



21 DAY DIET CLEANSE

HOLISTIC HIJAMA TREATMENT SYSTEM

Physical, mental, emotional and spiritual cleansing for the mind, body and soul.



BY HIJAMA NATION ACADEMY

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VERSION 5.5

DISCLAIMERS:

- This is not a nutrition plan or medical diagnosis or prescription.
- Do not reduce or stop any medications prescribed by your medical doctor.
- The Hijama Practitioner will not be held responsible for medical or negative outcomes of this treatment plan.
- HNA is not responsible for any medical or negative outcomes of this treatment plan.
- The Client will be informed of any side effects, outcomes and healing crisis after detox from this HHTS Hijama and Diet Cleanse.
- This is a dietary schedule based on the SUNNAH of sensible diet options, portion control, moderation and healthy lifestyle choices.
- There are 3 healthy meals and snacks per day and increased hydration is encouraged.
- The schedule is designed to normalize and regulate weight issues, healthy bowel movement, sleep patterns, stress management, increase health and minimize medical conditions combined using diet and Hijama Cupping Therapy as a medicine system.
- Positive results cannot be guaranteed as healing is from Allah.
- Positive results can only be expected and achieved if the Client is responsible and follows the plan. If they do not adhere to it fully, they will not see optimal results.

INSTRUCTIONS:

For the premium Hijama & Diet Cleanse plan, you need to do the following:

You and your Client should both pray and make intention at the start of the session for:

- Protection from Shaytaan
- Healing from Allah
- Overall Cleansing, pain relief and well being
- Healing for a specific conditions
- The success of these Hijama sessions
- Long term health, faith and protection from Allah

After completing the Holistic Medical History intake form with the Client, tell them about the daily schedule and how to implement it. Measure their weight, blood sugar and blood pressure. Manage their expectations and tell them that healing comes from Allah only, and you cannot promise miracles. Encourage them to increase prayer, charity and hope, positive thoughts.

Guide them to manage their stress factors through talking therapies and Ruqyah. Coach them to make proactive, lifestyle changes and adopt new, healthy, holistic patterns and behaviours. Inform them that they could have metaphysical issues going on which can be triggered and agitated during the 21 day detox period. Cultivate a culture of positivity and drive for personal achievement for the Client.

Develop their:

- Positive mindset
- Holistic, Islamic Approach
- Give them realistic goals and targets
- Ask them to keep a journal to track their progress
- Do a review at the end of the program to assess progress.

Inform them about common potential outcomes of the next 3-4 weeks:

- Immediate healing crisis with headaches, nausea, tiredness, hunger, feeling emotional
- Metaphysical issues could be brought out and aggravated such as Jinn, magic, evil eye. The Hijama and Ruqyah should eliminate this over the 3-4 period with the permission of Allah.
- Healthy weight loss
- Healthy weight gain
- More energy
- Sleep regulation
- Bowel regulation
- Improved skin and hair condition
- Pain relief
- Decreased anxiety and depression
- Positive mood
- Improved Blood pressure and blood circulation
- Reduced Blood sugar levels
- Other

Many Client's feel so much better, that they ask their medical doctor if they can reduce or stop medication. In some cases, the plan may have to continue for another week (total of 4 weeks) if metaphysical issues have been triggered by the Hijama and detox. The Hijama Practitioner may need to do an extra session to try to cleanse the Client and settle their body.

Ask your Client to follow the plan for 21 days (3 weeks) alongside their 3 Week Sectional Hijama Cleanse. Take before and after results and collate them at the end of the program to check your success rate. Print out the following instructions and give them to the Client. Advise them to start writing a daily journal to assess their feelings and experience as they embark upon their Holistic Hijama Journey! Coach them to success!

For the detailed, printable version of this 21 Day Diet Cleanse, please download it from your student dashboard.

