

Ramadan

TRANSFORMATION GUIDE



Contents

<u>Introduction</u>	2
<u>Maher's Story: A Single Step Changed Everything</u>	3
<u>Ramadan: The Built-In Habit Hack</u>	4
<u>1. Optimizing Eating Habits</u>	7
Iftar: The Art of Breaking Fast Right	8
Hydration: Your Secret Weapon	9
Food Traps to Avoid	10
Suhoor: The Power Meal That Sets the Tone	11
	12
<u>2. Train Smarter: Ramadan Fitness Strategies</u>	13
When to Work Out	14
The Right Way to Exercise	15
Adjusting for Your Fitness Level	16
Rest and Recovery	17
<u>3. Sleep Like a Pro: Ramadan Rest & Recovery</u>	18
Master Your Sleep Schedule	19
The Power of Naps	20
Beat Fatigue and Stay Sharp	20
Avoid the Sleep Traps	21
<u>4. Maximize Your Productivity: Work Smarter, Not Harder</u>	22
Plan Your Work Around Your Energy Peaks	23
Manage Energy, Not Just Time	24
Brainpower Hacks for Peak Focus	25
<u>5. Master Stress: Stay Calm, Centered & In Control</u>	26
Mindfulness & Spiritual Tools for Stress Relief	27
Beat Mood Swings Before They Take Over	28
Navigate Social & Religious Commitments Without Burnout	29
<u>6. General Health Considerations</u>	31
Chronic Conditions and Fasting Adjustments	32
Medication Management During Fasting	33
Knowing When to Seek Medical Help	34
Final Thoughts: Share, Apply & Elevate Ramadan Together	35



Introduction

Ramadan Kareem!

I'm **Dr. Mohammed Kaleel**, a Stanford physician and co-founder of Mederva Health, a Silicon Valley health tech company.

Our mission is simple: to bring together top medical minds and technology so that everyone, everywhere, has access to world-class care. But health isn't just about living longer, it's about staying active, energized, and thriving in your community as you age.

Through our work, we've seen thousands of life-changing transformations. People reversing chronic disease, regaining strength, and feeling more alive than ever. And the key? Not willpower, but small, sustainable shifts that compound over time.

That's why we created this guide. Each year, Ramadan presents you with the single best opportunity to transform your health, deepen your faith, and build lasting change.

And no one exemplifies this more than Maher.



Dr. Mohammed Kaleel



Dr. Nadine Jawad





Maher's Story:

A SINGLE STEP CHANGED EVERYTHING

Last Ramadan, Maher felt stuck. At 70, he was 40 pounds overweight. His doctor had just increased his blood pressure and cholesterol meds—again. His blood sugar was creeping up, and he was told he'd need diabetes treatment soon.

He was slowing down, feeling isolated, and losing touch with his family and friends. So he reached out to us for help.

We paired him with a behavioral coach, who spent time understanding his life, routines, and challenges. Together, they found small steps Maher could take: One healthy snack swap. One extra glass of water. Five minutes of walking after Fajr. That's it.

He naturally built healthier habits over the month, and kept his momentum going after Ramadan. By month four, he was 45 pounds lighter. He was exercising 3.5 hours a week. And he was completely off all his medications.

His doctor said his cholesterol was the best it's been in 30 years. His risk of cardiovascular disease dropped by 10%.

But what mattered most?

His wife, kids, and friends all noticed. At the mosque, at the grocery store, on his walks. Everyone stopped him to say how healthy and happy he looked.

And Maher?

He couldn't stop smiling.



Ramadan

THE BUILT-IN HABIT HACK

Most people fail at change because they **go too big, too fast**. But **habit change isn't about willpower—it's about strategy**.

Our team has spent years studying the **science of behavior change**, learning from the world's top researchers. And here's what's fascinating: **Islam had it right all along**.

The **same principles** that fuel modern habit science—habit stacking, identity shifts, anchoring behaviors—are deeply embedded in Islamic practice.

These principles are what turned scattered desert tribes into one of the most magnificent empires in history in a single generation.

Ramadan is the perfect incubator for change. It forces new patterns—when you eat, when you sleep, when you pray. It removes distractions and builds discipline into every day. Accountability, community, and social support are already embedded.

The key is leveraging this structure to lock in habits that last long after the month ends. Imagine if we all used this month to become 10% healthier, wiser, and more disciplined. What would our community and society look like a year from now?



