

PHYSICAL HABITS ACCORDING TO SUNNAH

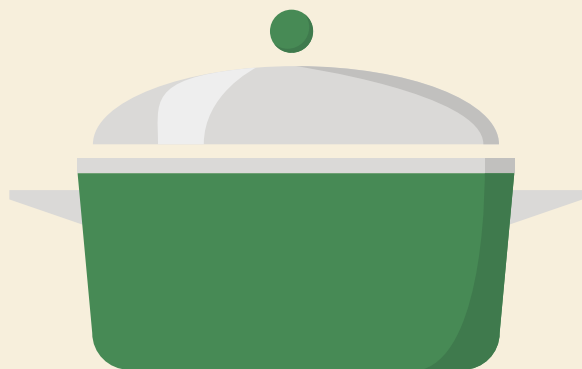
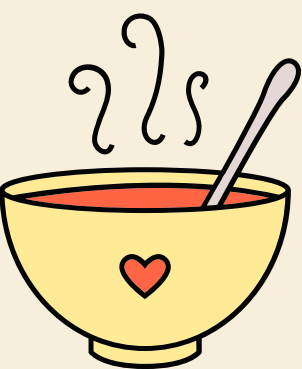
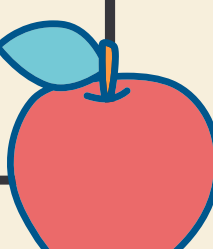
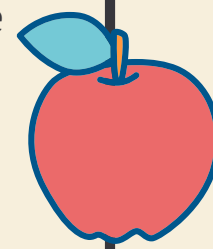
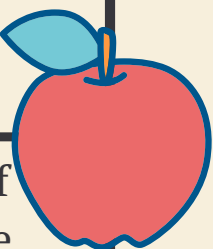
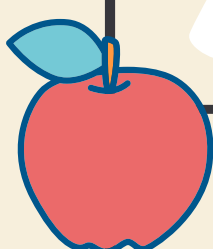


Mouth



The Messenger of Allaah (peace and blessings of Allaah be upon him) said, Siwaak cleanses the mouth and pleases the Lord.

(Reported by al-Bukhaari in his Saheeh, 2/274, and by Ahmad, 6/47, and al-Nisaa'i, 1/50. Its isnaad is saheeh, see al-Irwa 1/105).



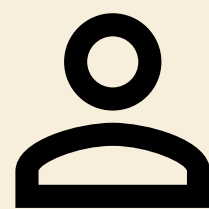
Eosophagus

‘Asma bint Abu Bakr, that if she used to cook a broth she would cover it with something until the hot bubbling steam had left, then she said: verily I heard the Messenger of Allaah (peace & blessing be upon him) says: ‘Indeed it is greater Baraka (blessings) in the food from which is not bubbling and steaming.’

No. 392/659 Taken from Silsilah Ahadeeth As-Saheehah of Shaykh Al-Albaani

Stomach

Stomach



Prophet Muhammad (peace & blessing be upon him) said “A man does not fill any vessel worse than his stomach. It is sufficient for the son of Adam to eat enough to keep him alive. But if he must do that, then one-third for his food, one-third for his drink and one-third for his air.” [2] Other than that, Jabir reported: Prophet Muhammad (peace & blessing be upon him), said, “The food of one person is enough for two, the food of two is enough for four, and the food of four is enough for eight.”

Narrated by al-Tirmidhi, 2380; Ibn Maajah, 3349; classed as saheeh by al-Albaani in Saheeh al-Tirmidhi, 1939.

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Sahih Muslim 2059