SUMMARY: HHTS 21 DAY DIET CLEANSE

Week 1

- No red meat, fish or chicken
- 3 meals a day: Fruit, vegetables, lentils
- Healthy snacks only
- Last meal should be 4 hours before sleeping
- Increased Hydration
- Drink Sunnah Water every morning on an empty stomach
- Exercise
- Session 1: Hijama 7 Point organ cleanse

Week 2

- No red meat
- 3 meals a day: Fish, chicken, fruit, vegetables, lentils
- Healthy snacks only
- Last meal should be 4 hours before sleeping
- Increased hydration
- Drink Sunnah Water every morning on an empty stomach
- Exercise
- (7 days later) Session 2: Hijama Legs and feet Cleanse

Week 3

- No red meat
- 3 meals a day: Fish, chicken, fruit, vegetables, lentils
- Healthy snacks only
- Last meal should be 4 hours before sleeping
- Increased hydration
- Drink Sunnah Water every morning on an empty stomach
- Exercise
- (7 days later) Session 3: Hijama Head & Neck Cleanse

PRINT OUT: 21 Day Holistic Hijama Cleanse
Standard Template-Customize as Needed

Daily Rules

- Daily Deep belly breathing.
- Daily Salah, Quran, Ruqyah, Dua and Stress Management. Increase mindfulness.
- Increase daily water intake. Use alkaline or distilled water (mix with a small pinch of pink salt).
- Drink warm water on empty stomach before meals.
- No sugar in food or drinks.
- No desserts.
- Pink salt only in all cooking.
- Organic Light Olive oil or Organic Coconut oil or organic Ghee only in cooking.
- No Boxed Juices-Only natural juice or smoothies
- Plain yoghurt, honey, olive oil
- No deep fried foods
- Grilled, baked or steamed food only
- Cut out white bread, pizza, pastry etc, white rice.
- Eat brown, seeded bread only. Brown rice. Brown pasta. Brown Chippati flour. Brown seeded wraps.
- Drink Warm Sunnah Water daily on empty stomach before breakfast. (Honey, Black Seed Oil & Apple Cider Vinegar: A few drops of each-Dilute to taste).
- Eat last meal 4 hours before bedtime
- Sleep after Esha & Wake up early after Fajar
- Do foot soak in pink salt water or daily foot rub.
- Check Blood Sugar daily. Check Weight at start and end of Treatment Plan.
- DAILY WALK AS MINIMUM EXERCISE (INCREASE FULL EXERCISE TO 3 TIMES A WEEK).

WEEK 1: No Red Meat. No Chicken or fish. Eat Vegetables and Lentils only. Fruit & Veg smoothies only.

	30 mins Before Breakfast	Breakfast	Mid Morning Snack (Optional)	Lunch	Mid Afternoon Snack (Optional)	Dinner (4 hrs before sleep)	Treatment
Day 1	Warm Sunnah Water (Honey, Black Seed Oil & Apple Cider Vinegar: A few drops of each- Dilute to taste)	Cereal Porridge Granola Plain yoghurt Fruit Honey	Fruit & Veg Smoothie	Mix Veg, Salads, seeded bread, Eggs, Cheeses, hummus etc Or rice Or wraps	Nuts or raw vegetables	Roti & Veg or Lentils	1st SECTIONAL HIJAMA SESSION -----
2	Warm Sunnah Water	Cereal Porridge Granola Plain yoghurt Fruit Honey	Fruit & Veg Smoothie	Mix Veg, Salads, seeded bread, Eggs, Cheeses, hummus etc Or rice Or wraps	Nuts or raw vegetables	Roti & Veg or Lentils	Pink Salt Water Foot soak before bed.
3	Warm Sunnah Water	Cereal Porridge Granola Plain yoghurt Fruit Honey	Fruit & Veg Smoothie	Mix Veg, Salads, seeded bread, Eggs, Cheeses, hummus etc Or rice Or wraps	Nuts or raw vegetables	Roti & Veg or Lentils	Pink Salt Water Foot soak before bed. -----
4	Warm Sunnah Water	Cereal Porridge Granola	Fruit & Veg Smoothie	Mix Veg, Salads, seeded bread, Eggs,	Nuts or raw vegetables	Roti & Veg or Lentils	Reflexology or Massage

