

HEARTFELT NUTRITION MENTORING

Transforming Lives with Sunnah-Infused Nutrition

Discover how this unique blend of expertise can guide you towards a healthier, more balanced lifestyle, and embark on a journey to improved well-being like never before.

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WHO ARE WE

What is Inspire Nutriti

Welcome to Inspire Nutriti. This is a space for Muslims to understand Nutrition and Diet in connection with our religion and to take practical steps toward a healthier lifestyle by combining both modern nutrition and Sunnah!

There are many verses in the Quran about food and many hadith, where our Prophet Muhammed SAW, teaches us about healthy eating through his sayings or actions. Integrating this with modern nutrition and presenting this information to you in a simple, easy-to-implement manner is what Ilham aims to do!

ABOUT ILLHAM

Ilham Malick is a Registered Dietitian from the US and founder of Inspire Nutriti



She has a double Master's degree in Dietetics from the University of Vermont, USA, and is also a Gold Medalist in Master of Science in Dietetics, India.

She also has an Ijazah (Islamic Certification) in Hadith Studies, and her expertise lies in combining Islamic Nutrition with modern Nutrition and presenting it to a Muslim audience. She is a well-recognized public speaker in this field and has given numerous talks since 2017.

She lives in the Bay Area with her husband and and is a mother to two little girls.



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"I am truly passionate about educating people on the connection between Sunnah and healthy living and believe that once people are empowered by this knowledge, they will actively seek and implement changes in their and their family's lives to lead healthier, more nourishing lifestyles.

Healthy eating is the cornerstone of leading physically, mentally, and spiritually healthier lives, and this can only begin with small changes.

Our religion started with the word Iqra (read), so let's read, learn, and increase our knowledge on how to live healthier starting today! Bismillah."

”

‘So eat from the good, lawful things which Allah has provided for you, and be grateful for Allah's favors, if you truly worship Him alone. Quran 16:114



يَابْنَىٰ آدَمَ خُذُوا زِينَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ وَكُلُوا وَأَشْرِبُوا وَلَا تُشْرِفُوا إِنَّ اللَّهَ لَا يُحِبُّ الْمُسْرِفِينَ

O Children of Adam! Take your adornment to every Masjid, and eat and drink, but waste not by extravagance, certainly He (Allah) likes not the wasteful.

[Ibn-Kathir Al-Qur'an Tafsir > Surah 7, Al-A'raf . Ayah 31](#)

What is the connection between Sunnah Nutrition and Modern Nutrition?

The Quran is a guide sent to all of mankind to guide us in every aspect of our lives, including diet and nutrition. The Quran, in just a few verses, succinctly sums up what years of modern nutrition have been unsuccessfully trying to teach us.

يَأَيُّهَا النَّاسُ كُلُوا مِمَّا فِي الْأَرْضِ حَلَالًا طَيِّبًا وَلَا تَتَبَغُوا حُطُوطَ الشَّيْطَانِ إِنَّ اللَّهَ لَكُمْ عَذْوَنٌ مُّبِينٌ

O mankind! Eat of that which is lawful and good (HALAL and TAYYIB) on the earth, and follow not the footsteps of Shaytan (Satan). Verily, he is to you an open enemy.

[Ibn-Kathir Al-Qur'an Tafsir > Surah 2, Al-Baqara . Ayah 168](#)

Moreover, our beloved Prophet Muhammed (Peace be upon Him) was sent as a mercy to mankind, and in his every word and action, there is guidance for us, including what he ate, how he ate, and how he lived his life. The simplest and most profound hadith, which is easy to follow and applies to each of us and my personal favourite! is:

The Messenger of Allah, peace and blessings be upon him, said,

"The son of Adam cannot fill a vessel worse than his stomach, as it is enough for him to take a few bites to straighten his back. If he cannot do it, then he may fill it with a third of his food, a third of his drink, and a third of his breath/air."

~ Source: Sunan al-Tirmidhi 2380

Thus, my aim to take this wisdom of the Hadith and Sunnah and connect it to the research and the findings of modern nutrition and present this information to you so that you may use this to take simple, practical steps in your day to day living and eating habits for you and your family which will help you make healthier choices, and guide you on their journey to seek the best and healthiest version of themselves, all the while gaining rewards for following the Sunnah as well.

Remember, your body is an Amanah or a gift given to you by the most Merciful Allah SWT, and it is our duty to take care of it in the best way we can.

"Then on that day (the Day of Judgement), you shall be asked about the favours (of Allah)."~ {Surah At Takathur (102) Verse 8}.

NABEEZ

Benefits of Nabeez

Nabeez, also known as Nabidh, is a traditional Islamic beverage made by soaking dates or raisins in water for a specific period. It is a popular drink in some Muslim cultures and is consumed for various reasons. Here are four potential benefits of consuming Nabeez:

[Learn More](#)

Hydration

Nabeez is primarily made by soaking ingredients in water, making it a refreshing and hydrating beverage. Especially during hot weather or while fasting during Ramadan, Nabeez can help maintain proper hydration levels in the body.

Digestive Benefits

Some ingredients used in Nabeez, such as dates or raisins, have digestive benefits it also acts as a probiotic. These ingredients can aid in digestion, alleviate bloating, and provide a soothing effect on the stomach.

