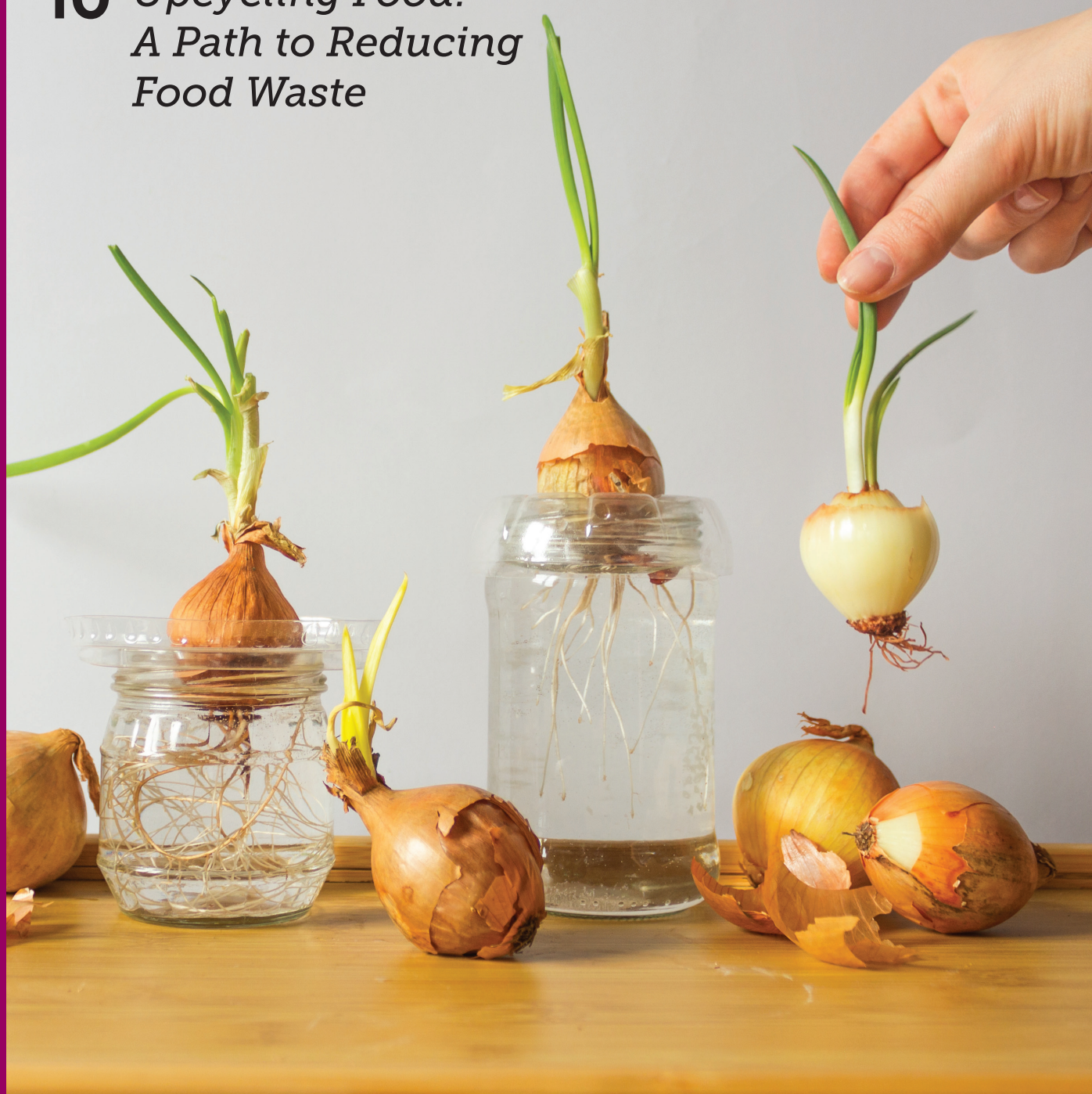


Halal Consumer

A Publication of the Islamic Food and Nutrition Council of America

Magazine

10 *Upcycling Food: A Path to Reducing Food Waste*





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ABOUT HALAL CONSUMER

Halal Consumer is a publication of IFANCA (Islamic Food and Nutrition Council of America). IFANCA is a non-profit Islamic organization with the mission to promote halal food and the institution of halal. IFANCA objectives include making halal foods conveniently available, introducing halal to food companies and institutions, creating awareness of halal among consumers, and providing halal solutions to consumer needs.

DESIGNED BY Annan Shehadi
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Editor's Note

Assalaamu alaikum,

From all of us at IFANCA and Halal Consumer Magazine, we hope you enjoyed a peaceful and happy Ramadan. We would also like to wish our readers a blessed Eid. Eid Mubarak!

We have an exciting group of articles in this issue! The cover story examines the upcycled food trend, which provides a way to repurpose food scraps. To find out how you can keep food waste out of landfills, read the article on page 10.

While you may have heard of prebiotics and probiotics, how much do you know about postbiotics? They're another trend gaining traction in the world of food and nutrition. If you're not sure about the difference between the three "biotics," the article on page 6 can help.

With the COVID-19 pandemic came renewed concerns about how to stay healthy and preserve our physical and mental wellbeing. The article "Boost Your Immune System" offers tips for helping your body ward off illness, while the piece "In Pursuit of Happiness Through Self-Care" shares tips for taking care of your mental health.

In addition, thanks to the pandemic, telemedicine has also become significantly more popular. Check out the article on page 26 to see if telemedicine appointments might be a good option for you in the future.

What comes to mind when you think about physical therapy? Though you may imagine sessions filled with stretching and light exercise, it goes deeper than that. Check out the article "Physical Therapy: I've Heard of That" to discover more about the topic.

Lastly, this issue spotlights the company Maya Cosmetics. Though it began with only six nail polish colors, Maya Cosmetics now sells 33 colors and 3 topcoats that are IFANCA halal certified. Check out page 34 to read more about their story.

As always, if you have any questions, we invite you to reach out to us via email at halalconsumer@ifanca.org. Otherwise, please check us out on [Facebook](#) and [Twitter](#)! We enjoy hearing from you.

Sincerely,

Alison DeGuide **editor**

From the Publisher's Desk

Assalaamu alaikum,

Food is the first line of defense against poor health. Your body uses the food you eat to produce hundreds of chemicals, biological materials, and energy necessary for performing bodily functions. You know your body's needs better than anyone else. Choose the food you eat carefully so that it meets the optimal nutritional requirements.

Food is also medicine. Your body can produce chemicals that heal you from within, such as in the liver. Your liver is a chemical factory that produces more than hundreds of known simple and complex biological compounds to ensure that you, a complex organism created by God, function properly.

God made your body home to billions of microorganisms. These microorganisms, including probiotics and postbiotics, play an important role in your health, your personality, and even your social life. Like your body, these microorganisms depend on the food you eat and the chemicals you apply to your skin. Take care of your food, and it will take care of you and your resident microorganisms in return.

Take care of nature as well. Nature brings us the food we eat, and we need to be good guardians of the world around us. One way to do this is by upcycling food, which reduces food waste. That way, we can protect the environment for future generations.


Sincerely,

Muhammad Munir Chaudry **president**

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POSTBIOTICS

By Summaya Ali, MS, RD



DID YOU KNOW THAT OUR BODIES ARE COMPOSED of more bacterial cells than human cells? An estimated 70% of our immune system is located inside our gut (intestines), which is home to trillions of bacteria. Everyone has a different combination of bacteria influenced by their medications, lifestyle, and mother's bacteria. What is the connection between gut bacteria and our health? It all depends on what bacteria are there and what they are producing.

Chaos happens when bad bacteria set up shop and overpower the good ones. Your intestines are like a fine screen. Bad bacteria start to eat away at this screen, making the holes much bigger. This greatly decreases your intestines' filter function so that harmful things can easily enter. This is called an imbalanced gut and is a set-up for trouble. It can lead to poor digestion, frequent colds, and an anxious brain. Research from Maria Luca et al. in a 2019 issue of *Oxidative Medicine and Cellular Longevity* has connected an imbalanced gut to conditions like Alzheimer's disease and type 2 diabetes. Learning how to help the good bugs thrive and tame the bad ones starts with getting to know our bugs and how they work.

WHAT'S AT HOME IN YOUR GUT?

The good bacteria (**probiotics**) serve as our security team and fight off all sorts of ugly invaders. They also help us digest food and maintain a good mood. **Prebiotics** are foods that help the good bacteria survive and thrive. These include a variety of produce, fiber-rich grains (such as bread, cereal, and oats), beans, nuts, and seeds. After eating their food, the good bacteria make **postbiotics**.

Postbiotics are byproducts of healthy bacteria. They include short-chain fatty acids (such as butyrate), functional proteins, extracellular polysaccharides, and more. Their benefits are similar to those of probiotics in that they:

- Provide a strong defense system
- Control inflammation
- Manage hunger and fullness signals
- Control blood sugar
- Improve cardiovascular health
- Relieve pain from irritable bowel disease
- Reduce symptoms of allergies



The types of bacteria inside your gut and what they produce in the body often change due to illness, poor dietary habits, high intake of animal protein, stress, or medications.

HOW IS THE ENVIRONMENT?

An environment of excess sugar and highly processed foods promotes the growth of bad bacteria, which create toxins and put your body into an inflammatory state. Simply adding in probiotics or postbiotics at this stage will not help because the good bugs cannot survive. Try to eat a balanced diet and make sure to include fiber-rich foods. This helps you and your bacteria. Bugs can change quickly and crowd out the less healthy ones.

The types of bacteria inside your gut and what they produce in the body often change due to illness, poor dietary habits, high intake of animal protein, stress, or medications. Increasing the beneficial bacteria and their byproducts helps the body return to a balanced state. A good example is the postbiotic butyrate. A 2021 study from Tulika Arora and Valentina Tremaroli in *Frontiers in Endocrinology* showed that increased levels of butyrate-producing bacteria reduced triggers related to inflammation and type 2 diabetes. According to a 2020 study by Hao Wu et al. in *Cell Metabolism*, the same mechanism supported overall health in the subjects and prevented progression from prediabetes to type 2 diabetes.

The best way to increase your postbiotics naturally is by eating more foods with probiotics and prebiotics. This way, you are getting the benefits of all three. The best part is that these foods can easily be incorporated into dishes from various cultures. Supplements often provide a single nutrient, while food contains a mix of nutrients that work in synergy.



<p>Probiotics are the good bacteria.</p>	<p>Prebiotics are foods that help the good bacteria survive and thrive.</p>	<p>Postbiotics are byproducts produced by the good bacteria.</p>
<p>Good food sources:</p> <ul style="list-style-type: none"> • Yogurt • Fermented vegetables 	<p>Good food sources:</p> <ul style="list-style-type: none"> • Whole wheat • Oats • Barley • Bananas • Apples • Onions • Garlic • Asparagus • Flaxseeds 	<p>You can increase them by eating more probiotics and prebiotics or by taking supplements.</p>

WHO CAN BENEFIT FROM SUPPLEMENTS?

Individuals who cannot take probiotics due to their risk of infection (for example, those with weakened immune systems, chronic digestive disorders, or a recent surgery; cancer patients; those who are pregnant; or young children) may find that postbiotics are a safer alternative. There are no live bacteria being introduced into the body: postbiotics are simply their byproducts.

Those with irritable bowel syndrome may need to avoid prebiotic foods, as they cause bloating and other digestive issues. This population can also benefit from postbiotic supplements.

All supplements come with their set of risks and benefits. It is imperative to speak to your healthcare provider about your condition to see if supplements are a good choice for you.

CLOSING THOUGHTS

Our gut bacteria share a direct link with many body systems. It is a two-way street where a disturbance at one end will cause trouble at the other. The best way to keep things moving in harmony is to maintain consistency with good habits. Your good bacteria will be in top shape, and you will feel better because your body will respond better on a daily basis.



The best way to increase your postbiotics naturally is by eating more foods with probiotics and prebiotics. This way, you are getting the benefits of all three.

What is more important is what you do most of the time, not necessarily all the time. No one can judge that better than yourself. Eat food that is good for you, but make some room for your favorite treats. They are important, as they provide satisfaction and meaningful enjoyment. TM

SUMMAYA ALI holds a master's degree in nutrition from the University of Illinois and is a registered dietitian. She is a regular contributor to *Halal Consumer Magazine*. She works with a variety of conditions, and two of her favorite areas of practice are chronic kidney disease and cardiovascular disease.



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Upcycling Food: A Path to Reducing Food Waste

By Taskeen Khan



UPCYCLED FOOD: IT IS A CONCEPT THAT MAY sound unfamiliar but has actually been around for hundreds of years. Upcycling food is the process of rerouting food that would otherwise not be eaten by people back to our plates, and it is something you may already be doing. Have you ever used mushy brown bananas that were destined for the garbage to make banana bread? That is upcycling food. The goal of upcycling is to reduce waste, an issue that is prevalent throughout the food supply chain. Let's take a bite out of the issue of food waste, chow down on solutions, and gobble up ways to get involved and make a difference.

The food waste problem starts far before food reaches our plates. According to the USDA report "Economic Drivers of Food Loss at the Farm and Pre-Retail Sectors: A Look at the Produce Supply Chain in the United States," the Food and Agriculture Organization of the United Nations (FAO) reports that 30% of fruit and vegetable food loss in North America happens during production and harvest before food even leaves the farm. If market prices are low, farmers may decide they can't justify the cost of harvesting and processing their crops and choose to leave them in the field. Additionally, crops may be left in the field if there is not enough labor to harvest them, there are not enough wholesale buyers to purchase them, they are too close to peak ripeness, or they don't meet size and appearance guidelines set by wholesale buyers.

Even if crops are harvested, that doesn't mean they will be used. According to the FAO, as cited in the USDA report, about 6% of fruit and vegetable food loss in North America happens on the farm after food is harvested. This can be due to a variety of factors, such as produce spending too much time in the sun after being picked. These crops may be sold as cattle feed, but much is thrown away or allowed to spoil.

If food makes it past the farm, it still has to survive transport. Food that is jostled and bruised runs the risk of being rejected by grocery stores and restaurants. Additionally, the trucks that carry food from farms to restaurants and distribution centers are temperature-



World Food Program USA reports that food waste and loss generated in a single year is enough to feed two billion people, which is "more than twice the number of undernourished people across the globe."

controlled but often have multiple stops along their routes. The opening and closing of doors can result in temperature changes that impact food quality.

Chicken is an example of food especially susceptible to damage during transport. Almost all chicken in the U.S. is raised in a handful of states, which means it travels long journeys for distribution to the rest of the country. The longer the journey, the greater the chance that something goes wrong and the food has to be thrown away. In the article “From Field to Fork: The Six Stages of Wasting Food,” Suzanne Goldenberg shares the story of Lewis, an independent truck operator who had to throw away an entire truck full of food — including “43,000lbs of chicken alfredo, lasagna, and other ready-made meals — because a few pallets of ice cream had softened.” Even a few items being damaged during transport can create an entire truckload of food waste.