		Plain yoghut Fruit Honey		Cheeses, hummus etc Or rice Or wraps			Pink Salt Water Foot soak before bed
5	Warm Sunnah Water	Cereal Porridge Granola Plain yoghut Fruit Honey	Fruit & Veg Smoothie	Mix Veg, Salads, seeded bread, Eggs, Cheeses, hummus etc Or rice Or wraps	Nuts or raw vegetables	Roti & Veg or Lentils	Pink Salt Water Foot soak before bed
6	Warm Sunnah Water	Cereal Porridge Granola Plain yoghut Fruit Honey	Fruit & Veg Smoothie	Mix Veg, Salads, seeded bread, Eggs, Cheeses, hummus etc Or rice Or wraps	Nuts or raw vegetables	Roti & Veg or Lentils	Pink Salt Water Foot soak before bed
7	Warm Sunnah Water	Cereal Porridge Granola Plain yoghut Fruit Honey	Fruit & Veg Smoothie	Mix Veg, Salads, seeded bread, Eggs, Cheeses, hummus etc Or rice Or wraps	Nuts or raw vegetables	Roti & Veg or Lentils	Pink Salt Water Foot soak before bed

WEEK 2 & 3: No Red Meat. Fish and Chicken allowed. Vegetables and Lentils only. Fruit & Veg smoothies only.

	30 mins Before Breakfast	Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Dinner	Treatment
Day 8 & 15	Warm Sunnah Water	Cereal Porridge Granola Plain yoghurt Fruit Honey	Fruit & Veg Smoothie	Chicken or Fish, Mix Veg, Salads, seeded bread, Eggs, Cheeses, hummus etc Or rice Or wraps	Nuts or raw vegetables	Roti & Veg or Lentils	2nd SECTIONAL HIJAMA SESSION
9 & 16	Warm Sunnah Water	Cereal Porridge Granola Plain yoghurt Fruit Honey	Fruit & Veg Smoothie	Chicken or Fish, Mix Veg, Salads, seeded bread, Eggs, Cheeses, hummus etc Or rice Or wraps	Nuts or raw vegetables	Roti & Veg or Lentils	Pink Salt Water Foot soak before bed
10 & 17	Warm Sunnah Water	Cereal Porridge Granola Plain yoghurt Fruit Honey	Fruit & Veg Smoothie	Chicken or Fish, Mix Veg, Salads, seeded bread, Eggs, Cheeses, hummus etc	Nuts or raw vegetables	Roti & Veg or Lentils	Pink Salt Water Foot soak before bed

				Or rice Or wraps			
11 & 18	Warm Sunnah Water	Cereal Porridge Granola Plain yoghurt Fruit Honey	Fruit & Veg Smoothie	Chicken or Fish, Mix Veg, Salads, seeded bread, Eggs, Cheeses, hummus etc Or rice Or wraps	Nuts or raw vegetables	Roti & Veg or Lentils	Pink Salt Water Foot soak before bed
12 & 19	Warm Sunnah Water	Cereal Porridge Granola Plain yoghurt Fruit Honey	Fruit & Veg Smoothie	Chicken or Fish, Mix Veg, Salads, seeded bread, Eggs, Cheeses, hummus etc Or rice Or wraps	Nuts or raw vegetables	Roti & Veg or Lentils	Pink Salt Water Foot soak before bed
13 & 20	Warm Sunnah Water	Cereal Porridge Granola Plain yoghurt Fruit Honey	Fruit & Veg Smoothie	Chicken or Fish, Mix Veg, Salads, seeded bread, Eggs, Cheeses, hummus etc Or rice Or wraps	Nuts or raw vegetables	Roti & Veg or Lentils	Pink Salt Water Foot soak before bed

14 & 21	Warm Sunnah Water	Cereal Porridge Granola Plain yoghurt Fruit Honey	Fruit & Veg Smoothie	Chicken or Fish, Mix Veg, Salads, seeded bread, Eggs, Cheeses, hummus etc Or rice Or wraps	Nuts or raw vegetables	Roti & Veg or Lentils	3RD SECTIONAL HIJAMA SESSION ----- OPTIONAL: 4TH SECTIONAL HIJAMA SESSION *IF NEEDED
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Once the initial 3 week Sectional Hijama Cleanse and 21 Day Diet Cleanse is completed, you can encourage healthy lifestyle choice and habits. One way to maintain good, holistic health is fasting. You can encourage your Clients to follow this plan:

