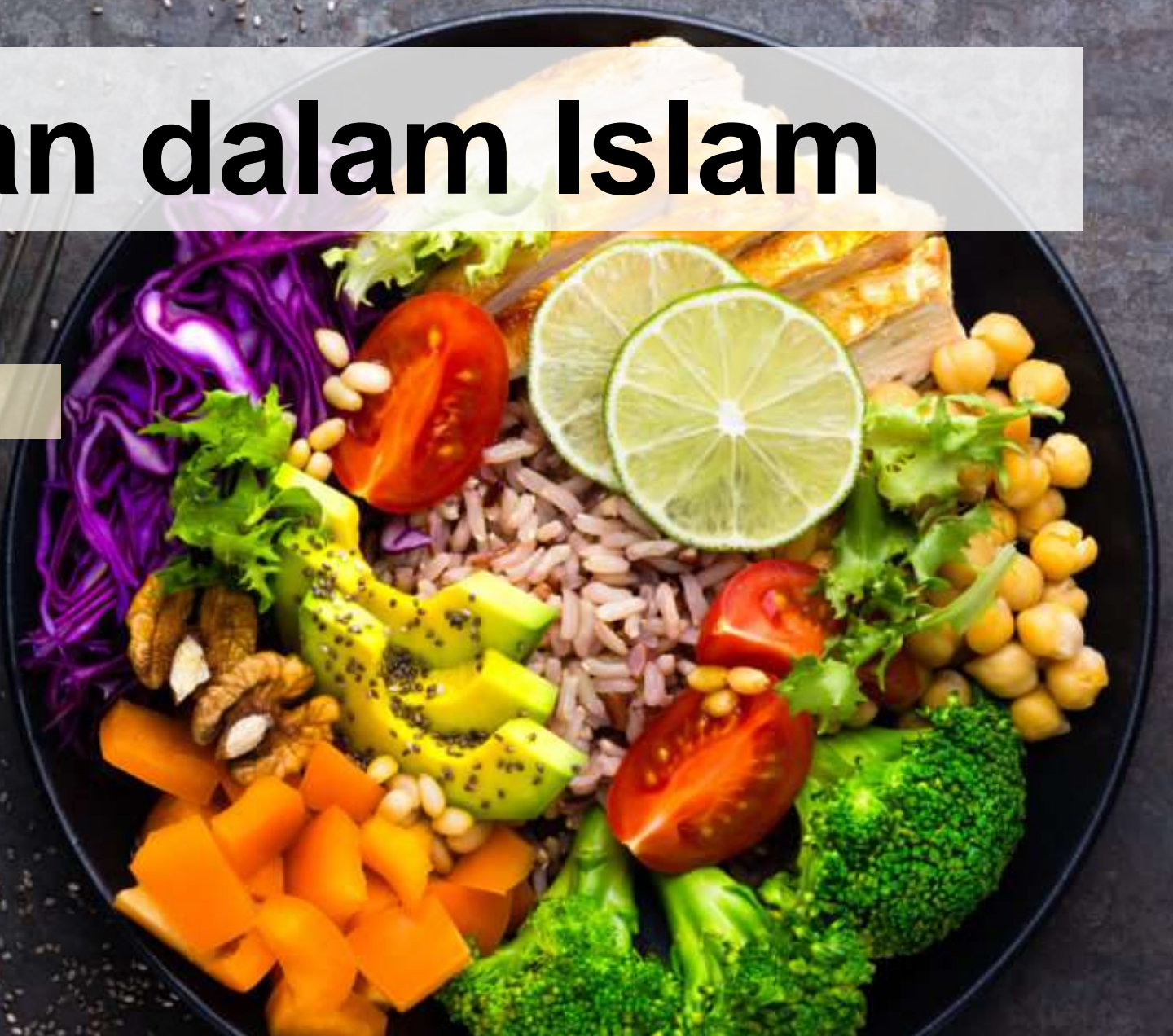


# Makanan dalam Islam

dr. M. Soffan, MH.







**The Doctor of the Future  
will give no medicine, but  
instead will interest his  
patients in the care of the  
human frame, in diet, and  
in the cause and prevention  
of disease**

