Preface: Hidden secrets in the Quran were an idea given to me by my elder sister Semee. She told me that the Agha Khan sect had uncovered many secrets and this was a reason for their success. Then I started my research to uncover the hidden messages. My research was not for wealth but for Shifa. Quran is composed of 114 chapters or sura. Verses of the Quran have an obvious (Zahir) meaning and a hidden (Batin) meaning. This book is about the hidden meanings. In the Quran it is said, “in this are signs for men of understanding”.

Autoimmune diseases are the number one cause of diseases (my estimate). The enormous pollution of our atmosphere is the main culprit (as stated in the Quran). The massive vaccination program being carried on the whole world with great zeal and a combination of processed foods, genetically modified foods, man made infections like Aids, exposure to radiation by mobile phones, microwaves and drinking in plastic water bottles (PVC) all contribute to diseases. Allah states in the Quran, “do not change my creations”. These changes in genetically modified foods are causing cancer, by microwaving food we change the structure of food molecules and invite diseases.

In this book I present simple disease prevention and treatment guidelines provided in the Quran. There are many hidden messages in the Quran, which are revealed, mainly targeting health issues, relationships, devotion to Allah. The changes brought in the third edition are that the content has grown by four times. Allah has guided me and provided me with more understanding. The prevention of all diseases has become as simple as drinking more water.

Allah tells us to review other books which are Bible, Torah, Zabor and many others as all religions belong to Allah. Humans need to thank Allah for all the benefits.

About the Author: 
Imran Khan MD is a Board Certified physician in Neurology and Psychiatry from USA. He served in the office of the Surgeon General USA, and was appointed Lt Commander in the US Public Health Service. Residency in Neurology at the University of Arizona and was recommended for the award of the best resident physician. Was a research fellow at the National Institutes of Health in Bethesda. Fellow at Royal Postgraduate Medical School London, Institute of Neurology at Queens Square London and Khyber Medical College in Peshawar. Several awards in clinical practice for helping treat indigent patients and for teaching. Dr Khan published his first book on autoimmune diseases in 2005 after twenty years of research in USA.

At the writing of this edition, consulting in Makkah web site is www.cidpusa.org.
Dedication
This Book is dedicated to my Parents, Grandparents and daughter Sara. Thanks to my wife Shazi, for providing me the comforts so I could write these pages.

(Quran): It is Allah who cures, “Allah huwa al shafi”

Contents of Quranic Shifa

Introduction page -3
Sura-i- shifa. Page -5
Chapter one: Introduction to Shifa & healing page-7
Humans a weak creation, Immune system Page -7
ADD attention deficit disorder in the Quran Page-7
The first Genetic change in mankind by food, Layers of human development and foods requirements for the layers Page 8
Allah warns Adam to stay away from this food & diseases the food causes Page-8
Cataract Cure Page-9
Evil Eye or “Nazar” "aieen", "Safer", "Black Magic". & their cure Page-10
Honey, olive oil, * Fig (angeel) "Teen" Getting rid of Satan & Water cure Page-10, 11
Signs in fruits and vegetables, secrets of health, fear of Allah Page-12
Water and its benefits, Cleaning ritual, Sanna Makki food Page-13
Recitation leading to molecular change in water Page-13
Vitamin-D, sunlight benefits Page-14
Turmeric, Colostrum, Black seed, Date fruit & Virgin Mary, Page-15
Cleaning teeth, Oils, Olive Oil Page-16
Light from olives, The Built in voice inside our head Page 17
Signs in animals, manno o salwa & special meat gift Page 17, 18, 19
Chapter two: Shifa & Guidelines for disease prevention Page 19
Chapter three: Benefits of Fasting, Vaccination, autoimmune diseases, Page 21
cholesterol, Kidney stone, B.P, Arthritis Stroke,, Page-22
Dental Pains, Stents, Burning, neck and back pain Page-23-24
Alzheimer’s, legs weakness, Asthma , page-24
Irritable Bowel, infertility, impotence in men, Eczema, Pemphigus, Acne, Page 25
wound healing, fibromyalgia , carpal tunnel , Vasculitis, Cancer, Prostate,, Page 26
prostate, throat pain , fungus, ADD, dark circles under eyes Page 27
Chapter- Four Asma I Husna Page 28
Chapter -5 Quran Translation The best medicine for us, Page 54
Destiny, God gives control, no leaf moves, Guardians Page 55
History of Adam & Eve, Children of Israel, Moses Page- 56
Wealth distribution, pilgrimage, never stop fighting, Allah plotted Page- 57
Advice, Adoption, Ageing, argue, charity 58
Care of the poor, Children, clocks, creation, comfort, Diet allowed, not allowed 59
Special fruit, special tree, Disaster, Divorce, 60
Endure: Fun and teasing: Gambling & liquor, greeting, Page- 61
### Contents of Quranic Shifa continued

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jihad, kindness, livestock, loans, Marriage, women under your control, men, mistreatment</td>
<td>62</td>
</tr>
<tr>
<td>Measure, night day, dates, partner, people, Pollution: cleaning method</td>
<td>63</td>
</tr>
<tr>
<td>Prayer: Perseverance, Provisions, Ruins Poor: Reconciliation, secrets, Sex guide</td>
<td>64</td>
</tr>
<tr>
<td>Successful persons, Spying, repentance, Worldly life</td>
<td>65</td>
</tr>
<tr>
<td><strong>Chapter-6 Guidelines for raising Children</strong></td>
<td>66</td>
</tr>
<tr>
<td><strong>Chapter-7 Lifestyle changes</strong></td>
<td>67</td>
</tr>
<tr>
<td><strong>Chapter 8 Secrets in Fruits &amp; Vegetable</strong></td>
<td>68</td>
</tr>
<tr>
<td><strong>Chapter 9 Rain water cures page</strong></td>
<td>69</td>
</tr>
<tr>
<td><strong>Chapter 10 A disease in the Quran about non believers</strong></td>
<td>70</td>
</tr>
<tr>
<td><strong>Chapter 11 Change yourself and heal</strong></td>
<td>71</td>
</tr>
<tr>
<td><strong>Chapter 12 cure cancer</strong></td>
<td>72</td>
</tr>
<tr>
<td><strong>Chapter 13 Ultimate remedy for all illness</strong></td>
<td>73</td>
</tr>
<tr>
<td><strong>Chapter 14 Quls</strong></td>
<td>74</td>
</tr>
<tr>
<td><strong>Chapter 15 Most powerful ayat in the Quran</strong></td>
<td>75</td>
</tr>
<tr>
<td><strong>Chapter 16 Prophets (saw) Medicine</strong></td>
<td>76</td>
</tr>
<tr>
<td><strong>Chapter 17 Pollution as mentioned in the QURAN</strong></td>
<td>77</td>
</tr>
<tr>
<td><strong>Chapter 18 Holy water</strong></td>
<td>78</td>
</tr>
<tr>
<td><strong>Chapter 19 What is real milk that Allah recommends</strong></td>
<td>79</td>
</tr>
<tr>
<td>A special Egg Allah Calls pure in the Quran</td>
<td>80</td>
</tr>
<tr>
<td>A secret to improve vision</td>
<td>81</td>
</tr>
<tr>
<td><strong>Important closing statement page</strong></td>
<td>82</td>
</tr>
<tr>
<td>the special clay</td>
<td>83</td>
</tr>
<tr>
<td><strong>Mathematical Value of Foods in Quran</strong></td>
<td>84</td>
</tr>
<tr>
<td>Satan what can he do</td>
<td>85</td>
</tr>
<tr>
<td>The first passage revealed from the Qur'an to mankind through the Prophet Muhammad (saw).</td>
<td></td>
</tr>
</tbody>
</table>

**Bismillah hir Rahmaan r Raheem**

[96:1-5] Read! In the Name of your Lord who created - Created the human from something which clings. Read! And your Lord is Most Bountiful - He who taught (the use of) the Pen, Taught the human that which he knew not.

These words were repeated by Hazrat Gabriel Allah’s angle, to Muhammad (saw) . Allah is asking you all to read,  Allah is the ultimate teacher.

On the last night of Ramdaan 2010, I was laying down in Haram Mosque in Kaba, looking up at the sky, first I saw Allah written in Arabic in the clouds right over the Kaba, Then came Muhammad’s name and soon a picture of a angle formed (wings stretched out at shoulder level, wearing a long skirt and rays of light coming out of his head). I thought and realized later this must be Gabriel (who had brought the verses of the Quran to Muhammad saw).
In the name of Allah, the Mercy-giving, the Merciful!

Bismillaah hir Rahmaan r Raheem (memories this and recite before eating, drinking and starting any work, driving, exercise.) Then Allah will help.

The Quranic guidelines of Shifa are for prevention from diseases; they are simple to follow and are based upon behavior modification, diet changes and prayer.

Introduction:  Here are just a few hints of what you will find in the Book.

1) Stay away from the "Grain of wheat", consume this infrequently, its involved in nearly every disease. Adam was informed by Allah to stay away from wheat. Celiac disease is the cause of majority of human illness. Details described later.

2) Keep our teeth clean, as this gives rise to all diseases. If teeth are kept clean you avoid heart disease, strokes and cancer.

3) Allah wants us to drink water; it will get rid of Satan. Satan is made from fire and water extinguishes the fire. Water helps prevent all diseases and keeps Satan away

4) In the story of Hazrat Yousaf we are informed not to "show off", due to “Evil eye”. So we need to be careful not to boast and keep a low profile so we do not attract negative attention.

5) We need to talk in a pleasant low tone; the best person is he who with his speech makes others his best friend. So be pleasant and kind to all others.

6) When you talk to others the main topic should be Allah.
7) Allah has placed signs in animals, for skin disease, eat the skin. For a stomach ailment eat the intestines. For multiple sclerosis eat the eyes and brain. For male problems eat the animal’s testicals. For liver or kidney problems eat the liver or kidney. Diabetics should eat pancreas.

8) Eat the Thymus, a organ just above the heart and it helps treat nearly all autoimmune ailments.

9) Help other people; always give good advice. Those people that offer negative advice to others are not guided by Allah. You are being watched by Allah all the time, every action.

10) Fasting will help all the diseases. Fasting helps to get rid of the toxins and poisons within our body. All the brain ailments are helped by fasting.

11) Quran allows the consumption of pregnant uterus, fetus and the main ingredient in these is HCG (Human Chronic Gondatrophic) hormone. Your tonic to stay young.

12) Treat women with Love, no name calling and no mistreatment, women are fragile.

13) Practice Five times daily prayer, giving charity to the poor. Additional prayer at night, and recite Allahs names in evening and morning.

14) Your brain is Evil, so change your self become tolerant and loves all others. Learn to persevere and not provoke others. Learn to answer people in a loving way that they like you.

15) If you feel fear in evening or feel someone is watching you, you are under a spell. Recite Aitul Quarsi twice, 10 minutes before sunset & Sunrise for 15 days.

16) Get exposure to Infra Red Light in the morning and evening and ultra violet light in the afternoon. The total exposure of 30 minutes minimum to mixed sunlight daily.

17) Consume olive oil, daily at least two tea spoons, and Figs (Teen) once a week. Mustard is mentioned as very light seed for cooking this is the best oil.

18) Recite ALLAHS NAME DAILY

19) Learn to listen to your inner voice. (Details in the book)

The Qur'an [Surah Yunus 10:57] "O mankind, there has come to you an admonition “ the Qur'an” from your Lord and a healing for what is in the hearts - and guidance and mercy for the believers."
Chapter one Introduction to healing

Surat Fathia is also referred to as the Surat-Shifa. (the paragraph of healing).

Bismillaah r Rahmaan r Raheem
1. Al hamdu lillaahi rabbil aliimeen
2. Ar rahmaan r raheem
3. Malika yauimid deen
4. Iyaaka na abudu wa iyyaaka nasta een
5. Ihadi naas siraatal mustaqeem
6. Siraatal ladzeena an amta alayhim Ghayril maghduubi alayhim wa laad daalleen
Ameen

1. Thanks to Allah, God of all Universe (need to offer daily thanks to Allah)
2. Who is Merciful, Who is forgiving (mistake are made need to pray for forgiveness)
3. Administrator of the Last Day! (For all deeds you will be held accountable)
4. You alone do we worship and You alone do we ask for help. (Only ask Allah for help and only worship Allah)
5. Guide us along the Straight Path, (before making any decision seek Allahs help)
6. The path of those that Allah has favored With whom You are not angry.
   Adam, Abraham (Ibrahim), Moses, Imran, Mary (Marium), Jesus (Isa), Noah (Nuh),
6 (continued) don’t take us on the path of those who are lost! (Pharoh, Tammud, Adh were lost and destroyed by floods, lightening and winds)
   (Check you-tube or mounthira.com to learn to recite suru-Fathia in Arabic)

Importance of surat-shifa. If a person is suffering from an ailment. Then rub the affected areas and read aloud the surat-Fathia three times, the problem should be resolved Inshallah. Keep reading Surat-Fathia and keep asking for Allahs help. If you are following the Quranic Guidelines then Allah will lift the disease out of your body. Reading the Quran and reciting the Quran creates a breathing pattern which helps overcome diseases. When we read the Quran aloud, the frequency helps heals the body. There is Shifa in frequency. In our clinic we use small instruments which generate electrical frequency and they get rid of many diseases including epilepsy. I interviewed a doctor on TV and he said that once he had a heart attack and started reciting Surat-Fathia and all his symptoms disappeared. I had abdominal pain and recited surat-Fathia & the pain was gone instantly. The importance of the first Surat (paragraph) lies in the fact that it is a part of every prayer that a Muslim recites. Surat-Fathia is a prayer and the whole Quran is a guide on how to go on the straight path and how to obtain mercy from Almighty Allah.
People usually ask me if I know a particular official to get their problem solved, my answer is that pray to Allah only God is capable of solving problems. The Quran tells us how to get close to Allah, is by reciting Allah’s names and these have been provided in this book. To stay on the straight path we need guidance of Allah, as money, and immoral urges inserted by Satan can misguide us. When we do something wrong, Satan whispers in our ears that this wrong act is ok. If we observe an unlawful acts we need to try to stop these acts, and we need to provide information against the guilty party. So please only ask Allah for help, pray to Allah. You may loose a job but it may be in your favor in the long run. Allah states in the Quran, only Allah is aware of the future, so ask guidance from Allah and keep your trust in Allah. Then there is no need to worry. Allah is the best guide. Allah states everything belongs to him, and then do we have to worry about anything!

Allah tells us the secrets of success in this life and after death. These secrets are to pray five times a day, give to the poor (education and money) and pay Zakat. To be close to Allah recite Allahs names there are 99 of them at the end of this book. Remember Allah states in the Quran, Heavens will be filled by poor people, the poorer you are better chances of getting into Heaven. Please recite surut-Fathia many times to thank ALLAH for all that Almighty has provided us, eyes, ears, heart and family.

[2:269] He “Allah” grants wisdom to whom He pleases; and he to whom wisdom is granted indeed receives a benefit overflowing. But none will grasp the Message except men of understanding.

Chapter one Introduction Shifa or healing

This book brings to light the healing knowledge in the Quran. Quran is a divine book, sent to Earth as a final guideline for humans other books that preceded Quran are the Bible, Torah and Zabur and many others. Muslims are informed that Jews and Christians will never be your friends and Jews are told not to create war in this world and Christians are warned that Jesus was Mary’s Son. Allah has no son. Those who call Jesus the son of God will be severely punished. In English “Shifa” can be translated as healing. The Quran is guide for the Humans for the straight path of honesty, prayer and healing. By following the Quran the person will see a change in their character, personality, thought process, physical strength and insight. These guidelines come from the Creator and we need not ask any useless questions. I have written these guidelines as I understand them. The Quran describes the Humans as a weak creation, a creation which is quick to act, meaning the humans have attention deficit disorder (A.D.D.). Medical science has recognized A.D.D. recently. We need to teach our children to slow down and think before they act. The Quran is a book for those people who understand. Quran provides hints and we have to figure them out. Why humans are a weak creation? Because humans have lust for power, greed for money and humans will do anything wrong and think that what they are doing is justified. Not helping your relatives when you can is weakness. Not being able to guard your
**sexual desires** is a weakness. **Hate** and **rage** is a weakness. Men and women are told not to stare at each other, keep their gaze low. Allah tells in the Quran to see with your **hearts eye**, means look at everything with kindness. This also means help people in need. If someone tells you to vacate a seat, just vacate do not argue. Do not **irritate** other, and do not be irritated by others. Accept any curve ball that life gives you as a will of Allah. It’s clearly stated in the Quran, not a leave moves except by my order. Then do not worry about what happened, move ahead. Allah states in the Quran if some one asks you to vacate a seat just do it, “I will offer you a better seat”. The meaning of the previous sentence are many, it means if you get fired from a job just accept this and move on, it also means leave a position, job, seat if people insist, then Allah will give you a better seat and position.

Allah has provided the humans an **immune system** (a defense & intelligence gathering force to protect our body). Nearly all diseases in our body are caused by the involvement of our immune system. Miracle cures have been done on the humans most likely by improving function of our immune system. Jesus (Isa) could cure humans just by touching (Raki). Stress, depresses the immune system and triggers disease. If we follow the Quranic path, then our immune system will get **stronger** and we will avoid diseases. If we **help other** people, then our immune functions get stronger. However, if, we do not, follow the Guidelines in the Quran, we may encounter, more diseases as, our immune functions will get weak. Allah states in the Quran that you are spreading **pollution** and you will taste its benefits. We taste the benefits by seeing more diseases due to the **chemicals**. Today chemicals are present in cola drinks, toothpaste, lipstick, mascara, ground water and city water. However some scientist state, that our Genes are causing the diseases. The genetic changes are reversible by proper nutrition and detoxification of chemicals. Our genes are changing due to vitamin-D deficiency and chemicals. Fasting is a method that Quran provides us to get rid of these chemicals.

An example of the first **genetic change** by diet is provided in the Quran, Bible & Torah. Adam & Eve were told not to eat **the fruit**. Satan disguised as a Snake approached Adam & Eve and advised them to consume the fruit { (the fruit some say was a grain of wheat (which looks like the sexual organ of a female)). On consuming this Adam & Eve who were naked in Paradise suddenly felt the urge to cover their bodies with leaves. Allah found out that Adam and Eve had disobeyed, and as punishment, Adam and Eve were sent out of Paradise to Planet Earth. So, we learn that Satan can disguise himself as a snake.(Satan can come to Humans in any shape, as a old man or animal). The tree which is thought scholars to be “**a kernel of wheat**” which has the shape of the female sex organ was consumed by Adam and Eve. The consumption of wheat affected the Genes, enhancing the effects on us similar to the specific organ that the grain looked like. By consumption of this food both Adam and Eve felt that they were naked. They had a feeling that they needed to cover their bodies. In fact it made them aware of their sexual organs. Since Satan came in the form of a snake, we need to consider this specie as a sign of evil and be on the vigil that **Satan can visit us in different forms.** This also means that by consuming a banana or a pine nut, (both look like the male sex organ) the male sexual organ will be enhanced.
Quran describes the three layers that Humans have developed from and the foods for these layers that are, **pomegranate** which looks like the **red blood cells** will help increase the blood cells in our body, thus, and pomegranates are a treatment for anemia. By using **olive oil**, will reduce cholesterol and help ovarian function as the olives and **grapes** in clusters both resemble the Ovary. Allah has recommended **Pomegranates, Olives, Figs** and **Grapes** to be consumed regularly. Olive oil should be taken daily and the Figs just once a week. In embryology textbooks these layers have been names as ectoderm, mesoderm and endoderm. In the Quran these layers are referred to as the three layers of darkness. Darkness is the absence of light, so light being reduced to more darkness here means three curtains or three layers. The learning point here is Grapes, Pomegranates and olive oil, eat these foods to keep all three layers in the human happy and healthy.

