

THE BOUNTIES OF ALLAH

Allah Ta'ala, Our Creator, is aware of our needs. All His bounties and favours (*Ni'maat*) have been designed by Him for our benefit. The fruit and vegetables created by Allah Ta'ala are full of health benefits. The kuffaar experts who have researched these bounties are more aware of the health benefits than Muslims.

The health benefits of fruit and vegetables will be acquired only if these are not neutralized by ingratitude to Allah Ta'ala. When the Muslim displays ingratitude, Allah Ta'ala snatches away the benefits and even the bounties. He says in the Qur'aan Majeed:

"If you are grateful, I shall most certainly increase (My bounties) for you. And,

If you are ungrateful, then (know) that verily, My punishment is severe."

APPLES

- Protects your heart.
- Prevent constipation.
- Prevents diarrhoea.

HEALTH BENEFITS OF FRUITS AND VEGETABLES

Written by Administrator
Friday, 21 April 2017 11:04 -

- Improves lung capacity.

- Cushions joints.

Ways of neutralising the health benefits of fruit and vegetables

- Sin and transgression
- Consuming haraam and mushtabah food
- Consuming Carrion and the plethora of halaalized meats and chicken products
- Processed foods laden with chemical poisons
- Over-eating
- Eating junk 'food' such as the muck served by fast food outlets.

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23 Rajab 1438 - 21 April 2017