meal on its own **so do not drink milk with meals**.

**Do not drink sour drinks (like lemon) soon after drinking milk.**

**Avoid fish after your milk drink.**

Light cheese in moderation is fine, but **do not use hard cheese**.

**Drinks:** It is helpful to use Mohsin '**Detox & Slim Tea**' after your main meals, or green tea. **Apart from these, do not have drinks with your main meals**. At other times sip hot water throughout the day, if possible every hour.

**Sweets:** Only use honey or small amounts of molasses.

**Nuts:** Use almonds, walnuts and pistachios in moderation.

**Spices and Herbs:** All spices and herbs are excellent.

Use some every day, choose from: cumin, cinnamon, cloves, turmeric, and ginger, black pepper and cardamom.



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**Here are some specific rules which will assist in recovering your balance:**

- ✓ Eat foods that are warm and light.
- ✓ Eat pungent tasting foods on a daily basis
- ✓ Eat bitter tasting foods on a daily basis.
- ✓ Use plenty of freshly cooked vegetables.
- ✓ Use fruits and salads on daily basis.
- ✓ Use spices everyday in your foods.

**Avoid all of the following:**

- ✗ White flour, white rice and white sugar products.
- ✗ Fried food and fatty foods.
- ✗ Fizzy and carbonated drinks.
- ✗ Ice cold drinks.
- ✗ Processed food, 'takeaway' food and leftover food which has gone stale.
- ✗ Alcohol.

**At Mohsin Health we always work in a way that is 'holistic' – meaning we look at your whole health not just one aspect of it.**

**To Book Your Appointment Now:**

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