

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.



THE
QUR'AN



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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.