We should not disobey Allah, Adam was removed from Heaven when he disobeyed. We should follow all the advice of Allah; we need to follow the advice of our parents. We should also learn to “**Obey**” Disobeying is equal to being kicked out of Heaven. A critical fact Allah is telling Adam in particular and **all of us is to stay away from wheat**. Bread is only mentioned once in the Quran so can we conclude we need to eat wheat once in a while. If we look at the current medical diseases all over the world, a new disease called **Celiac disease** has emerged. Due to Celiac disease people are getting cancers (lymphoma), weakness, infertility, recurrent abortion, weakness in their bones (osteoporosis), **iron** deficiency, **vitamin** deficiency (B-12), and **magnesium** deficiency. Hair loss (alopecia), skin problems, neurological diseases like multiple sclerosis and psychiatric disease. Deafness, spinning sensation, vision loss, epilepsy, stomach gases and constipation are all caused by Celiac disease. If humans have to distance themselves from diseases, then we have to distance away from **wheat specially and all grains in general**. It’s the brown bread portion in wheat that contains Gluten, the protein that causes celiac disease. The idea of consuming wheat for breakfast, lunch and dinner should be discontinued. Whenever a doctor sees a new disease they should think if Celiac disease is really culprit. It is simple to treat such patients just by excluding grains from their diet except corn. Usually, Celiac Disease patients have a history of **constipation or gas formation** in their stomach, after consuming bread. When, I tell my patients to stop all bread they will say what are we supposed to eat then? The answer is eat potatoes, brown- rice, meat (fish , quails, organic chicken, beef, lamb), honey, milk, legumes, eggs, all vegetables, oats and all fruits. Oats are a grain but usually do not cause a problem in celiac disease patients.

Aflatoxin toxin is present in lot of poorly stored foods such as peanuts, corn, rice, wheat so avoid foods that look blackened by Aflatoxin toxin due to poor storage, avoid peanut butter, old corn, pop corn and cotton meal. If we mix lime water, to the dough of our bread that eliminates the Aflatoxin. Similarly mixing vitamin-c powder in the cereals will eliminate the aflatoxin in them, we need to cook food well which also helps in eliminating aflatoxin.

The most beautifully written Quranic story is of **Joseph** or **Hazrat Yosuf**, when Joseph is separated from his father **Jacob** (Hazrat Yakub), the father Jackob cries a lot and his
eyes turn white. This is a hint that stress can cause cataracts. This also means that stress can cause all diseases by depressing the immune functions. Allah informs us not to worry and be satisfied and pray. Simply we need to avoid stress. Near the end of this story we find out that when Joseph became the ruler of Egypt and Joseph sends his shirt to his father, Jacob who could not see but he said, “I can smell Yusuf’’. Then Jacob wipes the shirt on his face and gets his eyesight back. A scientist in Egypt concluded that the shirt contained sweat; in an experiment sweat was rubbed on the eyes and 95% of those patients with cataracts got their vision back. Other people have reported that rubbing honey in the eyes will also cure cataracts. Thus a simple cure for cataracts is hidden in the Quran. Allah states in the Quran that Honey is a remedy for many illnesses. Weekly application of honey in the eyes keeps the cataracts away.

The story of Joseph (Hazrat Yousaf) carries another significant point. In the story Jacob (Hazrat Yakub) informs his sons to enter the city from different gates. The reasoning behind the multiple entries was that if all the brothers entered from the same gate, people may look at the group and cast a spell of Nazar (evil eye). Evil Eye is a phenomenon where people just by looking (jealousy, love) can bring on a (disease, illness). Such spells have been known to kill animals and change people’s destiny, bring bad luck, chronic disease and suffering. To get rid of such spells the last four paragraphs (surats of the Quran should be read also called the “Qul”). If these Qul (last four Surats in the Quran) are read then, they are powerful enough to get rid of Jinns (a race on earth created from fire), All black-magic and Nazar can be neutralized by reading the Quls and you do not have to visit any holy men to get rid of Jinns, Black Magic or Nazar. It is worth adding that the majority of the patients that I see in my practice are suffering from an evil eye. Their problems started after an evil eye was caste upon them. Even boasting about your success to others can induce this deadly phenomenon. To cause disease by looking at others in excitement, jealousy is built in every human. We have been taught by Allah to say Mashallah when ever we see something beautiful, even your own children; by saying Mashallah we prevent the process of Evil eye. Maintain a low profile! Dress simply and not to attract too much of negative energy (attention) towards you. Do not attract negative forces and negative attention. When you see even your own pretty children say mashallah, if you do not then your evil eye forces could affect them. This system of evil eye and its remedy, its prevention by saying Mashallah are all made by Allah. Medical science still does not understand how our brain gets a upside down image from the eyes but we perceive it upright. As a child I would hand upside down on a tree branch just to see if things I was looking at would also turn upside down too! Medical science will never understand evil –eye!

The most powerful verse in the Quran provided to us as a gift from Allah is referred to as the verse of the Throne. Its called Aitul Quarsi. Please search for this on u-tube and recite this. If you have feelings of fear that get worse towards the evening and night time and you feel that someone is watching you from behind when alone then you are suffering from evil eye or black magic. At the same time you will see that there are more negatives in your life, people do not like you, they misunderstand you, and you make absurd mistakes and fail to correct them. You tend to argue with others including your wife. Quran tells us that Black Magic is used to cause problems between wife and
husband. In my experience this magic also is used to destroy a business, to cause diseases, death, mental health problems, epilepsy, and infertility, to stop a marriage of a girl. Some symptoms of magic are that people wake up with dried blood or scratch marks on their body. The affected people will at times have a changed voice and they talk very fast and in a difficult to understand dialect. More commonly the affected person will have a fear sensation; this sensation will be severe in the evening and night. Such affected people try to check doors and windows if they are locked. These people also get a feeling that they are being watched, or someone is watching them and they will have to turn around and look. These people are considered under the influence of the Jinn. To get rid of the problem these people need to recite Aitul Quarsi twice ten minutes before sunset and ten minutes before sunrise. This recitation should continue for 15 days. Inshallah at the end of 15 days all problems should be solved. If you had bad luck, quarrels, short temper all will get better and even your financial situation will improve. I have provided the Aiytal Quarsi at the end in the section of the Quls. Even when my Christian patients recite Aiyatal Quarsi they get the benefits.

Many examples are given in the story of Joseph (Hazrat Yousaf Joseph). Women will get attracted to good looking men, so men need to be on the alert. One can be imprisoned for the wrong reasons; step brothers can become jealous so keep a low profile. Satan is the main cause of suffering, when Joseph informs the cell mates who are being released to tell the King about his problem, satan makes the cell mates forget what Joseph had said. How do we keep satan away from us is provided in the story of Hazrat Ayub, when he prays to Allah saying you are Reham and Rahim, satan is bothering me. This story also shows that dreams have meanings, that dreams are warnings. Allah is warning us to get interpretations of the dreams. When someone is lying, do not confront them just say what Prophet Jacob said, Allah Knows what is right. Everything in life is a test from Allah. Allah tells us to answer other people in such a way that they become your best friends. So never call names, never make fun of others and be sincere.

Honey is described as a cure all, a remedy for many ailments in the Quran. Honey contains the pollen of many different flowers and also has enzymes from the bees stomach. Honey will help all kinds of wounds, skin lesions, sunburns, gastric ulcers and help in healing of all organs. Honey heals wounds and skin burns much better and quicker than antibiotics. Honey given to chronic patients like arthritis will help resolve the illness. Honey will kill super bugs like M.R.S.A. One thing honey has in it is a toxin called botox or botulinum. So honey should not be given to infants, only should be given after the age of two years. Honey acts like a natural antibiotic and antiviral. Skin burns heal better with honey then any other medicine. Applied on the eyes honey can prevent the progression of cataracts and applied on the face honey will clear up most skin lesions. Regular application of honey on skin will lead to glowing red color of the skin. For skin application honey can be mixed with olive oil at a 50/50 mix, then applied at night. A four year old child had lost his kidney function due to excessive antibiotic called Gentamycine. The child became swollen with no urine function, the baby was given Honey + wax of the beehive twice a day and Apis (a homeopathic remedy made from the honey bee) twice a day. Full kidney function returned in three days.
I prescribed Honey to a 2nd world war veteran, who had multiple surgeries and 20 years of treatments that did not help his leg wounds. In week after he used honey complete healing had taken place in the wound.

A woman in Egypt with end stage arthritis was injected with honey mixed in normal saline and she regained complete function of her joints.

Allah has made an oath (qasam) about olive, Figs, “angeel –urdut” “teen-arabic”. That oath means these fruits are very essential for our health. Olive oil should be consumed daily in salads and this will help provide natural essential fatty acids. The consumption of olive oil will also lower cholesterol. Olive oil will improve brain function and get rid of constipation. Olive oil disinfects the gums and cleans the teeth. Figs or Angeel-mentioned as Teen in the Quran only once, helps a lot of stomach ailments and get rid of constipation; they are very good for the health of female organs. Fig is round and emulates the vagina and contains Sulpher. Figs help improve sperm health and are good for infertile couples just look at the contents of the fig they are shaped like sperms. Do not cook in olive oil as heat destroys this delicate oil and you are going to eat toxic byproducts. So please use two teaspoons of olive oil twice a day. Try to get different types of olive oils which should be cold pressed. Olive oil sold in clear bottles is useless as light causes it to get oxidized. The best olive oil that I have used was bought in a California farmers market for $12, in a green bottle and had a cloudy layer in the bottom of the bottle. On shaking the layer disappeared, then on standing formed again, this is real cold pressed oil.

Allah has said in the Quran, drink water it will get rid of the Satan. The sprite inside our body is given by Allah to our Body; the sprite whispers all good stuff like doing our work, saying the prayer. This inside voice from Allah warns us before we do anything bad. All good things come to us as a gift from Allah. All the bad things are brought on by our own actions and Satan.

Water will extinguish any fire. Satan is a Jinn made from fire and causes disease within our body. To get rid of Satan we need to drink more water and hydrate our body which is 70-90% water. Due to increased intake of water our health will improve naturally. The incidence of diseases like arthritis, stroke, back pain and heart attack will go down. Kidney stones and gall stones will not form if we drink more water. As a benefit of the increased intake of water our memory will become quick and we will recall memorized facts instantly. This increased water intake will keep Satan away from us and he will not whisper negative things in our brain. This is also a simple treatment for many psychiatric illnesses. Satan is made from Fire and water extinguishes the fire. Just remember to drink 8 gasses of water a day also remember to take some sea-salt with each glass to keep balance of salts and water.

Allah tells us in the Quran that he has placed signs in every fruit and food. If we are smart enough then we can see these signs. Let’s look at the walnut, it looks like the brain and has fatty acids which help improve brain function. Then we look at the almond it looks like the heart and the eye, almonds and its skin will lower cholesterol. The Fig (angeel or teen) emulates the vagina and is good for the sexual health of a female. The banana and pine nuts emulate the penis and good for mans sexual health. If a woman eats
bananas at breakfast when she is pregnant then chances of having a male infant increase. The peanut looks like the intestine and also like our joints, so peanuts are a treatment for joint disease. The cashew looks like an embryo and is full of magnesium and will help a pregnant woman. If you cut a carrot the cut section shows an eye, we all know carrots are high in vitamin A and thus the presence of eyes image in the carrot tells us it is good for the Eye. Sweet potatoes emulate as the pancreas and are good for diabetics. The pear emulates the uterus, so simply use the pear for improving uterine function. Pomegranates and grapes emulate blood cells and they have iron. Tomatoes emulate the heart and broccoli emulates the lungs. If we understand these signs we will not have to be a rocket scientist nor would we have to read books to find out what food is good for which organ. Pomegranates, broccoli, carrots have been shown to inhibit cancer. Quran tells us to eat all lawful things and this means we need to rotate different foods. Eating the same type of food, fruit can result in a illness. This has been proven in many parts of the world. So we need to eat different types of bread like corn and all other seven grains. We need to eat fruits that come in the season. Each seasonal fruit will contain ingredients specifically made for that particular season. Much more information on this topic on shape of foods and their benefits later in this book. 

If we follow all the rules and regulations of the Quran, if we practice five times prayer, give charity (to family, poor and needy), practice fasting, eat the prescribed foods we will be able to live a healthy life and finally can perform Hajj (physical & spiritual experience). For staying in good health we need to thank God all the time for all the benefits, God provides. By following the Quran not only do we enjoy good health, but veils placed over our thinking, hearing and sight are lifted. God then guides us towards success, we get ideas that we could not think before. We should not look at our life on Earth as a business to generate income and become rich. We need to dedicate our selves to seeking knowledge, particularly helping family members and the poor. Allah states in the Quran, that humans were created to pray. In general we should pray, love and help humanity of all races. Develop tolerance for others, there should be no hate. Love Allah first and all other things will fall in place. Learn to fear Allah, this fear will come when praying alone at night or praying alone in a mosque at night. The more you fear Allah the closer you get to the King of mankind. Fear Allah only; do not have fear from anything else. The strongest entity in the Universe is Allah please fear Allah.

Allah tells in the Quran that the best person is he who talks politely to others and answers in such a kind way that the other person becomes his best friend.

The Quran mentions several paths which will lead us towards health. Number one and most important is prayer, by thanking God, and asking for his guidance is considered as a prescription for health. Five times prayer is very important for our soul, prayer is nourishment for our soul so please pray five times a day. Before the prayer the ritual of Wazu (cleaning) should be practiced. Rubbing your whole face with water, cleaning your nose by inhaling water in the nose is very important, cleaning throat, ears, head and neck with water. Rub water from elbows to the fingers, from ankles to toes. Remember soap is not to be used nor is recommended in the Quran. There are acupressure points in ears, in the sole of the foot, in the palms of the hands. So by doing
this ritual cleaning five times a day you are stimulating the body organs to stay healthy. The importance is placed on the intake of clean water which will help us get rid of diseases and Satan. Water cleans our body and purifies it externally and internally. It cleans the heart the urinary system, reduces constipation and the incidence of gallstones. We need to drink at least ten glasses of water in the summer months. We should take so much water that it causes us to urinate at least 4 to 5 times a day and the color should be white. Increased intake of water will improve our memory, stamina and beautify our skin. This is a habit we need to teach all our children.

Most of the indigent patients I see in Pakistan who complain of dizziness have a reduced water intake. Women in Makkah have increased thrombosis of the brain due to reduced water intake. Strokes and heart attacks at night are caused by dehydration at night due to reduced water intake.

We should avoid all the drinks supplied by factories which are full of chemicals and sugar and diuretics. Most of the caffeinated beverages (Coke, Pepsi) popular in our culture cause weak bones weaken our teeth and produce acidity in the body thus becoming a source of cancer. These sodas are also a cause of kidney disease they also act as a diuretic and promote heart disease and strokes. So please avoid sodas and drink fruit juices. We need to avoid all sugar substitutes if you want to take low sugar substitute only use Sativa which is natural.

Alcohol is considered as a satanic drink and should be avoided. Yes alcohol has benefits but alcohol kills brain neurons, liver cells and nerves cells. People who drink alcohol develop small brains.

In the Quran Allah states that two rivers meet and there is a great sign for people. The great sign as some have suggested is that Sana Makki a plant grows in the area. Sana Makki if used as a green tea is very beneficial for some to lose weight and should be consumed once a week. For very weak people only take this once a month. You will see fat globules coming out in your feces after you consume Sana Makki. This herb helps all medical problems. If anything is going to clean your bowels then all medical problems will be helped. Using Sana Makki for a week every six months and it helps in loosing weight. A tea spoon should be used daily in a pot and drink its tea, some people chew these leaves. If you are making the tea let a quarter liter water boil, and then add Sana-Maki to this and after five minutes the drink is ready to be consumed. Sana Makki is easily available from shops around the Haram Mosque in Makkah and all over Pakistan, India somehow people in Dubai have difficulty obtaining this.

The Qur'an states the Sun - that it moves as a result of its own motion (Surah al-Anbiya 21:33). It took humans 1400 years to discover this movement of the Sun on its axis.

**Important Medicine of recitation leading to molecular change**, a Japanese scientist studied water molecules and after reciting *Bismillaah hir Raheem* r Raheem, then checked the shape of the water crystals and the shape of crystals changed. Thus it is very important to recite *Bismillaah hir Raheem* r Raheem before drinking and eating food so the molecules in the food change to benefit your body. Recite *Bismillaah hir Rahmaan r Raheem* before starting any work and you will have Allah’s blessings. This has special applications, if water can change shape with Quranic recitation, then water can become a cure for many different diseases, not only many but nearly a cure for all
disease. So every time you drink or eat any food recite the names of Allah so the molecules change to benefit you. Increased water intake with sea salt can get rid of any infection and disease. Remember to recite Bismillaah every time you eat or drink anything.

Eat wholesome multigrain foods. To make our own multigrain bread, need to mix whole graham bread, with barley, wheat, maize to obtain complete nutrition. This mixture of flour produces bread which helps keep us health reduces the blood pressure and diabetes. It also helps to lose weight. Though it is best to consume less bread and concentrate on other foods. Eating palm dates helps one lose weight and get rid of pains. Taking olive oil reduces weight and helps get rid of heart disease.

Honey is a complete tonic for mankind. I am repeating this to reinforce the importance of honey. It has antibacterial and healing properties. When applied on the skin honey will heal the wounds and burns. When taken by mouth honey heals ulcers, arthritis, and vitamin deficiency and in my own experience it helps heal cataracts when applied to the eye. Diabetic ulcers will completely heal with the application of honey. When honey is mixed with olive oil it becomes the best natural skin conditioner and will produce a glow in your skin at a 50/50 mix. Honey contains enzymes and can be used in cancer patients to help in their complete recovery. You have to try to get the wild honey as the honey made by most bee farms is slightly inferior. Honey is a remedy for cataracts when applied to the eye. Just remember honey has healing properties for all diseases, allergies and infections. Apply honey to male organ for complete recovery of any lesion.

Kalongi (black seed of onion) if a few of these seeds are taken in the morning they help a lot of diseases, especially asthma will finish after a few months of daily Kalongi intake. The information on Kalongi comes from Tibb-I Nabvi or prophet’s medicine.

Sunlight makes Vitamin-D and sunlight exposure about 15 minutes every morning and afternoon will reduce the incidence of cancer and prevent diseases. Sunlight exposure also keeps our bones strong. Vitamin-D present in cod liver oil also lowers the blood pressure and is a excellent supplement for people in western countries where Sunshine is less. Allah has taken an Oath of the Sun, the morning the evening and the brightest part of the day when the Sun is full strength. This Oath in morning and evening, night and day is for prayers to be accepted at these times. These Oaths also point at Infra Red Rays available at early morning and evening, dilate our blood vessels and reduce the cholesterol. These Infar-red rays will also get rid of wrinkles and if any one has vitiligo or white spots the red rays will help fix them too. Ultra violet light at the brightest part of the Sun, kill all germs, in the past children with TB would be exposed to the bright Sun shine for short periods of fifteen to twenty minutes and the TB would be cured. Just apply olive oil over the face as a Sun Blocker and get the light exposure. You can just expose the back portion of your body for 30 minutes daily. For the people with light color of skin only one half hour exposure is needed each day and for the dark color of the skin one full hour of skin exposure is needed. Once you make vitamin -D you can resist all germs and all flu’s without vaccination. Suppose you cannot get sunshine then please consume
2000 units of Vitamin D-3 daily. This will protect you from any infectious disease. So Quran is showing you the light on how to prevent all diseases without vaccination.

**Turmeric** (Curcumin), this yellow powder known in Urdu as Haldi, is a strong anti-inflammatory and should be used to control inflammation in almost any disease. It should be taken as one half teaspoon mixed with warm water or milk twice a day. During health it can be taken once a day. Turmeric when cut has the picture of a eye. If the turmeric is taken without milk it will cause renal stones. In some people with Turmeric may elevate the blood pressure. Turmeric has anticanancer properties and has reversed Alzheimer’s. Turmeric will reverse arthritis, breast cancer, prostate swelling, improve all skin problems and beautify your skin. Before getting turmeric make sure you are getting the real think. Smell it as the real Turmeric you can smell from about three feet distance.

**Colostrum** is the premilk secreted by mammary glands after pregnancy is over. Colostrum boosts the immune functions for the new born baby. In cows, lets the new born calf drink the colostrum for the first five to six hours, this will get rid of the most fatty milk. Then you can collect some colostrum for yourself. Colostrum once collected should be warmed only once. It should not reach the boiling point. After which it should be drunk without stirring the pot. It can be stored frozen for prolonged periods. It helps growth and strengthening of bones, skin, gastrointestinal functions and muscles. It improves stamina and strength. Allah states in the Quran that women should breast feed their children for two years. Most athletes are using colostrum and studies have shown that athletes who use colostrum perform better. The main ingredient in colostrum is IgG a immunoglobulin which can help nearly every disease, from arthritis to Alzheimer’s. So Allah is showering you with so many gifts which are simple to obtain, very cheap and yet a cure for many diseases. Alhamdulillah and remember to thank Allah.

Fruits and vegetables should be consumed raw; the skin needs to be washed. Potassium permanganate or baking soda can be used to wash contaminated fruit skins. Fruit or salad can be mixed be two teas spoon of olive oil and vinegar as a dressing and consumed, best to add vitamin-c powder or lime juice to get rid of aflatoxin in the fruits and salads. These vegetables and fruits provide all the necessary vitamins for the human body. Raw vegetables help reduce acidity in the body. Acidity is among the main causes of cancer and disease. Taking vitamin pills on a daily basis increases the risk of developing health problems and death. So please consume raw fruits and vegetables with only vitamin-c powder or lime juice. You have even been told to use olives, dates, pomegranates, bananas, figs and remember not to use genetically modified fruits. Allah has told us in the Quran not to change anything made by him. Genetically modified foods are genetically altered by humans to increase production. During the alternation these foods have become poisonous and cause cancer. You can tell that a food is genetically modified as they all look beautiful and big. Remember to purchase the small size fruits as they are organic version, all the big ones are genetically modified.

A whole chapter in the Quran is devoted to Virgin Mary or Mariam (Mary mother of Jesus). She is called as the most pure woman on Earth. Allah explains that His Holy sprite was sent to Mary in the form of a man, and it told her she was going to have a
baby. Mary then asked how she is going to have a baby when no one has touched her. It was informed to Mary that Allah says and it is done. After the birth of the baby, Mary is told to shake the palm tree so dates come down and Mary is advised to eat them. Mary delivered baby Jesus not in hospital but out in the open and with no doctors present. Allah sent the dates down for her, are we being told that by eating dates for pregnancy and delivery will benefit these conditions. Dates are high in magnesium and relieve pain. Not only are they good for the mother but the chewed dates can be given to children. This was the prescription of God, the Creator, for the Blessed Virgin Mary at the time of the birth of Jesus. It was a prescription to make the delivery easy and comfortable. By consuming dates aches and pains in the body are reduced, the dates have magnesium and they help reduce migraine headaches, help reduce muscle and joint stiffness. So women and men need to consume dates to stay flexible and healthy, and maybe your children will talk early if given dates, just like baby Jesus. Allah tells us in the Quran that Jesus and Adam are equal in his eyes as both are made from clay. (Adam and Jesus both did not have any fathers).

Quran places great importance in personnel hygiene. We are advised to clean ourselves with water five times a day. I think Allah has placed this importance as Allah has designed and placed specific acupressure points on the Face, Ears, Hands, Head and neck. Remember Allah says use water; there is no mention of soap in the Quran. Soap and shampoos have chemicals and are a big cause of cancer. Cleaning the teeth is the most important thing for us. Poor health of our teeth and gums will cause increased heart disease, stomach ailments and stroke. The best way to clean our teeth is by using Muswak (small tree branch one end is chewed to make a natural brush). Another way is to use a method called oil puling. We can take any natural oil (mustard oil, coconut, olive or sesame) take one tea spoon of the oil and swish it around your teeth and gums, swish it front and back for about 15 – 20 minutes. The oil will change color to whitish then you can spit it out. This procedure will whiten your teeth and clean your gums in three to four weeks. It is recommended that you do this daily. It will also reverse gum atrophy. Other good ways to clean teeth are 3% hydrogen peroxide; you can mix baking soda in this hydrogen peroxide and then brush your teeth twice a day. When using the above mixture or hydrogen peroxide to clean teeth you will notice that you wake up with fresh breath. Please avoid soaps and shampoo and toothpaste in daily life. The current soaps are full of chemicals and are a top cause of cancer, so are the shampoos. Whenever I see young people who are loosing hair and ask them to stop using shampoo their hair grows back. I go to Mosques in Makkah and especially Haram the top mosque in the world and did not find any soap being used. When you go to Mosques in Lahore you find plenty of soaps, we need to discontinue this use of soap.

Natural oils have lots of benefits for our health. Consuming omega-3 oils helps keep us healthy. Take olive oil one tea spoon twice daily. If you provide your body with at least 3-grams of good oils daily you will remain healthy and your cholesterol will remain normal. These oils should be consumed uncooked. The oils that we get from the market have been processed and have no nutritional value. If the oil is solid at room temperature it is not good for the body. We should not cook in oil all the time. Remember that food can be boiled in water and soups can be made from this. If our meals are to be cooked we
should only cook one meal at night with oil. The rest of the day we should consume fresh vegetables, fresh fruits and a piece of bread. Flax seed oil kills cancer cells when mixed with cottage cheese and consumed twice a day. The best source of omega-3 is Flaxseed oil (Alsi in Urdu and Flaxseed in English). Take one tea spoon twice daily.

Fish Oil is also a good source of Omega-3 regular use of fish oil helps keep the body healthy. If you live close to the sea then consumption of fatty sea fish is also a good source of Omega-3. The Fish oil supplement is good at reducing inflammation and helps control and prevent nearly all the diseases. Sesame seed oil is named the Queen of oils. Sesame oil helps increase the bladder size and keeps the skin thick. Sesame seed and flax seed emulate the heart. Coconut Oil is excellent for reducing dryness of the scalp and grows hair. A coconut emulates hair on the head. It is also a good oil to cook in. The propaganda used against this oil that it causes heart diseases is incorrect. A slice of fresh coconut if placed in a clay plate and drank fresh every morning will cure nose bleeding. Repeat this daily for a week with a fresh slice of coconut and water.

There are times when one feels anxiety, tension, depression in these times drink more water. Most of psychiatric illness is caused by Satan and he whispers in our ears. A way described in the Quran to get rid of psychiatric illness is to perform fasting. Finally a technique is presented in the Quran is to burn a lamp of olive oil (the light coming from the olive oil lamp is spreading over the whole world). To obtain benefit from the light that comes from the burning of olive oil, put some olive oil in a lamp and light it. Best time to light the lamp is at night in a dark room. Make your own lamp; this is done by placing olive oil in a small cup. Folding some cotton and placing it in the oil and leave the tip out of the oil. Then light a flame to the tip of the cotton which is out of the oil. The light coming out of such a lamp acts on the human body and makes it relax. Be careful so as not to cause a fire. Keep this lamp in a metal tray so if it falls the metallic tray will not catch fire.

Allah guides us through an inner voice, we are sent messages. We need to instinctively follow these messages. If you have a feeling to go upstairs then please do so, if you get a feeling that something you are writing is incorrect then change it. Similarly we are told in the Quran that Satan can whisper in our ears. Satan will whisper things like, do not get up for prayer, whisper to steal things. Even a person who has done multiple Hajj’s (pilgrimage) will get a voice to occupy the property that does not belong to him. That is the time not to listen to this inner voice and one has to say, God help me from Satan. When I used to tell my little daughter not to purchase toys she would tell her mom that she gets a voice in her head to buy more. We need to teach our children about these voices and tell them what they should listen to and what they need to ignore. While leaving your bag in the Mosque you get a feeling that this is the last time you will see the bag, then at once take the bag with you or you will lose it. You may get the same warning when parking your car or when leaving your home if you left a door or window open. These warnings are called subconscious by the pseudo scientist of the western world, in reality these warnings are communications from our guardian angle.
Allah has stated in the Quran that **signs have been placed in the animals**. We are supposed to eat the whole animal except for the blood which has been made Haram (illegal to eat). Allah has thus allowed all organs and fluids to be consumed in animals except for **blood**.

If we eat the broth of the joints we will not get joint pains, as this broth has natural glucosamine. If we eat the pancreas then we will be protected against diabetes. If we eat the eye and brain we are protected against eye and brain diseases, the same goes for the liver, kidney and intestines. I advise all my back pain patients to eat the tail section of the animal specially the fat in the tail and their back pain goes away. Intestines will be good for anyone with stomach problems. Eating eyes prevents Multiple sclerosis and helps in its treatment. So if you have skin disease you would need to consume the skin, skin of birds is consumable. A organ you must eat is the **Thymus** located just below the chest bone and lower neck, located just above the heart. This organ controls all our immune functions and consuming this is of great benefit for many diseases. Remember that if you eat the brain then you do not get Alzheimer’s. So match the organ that is not functioning and consume it from the animal source and it will help your disease issue. Similarly if someone has Alzheimer’s then the brain and eyes are a treatment, eating the brain will not raise their cholesterol. I have eaten brains regularly as a medical student and never developed any type of cholesterol issue.

A person with arthritis should cook and eat the joints of an animal then they get glucosamine and the joint pains will go away. This will again not raise the cholesterol; you can eat this and measure your cholesterol.

Liver is an important organ to eat as this is full of vitamins, just like anything do not consume the same food over and over again. Eating too much of Liver will cause headaches due to toxic levels of vitamin A. Many people use fresh calf liver juice for treatment of Hepatitis and Cancer. The liver juice can be mixed in fresh fruit juices and consumed, tastes very good. Daily intake will help cancer and hepatitis patients. Thanks to Allah again that we have been provided by a whole pharmaceutical industry in the animals.

Children with speaking issues should consume the **tongue** and dates.

Any one with Vision problems need to consume the **eye**, fennel and carrots.

Brain, liver, kidney, heart and intestines need to be consumed on a regular basis.

Men with fertility problems need to consume testicles and brain tissue, women with fertility issues need to consume ovary, uterus and brain tissue.

Those who are suffering from circulation problems heart disease will need to eat the heart and blood vessels. Patients who have weakness of legs and hands need to consume brain tissue, spinal cord and nerves. Children with muscle weakness need to eat more meat from arms and legs. This will make them stronger. It is quite possible that weakness in children is due to Celiac disease, thus stopping all their grains and starting them on a diet of meat and potatoes will strengthen them and make them eat intestines. If the children will not eat intestines mix them with other meats and let them eat this.

In patients with brain injury need to eat the brain and eyes, in spinal cord injury cases the spinal cord should be consumed. In cases of blood cancer or anemia’s the bone marrow the fluid between long bones is consumed after light cooking and the small intestines.
Important issue about **what type of animal** you will eat is provided in Sura-Baqra. Allah states that the animal should be young and healthy; it should not have any marks on it. Essentially diseased animal is not allowed to be consumed. In Sura-Baqra Allah is guiding us to consume beef. This animal should be young and in perfect health. I hear from many people in Pakistan that they ate beef and became sick. If these people ate a sick animal then that is what it will bring to them, sickness. So select healthy animals to eat. The recommended animals are Cow, goat, sheep and birds. Remember that Allah tells us in the Quran that a dead animal should not be consumed. Most people who are getting sick from beef maybe are consuming dead animals. Allah also states that any one who consumes food or meat on which Allahs name has not been taken is doing acts of idol worship.

My experience with wild bird’s consumption in many patients has brought instant energy to them. After eating a whole wild bird they have had reactions like sweating followed by immense energy and strength. In one case a diabetic became fully normal. Allah used to provide **Quails** to the people of Israel called manno-o-salwa. Allah has stated in the Quran that the manno-o-salwa is s much better food then garlic and onion which can be bought in the streets. The broiler chicken grown in farms is fed a very poor diet. So consumption of this chicken is going to leave us weak. However if we change the feed and add flaxseed we can get a excellent quality broiler chicken. Maybe I should start farming

A very **special hidden advice** by Allah is in Sura 6 verse 144, 145 where it is said that females and males of animals have not been made illegal for you to eat. The hidden message here is that you are allowed to sacrifice a pregnant animal and consume this and its fetus. Just to remind you that the uterine contents will be very high in Human chorionic gonadotrophic hormone and Growth hormone and by consuming this you will help keep all your body young. So if you cannot get a pregnant animal then get HCG and consume this to stay healthy. Human Choronic Gonadotrophic Hormone is available on the net. This is a cure for all diseases and helps **loose weight** and makes one look healthy. HCG is easily available on the internet, I do not recommend the homeopathic form of HCG. Homeopathic remedy has the opposite effect so it may be good to gain weight.

Qur’an [Surah al-Anbiya 21:30] reads:
"Do not the unbelievers see that the heavens and the earth were joined together, then We clove them asunder, and made from water every living thing? Will they not then believe?"

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**Chapter 2 Shifa Guidelines part-2**

1. Stretch, arms and legs, helps relieve joint stiffness and increases your circulation, before you get out of the bed.
2. Need to drink two to three glasses of water after you get out of bed, without cleaning your teeth.

3. **Oil pulling** is done in the morning by taking a tea spoon of oil in your mouth, then you swish the oil around the teeth in the front and back, you keep doing this for 15 – 20 minutes, when oil becomes whitish then you can spit it out. Brush your teeth, gums and tongue lightly after this with muswaq (chewed tree twig).

4. Rub olive oil and Honey mix on your face and hands and toe nails, kills fungus.

5. Exercise your eyes by closing them tightly for 5-10 minutes. Look in all directions by moving your eyes.

6. Practice 5 times regular prayer. It’s a complete mental and physical exercise.

7. **Avoid any soda or diet soda, they increase the incidence of bone fracture. Don’t use white sugar.**

8. **Best sugar substitute is Sativa. Its natural, avoid all others.**

9. Those people who have acidity related issues should take two tea spoons of Apple cider Vinegar and put it in a glass of water, then they should sip the water slowly over an hour. Take two such glasses daily to finish acidity. If the acidity is too much then add a half tea spoon of baking soda to the same glass of water and sip.

10. Eat lightly polished brown rice, avoid wheat. Eat whole eggs white & yolk. You need to mix lime with the dough you make that will help reduce aflatoxin and disease. Thank God after every meal and pray for your illness.

11. Breakfast is the important meal of the day; eat oatmeal, dates, **Fruits & Nuts** and **Honey**.

12. Drink 8 glasses of water in the winters and 10-15 glasses in summer months. Use **sea salt** with each glass of water you drink.

13. All your vitamins should come from eating freshly cut vegetables and fruits. Grow your own mint, tomatoes.

14. Make chutney of Ginger, Garlic, Onion, Mint (Podina) and Dhania (**cilantro**). Grind them and use sea salt. (reduces cholesterol and helps heart disease)

15. Chew Black onion seeds once a day and cinnamon once a day. This will help control your joint pain and lower your blood pressure and sugar.

16. Drink two tea spoons of olive oil twice a day.

17. Eat Almonds, Walnuts, peanuts and fruits of the season daily.

18. Fasting is recommended for a month to get rid of toxins accumulated in the body.

19. Drink fresh homemade juice in the morning or day. Avoid commercial juices.

20. Every six months boil silk of corn hair in a pitcher and drink their tea. Helps get rid of kidney stones and gall bladder stones.

21. Drink a glass of warm milk with quarter tea spoon of Turmeric (**Haldi**) nightly.

22. For osteoporosis use colostrum one glass daily when available.

23. Meat should be taken only once a day, avoid farm raised Fish, chickens. If eating a farm raised chicken make sure its not from a fast food restaurant as they undercook this, so get it well cooked.

24. Stop using Microwave, reduce cell phone usage.

25. Flaxseed oil (**Alsil**) use 1- 2 tea spoon daily. (Best source of omega-3).


27. Drink Pomegranates Juice, eat dates, figs (**angeel-teen**) fruits,
28. Do not drink in plastic water bottles these are full of PCB type chemical which alters hormones and causes infertility and male weakness.

29. Do not consume GM Foods. (Genetically modified see chapter 19)

Pollution is the main cause of disease. It is clearly mentioned in the Quran you are spreading pollution and you will taste its benefits. So their times to keep your water stored in glass or earthen containers, or get PCB free plastic containers to store water. So please give up the water that you purchase in plastic containers? Use old plastic bottles, in these someone has already used the plastic contamination.

Microwave is toxic and causes electronic pollution it changes the ionic structure of foods. So please do not microwave the foods or water. If you microwaving water and feed it to a plant daily in a week the plant will die.

In a store in Makkah large beautiful tomatoes package was selling at Riyals 20, while small irregular tomatoes were selling for Riyals 5 a Kg. The best buy is the small irregular tomatoes. The small ones will have more nutrition then the genetically modified large ones. Because Allah has asked us not to change the things made by him, by eating genetically modified food people are seeing a increase in the rates of cancer. In purchasing olive oil make sure that it is not mixed with canola oil. Canola oil is made from genetically modified rapeseed. The processing of all oils sold in the market expect for mustard oil and Butter oil leaves the processed oils with electrons that cannot be utilized by the body. So these oils will accumulate in arteries and the heart. Natural fat from animals will not stick to our blood vessels and is consumed by our body.

Chapter Three

Benefits of Fasting

Fasting: Fasting is prescribed for the Muslims for one month. Lets review the benefits of fasting. During fasting our body gets rid of accumulated toxins, even if we have been exposed to contaminated water which has Arsenic in it, then fasting will get rid of the Arsenic. Fasting reduces the incidence of cancers, diabetes, and hypertension and during this month our whole body is cleaned. In one study on rats, during the fasting period all the rats that had Alzheimer improved. A study done in Bangladesh showed that farmers who were suffering from Arsenic poisoning improved when they were fasting. The Muslim fast is from sunset to sunrise. Fasting will lower cholesterol, fasting will control cancer, you will see improvement in the functioning of every singe organ with fasting.