**Thomas Edison**





***Let Food Be Thy  
Medicine***  
*Hippocrates*

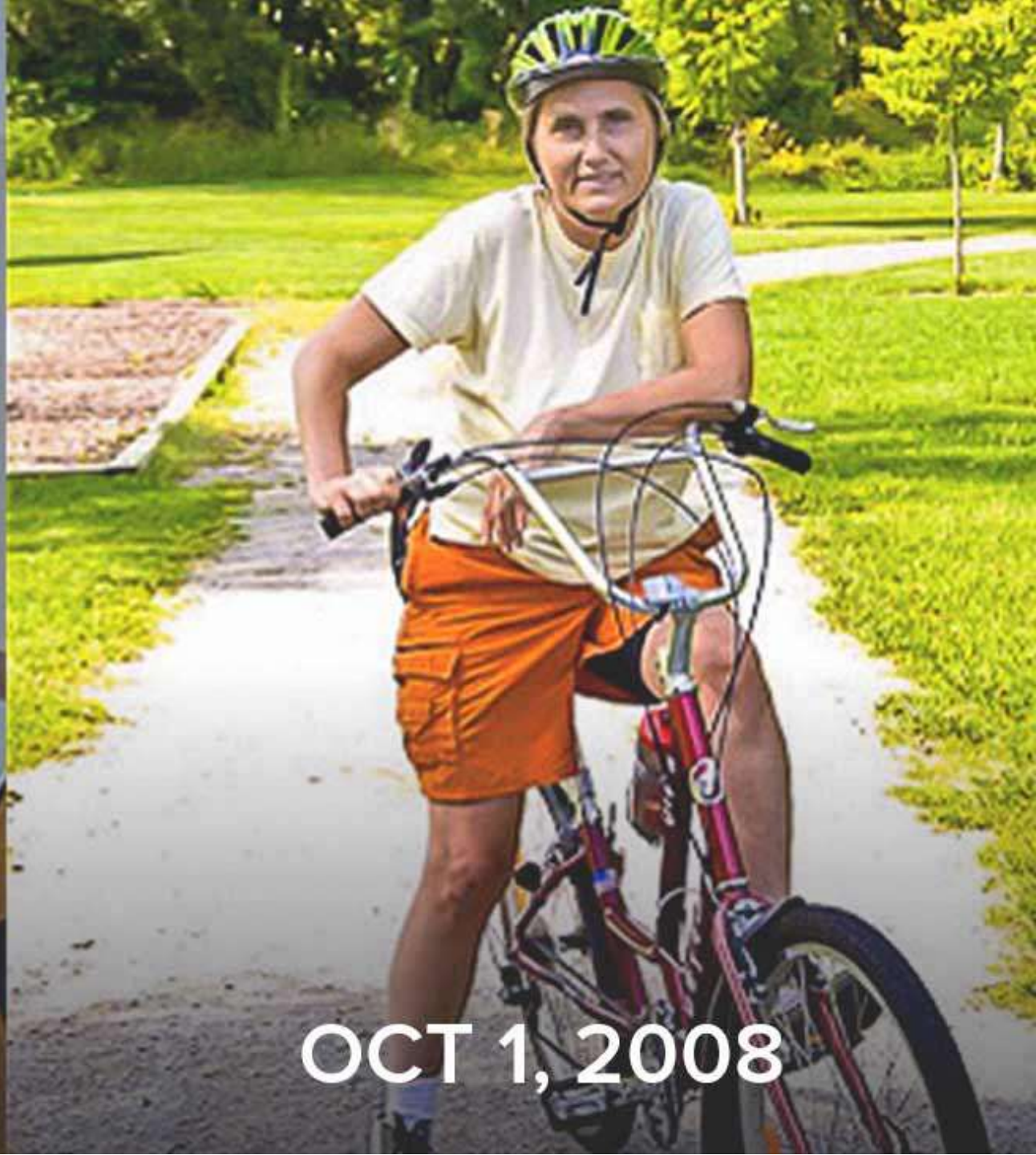








OCT 1, 2007



OCT 1, 2008

A RADICAL NEW WAY TO TREAT  
ALL CHRONIC AUTOIMMUNE CONDITIONS

# The Wahls Protocol

How I Beat  
Progressive MS Using  
Paleo Principles and  
Functional Medicine



**TERRY WAHLS, M.D.**

Founder of THE WAHLS FOUNDATION

with Eve Adamson

**Functional medicine** is a personalized, systems-oriented model that empowers patients and practitioners to achieve the highest expression of health by working in collaboration to address the underlying causes of disease.





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Register #6 Transaction #471398  
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- 1 USA TODAY
- 1 7LB BAG OF ICE
- 1 7LB BAG OF ICE
- 1 7LB BAG OF ICE

Subtotal	6.97
Tax	1.99 T
Total	8.96
	10.00
	10.00
	2.49

4 Items

\* CASH PAYMENT    Tended  
Cash Change



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25395



[J Am Assoc Lab Anim Sci](#). 2017 May; 56(3): 269–272.

PMCID: [PMC5438920](#)

Published online 2017 May.

PMID: [28535862](#)

## Effects of Water Bottle Materials and Filtration on Bisphenol A Content in Laboratory Animal Drinking Water

[Jennifer A Honeycutt](#),<sup>1</sup> [Jenny Q T Nguyen](#),<sup>2</sup> [Amanda C Kentner](#),<sup>2,†</sup> and [Heather C Brenhouse](#)<sup>1,\*†</sup>

► [Author information](#) ► [Article notes](#) ► [Copyright and License information](#) [Disclaimer](#)

**The results showed that considerable amounts of BPA (approximately 0.15 µg/L) leached from polycarbonate bottles within the first 24 h of storage.**

