

“O People! Eat from the earth what is halaal and tayyib (lawful and wholesome) and do not follow in the footsteps of shaitaan. Verily, he is for you an open enemy.” (Qur’aan)

THE WONDERFUL APPLE & POMEGRANATE



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APPLE

For many years, natural healers have used the apple as both, food and a medicine. In the sub-continent, apples are still used to relieve gout, biliousness, skin problems, and nervous disorders. There are many varieties of apples. If one variety is unpalatable for someone, he can almost find another to suit his taste buds. In most developed countries, apples are available all year around, since there are summer and winter varieties of the fruit. Besides, cold storage facilities have made apples available throughout the year.

When buying apples, look for mature, firm, crisp apples. The colour should be attractive depending on the variety. To test for freshness and juice, thump them with the finger. If there is a hollow sound avoid them. They either do not have adequate amount of juice or are dry and puffy inside. They are not pleasant to eat and are of no benefit. Also, avoid fruit with punctures, bruises, brown colouring, and softness.

According to Unani medicine, the sweet variety soothes the nerves; rejuvenates the heart and liver; and strengthens (the digestive system. It also produces blood in the body. Neurotically, it cures phobia and melancholia. The sour variety is especially good for allaying thirst and removal of biliousness.

The essential vitamins and minerals in apples contain a pre-digested form of fruit sugar, which makes them an ideal fruit for the sick, infants and invalids.

The apple peel is a rich source of important vitamins. To take full benefit from its goodness, eat it without removing the peel. Apple peelings are especially good for kidney disorders. Steep in hot water, add honey and drink daily.

The hakims maintain that constipation is the root of many diseases. The apple is good for constipated persons. It promotes digestion and hunger. Due to its pectin content, it absorbs excess water in the intestines, producing a soft bulk. This makes it a mild laxative that

does not irritate the intestines. It stimulates peristaltic movement, which is vital for regular and natural bowel elimination.

The apple is not high in iron content but strangely, it helps the body absorb iron from other foods like eggs and liver. However, it is rich in calcium and aids the body to absorb calcium from other foods.

The vitamin A content in apples is 50% more than oranges. This promotes growth, wards off cold and infections, strengthens the eyesight and prevents night blindness.

Its vitamin C content promotes strong, healthy bones and teeth. Its vitamin B content helps maintain the nerves. Persons with blood disorders such as low blood pressure and hardening of the arteries should eat apples regularly as they are excellent blood purifiers. Apples also increase red blood and make the face glow with radiance.

To rid the body of excess weight, drink apple juice daily.

An Apple a Day Keeps the Doctor Away

Let us not look at the apple as just a delicious fruit, but it is more than something nice and good to eat. The saying, ***an apple a day keeps the doctor away*** is as true as it sounds. According to the hakims, a person suffering from malnutrition should eat two to three apples daily on awakening, followed by a glass of fresh milk. In about three weeks, he will start enjoying health, glowing with radiance. The functions of his vital organs will improve. His skin and muscles will tone up. His flesh will cling

firmly onto his body's framework. Wrinkles on the face and neck, loose, flabby skin hanging over the eyes will all disappear with time. He will acquire youthfulness that non-apple eaters do not have. The apple is one of nature's greatest health-giving foods.

A rich source of potassium, the apple promotes youthfulness; it is the "artery softener," keeping the arteries of the body flexible and resilient. It is a fighter of dangerous bacteria and viruses. Potassium deficiency can lead to depression, mental and physical fatigue. Fats do not convert into the proper compounds. In turn, these improperly processed fats may lead to a certain form of rheumatism. Similarly, organic food elements do not neutralize when there is a lack of potassium in the body. The organic food elements thus, convert into acids, which, in turn renders the entire body to becoming acid. When there is an excess of acids in the body, some foods will convert into gases, leading to a variety of ailments and diseases. Potassium is also needed for sugar metabolism. See what happens when there is potassium deficiency.

1. Water build-up occurs in the tissues, indicating the start of kidney problems. If left untreated, the kidneys begin to atrophy, finally giving up their function. A usual symptom is swollen ankles.
2. When there is lack of potassium, the cerebellum cannot function efficiently. The sufferer feels like falling. Mental work and physical movements become difficult.
3. A periodic headache, especially on arising in the afternoon and in the evening, is another common symptom of potassium deficiency.
4. Potassium deficiency results in lack of tissue oxidation, causing the muscles to waste away. This is called dropsy.
5. The individual feels feverish inside his body, not outwardly. There is a burning sensation inside, but not on the outside.
6. The skin itches all over the body so that the sufferer scratches everywhere.
7. The patient also complains of sensitive corns.
8. A scar itches more when there is a lack of potassium.
9. Peristalsis of the bowel is defective. Bowel movement is irregular. This may cause acidity in the stomach.
10. The muscles become excessively acid. If left untreated it leads to the whole body becoming acid. This may lead to other complications.

From the above discussion, the importance of including apples in the diet becomes self-evident. Also see how apples can help cure other ailments and diseases.

