

## HONEY



- Curing depression.
- Sharpening the memory.
- As an eye salve for brightening one's vision.
- As a preventative measure for a number of diseases.
- To cure acute indigestion (taken with hot water).
- One teaspoon of honey before going to bed helps with painful joints, incontinence and insomnia.

## LENTILS

Softens the heart



SOME OF  
THE FOODS  
MENTIONED  
IN

## OLIVES



*"I enjoin olive oil on you for eating and massaging yourself. It will prevent 70 diseases."* Prophet Muhammad (pbuh)

- A cure for food poisoning.
- Massaging the body.
- The leaves of the olive tree have been recommended for eczema, and other skin ailments.
- Use it as for dipping in bread.

## CUCUMBER

God has invested cures for all diseases in cucumbers.



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# THE QUR'AN



## DATES



*"Eat dates on an empty stomach and they will kill bad bacteria"*

*"Begin your breakfast with dates"*

Prophet Muhammad (pbuh)

- Instant energy (especially recommended for those suffering from low blood pressure)
- Good for the heart – reduces bad cholesterol.

## RAISINS

Eating 21 red raisins every day on an empty stomach keeps diseases away



## FIGS



High in dietary fibre and a rich source of magnesium and potassium

- Removes bad breath
- Strengthens bones
- Improves hair growth
- Cures colic
- Cures pains especially joint pains
- Cures piles
- Helps to reduce some forms of cancer



## RED GRAPES

*"The best of foods is bread and the best of fruits are grapes"* Prophet Muhammad (pbuh)

- Prophet Noah complained of grief and was told to eat grapes.
- Good for reducing the effects of ageing, kidney disorders, asthma, migraines & constipation, also good for memory and eyes.

## POMEGRANATE

It helps digestion and if eaten first thing in the morning on Friday it provides enlightenment.



## ONION



- Cleanses teeth
- Strengthens the roots
- Cures phlegm
- Lessens fatigue & laziness,
- Increases fertility
- Cures fever
- Beautifies complexions.