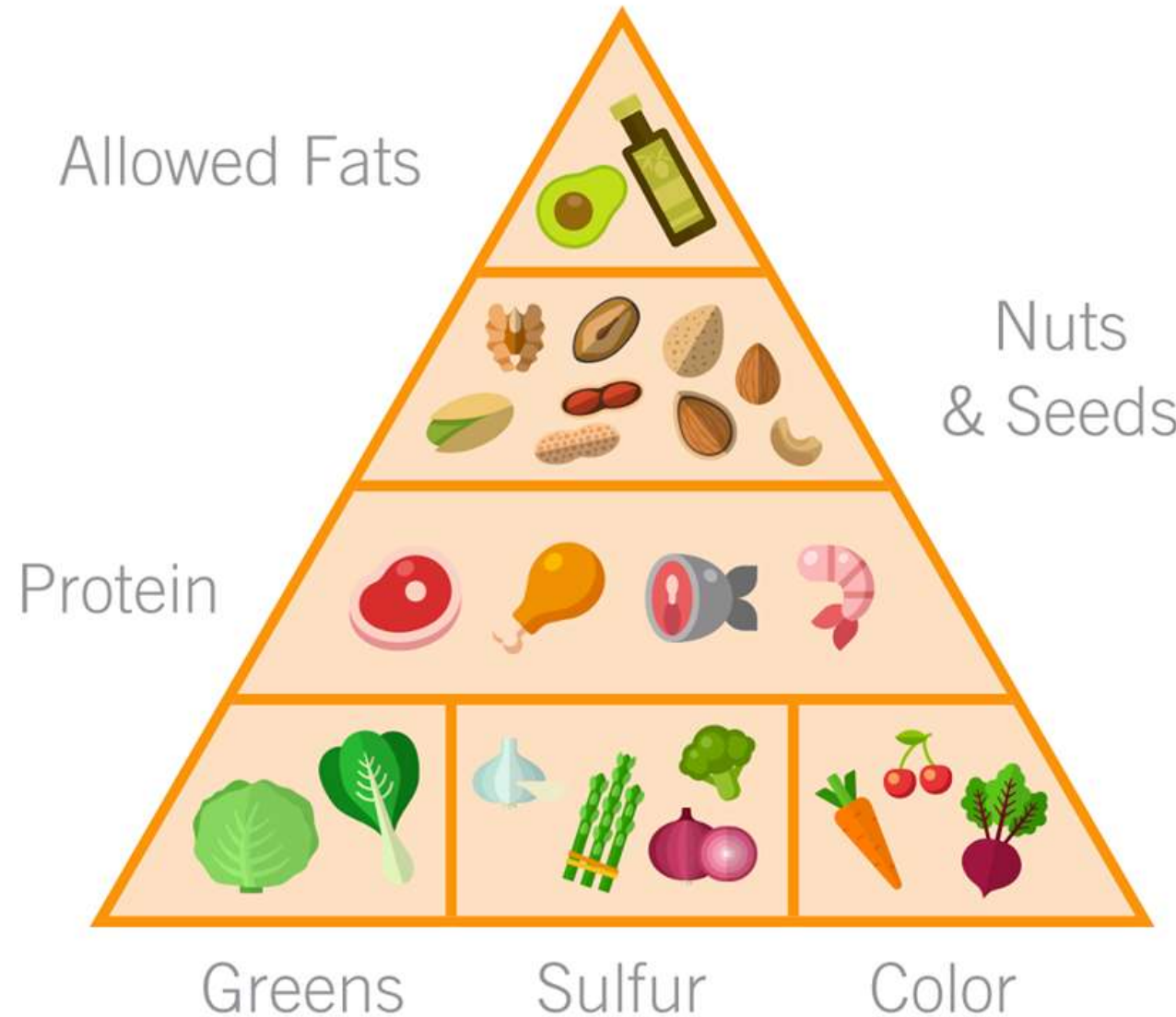


# Allopathic Medicine

**A system in which medical doctors and other healthcare professionals (such as nurses, pharmacists, and therapists) treat symptoms and diseases using drugs, radiation, or surgery. Also called biomedicine, conventional medicine, mainstream medicine, orthodox medicine, and Western medicine**



# The Wahls Diet Food Pyramid





- Sulfur is found in methionine, an essential amino acid (think meat, eggs, cheese), and in cysteine, a “non-essential” amino acid ( poultry, eggs, milk).
- Sulfur is required for the synthesis of glutathione, one of our premier endogenous antioxidants.
- Sulfur, in the form of disulfide bonds, provides strength and resiliency to hair, feathers
- Sulfur is required for taurine synthesis. Taurine is essential for proper functioning of the cardiovascular system, our muscles, and the central nervous system.
- Sulfur binds the two chains of amino acids that form insulin.