How Habit Change Works

AND WHY RAMADAN IS THE BEST TIME FOR IT

1

Start Tiny – The smaller the habit, the easier it is to sustain. Big changes fail because they require high motivation, which is unreliable. Tiny habits remove friction and build momentum effortlessly.

2

Anchor to Existing Routines – The best way to remember a habit is to tie it to something you already do (e.g. praying, drinking water at iftar, reading quran, or brushing your teeth).

3

Celebrate Every Success – Emotions wire habits into the brain. Even a small “alhamdulillah!” or a smile after completing a habit reinforces the behavior.

RAMADAN NATURALLY SUPPORTS HABIT FORMATION:

Fixed daily anchors – Suhoor, iftar, and prayer times create perfect cues for habit stacking.

Reduced decision fatigue – Limited eating hours make it easier to set meal habits without constant food choices and opportunities for snacking.

Social reinforcement – Fasting as a community strengthens commitment and accountability.

Spiritual motivation – The month already encourages discipline and self-improvement, making new habits more meaningful.



Ramadan embodies the 7 principles

OF LIFESTYLE MEDICINE



These principles prevent, treat, and reverse chronic disease.



By using Ramadan's built-in structure, small changes in diet, movement, and mindset can turn into lasting habits that extend well beyond the month.



1. Optimizing

EATING HABITS

Eating right will help you avoid hunger, thirst, fatigue, and poor sleep. It will also help you lose weight, improve your blood chemistry, give you more energy, and transform your body composition.

Allah ﷻ tells us in the Qur'an:

And eat and drink, but do not be excessive. Indeed, He does not like those who commit excess.

(Surah Al-A'raf, 7:31)



IFTAR: THE ART OF BREAKING FAST RIGHT

Start Smart: The Sunnah was right all along—dates + water. Instant energy, hydration, and gut-friendly fiber.

Ease Into It: Soup or salad first. Then pray. Let your body adjust before the main meal.

Balanced Plate = Peak Performance: 50% veggies, 25% protein (chicken, fish, beans), 25% complex carbs (brown rice, whole wheat bread, freekeh, quinoa, sweet potatoes, etc).

Portion Control Wins: Eat slow. Listen to your body. Overeating = discomfort, fatigue, sluggish Tarawih, and poor sleep. Limit refills by pausing for 5-10 minutes before filling up your plate again.

Avoid or Limit:

- ☾ Simple carbs (white rice, white bread). They make you hungry quicker.
- ☾ Red meats (lamb, beef). Bad for cholesterol, diabetes. Opt for lean cuts when possible.
- ☾ Fried treats and sweets. Swap for baked or air-fried foods when possible. Replace sugar with fruits or natural sweeteners like honey or agave.

Try This Ramadan: Incorporate spices (like cinnamon and turmeric) and fiber-rich foods to stabilize blood sugar and boost metabolism.



PRO TIP:

Mederva's AI app lets you snap a picture of your meal, instantly calculating macros and grading it based on your health goals, removing all guesswork.



HYDRATION: YOUR SECRET WEAPON

Supercharge Your Water: A pinch of himalayan salt or fresh lemon can replenish your electrolytes. Hydrogen-infused water can improve recovery.

8 Cups a Night, No Excuses: Sip consistently between iftar and suhoor. Don't drink all at once when breaking your fast or going to sleep.

Natural Hydration is Best: Herbal teas and coconut water are good—but keep them unsweetened. Choose low-fat laban drinks to protect your heart.

Cut the Caffeine: Minimizes dehydration and improves sleep.

Eat your Water: Watermelon, oranges, cucumbers, yogurt—all boost hydration while delivering nutrients.

Limit Sugar: Limit sodas and other artificially sweetened beverages. Natural juices, with high natural sugars, should be consumed in moderation.

Habit Forming Tip:

To keep continuous hydration top of mind, make it accessible and anchor it to existing repetitive habits at night. i.e." I'll drink one cup after each meal/snack/prayer/etc.



FOOD TRAPS TO AVOID

Sugar Highs: Pastries, candy, sugary drinks = instant high, energy crash, fat gain.

Greasy Excess: Fried, fatty foods slow you down. Swap for grilled, baked, or air-fried.

Sodium Overload: Processed snacks, canned foods, salty meats = thirst and bloating.

Overeating Late: Huge portions before bed wreck sleep and digestion. Stop eating by 9-10PM and instead take advantage of Suhoor.