There are hundreds of Toxins that we get exposed to on a daily basis. One of them is Fluoride. It is added to most household cleaners, toothpaste and even the drinking water. If excess of Fluoride is consumed by us it will cause poisoning with symptoms of stomach pains, abdominal cramps, weak bones also called osteoporosis. We should not give tooth paste with fluoride to our kids. The best toothpaste is baking soda, herbal or Meswak. Another way is done by rubbing and chewing a wooden bark or stick. The best teeth that I have seen are on people who use Meswak, it’s a small tree twig, chewed in
one end to make a brush, and people rub this on their teeth like a brush. When you do not notice any more taste then chop off the used end and chew on the remaining portion to make a new brush. Do not let children use any of the Fluoride toothpaste or water, it is poisonous for them. There is a Meswak toothpaste available in the market which has no chemicals or Fluoride, this particular brand is made in Dubai. I remind you that the best teeth I have seen were on a 45 year old male who used meswak and the teeth were like pearls, any movie star would die to have such beautiful teeth. Since then I purchased a twig here in Makkah cost me a riyal. The best thing you can keep this in your pocket and use it anywhere, no dental flossing needed no toothpaste. Saves a lot of money and you do not have to visit a dentist ever for teeth cleaning or x-rays.

Vaccination: The holy Quran recommends colostrum or mothers milk up to two years for every child this is natural vaccination. Yes the vaccinations have stopped deaths from various diseases but, the modern vaccines contain chemicals. Modern vaccine triggers a intense rise in the rates of cancers and diseases. People getting flu shots still suffer from the flu and then fall prey to cancer. Children who get gastrointestinal infections are protected from getting asthma. Getting stomach worms prevents us from getting allergies. So getting minor illness will protect against a major illness. Slightly unhygienic condition may be best for us rather then a chemically cleaned environment. Some scientists have proposed a connection between small pox vaccination and Aids spread in Africa. Aids virus is man made from mycoplasma and Vishnu virus derived from cattle. Silver water helps us against many diseases and acts as a natural vaccine. Scientist state that increased vaccination results in increased rates of psychiatric and autoimmune diseases. Children get mercury in vaccine. If the mother nurses the baby for two years, the child gets exposure to regular sunshine in the morning, afternoon and evening for a total of minimum 30 minutes daily, and then no child will be in any need of any vaccination. Do not keep your children hidden in homes; expose them to animals, other children and the bare earth. In the winters give your children vitamin-D. I remember never getting sick as a child as I used to get vitamin-D samples. While my parents slept in the hot afternoons I was out playing under the Sun. Children playing in the Sun make enough vitamin-D to resist infections. Sunlight also has infra-red rays which kill all germs. Children with TB have been treated by laying them in the Sun for half an hour a day. The Sun rays can kill any germ, just the child has to be well hydrated before the sun exposure. The Sun kills all germs we do not need any vaccines.

Cholesterol the Myth exposed: Once reviewing the medical records of a insurance company to see if any expenditures could be saved. I came across a patient who was sick in the hospital and could not breathe due to weakness. Thus a ventilator was helping him breath. Looking at his medications the doctors had him on two anti-cholesterol medicines. I recommended that these medications be stopped and within two days of stopping the anti-cholesterol pills the man started breathing on his own and walked out of the hospital. The Big Pharma paid all the expenses for this patient. I use olive oil two tea spoons twice a day to get rid of cholesterol in many patients, without any side effects. For high cholesterol one should increase the intake of good oils (essential fatty acids). These consist of olive oil, flaxseed oil, fish oil. The oil intake
needs to be combined with a diet which is high in fresh uncooked vegetables and fruits along with exercise. Whole brown rice will also lower the cholesterol. The red rice from China has the same chemical formulation as any of the cholesterol medications. Fresh rice bran oil is also helpful in lowering cholesterol. Walnuts and almonds help reduce cholesterol. Hair of corn silk which if boiled in two liters water for ten minutes and then the water is consumed one glass twice daily will reduce cholesterol. (Remove the silky hair of Corn place them in two liter of water and boil for 10 minutes, then drink the warm water). This corn water will remove kidney stones and lower cholesterol. Sun exposure to sunshine in the evening and early morning helps lower the cholesterol. The best thing is to drink more water to reduce cholesterol, ten glasses minimum with sea salt daily, so you get white urine. For those patients whose kidney stones do not come out should use kidney beans and their pods boil them for fifteen minutes and consume their water twice daily. The stone will Inshallah come out.

**To lower blood pressure**, get the recommended Sunshine morning and evening the infrared rays and ultraviolet rays of the afternoon soon. Eat regular salt not processed salt sold all over the world. Never eat Chinese salt and your blood pressure will improve. Remember what Allah tells do not worry, stay satisfied and pray. You have nothing to lose as everything belongs to Allah. If you did not get much in this world then on your transfer you will have golden cups, large houses, beautiful companions and nothing ever to worry about. If this does not make your pressure go down start walking.

**Can we control and reverse arthritis**: Drinking more water and drinking the broth of joints and bones helps arthritis. Celery is good for bones. Peanuts are good for joint pains, make sure they are freshly roasted. Eating cherries will finish all types of joint pains. Drinking plenty of water daily will lower uric acid. If you follow the 8 glass daily routine of water and drink it after saying Bismillaah and take sea-salt you will fully recover from any joint pains. You will also have to eat the broth of the animal joints to get faster recovery. In severe cases if you can get a pregnant animal and eat the uterine contents it will provide much relief to your joints. Otherwise get HCG and do not forget Colostrum its magic for joint problems. After doing my Hajj which was all walking I got severe pains in every joint, so I rested and rubbed my knee joints with olive oil and drank Zamzam in five days I am better then before. While on my last trip from Mina to Makkah I was in the pedestrian tunnel and saw a Hajji sitting in the pavement, I flagged a passing ambulance but they had other priorities. He told me his joints had given out. I was carrying a large backpack and in it had my last bottle of Zamzam, so I left him the holy water. On the way back I was thinking maybe I should keep some aspirin or maybe the Zamzam was the best treatment.

**Dental Pain**: If you have dental pain take a clove or a leaf of Naem plant, olive plant or papaya and chew it with your teeth over the area where the pain is and the pain will go away.

**Poor Dental Hygiene, and poor Gums and teeth whitening**. You can improve the condition of your gums by swishing Mustard oil (sarson ka tail) mentioned twice in the Quran, or olive oil one tea spoon in your mouth every morning. Swish for 15-20 minutes
and then spit the contents out. All your teeth will turn white in a few weeks and health will improve. Do not use toothpaste use baking soda in its place. If you have any kind of dental pain then use, Hydrogen peroxide 3% if used twice a day with a toothbrush will clean all your plaque and whiten the teeth, get rid of any pain. By using this method I have never needed to see a dentist for teeth cleaning. I stopped going after she took 4 x-rays of my mouth. Of course I knew the damage the x-rays were doing to my blood vessels.

Heart disease and Stroke: Any one who has been keeping their teeth and gums in a sparkling condition will not get heart disease. Quranic Shifa guidelines must be followed, all you have to do is eat a apple a day looks like the heart, eat the animals heart, drink 8- glasses of water daily and use turmeric on tea spoon and olive oil two tea spoons daily. Then you will not need stents or have heart disease. Quranic guide to health is of prevention. With this you have to drink 8- glasses of water with sea-salt. Cratageous is a homeopathic remedy for any heart problem use potency 200 one dose daily you will see improvement. For heart problems also use tomatoes twice daily. For those patients who are having frequent chest pains with Cratageous they should use a course of vibramycine as described in the Alzheimer’s section.

Stents: Medicine learns new tricks to bilk patients of their hard earned money. I remember as a child that tonsillectomy was being practiced routinely. This procedure was considered a must and children of the elite were put to the knife to get rid of the tonsils. Later it was found that the procedure resulted in a high rate of complications and had no benefits. Tonsils are the first line of defense for any material entering the alimentary canal. The stents have become a modern tonsillectomy. Multiple studies have shown that stents offer no benefits, yet people go under the knife to get angioplasty and stent placements regularly. The only time to get a single angioplasty or stent placement is within 24 hours of a heart attack, otherwise the procedure is useless. If we follow Quranic Shifa guidelines from Allah we will not need any stents. We will be drinking 8 glasses of water and keeping our teeth clean, consuming apples, olive oil our blood vessels will be in perfect shape. I have seen patients those who had refused stent procedures and were told they will die without the procedure, who are still alive and doing well.

Can we control burning pains in the legs along with weakness: The main problem is in the stomach which has bacteria and they are causing a immune attack on the nerves and we are feeling the weakness and the burning. What we need to do is take olive oil, figs and dates to clean up the stomach. Then use colostrum, turmeric to help reverse the immune dysfunction and our problem will go away. Must remember to clean our teeth and use 8 glasses of water daily with sea-salt. To provide vitamins use fresh fruit and vegetable juices for a month and stop using any bread. Take a teaspoon of turmeric at night with milk. If you can get colostrum it will be wonderful to take this twice a day for two weeks.

Neck & Back Pain: I do not believe in any surgery for the neck of back pain. Simple exercises can solve the problem by stretching the muscles. In neck pain turn your neck
from side to side then apply ice, then after stretching apply heat to the same area. Repeat until the pain is gone.
Similarly for back pain apply ice and then stretch the back muscles by bending down. Do this five to ten times. Then one also needs to do hyperextension of the spine. This is done by laying down on your stomach and then raising your body by pushing up with your arms, repeat this for four to five times daily. Rub the area of the pain (hard).
Do not forget to pray surat u shifa over the area. If you want to follow the Quranic shifa cures then use palm dates, drink more water at least 8 glasses daily with sea salt. You will see benefit in all your pains. If you were already practicing the Quranic guidelines you would not even get the disease.

**Sudden onset of leg weakness.** Sudden onset of leg weakness can be caused by either a neuropathy meaning a nerve weakness or a spinal cord involvement called transverse myelitis and rarely by Guillan Barre Syndrome which is a severe weakness preceded by a flu. Quran teaches us about prevention, if you follow the Quranic guidelines then by eating Figs, dates, olive oil your stomach will be clean and you will not even develop GBS. You will use turmeric one tea spoon in milk at night until the problem is gone. Also use colostrum and olive oil twice daily. Keep drinking 8- glasses of water with sea salt daily. You will have full recovery if you also recite surt-shifa. In diabetic patients ciprofloxacillin 250mg twice a day will reverse any such weakness in two weeks.

**Alzheimer’s and Weakness in the Feet or Legs:** The issue here is a weak brain and nervous connections. The treatment is pretty simple, you need to eat walnuts which should be good quality and not blackened. Remember the walnut resembles the brain; you will also need to eat animal brain and eyes. Since olive oil is full of fatty acids good for our immune functions we should take a tea spoon twice a day. Remember to provide good hydration to the body and if possible eat the meat from a pregnant goat or cow and its uterine contents. That will provide us with enough growth factors to reverse any disease. Turmeric is well known as an anti-inflammatory and should be taken once a day with milk to reduce any inflammation. Remember to pray and stay hydrated by drinking water and sea salt and you will recover. Fasting helps improve mental function in Alzheimer’s disease so try fasting and go off all grain products. Doxycycline or vibramycine 100mg daily for three weeks should be tried in non responders.

**How to control Asthma:** In children all the milk products need to be stopped. They should not be fed milk in bottles, especially while lying down. Rubbing of the chest should be done in their backs. Fingers are pressed against the back ribs starting from the middle of the spine and then the fingers are moved outwards. In the front of the chest a finger is placed below the chest bone and another finger is moved from here to the umbilicus, then again from the middle point a finger is moved along the costal margins on both sides. Colostrum and a small drop of black seed oil daily will also reverse asthma.
For adults I recommend increased water intake with sea salt taking 8 glasses daily mixed with sea salt you should have no asthma symptoms. Asthma should not return.
In non responsive patients go a milk free diet and use more vegetables and fruits you will see benefits. Adult patients can use 5-6 Kalwangi seeds or two drops of the oil (onion seed or black seed) daily in the morning will stop asthma in a few months. In a adult patient try Vibramycine or Doxycycline 100 mg twice a day for two weeks and then once a day for two weeks for complete recovery from asthma symptoms. Only in a very few Azithromycine can be given at 250mg twice a day every alternate day for two weeks.

**Gastrointestinal problems, Irritable bowel syndrome. Gases in the stomach:** These patients benefit from using Figs daily and they need to take olive oil one tea spoon twice daily. They should eat intestines of goat, sheep or cow. These patients need to massage their stomachs, just by massaging gases are expelled. I also ask all my patients to stand up and then bend down and touch their feet at least twenty times daily. This exercise will strengthen their abdominal muscles and will then prevent the formation of gaseous in their stomach. These people should also give up all products of wheat. And eat rice, meats, honey, vegetables, corn bread, fruits and milk. In patients not showing recovery use baking soda one tea spoon plus two tea spoons of apple cider vinegar in a glass of water and sip the mixture slowly over one half hour. Take two such glasses daily. If still no recovery then give up all milk products too. People experiencing gases need to wash their vegetables and fruits in running water and then consume them. If the problem does not improve then try a course of ciprofloxacin 250 mg twice a day for two weeks.

**How to control infertility:** Infertility of the autoimmune type can occur in men and women, usually have a history of fetal death within first three months, or recurrent spontaneous abortion. What I recommend is start the woman on 80 mg Aspirin one tablet a day to help get pregnant. Once she is pregnant Aspirin daily (80 mg ). This should be continued throughout pregnancy. The woman also needs to give up wheat.  

**Men in Pakistan** have been found to have lower sperm counts and they are becoming impotent. The cause is excessive eating of broiler chicken and using water in plastic containers. Don’t store water in plastic containers. Also stop using the cellular phones. Use one fig (angel) daily. Men and women need to go off the diet of grains, eat potatoes, meats vegetables and fruits. They also need to be off all dairy products. Inshallah both will be rewarded with a baby. These people also need to stop eating grains and milk and should consume meats, men should eat the testicals and women need to consume ovary and uterus. The problem is reversible. Do not forget to take olive oil, bananas which look like the male organ and plenty of water with sea salt. Pray to Allah and Inshallah Allah will reward you with a Baby. Zachariah, who had been appointed guardian of Mary by Allah. When Zachariah used to visit Mary he would see that Mary had food. So he asked, “O Mary where is this food coming from”? Mary replied it is from Allah. Then Zachariah prayed, My lord bestow on me thy bounty of a goodly offspring, Thou are the hearer of the prayer. Even though Zachariah was old and his wife barren, Allah blessed them with John. Now for those who think here the way to pray for an offspring. In this short story is a very important observation, Allah has appointed a old married man as a guardian of a young girl. Young unmarried men should not be guardians of young women. 
In any women not being able to have children along with prayer should use vibramycine or Doxycycline 100 mg twice a day for two weeks and then once a day for two weeks. Both husband and wife should use this. This treatment works if other therapies have
failed. The couple also needs to stop using any bread and go to a fruit, vegetable diet and meat diet.

Alopecia, skin disorders like Eczema, skin peeling off like in Pemphigus and Acne. Hair falling out has become a severe problem is being seen in men and women. It has become common in the farm areas maybe due to pesticide exposure. The first thing to do in these conditions is to increase the intake of oils. One should use flaxseed oil, olive oil or cod liver oil daily one to two tea spoons of any two oils. Some patients will improve just with oils while others will also need more specific treatments remember that Honey is a natural antibiotic and should be applied on these skin lesions. Along with honey and Coconut which simulates the hair around the head so apply coconut oil on the hair and consume this too daily. Coconut will grow shiny hair. A great combination remedy from the Quran is to use a mixture of Coconut oil, olive oil and the black powder from Toor-I-Sina. This was the mountain that was hit by severe lightening when Moses asked Allah to show his Majesty, the whole mountain turned into black shiny powder. When this mixture of black powder is applied to hair daily in the morning the roots become strong. Allah has made an Oath of this black power. A severe knee pain brought by over exertion responded to application of this black powder on my knee.

Wound Healing and Burns: To heal any open wound or a chronic diabetic wound one needs to apply honey on the wound daily. Hydrogen peroxide 3% will also benefit. If these are not available then apply clay. For burns there is nothing better then honey. Clay is used on internal and external wounds, mix clay in water, apply to the wound and cover it with a wet cotton cloth, even injured vertebra will be healed by application of clay. The skin and wounds heal quickly and any infection is eradicated by the clay application.

Fibromyalgia: This particular condition causes pains all over, has become the most common illness affecting women in their married life. It is brought on by stress and tension. This condition also affects males but in them it presents as a headache and fatigue. The men get misdiagnosed as depressed. The women usually present with pain in heels, ankles, knees, hips, chest, shoulders, elbows and wrist. One very common problem that I have seen is epigastric pain. Pain will become intense and patients may get admitted to hospitals. The pain occurs in cycles and is often misdiagnosed as an ulcer or chest pain. Usually by checking the sleep history one will find out that these women only sleep 4-5 hours at night. In all these cases the patients need to be exposed to the afternoon Sun for half an hour daily, they need to increase the water intake and take sea salt with the water at least 8 glasses daily. Olive oil one tea spoon should be taken twice a day. Turmeric one tea spoon at night with milk, needs to be taken. If the aches and pains continue then stop all grain products and stop milk products. Eat potatoes, palm dates, honey, fruits and vegetables and you will Inshallah see improvement with prayer. In long term patients use baking soda one tea spoon plus two tea spoons of apple cider vinegar in a glass of water and sip the mixture slowly over one half hour. Take two such glasses daily. For those patients who would like to try allopathic medicine then vibramycine 100 mg can be used daily for two weeks and then 100 mg on alternate days like each Monday, Wednesday and Friday for four weeks. If the problem has not cleared
off then continue and the medicine is helping then continue it for another month on the alternate day regimen.

**Carpal Tunnel Syndrome:** When both the hands get numb at night the condition is called carpal tunnel syndrome. This condition responds well to drinking more water with sea salt and eating more plam dates. Wear a splint at night on your wrist. Use turmeric mixed with milk at night for pain relief. Use colostrum twice a day if available. A homeopathic remedy that works is arnica use it in 200 strength once a day.

**Vasculitis:** Vasculitis is a inflammation within the blood vessels of the body. Various symptoms may be produced by vasculitis that can involve many different organs. The usual symptoms of vasculitis are weakness, tiredness and fatigue. In Takayasu type vasculitis which is seen in young women the usual symptoms are iritis (redness of the eye), loss of peripheral pulses, headache and elevated sedimentation rate. First of all increase the water intake with sea salt. The water should be 8 glasses daily. Then use olive oil one tea spoon twice daily. Get exposure to the morning Sun for 15 minutes and afternoon Sun for 20 minutes daily. Use turmeric one tea spoon in a glass of milk every night. Pray and Inshallah you will see benefits. Fasting helps so plan a fast once a week. In the Takayasus vasculitis the Doxycycline or vibramycine schedule described in the infertility chapter will completely reverse this disease.

**Cancer:** Cancer is of many types, all types of cancer are caused by pollution (chemicals) in our water supply, air and diet and infections. The Quran warns us against spreading pollution, for travel we are told to use ships and animals. Cancer is also caused by our body developing an acidic environment. We need to keep our body more alkaline and it will reduce the incidence of cancer. Drink more water so you get alkaline, mix some sea salt and baking soda to the water that you are drinking. Also eat Flax seed oil and cottage cheese mixed together with honey twice a day to treat cancer. Honey is full of enzymes to help get rid of the cancer. Use Turmeric one tea spoon twice daily in all cases and helps even breast cancer. If you eat seeds of apricot they also inhibit cancer. Broccolis, pomegranates, carrots, sugar beets all suppress cancer. Of course daily exposure to the Sun should not be forgotten for minimum one half hour to the morning and evening Sun and one half hour to the afternoon Sun. Pray and see how Allah helps you recover. All cancer patients should only get a uncooked diet of fruit juices, vegetables, fruits, nuts, boiled legumes any cooking should only be in butter oil or mustard oil.

**Prostate:** This gland present in the males if enlarges will cause difficulty in passing urine. You can easily control this problem by using daily Sun exposure and using Turmeric one tea spoon in a glass of milk every night. Flax seed oil mixed with cottage cheese in equal parts and to it add some honey should be consumed two tea spoon twice a day until full recovery. This dose can be repeated as needed. This treatment will also reverse early prostate cancer. If Sun exposure cannot be taken use cod liver oil daily. Do not forget the water intake with sea salt daily. The Vibramycine schedule described in the alzheimers section will be very helpful in reducing the size of the prostate if taken with cod liver oil daily.
**Throat pain and cough:** The best treatment is to mix 3% hydrogen peroxide in water and gargle with this. Gargling with salt will also reduce throat pain. Then start drinking sea salt with 8 glasses of water daily and you will see the problem go away. Cinammon mixed in honey can also be used to get rid of throat pains take this as a tea.

**Fungus in toes:** Use Sunshine on the toes will reduce fungus, oil of black seed or Kalongi very effective. Tea tree oil can also be used. Application of Honey will get rid of fungus. Hydrogen peroxide three percent twice daily will also get rid of fungus.

**White fungus in the mouth:** This thrush can be cleaned by mouthwash of hydrogen peroxide 3% three times a day mixed in water or just straight 3% Hydrogen peroxide will clear off the thrush. In difficult cases also drink baking soda one tea spoon mixed in water sip slowly twice a day, apple cider vinegar two tea spoons can be added for better performance.

**Autism or Attention deficit disorder.**

In children with these problems first use cilantro about 10 mg twice daily for two to three weeks. This is for chelating and getting rid of heavy metals. Then use olive oil mixed in honey one to two tea spoons daily to help improve brain functions. All the children should eat almonds and walnuts daily which should be fresh. Feed brain from goat, sheep or cow minimum once a week. Improve the water intake and you Inshallah see improvement. All children should be given cod liver oil capsules daily.

**Dark circles under eyes.**

To get rid of dark circles use cilantro twice daily for three weeks as a chelating agent. Then apply clay mask with Multani mati in Pakistan and India or any yellow colored clay for 10 to fifteen minutes daily. Use olive oil or mustard oil to swish in your teeth about one tea spoon for 10 minutes daily in the morning. In one week you will see the dark circles clear off Inshallah.

Lets make a summary that we need to eat vegetables, fruits including their seeds, eating every different part of an animal, rotating the foods so we do not consume the same thing every day and drinking enough water to keep our urine white will get rid of nearly every disease. Remember to avid the grains specially wheat. Never forget to thank Allah and say our prayers. We say thank you to the store clerk after receiving groceries but forget to that Allah! Read the first sura of the Quran to help get Shifa. Read the last parts of the Quran called the Quils to stay away from the Evil Eye and other forces of darkness including the Jinn. Read Aitual Quarsi twice a day specially Fajar and Magreb. These sura are provided at the end of this book. Quran has mentioned to use clay to clean your skin in place of water. Clay kills all germs. You should be using cod liver oil daily.
Chapter Four: Introduction to healing by Allah’s beautiful names

There are 99 names of Allah in the Quran. These names are called Asma-I-Husna. In the Quran Allah mentions that these names need to be used to get closer to Allah. The names of Allah should be taken to seek help from Allah. Repeating these names is a beautiful prayer for us as this helps us get closer to Allah.

“The most beautiful names belong to Allah. So call on him by them; but shun such men as use profanity in his names: for what they do, they will soon be requited”. Quran

These names are often mentioned in combinations in the Quran and below are some combination names mentioned in the Quran,
Ya Aleem ul Hakeem , Ya Ghafoor r Rahieem , Ya Sammi ul Alieem, Ya Raouf r Rahieem, Ya Hayyo Ya Qayyum, Ya nasrullah wa fath.

Below you will find the whole list of 99 names, the meaning of each name and their potential benefits when repeated in prayers. Allah tells us in the Quran if these names are used for any negative gains then Allah will never forgive the person. Such negative gains most likely means Magic.

In the Quran a name Rab (Lord) is mentioned frequently, which is not included in the 99 names, it is mentioned in Sura Fathia as Rab- Aleemien (Lord of the worlds). The name Rab is repeated 894 times by searching on the Nobel Quran.

The question comes how many times should we repeat each name, the answer is Allah loves odd numbers like 1,5,7,9 14,19, 114 so one can try to repeat as much as they can or do these odd number of times. Allah knows best.

1. Allah ﷽ Allah
Allah is Al-name Al-Azam, the greatest name which contains all the divine attributes and is the sign of the essence and cause of all existence. Allah is the Creatator and everything else is created by Allah. Nothing else can assume the name Allah or share it. If you look at the clouds early morning and afternoon you will often see Allah written in them.

Recite Ya-Allah daily, all doubts and uncertainties can be removed from the heart and, determination and faith will become firm in him - Insha-Allah. When saying Allah the tongue touches a specific portion on the palate. I have seen Arabic women will forcefully wipe their fingers on this area to give weak person strength.

You will notice how the lips and tongue use a different force and area in the mouth to press upon when each of Allahs name is taken, at the same time a different amount of air pressure and volume is produced by the lungs. So there are hidden acupressure points in these areas that are stimulated and help wake up areas in our brain. When you say Jabarro your lips are held tight for a millisecond and saying Azzezo just the lungs and vocal cords are used as the tongue barely moves. When saying Allah the tongue touches above the teeth.
2. **Ar Rahmaan**  
**The Compassionate**  
One who wills Mercy and goods for all creation, at all times, He pours upon all creation infinite bounties.

Recite **Ya- Rahmaan** daily after every salaah (prayer), if Allah wills, hard heartedness and negligence will be removed from the readers heart. In reciting this name the lips lightly touch which stimulates specific points in the body.

3. **Ar Raheem**  
**Merciful**  
The source of infinite mercy, who rewards with eternal gifts the one who uses his bounties for the good.

Recite **Ya- Raheem** daily after every salaah, the reciter will be safeguarded against calamities, and people will become affectionate towards him - insha-Allah.

4. **Al Malik**  
**The Owner**  
The owner and ruler of the entire universe, Hell and Heaven and of all creation visible and invisible.

Recite **Ya –Malik** abundantly daily, the reciter will be given abundant wealth - insha-Allah.

5. **Al-Quddus**  
**The Pure**  
He is the most pure one, devoid of all Blemish, Shortcoming, Weakness, needs and Error.

Allah will cure spiritual sickness, one who recites **Ya-Quddus** abundantly daily.

6. **As Salaam**  
**Provider of Peace**  
One who saves the his servants from all dangers, bringing them peace, blessings and security of paradise.

Anyone who recites **ya-Salaam** continually, Allah will protect him from all calamities and maladies. If repeated many times and blown on a sick person, Insha-Allah, Allah will restore their health.
7. Al Mu’min المؤمن The Faithful

The illuminator, of the light of faith in our hearts. The Comforter, the Protector of the ones who seek refuge in Him.

Whoever says this Name many times in times of fear, Allah will protect him from calamities, mishaps and losses. Write the name and keep with you and safety may remain the responsibility of Allah.

8. Al Muhaymin المهيمن The Protector

The Protector and the Guardian. The One who sees to the growth of His creation, leading them where they are destined to go.

Anyone who recites with sincerity this name many times, Allah will purify him physically as well as spiritually. Also, Allah will acquaint one with the unseen if one reads it frequently.

9. Al A’zeez العزيز The Guardian

The Protector and the Guardian. Reciting Ya- Azzez repeatedly may be given protection and self sufficiency.

10. Al-Jabbaar الجبار The Enforcer

The one who will enforce. His force will overcome anything without any opposition.

Anyone who says this Ya-Jabbar many times each morning and each evening will be safeguarded against the oppression of tyrants and despots. If anyone engraves it on a silver ring and wears it, his awe and magnificence will become inborn in the hearts of people - insha-Allah.

11. Al Mutakabbir المتكبَر The Greatest

The Greatest, which shows His greatness in everything, on all occasions.

Constant reciter Ya- Mutakabbir will be granted honor and greatness. When read continuously before any task, the task will be accomplished - Insha-Allah.

12. Al Khaاليق الخالق The Creator
The one who creates from nothing. Who can make anything, anywhere and at anytime. Recite Ya –Khaliq daily and be safeguarded against all adversities - Insha-Allah. And one who forms the habit of its continuous recital, Allah may appoint and angel who will worship Allah continuously on his behalf.

13. Al Baari  
البارئُ  
The One who gives Life

The giver of life.
If a barren woman fasts for 7 days and each day, after making iftaar with water reads Al-Baari’ Al-Musawwir twenty one times, Allah will grant her male children - Insha-Allah.

14. Al-Musawwir  
المصورُ  
The Artist

He is the artist, without using any model, shapes everything in the most perfect shape.
If a barren woman fasts for 7 days and each day, after making iftaar with water reads Al-Baari’ Al-Musawwir twenty one times, Allah will grant her male children - Insha-Allah.

15. Al-Ghaffaar  
الغافرُ  
The Forgiver

He is the One who accepts repentance and forgives.
Any person who recites this Ya-Ghaffar 100 times after Jumu’ah salaah will soon begin to perceive Allah’s forgiveness. And anyone who says Ya Ghafar – Agfarli daily after Asr salaah, Allah will include him amongst those whom He has forgiven.

16. Al-Qahhaar  
القهرُ  
The Subduer

One, who has irresistible power to subdue anyone, The strongest.
Repeat Ya Qahaar continually: if Allah wills, he will be freed from the love of this world and, instead, Allah’s love will become inborn in his heart.

17. Al-Wahhaab  
The Bestower

If a poverty stricken person recites this name of Allah continuously recites this name of Allah 40 times in the last sajdah of Salaat, Allah will free him from poverty in an unexpected and amazing manner. Insha-Allah.
For particular need to be fulfilled, observe sajdah 3 times in the courtyard of the house or Masjid (Mosque) and then lift your hands (as in Du'a) and recite this name of Allah 100 times, Allah will fulfill your need. Insha-Allah.

18. Al-Razzaaq ٌ الرَّازِقُ  The Sustainer

He is the Sustainer who provides everything, needed to maintain his creation.

Anyone who blows in all four corners of his house after saying this Name 10 times in each corner before Fajr, Allah will open for him the doors of rizq (sustenance); sickness and poverty will never enter his home. (Note: begin from the right hand corner while facing Qiblah)

19. Al-Fattaah ٌ الفَتْحَ  The Victorious

He is the Opener & the Solver, the Easier of all that is locked, tied and hardened.

Anyone who places both hands on his bosom after Fajr salaah & says this name 70 times, Insha-Allah his heart will be illuminated with the “Noor” of Imaan.

20. Al-A’leem ٌ العِلِيمُ  The All Knowing

He is the One who knows all. He knows what has happened, what is happening, and what will happen from the beginning to the end.

Anyone who recites this name much, Allah will open the gates of knowledge & wisdom for them. Moreover, their heart will be filled with the Ma’rifah (cognizance) of Allah.

21. Al-Qaabiz ٌ القابِضُ  The Controller

He is the One who constricts.

Whoever writes (with saffron or by mere action of ones finger) this Name of Allah on four morsels of bread (roti) each day for 4 days and eats them, will be safeguarded Insha-Allah.

22. Al-Baasit ٌ البَاسِطُ  The Extender

The one who releases abundance, joy, relief, and ease after difficulties.
Lift the hands towards the heavens (as in dua) after Salaat and say this Name 10 times. Thereafter pass the hands across the face (as when finishing dua): Insha-Allah self-sufficiency and independence will be granted by Allah. This must be done daily.

23. Al-Khaafiz — THE ONE WHO HUMBLES AND LOWERS

Allah most high is the One who raises His creatures to honor and fame and who can cast them down to the lowest of the low.

Anyone who say this Name 500 times, Allah will fulfill all his needs and remove all his difficulties – Insha-Allah.
One who fasts for 3 days and on the fourth day says this Beautiful Name 70 times while sitting in seclusion, will gain victory over his enemy – if Allah wills.

24. Ar-Raafi’ — THE EXALTER

Allah most high is the One who raises His creatures to honor and fame and who can cast them down to the lowest of the low.

Any person who says this 100 times in the middle of the 14th night of every lunar month, Allah will grant him self-sufficiency and independence of the entire creation – Insha-Allah.

25. Al-Mu’iz — THE GIVER OF HONOUR

He is the One who honors.

If this beautiful name of Allah is said 40 times after Maghrib on every Monday and Friday, Allah will grant the reader honor and reverence - Insha-Allah.

26. Al-Muzil — THE GIVER OF DISHONOUR

He is the One who humiliates.

Whoever makes dua for protection after saying ya-Muzil 75 times, Allah will protect him from the evils of envious persons, oppressors and enemies - Insha-Allah.
If there is a particular enemy whom one fears then after saying the Name in the manner mentioned above, one may observe sajdah wherein one may invoke Allah’s help against ones enemy by actually mentioning his name in sajdah thus: “O Allah! Protect me from the evils of Zaid or Bakar.” If Allah wills he will be granted protection.
27. As-Sami’

He is the one who hears all – that which comes from the lips, passes through the minds, is felt by the hearts, the rustling of leaves in the wind, the footsteps of ants and atoms moving through the void.

One who says this beautiful Name 50 times on Thursday after offering, all his duaas will be assuredly granted – Insha-Allah. It is necessary that no talking is done during the course of reciting it.

28. Al-Baseer

He is watching, seeing everyone at all times, He is the One who is all-seeing. Allah can see through mountains and in tunnels. When you think you are alone, you are being watched by Allah. Everyone at all times is being observed by Allah. So do good at all times.

One who says this Name 100 times after Jumu’ah prayers constantly, Allah will grant strength to his eye-sight and light (noor) to his heart - Insha-Allah.

29. Al-Hakam

He is the One who orders. He is the bringer of justice and truth. He judges, and executes His justice.
One who says this Beautiful Name 99 times while in the state if wudu during the last portion of the night, Allah will cause his heart to perceive all secrets and to be filled with noor.
And anyone who says Ya Hakam on Friday night in such a manner that he grows euphoric and ecstatic then Allah will cherish his heart with manifestations and inspirations.

30. Al-A’dl

He is the absolute justice. Justice secures peace, balance order and harmony. Allah the just is the enemy of tyrants.

Anyone who recites this name frequently, will get justice, security, peace and harmony in this world.

31. Al-Lateef

MOST AFFECTIONATE
He is the most delicate, fine, gentle, beautiful one. He is the one who knows the finest details of beauty. The finest of His beauties are hidden in the secrets of the beauties of the soul, wisdom, and divine light.

Whoever reads this Name 133 times daily, Allah will grant abundance in his rizq (sustenance) and cause all his tasks to be accomplished without difficulties.

Anyone involved in poverty, misery, sickness, loneliness or any adversity at all should make wudhu in the proper manner and offer 2 rakaat salaah and then bearing in mind the objective (like deliverance from adversity) say this Name 100 times: Allah will surely grant him deliverance – Insha-Allah.

32. Al-Khabeer - ALL KNOWING

He is the one who is aware of the hidden inner occurrences in everything. He is the one whose cognizance reaches the deepest, darkest, hidden corners of His kingdom, where neither human intelligence nor His angels can penetrate.

Anyone who reads this Name continually for seven days will begin to perceive hidden secrets.

Any person who has an insatiable desire for pleasures should read this Name constantly. Insha-Allah he will soon be freed from such base desires.

33. Al-Haleem - The Forgiving

He is forbearing in the punishment of the guilty. He waits, giving time to the sinner to realize their guilt and beg for forgiveness, so He may pardon, rather than punish them.

If AL-HALEEM is written on paper, soaked in water and then the same water sprinkled on anything or rubbed onto something, then the quality of ‘barakah’ will be imparted to such a thing and it will be safeguarded against all calamities.

34. Al-Azeem - The Honorable

He is the greatest, absolute on the earth below and in the heavens above, in realms where our sight cannot reach and of which our minds cannot conceive.

One who recites Al-Azeem will be graced with great honor and dignity – Insha-Allah.

35. Al-Ghafoor - The Pardoner

He is the most forgiving one. He veils our faults from the eyes of other men, from the angels and relieves us from the suffering of continual remembrance of our faults.

One who repeats this Name frequently all his maladies, sorrow and grief will be removed – Insha-Allah. Moreover Allah will give barakah in his wealth and offsprings. A hadith
states, anyone who says thrice يا رب اغفر لي (Ya Rabbi Agfarli) while in sajdah, Allah will forgive all his past sins and any sins that he may commit in the future.

36. **Ash-Shakoor** HIGHLY GRATEFUL

He is the one who repays a good deed with a much greater reward. Thankfulness is to return good with good.

Read this Name 41 times daily for any difficulties – financial, physical spiritual, mental etc. Insha-Allah, deliverance will be granted soon.

37. **Al-Ali** The High

He is the highest One. He is higher than the whole of the created universe. His nearness and farness and His being high cannot be measured by the limits of human intellect.

Anyone who reads this name daily and constantly, and keeps with him a written copy of it, will be exalted, granted affluence, and all his desires will be fulfilled - Insha-Allah.

38. **Al-Kabeer** The Greatest

He is the greatest, whose greatness stretches from before the beginning until after the end. There is no difference for Him between the creation of an atom and the infinite – seeming universe. This is His grandeur as much as we can understand it. He is greater than that.

If anyone who is dismissed from his post, fasts for seven days and each day repeats this Name 1,000 times, he will be re-instated to his post and moreover graced with honour and dignity – Insha-Allah.

39. **Al-Hafeez** The Protector

He is the one who remembers all that was and all that is, keeping in His divine protection all that there will be.

The one who recites this Name of Allah constantly and keeps with him a written copy of this Name, will be protected from all hazards, losses and harmful things – Insha-Allah.

40. **Al-Muqeet** Provider of Sustenance and Strength
He nourishes all of His creation. Allah creates the nourishment of His creatures before He creates them. No one can take away the nourishment destined for each element of creation.

Anyone who blows in a bowl of water after repeating Al-Muqet 7 times, and then drinks water from it himself or allows someone else to drink from it or to take a deep breath from such a bowl then all their desires will soon be fulfilled – Insha-Allah.

41. Al-Haseeb الأحسيب The Accountant

He is the one who takes account of all and everything that His creation does or is subjected to.

When in fear of any human being or anything, repeat حسبين الله الحسيني seventy times in the morning and seventy times at night for eight days starting from Thursday. Insha-Allah protection will be granted against the evil of such a person or thing.

42. Al-Jaleel الجليل The Glorious

He is the lord of majesty and might. His might and His greatness, His eternity bears no resemblance to any energy, matter or time.

