

Eating a Balanced Diet

is great for body & mind.



"NO HUMAN EVER FILLED A VESSEL WORSE THAN THE STOMACH. SUFFICIENT FOR ANY SON OF ADAM ARE SOME MORSELS TO KEEP HIS BACK STRAIGHT. BUT IF IT MUST BE, THEN ONE THIRD FOR HIS FOOD, ONE-THIRD FOR HIS DRINK AND ONE-THIRD FOR HIS BREATH."
 (AHMAD, AT-TIRMIDHI, AN-NASAA'I)