SUHOOR: THE POWER MEAL THAT SETS THE TONE

Don't Underestimate the Power of Suhoor: Wake up. Fuel up. Set the pace. Suhoor stabilizes blood sugar, prevents fatigue, and improves hydration. Skipping it drains energy, weakens focus, and leads to mid-day crashes.

Hydration = Stamina: Drink two cups of water. Load up on hydrating foods (cucumbers, watermelon, oranges, yogurt) to stay refreshed all day.

For an extra boost, add chia seeds to your suhoor. Eating them soaked in water helps promote hydration, healthy digestion, and decreases hunger.

Salt & Caffeine Dehydrate You: Less salt = less thirst. Olives, cheese, or other salty items are better rinsed. Look for low-sodium versions.

Cut caffeine at night to avoid dehydration and withdrawal headaches. If tapering off caffeine before Ramadan isn't an option, some find that taking an extended-release caffeine pill with Tylenol at suhoor can ease withdrawal symptoms. Do this only if you will stay up after suhoor or sleep 1 more hour max.

Build a Balanced Suhoor Meal:

- ☾ **Slow-Burning Carbs for Long-Lasting Energy:** Oatmeal, whole grains, lentils. Low glycemic index foods like these keep you steady, preventing sugar crashes and sluggishness. Cinnamon also aids in blood sugar stability and digestion.
- ☾ **Protein & Healthy Fats Keep You Strong:** Eggs, yogurt, nuts, and avocado power your muscles, curb hunger, and sustain energy.
- ☾ **Fiber Choices Matter:** Insoluble fiber like raw veggies and bran cause dehydration, thirst, and bloating. Soluble fiber like oats, chia seeds, flaxseeds, and avocado are good.
- ☾ **Magnesium-rich foods = more energy:** Found in nuts, like almonds, seeds, and leafy greens, like spinach. They support muscle function, energy production, and hydration.

Habit Forming Tip:

Pick your favorite one or two snacks from above to add to your suhoor each day. Celebrate with a nice Alhamdulillah and a smile to associate it with positive emotion.



2. Train Smarter:

RAMADAN FITNESS STRATEGIES.

Optimize your training during Ramadan instead of stopping it. Exercising during Ramadan boosts fat loss, improves insulin sensitivity, and sharpens mental clarity.



WHEN TO WORK OUT

Timing is everything. Exercise at the right moment, and you'll boost energy, maintain muscle, and avoid burnout. Pick what fits your rhythm:

After Suhoor (Early Morning): Freshly fueled, well-hydrated, but you won't eat or drink for hours. Best for light stretching, yoga, or a short walk.



Before Iftar (Pre-Sunset): Energy is low, but hydration is near. Ideal for a gentle walk or low-intensity movement. Keep it light.

After Iftar (1-2 Hours Post-Meal): Prime time for strength training or a solid workout. You're fueled, hydrated, and ready to move. Just don't train too soon after eating.



THE RIGHT WAY TO EXERCISE

Late Night (Post-Tarawih): If you're a night owl, this is your moment. Lift, run, or train without energy concerns. Your sleep might be shortened, so plan accordingly.

Low to Moderate Intensity Wins: Ramadan isn't the time for Personal Bests or extreme workouts. Walk, cycle, do bodyweight exercises—move, but don't exhaust yourself.

Strength Training is Still On: Keep lifting, but lower the weight and volume. Aim for post-iftar to maximize muscle building and energy. Maintenance is the goal.

Flexibility and Recovery Matter: Yoga is perfect for Ramadan (especially Yin or restorative flows) as it improves mobility, mental clarity, and flexibility. It will even support prolonged periods of standing in prayer.

Listen to Your Body: Some days will feel great, others won't. Adjust accordingly. If you feel dizzy or weak, stop. Your health comes first.

Avoid high-intensity training while fasting. Fasting can increase cortisol levels slightly, making high-intensity workouts less productive. Cortisol is worsened by poor sleep, stress, lack of prayer/meditation, and caffeine.



ADJUSTING FOR YOUR FITNESS LEVEL

Beginners: Start small. Walk daily (especially to digest after iftar), stretch, do light bodyweight movements. Focus on staying active rather than pushing hard.

Intermediate: Scale back. Reduce volume and intensity, prioritize consistency over intensity to stay in shape without exhaustion.