Anyone who keeps with him anything (paper, cloth etc.) on which Ya-Jaleel is inscribed with saffron or musk Allah will give him honor, greatness, rank and dignity – Insha-Allah.

43. Al-Kareem الكريم The Generous

He is the generous One. His greatest generosity is His Mercy, through which He forgives when He could punish.

Anyone wishing to be revered and honored should repeat this Name until they fall asleep.

44. Al-Raqeeb الرقيب The Caretaker

He is the One who watches everything, always. This scrutiny of every detail in the existence of all creation is in part protective.

Anyone who desires that his family and wealth be protected from destruction and calamities should repeat this Name each day 7 times and blow on them. He should also continue reading this Name at all times so as to remain safeguarded at all times.
45. Al-Mujeebُ أَلْمُجِيبُ The Responder

He is the one who responds to all the needs of His servants. Allah is closer to His creatures than they are to themselves. He is not any closer to a saint than He is to you or a mustard seed.

The constant reciter of this Name will soon perceive that all his duaas are being granted.

46. Al-Waasiُ أَلْوَاﺳِي The Limitless or who extends

He is the limitless vastness, infinite resources of mercy, power, generosity.

Anyone desiring spiritual and material self-sufficiency and independence should repeat this Name over and over.

47. Al-Hakeemُ أَلْحَﮑِيِّمُ The Wise

He is the Wisest his wisdom and knowledge will not end even if we use all the trees in the world as pens and use all the seas as ink and then get seven more seas, Allahs knowledge will be more than that.

Anyone who repeats this name constantly, Allah will open him the doors of knowledge and wisdom. Anyone whose particular task does not seem to be accomplished should repeat this Name frequently and constantly. Soon will this task be accomplished Insha-Allah.

48. Al-Wadudُ أَلْوَدُودُ The Loveing

He is the one who loves His servants. He is the only one who is worthy of love.

Anyone who repeats this Name 1,000 times and blows on food, and such food is consumed by him and his wife together, their difference and dispute will soon be settled and a strong bond of love and affection will result between the spouses – Insha-Allah.

49. Al-Majeedُ أَلْمَﺟِيِّدُ The Glorified

Allah is glorious and majestic in the whole of His creation. No hand reaches Him, no power can touch Him, yet He is closer to His servants than their own souls. His state is pure perfection.
Anyone who has contracted a fatal disease such as epilepsy, leprosy etc. should fast on the 13th, 14th and 15th of the lunar month and after breaking fast repeat this Name profusely and blow in water and drink such water. He will soon be cured – Insha-Allah.

50. Al-Baeus ﺍَﻟْبَﺂﻋِﺚُ THE RESURRECTOR OF THE DEAD

He is the raiser from the dead. Allah will give life back to all creation on the day of judgement.

Anyone who, at bedtime, places his hand on his bosom and says this name 101 times, his heart will become alive with knowledge and wisdom - Insha-Allah.

51. Ash-Shahid ﺍَﻟﺸﱠﮭِﯿﺪُ Final Witness for everything

He is the one who witnesses all that happens everywhere at all times.

Anyone wishing that his disobedient wife or children become obedient, should, while placing his hand on their foreheads, repeat this Name 21 times and blow on them. Soon they will become obedient – Insha-Allah.

52. Al-Haq ﺍَﻟْﺤَﻖﱡ THE TRUTH

Allah is the truth, whose being is ever unchanged.

Anyone whose family member is missing or has absconded or anyone whose belongings are stolen should inscribe ﺍَﻟْﺤَﻖﱡ on all 4 corners of a square paper and at the time of Sehri, place such paper on his palms and lift it toward the heavens and make dua. Soon, will the missing person return or the stolen goods be recovered – free from any harm or damage – Insha-Allah.

53. Al-Wakeel ﺣُوْﻙِيﻟُ ﺍ Final Witness for everything

He is the ultimate and faithful trustee. Men think that they are able to do, but He is the one who does everything. He can replace everything in the universe, but nothing can replace Him nor can stand on its own without being dependent on Him.

Anyone fearing any calamity caused by an act of God should say this Name repeatedly. He will be protected from all calamities – Insha-Allah.

54. Al-Qawi ﺍَﻟْﻗَﻮِيﱡ ALMIGHTY
Allah is the most strong one, the inexhaustible. He possesses all strength. He can create a billion universes with the same ease with which He creates a blade of grass.

Anyone genuinely oppressed or victimised should read this Name profusely with view to counteracting the oppressor. Allah will render him protection – Insha-Allah.

55. Al-Mateen المَتِينُ THE INVINCIBLE

Allah is perfect in His strength and His firmness. None can be saved from this strength, no force can oppose it and nothing can weaken it.

Any lady whose breasts do not yield milk, should be made to drink water wherein the inscription المَتِينُ was soaked. Her Breasts will abound in milk – Insha-Allah.

56. Al-Wali الوَلِيُّ THE PATRON

Allah is the protecting friend of His good servants. He eliminates their difficulties and gives them guidance, peace and success in their affairs in this world and in the hereafter.

If anyone’s wife is of ill character, this Name should be recited constantly while in her presence. She will soon become of good character – Insha-Allah.

57. Al-Hameed الحَمِيدُ THE PRAISEWORTHY

Allah is most praiseworthy, all that exist praise Allah with their tongues, with their action, or simply by their very existence. He is the only one who is worthy of devotion, respect, thankfulness and praise.

Should anyone recite in seclusion this Name many times for 45 days, all his evil habits and bad qualities will change into good habits – Insha-Allah.

58. Al-Muhsi المُحْصِي THE KEEPER OF COUNTS (statistician)

Allah is the possessor of all quantitative knowledge. He sees and knows everything in its reality. He knows the number of all existence in the universe down to the number of breaths exhaled and inhaled by each of His creatures.

The recital of this Name daily 20 times will help with detailed knowledge in statistical affairs.
59. Al-Mubdi

Allah is the originator of all. He creates without model or material.

Anyone, who, while placing his hand on the stomach of his pregnant wife, repeats this Name 99 times at the time of Sehri, neither will she have a miscarriage nor will she give birth prematurely – Insha-Allah.

60. Al-Mu’eed

Allah is the restorer of the things that He has created and destroyed.

When any person is lost, then this name should be repeated many times in each corner of the house during the night when everyone is asleep. He will either return within 7 days or his whereabouts will be known within that period – Insha-Allah.

61. Al-Muhyi

Allah is the giver of life to things without life. Allah is the one who has created life and who has created death, no one else can do that.

The sick should constantly say or alternatively it could be said over and over and blown on a person who is ill. His health will be restored – Insha-Allah.

Anyone who says many times and blows on himself, will be safeguarded against all obstacles and bondages – Insha-Allah.

62. Al-Mumeet

Allah is the creator of death. All who are alive will certainly die. Man is made of a combination of the flesh and the soul. The body is temporal, the soul is eternal.

Anyone who has no control over his soul should place his hand on his bosom and continue saying this Name before he falls asleep. If Allah wills, he will be given the strength to control his self.

63. Al-Haiy

Allah is the perfectly alive and ever living one. Allah is cognizant of all, and all actions are His. All that is known and will be known is within His knowledge. All existence is always comprehended in His action.
Anyone desiring sound health should say this Name frequently, many times daily.

64. **Al-Qayyum** (اَﻟْﻘَﯿﱡﻮﻣُ) THE SUSTAINER OF LIFE

Allah is the ever self-existing one upon whom the existence of all depends. His existence depends upon none other than Himself.

Anyone who says this Name continually will attain honour and dignity amongst people – Insha-Allah.

Anyone saying it constantly in seclusion will become affluent and wealthy – Insha-Allah.

Anyone who continues to say **بِيَآ حَيۡ آ قَیۡوُمُ** from after Fajr until after sunrise, his lethargy and laziness will vanish – Insha-Allah.

65. **Al-Waajid** (اَﻟْﻮَاﺟِﺪُ) THE PERFECT

Allah finds and obtains whatever He wishes whenever He wishes. It is even superfluous to use the word “FIND” because all is in His presence at all times.

Anyone who continues to say this name while having meals, the food eaten will become a source of strength, illumination and Noor for his heart - Insha-Allah.

66. **Al-Maajid** (اَﻟْﻤَﺎﺟِﺪُ) THE Excellent

Allah is the most glorious, shows infinite generosity and munificence to those close to Him.

Anyone who says this Name of Allah in seclusion to such an extent and in such a manner that he becomes euphoric, then the Light and noor of Allah will soon become evident in his heart – Insha-Allah.

67. **Al-Waahid** (اَﻟْﻮَاﺟِﺪُ) THE ONE

Allah is one. He has no equal, none like Him nor any partner in His essence, in His attributes, in His actions, in His orders, or in His beautiful Names.

68. **As-Samad** (الصَّمَّدُ) FREE FROM WANT
Allah is the satisfier of all needs, and all is in need of Him. He is the sole recourse; the only place of support where one may go to rid oneself of all trouble and to receive all that one needs through the blessings of this name.

Anyone who places his head in Sajdah at the time of Sehri and repeats this name frequently will be granted spiritual and physical truthfulness – Insha-Allah.

Anyone saying this Name constantly while in state of Wudu will soon become independent of the entire creations – Insha-Allah.

69. Al-Qaadir  ❰THE ALL POWERFUL❱

Allah is the all-powerful who does what He wills the way He wills. He created the universe by Himself, from nothing, with neither materials nor model. He said “be” and it became.

Anyone who, after offering 2 rakaat salaah, says this Name frequently Allah will humble and disgrace his enemies (provided he is justified).

And if it is said many times before undertaking a difficult task, the difficulty will be removed – Insha-Allah.

70. Al-Muqtadir  ❰The Bestower❱

Allah is the one who creates all power and has total control over all power. Allah bestows power upon things on earth and in heaven, and uses them in accordance with His all-pervasive wisdom and will.

Anyone who continues to recite this Name after awakening, or says it 19 times, Allah will have all his tasks fulfilled efficiently – Insha-Allah.

71. Al-Muqaddim  ❰One Who Causes Advancement❱

Allah brings forward whomever He wills. Allah advances the chosen among His creation, bringing some above and ahead of others.

Anyone who says this Name abundantly at the time of war, battle of Jihaad, Allah will give courage (to make advances) and he will be safeguarded from the enemy – Insha-Allah.

And one who says this Name at all times will become obedient and subservient to Allah – Insha-Allah.
72. **Al-Muakhkhir**  
المؤخر One who delays advancement

Allah is He who leaves whomever He wills behind, and delays advancement.

The frequent reciter of this name will soon resort to genuine repentance. One who recites it many times daily with constancy, will soon become dear and favorite to Allah – Insha-Allah.

73. **Al-Awwal**  
الأول The First

Allah is the first. Allah was there before the universe was made “the big bang theory” means that there is none prior to Him, that He is self-existent that all comes from Him and that He is the cause of all that became.

If you desire a male child should say this ya -Awwal many times daily for a month. If any traveller (musafir) says it many times on a Friday, he will soon return to his people safe and sound – Insha-Allah.

74. **Al-Aakhir**  
الأخير The Last or Eternal

Allah is the last. As He has no beginning, He has no end. He is **eternal**. He is the last in the sense that the circle of existence begins and ends with Him.

Anyone wishing that, the love for Allah becomes firmly established in his heart; the love for anything or anyone besides Allah be driven out of his heart; compensation should be made for all his sins; he dies in the state of Iman, then he should say this name many times daily.

75. **Az-Zahir**  
الظاهر The Obvious

Allah is the manifest one. Allah is apparent to those who seek to know Him by the wisdom and reason that Allah has bestowed upon them.

The one who repeats this Name many times daily after Ishraaq, Allah will cause his sight and heart to be filled with light and noor.

76. **Al-Batin**  
الباطن THE Hidden

Allah is the hidden one. Allah most high is hidden from those who seek to see by means of their senses, but His existence is both manifest and hidden. To truly know the creator
is not possible because the knowledge, the mind the understanding of the created one is limited.

Anyone who says this Name many times daily, will soon begin to perceive the deeper secrets of Allah. Moreover a strong bond of love and affection will result between him and Allah - Insha-Allah.

77. Al-Waali أَلْوَالِي ONE WHO EXERCISE RESPONSIBILITY OVER ALL THINGS

Allah is the sole manager and governor of the whole creation.

Anyone who recites this Name repeatedly will be safeguarded from all unexpected calamities. If it is inscribed in a new earthen tumbler or jug, and then the same tumbler filled with water, and the water is then sprinkled in the house then such a house will be safeguarded against all calamities – Insha-Allah. If one wishes to subdue another, one should say it 11 times daily.

78. Al-Muta’ali المَتْعَالِي ABOVE THE ATTRIBUTES OF THE ENTIRE CREATION

Allah is the Supreme One. His greatness grows. He has inexhaustible treasures, His riches are limitless. His bounties endless

The reciter of this name will soon find all his problems solved. The woman who recites it much during her menstruations will soon find relief from all ailments Insha-Allah.

79. Al-Bar الْبَرَّ THE GOOD

All good and bounty come from Him. He loves for His servants only good, comfort and ease. The negative things come from your actions and Satan.

Anyone in the habit of taking intoxicants, committing adultery or indulging in any other evils should recite this Name 7 times daily. He will soon receive guidance - Insha-Allah. Excessive recitation is very effective in expelling from the heart the love for this world.

Anyone who reads it 7 times and blows on his or her child soon after birth, Allah will grant the child protection from calamities until puberty.

80. Al-Tawwaab التّوَابُ The accepter of Repentance

Allah is He who constantly turns man to repentance.
Anyone who is desirous that Allah guides him to seek sincere repentance should read this beautiful Name many times daily after Salaatud-Doha (Chast).

Anyone who desires that all his tasks be accomplished without any difficulty should read this abundantly. If this name is said 11 times in the presence of a tyrant, the reader will soon be freed from his oppression – Insha-Allah.

81. Al-Muntaqim المُنْتَقِمُ The Avenger

Allah is the great avenger. Allah punishes those who persist in revolting, creating disharmony, tyrannizing Allah’s servants and His creation.

Anyone who is justified and desires to take revenge against his enemy, but hasn’t the power to do so should read this Name continually for 3 Fridays. Allah Himself will take revenge on his behalf – Insha-Allah.

82. Al-A’fuw العفُوُ ONE WHO PARDONS

Allah is the forgiver, the eliminator of sins. He does not often punish the ones who deny, the ones who revolt. He accepts their recognition of their sins as repentance. He erases their sins.

Allah will forgive the one who recites this Name abundantly – Insha-Allah.

83. Ar-Rauf الرَّؤُوفُ THE KIND

Allah is all clement. In spite of His ability to see our sins, of His being just, of His being able to punish, the fact that He chooses to forgive proves His infinite mercy and clemency.

One who desires that the entire creation becomes affectionate towards him and vice versa should recite this Name repeatedly. Anyone who desires that his anger be subdued, should recite first salawaat (i.e. Durood) 11 times, then this name of Allah 11 times. Alternatively, if someone recites it as shown above, and blows on an angry man, his anger will soon be subdued – Insha-Allah.

84. Maalik-ul-Mulk مَالِكُ الْمُلْكِ POSSESSOR OF SOVEREIGNTY

Allah is the eternal owner of His kingdom. He shares neither the ownership nor the power, government or guardianship of the universe with anyone.
The constant reader of this Name will be granted wealth, self-sufficiency and independence – Insha-Allah.

85. Zul-Jalaal-e wal-Ikraam  ذُو الجِلَالِ وَالإِكْرَامِ MAJESTIC AND BENEVOLENT

Allah is the Lord of Majesty and bounty. There is no perfection that does not belong to Him nor any blessing or honor that comes from other than Him. Allah is the owner of all majesty.

The constant reciter of this Name will be granted honour, dignity and self-sufficiency – Insha-Allah.

86. Al-Muqsit  المُقْسِﻂُ THE JUST

Allah is the one who acts and distributes in justice and fairness. How harmonious and balanced is the creation: all the beauties in heaven and earth-mountains, seas, sunsets, flowers – and also the eyes to see.

One who recites this Name daily with constancy, Allah will protect him from evil doubts created by the shaytaan. If it is read many times for a purpose, it will be acquired – Insha-Allah.

87. Al-Jaami  الجَامِﻊُ THE ASSEMBLER

Allah is the gatherer of whatever He wishes, wherever He wishes. Allah has gathered together within this universe spaces, galaxies-stars, earths, seas, plants and animals, things whose nature, size, shape and colour are different.

If anyone’s family or relatives are scattered (due to war, earthquake, floods etc.) he should bath at the time of Dhoha (Chast) and lifting the gaze towards the heavens say this Name 7 times. But this should be enumerated with the fingers in such a way that with each reading, one finger should be closed until all ten fingers are closed. Thereafter the hands should be passed across the face (as when completing dua). By doing so the dispersed members of his family will soon come together – Insha-Allah.

88. Al-Ghani  الْغَنِيُّ FREE FROM NEED

Allah is the rich one who is self sufficient. His essence and attributes have no relationship to anything else. Someone whose existence and perfection depend on another needs to earn that existence. Only Allah needs not, neither does He need to earn.
If anyone recites this Name 19 times daily, Allah will grant him Barakah in wealth and self sufficiency - Insha Allah. Anyone involved in any physical or spiritual sickness or other difficulty should say this name much & blow on the entire body - to be soon relieved of the difficulty - insha Allah.

89. Al-Mughni المَغْنِي  
SUPPLIER OF NEEDS TO OTHERS

Allah is the enricher. He renders whomever He wishes rich and whomever He wishes poor.

Anyone who reads the Salawaat (Durood) 11 times before and after saying this Name many times, he will be granted both material as well as spiritual wealth – Insha-Allah. This should be done after Fajr or Esha salaah. But Surah Muzammil should also be recited with it.

90. Al-Maani المَانِعُ  
THE HINDERER

Allah is the one who averts harm from His creation. If one has any dispute with ones spouse one should recite this Name 19 times while lying down on the bed: Insha-Allah, the dispute will be settled and, instead love and affection will result. The constant reciter of this Name will be safeguarded against all calamities – Insha-Allah. If recited for any legitimate purpose, it will materialise – Insha-Allah.

91. Ad-Daar الْضَّالُّرُ  
ONE WHO CAN CAUSE LOSS

Allah is the creator of the harmful and evil as He is the creator of the good and beneficial. Ha has also taught us to opt for the good and escape the evil. Ha has given us power of discrimination, given us a will and freedom to choose.

Anyone who says this Name many times on the eve of Jumu’ah, will be safeguarded against all physical and spiritual calamities. This will also draw him near to Allah – Insha-Allah. If recited for any legitimate purpose, it will materialise – Insha-Allah.

92. An-Naafi النَّافِعُ  
ONE WHO CONFERS BENEFITS

Allah is the creator of good. Allah has created man as the best of his creation and He has bestowed upon him gifts which render him unique and superior to the rest of creation.
Anyone embarking a ship, or boarding any conveyance should read this Name abundantly: he will be safeguarded against all hazards – if Allah wills. If reads frequently before a task, it will be accomplished efficiently – Insha-Allah. If said prior to intercourse, Allah will grant them good and pious children – Insha-Allah.

93. An-Nur  
\textit{The Light}

Allah is the light that is shed upon the whole creation, making it apparent. That light is the light that brought existence out of the darkness of non-existence.