“Sesungguhnya Allah tidak akan mengubah nasib suatu kaum hingga mereka mengubah diri mereka sendiri”

(QS. Ar-Ra'd : 11)



# Umar bin Khattab RA

**” Ya, kita lari dari satu takdir (ketentuan) Allah kepada takdir (ketentuanNya) yang lain,** bagaimana pendapatmu jika engkau akan berhenti di satu lembah yang memiliki dua alternatif jalan, yang satu subur dan yang lainnya kering dan tandus. Jika engkau memilih yang subur maka engkau telah memilihnya dengan ketentuan Allah, tetapi jika engkau memilih jalan yang gersang dan tandus engkau katakan bahwa pilihanmu itu dengan ketentuan Allah?”

(al bidayah wa nihayah)

# Surat Al Maidah : 88

***“dan makanlah makanan yang halal lagi baik (thayyib) dari apa yang telah dirizqikan kepadamu dan bertaqwalah kepada Allah dan kamu beriman kepada-Nya”***



Thayyib mengandung arti **baik, berkualitas dan bermanfaat**. Label thayyib dalam Al-Qur'an tidak hanya dinisbatkan kepada jenis makanan, tetapi dinisbatkan juga pada beberapa hal. Ia dinisbatkan kepada keturunan (dzurriyyah) thayyibah, kalimah thayyibah, pohon (syajarah) thayyibah, tempat-tempat (masâkina) thayyibah, negeri (baldah) thayyibah, penghargaan (tahiyyatan) thayyibah, hembusan angin (rih) thayyibah. Semua kata yang diberi sifat thayyibah adalah berkualitas, baik, dan memberi manfaat.