Advanced: Modify but maintain. Strength train post-iftar, but reduce load. Cardio? Keep it steady-state, not sprints. This is maintenance mode. You'll ramp back up after Ramadan.



Pro Tip:

Our coaches helped Abu Rami, a 77-year-old sheikh who hadn't worked out in decades, build up to 120 minutes of exercise a week. It started with a few minutes of simple chair exercises he enjoyed.



REST AND RECOVERY

More Recovery, Less Overtraining: Fasting is already a stressor. It's okay to skip workouts when needed. Prioritize sleep, hydration, and rest.

Sleep Fuels Everything: Aim for quality sleep to support recovery and energy levels.

Post-Iftar workouts: If exercising post-Iftar, include a protein-rich smoothie with hydrating ingredients to optimize energy and recovery. Here is another good opportunity to use chia seeds for amplified hydration.

Don't Overdo It: Ramadan is about balance. Fitness should enhance, not drain, your experience.

Habit Forming Tips

Start tiny: If you don't usually exercise during Ramadan, start with just 1 minute for the first few days. For suhoor, do 1 minute of light stretching on the prayer rug after Fajr, or when you get home. These techniques also link the new habits to existing habits.

Make it obvious: Reminders are essential for creating new habits. Whether that's prepping your workout clothes ahead of time where you can see them, adding alarms, or an accountability work-out buddy.

Celebrate: Associating positive emotion with the new habit helps it stick. Using Alhamdulillah as your celebration doubles as dhikr.



WORK WITH A COACH: PERSONALIZE YOUR RAMADAN HEALTH GOALS

Building new habits is easier when you have the right support. Our health coaches help you set goals that fit your lifestyle, whether you want to improve your health, lose weight, or simply feel better during Ramadan.

We create a personal health plan for you based on your goals, risk factors, and any existing conditions.

We take a science-backed, personalized approach, starting with small, achievable steps that fit seamlessly into your daily routine.

And with Ramadan's built-in structure, these small wins compound fast.

Get started today! We have a special Ramadan discount to work with our coaches to create your own Ramadan transformation plan and turn good intentions into lasting results.

[Sign Up Here](#)



3. Sleep Like a Pro:

RAMADAN REST & RECOVERY

Ramadan can help you set habits in motion that will lead to sustained, rejuvenating sleep after the month is over.



MASTER YOUR SLEEP SCHEDULE

Core Sleep is King: Aim for a minimum of 4-5 hours of uninterrupted sleep at night. Sleep after Tarawih, wake for Suhoor, then grab a nap later.

Consistency Wins: Go to bed and wake up at the same time every day. Your body will adjust faster.

Minimize Late-Night Distractions: Ramadan is the perfect opportunity to drop the 'screen time at night' habit. Get healthy evening stimulation from socializing around food and prayer. Then focus on dhikr, self-reflection, educational reading, or Quran. Stretch. Dim the lights. Wind down.

Lighten Up at Night: Avoid heavy, greasy foods before bed. Stick to light, protein-rich snacks to prevent sluggishness.





THE POWER OF NAPS

Short and Sweet: A 20 min power nap (no longer than 30 min) can refresh you without making you groggy.

Best Nap Times: Early afternoon (post-Dhuhr) or pre-Iftar can boost energy without disrupting night sleep. Short naps are a great substitute for coffee!

Cumulative Sleep: Use naps to get your total daily sleep up to 6-7 hours of sleep per day.

BEAT FATIGUE & STAY SHARP

Hydrate Smartly: Dehydration worsens fatigue. Drink plenty at night and eat water-rich foods.

Move to Stay Awake: Light stretching, fresh air, or a quick walk can snap you out of a slump.

Rest When Needed: Listen to your body. If you're exhausted, skip non-essential activities and catch up on sleep.

Catch up on weekends: If you build too much of a deficit during the week, catching up on more sleep in the weekend is a useful temporary hack.



Avoid the Sleep Traps

Too Much Caffeine: Drinking coffee or strong tea after Iftar? Expect a wired, restless night.

Late, Heavy Meals: Eating a massive meal before bed? Your digestion will keep you up.

Random Sleep Schedules: Bouncing between different sleep and wake times? Your body won't adapt, leaving you sluggish all month.