Nutrient-Rich

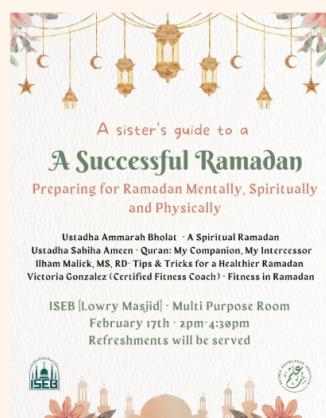
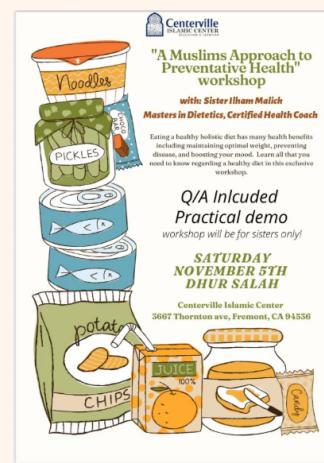
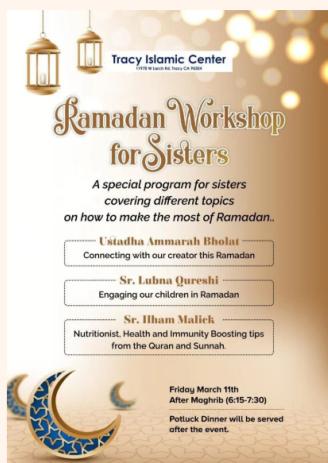
Depending on the ingredients used, Nabeez can be nutrient-rich. For instance, when made with dates, it provides natural sugars for energy, dietary fiber, and essential vitamins and minerals like potassium, magnesium, and iron.

Spiritual and Cultural Significance

Nabeez has cultural and religious significance in some Muslim communities. It is often associated with Sunnah (the practices of the Prophet Muhammad) and is consumed during special occasions or as a way of following traditional customs and rituals.

Sunnah-Inspired Nutrition: Talks on Sunnah, Modern Nutrition and Islam.

Since 2017, I have been actively delivering talks in masjids, emphasising on the importance of a healthy diet in line with Sunnah and its relevance to Modern Nutrition and Islam. In this section, you will find flyers from the various talks that I have given, where I have provided a glimpse into the breadth and depth of the discussions I have led on this topic.





2:00pm - 3:30pm

sign up now @
bit.ly/wvma-propheticfood

Los Gatos Islamic Center, 16769 Farley Rd

FROM ALL WALKS OF LIFE

We've seen our clients achieve sustainable, lifelong changes time and again.

Ilham is a remarkable nutritionist with an exceptional understanding of how food impacts bodily functions. She is a passionate advocate for sunnah foods and their profound benefits for both mind and body. Her unwavering professionalism and sincerity permeate every aspect of her work. Her professional demeanour and genuine care for her clients shine through in every interaction.

Ilham's comprehensive approach, coupled with cutting-edge interventions and in-depth personalised assessments, sets her apart as a truly exceptional nutritionist. She wholeheartedly believes in the transformative power of wholesome eating and proper nutrition, empowering her clients to swiftly achieve and sustain their personal health goals, ultimately leading to a happier and healthier life.

~ SHAZIA

Ilham is knowledgeable, straightforward, and kind in her approach. She gave me an insight on how to eat healthy and continue to enjoy my cultural foods. The thing I loved the most was the inclusion of prophetic foods and medicine along with sunnah practices. I highly encourage anyone looking for nutrition advice/counselling to seek her guidance. It will be well worth it.

~ ZAINAB

Wow, Alhamdulillah, Jazakallah Khair Sister, for your kindness and holistic food information for our health according to the Sunnah from our beloved Prophet. Peace unto him. I'm excited about this. I will definitely eat this way to help myself, to help others. Mashallah. Thank you.

~ REGINALD ANGLIN

We need a book by you, sister Ilham, which can be kept at home as a reference on diet and nutrition. May Allah reward you for your hard work and research.

~ ALIYA SHARIFI

"Thank you for teaching me what it means to be truly nourished."

When I initially started with my dietitian, I believed recovering from an eating disorder involved being bullied and shamed by a nutritionist into eating what was "right". Her warmth, empathy, and sense of humor have allowed me to develop a new understanding of food and nutrition, one that comes from a place of care instead of a place of punishment. ...She has expanded my world view and allowed me to accept myself as I am, body, mind, and spirit.

~ HANEEN

STOP STRUGGLING AND START CELEBRATING FOOD.

If you're ready to make a difference, we would love to meet you!



For Diet Counselling

To find out how to connect with Ilham and her team to book private diet consultations. All details regarding charges, blood tests to be conducted, and how to book appointments will be emailed to you.

She has over 12 years of extensive hands-on experience in nutritional counselling and planning therapeutic diets for conditions such as fat loss, PCOS, obesity management, heart disease, diabetic management, and preventive health.



For Webinars/Seminars

Ilham has given over 30 talks (in person and virtual) and conducted various workshops, seminars, and webinars.

If you would like to book her for a webinar/seminar please contact below.

Email - inspirenutritions@gmail.com

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