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Exploring the intersection of faith and well-being: A thematic exegesis on halal and healthy diets

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Abstract

This study examines the intersection of faith and well-being, focusing on the impact of dietary choices on health within Islamic communities. Despite comprehensive Quranic and Hadith guidelines on diet, many in Islamic countries suffer from illnesses linked to poor dietary practices. This research explores the factors behind this disconnect, emphasizing the role of halal and healthy diets in enhancing servitude. Using thematic exegesis and qualitative analysis, it identifies barriers influencing dietary choices and highlights the need for a holistic approach integrating halal principles with nutrition and well-being. The study advocates for educational programs to raise awareness and recommends collaboration between religious scholars, healthcare professionals, and policymakers. Such efforts can bridge the gap between faith-based dietary teachings and public

Author keywords

Halal diet; Health education; Health studies; Healthy life; Thematic exegesis

Indexed keywords

Engineering controlled terms

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Engineering main heading

Nutrition

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Abstract

Author keywords

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