Habit Forming Tips:

- ☾ After your last prayer (Isha/Tarawih), plug in your phone outside your bedroom and pick up the Quran to read a minimum of 2 ayat. Feel free to read more on days you have extra time. Setting a simple, easy-to-hit goal keeps the habit alive, and often leads to more.
- ☾ Celebrate by reflecting on how you replaced mental drain with mental gain, and added blessings to your night.
- ☾ Don't go back to your phone until after your morning deep work session. Think of it as a 12-hour overnight fast from your phone.

Pro Tip:



At 43, Lauren struggled with consistency in the nutrition and exercise portions of her health plan. Our coaches identified poor sleep hygiene, which was draining her willpower. They focused solely on optimizing her sleep. Within a few weeks, everything else fell into place. Her energy stabilized, her cravings decreased, and she effortlessly stuck to her plan.

Sleep fuels everything—your fasting, workouts, and prayers. It affects your stress, mood, brainpower, and weight. Optimize your rest, and you'll glide through Ramadan feeling sharper, stronger, and more focused.



4. Maximize Your Productivity:

WORK SMARTER, NOT HARDER

Fasting can supercharge focus when you align your tasks with your energy levels. People who do Ramadan correctly report their highest performances at school and work. By being mindful of the positive habits you build, you can carry that elevated productivity with you year-round.



PLAN YOUR WORK AROUND YOUR ENERGY PEAKS

Capitalize on Morning Energy: Schedule deep work after Suhoor. Your mind is sharpest between Fajr and late morning. Use this golden window for high-concentration tasks—problem-solving, writing, or deep learning. Don't start with reacting to emails, texts, or mundane work. Save draining meetings for later if possible.

Avoid the Afternoon Slump: Save easy tasks for later. By 3–6 PM, energy dips. Use this time for low-effort work—emails, admin, light reading. Don't force heavy mental labor when you're running on empty.

Repurpose Breaks: Instead of a lunch break, recharge with a power nap, silent reflection, or getting ahead so you're done earlier. Even 10 minutes of deep breathing, dhikr, or stretching can refresh your mind.

Extra hours: We all notice that we have a lot more hours in the day during Ramadan when we aren't eating or thinking about food. Carry this forward after Ramadan by doing meal prep once or twice a week.



MANAGE ENERGY, NOT JUST TIME

Work in Sprints: Avoid powering through exhaustion. Instead, do 60–90-minute deep work sessions, then take a 10-minute break to reset your focus and recharge. Use the break to stretch. Stretch breaks a simple habit that can benefit you year-round.

Keep Cool & Comfortable: Heat and dehydration drain energy. Wear light, breathable clothes, and ensure your workspace has fresh air.

Fuel Smart at Night: Suhoor is your fuel for the day. Avoid sugar-heavy meals that cause energy crashes by noon.



BRAINPOWER HACKS FOR PEAK FOCUS

Eat for Your Brain: During non-fasting hours, load up on omega-3s (salmon, walnuts), antioxidants (berries, spinach), and steady-energy carbs (oats, quinoa).

Hydrate = Mental Clarity: Even mild dehydration affects concentration. Again, aim for 8 cups of water spaced out between Iftar and Suhoor.

Avoid Multitasking: Focus on one task at a time—fasting naturally sharpens discipline, use that to work efficiently.

Ramadan Naturally Treats ADHD: Fasting increases dopamine receptor sensitivity, stabilizes blood sugar, promotes ketosis, reduces inflammation and oxidative stress through autophagy, and resets the gut microbiome. Each of these improve focus and impulse control.

Mindfulness Boosts Productivity: Take 5-minute dhikr breaks or breathing exercises. They lower stress and sharpen focus.

*... Surely, in the remembrance of Allah, the hearts find rest.
(Surah Al-Ra'd 13:28)*

Habit Forming Tips:

Write Down Your Priorities. Be realistic. Aim for bite-sized daily goals instead of overwhelming to-do lists.

Enter **your peak state**. Enjoy mastery by working with your body's natural rhythms. Fuel wisely and take breaks when needed. When you align productivity with fasting, you'll accomplish more with less effort—and emerge sharper, stronger, and more spiritually connected.



5. Master Stress:

STAY CALM, CENTERED & IN CONTROL

Fasting is a test of patience, discipline, and mental resilience. It's normal to feel irritable, moody, or overwhelmed—especially in the early days. But when managed correctly, Ramadan becomes a spiritual and mental detox that strengthens emotional control, stress tolerance, and inner peace.



