



## Staying Healthy On Hajj & Umrah

*Aletha Luqman, Abdul Hakim Luqman*

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*Staying Healthy On Hajj and Umrah*, the definitive Hajj Health Guide that gives Pilgrims medical advice for avoiding illness and aggravation of chronic medical problems while on the Pilgrimage to Makkah and Madinah. Written by a travel medicine physician and family nurse practitioner hajjis, this portable book contains medically related Ayats from the Qur'an, Hadith, and Sunnah of the Prophet Muhammad (SAW). A photographic tour of the Holy Precincts of Mecca, Medina, Mina, Arafat, Masjids, Kabah, Jamarat, Uhud, lists on what to bring, and prevention strategies included. Designed to carry with you and use on your Pilgrimage.

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