



Ansar Connection

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We are the Helpers of Allah.

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Hike to Kilimanjaro, Tanzania

By: Usama Virk (Maryland Majlis)



In a demonstration of fortitude and willpower, two members of the Majlis Ansarullah USA, Usama Virk Sahib and Sarmad Siddiqui Sahib from the Maryland Majlis, along with the spirited Khuddam, Zeeshan Ahmed and Sohaib Khan, embarked on an extraordinary expedition to scale the majestic Mount Kilimanjaro. This venture took place in the last week of January 2024, where these brave adventurers

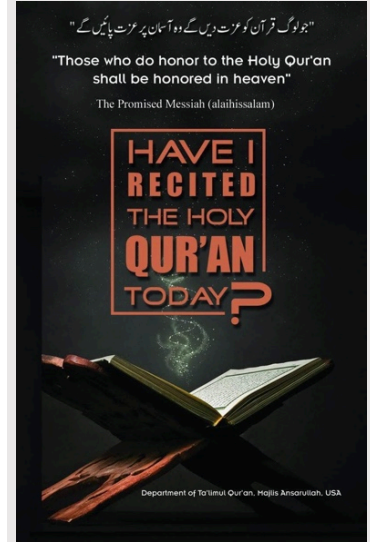
ascended the highest peak in Africa and the tallest freestanding mountain in the world, reaching the impressive height of 19,341 feet. Their journey, spanning six days and over 40 miles, with a total ascent of about 17,000 feet, stands as a testament to their exceptional physical endurance and mental strength.

Despite their passion for hiking, the unique challenges presented by Kilimanjaro's lofty summit prompted our team to begin rigorous training two months prior, engaging in hikes across notable trails such as Maryland Heights, Old Rag Mountain in Virginia, and Maryland's Catoctin Hike. This was in recognition of the importance of proper acclimatization on Mount Kilimanjaro, particularly crucial for a successful and enjoyable ascent via the scenic Machame Route over a period of six days.

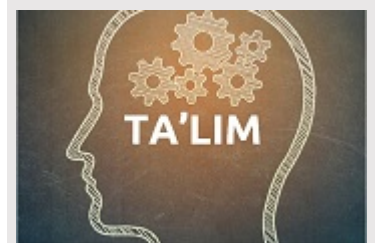
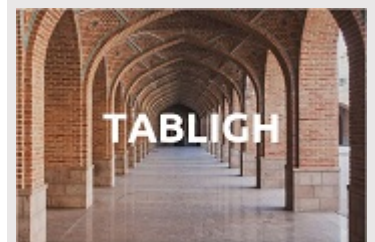
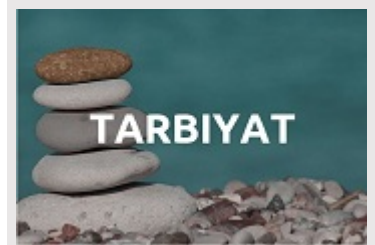


The journey commenced with heartfelt prayers and letters sent to our beloved Hazoor Khalifatul Masih V (aba) and Sadar Majlis Ansarullah, seeking blessings for this endeavor. The Machame Route, chosen by the team, is renowned for its diverse terrain and climatic zones, offering an unparalleled trekking experience.

Beginning with an pre-trek briefing in Moshi, the route leads from Machame Gate through lush rainforests to Machame Camp, and onwards to Shira Camp, Lava Tower, and Barranco Camp for vital acclimatization phases. The climb progresses to Barafu Camp, setting the stage for the final push to the summit, followed by a descent to Mweka Camp and culminating at Mweka Gate. Each day unfolds with varying elevation gains, distances, and hiking times, traversing



environments ranging from montane forests to alpine deserts, and culminating in a summit attempt that is as challenging as it is fulfilling.



Upon completing this monumental hike, we engaged with the local community, including the missionary-in-charge of Arusha, Tanzania, Murabi Shahab Sahib, and the Tanzania Ameer Jamaat, Tahir Chaudhary Sahib. This remarkable achievement not only underscores the team's personal commitment but also serves as a source of inspiration for others.

May Allah empower our Ansar (and Khuddam) brothers with the strength to pursue their passions in the future. Ameen.

Top 10 health benefits of fasting

By: Dr. Tanvir Ahmed (Qaid Health, Majlis Ansarullah USA)



What is fasting?

When we refer to fasting we're talking about the abstinence from all or some food and drink for a given period of time (Fasting in Ramadhan).

The practice of fasting dates back centuries and is thought to be one of the oldest therapies in medicine and many argue that going without food for periods of time is something our bodies are suited to.



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Health Benefits of Fasting

1. May support weight loss

Studies show that controlling the times we eat - or undertaking short-term fasts - may aid weight reduction, fat loss and improve blood lipids.

2. Supports blood sugar management and improve diabetes

Several studies support the use of fasting as a means of improving blood sugar control and potentially reducing the risk of diabetes..

For those with **type 2 diabetes**, intermittent fasting benefits include decreasing fasting glucose and fasting insulin, reducing insulin resistance and levels of the appetite hormone, leptin. Diabetics should discuss with their doctor about fasting. Medicines may need some adjustments.

3. Supports gut health

Fasting has positive impact on both the diversity and number of beneficial bacteria in the gut. This appears to have a beneficial effect on weight, waist measurement and metabolism. Healthy gut bacteria produce vitamins and have other benefits

4. Supports hormones and genes that influence metabolism

Fasting makes the body adapt via a change in hormone levels to make stored body fat more accessible, and to initiate repair processes. The muscles become more efficient in burning fat.

5. Supports heart health

Fasting may reduce some of the risk factors for heart disease - including blood pressure, cholesterol and markers of inflammation.

6. May help disease prevention

When we fast, the body initiates a process called autophagy. This is likened to the body's 'house-keeping', when waste materials from cells are removed. Autophagy is thought to improve the body's ability to manage chronic inflammation and, as such, reduce the risk of conditions such as heart disease, multiple sclerosis and rheumatoid arthritis.

7. May delay ageing and support growth and metabolism

Fasting, has been associated with an extended life expectancy.

Fasting appears to promote levels of human growth hormone, that plays important role in growth and repair, metabolism, weight loss, muscle strength and exercise performance.

8. May reset your circadian rhythm

Fasting may help reset our circadian rhythm and benefit conditions like obesity that are associated with a disordered body clock.

9. May support brain function

Fasting may protect against and improve outcomes in Parkinson's and Alzheimer's, as well as improve brain function by supporting memory and brain processing.

10. May reduce anxiety

Human studies report fasting may reduce symptoms of anxiety and depression and improve social connection.

Send us your stories of brotherhood, Ijtima memories, or any other inspiring experience that we can share with Ansar brothers via this e-newsletter.

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