# Surat Al Baqarah : 168

***“Wahai sekalian manusia, makanlah yang halal lagi baik dari apa yang terdapat di bumi, dan janganlah kamu mengikuti langkah-langkah syetan; karena sesungguhnya syetan itu adalah musuh yang nyata bagimu”***



**Tiap tubuh yang tumbuh dari (makanan) yang haram  
maka api neraka lebih utama membakarnya.**

(HR. Ath-Thabrani)

# Makanan yang diharamkan

- **Bangkai (Al-Maitah) – QS Al Maidah : 3**
  - Hewan yang mati dalam keadaan tercekik
  - Hewan yang mati karena dipukul dengan menggunakan suatu benda
  - Hewan yang mati karena terjatuh dari ketinggian
  - Hewan yang mati karena tertanduk oleh hewan lainnya
  - Hewan yang mati karena diterkam oleh binatang buas,
- **Darah yang mengalir**
- **Babi**
- **Hewan yang disembelih atas nama selain Allah SWT**
- **Hewan yang mati karena diterkam oleh binatang buas**

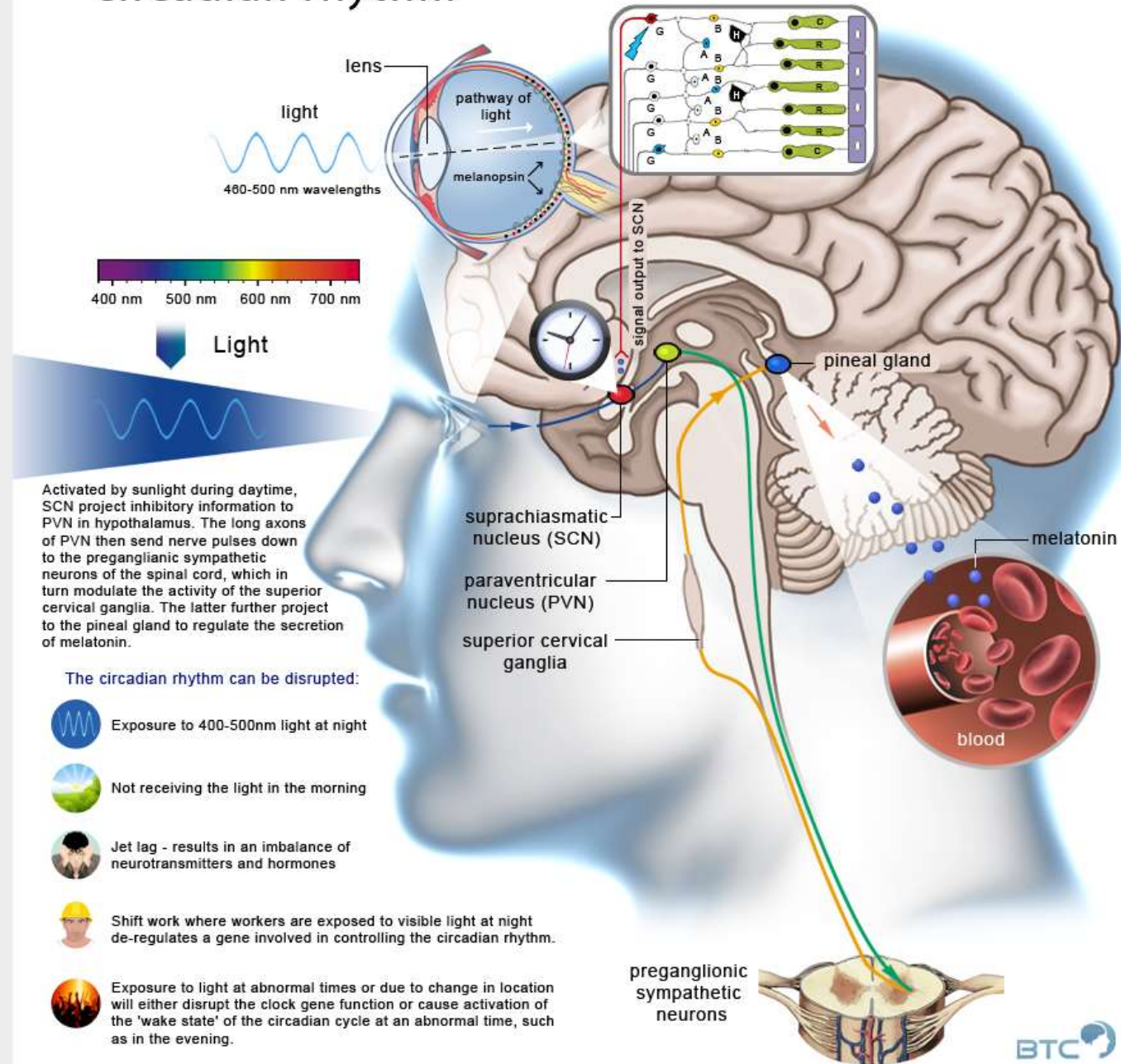
- **Hewan yang bertaring**
- **Burung yang berkuku tajam**
- **Keledai jinak**
- **Al-Jalalah**
- **Hewan-hewan yang diperintahkan oleh agama untuk dibunuh** *“Lima hewan fasik yang hendaknya dibunuh, baik di tanah halal maupun haram yaitu ular, tikus, anjing hitam.”* [HR. Muslim dan Bukhari)
- **Hewan-hewan yang dilarang agama untuk dibunuh** *“Dari Ibnu Abbas berkata: Rasulullah melarang membunuh 4 hewan : semut, tawon, burung hud-hud dan burung surad.”* [HR. Ahmad, Abu Daud, Ibnu Majah, dan Ibnu Hibban)



