



The Key To Medicine

Lecture 6: Fitri Alignment & Lifestyle Medicine

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Forward To Health: Hikma Academy
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Surah (Enclosure) Ar-Rum (The Romans): Ayah (Sign) 30

فَاقِمْ وَجْهَكَ لِلدِّينِ حَنِيفًا فِطْرَتَ اللَّهِ الَّتِي فَطَرَ
النَّاسَ عَلَيْهَا لَا تَبْدِيلَ لِخَلْقِ اللَّهِ ذَٰلِكَ الدِّينُ الْقَيِّمُ
وَلَكِنَّ أَكْثَرَ النَّاسِ لَا يَعْلَمُونَ

So be steadfast in faith in all uprightness 'O Prophet'—
the natural Way of Allah which He has instilled in 'all'
people. Let there be no change in this creation of Allah.
That is the Straight Way, but most people do not know.



Abu Huraira reported:

فَإِنْ أَبَا هُرَيْرَةَ قَالَ قَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ مَا مِنْ مَوْلُودٍ إِلَّا يُولَدُ عَلَى الْفِطْرَةِ فَأَبَوَاهُ يُهَوِّدَانِهِ أَوْ يُنَصِّرَانِهِ أَوْ يُمَجِّسَانِهِ كَمَا تُنْتَجُ الْبَهِيمَةُ بَهِيمَةً جَمْعَاءَ هَلْ تُحِشُّونَ فِيهَا مِنْ جَذَعَاءَ ثُمَّ يَقُولُ أَبُو هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ فِطْرَةَ اللَّهِ الَّتِي فَطَرَ النَّاسَ عَلَيْهَا

Abu Huraira reported: The Prophet, peace and blessings be upon him, said, “No child is born but that he is upon natural instinct. His parents make him a Jew, or a Christian, or Magian. As an animal delivers a child with limbs intact, do you detect any flaws?” Then, Abu Huraira recited the verse, “The nature of Allah upon which he has set people,” (30:30).



Imam Raghیب al-Isfahani

“We cannot be
Prophetic
until we are
first Human.”



Fitra: The Natural Order

We speak of the Sunnah of the Prophet ﷺ but what is the Sunnah of God?

Everything in Creation has a Fitra.

The Fitra is a principial nature, instinct, and in the case of Man: a primordial knowing.

The Fitra itself does not or alter, but it cannot become suppressed, hidden, or overlayed.



The Natural Order

FORWARD → HEALTH
WHOLISTIC MEDICINE



Starting with Basics

- To be well is to be human and in harmony with the Natural Order
- Determinants of Health as the basis of our work
- Include: *sleep, exercise, diet, digestion, relationships, worship, purpose, community, finances, etc*



