VIŠE ljudi umre od HRANE - nego od GLADI?! - islamske smjernice

Govornik: Esmir Halilović
Izvor: https://minbarlive.com/videos/vise-ljudi-umre-od-hrane-nego-od-gladi-islamske-smjernice

> Gojazan je što tri puta više ljudi umire od pretilosti i prejedanja nego od gladi. Kur'an i Sunnah Proroka, миру и благослови Аллаха над њим, jasno nam daju upute o umjerenosti u hrani i piću kao ključnoj načelu za zdravlje i duhovni razvoj.

SAŽETAK

Ovaj dernak obrađuje važnu problemsku tematiku pretilosti i prejedanja kao savremenu epidemiju koja je posljedica prekomjerne konzumacije hrane. Govornik ističe da su naučne studije dokazale kako stanovnici razvijenih zemalja koji konzumiraju prerađenu i nezdravu hranu imaju veću mogućnost preuranjenoj smrti nego stanovnici području zahvaćenih ratom. Kur'an i Sunnah Proroka, миру и благослови Аллаха над њим, donose jasne smjernice o umjerenosti u svim životnim segmentima. Govornik detaljno objašnjava Kur'ansku ayah o zabrani israfa (prekomjernosti) te hadis u kojem Prorok poredи stomak sa posudom i preporučuje popunjavanje samo trećine stomaka hranom. Ključna poruka je da Islam ne zabranjuje uživanje u hrani, već samo suvišak u njoj, čak i kada je halal. Dernak poziva slušatelje da se zapitaju o svojoj konzumaciji tokom iftara i proslava, što pomaže razvijanju zdravijih i održivijih životnih navika usklađenih sa islamskim principima.

KLJUČNE PORUKE

Prekomjerna konzumacija hrane i prejedanje predstavljaju oblik isrāfa koji Allah zabranjuje, a posljedice su vidljive u zdravstvenim problemima poput srčanih bolesti, visokog krvnog tlaka, dijabetesa i malignih bolesti (Qur'an 7:31)

Prorok, миру и благослови Аллаха над њим, preporučuje da se želudac popuni samo do jedne trećine hranom, jedne trećine pićem, a jedna trećina ostaje prazna za normalno disanje i funkciju organizma

Umjerenost (wasaṭiyyah) je opće načelo u islamu koje se primjenjuje na sve životne aspekte, a naročito na konzumaciju hrane i pića (Qur'an 7:31)

> Naš organizam je amanet (povjerenje) od Allaha, te je destruktivno hranjenje tela nezdravom hranom oblik samouništavanja koje Allah zabranjuje (Qur'an 2:195)

> Prejedanje proizlazi iz следтка passije i pohlepe, što koranskom izrazom znači uzimanje vlastitih želja za boga koju se slijedi (Qur'an 25:43)

> Islam ne zabranjuje uživanje u hrani i piću, već zabranjuje suvišak čak i u halal hrani, što pokazuje da je fokus na samodisciplini i zdravlju

> Čuvanje zdravlja kroz umjerenost čini ljude kreativnijima i korisnijima članovima društva, a moderne epidemije povezane s pretilošću dokazuju relevantnost Proroкovih savjeta iz prije 1400 godina

ČLANAK

Assalamu alaikum, dear friends. Did you know that people die three times more from obesity and excessive food consumption than from hunger in the world? Did you know, according to scientific statistics, that it has been proven that a person living in industrially developed countries, who consumes heavily processed food—lots of junk food, fast food, and similar products—has far greater possibility of premature death, we could say, or loss of life, compared to a person living in war-affected areas? These data have been published in scientific journals, so they are verified and verifiable. People are dying more and more, in fact, from satiation, from obesity, from having too much food and possessions, and so on. Because of this, it is important that we remind ourselves of several pieces of advice from the Messenger of Allah, peace and blessings be upon him, which speak to us about moderation, about appropriateness and moderation in all segments of human life. At one time, humanity's greatest fear was whether they would have enough food to survive a month or a year. Today it is not like that. Today we have so much food that literally, approximately three million people per year die from obesity, from overeating and various diseases that are directly connected to it, which in fact tells us about the scale of this problem. Excessive eating, obesity, diseases that arise from it, such as heart disease, high blood pressure, diabetes, cardiovascular diseases, various forms of tumors, cancers, and so on—all of this is in fact connected, among other things, to excessive food consumption and especially the unhealthy food that we eat. These are some contemporary warnings that we have the opportunity to read, listen to, and see. However, 1,400 years ago, the Almighty Allah, may He be exalted, revealed to mankind guidelines that they must follow in order to simply live healthy, balanced lives.

