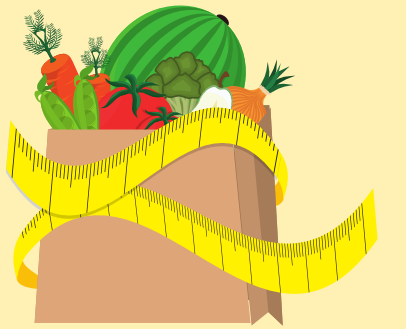


HEALTHY

FOOD!!!

MENTIONED BY PROPHET
MUHAMMAD (PEACE & BLESSINGS BE
UPON HIM)

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Ibn Abbas reported: The Messenger of Allah, peace and blessings be upon him, said, "The best water on the face of the earth is Zamzam water. In it is food for nourishment and healing for illness.

al-Mu'jam al-Kabir 11011, Grade: Hasan (fair) according to Al-Albani

Tariq ibn Shihab reported: The Prophet, peace and blessings be upon him, said, "Verily, Allah Almighty did not place an ailment but that he also placed its cure. You should drink the milk of cows, for they are given health by all kinds of plants.

Musnad Ahmad 18352 Grade: Sahih (authentic) according to Al-Albani

Abu Sa'id al-Khudri reported: A man came to the Prophet, peace and blessings be upon him, and he said, "My brother has diarrhea." The Prophet said, "Give him honey to drink." The man gave him honey to drink and he said, "I gave it to him but his diarrhea only got worse." The Prophet said, "Allah told the truth and your brother's stomach is mistaken." He gave him more honey and get got better.

Ṣaḥīḥ al-Bukhārī 5386, Ṣaḥīḥ Muslim 4114

Narrated from Sa'd ibn Abi Waqqaas that the Prophet (blessings and peace of Allah be upon him) said: "Whoever eats seven 'ajwah dates in the morning, will not be harmed by any poison or witchcraft that day."

Al-Bukhaari (5445) and Muslim (2047)