The 3 Causes of Disease

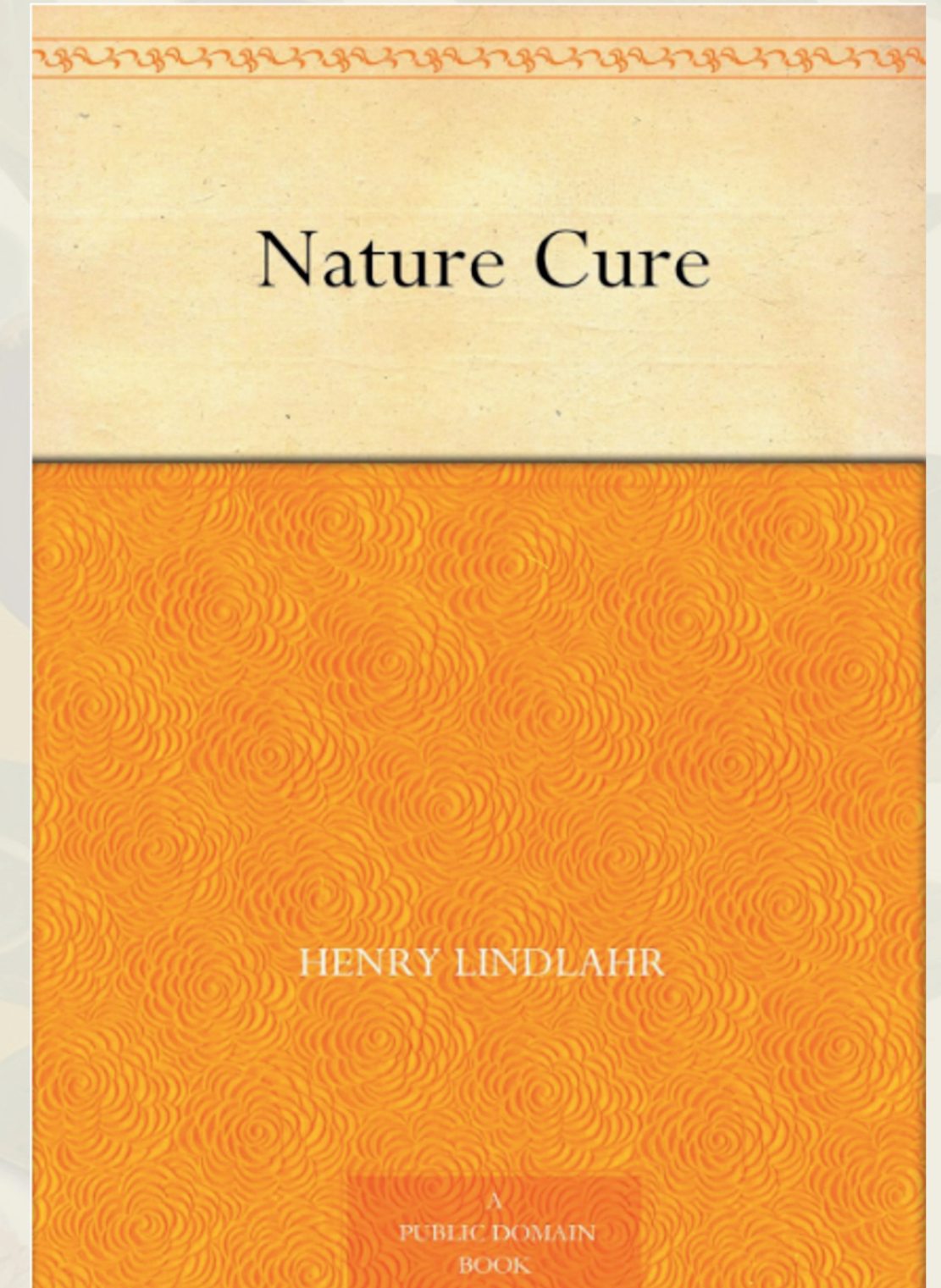
FORWARD → HEALTH
WHOLISTIC MEDICINE

Lowered vitality due to overwork, nightwork, excesses, overstimulation, poisonous drugs and ill-advised [medical] operations

Abnormal composition of blood and lymph due to the improper selection and combination of food, and especially the lack of organic mineral salts and other essential nutritional elements