Once the food reaches the distribution center, it can be rejected by supermarkets. If food is rejected or if there is a larger harvest than expected and extra food is brought to the distribution center, distributors will try to find alternative buyers. But most grocery stores make their purchases ahead of time and are not open to purchasing additional items at the last minute. Therefore, the unwanted food is often thrown away.

If food does make it to the grocery store, is bought before its shelf life is up, and goes to a home, it may be eaten or become part of the 240 billion dollars’ worth of food thrown out by U.S. households annually, as reported by Yang Yu and Edward C. Jaenicke’s study “Estimating Food Waste as Household Production Inefficiency.” The study also found that the average household throws out about 31.9% of its food each year, and this waste has an impact. World Food Program USA reports that food waste and loss generated in a single year is enough to feed two billion people, which is “more than twice the number of undernourished people across the globe.”

As reported by the EPA, in 2018, just over 24% of municipal solid waste (MSW) in U.S. landfills was food, making food the largest component of MSW in landfills.



Upcycled food works to fix the food waste problem at many levels. As consumers, we can also upcycle our food. To begin, reframe how you look at your food.



Additionally, the carbon footprint of global food waste is roughly 4.4 gigatons of carbon dioxide per year, as reported by the FAO. The report goes on to state that if food waste was a country, it would be the third-largest carbon dioxide emitter after the U.S. and China.

Upcycled food works to fix the food waste problem at many levels. Some farms take part in upcycling by donating their extra crops to food banks and other organizations, but to do this, they have to be willing to put in the time and resources to harvest the crops. In 2020 the USDA began providing state agencies funding for “Farm to Foodbank Projects.” The USDA’s goals include reducing waste at the farm level, and funds have been used to pay farmers for the cost of harvesting and packaging their donated crops, making upcycling easier. Additionally, some stores have become more open to produce that does not meet their cosmetic regulations, offering cosmetically damaged fruit and veggies at discounted prices.

As consumers, we can also upcycle our food. To begin, reframe how you look at your food. If an orange has a brown spot, don’t throw it away. Cut off the damaged part and use the rest. Just because food looks less than perfect does not mean it cannot be used. Here are a few other ways to upcycle your food at home:

1. Fruit past its peak can be baked into desserts. People who enjoy your apple pie won’t mind if it is made with soft apples.
2. When preparing veggies, save the peels, stems, and other parts you would usually throw away. Onion peels, pea pods, corn cobs, carrot tops, and other commonly tossed scraps can be boiled to create a homemade vegetable stock or gravy base.
3. Seeds, such as those from zucchini, squash, and pumpkins, don’t need to be thrown away. Instead, you can roast them for a yummy, nutrient-dense snack.




4. Bread is one of the most wasted items. If you don't think it can be finished before it spoils or if it is going stale, consider turning it into croutons, bread crumbs, french toast casserole, or bread pudding.
5. Use Google! It can be challenging to think of ways to use leftover potatoes or wilted spinach before they mold, but chances are that someone on the internet has an idea.

Even while grocery shopping, there are ways to support upcycled food. Search for brands that make their products out of food that would otherwise go to waste, such as chips made out of potato peels. Volunteering at food banks and other organizations that reroute excess food to people in need is another way to support upcycling. Farms, restaurants, and grocery stores may have food to donate but lack the resources to get it to an organization that can distribute it. Volunteering with organizations dedicated to upcycling food and reducing food waste is a great way to fill this gap.

It could not be any clearer: food waste is discouraged in Islam.



Reducing food waste is not only a matter of protecting the environment and helping those without access to food: it is also a matter of faith. The Quran states, *“He is the One Who produces gardens—both cultivated and wild—and palm trees, crops of different flavours, olives, and pomegranates—similar [in shape], but dissimilar [in taste]. Eat of the fruit they bear and pay the dues at harvest, but do not waste. Surely He does not like the wasteful”* (Quran 6:14).

It could not be any clearer: food waste is discouraged in Islam. By doing our part, we can not only provide food to those in need but also help reduce the environmental impact of our waste and uphold the recommendations of our faith. 

TASKEEN KHAN has a bachelor's degree in integrative biology and a minor in sustainability, energy, and the environment from the University of Illinois at Urbana-Champaign. She is passionate about science education and communication, as well as research.

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BOOST YOUR IMMUNE SYSTEM

By Kelly Izdihar Crosby





WHEN THE COVID-19 PANDEMIC HIT, MANY OF us researched ways to give our bodies some extra help. Along with wearing masks and social distancing, having a strong immune system is our greatest weapon in the war against this respiratory disease. There are many ways we can strengthen our natural defense systems, pandemic or not. The immune system is amazing, and it works hard daily to protect us from harm and lessen the impact of germs and viruses.

The immune system is a complex network of cells and proteins that defend the body against infection. Its main parts include our bone marrow, white blood cells, antibodies, thymus, spleen, complement system, and lymphatic system. These cells and proteins work in tandem to capture and kill harmful microbes and remove old or damaged red blood cells. Our white blood cells are our first line of defense against diseases, as they are constantly searching for invaders.

An amazing fact is that our immune system keeps a record of previous infections, giving us quicker recovery times and reduced symptoms. Because of this, a good way to strengthen your immune system is to stay up to date on recommended vaccinations. If you haven't already, get your COVID-19 vaccines and booster shot, along with your yearly flu shot. In an article for Houston Methodist, Katie McCallum explains, "Your immune system is smart, but vaccines train it to be even smarter — helping it learn how to recognize and fight off certain disease-causing illnesses. It's much safer for your immune system to learn via vaccination than through infection with these harmful germs."

Drinking water is another way to boost your immune system. Drinking water helps circulate lymph, the clear fluid that carries immune cells throughout our bodies. We lose water by exercising, sweating, and using the bathroom, and it needs to be replaced to keep our immune system running smoothly. Maintaining healthy eating habits helps boost the immune system with essential vitamins and minerals. A healthy diet should contain plenty of fruits and vegetables, whole grains, healthy fats, and lean proteins.



If you have a healthy immune system, your wounds recover quickly, you feel energetic, and you have little to no gastrointestinal issues.

Vitamin A is important for immune system health, and you can get your daily intake by eating fish, dairy, sweet potatoes, cantaloupes, pumpkins, and carrots. Vitamin B6 is another nutrient that is good for your immune system, and it is found in green vegetables, potatoes, tuna, and salmon. Vitamin C can stop infections or shorten their impact. Citrus fruits like oranges and tangerines are good sources of vitamin C. You can also eat spinach, strawberries, bell peppers, kale, brussels sprouts, or papaya to get this vitamin. Lastly, vitamin E is an antioxidant that is important for your immune system. Foods rich in vitamin E include almonds and peanuts.

Daily exercise helps with overall circulation and is a great stressbuster. Thirty minutes of moderate to vigorous exercise daily helps move immune cells throughout the body. In an article for Mayo Clinic, Edward R. Laskowski, MD, notes, "Moderate aerobic exercise includes activities such as brisk walking, biking, swimming, and mowing the lawn. Vigorous aerobic exercise includes activities such as running, heavy yard work, and aerobic dancing."

