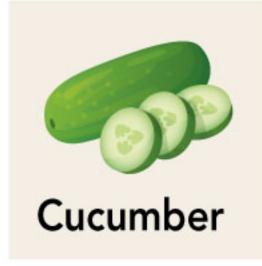
FOODS RECOMMENDED BY OUR HOLY PROPHET MUHAMMAD (PBUH)



date is a food of high nutritional value and supplys energy and repairs our body



Eat figs for constipation and to stop hair loss



God has invested cures for all diseases in cucumbers



To cure a cough drink onion juice and honey



Use olive oil in your food and massage it to your body for it is from a blessed tree



Vinegar was part of the diet of all the Ambiya





Recite Bismillah before drinking water



Eating apples refreshes the digestive system



Purifies the heart and alleviate its troubles



One of the most valuable fruits highly nutritious and easily digestible



Helps digestion and if eaten first thing in the morning on Friday it provides enlightenment



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