A portrait of Satchidananda Panda, Ph.D., a man with dark hair and glasses, wearing a blue button-down shirt. He is smiling slightly and looking towards the camera. The background is a blurred laboratory setting with various pieces of equipment and shelves.

**SATCHIDANANDA PANDA, PH.D.**  
**PROFESSOR**  
**SALK INSTITUTE**  
**LA JOLLA, CALIFORNIA**

# circadian rhythm

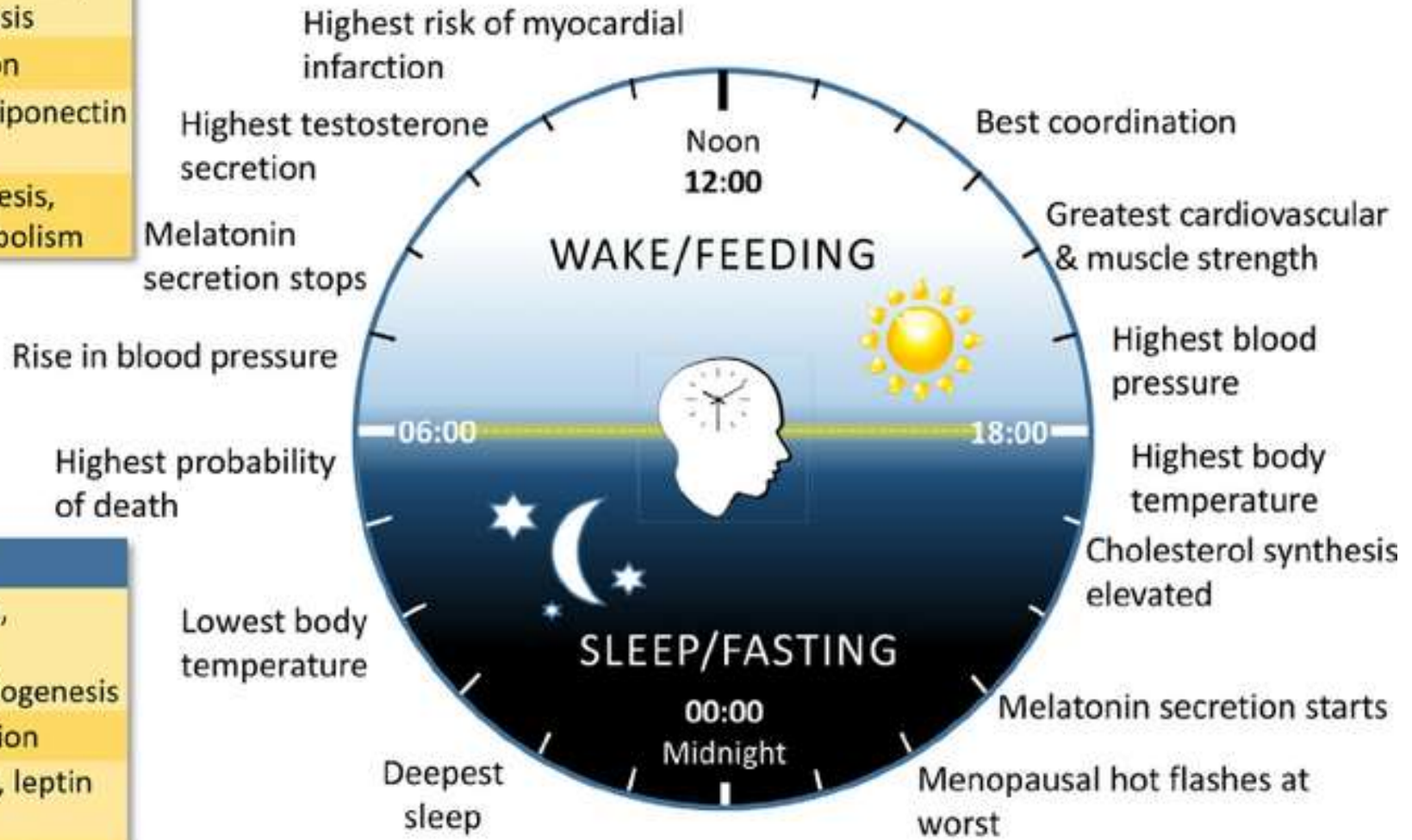




WAKE/FEEDING	
Liver	↑ Glycogen, cholesterol, bile acid synthesis
Pancreas	↑ insulin secretion
Fat	↑ lipogenesis, adiponectin production
Muscle	↑ fatty acid synthesis, glycolytic metabolism

**Circadian Coordination of Metabolism and Energetics**

SLEEP/FASTING	
Liver	↑ gluconeogenesis, glycogenolysis, mitochondrial biogenesis
Pancreas	↑ glucagon secretion
Fat	↑ lipid catabolism, leptin secretion
Muscle	↑ oxidative metabolism





## Circadian rhythm disruption or DIO

## Time-restricted feeding

## Potential mechanism



Obesity

↓ Fat, ↑ lean mass

↓ Plasma- and ↓ liver-triglycerides



Glucose intolerance/  
insulin resistance

Improved glucose  
homeostasis

↓ Gluconeogenesis  
↑ PPP and ↑ TCA cycle



Gut dysbiosis

Diverse and dynamic

Altered digestion, absorption, and  
excretion of nutrients and bile acids



Cardiovascular diseases

Arrhythmia and improved  
↓ cardiac function\*

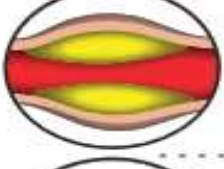
ATP-dependent chaperone and  
improved mitochondria function



Chronic inflammation

↓ Tissue inflammation

↓ Macrophage infiltration of WAT  
↓ IL6 TNF $\alpha$

	Liver diseases	↓Fibrosis and ↓hepatic fat deposit	Fatty acid synthesis, ↑ $\beta$ oxidation mitochondrian volume
	Increased cancer risk	↓Risk for breast cancer <sup>#</sup> and ↑breast cancer prognosis	Improved metabolic homeostasis, reduced inflammation
	Hypercholesterolemia	↓Cholesterol	Cholesterol metabolism to bile acids
	Sleep disorders	↑Sleep quality <sup>#</sup> and ↑quantity*	Consolidation of activity and rest
	Compromised muscle function	↑Endurance and ↑flight index*	Ketone bodies, creatine metabolism