Adequate sleep is necessary for the body to rest and for the immune system to create infection-fighting cells. Most adults need at least seven hours of sleep to maintain their health. Plus, a good night's rest is a great stress reliever. Stress can wreak havoc by lowering our immune

system's ability to fight harmful pathogens. Corticosteroid, the stress hormone, can lower the number of lymphocytes we have, which are the white blood cells that attack invading bacteria or viruses. It's important to incorporate methods of reducing stress in our daily lives. Exercise, prayer, deep breathing, and meditation are commonly known methods, but taking a warm bath, drinking herbal tea, journaling, or creating art are other ways to de-stress.

Another strategy to maintain a healthy immune system is to frequently wash your hands. There is no way to overestimate how important good hygiene is to preventing illness. We use our hands much more than we realize, as



According to Dan Peterson, assistant professor of pathology at the Johns Hopkins University School of Medicine, "[a] huge proportion of your immune system is actually in your GI [gastrointestinal] tract."



Vaccines



Drinking water



we touch different surfaces throughout the day, and those surfaces may have harmful pathogens on them. We also touch our eyes, nose, and mouth with our hands, and they are three major gateways to infection. Washing your hands with soap and water for twenty seconds is a simple way to give your immune system a fighting chance against pathogens.

A strong immune system is usually indicated by a person's ability to recover well from colds and the flu. A person with a weak immune system would not be able to fight off the virus, leaving the patient with a cold indefinitely. Signs of a strong immune system include being able to sleep soundly throughout the night and recovering quickly from an illness. Also, if you have a healthy immune system, your wounds recover quickly, you feel energetic, and you have little to no gastrointestinal issues.

Do you often feel tired or fatigued? Are you still tired after getting adequate sleep? If your immune system is struggling, your energy levels will plummet. "That's because your body is trying to conserve energy to fuel your immune system so it can fight off germs," explains Nadia Hasan, DO, in an article for Penn Medicine. Frequent bouts of diarrhea, constipation, and gas are also signs of a poor immune system. An article for Johns Hopkins Medicine by Helen Fields quotes Dan Peterson,

assistant professor of pathology at the Johns Hopkins University School of Medicine. According to Peterson, "[a] huge proportion of your immune system is actually in your GI [gastrointestinal] tract." The good bacteria and microorganisms that live in your gut can help fight infection and support the immune system.

There are many IFANCA halal-certified products that advertise immune support, and all are sold as nutritional supplements. For example, one product is Pedialyte Immune Support in peach mango or raspberry lemonade flavors. Pedialyte products can be found at any major retail store.

Protecting and strengthening our immune system is quite easy if we stick to the tried-and-true methods of maintaining good hygiene, eating a healthy diet, and engaging in moderate exercise daily. [®]

KELLY IZDIHAR CROSBY is an artist and freelance writer living in Atlanta, GA. Her artwork and writing can be found at www.kellycrosbyart.com.



In Pursuit of Happiness Through Self-Care

By Asma Jarad





WE DEAL WITH MANY PEOPLE AND CHALLENGING situations in our fast-paced world. Too often, the demands of others appear more pressing than our own, and thus we put our personal needs on the back burner. In many instances, this selfless act reflects our integrity. But when the going gets tough, even the most resilient of us will inevitably reach a point where we succumb to the pressure and descend into a crisis. If we reach this breaking point, it is because we are overwhelmed. Luckily, there are practical pre-crisis strategies anyone can implement through internal self-care that will reflect from the inside out.

The first step toward self-care is acknowledging that it is not selfish to take care of ourselves. Contrary to the myth that self-care is about putting ourselves before others, self-care is being mindful of our mental, physical, spiritual, and emotional states. This allows us to fulfill our responsibilities toward others properly.

Abu Hurairah narrated that the Messenger of Allah (PBUH) said: “Take on only as much as you can do of good deeds, for the best of deeds is that which is done consistently, even if it is little.”

—Sunan Ibn Majah Volume 5, Book 37, Hadith 4240



SMALL STEPS MAKE BIG IMPACTS

Since most people are constantly busy with demanding responsibilities inside and outside of the home, self-care is usually last on the agenda. Feeling guilty about taking time for ourselves doesn't help. However, practicing self-care need not be complicated. Taking small steps is often more helpful than attempting to leap. Think of self-care from the perspective of planning for a journey, not a marathon, where the journey lasts a lifetime.

In a similar sense, we can learn from the teachings of Prophet Muhammad (Peace Be Upon Him [PBUH]). Abu Hurairah narrated that the Messenger of Allah (PBUH) said: “Take on only as much as you can do of good deeds, for the best of deeds is that which is done consistently, even if it is little.”—Sunan Ibn Majah Volume 5, Book 37, Hadith 4240. Similar to regularly taking up a few good deeds to the extent of our abilities, we are also required to take on responsibilities only to the extent of our time and energy to avoid burning out.



As we all know, shortly after God created Adam, he created for him a companion. This teaches us that we are in this life to support one another.

As Muslims, we must set ourselves up for success in the eternal life by first being successful in this one. We need not look further than the life of Prophet Muhammad (PBUH) to learn and implement self-care habits for the benefit of both mind and body. For example, the Prophet (PBUH) was known to eat in moderation and to choose foods that we now scientifically know to be nutritious and wholesome. Some of these items included dates, figs, pumpkins, honey, olive oil, and barley—all in moderation.

Self-care is a crucial aspect of the Islamic faith. It is incumbent upon us to care for ourselves in all aspects, including physically and mentally, as a way of showing appreciation. It is narrated that the Prophet (PBUH) said, “Take advantage of five before five: your youth before your old age, your health before your illness, your riches before your poverty, your free time before your work, and your life before your death.”—Shu’ab al-Iman 9767.

Another habit of the Prophet (PBUH) that we can implement in our lives is to make time for meditation and reflection. In this day and age more than ever before, it is imperative to momentarily unplug from the world and reflect on our thoughts.

CUT NEGATIVITY OUT OF YOUR LIFE

Whether we realize it or not, other people’s energy often affects our own. Our daily workloads and interactions can cause a certain level of stress. This adds to the importance of establishing and maintaining self-care routines. We need to create space to decompress and take care of ourselves. As Muslims, we are quick to say “I pray” or “I

go to the masjid,” which is great, but what more can you do that speaks to your unique personal needs?

Surrounding yourself with people who make you want to be your best self is essential. Narrated Abu Musa: Allah’s Messenger (PBUH) said, “The example of a good companion (who sits with you) in comparison with a bad one, is like that of the musk seller and the blacksmith’s bellows (or furnace); from the first you would either buy musk or enjoy its good smell while the bellows would either burn your clothes or your house, or you get a bad nasty smell thereof.”—Sahih al-Bukhari Volume 3, Book 34, Hadith 314.

CONNECT WITH OTHERS

As we all know, shortly after God created Adam, he created for him a companion. This teaches us that we are in this life to support one another. Thus caring for others, especially those less fortunate, helps us connect with our humanity and reminds us that not only are we all in this together but that we have so much to be thankful for. Volunteering your time to mentor refugees as they settle into their new homes, tutoring children, or helping distribute food at a local pantry are ways to give back, connect with others, and take care of our community.

Volunteering to help others opens our eyes to bigger needs in this world without the pull of obligation. It helps you feel good about yourself and, in return, helps you be your best self. When you are your best self, you can share that with those around you. Narrated Abu Burda: from his father that the Prophet (PBUH) said, “Every Muslim has to give in charity.” The people asked, “O Allah’s Prophet! If

someone has nothing to give, what will he do?” He said, “He should work with his hands and benefit himself and also give in charity (from what he earns).” The people further asked, “If he cannot find even that?” He replied, “He should help the needy who appeal for help.” Then the people asked, “If he cannot do that?” He replied, “Then he should perform good deeds and keep away from evil deeds and this will be regarded as charitable deeds.” — Sahih al-Bukhari Volume 2, Book 24, Hadith 524.