Any person who says this name frequently after reciting Surah Nur, his heart will become illuminated with the noor and light of Allah – Insha-Allah.

94. Al-Haadi  
\textit{The Guide}

Allah is the one who creates guidance, leading his servants to good, and satisfaction of their needs.

Anyone who lifts both hands (as in dua) whilst lifting the gaze towards the heavens, and recites this Name several times and then passes both hands on his face (as when completing dua), Allah will grant him complete guidance and associate him with the devout and pious – Insha-Allah.

95. Al-Badee’u  
\textit{THE DEVISER}

Allah is the Originator of the creation, having created it without model or material. He does not need previous knowledge to think, to first investigate, to figure things out. Everything He creates is a wonder since He originated it from nothing.

If a person in grief should recite many times \textit{يا بديع السموات والأرض}, Allah will soon grant him relief from his misery. Likewise if someone is involved in difficulties or is perturbed… if a particular venture is to be undertaken, but one is not certain as to its feasibility then one should say this Name before falling asleep: one will receive guidance in ones sleep by way of a dream – Insha-Allah.

Anyone wishing for a particular task to be accomplished should say ‘Ya-Badee-ul-Ajaa’ibi-bil-Khayri-ya-Badee’u’ many times: before the passing of 13 days his task will be accomplished – Insha-Allah.

96. Al-Baaqi  
\textit{The Eternal}
Allah is the everlasting one whose existence in the future is forever. He has neither beginning nor end. The creation will end, and time with it. But Allah the everlasting one will still exist.

Allah will grant protection and accept all the virtuous deeds of one who says this Name many times on the night of Friday.

97. Al-Waaris  الْوَارِثُ The Final Inheritor

Allah is the ultimate inheritor, to whom everything is left after its temporal possessors are gone. It is He who exists after all existence disappears; it is He to whom all existence returns.

If this name is repeated many times at sunrise, protection will be given against all sorrows, grief, hardships and calamities. Moreover the reader will die as a Mu’min – Insha-Allah. Anyone who desires to be safeguarded against perplexities, perturbations and disturbances should repeat this name many times between Maghrib and Isha.

98. Ar-Rasheed  الرَّشِيِّدُ The Guide

Allah is the righteous teacher who ordains righteousness for all creatures. In His wisdom He leads all matters to their finality in a perfect way and order.

Anyone who does not have the know how about a particular task or is unable to work out plans for a certain task should say this Name frequently between Maghrib and Isha. The plan and scheme will soon become evident for him either by way of a dream or by instinct.
For financial progress and safety against all mishaps, one should read it daily.

99. As-Sabur  الْصَّبْورَ Most Patient

Allah is the most patient one. Allah can create a creation and wait millions of years to see how the creation works.

Anyone who repeats this Name frequently before sunrise will be safeguarded against all calamities for the remainder of the day. Moreover, Allah will cause his enemies not to utter a single word against him.
Any person in difficulty should repeat Ya-Sabur many times: he will soon find relief and be granted peace and contentment of heart – Insha-Allah.

Al-Ahad  الآخَذُ THE ONE UNEQUALLED
He is the unity in which all names, attributes and their relations to any and all are united.

Anyone who desires that the fear and love for the creation be driven out of his heart should recite this frequently.

Anyone desiring good and pious children should inscribe this name (on paper, cloth etc) and keep it with him all the time.

Chapter Five: Introduction to some facts in the Quran

Let’s review some translated verses from the Holy Quran.

God, there is no deity except Him, the Living, the Eternal! (Allah is alive and will live for ever.

Creation: God has sent down the Quran to you with Truth to confirm whatever existed before it. He sent down the Torah and the Bible in the past as guidance for mankind; Mankind, listen to your Lord Who has created you from a single soul (Adam), created its mate (Eve) from it, and then propagated so many men and women from them both. God is watching over you. (Darwin theory of evolution is wrong). Mankind and animals were created. The Quran states that the bad Jews were converted into monkeys and pigs. Scientifically the pork and human proteins are similar.

Any good that happens to you comes from God, while anything bad that happens to you is through yourself or Satan. So need to be careful in day to day life and try our best to avoid errors if you do make errors the beg Allah for forgiveness.

The best medicine for us: Prayer is a timely prescription for believers! People who say regular prayers develop a better immune system. They have less psychiatric disease and they heal better. These people recover faster from diseases. Prayer is a complete physical and psychic exercise. Performed five times a day, prayer keeps us fit. Those people, who visit mosques, are physically stronger.

Mankind, worship you’re Lord, Who created you as well as those before you, so that you may do your duty! He is the One Who has made the earth a carpet for you and had the sky built above you, and sends rain to pour down from the sky and brings fruit for your health. Do not set up rivals for God.

God wants to lighten things for you, since man was created weak! God is the Friend of those who believe. He brings them out of darkness into Light, while those who disbelieve have the arrogant ones for their guides; they will lead them
out of Light into darkness. Those are inmates of the Fire, they shall remain there. Our Lord, do not take us to task if we have forgotten or slipped up! Our Lord, do not lay any obligation on us such as You placed on those before us. Our Lord, do not overburden us with more than we can bear! **Pardon us, forgive us, and show us mercy! You are our Protector,** so support us against disbelieving folk!

"**God gives control to anyone God wishes and snatches control from anyone God wishes. God forgives or raises anyone God wishes and humbles anyone. Good lies within Your hand; You are Capable of everything!**

No **leaf drops** down unless He knows it,  
He is the One Who **gathers you** (all) in at night.  
He knows what you have accomplished by day;  
Then He **revives** you in it so a stated period may be fulfilled.  
Then you will finally return to Him, when He will notify you about whatever you have been doing. (There is no death you are transferred out towards God).

{As explained above Allah takes out your sprite at night and that is when you are having dreams, flying in dreams and travelling or meeting dead people. This sprite is placed back in your body by morning time. A condition called sleep paralysis occurs in some people when they wake up and cannot move. Recite Aaitul Quarsi and it will help in any sleep problem.}

**He sends guardians to watch over you.**  
God is the One Who splits the seed and kernel,  
He brings the living from the dead, and is the One Who brings the dead from the living.  
Such is God; yet still you shrug Him off!  
He is the One Who has placed the stars to guide you through darkness on land and at sea,

It is **He Who has reproduced you from a single soul** (Adam).  
and **granted you a settlement on earth.** Anyone whom God guides has been guided;  
While those He lets go astray will he the losers.  
God has bred many sprites and humans for Hell: **They have hearts they do not understand with, and eyes they do not see with, and ears they do not hear with. Those persons are like livestock:** in fact, they are even further off track,

It does not matter, whether you warn those who disbelieve or do not warn them; they still will not believe: **God has sealed their hearts and their hearing, while over their sight there hangs a covering;** they will suffer severe punishment

How can you disbelieve in God when you once were dead and He furnished you with life? Soon He will let you die once more, then bring you back to life again; then to Him will you return! He is the One Who has created everything that is on earth for you; then He soared up to Heaven and perfected it as seven heavens. He is **Aware of everything!**
**History of Adam & Eve**

Your Lord told the angels: "I am placing an overlord on earth", the angels said: "Will You place someone there who will corrupt it and shed blood, while we pray and praise you. "You", Allah said: "I know something you do not know."

Allah taught Adam all the names of everything; then Allah asked the angels,: "Tell me the names of these if you are so truthful." They said: "Glory be to You; we have no knowledge except whatever You have taught us. You are the Aware, the Wise!" Allah said: "Adam, tell them their names." Once he had told them their names, He said: "Did I not tell you that I know the Unseen in Heaven and Earth? I know whatever you disclose and whatever you have been hiding." So We told the angels: "Bow down on your knees before Adam." They all knelt down except for Satan. He refused and acted proudly, and became a disbeliever.

We said: 'Adam, settle down in the Garden, both you and your wife, and eat freely from it anywhere either of you may wish. Yet do not approach this tree lest you become wrongdoers.'

Satan made them stumble over it and had them both expelled from where they had been living. We said: "Clear out! Some of you will become enemies of others. You will have a resting place on earth a enjoyment for a while."

**Children of Isreal (the tribe of Israel)**

Children of Israel, remember My favor which I have bestowed on you. I preferred you over the rest of the Universe! We rescued you from Pharaoh's household, they had been subjecting you to the worst torment, slaying your sons and sparing your women. That meant such awful testing by your Lord! So Allah divided the sea for you and saved you, while Allah drowned Pharaoh's household as you were looking on. So you said: "Moses, we will never believe in you until we see God openly," the Lighting Thunderbolt caught you while you were all looking on. Then We raised you up after you had died so that you might act grateful; We spread the clouds out to shade you, and sent down manna and salwa for you: 'Eat some of the good things which We have provided you with!" (Manna & Salwa was food sent by God daily for the Jews contained Quails).

So Allah said: "Enter this town and eat wherever you may wish in it at your leisure. Enter the gate walking on your knees and say: 'Relieve us!' We will forgive you your mistakes and give even more to those who act kindly. Yet those who do wrong altered the Statement to something than what had been told them, so We sent a blight down from Heaven on those who did wrong since they had acted so immorally.

With anyone who volunteers some good, God is Appreciative, Aware. God curses those who hide whatever We send down explanations and guidance, once We have explained it to mankind in the Book, and cursers will curse them, except for those who repent, reform and explain; those I accept repentance from, for I am the Receiver Repentance provider, the Merciful!

Thus Moses looked for something for his people to drink, and said: "Strike the rock with your staff!"; so twelve springs gushed forth from it. Each group of people knew its
drinking spot: "Eat and drink from provisions, and do not cause any havoc on earth, as if you were mischief-makers."
We see you shifting your face all over the sky, so We shall appoint a Direction for you which you will feel satisfied with; so turn your face towards the Mosque. Wherever you all may be, turn your faces towards it!

**Quranic Advice on Wealth distribution:**

**Virtue** does not mean for you to turn your faces towards the East and West, but virtue means one should **believe in God Alone, the Last Day, angels, the Quran and prophets**; and no matter how he loves it, to **give his wealth away to near relatives, orphans, the needy, the wayfarer and beggars, and towards freeing captives; and to keep up prayer and pay the welfare tax; and those who keep their word whenever they promise anything (then keep your promise); and are patient under suffering and hardship and in time of violence. Those are the ones who act loyal and they perform their duty.**

**Do not eat up one another's wealth** to no good purpose, nor try to bribe authorities with it so you may consume a share of other people's wealth viciously while you realize what you are doing.

It is not right for you to enter houses by their backdoors, but goodness lies in doing one's duty; **approach houses by their front doors** and listen to God, so that you may prosper.

**Fight** those who fight against you in God's way, but **do not initiate hostilities; God does not love aggressors.** Kill them wherever you may catch them, and expel them from anywhere they may have expelled you. Sedition is more serious than killing! Yet do not fight them at the Hallowed Mosque unless the fight you there. If they should fight you, then fight them back; such is the reward for disbelievers. However if they stop, God will be forgiving, Merciful. Fight them until there is no more subversion and **all religion belongs to God.** If they stop, let there be no more hostility except toward wrongdoers.

**Accomplish the Pilgrimage and the Experience for God's sake.** If you are prevented from doing so, then make some offering available. Do not shave your heads until after the offering has reached its destination. For anyone of you who is ill or has some rash on his head, redemption means fasting, or some other act of **charity or devotion.** Once you feel safe, anyone who is enjoying the Experience along with the Pilgrimage should **send along whatever he may make available in the form of a sacrifice.** Whoever does not find any should fast three days during the Pilgrimage and seven more after returning home; those make ten fasting days. That is for anyone whose family is not present at the Haram Mosque. Heed God and know that God is Firm in retribution.

**They will never stop fighting you until they make you abandon your religion** if they can manage to do so. Anyone of you who **abandons his religion and dies** while he is a disbeliever will find their actions will carry in this world and the Hereafter. **They will become inmates of the Fire; they will remain in Hell.** Those who have believed and who have migrated and striven for God's sake may expect to receive God's mercy, for God is Forgiving, Merciful. (For being Muslims if you are made to leave your homes, Allah will give Mercy)
They plotted away while Allah plotted too, and they did not even notice it. See what the outcome of their plotting was! Allah annihilated them and their people completely! The ruins used to be their houses – now empty because of the wrong they had committed! In that is a sign for folk who know. Allah saved the ones who believed and had been doing their duty. (Please note the ruins of old civilizations and see what happened to them, the great Roman Empire Mayan Civilization, Indus Valley Civilization, and Egyptian Pyramids)

ADVICE: God does not guide the person who misleads others.

Adoption in Islam: God has not placed two hearts in any man's body. Nor has He granted you wives whom you may back away from relationship, to act as your mothers. Adopted sons are not your own sons. (Some people called their wife’s their mothers and stopped having sex with them, this is not allowed, Adopted sons should carry the name of their fathers not your name).

God states the Truth and He guides one along the Way. Call them after their own fathers; it is fairer so far as God is concerned. If you do not know who their fathers were, then call them your brothers in religion and your wards.

Ageing: Anyone we grant long life to, we cause them to weaken with age. Will they not use their reason?

Aggression: He does not love those who are aggressive. Cooperate with one another for love and better life, and do not cooperate with one another for the purpose of vice and aggression. Follow God Alone; God is Strict with punishment!

Argue: Do not argue with the People of the Book unless they say wrong. SAY: "We believe in what has been sent down to us and what has been sent down to you. Our God and your God is the Same One, and we are committed to observe peace before Him. The devils inspire their adherents to argue with you; if you all obeyed them, you would become associates of others in your worship of God Alone.

Charity: Those who spend their wealth for God's sake may be compared to a grain which sprouts into seven ears with a hundred grains in each ear. God multiplies things for anyone He wishes; God is Boundless, Aware. Those who spend their wealth for God's sake then do not follow up what they have spent with any reproach or scolding, shall receive their earnings from their Lord. No fear will lie upon them nor should they feel saddened. Polite conversation and forgiveness are better than any act of charity followed by a scolding. God is Forgiving and Lenient.

You, who believe, spend some of the wholesome things you may have acquired as well as anything we produce from the earth for you. Do not choose the poorest parts of it for anything you spend in taxes or on charity which you yourselves would only accept disdainfully. Know that God is Forgiving, Praiseworthy. Satan threatens you with poverty and orders you to misbehave sexually, while God promises you forgiveness from Himself as well as bounty. God is Boundless, Aware. He gives wisdom to anyone
He wishes, and anyone He gives wisdom to, receives an abundant boon. Yet only prudent persons will reflect on it. God knows any expenses you may have incurred, or any promise you may have sworn. Wrongdoers will have no supporters. If you publicize any acts of charity, it is quite worthwhile; while if you conceal them and give directly to the poor, it will be even better for you, and will cancel out some of your evil deeds for you. God is informed about anything you do. Guiding them is not your duty, but God guides anyone He wishes to. Any tax money you may spend is for your own good and whatever you spend is only through a craving to see God's face. Any money you spend will be repaid to you, and you will not be harmed.

Take care of the poor who, being totally absorbed in working for God's cause, cannot manage to travel freely around the earth seeking their livelihood. An ignorant person might assume they are rich because of their modesty; yet you will recognize them from their features: they do not make insistent demands on people. Yet God is Aware of any money you may so spend. Those who spend their wealth night and day, both privately and publicly, will receive their earnings from their Lord. No fear will come upon them nor will they ever feel saddened.

Children: Mothers should breastfeed their children two full years, provided they want to complete the nursing. The family head must support women and clothe them properly. Yet no person is charged with more than he can cope with. No mother should be made to suffer because of her child, nor family head because of his child. An heir has the same duties in that respect. If they both prefer to wean the child when they have agreed terms and consulted together, it should not be held against them; so if you want to find a wet-nurse for your children, it should not be held against you, provided you hand over whatever you may have given in all decency. Heed God and know that God is Observant of anything you do.

Cloaks: Oh Prophet, tell your wives and daughters, and believers' wives as well, to draw their cloaks close around themselves. That is more appropriate so they may be recognized and not molested. (Women should cover their bodies so they do not attract attention).

Creation: Allah started out by creating man from clay; then Allah made his figure from an extract of discarded liquid; next He completed him and into Him. He has granted you hearing, eyesight and vital organs. Yet small thanks do you give for it!

Comfort: The only ones who believe in Our signs are those who drop down kneeling in worship whenever they are reminded of them (a voice in the head), and hymn their Lord's praise. They do not act proud. They slip quietly away from their beds to appeal to their Lord in fear and anticipation, and spend charitably whatever We have provided them with. No soul knows what comfort is hidden from their eyes as a reward for what they have been doing.

Diet: Forbidden is anything that dies by itself, blood and pork, as well as whatever has been sacrificed to something else besides God, and whatever has been strangled, beaten.
to death, trapped in a pit, gored, and what some beast of prey has begun to eat, unless you give it the final blow; and what has been slaughtered before some idol, or what you divide up in a raffle; all that is immoral.

"It is lawful for you to eat wholesome things, and what you have trained beast and birds of prey to catch-you have trained them to do something just God has taught you. So eat anything they may catch for you, and mention God's name over it. Heed God; God is Swift in reckoning. Today wholesome things are made lawful for you, and so is the food of those who were given the Book lawful for you, while your food is lawful them.

Animals from the sea are lawful for you; eating it means provision for you as well as for travelers. Animals from land are forbidden as long as you are in Pilgrimage. That means the animals from the sea have some purification qualities. Eat everything that God's name has been mentioned over if you are believers in His signs. What is wrong with you that you do not eat something God's name has been mentioned over? He has spelled out for you what has been forbidden you-unless you are obliged to eat it. Many people lead others astray through their own understanding without having any knowledge; your Lord is quite aware as to who are disobedient. Leave off obvious vice and its inner source; those who acquire a vice will be rewarded for whatever they may have committed. Do not eat anything over which God's name has not been mentioned; it is so immoral!

He it is Who has produced gardens, and date palms and field crops whose food tastes different, as well as olives and pomegranates which are so alike and yet so unlike! Eat some of their fruit as they ripen, and give away whatever they ought to on their harvest day. Yet do not overdo things for He does not love extravagant people. Some livestock is for transport and some meant for use at home. Eat anything God has provided you with and do not follow in Satan's footsteps

We have created seven orbits above you; We send down water from the sky in due measure, and let it trickle into the earth (rain). We are even able to make it disappear. We have produced date groves and vineyards on it for you; from which you have much fruit to eat, as well as a tree growing on Mount Sinai which produces oil and seasoning for those who want to eat (Olive Tree).

You have still another lesson in livestock: We let you drink what is in their bellies, and you have many other uses in them; some of them you eat, while on them and on ships are you transported. (Milk is to be consumed please also see the last chapter for milk info)

Disaster that happens to you will happen because of what your own hands have earned.