## Circadian physiology of metabolism

Satchidananda Panda

25 NOVEMBER 2016 • VOL 354 ISSUE 6315



Jason Fung.  
MD.,



the COMPLETE

GUIDE

to

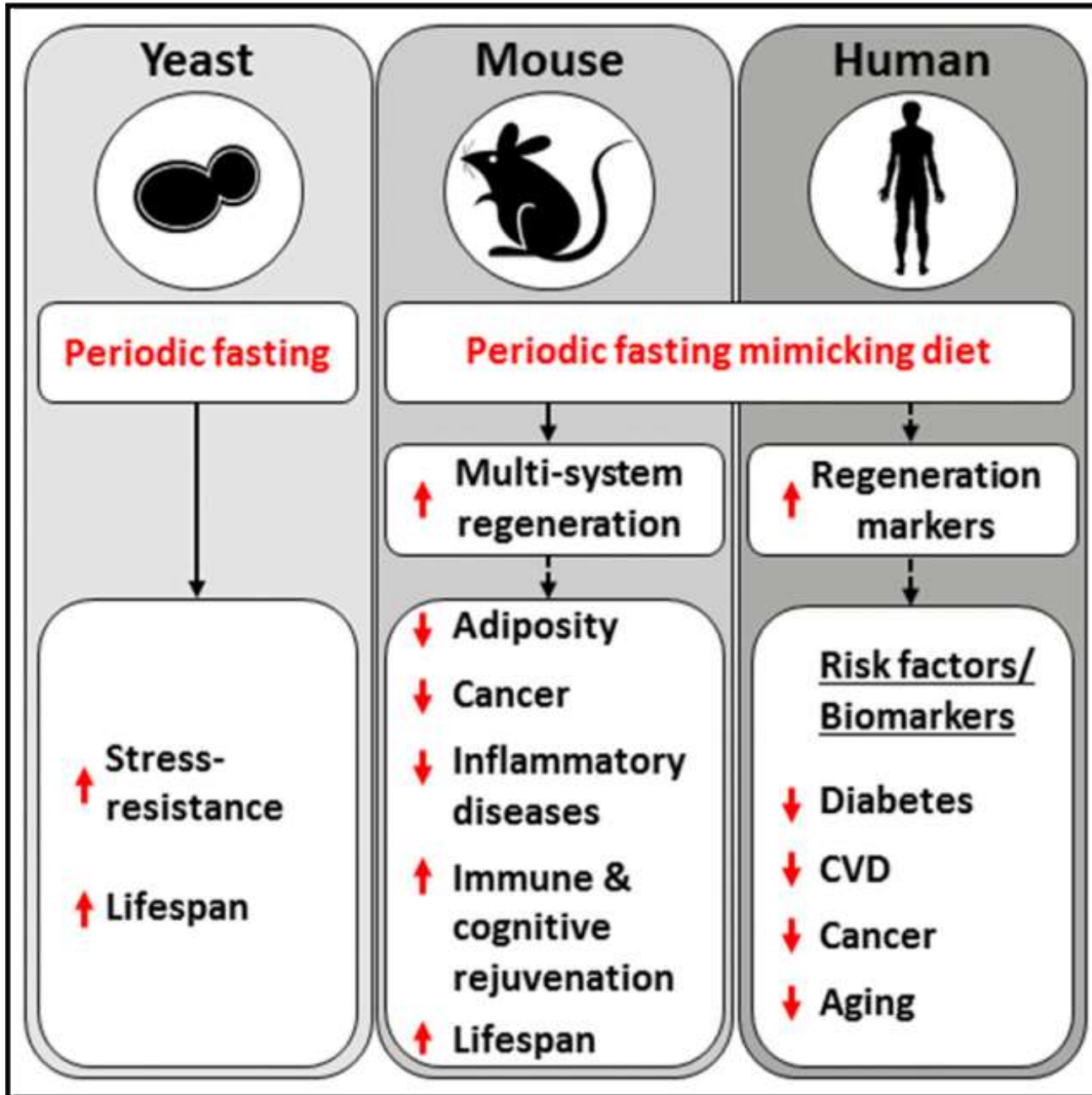
FASTING

Heal Your Body Through  
*Intermittent, Alternate-Day, and Extended* Fasting



Jason Fung, MD

with Jimmy Moore



**A Periodic Diet that Mimics Fasting Promotes Multi-System Regeneration, Enhanced Cognitive Performance, and Healthspan**

Brandhorst et al., 2015, Cell Metabolism 22, 86–99  
 July 7, 2015 ©2015 Elsevier Inc.  
<http://dx.doi.org/10.1016/j.cmet.2015.05.012>

# Pola makan Rasulullah

- Di pagi hari pula Rasulullah membuka menu sarapannya dengan segelas air dingin yang dicampur dengan sesendok madu asli
- Masuk waktu dhuha (pagi menjelang siang), Rasulullah senantiasa mengonsumsi tujuh butir kurma ajwa' (matang).
- Menjelang sore hari, menu Rasulullah biasanya adalah cuka dan minyak zaitun. Selain itu, Rasulullah juga mengonsumsi makanan pokok seperti roti.