PLAN A TRIP

Another tried and true method for self-care known to relieve stress, improve health, and have fun is to travel. Move outside your comfort zone *and* time zone. Larry Alton mentions the benefits of traveling abroad in the article “5 Scientifically Proven Health Benefits of Traveling Abroad” for NBC News. These benefits include making you healthier, relieving stress, enhancing creativity, boosting happiness and satisfaction, and lowering the risk of depression.

Traveling forces us to depart from our everyday surroundings. If you can’t escape to a tropical island, you can still go somewhere. Visit a different city or town, perhaps only for a few days, to refresh and get away from

the everyday grind. Even a few minutes of relaxation give your body and mind a chance to refocus.

In the end, there is no one-cure-fits-all when it comes to mental health and self-care because each person’s life situation is unique and fluid. I once heard a pep talk that still resonates in my mind years later. It goes something like this: you need not attain lofty goals to be an achiever. Achievements can happen one small step at a time, and more often than not, they do. Simply go outside and walk down the driveway to retrieve your mail. Count that short walk as an achievement and build on it. Make finding time and space for self-care achievable by aiming for realistic goals. The more you work on making self-care a habit, the better you’ll be able to grow, enjoy life, and thrive. ©

ASMA JARAD is a Chicago-based writer, editor, and communications strategist. Her works are published across multiple forums, ranging from health and food trends to Islam in America.

Eid Mubarak from all
of us at Halal Consumer
Magazine.

May the year ahead bring
you good health, happiness,
peace, and prosperity.





Nutty Yogurt Parfait

By Maryam Funmilayo

Servings: 6

INGREDIENTS

- ½ cup organic peanuts
- ½ cup organic tiger nuts
- ½ cup organic pistachios
- ½ cup organic walnuts
- ½ cup organic cashew nuts
- ½ cup organic pecans
- ½ cup organic almonds
- ½ cup organic shredded coconut
- 3 cups organic halal yogurt

DIRECTIONS

1. Blend all the nuts (except the shredded coconut) for 30 seconds.
2. Add the shredded coconut and mix.
3. Pour the yogurt into a medium-sized bowl.
4. Sprinkle the nuts on top of the yogurt.
5. Serve chilled. 🍴



Ginger-Based Broth


By Maryam Funmilayo

Servings: 6

INGREDIENTS

- 3 cups water
- 7 large organic roma tomatoes
- 3 medium organic red bell peppers
- 3 small organic habanero peppers
- 3 medium organic onions
- 1 cup unpeeled organic ginger, grated
(can be old and/or dehydrated)

DIRECTIONS

1. Boil the water in a large pot.
2. Add the tomatoes, peppers, onions, and ginger to the water.
3. Cook for one hour.
4. After one hour, remove from heat and let the broth cool completely.
5. Blend the broth and use it for meat, fish, or chicken stew. 



Overripe Pineapple and Ginger Smoothie


By Maryam Funmilayo

Servings: 6

INGREDIENTS

- 3 large organic overripe pineapples
- 2 cups unpeeled organic ginger, grated
- 2 cups organic lemon juice
- 1 teaspoon organic black seeds
- 1 teaspoon organic flax seeds
- 1 teaspoon organic chia seeds
- 1 teaspoon organic moringa powder
- ½ teaspoon organic whole cloves

DIRECTIONS

1. Slice the pineapples and put them into a juice blender.
2. Add the ginger and lemon juice.
3. Blend all 3 ingredients until you get a smooth consistency.
4. Add in the rest of the ingredients and blend for 30 to 45 seconds.
5. Serve chilled. 



Green Leafy Nigerian Medley


By Maryam Funmilayo

Servings: 6

INGREDIENTS

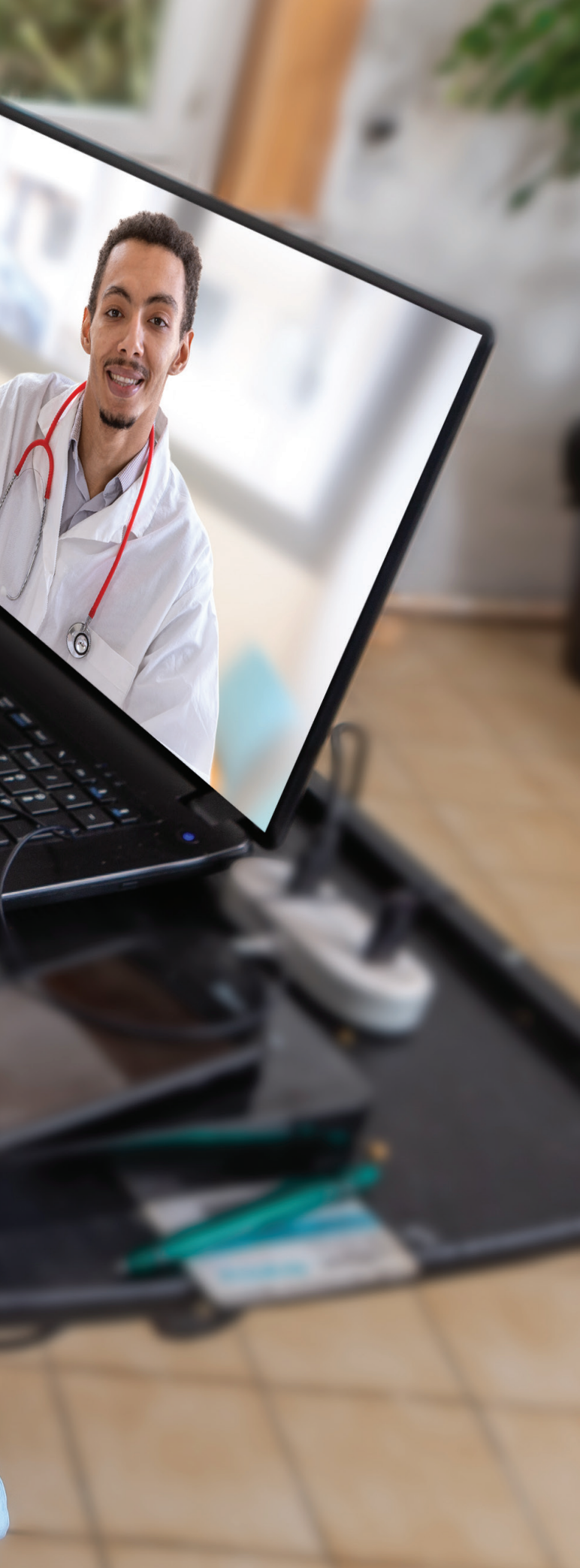
- 1 cup extra-virgin organic coconut oil
- 1 cup onions, diced
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 tablespoon thyme
- 1 tablespoon sweet basil leaves
- 1 tablespoon curry powder
- 1 tablespoon rosemary
- 1 tablespoon cayenne pepper
- ½ tablespoon sea salt
- 5 cups organic amaranth greens (*Efo Tete*)
with stems, chopped
- 5 cups organic cabbage, chopped
- 5 cups organic collards with stems, chopped
- 5 cups organic kale with stems, chopped
- 3 cups organic cilantro with stems, chopped

DIRECTIONS

1. In a large pot, heat the coconut oil over medium-low heat.
2. Add the diced onions.
3. Steam-fry for 10 minutes.
4. Add the spices and steam-fry for another 10 minutes.
5. Add all the greens and simmer for 10 minutes until the greens are tender.
6. Serve hot with bulgur or brown rice. 