Constipation: Constipation is the root of several maladies such as piles, headaches, body aches, to name a few. The apple is among those fruits that help cure constipation. It also promotes digestion and enhances the appetite. Eat an apple or two before going to bed and on awakening.

Strenuous Mental Work: The apple is a rich source of phosphorus and potassium, which are both vital for the brain. Those doing mental work should include apples in their daily diet. Eating two to three apples in the morning followed by a glass of fresh milk is very nourishing to the brain and the body in general.

Weakening Memory: Signs of a weakening memory are inability to remember simple names of people and things; continuous discharge of fluid from the nose; post-nasal drip. The patient should eat an apple or two, peel and all, ten minutes before meals. Doing this regularly helps strengthen the brain and its faculties.

Cracked Lips: Sometimes the lips tend to crack especially in winter. Pound the seeds of an apple until it becomes a paste. Apply to the lips before going to bed. By the morning, there will be a marked difference.

Headaches: For persistent headaches of any kind, eat an apple or two each morning on awakening. Remove the peel, cut into slices, sprinkle a little salt and eat. In case of high blood pressure, avoid salt. Relief will be found in three days.

Sore Eyes, Conjunctivitis and Inflammation of the Eyes: Remove and discard the peel of an apple. Mash a small piece of the flesh, place on the affected eye and tie with a bandage. Leave for an hour or two. Repeat after a few hours until relief is found.

Sore Throat and Inflammation of the Throat: After removing the skin of an apple, scoop a teaspoon of the flesh and place in the mouth. Let it make contact with the affected area for a few seconds before swallowing it. Repeat a few times. Do this twice a day for two or three days. The problem should be solved in due course.

Coughing: For coughs of all types, drink a glass of pure apple juice sweetened with sugar candy (Indian: *misry*) every morning. This is a very effective treatment for this condition. As an alternative, eat a sweet apple daily for a week to ten days. The condition should disappear during the course of this treatment.

Vomiting: Drink the juice of a raw apple mixed with a little salt. The vomiting should stop immediately.

Aversion to Food: Prepare the dough of bread using the juice of the sour variety of the apple instead of water. Bake and eat for a week. This will enhance the appetite.

Poor Appetite due to Weak Digestion: Add a pinch of cumin powder, black salt and table salt in a glass of fresh apple juice. Drink for a few days. This builds the appetite and the body will assimilate any food that is eaten.

Kidney and Bladder Stones: Eating apples regularly, prevents stone formation in the kidneys and bladder. It also helps dissolve stones if they have already formed.

Fever: Apples are good in bringing fevers down. Eat them liberally but moderately.

Intestinal Worms: Eat an apple just before going to bed for a few days. Do not take any water thereafter. The worms will pass out within a week.

A Lazy Liver: Apples rejuvenate the liver. They are also wonderful in cleansing, purifying and building new blood.

Diarrhoea: The hakims have used apples and apple seeds successfully in the treatment of diarrhoea. Dry the seeds, powder to a fine texture and take half to one teaspoon of it with water thrice a day. As an alternative, one to four tablespoons, depending on the age of the patient, of the crushed raw apple every two hours is very effective in this condition. The patient should not take any food. If he feels thirsty, very little water or tea may be taken. There will be a marked difference in his condition in 24 hours. If the patient does not like the taste of raw apples, it could be blended with bananas.

Expectant Mothers: Expectant mothers should eat apples generously as they prevent the onset of diseases related to pregnancy. They should continue eating apples after delivery, especially if they are breastfeeding. This promotes good health in mother and child.

Teething Babies: Many babies become restless when they are teething. Giving them a slice or two of apple a day, will soothe them. Teething, too, will become easy.

Thirst: Drinking a glass of pure apple juice mixed with equal quantity of water is very helpful in allaying thirst.

Scorpion Sting: Mash an apple to form a paste. Apply to the affected area. This will relieve the burning. Together with this, let the patient eat an apple or two.

Poisoning: For any type of poisoning, 20 grams of extract of apple leaves given orally every hour or two will flush out all effects of the poison from the body.

Melancholia: The patient should eat apples daily on awakening.

Aphrodisiac: Stick as many cloves as possible into a peeled apple. Leave the apple in a well-aerated place for a week. Remove the cloves and store them in a jar. Take four to five cloves orally every morning.

Dullness of the Face: Eating apples frequently, will make the face glow with radiance after a few days.

Insomnia: Boil together three grams of quince seeds and 180 grams of pure apple juice. Let the patient drink every morning.

Leprosy: Mix together equal quantities of fresh apple juice and sheep milk and warm it. The patient should take this once daily for seven weeks. The condition should improve in about seven weeks.

Alcoholism and Drug Dependence: The patient should eat plenty of apples daily and gradually lessen intake of the alcohol and drugs. He will eventually kick the habit and have an aversion for the same.

Typhoid: Prepare a tea by boiling a handful of apple peelings in a cup of water. Sweeten with sugar and flavour with lemon juice. This is beneficial in this condition.

