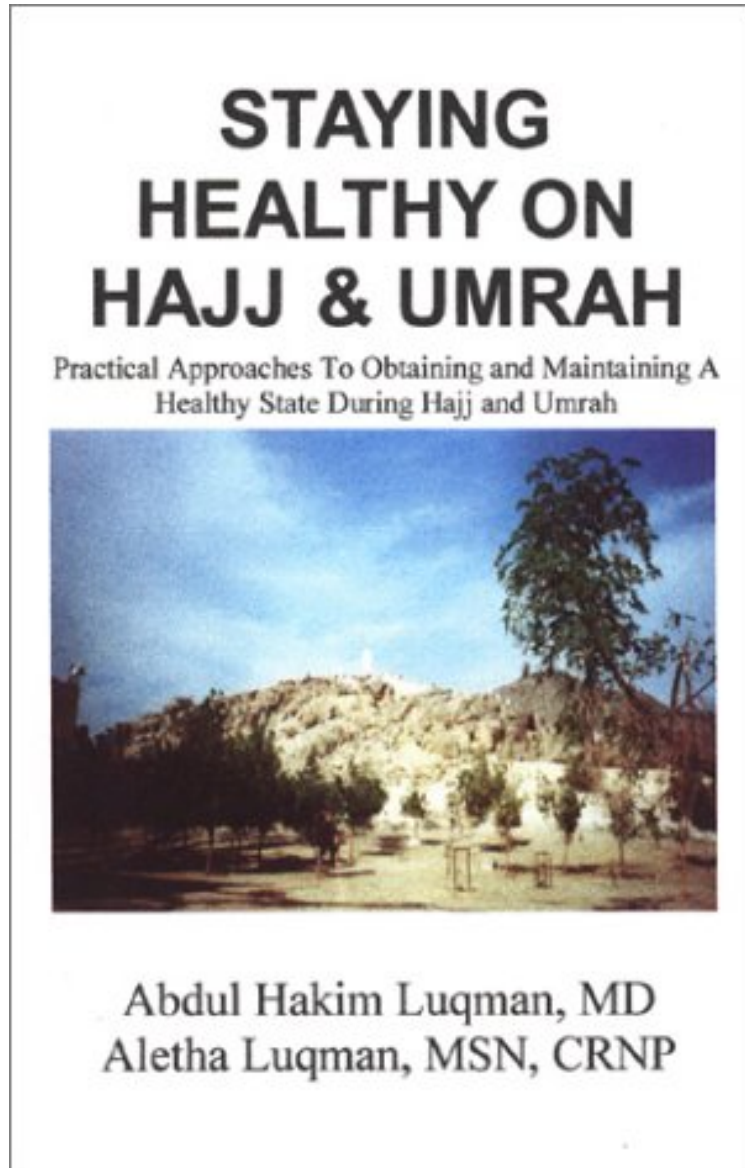


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Staying Healthy On Hajj Umrah

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Aletha Luqman, Abdul Hakim Luqman : Staying Healthy On Hajj Umrah before purchasing it in order to gauge whether or not it would be worth my time, and all praised Staying Healthy On Hajj Umrah:

7 of 7 people found the following review helpful. the book for all who are going on hajj / umrah By muserr taalibuddenthis is the only book i know of that deals in detail with what to bring with you on hajj/umrah . i have been on hajj twice and umrah twice al hamdulillah . but, i did'nt have this book at that time, ma sha Allah . having been on hajj/umrah i can tell you that this book is a MUST . there are millions of muslims from many different countries

bringing their own germs and such . so we must be prepared and al hamdulillah this book informs you of everything you need for what ever conditons you may have and even things to protect yourself from the many problems that come with being around this many people . may Allah bless bro. abdul hakim and sis. aletha for preparing this book for the muslims ...

Staying Healthy On Hajj and Umrah, the definitive Hajj Health Guide that gives Pilgrims medical advice for avoiding illness and aggravation of chronic medical problems while on the Pilgrimage to Makkah and Madinah. Written by a travel medicine physician and family nurse practitioner hajjis, this portable book contains medically related Ayats from the Qur'an, Hadith, and Sunnah of the Prophet Muhammad (SAW). A photographic tour of the Holy Precincts of Mecca, Medina, Mina, Arafat, Masjids, Kabah, Jamarat, Uhud, lists on what to bring, and prevention strategies included. Designed to carry with you and use on your Pilgrimage.

"Isn't it better spending your time in Allah's House worshipping Him and not nursing an illness or injury?" -- Foreward to "Staying Healthy On Hajj Umrah" by Lut R. Nero, Ph.D., Dean of Library Services, Cheyney University of Pennsylvania
From the Publisher I was excited to review the manuscript Doctor and Nurse Luqmans brought to me. I had made Hajj already, and remembered missing some prayers at the Haram due to not feeling well. Since each prayer at Masjid al Haram is worth 100,000 at any other place on earth except Masjid al Nabi (Prophets SAW masjid), making as many fard prayers as possible at the Kabah is a priority for Pilgrims on Hajj. When I started reading Staying Healthy On Hajj Umrah, I quickly realized how ill prepared I was for the rigors of my own Hajj. I didnt exercise starting 3 months before departure. My left arm hurt due to weakness while moving through crowds during tawaf. I was nearly stampeded at the lower level of Jamarat al Aqaba on Eid Adha. I had three days of diarrhea and had to purchase antibiotics and immodium. I wish I had known about the rehydration formula so I could have drank it in Mina instead of the large amounts of water which caused me to urinate and subsequently Wudu so frequently. Their powder suggestion could have prevented me from getting that rash at the Hajji-Belt line while in Ihram. I lost several bars of soap in the ground level public toilet holes. I was surprised to see people wearing masks in the Masjids, but quickly found out why. I came home with the Hajji-cough which persisted several weeks. My wife had concerns about performing rites while on her menses and developed a yeast infection while in Saudi Arabia. The Luqmans address all these concerns and many more from arthritis to sunburn to diabetes to even bringing the kids along on Hajj. It was a pleasure to work with these talented caring health care professionals and publish their book. I feel that Staying Healthy On Hajj Umrah is required reading for anyone planning Hajj or Umrah. Take their packing lists to the store with you when buying items for your trip. Bring this book with you to Saudi Arabia and use it in the Holy Precincts. Follow their suggestions on preparing your mind, body, and soul for the most important trip of your life. James Stephenson, Publisher, MedSurg Associates Coatesville
From the Author In February 2001 I was blessed to make Hajj. Prior to departure it became known during my Hajj classes that I was a physician, specialized in Travel Medicine, and my wife was a nurse practitioner, specialized in Family Medicine. Thus while we were in the Holy Precincts with a group of 450 Pilgrims, repeated requests for medical advice was brought to our attention. Basically we spent a portion of our time in Makkah and Madinah treating ill Pilgrims as sadaqa. On the second day of Tasreeq, I awoke in my tent at Mina with a brilliant idea. Since our practices would not permit us to make Hajj every year, why dont we write down the advice we gave Pilgrims and make it available for Pilgrims to bring with them and refer to in Saudi Arabia. Thats how Staying Healthy On Hajj Umrah came to be. Abdul Hakim Luqman, MD