Telemedicine: “What’s Up, Doc?”

By Husna T. Ghani



IN THE WAKE OF A GLOBAL PANDEMIC, THE WORLD Wide Web has become overloaded with everything virtual. Whether it is online shopping, online learning, or online medical appointments, everything seems to take place on your computer screen. The past two years have made telemedicine a key element in maintaining one's health initiatives and goals.

What is telemedicine? Telemedicine is the use of technology by a healthcare professional to provide patient care and services. It can be done through audio and video communication. However, it should be noted that email and text messaging consultations are discouraged because they are not official appointments.

Having appointments from the comfort of one's own home is a convenience and, for those who have physical limitations, a necessity. Dr. Mohammed N. Fareed, medical director of the Wisconsin Health Fund Medical & Dental Center, says that with telemedicine, it is easy for his patients with respiratory problems to get quick medical attention without having to get to a hospital or immediate care facility. It also encourages his working patients to squeeze an appointment into their busy schedules.

Over the past two years, telemedicine has been a key element in maintaining health initiatives during a global pandemic. According to the U.S. Department of Health and Human Services (HHS), "the share of Medicare visits conducted through telehealth in 2020 increased 63-fold, from approximately 840,000 in 2019 to 52.7 million." When it comes to contagious diseases such as COVID-19 and its variants, telemedicine was a lifesaver, literally. Patients were able to see their doctors on video and describe their ailments without leaving their homes and spreading the virus. It was possible for the elderly, the immunocompromised, children, and those who were so careful that they hadn't gone inside a restaurant for over a year to have an appointment or follow up with their doctor without being exposed to the virus.

The rise in telemedicine also brought about an increase in behavioral and mental health management. "In 2020, telehealth visits comprised a third of total visits to behavioral health specialists, compared to 8 percent of visits to primary care providers and 3 percent of visits to other specialists," according to the HHS. Behavioral and mental health are sensitive topics, and telemedicine has allowed the patient to feel more comfortable by having a virtual appointment with a psychologist or psychiatrist from their home instead of walking into an office.

There is no doubt that telemedicine is convenient, and it creates an increase in medical appointments and health diagnoses. However, there are numerous limitations. A physician relies on multiple factors to diagnose and treat

Behavioral and mental health are sensitive topics, and telemedicine has allowed the patient to feel more comfortable by having a virtual appointment with a psychologist or psychiatrist from their home instead of walking into an office.



a patient, and the diagnostics involve both qualitative and quantitative data. Observing the patient is an important element. “Follow-up appointments may be more feasible for telemedicine. However, when it comes to a diagnosis, and especially an initial one, over 70% of diagnoses occur through seeing, listening, and speaking with a patient. The other 30% is through the test results,” says Dr. Ehtesham J. Ghani, an internist at Hinsdale Hospital and medical director of ThinfastMD in Illinois.

Technical difficulties can also compromise the quality of a virtual appointment. Zoom, WebEx, cellular devices, or any other audio or video platform can have quality issues. At the same time, having patients speak from public settings or even at home with others around them creates the risk of a patient’s private information no longer being private.

In addition to potentially compromising the quality and accuracy of a patient’s care, the virtual world also puts safety and security at stake. No portal is completely private, and it is especially concerning when sensitive material is being relayed. Although most medical portals are secure and encrypted, no form of telecommunication is immune from data breaches or hackers. The most vulnerable demographic in this arena is the elderly. “Connectivity and confidentiality, especially for the elderly trying to operate technology, can be difficult to maintain,” says Dr. Fareed. Sensitive data leaks can occur in all aspects of the internet, and medical data is at risk.

So, what is the verdict on telemedicine? It depends upon your age, health level, and technical know-how. A young, healthy individual who wants a consultation on maintaining a healthy lifestyle would benefit from it. On the other hand, an individual who is experiencing symptoms but cannot describe them well needs to have an in-person appointment. Also, if an individual has a skin ailment or something that needs to be looked at or observed, an in-person consultation is necessary. In either choice, remember to do your best to take care of your health by consulting a physician and making dua to the Ultimate Healer.

“And when I am ill, it is He who cures me.” (Quran 26:80) ©

HUSNA T. GHANI has an MBA and an MEd. She is a former science teacher and is currently a strategy consultant in the spheres of communication and education. When she isn’t doing her day job, she focuses on desert-making and saving the world, one pastry at a time.



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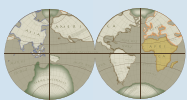
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Physical Therapy: I've Heard of That

By Ali Othman, NSCA-CPT®

ACHES AND PAINS ARE A NORMAL PART OF LIFE, but sometimes they inhibit mobility, decrease strength in a joint or body part, or interfere with daily activities. Symptoms like these can affect a person's quality of life and should be addressed by a physician.

We've all heard about physical therapy but perhaps not enough to understand its health benefits. Depending on the cause of aches and pains, physical therapy is often prescribed as care. It can be prescribed on its own or in tandem with other treatments. It's easy to imagine a knee replacement patient in post-surgery physical therapy, but physical therapists can also treat neck, back, and joint pain caused by injury or arthritis. Whether the tissue injury was caused by a sudden forceful impact or a lifetime of wear and tear, physical therapy has an important role in the healing process.

I recently had the chance to spend some time with Dr. Tom Mollsen, a fellowship-trained manual physical therapist through the Ola Grimsby Institute and founder of Midwest Manual Physical Therapy in Des Plaines, Illinois. Mollsen was kind enough to answer a few questions about physical therapy and enlighten me about a specialty branch within physical therapy called orthopedic manual physical therapy, hereafter referred to simply as "manual therapy."

According to Mollsen, a physical therapist who specializes in manual therapy uses "[s]killed, hands-on soft tissue and joint mobilization techniques combined with specific therapeutic exercises to promote the optimal stimulus for soft tissue healing." In this regard, the manual therapy specialist (hereafter referred to simply as "therapist") alters the internal environment of the affected tissue by using a combination of massage, manipulation, and exercise. Depending on the injury and the type of tissue, a therapist will use one or more of these techniques to heal the injured tissue. Therapists are trained to treat symptoms as well as identify the cause of the injured tissue. "In treating the cause, along with the symptoms, one expects stronger outcomes," says Mollsen. These techniques have earned manual therapists the nickname "tissue healers."

At your initial visit with a therapist, you can expect some opening conversation and a questionnaire about your health history, past surgeries, and reason for visiting. Often, a patient has been referred to a therapist by a doctor. In these situations, the therapist has already reviewed the patient's medical history prior to the first appointment. Shortly after the start of the visit, the therapist will administer "[a] biomechanical, tissue-based examination to identify the cause of the disease process," says Mollsen. This involves thoroughly checking the injury and the surrounding area. Movement patterns, muscula-

Manual therapy should take place as soon as is medically safe after an injury or diagnosis of a relevant condition. The goal is to have a professional at your side from the beginning supervising the healing, strengthening, and mobilization of the injured tissue.



ture, flexibility, and range of motion are a few items examined during this time. During or after the examination, the therapist will take baseline measurements of the patient's pain, mobility, and tissue pliability (its ability to absorb and properly distribute force). These same tests will then be taken several weeks or months later in order to reveal the extent of the patient's improvement.

