203399 - A Christian woman is asking whether there are any methods for weight loss in Islam

the question

i am obese women, 25 years old, i would like to know if islam permit to make diet in order to loose weight. and what kind of methods does islam permit to do.

Detailed answer

Praise be to Allah.

First of all we would like to thank you for contacting our website, and we hope that Allah, may He be exalted, will enable us and you to do that which He loves and which pleases Him, and that He will guide all of us to His straight path.

Part of the greatness of the blessing in the religion of Islam is that it has not omitted anything good that people need but it has enjoined it and pointed it out, and it has not omitted anything evil of the affairs of this world and the hereafter, but it has warned against it and forbidden it. Hence it is complete and perfect in all aspects.

With regard to this matter, Islam teaches some protective measures, the most important of which is moderation in eating and the prohibition on extravagance therein.

Allah, may He be exalted, says (interpretation of the meaning):

“and eat and drink but waste not by extravagance, certainly He (Allah) likes not Al-Musrifoon (those who waste by extravagance)”

[al-A ‘raaf 7:31].

It was narrated that Miqdaam ibn Ma‘di Karib said: I heard the Messenger of Allah (blessings and peace of Allah be upon him) say: “The son of Adam does not fill any vessel worse than his

stomach. It is sufficient for the son of Adam to eat a few mouthfuls to keep him standing upright. But if he must (fill it), then one third for his food, one third for his drink, and one third for his breathing."

Narrated by at-Tirmidhi, 2380; classed as saheeh by al-Albaani in as-Silsilah as-Saheehah, 2265

Some of the salaf (early generations of Muslims) said: Allah summed up all of medicine in half a verse (interpretation of the meaning): "and eat and drink but waste not by extravagance" [al-A 'raaf 7:31].

End quote from Tafseer Ibn Katheer, 3/406

Ibn al-Qayyim (may Allah have mercy on him) said, concerning what we learn from the verse quoted above:

Here Allah commands His slaves to consume food and drink that will maintain the body and replenish energy, and tells them that it should be of sufficient quantity and quality to benefit the body; if it goes beyond that, then it is extravagance, and both are detrimental to health and cause disease – I mean not eating and drinking, or being extravagant in that regard. Maintaining good health is all summed up in these few divine words.

End quote from Zaad al-Ma'aad, 4/195

For more information, please see the answer to question no. 102374

Obesity may be due to genetic factors or some kind of disease, or it may be due to hormonal imbalance in the body. But it may – as is the case for many people –be due to eating too much and moving too little. The way to treat that is to consult medical specialists, because our religion instructs us to consult specialists in every field and to benefit from them so long as it does not go against Islamic teachings, because Allah, may He be exalted, says (interpretation of the meaning): "So ask of people of knowledge, if you know not." [an-Nahl 16:43].

For more information, please see the answer to question no. 14325

We wish to invite you to something that is more important than all of that, which is to look for the path of your salvation and accept the final religion of Allah, which was foretold by all of the Prophets before our Prophet Muhammad (blessings and peace of Allah be upon him), the last of whom before him was the slave and Messenger of Allah, and His Word, namely ‘Eesa ibn Maryam (Jesus son of Mary); he foretold the coming of our Prophet (blessings and peace of Allah be upon him). Allah, may He be exalted, says (interpretation of the meaning):

“And (remember) when ‘Eesa (Jesus), son of Maryam (Mary), said: ‘O Children of Israel! I am the Messenger of Allah unto you confirming the Taurat ((Torah) which came) before me, and giving glad tidings of a Messenger to come after me, whose name shall be Ahmad.’ But when he (Ahmed i.e. Muhammad SAW) came to them with clear proofs, they said: ‘This is plain magic.’

And who does more wrong than the one who invents a lie against Allah, while he is being invited to Islam? And Allah guides not the people who are Zalimoon (polytheists, wrong-doers and disbelievers) folk.

They intend to put out the Light of Allah (i.e. the religion of Islam, this Quran, and Prophet Muhammad SAW) with their mouths. But Allah will complete His Light even though the disbelievers hate (it).

He it is Who has sent His Messenger (Muhammad SAW) with guidance and the religion of truth (Islamic Monotheism) to make it victorious over all (other) religions even though the Mushrikoon (polytheists, pagans, idolaters, and disbelievers in the Oneness of Allah and in His Messenger Muhammed SAW) hate (it)”
[as-Saff 61:6-9].

For more information, please see the answers to questions no. 12628, 82361 and 148661

And Allah knows best.