

# Health In Islam Part 4 Of 4 Fitness And Exercise

10 foods that detox the body 1. fruit. fruit is high in liquid-content which helps the body wash out toxins. fruit is also easy to digest and is high in antioxidants, nutrients, fiber, and important vitamins. in the name of allah, the most gracious, the most merciful. as-salāmu ‘alaykum wa-rahmatullāhi wa-barakātuh. 1. yes, a woman can perform itikaf for gaining rewards and coming closer to allah.

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