MINDFULNESS & SPIRITUAL TOOLS FOR STRESS RELIEF

Ramadan Gatherings = Longer Life: Research shows that strong social connections boost happiness and longevity. For a month, we eat, pray, and reconnect with loved ones—a powerful health booster. It’s also a prime time to make new friends. There’s a loneliness epidemic out there. But for ~30 days, we won’t know anything about it. Carry this forward by setting a reminder to stay in touch after Ramadan ends.

Turn Prayer Into Your Reset Button: Salah isn’t just a ritual—it’s built-in stress relief. Use each prayer as a mindfulness break to reset your breath, calm your mind, and release tension.

Dhikr = Instant Calm: Reciting SubhanAllah, Alhamdulillah, Allahu Akbar works like a natural mantra, instantly slowing your breathing and lowering stress hormones.

Breathwork for Instant Relief: Try the 4-4-6 method—inhale for 4 seconds, hold for 4, and exhale slowly for 6-8. Sync your breath with “Allah” to turn it into a spiritual reset.

Recite or Listen to Qur’an: The rhythmic recitation of Qur’an lowers blood pressure, calms the nervous system, and eases stress. Even 10 minutes of slow, intentional recitation can have a powerful grounding effect.

Intentional Reflection: Gratitude is a pillar of Lifestyle Medicine—and it’s baked into Islam. Take it further by journaling or reflecting at Suhoor or Iftar: What are you grateful for? What habits do you want to improve? Reflection shifts focus from external stress to internal growth and gratitude.

Reframe Stress as Spiritual Growth: Fasting isn’t just abstaining—it’s emotional training. Every moment of patience strengthens your mental and spiritual resilience. When fasting feels tough, remind yourself: this is building you.



BEAT MOOD SWINGS BEFORE THEY TAKE OVER

Know Your Triggers: Low blood sugar, dehydration, and caffeine withdrawal fuel irritability. If you feel cranky by the afternoon, recognize that it's the fast—not you. Awareness helps you control your reactions.

Hydration is Key: Dehydration worsens anxiety and stress.

Don't Let Hunger Control Your Reactions: If you're getting impatient near Iftar, acknowledge it: "I'm running on empty. Let me pause before I react." This moment of awareness alone prevents unnecessary conflict.

Fast With Emotional Intelligence: The Prophet ﷺ advised: "If someone argues with you, say 'I am fasting.'" This is a mental cue to disengage from unnecessary negativity.

Connect with Others: Fasting moods can feel isolating, but reaching out can shift your mindset. A quick supportive text, a call with a friend, or even sharing a laugh can lift your spirits and make you feel less alone.

Check Your Night Routine: What you do after fasting affects how you feel during fasting. Avoid excess sugar at Iftar, get enough sleep, and reduce caffeine gradually to prevent withdrawal symptoms like headaches and fatigue. Prioritize steady-energy foods (protein, fiber, healthy fats) at Suhoor.



NAVIGATE SOCIAL & RELIGIOUS COMMITMENTS WITHOUT BURNOUT

Prioritize & Say No When Needed: You don't have to attend every event. Pick your most meaningful gatherings and decline the rest guilt-free.

Simplify Meals & Hosting: Reduce time spent in the kitchen—opt for simple, nourishing meals. Ramadan is for spiritual elevation, not exhausting yourself cooking every night.

Schedule Recharge Time: Actively block “downtime” on your Ramadan calendar. Whether it's a quiet night at home, solo Qur'an reading, or just resting, this ensures you don't burn out.

Use Spirituality to Combat Stress, Not Create It: Sometimes, we turn worship into another source of pressure—trying to pray every extra prayer, recite more pages of Qur'an, and attend every event. Focus on quality, not quantity. A few deeply connected rak'ahs are more powerful than rushed ones.

Keep the Spiritual Intent Positive: Instead of feeling guilty for skipping something, reframe it as an intentional choice. “I'm resting early so I can wake up for Fajr with a clear mind.” Aligning even your breaks with a purpose removes the feeling that rest is wasted time.



Rest is Worship Too: Taking care of your well-being helps you sustain your fasting and prayers. If skipping one late-night event means you can wake up for Fajr fully present, it's worth it.

Lean on Your Community: If you're feeling overwhelmed, ask for help. Share tasks, carpool for Tarawih, or split cooking duties with family and friends.