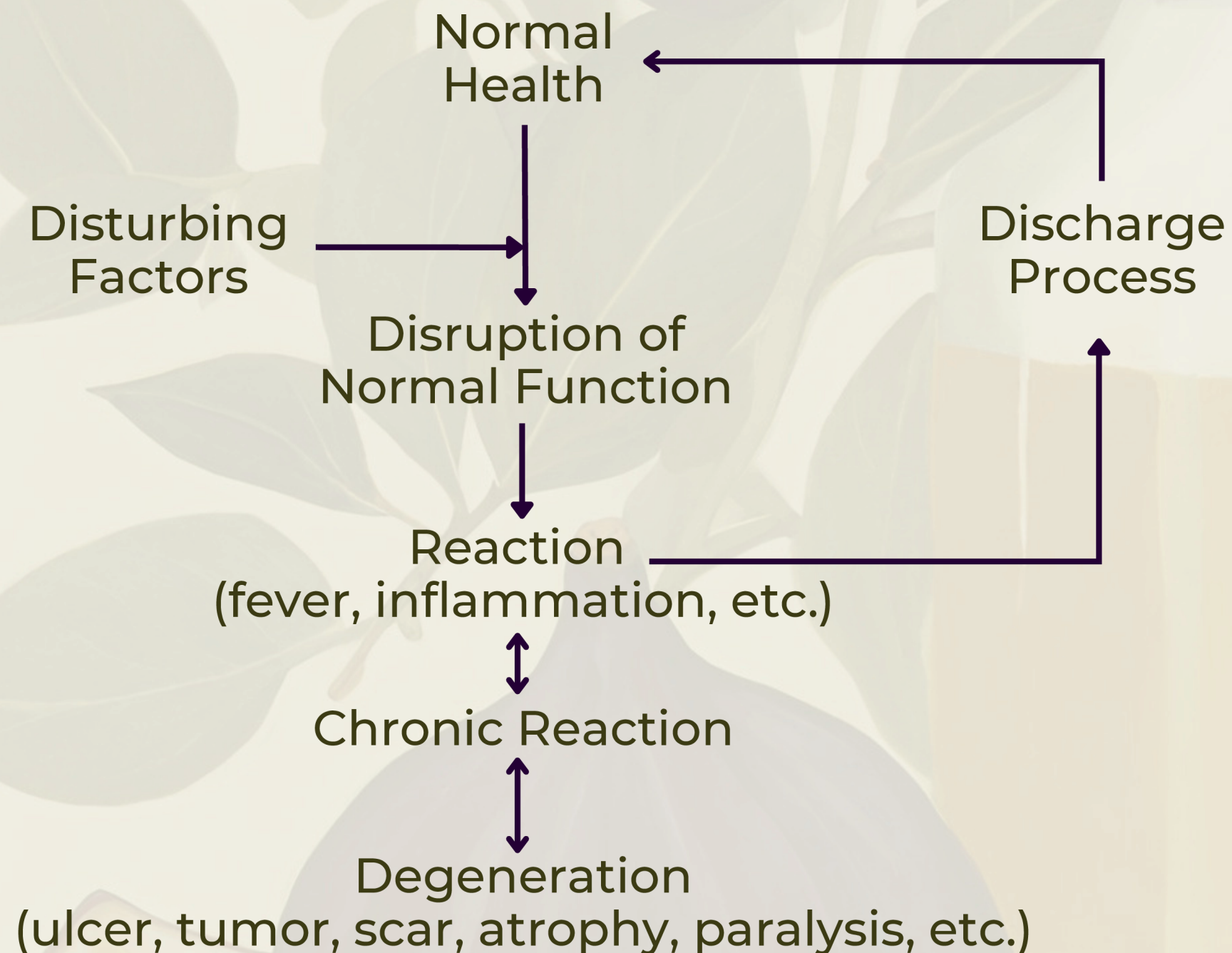
Accumulation of waste matter, morbid matter, and poisons due to the first 2 causes, as well as faulty diet overeating, alcohol and narcotic stimulants, drugs [street and prescription], vaccines, accidental poisoning, and last but not least, to the suppression of acute diseases by poisonous drugs and surgical operations.

Lindlahr, Nature Cure. Pp 24-25 (1913)



