

NATURAL REMEDIES

Written by Administrator
Friday, 25 July 2014 10:52 -

CHUCK THE DRUG-MEDICINE

Hakeemi prescribed Unani potion for clogged heart arteries

1 cup fresh lime juice (kaakdi limbu)

1 cup green ginger juice

1 cup garlic juice (pink variety)

1 cup apple cider vinegar

Place all the 4 above items in a stainless steel or enamel saucepan or pot. Bring to a boil on medium heat for 45 minutes, remove from stove and let completely cool.

Now add 3 full cups of pure wild flower honey, thoroughly mix all the above items and store in a glass container in the fridge.

Take 3 dessert spoons before the Fajr Salaat

This is a 40 days course for blocked arteries.

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Always follow the Sunnah for a Healthy life

One of the favorite vegetable Sayyidina Nabee Muhammad (sallallahu alayhi wasallam) preferred was Kalabash. (Dhodhi or Marrow)

The URDU word for dhodhi is Kaddhu

VEGETABLES

Radish was one of the vegetables Rasulullah (sallallahu alayhi wasallam) recommended. This vegetable increases appetite, clears the throat, facilitates urination and improves the complexion. Constant use of this vegetable helps in the growth of hair.

FRUIT

Of all the fruits, Rasulullah (sallallahu alayhi wasallam) relished grapes most. Medically, this fruit has been reported as the blood purifier and the body builder.

POMEGRANATE is another fruit which Rasulullah (sallallahu alayhi wasallam) relished. It purifies the blood, increases potency, removes constipation, strengthens the liver, clears the throat and if eaten after meals, helps in quick digestion.

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ORANGES

A good source of the anti-oxidant vitamin C which boosts the immune system. Also a reasonable source of folic acid which prevents heart disease. Their anti-ageing effect also comes from flavonoids in citrus fruit that work with vitamin c to boost immunity, strengthen blood capillaries, and act as anti-inflammatory antioxidants.

27 Ramadhaan 1435 – 25 July 2014