"MORNING SICKNESS" FELT BY PREGNANT WOMEN

Most expectant mothers experience a feeling of nausea on awakening, especially in the initial stages of pregnancy. In fact, in many cases it is the first sign of pregnancy. It is commonly referred to as "morning sickness" although it may occur any time during the day. Try the following:

1. A teaspoon of *gulkand* or rose jam diluted in a glass of pomegranate juice is very effective in this condition.
2. Add 1 teaspoon each of fresh juice of mint and lemon to a tablespoon honey. Take twice or thrice daily.
3. Extract the juice of 15 - 20 fresh curry leaves. Add to this, 2 teaspoons of lemon juice. Sweeten with a teaspoon of brown sugar and drink every morning.
4. Eat a young tender green mango that has a partly formed seed with a little honey and salt once a day.

5. Combine half a teaspoon each of, fresh ginger juice, lemon juice and mint juice. Sweeten with 2 teaspoons of honey and drink thrice a day.
6. For nausea, combine 1/2 teaspoon of fresh ginger juice, 1 teaspoon mint juice and 1 teaspoon lemon juice. Sweeten with a teaspoon of honey and take frequently. This remedy is also useful for nausea due to pregnancy.
7. Also for nausea, fry some cloves in good, edible oil. Powder and store in a bottle. Add 2 teaspoons of the powder to a cup of boiling water. Allow it to steep for half an hour. Take 1 teaspoon of this at intervals of one to two hours, depending on how severe the nausea is.

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THE POMEGRANATE

“Bypass your bypass surgery” by Dr Syed Zair Hussain Rizvi.

EVERY SEED OF POMEGRANATE WHICH GOES IN YOUR STOMACH IS A SEED OF LIFE FOR YOUR HEART!!!

Two things are full of benefits for the human being, lukewarm water and pomegranate.

Pomegranate is a seasonal fruit in Pakistan & India so I tried an experiment with dried pomegranate seeds. I prepared a decoction boiling the fistful of dried seeds in half litre of water for 10 minutes, squeezed the seeds, strained the decoction and advised those patients suffering from painful angina to use a glass of lukewarm decoction on an empty stomach in the morning. Amazing result was observed, the decoction of dried pomegranate seeds worked like a magic, the feelings of tightness and heaviness of chest and the pain had gone.

It encouraged me to try more experiments on all types of cardiac patients so I tried other experiments on patients who were suffering from painful angina, coronary arterial blockage, cardiac ischemia (insufficient blood flow to the heart muscle) etc., waiting for a bypass surgery. The same lukewarm decoction was used on an empty stomach in the morning. The patients experienced quick relief in all symptoms including painful condition.

In another case of coronary arterial blockage the patient started using half glass of fresh pomegranate juice every day for one year, although all symptoms were completely relieved within a week but he continued taking it for a whole year, it

completely reversed the plaque build-up and unblocked his arteries to normal, the angiography report confirmed the evidence.

Thus decoction of dried pomegranate seeds, fresh pomegranate juice or eating a whole pomegranate on empty stomach in the morning proved to be a miracle cure for cardiac patients. But the lukewarm dried seeds decoction proved to be more effective compared to eating a whole pomegranate or fresh pomegranate juice.

Use of pomegranate in any way has demonstrated even more dramatic effects as blood thinner, pain killing properties for cardiac patients, lowers LDL (low-density lipoprotein or bad cholesterol) and raises the HDL (high-density lipoprotein or good cholesterol). There are more than 50 different types of heart diseases, the most common being coronary artery disease (CAD), which is the number one killer of both women and men in some countries, and there has been no medicinal cure for this disease.

Many cardiac patients have reversed their heart diseases on my advice using one glass of lukewarm decoction of pomegranate dried seeds, half glass of fresh pomegranate juice or eating a whole pomegranate on empty stomach in the morning. It was the very first real breakthrough in the history of cardiology to successfully treat the cardiac diseases by a fruit.

The more super foods to obtain the even faster results for cardiac patients which are most promising curative and protective agents like fresh raisins, quince, guava, prunes (dried plums), natural vinegar, mixture of grape fruit juice and honey in the morning (empty stomach), basil leaves, chicory leaves, powder of oregano leaves and rock salt in equal quantity (in case the patient is not hypertensive) and sesame oil as cooking oil for cardiac patients.

It is regretted to say that treating the heart patients and bypass surgery has become far more profitable business around the world which has failed to help avert life threatening heart attacks and life time cardiac complications resulting in almost paralyzed life. A regular use of pomegranate in any way ensures a healthy cardiac life, thinning your blood, dissolving the blood clots and obstruction inside the coronary arteries, maintains an optimal blood flow, supports a healthy blood pressure, prevents and reverses atherosclerosis. (Thickening of the internal lining of the blood vessels) from whatever I experienced and observed in last several years, I can say: "A pomegranate a day keeps the cardiologist away" you can try and see the wonder.