The Process of Healing

FORWARD → HEALTH
WHOLISTIC MEDICINE



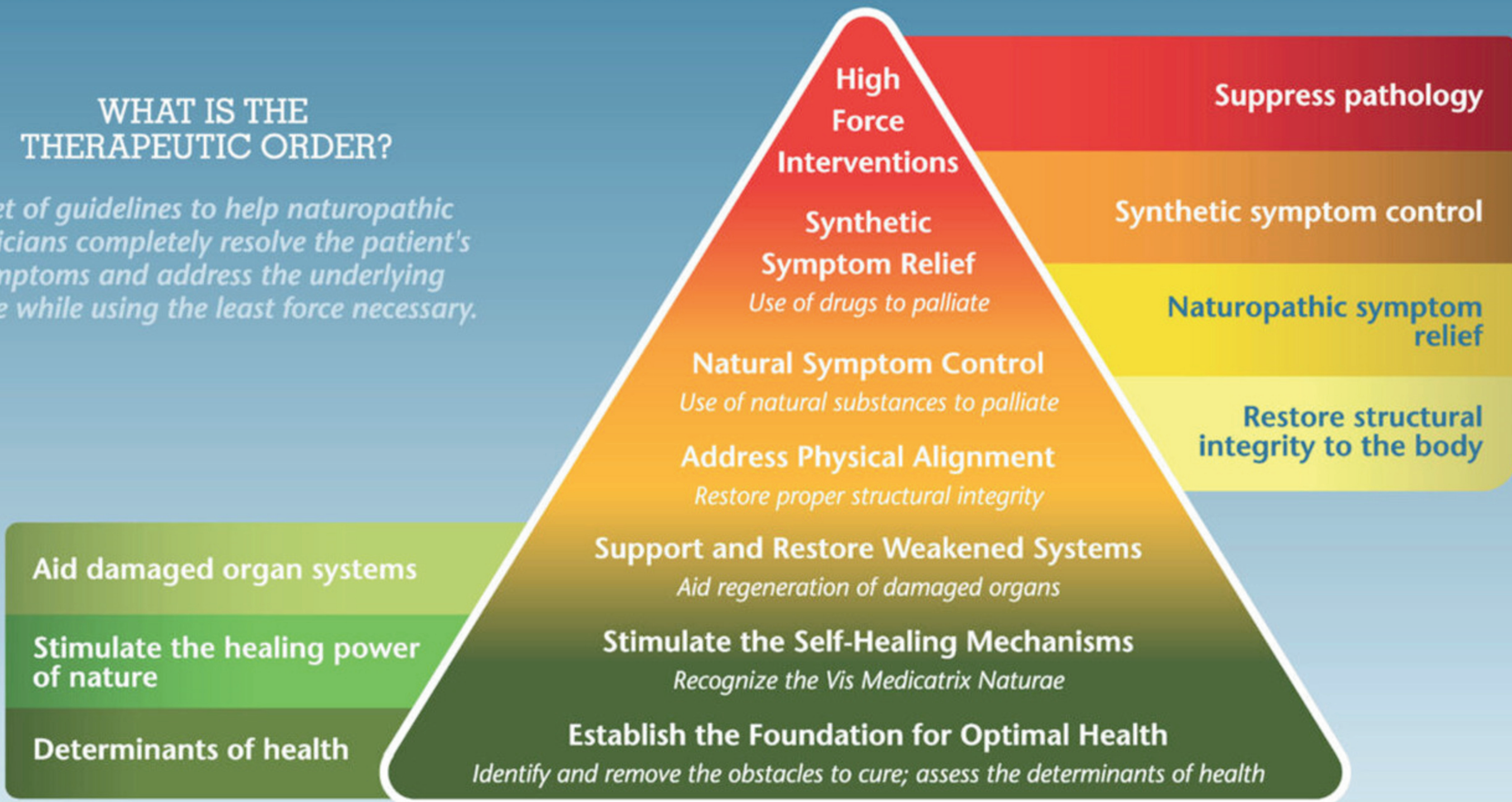
- Hikma is based upon the observation of *innate healing*.
- The Hakim's role is to not direct healing but to help it emerge.
- Healing is rational and follows known physiological stages.

The Therapeutic Order

FORWARD → HEALTH
WHOLISTIC MEDICINE

WHAT IS THE THERAPEUTIC ORDER?

A set of guidelines to help naturopathic physicians completely resolve the patient's symptoms and address the underlying cause while using the least force necessary.