The Quranic Principle of Moderation

The Almighty Allah, may He be exalted, says in a Quranic verse:

كُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ (kulū wa-ashribū wa-lā tusrifū innahu lā yuḥibbu l-musrifīn) — "Eat and drink, but do not be excessive, for indeed Allah does not love those who are excessive."

This Quranic verse, in the most beautiful possible way, actually solves the problem of this global epidemic of obesity, of excessive eating, of eating out of habit, eating out of passion, and so on. The Almighty Allah, may He be exalted, in fact tells people that we must eat, that we must drink in order to sustain our lives, in order to be able to function normally. But the Lord of the worlds commands us, in fact, moderation as well, and forbids us from excess, particularly in food and drink, and certainly excess is forbidden in all other things as well. This single Quranic verse alone, if people understood it correctly, would be enough for them to understand that the Almighty Allah, may He be exalted, knows what was, knows what is happening now, and what will be.

This Quranic verse was revealed in a time when hunger generally prevailed, when scarcity generally prevailed, when there was much poverty, and this in that Arab climate. However, the Almighty Allah, may He be exalted, reveals verses that will remain until the Day of Judgment, so this Quranic verse must be taken not only from a theological perspective and viewed, but in fact today in general, from the positions of various sciences, that the Almighty says: eat and drink, but do not be excessive. So He forbids excess. And all this obesity, and deaths from that obesity, in fact is a form of excess that the Lord has forbidden. And Allah says: Allah does not love those who are excessive. So Islam does not forbid enjoyment of food. Islam does not consider food as such to be bad or anything similar, but rather excess in it. This means not only that we must be careful about what is lawful and unlawful, but we must not by Islamic law be excessive even in what is lawful. Today's civilization encourages us with advertisements to consume more, to eat more, to possess more, to snack more frequently, to drink sugary, unhealthy beverages, and so on. All of this, in fact, is a form of immoderation and excess in food and drink especially.

The Prophet's Guidance on Eating

The Messenger of Allah, peace and blessings be upon him, brings forth a revolutionary idea again 1,400 years ago, which again is proof that he was sent by the Almighty. The Prophet, peace and blessings be upon him, says: "No human being fills a vessel worse than his stomach." The Prophet, peace and blessings be upon him, compares our stomach to a vessel. He could not see what a stomach looks like, he did not know, they could not scan it, they could not film it. But we today see, in fact, precisely that the stomach is like a vessel—perfect vessels for digesting food. The Prophet, peace and blessings be upon him, says: "No human being can fill a vessel worse than his stomach." He compares the stomach to a vessel, and then afterwards he says that the worst filling, in fact, is filling or overfilling the stomach.

So the Prophet, peace and blessings be upon him, says: "It is enough for a human being just a few mouthfuls that will keep his spine upright, that is, allow a human being to walk normally, to function normally, to move normally, to use his muscles, to use his strength," and so on. This, in fact, is quite enough for human survival. And then the Prophet, peace and blessings be upon him, says: "But if a human being must, or if he has need to eat more, then let him fill one-third of his stomach with food, one-third with drink, and leave one-third empty so that he can breathe normally." This guidance from the Prophet, peace and blessings be upon him, which has been transmitted in reliable reports from the Prophet, peace and blessings be upon him, which Muslims have followed from that time, and often continuing to today, except for those who are excessive and transgress in this, in fact has brought numerous health benefits in terms of preventing certain diseases, certain prevention, that is, numerous problems that come from immoderate eating.