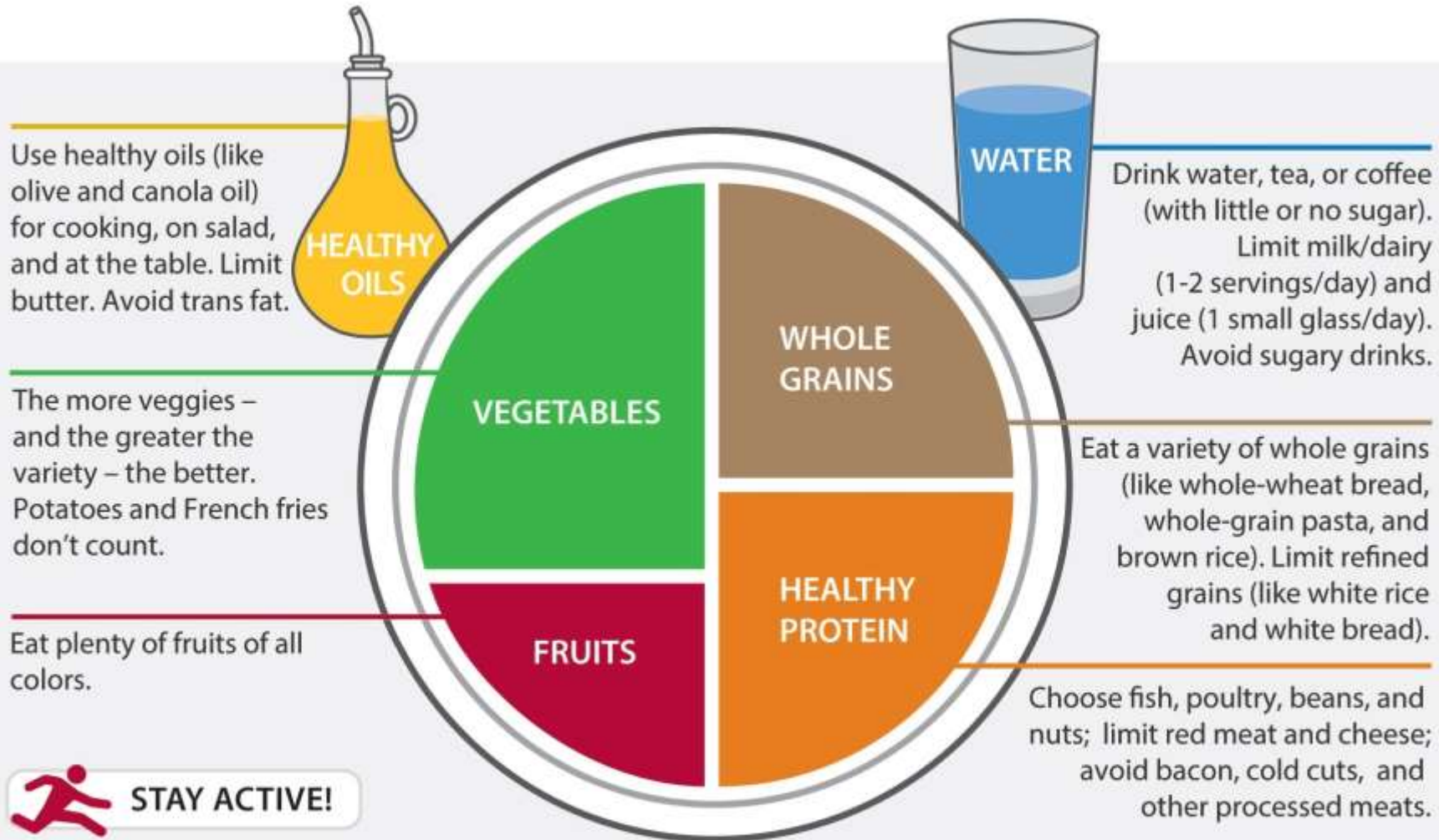
”Rasulullah saw. tidak pernah makan di atas meja dan tidak pernah makan roti gandum yang halus, hingga wafatnya.”

(Diriwayatkan oleh `Abdullah bin `Abdurrahman, dari`Abdullah bin `Amr –Abu Ma'mar-,dari `Abdul Warits, dari Sa'id bin Abi `Arubah, dari Qatadah, yang bersumber dari Anas r.a.)



- Di malam hari, menu utama makan malam Rasulullah adalah sayur-sayuran.
- Rasulullah shallallahu'alaihi wa sallam tidak langsung tidur setelah makan malam.
- Disamping menu wajib di atas, ada beberapa makanan yang disukai Rasulullah tetapi tidak rutin mengonsumsinya. Diantaranya, tsarid yaitu campuran antara roti dan daging dengan kuah air masak.
- Rasulullah shallallahu'alaihi wa sallam tidak menganjurkan umatnya untuk begadang. Beliau tidak menyukai berbincang-bincang dan makan sesudah waktu isya.

# HEALTHY EATING PLATE



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The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)





"Eat Food.  
Not Too Much.  
Mostly Plants."

- Michael Pollan  
"In Defense of Food"



# MICHAEL POLLAN'S FOOD RULES

- 1 Don't buy anything your great-grandmother wouldn't recognize as food. Like anything orange that isn't salmon, a carrot, or an orange.
- 2 Avoid products containing ingredients that cannot be found in an ordinary pantry. Even better, avoid anything that contains more than five ingredients. Better still, if you can't pronounce most of the ingredients, you don't want to eat them.
- 3 Don't buy anything that lists sugar in its first three ingredients. And **NO HIGH FRUCTOSE CORN SYRUP!** Not even a little.
- 4 Shop the peripheries of the supermarket and stay away from the middle—that's where most processed food is shelved.

- 5 If it came *from* a plant, buy it (and eat a lot of it). If it was made *in* a plant, pass it by.
- 6 If it says lite, low-fat, or non-fat on the package, put it down. You'll be more satisfied if you eat a little bit of the real thing.
- 7 Avoid food that is pretending to be something it is not. This includes soy-based mock meats.
- 8 Food making health claims on the package is not food you want to buy. Don't take the silence of the yams as a sign they have nothing valuable to say about your health.
- 9 Avoid food that is advertised on television. And remember, if it is delivered through the window of a car, it is not food.
- 10 Get out of the supermarket. Look to farmer's markets for the majority of your food and snacks.

**Terima Kasih**