Level 1: Foundations

FORWARD → HEALTH
WHOLISTIC MEDICINE

Determinants of Health:

- Diet
- Hydration
- Sleep
- Breath
- Exercise
- Stress Management
- Spirituality
- Purpose/Career
- Support
- Relationships
- Financial Security
- Shelter

Fitra Alignment
LIFESTYLE MEDICINE



Level 2: Vitality

Stimulating the Vital Force:

- Homeopathy
- Acupuncture
- Hydrotherapy
- Holistic Counseling
- Chi Gong/Qigong
- Reiki



Level 3: Organ Systems

FORWARD → HEALTH
WHOLISTIC MEDICINE

Supporting Weakened Organs

- Herbal Medicine
- Glandulars
- Vitamins
- Minerals
- Nutriceuticals



Skeletal System



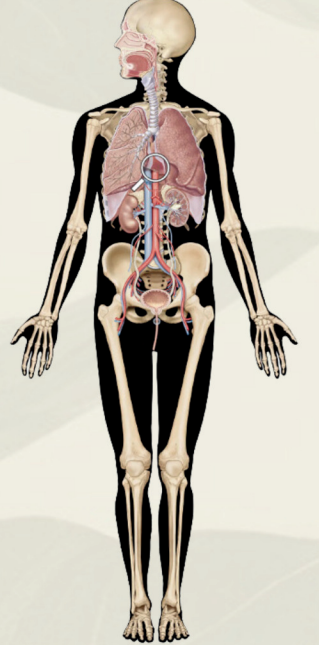
Muscular System



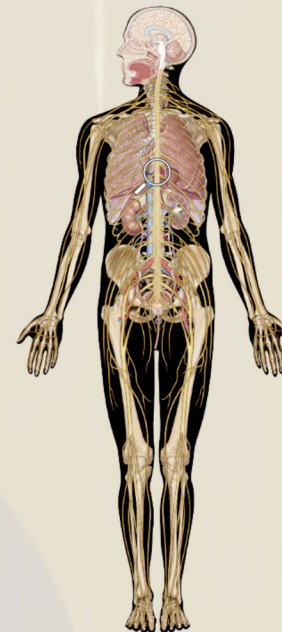
Circulatory System



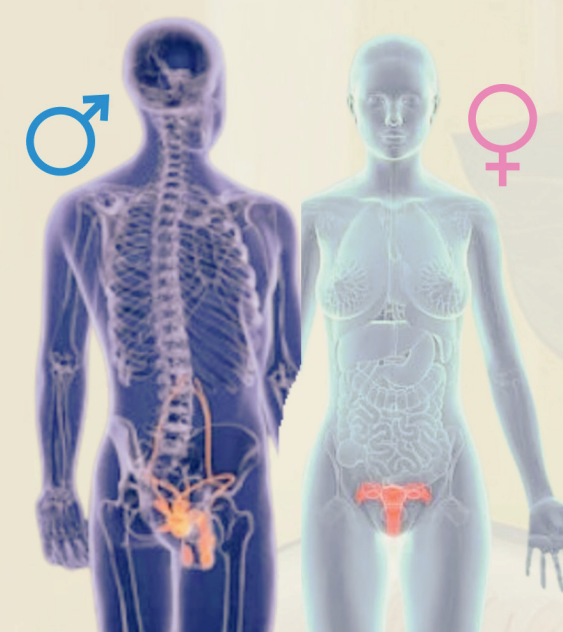
Digestive System



Excretory System



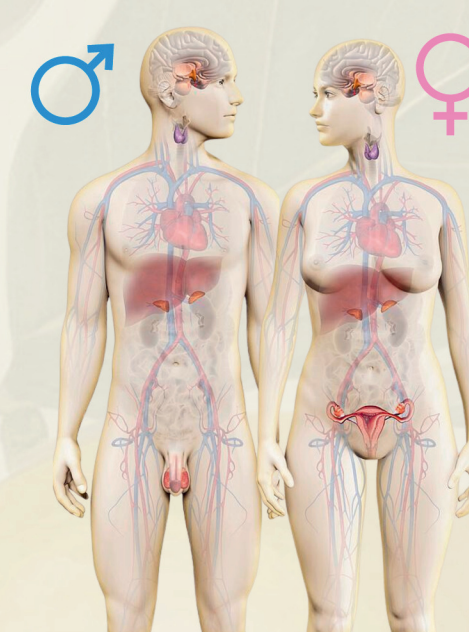
Nervous System



Reproductive System



Immune System



Endocrine System



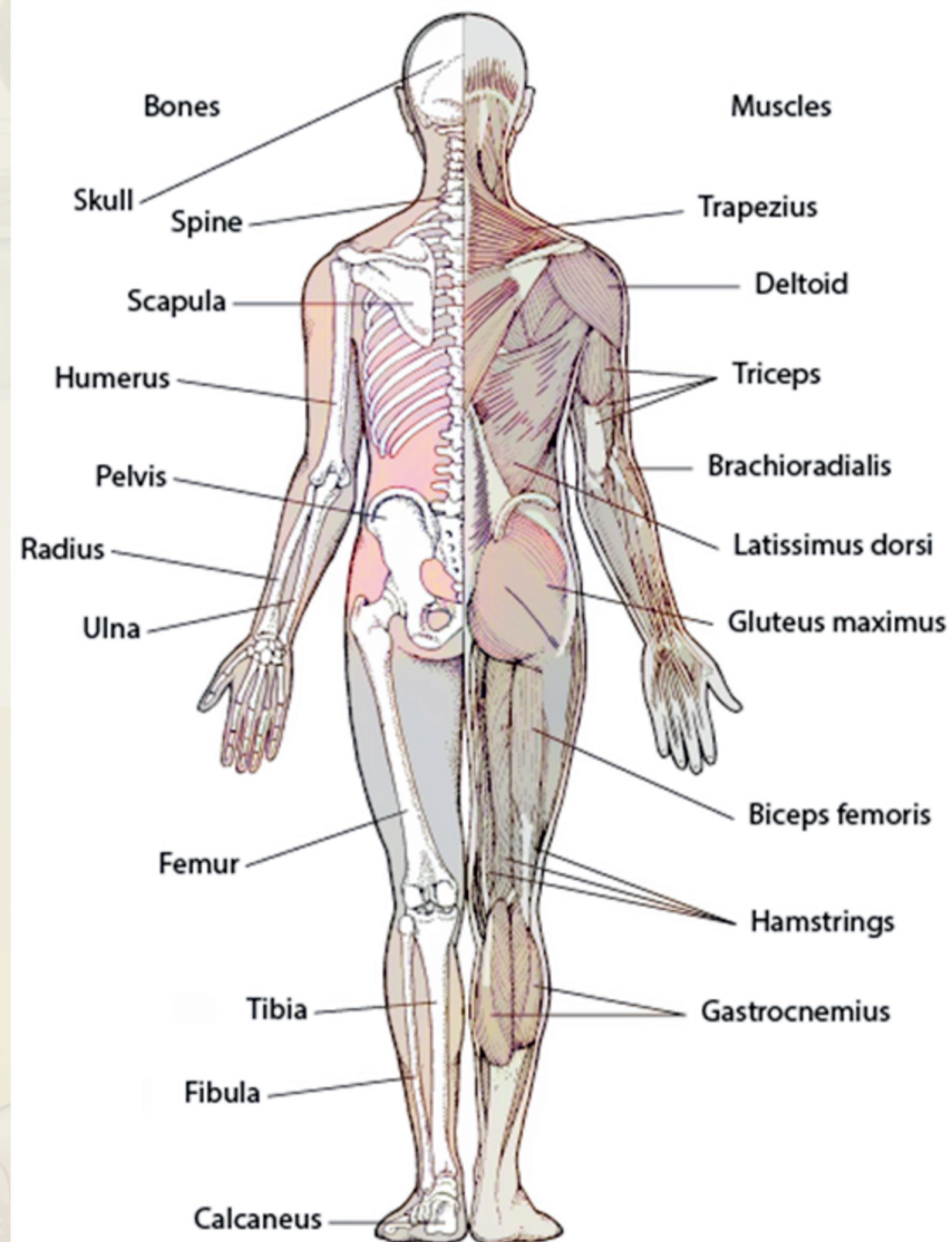
Respiratory System

Level 4: Structure

Restore Structural Integrity

- *Chiropractic*
- *Cranial Osteopathy*
- *Physical Therapy*
- *Applied Kinesiology*
- *Tui Na*
- *Massage*