Over the course of therapy, the patient and therapist develop a level of trust unseen in many other industries. The patient trusts the therapist's ability to help and heal them, and the therapist trusts the patient's resolve to work towards getting better. Manual therapy can test a person's physical and mental limits. Manipulation of an area of tissue adhesions is a good example of this. Adhesions are bands of fibrous tissue formed while the body is healing an injury. Areas of adhesion form over an injury, connecting the surrounding tissue in order to seal and strengthen injured tissue. It's an amazing healing tool, but unfortunately, the fibers form and run in all different directions rather than following the fibrous pattern of the tissue. These can become areas of stiffness, reduced range of motion, and pain. Adhesions can even interrupt nearby bodily processes. After manipulating an area of adhesion, the tissue will be more pliable and the adhesion less of an encumbrance on daily activities.

Manual therapy should take place as soon as is medically safe after an injury or diagnosis of a relevant condition. The goal is to have a professional at your side from the beginning supervising the healing, strengthening, and mobilization of the injured tissue. Manual therapy sessions vary based on the specific needs of a patient, but the therapist will usually use hands-on techniques as part of the healing process. "In general, a standard manual therapy session will begin with passive treatment performed by the clinician involving massage, joint mobilization techniques, and where indicated, manipulation," says Mollsen. This is a pre-exercise tissue warm-up, and it helps

increase blood flow, improve range of motion, and reduce pain associated with the upcoming exercise.

The therapist works the tissue surrounding the injury or ailment until it reaches the desired consistency. At this point, the internal environment has been prepared, and the patient is ready to begin what Mollsen calls a “properly designed and dosed exercise regimen.” This part of treatment directly correlates with the rate at which a patient heals. The length of time needed to reach the desired tissue consistency should eventually decrease as the patient’s condition improves. Although medical professionals are still learning about the physiological processes enhanced by manual therapy, there’s an overall agreement that when it is integrated into a patient’s recovery, it shortens the healing time for soft tissue. In many cases, the exercise portion of a patient’s therapy is enhanced by hands-on massaging and manipulation.

There are many different techniques in manual therapy, each designed to treat an ailment or injury. Let’s look at three common practices:

Soft tissue mobilization. Due to an injury or arthritis, soft tissue can suffer range-of-motion limiting changes such as scar tissue development or muscle or connective tissue shortening. Imagine a joint surrounded by tendons and ligaments, muscles, fluid capsules, blood vessels, and nerves. These structures surround a joint and allow its natural roll, glide, or spin motion. If scar tissue develops within this structure, it can interfere with the movement pattern and restrict motion. Under the umbrella of soft tissue mobilization, therapists have a range of techniques involving the application of different types of force and pressure.

Joint mobilization. With joint mobilization techniques, a therapist uses “graded forces applied in a specific direction at bone to improve motion or reduce pain at the respective joint,” says Mollsen. This technique is useful for any joint suffering motion issues and can feel like a localized temporary reset button. Afterwards, the patient is ready to exercise the surrounding muscles and rebuild the strength that diminished due to the tissue injury.

Range of motion. Here, the patient practices moving through the range of motion of the affected joint or joints with assistance from the therapist. These movements can be passive, where the therapist leads and controls the range-of-motion exercise, or active, where the patient takes control of the movement while the therapist guides them. As the patient progresses through manual therapy, range-of-motion exercises can develop into resistance exercises. Resistance can come in a number of different forms, including manual resistance provided by the therapist, weights, and pulleys. “Range of motion techniques are used to improve or facilitate the amount of motion available at a specific joint,” says Mollsen.

These manual therapy techniques, as well as many others, are followed by exercises designed to strengthen areas of injured tissue. Therapeutic exercises are an indispensable part of manual therapy and can restore a patient’s strength, balance, and range of motion. Injured tissue needs time to heal, and during that time, the area may be immobilized so it can heal properly. While it’s necessary for healing, immobilizing an area can cause the surrounding muscle tissue to degenerate. Strengthening these muscles is a critical part of healing because regaining strength means helping to prevent future injuries.





Although medical professionals are still learning about the physiological processes enhanced by manual therapy, there's an overall agreement that when it is integrated into a patient's recovery, it shortens the healing time for soft tissue.

Other less obvious goals may include improvements in balance and proprioception. Proprioception is the mind-muscle connection or spatial awareness of your body. Nerve endings in the skin, muscles, and other places throughout the body send signals to the brain indicating their current position. It's because of proprioception that you can walk without looking at the ground, put your contacts in without a mirror, and do other activities of daily living that don't warrant a second thought. Various injuries can affect this involuntary internal process, and sometimes it's necessary to retrain the body to improve proprioception.

Nearly all the techniques practiced in manual therapy involve movements and exercises that break down muscle tissue. If the body is to repair this tissue after

exercise and heal tissue after an injury, it needs the support of proper nutrition. The right balance of proteins to accelerate tissue repair, fats to aid internal processes, and carbohydrates to power you through your therapy sessions will help support this repair process. Rather than focusing only on the injured area, therapists consider the overall health of the patient as it relates to healing the injury, so don't be surprised if your therapist asks about your diet, offers suggestions, or refers you to an expert.

When I asked Mollsen what goals his patients have, the endless list opened my eyes to a new side of health and wellness. His patients wanted to "reduce pain, improve joint mobility, increase range-of-motion, reduce soft tissue tension, eliminate joint inflammation, improve joint stability, promote proper recruitment of muscle groups, restore normal movement patterns, improve general fitness, and return...to work, sport, and activity." It's no wonder why manual therapists are known as tissue healers. TM

ALI OTHMAN is an NSCA-certified personal trainer with over fifteen years of experience in the health and wellness industry. He also works in the Food Technology Department at IFANCA and manages IFANCA business activities in South Korea.



Spotlight on Maya Cosmetics

WITH THE EXCEPTION OF 2020, WHICH experienced a decline due to the COVID-19 pandemic, the Muslim market for cosmetics has grown steadily in recent years. According to the 2020/21 State of the Global Islamic Economy report by DinarStandard, Muslim spending on cosmetics will reach about \$76 billion by the year 2024, experiencing a compound annual growth rate of 2.9% between 2019 and 2024. This figure doesn't specifically apply to halal cosmetics, but it makes one thing clear: there is undoubtedly a market for these products. The question is, who is supplying them?

Enter Maya Cosmetics. Maya Cosmetics offers nail polishes that are halal certified by IFANCA. Javed Younis, president of Maya Cosmetics, launched the company in 2016 with six nail polish colors. Now, they have thirty-three colors and three topcoat choices: glitter, gloss, or matte. Their nail polish formula is 9-Free, meaning that it doesn't contain the harmful chemicals that may be found in other nail polishes. And the best part? They're halal certified!

Being halal certified is an important aspect of the business. "Prior to launching the brand in 2016, it was very important for us to make sure this product didn't fall into Shubuhat (doubtful)," says Younis. "We wanted customers to feel confident in wearing our halal nail polish and at the same time we wanted to make sure our sales [and] marketing efforts were clear and concise on the products attributes and limitations. Having IFANCA



halal certification gives us that clarity." Though IFANCA does not currently certify every product sold by Maya Cosmetics as halal, this is something that Younis says the company is working on, noting that the next products he hopes to get halal certification for are the beard grooming products. Check out the table on the following page to see the full list of their products that are currently certified halal.

