

Kommunity Health Rules

Under K.O.S. Kommunity, the application of health is called therapeutic healing enforced for the purpose of health, longevity, and optimal performance of your biological processes of the body.

- 1) All life is a manifestation of Allah**
- 2) O, you who believe! When one respects their own life, they respect Allah**
- 3) When one disrespects life, they cannot possibly love the Creator of Life.**

Sufa 20—The Food (Al-Muqit)

The Nourisher, the Food

- 1. A host that sacrifices their finest calf for a feast to welcome the stranger;**
- 2. The gardens that produce the most beautiful array of fruits and herbs.**
- 3. The sanctuary that nourishes our base and higher hunger;**
- 4. So Allah quenches our thirst and satisfies our hunger with words that are unmistakable.**
- 5. They nurture our soul and mind.**
- 6. Let it be said the flesh of animals is made lawful unto you for food, except that which is announced unto you herein.**
- 7. Forbidden unto you for food is any flesh from a diseased, tortured, or maltreated animal.**
- 8. Verily, a man who beats or tortures animals, even in preparation for slaughter, is not fit to be called a Muslim**
- 9. Do not partake in the flesh of swine, as such flesh gives rise to madness.**
- 10. Nor eat uncooked shellfish or flesh of the bird,**
- 11. For such eating shall surely cause much pain and terrible death.**
- 12. All good things are made lawful for you.**
- 13. And in preparation of meal, all must observe purification.**
- 14. To eat unclean is an abomination.**
- 15. Do not profane what Allah has given to you in such a manner;**
- 16. But respect such gifts and food in the manner of its taking,**
- 17. And the purification of its preparation.**