The Messages of the Hadith

What are the messages of this hadith? The messages of this hadith that we have recorded here are: the stomach was not created by the Almighty to always be full and to always process food. Other evidence points us to this, other Islamic principles, such as fasting, such as advice on moderation, and so on. What is desirable and from the Sunnah of the Prophet, peace and blessings be upon him, is that we constantly feel mild hunger, that is, that our stomach, our stomach cavity, always be half full, and certainly never completely full. The Prophet, peace and blessings be upon him, was not advocating starvation, neither for individuals, nor for society, but rather was giving guidelines by which people would preserve their health and be healthier, more creative, more useful members of society. Moderation is a Sunnah, and moderation in all things is from the Sunnah of the Prophet, peace and blessings be upon him.

As we have seen, the Qur'an condemns immoderation, the Sunnah also, in fact, condemns immoderation. So we see, in fact, that the Qur'an and Sunnah give us the same messages that we actually need to follow. The Prophet, peace and blessings be upon him, also teaches us that our body has a right upon us, and that right is that we take care of what we feed it with, whether it is lawful or unlawful, whether it is too much lawful food or enough lawful food. Do we, in fact, give the organism what it needs and then when it, in fact, needs it. Health is a trust, and destroying health with bad habits is a form of self-destruction.

Excess as Self-Destruction

The Almighty Allah, may He be exalted, says: "Do not throw yourselves with your own hands into destruction." Excessive eating and drinking is a form of immoderation, that is, throwing oneself into destruction, that is, destroying one's own health, one's own body, and so on. Also, and with this we will conclude, there is one more Quranic verse

in which the Almighty Allah, may He be exalted, calls all people to reflect, and says: "Have you seen the one who has taken his passion as his god?" We today live in a civilization that shows us every day, in fact, how people take their passions as deities that they worship, that they follow, that they are willing to die for, perish for, or something similar. For someone, the passion is excessive food, for someone the passion is gambling, for someone the passion is indulgence in unlawful things, drugs, alcohol, and so on. All of this, in fact, are things that fall within the meaning of these words of the Lord of all worlds, and that is that people, in fact, take for themselves as gods their passions, their passions which they follow, and that is what brings them pleasure, what brings them comfort, what brings them, that is, their apparent happiness, whether for those few minutes or a few hours, but, that is, without any doubt something that brings lasting problems for the person who devotes himself to it and takes it as his god.

These guidelines from the Messenger of Allah, may Allah's peace and blessings be upon him, should lead us to question ourselves, especially in the case of our iftars, in the case of our feasts, in the case of our celebrations, to ask ourselves how much of this food we really need, how much of this food we throw away, how immoderate we are in the consumerism that we have in our homes, in our organizations, and so on. I have said all this because of these two initial facts. Namely, the fact that people today die three times more from obesity and excessive food consumption, that is, from immoderation in food, than they die from hunger. And the fact that people in that comfortable west, and look, we also live partially in that civilizational circle, have a greater possibility of premature death, of cardiovascular diseases, that is, other diseases related to overeating, immoderation in eating, than they in fact statistically have the possibility of premature death, those who live in war-affected areas.

I ask Allah, may He be exalted, that we be moderate in eating and drinking, as well as in all other life situations, that we always reflect on the verses and hadith in the most concrete way possible, in the most contemporary way, that we apply them in our lives, that we live by them, and that we strive to be better Muslims today and here. Thank you very much for following us, and may Allah reward you. Wa alaikum assalam wa rahmatullahi wa barakatuh.

Qur'an 7:31 | Qur'an 2:195 | Qur'an 25:43 | Hadis o punjenju stomaka (prenesen kroz pouzdane izvore)

#umjerenost (wasaṭiyyah) | #zdravlje i ishranu | #prejedanje i pretilost | #Sunnah Proroka

#amanet (povjerenje) | #samodisciplina | #savremeni izazovi

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