Maya Cosmetics operates in thirty countries and sells through over 100 retailers, and Younis finds these relationships to be a crucial reason for the business's overall success. Because of this, the team at Maya Cosmetics makes sure to assist their partners in any way

they can. Younis says, “We do everything we can to support retailers by referring local business, providing outstanding marketing materials, social media support and most importantly allowing them to make a comfortable margin selling Maya Cosmetics.” North America represents the biggest portion of their market, with about 70% of sales coming from the United States and Canada specifically, according to Younis. However, they’re a growing company that’s always adding new countries to their distribution lists. Most recently, they set up distributors in both Jordan and Kazakhstan so that halal consumers there can also enjoy this innovative cosmetics company.



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There is still room for the halal cosmetics market to grow, and this may coincide with the growing focus on “good-for-you,” healthy, and cleanly formulated products. Younis says, “Consumers are becoming [increasingly] more knowledgeable about harmful ingredients so I would say the trend towards clean and healthy beauty products will continue for years to come.”

At the same time, starting a halal cosmetics business isn’t easy. Younis offers the following advice for those looking to get started in the industry: don’t take the halal label lightly, use multiple retail avenues, don’t try to do everything yourself, and be original.

Among Maya Cosmetics customers, the most popular products are Barely There, a nude color with pink undertones; Shirley Temple, a bright red color; and Ruman, a darker red with a more pomegranate tone. Want to try their products for yourself? You can shop on their website: www.maya-cosmetics.com.[®]

Halal-Certified Nail Polish from Maya Cosmetics:



COLORS

— Barely There

- Bittersweet
- Black Seed
- Butternut
- Cocoa Bean
- Crimson Glow
- Dahlia
- Dusky Rose
- Earl Grey
- The Fuchsia is Bright
- Gold Digger
- Himalayan Salt
- Lu’Lu White
- Midnight Blues
- Mirage
- Mystique
- Oceanic Dreams
- Olive You
- Orange Zest
- Pepto Pink
- Petallic Tea Pink
- Plumberry
- Pretty Penny



— Ruman

- Sandy Beach
- Seashell
- Shirley Temple
- Silver Lining
- Sugar Tip
- Summer Sky
- Supergirl
- Tamarind
- Taro

TOP COATS

- Glitter
- Gloss
- Matte

HALAL-CERTIFIED PRODUCT LOCATOR

Not all of the company products are halal-certified. Look for the Crescent-M logo on the product label or verify the certification using the certified products listing on www.ifanca.org.

HALAL-CERTIFIED PRODUCT LOCATOR

Brand	Product Type	Company Name	Available At
Cabot®	Cheese	Cabot Creamery	Supermarkets throughout the United States
Campbell's®	Food Products	Campbell Soup Company	Supermarkets throughout Canada
Casa Grande Farms Green Mountain Farms® Hahn's®	Dairy Products	Franklin Foods Inc.	Supermarkets, discount stores
Desi Natural™	Dairy Products	Desi Fresh Foods™	Visit their website: desifreshfoods.com
Dr. Chen® Kandesn® Oi-Lin® SunBreeze® Sunrider® SunSmile® SunTrim® VitaShake®	<ul style="list-style-type: none"> • Cosmetics • Food Products • Nutritional Supplements • Personal Care Products 	Sunrider International	Visit their website for distributors: home.sunrider.com
Elecare® Ensure® Glucerna® Pediasure® Pedialyte® Similac® ZonePerfect®	<ul style="list-style-type: none"> • Infant / Baby Food Products • Nutritional Supplements 	Abbott	Supermarkets and drugstores throughout the United States and Canada
Enfagrow® Enfakid® Enfamil® Enfapro®	Infant / Baby Food Products	Mead Johnson B.V.	Department stores, supermarkets, and drugstores throughout the United States
Enjoy Life®	Snack Food	Enjoy Life Natural Brands	Supermarkets, convenience stores, drugstores
Flipz® Turtles®	Candy / Chocolate	DeMet's Candy Company	Supermarkets, drugstores, discount stores
Fruitfull® Happy Indulgence®	Food Products	Happy & Healthy Products Inc.	Supermarkets, convenience stores, mini marts, gas stations

Brand	Product Type	Company Name	Available At
Godiva	Candy / Chocolate	Godiva Chocolatier	Company stores, department stores, supermarkets, gift shops, and drugstores throughout the United States
Golden Bonbon™	Candy / Chocolate	Asti Holdings Ltd.	Visit their website: www.goldenbonbon.com
Impossible™	Food Products	Impossible Foods Inc.	Grocery stores and select restaurants throughout the United States
J&M®	Food Products	J & M Food Products Company	Visit their website: www.halalcertified.com
Kontos®	<ul style="list-style-type: none"> • Bakery Items • Bread 	Kontos Foods, Inc.	Ethnic (Arab, Indo/Pak) stores and fruit & vegetable markets throughout the United States
La Yogurt®	Dairy Products	Johanna Foods, Inc.	Supermarkets, fruit/vegetable markets, discount stores
Love & Quiches Gourmet®	Brownies and Cakes	Bello LLC, dba Love and Quiches	Visit their website for outlets: www.loveandquiches.com
MAYA™	Cosmetics	Maya Cosmetics	Visit their website: www.maya-cosmetics.com
Melaleuca	<ul style="list-style-type: none"> • Nutritional Supplements • Personal Care Products 	Melaleuca, Inc.	Visit their website for distributors: www.melaleuca.com
Mountain High™	Dairy Products	General Mills	Supermarkets throughout the United States
My Own Meal®	Food Products	My Own Meals, Inc.	Visit their website: www.myownmeals.com
National®	<ul style="list-style-type: none"> • Dessert Mixes • Food Products • Sauces & Dressings, Condiments • Spices & Seasonings 	National Foods Limited	Ethnic (Indo/Pak) stores throughout the United States and Canada
Natural Delights®	<ul style="list-style-type: none"> • Food Products 	Datepac, LLC	Kroger, Meijer, Publix, Walmart, Whole Foods, and various markets throughout the United States

Brand	Product Type	Company Name	Available At
Nestlé	<ul style="list-style-type: none"> • Beverages / Beverage Concentrates • Dairy Products • Drink Mixes • Dessert Mixes • Food Products 	Nestle Pakistan Ltd.	Ethnic (Indo/Pak) stores throughout the United States
Nutrilite™	Nutritional Supplements	Access Business Group, LLC	Visit their website for distributors: amway.com/en_US/nutrilite
Olympia® Foods	<ul style="list-style-type: none"> • Flat Bread • Gyros 	Olympia Food Industries, Inc.	Ethnic (Arab, Indo/Pak) stores and restaurants throughout the United States and Canada
Organic Valley®	Dairy Products	Organic Valley	Supermarkets throughout the United States
Peek Freans	Bakery Items	English Biscuit Manufacturers (Pvt.) Ltd.	Ethnic (Indo/Pak) stores throughout the United States and Canada
POM Wonderful®	Beverages / Beverage Concentrates	POM Wonderful, LLC	Supermarkets throughout the United States
Saffron Road™	<ul style="list-style-type: none"> • Appetizers • Food Products • Snack Foods 	American Halal Company, Inc.	HEB, Kroger, Publix, Target, Whole Foods, and various markets throughout the United States Visit their website to locate a store near you: saffronroad.com
Tom's of Maine	Personal Care Products	Toms of Maine, Inc.	Department stores, supermarkets, and drugstores throughout the United States
Wonderful Pistachios®	Pistachios & Almonds	Wonderful Pistachios & Almonds	Supermarkets throughout the United States

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