MANUAL MEDICINE



Level 5: Natural Symptom Control

Palliation via Herbs and Nutriceuticals

- Herbal medicine
(high-dose and suppressive)
- Nutriceuticals
(supra-physiological doses)



Level 6: Synthetic Symptom Control

Palliation via Pharmacy



Level 7: High-Force Suppression

Surgical Interventions



Starting with Basics

- To be well is to be human and in harmony with the Natural Order
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- Include: *sleep, exercise, diet, digestion, relationships, worship, purpose, community, finances, etc*



Diet & Digestion

FORWARD → HEALTH
WHOLISTIC MEDICINE



Diet

- Eating for your Constitution
- Traditional cuisines
 - animal products: meat, organs, bone broth
 - raw dairy
 - fermented foods, sprouted seeds, legumes, and grains
 - local, seasonal fruits & vegetables
- Removing Food Intolerances

Digestion

- Making nafi' your rizq
- Following the Sunnah
 - basmala
 - eating in company
 - eating slowly
 - chewing
 - avoiding drink around meals
 - leaving room
- Herbal support

Sleep

{Verily in the creation of the Heavens and the Earth, and the alternation of Night and Day are signs for those of inner coreness ('ulul albab)}

“Verily your **eye** has a right over you.”

- The Prophet ﷺ got about 7-8 hours of sleep if you count all of his sleep on average.
- Sleep is *yin*, a time of repair, recovery, and growth
- Glymphatic system
- ANS



Exercise

{Verily in the creation of the Heavens and the Earth, and the alternation of Night and Day are signs for those of inner coreness ('ulul albab)}

*"Verily your **body** has a right over you."*

- *The magic pill, the panacea*
- *One of the greatest ways of moving the vital force and the blood*
- *Internal and external exercise*
- *Affects our nervous system, CV system, endocrine system, metabolism, immunity, eliminatory pathways, etc*
- *Builds discipline and focus*



Stress Management

FORWARD → HEALTH
WHOLISTIC MEDICINE

{Verily in the remembrance of Allah do hearts find rest}

{Indeed for the Awliya of Allah, there is no fear for them nor do they grieve...}

FOUR CORE STRATEGIES FOR MANAGING STRESS AND ANXIETY

1. ATTENTION - CENTERING TECHNIQUES

To neutralize anxiety, it can often help to use techniques designed to focus attention beyond anxious thoughts.



MEDITATION



BREATHING



VISUALIZATION

2. EXPRESSIVE, CREATIVE STRATEGIES

To channel anxious thoughts or feelings in more productive ways, we might identify specific outlets to express creativity, such as working on a project, drawing, and athletics.



WORKING ON A PROJECT



ARTS



PHYSICAL MOVEMENT

3. REFLECTION EXPLORATION STRATEGIES

To monitor where anxiety arises, become more aware of anxiety triggers, and reflect on anxious thoughts and feelings, we might try strategies that foster self-observation.



JOURNALING



SELF-MONITORING



COMMUNICATION

4. HEALTHY LIFESTYLE VALUES

To reduce residual feelings of anxiety, it could help to turn attention toward healthy habits, healthy relationships, healthy pleasures, and a healthy environment.



NUTRITION



RELATIONSHIPS



EXERCISE

Forest Bathing

FORWARD → HEALTH
WHOLISTIC MEDICINE



Muraqaba

Take 10 minutes to take account of these 4 determinants of health for yourself, this week, *along with your psycho-emotional-spiritual state*:

Diet: Conduct a 24 hr recall of everything you've eaten and drank

Sleep: Write down when you went to sleep, quality of sleep, hours of sleep, and how you felt upon awaking

Exercise: how much exercise did you get? Any walks? Yoga?

Stress management: What do you like to lean on or use as resources for yourself?