Pro Tip:

Our behavioral health program supports your whole self—mind and body. Mental health and emotional challenges directly impact physical health. Our coaches help you address both with science-based strategies that tackle the root causes. Our habit-based approach to whole health helps you manage stress, improve emotional well-being, and feel your best—during Ramadan and beyond.

Use fasting as a tool to sharpen emotional control, reset your stress response, and build a calmer, stronger version of yourself. By aligning your habits with spirituality, mindfulness, and smart energy management, you'll experience Ramadan as a mental detox—leaving the month with more patience, clarity, and peace than ever before.



6. General Health

CONSIDERATIONS

Many Muslims with chronic health conditions fast successfully during Ramadan, but careful planning is essential. If you have diabetes, heart disease, kidney disease, or other chronic illnesses, work with your doctor beforehand to ensure fasting is safe for you.



CHRONIC CONDITIONS AND FASTING ADJUSTMENTS

Know If You're Exempt: Islam exempts those for whom fasting would cause harm. If fasting worsens your condition, you may be allowed to feed the poor or make up fasts later. You're better able to serve your community by staying healthy.

Work With Your Doctor: Adjust your medication schedule, hydration plan, and diet for safer fasting.

Watch for Warning Signs: If you experience dizziness, confusion, extreme weakness, or abnormal blood sugar levels, break your fast and seek medical help.

Stay Hydrated & Well-Rested: Chronic conditions increase dehydration risk. Prioritize water intake at night and avoid overexertion.



MEDICATION MANAGEMENT DURING FASTING

Adjust Timing: Most once-daily medications can be taken at Iftar, while twice-daily meds can be spaced between Suhoor and Iftar. Always confirm with your doctor.

Consider Long-Acting Formulations: If you take multiple doses daily, ask about extended-release options to minimize disruptions.

What Breaks the Fast: Oral medications, nutritional IV drips, and rectal treatments break the fast. Injections, blood draws, vaccines, eye/ear drops, and most inhalers do NOT. Check with your doctor and an imam if unsure.

Diabetic Considerations: Low-glycemic index foods (oats, legumes, whole grains, etc) keep your blood sugar more stable. Checking your sugar doesn't invalidate the fast.

Use a Pill Organizer & Alarms: The Ramadan routine can lead to missed doses. Set reminders to avoid skipped or double doses.



KNOWING WHEN TO SEEK MEDICAL HELP

Break the Fast if Necessary: If you experience severe dizziness, fainting, chest pain, or confusion, prioritize your health and seek medical attention.

Emergency Plans for Diabetics: Set clear blood sugar thresholds for when fasting becomes unsafe.

Mental Health Matters: If fasting triggers anxiety, depression, or severe fatigue, seek professional help. Ramadan should improve—not harm—your well-being.

Follow Up Post-Ramadan: If fasting affected your health, schedule a post-Ramadan check-up to assess any necessary adjustments.

Vaccines & Medical Visits: Routine medical care does not break the fast, so don't delay necessary treatments.



Pro Tip:

We're your partner in health, here to guide and not dictate. For some, that means accepting they can't fast daily. For many, it's about managing meds and nutrition to fast safely while honoring their goals.




Final Thoughts:

SHARE, APPLY & ELEVATE RAMADAN TOGETHER

Ramadan is more than a month of fasting—it's a launchpad for lasting transformation. Every small habit you embrace here creates a ripple effect in your body, mind, and spirit, paving the way for a healthier, more vibrant life long after the month ends.

This guide was created to help our community thrive, not just survive, this Ramadan. If you found it valuable, share it with your family and friends on social media and Whatsapp.

Let's help the community unlock a healthier, more energized, and spiritually fulfilling Ramadan.

 **Your mission:** Pick three small daily habits to start this Ramadan. Share the challenge with three people and hold each other accountable. #RamadanTransformation



Final Thoughts:

BRINGING THESE HABITS INTO YOUR LIFE

At Mederva, we believe that everyone deserves access to the same high-quality care. That's why we created this free guide—to empower you with the knowledge and strategies to take control of your health.

You have all the tools you need to transform your life.

If you would like to save hours of trial and error, benefit from expert guidance and accountability, and get access to our app and additional resources, we're making our coaching program even more accessible with a **special Ramadan discount**.

We also have a Medicare-covered program in California to help elderly individuals live healthier, longer lives. Expanded coverage coming soon.

[Click Here to Learn More](#)

Stay healthy.
Ramadan Kareem from our family to yours.
— Mederva Health Team

