

CEO MESSAGE MEDICINAL ASPECT OF DIET

Dear Colleague

Allah Almighty has gifted everyone with a unique natural temperament; He has blessed us with plants to concur with our temperamental needs providing both comfort and relief. Plants are both a source of food to keep us healthy and provide relief from disease when we are unwell. With this perspective nations are reverting towards this natural way of treatment which falls in sync with natural laws entirely is in accordance with Sunnah of our Prophet Muhammad (peace b upon him).

There are four major groups of causes which responsible in cell injury increase in dryness, hotness, moistness and coldness. When we apply the **laws of nature** to inhibit the cause like nature do we can stop the cell injury and get cure. Nature always treat the dryness (Autumn/Spring) with hotness (Summer), hotness with moistness (Rain), moistness with coldness (winter) and coldness with dryness in the form of seasons.

We as a society don't give much importance to our body or our health. We always have time to take care of our finances, our career needs, our families, our loved ones, **but our own health is the last thing in our mind**. But the worst part is that if and when we do get unhealthy or sick, we cannot take care of any of the above. On many occasions, we become dependent upon others to take care of us.

In Islam, health is given a great importance but we don't hear much about it. In one of the Ahadith, **Prophet Muhammad (saw)** mounted the pulpit, then wept and said, "Ask Allah (swt) for forgiveness and health, for after being granted certainty, one is given nothing better than health." *Related in Tirmidhi*

There are many ahadith that talk about the importance of health but I think the above hadith really sums it up. So basically, it does not matter how big of a project you are working on, if your health is not there, you won't be able to perform to your fullest.

Because of the importance of health in Islam, I think it is vital to teach people about it. I receive so many questions from Muslims dealing with serious ailments and conditions. As a result, I have decided to put together a series of Lectures that cover how to get healthy and stay healthy. It is important for people to know that they are able to avoid or treat illness with a simple Islamic mindset and holistic approach, the sad thing is, the scientists are finding this information now and we have been sitting on it for last 1400 years, without valuing it.

I would love for you to join me for this Free Video Lectures Series on "www.priem.com.pk".

Therefore, our untimely objective to treat the patient through LAWS OF NATURE by priem.com.pk.

Hundreds of our physicians are busy day and night for public health through online consultation and primary health education door to door, institution to institution, city to city and country to country.

That why we also choose your renowned and eminent institution to spread this useful knowledge, I hope it would be highly beneficial for your faculty and students.

Your cooperation would be great help for mankind.

Best Regards

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If you choose your diet according to seasons, Temperament, age, gender and disease (if any) with rich in fruits and vegetables, chances are you don't get all the necessary vitamins and minerals to stay healthy.

Besides, if you live an active lifestyle, or your job is stressing you out and you experience constant stress, fatigue, your body will need even more nutrients to produce energy and recover.

Therefore, **PRIEM ORGANIC PRODUCTS** providing essential to take nutritional supplements (to help restore your body, improve physical health, boost mental performance and prevent many diseases) in form of delicious traditional form of honey complexes like **HALWAJAT, MURABA, RUB, SYRUPS, CHATNI, TEAS/QAHWAJAT, JAMS, JELLIES, VINGERS AND CANDIES.**