

## Luqaimat Diet with Egyptian Cases

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Diversity of diet regimes in Egypt, and clarification of the most important of them for most of those interested in diet.

Diet has now become the dominant idea for many people because of the speed of life, the lack of effort exerted and the high level of the mechanism, which has caused many health problems affected by the mechanism.

These health problems such as obesity, hypertension, diabetes, and an increase in harmful cholesterol and triglycerides, which made them think about proper nutrition and different diet regimens to recover from these diseases.

Therefore, the diet systems have many opinions and points of view, some of them are based on medical and scientific foundations, and some are based on erratic and random foundations.

Many of people adopt these diets out of ignorance from the claimants nutritionists, which leads to negative results diagnosed in the increasing cases of obesity, heart, diabetes and hypertension.

For this reason, I reviewed in this article a type of diet that is effective, unique and unconventional, that does not call for deprivation of food types like other traditional diets (This species is called the Luqaimat lifestyle).

This system does not depend on the caloric system and does not depend on adherence to specific food types, but the logistic system aims to redistribute meals and food rations and adjust their contents and quantities in a way that achieves weight loss and the body reaches the ideal weight without deprivation.

The Luqaimat system is not new, rather it is a system taken from the Sunnah of the Prophet Muhammad, peace and blessings be upon him, which aims to eat during the day without filling the stomachs, so the maximum amount of food for the stomach is equal to one third of it, the second third for drinking, and the last third by breathing.

In this system, the bites during the day are divided into 5 bites at the rate of each small meal every 3 hours, which ensures a high rate of burning body fat and thus weight loss. In the fifth or last meal, or what is called an indispensable meal, we focus on a certain quantity of food that contains certain elements that achieve a sense of satiety, in order to avoid what is called night hunger.

Later, we will review the secrets of the Luqaimat system and its wonderful results on a large number of obesity cases and their consequences.

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