

YOUR BRAIN

Fasting improves your mental wellbeing. The body produces more brain cells which leads to better concentration and reduces the hormone cortisol which lower your stress level.

CHANGE BAD HABITS

It is easier to change your lifestyle, by already reducing both smoking and sugary foods during fasting.

LOWER CHOLESTREOL

Fasting reduces cholesterol in the blood. This increases cardiovascular health, reducing risk of heart disease, a heart attack, or a stroke. Following a healthy diet after Ramadan should make it easier to maintain a low cholesterol level.

DETOXIFY

By not eating or drinking throughout the day your body will start detoxifying your digestive system. Your body will break down stored fat to use as energy thereby also burn away any harmful toxins that might be present in fat deposits.

APPETITE DECREASE

The reduction in food consumed during Ramadan causes your stomach to shrink gradually this means you need to eat less food to feel full.

When finishing Ramadan your appetite should be lower than before, you'll be far less likely to over-eat, creating an opportunity to start eating healthier and only to eat the amount you need.

NUTRIENTS

During fasting a special hormone is released in the body helping it to absorb the nutrients it needs to function normally.

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