Divorce: Admonish those women whose honesty you fear, and leave them alone in their beds, and even beat them if necessary. If they obey you, do not seek any way to proceed against them. God is Sublime, Great. If you fear a split between a man and his wife, send for an arbiter from his family and an arbiter from her family. If both want to be reconciled, God will arrange things between them. God is Aware, Informed. Worship God Alone and do not associate anything with Him.
Divorce may be pronounced twice; then it means either to retain your mate in all decency, or else part from the other partner with all kindness. It is not lawful for you to take anything you have given any women unless both parties fear they will not keep within God's limits. If you fear they will not keep within God's limits, then there is no blame on either of them if she buys him off. Such are God's limits, so do not exceed them; those who exceed God's limits are wrongdoers. If he finally divorces her, she is not allowed to remarry him afterward, until she marries some husband other than him in between. If the latter later divorces her, there is no blame on either of them if they return to one another, provided they both think they can keep within God's limits. Such are God's limits; He explains them to folk who know. Once you divorce women, and they have reached the end of their waiting period, then either retain them in all decency or part from them decently. Do not retain them just to act mean with them; anyone who does that merely hurts himself. Do not take God's signs as a joke! Remember God's favor towards you, and anything He has sent down to you out of the Book and wisdom for your instruction. Heed God and know that God is Aware of everything.

Whenever you divorce women and they have reached the end their waiting period, do not hinder them from marrying their new husbands if they have agreed to do so with proper formalities among themselves. Whoever among you believes in God and the Last Day is instructed to act thus; that is purer for you as well as more orderly. God knows while you do not know what is fitting.

For those of you who pass away leaving widowed spouses, a will means making provision for a year without having them leave home. If any women should leave, then you are not to blame for however they may dispose of themselves in all decency. God is Powerful, Wise. Divorced women should have some provision made for them as a duty binding on the heedful. Thus God explains His signs to you, so you may use your reason. Keep up prayer and pay the welfare tax, and cling firmly to God; He is your Protector. What a splendid Protector, and what a splendid Supporter!

Endure patiently whatever may afflict you; for that shows determination in handling matters. Do not sneer down your cheek at other men nor walk brashly around the earth: God does not love every boaster. Act modestly in the way you walk, and lower your voice: The ugliest sound is a donkey's voice!

Fun and teasing: You who believe, do not let one set of people make fun of another set; perhaps they are better than they are. Nor let any women mistreat other women; perhaps they are even better than they are themselves. Nor should you criticize one another, nor insult one another by using nicknames; it is bad to use a dirty name instead of one you can believe in. Those who do not turn away from it are wrongdoers.

Gambling & liquor: They will ask you about liquor and gambling. SAY: In each of them there lies serious vice as well as some benefits for mankind. Yet their vice is greater than their usefulness." (All the benefits of wine are present in vinegar), Wine causes brain atrophy and kills the neurons.
Greeting: Whenever you enter any houses, greet one another with a blessed, wholesome greeting by invoking God (A Salam A Lakium). God explains His signs to you so that you may reason things out.

Jihad: Fight in God's way and know that God is Alert, Aware. Who is there to offer God a handsome loan, so He may compound it many times over for him? God both withholds and bestows; to Him will you return.

Fighting is also prescribed for you even though it may seem distasteful to you. It may be that you detest something which is good for you; while perhaps you love something even though it is bad for you. God knows, while you do not know."

Kindness: God stands by those who act kindly!

Livestock: Have they not considered how We have created livestock for them out of what Our own hands have made, and they are masters over them? We let them tame them: some of them are to be ridden, while others they eat; they receive benefits and drinks from them. Will they not act grateful? Need to be thankful to Allah for everything provided to you, health, wealth, house, car, food, children, wife, family, friends, business, knowledge.

Loans: Those who live off the interest on loans will never stand up, except in the way those whom Satan knocks down with a fit rise up again. That is because they say: "Trading is just like taking interest." Yet God has permitted trading and forbidden taking interest. Anyone who receives such an instruction from his Lord and stops doing so, may keep whatever capital is a thing of the past, while his case rests with God; yet those who do so over and over again will become inmates of the Fire, to remain the forever. God wipes out usury and nourishes acts of charity; God does not love every vicious disbeliever. (I am inserting a story, My Grandfather used to participate in burials and in one burial he said they kept digging but the dead mans body just would not fit in the grave. This man used to "interest" on loans. Interest is forbidden by God). If any debtor suffers hardship, then postpone repaying it until conditions become easier for him; while if you treat it as an act of charity, would be better for you, if you only knew! Heed a day when you will be brought back to God; then every soul will be paid in fun according to whatever he has earned, and they will not be treated unjustly. If the borrower is feeble-minded or incapacitated or cannot manage to dictate himself, then let his guardian dictate it in all fairness, and seek out two witnesses from among your men-folk to act as witnesses. If there are not two men available, then one man and two women may serve as witnesses from anyone you may approve of, so that if either of them should slip up, then the other woman may remind the other. Witnesses must not refuse to serve when they are called upon, nor try to get out of writing anything down whether it is small or large, along with its due date.

Marriage: You who believe, it is not lawful for you to inherit anything from women against their will; do not hinder them from remarrying so that you may make off with part of what you have given them, unless they indulge in flagrant sexual misconduct. Treat
them politely; even if you dislike them, perhaps you dislike something in which God has placed much good. If you want to exchange one wife for another, and have given one of them a large sum of money, do not hold back any of it. Would you withhold it through slander and open sin? How can you hold it back when you have had intercourse with each other, and they have made a solemn agreement with you? Do not marry any women whom your fathers have already married, unless this is a thing of the past; it is a shocking act and disgusting, and the worst possible way.

Forbidden to you in marriage are your mothers, your own daughters, your sisters, your aunts on your father's and mother's side, and your brother's and your sister's daughter your foster mothers and your foster sisters, your mothers-in-law and step daughters who are under your guardianship since their mothers are wives of yours with whom you have consummated marriage (however if you have not consummated it with them, it will not be held against you), and the wives of your sons who are your own flesh-and-blood; nor may you bring two sisters together under one roof unless this is a thing of the past. God is Forgiving, Merciful.

You should not marry any already married women, except the ones under your control. Such is God's legislation as it applies to you. Anything beyond that is lawful for you, provided you court them by means of your wealth, marrying them properly, rather than taking them on as mistresses. Since you have thereby sought enjoyment with them, give them their marriage portions as is stipulated. Yet it will not be held against you should you come to other terms about it even after what has been stipulated. God is Aware, Wise.

Any of you who cannot afford to marry respectable believing matrons, should then seek one of your believing maids under your control. God is quite aware as to what your faith consists of. Each one of you has ties to others, so marry them off with their family's consent and give them their marriage portions decently as matrons rather than taking them on as mistresses, nor having any secret affairs with them as girlfriends. Once they are so married off and should they then commit some sexual offence, they should have half the punishment that ordinary matrons would receive. For who cannot control his sexual impulses; then it is better for you to discipline yourselves. God is Forgiving, Merciful.

Men can marry any Muslim woman and it is lawful to marry among those who were given the Book before you (can marry Christian or Jews), once you have give them their marriage-portions and taken them in wedlock respectably, not seeking any thrills nor taking them on as mistresses. Anyone who rejects faith will find his action will miscarry, while he will be one who will lose out in the Hereafter.

“under your control”, meaning (in the old times slaves were allowed and in your control refers to slave women who belong to you)

Men are the ones who should support women since God has given some persons advantages over others, and because they should spend their wealth on them. Honorable women are steadfast, guarding the Unseen just as God has it guarded.
**Mistreatment:** those who mistreat other people and behave outrageously on earth without having any right to do so. Those will have painful torment. Yet anyone who acts patiently and forgives shows perseverance in handling matters.

**Measure:** "Give full measure and do not cause people any losses. Weigh with honest scales; do not undersell people to cheat them of their things nor storm around the earth in order to spoil matters. Heed Him Who created you and the character of the earliest men."

**Night and daylight; in that there lies a lesson for those possessing insight** (All our hormones and blood pressure, our internal clock are regulated by light and dark cycle). If we stay wake during the late night hours for many days that will produce a sickness. Among His signs is your sleep at night, by day you are in pursuit of His bounty. In that are signs for any folk who listen. Humans are made for daytime work; they should be sleeping at night. Mouse is made to work in the night and sleep in the day.

**Palms date:** soaring palms which have compact clusters as sustenance for worshippers. Eating palm dates nourishes you to gain strength and relives pain as well as lose weight.

**Partners:** Believers should not enlist disbelievers as patrons in preference to other believers. Anyone who does so will have nothing to do with God, so you should take precautions against them. God warns you about Himself—, for towards God lies the Goal!

**People:** Among His signs are the creation of Heaven and Earth, as well as the diversity in your tongues and colors. In that are signs for those who know. (The Africans are made dark so they can tolerate the hot African Sun and their skin makes vitamin-D slowly, while the white skin people are better accustomed to cold climates and their skin makes vitamin –D very fast.) Among His signs is how He shows you **lightning for both fear** and anticipation. He sends water down from the sky so He may **revive** the earth with it following its death. In that are signs for folk who use their reason. (The sign in the rain water is Hydrogen peroxide, it cleans the environment and everything looks and smells fresh after the rain). Among His signs is the fact that the sky and earth hold firm at His command. Then whenever He calls you forth out of the earth once and for all, you will all come forth! **Anyone who is in Heaven and Earth belongs to Him:** all are subservient to Him. (The Gravity is not the force that holds the Earth but a force called Vortex which follows Lay lines and is a spinning force, it is strongly present in Makkah, this force holds the planets) He is the One Who starts out with creation; then He performs it all over again. It is quite simple for Him. He sets the **Supreme Example** in Heaven and Earth; He is the **Powerful, the Wise!**

**Pollution:** Pollution has appeared on land and at sea because of what man's hands have accomplished, so he may let them taste something of what they have earned, in order that they will turn back in repentance. SAY: "Travel around the earth and see what the outcome was for those who lived before you. Most of them were associates of others in their worship of God." (All old civilizations which did not believe have been destroyed)
Cleaning Method (called Wazu before prayer): You who believe, whenever you intend to pray, wash your faces, your hands up to the elbows, and wipe off your heads and wash your feet up to the ankles. If you are ritually soiled, then take a full bath. If you are ill or on a journey, or one of you has just come from the toilet or had contact with any women, and you do not find any water, then resort to wholesome soil and wipe your faces and hands off with some clay or soil. (Clay kills germs while soap does not; soap has chemicals while clay is free of chemicals) More details on the benefits of clay later in the clay bath section. Allah has provided a hint of clay and we need to explore the benefits.

Watch over prayers and especially the Middle Prayer; and stand up devoutly to worship God. If you feel afraid while on foot or out riding, then perform it once you feel safe. Remember God just as He has taught you what you did not know.

Perseverance: What does worldly life mean except the enjoyment of illusion? You will be tested by means of your wealth and through your own selves, and you will hear much abuse from those who were given the Book before you, as well as those who associate others with God. If you are patient and do your duty, that is what will determine matters.

Provisions: How many animals do not carry their provisions! God provides both for them and for you. He is the Alert, the Aware.

Ruins: Have you not traveled around the earth and observed what the outcome has been for those who preceded them? They were more numerous and stronger than you are, and they left greater remains on earth. Yet whatever they had accomplished did not help them out: when their messengers brought them explanations, they were happy with the knowledge they already possessed; so what they had been making fun of swept in around them. However once they saw Our might, they said: "We believe in God Alone, and disbelieve in what we used to associate with Him." An example is the ruins left by the Pharoh and at the time of his death by the flood of water the Pharoh said he believes in Allah.

Poor: Mankind, you are so poor as far as God is concerned, while God is the owner of all the planets and the universe, humans live on a very small planet called earth. If we purchase a car or a house we consider our self rich. If He so wished, He could take you away and bring some fresh creation; that would not be impossible for God to do. (God is the owner of the whole universe, while humans live on the tiny planet Earth, richness of the whole universe is much more then what is on Earth). Humans need to remember that they are poor in the eyes of Allah.

Reconciliation: Whenever two factions of believers develop enmity with one another, try to reconcile them. If one of them should oppress the other, then fight the one which acts oppressively until they comply with God's command. If they should comply, then patch things up again between them in all justice, and act fairly. God loves those who act fairly. Believers merely form a brotherhood, so reconcile your brethren and heed God so that you find mercy. When families divide they become weak, so it is best that you stay united. You will get the mercy of Allah if you reconcile your differences.
Secrets: SAY: "Whether you hide what is on your minds or disclose it, God knows it anyhow; He knows whatever is in Heaven and whatever is on Earth God is Capable of everything!" Some day when every person will find whatever good he has done is presented as evidence as well as whatever bad he has done, he would like a long stretch to lie between them and himself. God cautions you about Himself, though God is Gentle with His worshippers. (Worship Allah so He is gentle with you)

Shifa: Keep up prayer, pay the welfare tax, and worship along with those who bow their heads. Are you ordering people to be virtuous while forgetting it yourselves, even as you recite the Book? Will you not use reason? You who believe, fasting has been prescribed for you just as it was prescribed for those before you, so that you may do your duty, on days which have been planned ahead. Any of you who is ill or on a journey should choose a number of other days. For those who can scarcely afford it, making up for it means feeding a poor man. It is even better for anyone who can volunteer some wealth; although it is better yet for you to fast, if you only knew. (Fasting cleans the body, detoxifies and purifies)

Seek help through patience and prayer, since it is exacting except for the submissive who assume they will meet their Lord, and that they will return to Him. Mankind, eat anything lawful, wholesome that exists on earth do not follow in Satan's footsteps; Satan is an open enemy of yours. Satan merely orders you to commit evil and shocking deeds, and to say what you do not know about God. Whenever someone tells them: "Follow what God has sent down," they say: "Rather we will follow what we discovered our forefathers were doing," even though their forefathers did not use reason in any way nor were they guided. Those who disbelieve may be compared to those who bleat away at something that only listens to calls and cries: deaf, dumb and blind, they do not use their reason. You who believe, eat any wholesome things We have provided you with and thank God if it is He whom you worship

Seasons: In every season the right nuts and fruits are produced as nourishment for it in four seasons. (Eat the fruit & vegetable that grows in the particular season). Nuts are produced in winters and provide energy and fatty acids for winter time, too much consumption in summers may make you sick. Same with all the foods, consume them in season of growth)

Sex: It is lawful for you to have intercourse with your wives on the night of the Fast: Feel free to frequent them and seek what God has prescribed for you. (Sex with spouse has benefits. Regular sex will reduce the chance of prostate cancer in men, reduce blood pressure and keep you healthy and young; as it is mentioned at night sex is much better)

Keep away from women during menstruation. (Avoid sex during menstrual cycle) Those who fail to have intercourse with their wife’s should lie low for four months longer. If they should then change their minds, well God is Forgiving, Merciful. However if they insist on a divorce, God’s Alert, Aware. (Intercourse is allowed only through
vagina, rectal penetration is not allowed. Though you can enter a woman from the back side but penetrate the vagina only).

**Sexual offence:** Should any of your women commit some sexual offence, **collect evidence about them from four persons among yourselves. If they so testify, then confine the women to their houses until death claims them or God grants them some other way out. If two of you should indulge in sexual offence, trounce them both. If they repent and reform, then forgive them both. God is Relenting, Merciful.**

**Sex with men is not allowed, story of Lut.** (They were destroyed as they were homosexual)

**Successful persons** are those who obey God and His messenger, and **dread** God and listen to Him, those people will be triumphant. (have fear of God)

**Spying:** You who believe, refrain from conjecturing too much: **even a little suspicion forms a vice. Do not spy on one another, nor let any of you backbite others.** Would one of you like to eat his dead brother's flesh? You would loathe it! Heed God, for God is Relenting, Merciful!

**Repentance:** Repentance holds with God only for those who do evil out of ignorance, then repent shortly after; those God turns to. God is Aware, Wise.

**Taxes:** They will ask you about what they should spend in taxes. SAY: 'Any money you contribute should be first spent on both your parents, close relatives, orphans, the needy and the wayfarer. God is Aware of any good you do.

**Worldly life** is an amusement and a game! Heavens the final Home will mean real living, if they only realized it! Whenever they sail on board a ship, they appeal to God sincerely; All religion belongs to Him. Yet whenever He lands them safely, then they associate others with Him. Let them disbelieve in whatever We have given them and let them enjoy themselves; they soon shall discover!

**Water and its importance:** Water from the sky on you to cleanse you with and to remove Satan's blight from you, and to bind up your hearts and brace your feet with it. So your Lord inspired the angels: "I am with you, so brace those who believe. I shall cast panic into the hearts of those who disbelieve; so strike at the nape of their necks and beat every last fingertip of theirs!"

**Water has shifa too!** By drinking increased amounts of water one can get rid of al sickness. Human and animals were made out of water so we need to consume this to stay healthy. Most of the indigent children that I see in my medical practice usually are dehydrated and just by increasing their water intake they become healthy. One needs to consume at least 8-10 glasses of water daily with sea-salt. The more the better, one needs to make sure that urine coming out is light yellow. If the urine is dark then drink more water. If water is taken away by Allah then there is no possibility of any life on Earth. Water reduces cholesterol, washes out kidney stones, helps improve our memory and keeps the uric acid lower.
Chapter Seven: Guide to raise children

**Guidelines for raising Muslim Children:**
After the birth of a child colostrum (early breast milk) should be fed from the mother and breast milk continued for **two years**. Mothers milk will help keep the baby slim.
Avoid frequent vaccination and use Cod Liver Oil daily which has vitamin D and sun exposure with sea salt and increased water intake to be free from diseases.
Let children play with other kids and animals after the age of three.
Start feeding proper diet after the **first teeth** have come out.
Do not use **fluoride** toothpaste in children, use baking powder or herbal toothpaste without fluoride and chemicals to clean their teeth.
For fever in kids use Garlic cloves under the armpits, use green tea boiled in Ginger. Honey mixed with Cinnamon is also helpful. For high fever cool with ice water application. Fever is a natural response developed by the body to get rid of infections.

Teach kids about the Quran, Honesty and the straight path. Teach them to stay positive, optimistic and happy. They should only help others no quarreling. They should have love for all humans, animals and things.
Tell the children they are a gift from Allah and they belong to Allah. Children have the sprite of Allah in them. Tell them about Satan who is their open enemy, will them to fight, argue and get jealous. Teach them not to raise their voice, to love all people and answer others with most decency. Tell them that Allah is watching every move the make constantly.
The children should learn to fear Allah and nothing else. You need to be their friend, never yell at the children or beat them. Just have a system that if they behave they can get gifts, money or trips to places they like, if they misbehave then these things will be taken away. Teach the children that they have a angle with them watching what they do, tell them that Allah is watching everything they do. So they need to be afraid of Allah and not do anything to upset Allah.
Love of Allah should be taught to every child, tell them there life is a gift from Allah and they need to protect this.

There is a voice inside us that tells us if we do anything wrong. They need to **learn to listen to the voice inside**. Discriminate between Satan and the guardian Angle. The Guardian angle will always guide you toward the truth while the Satan will lead you toward evil.

When taking exams the most important thing is to sleep well, eat a good breakfast and drink more water with sea salt take some sugar sweets of chocolates with you to eat during the exam.

Teach your children about honesty, **Prayer** and about **thanking God**.

**Children should be taught to drink more water** and eat all foods.
No soda, no junk foods should be given but fruits, honey and whole foods.
Use whole brown unpolished rice, use brown bread, avoid sugar, Use honey. Yogurt is good and eggs are good at breakfast no cereals as they are processed. No sweetner, no MSG (mono sodium glutamate, Chinese salt) Children should get Cod Liver oil capsules or omega-3 liquid once daily in the winter months. (if taken too much you will know as it causes facial skin eruption) If you see the skin spots reduce the dose of the cod liver oil.

Children should consume Fish oil, Flaxseed-oil, Coconut oil one tea spoon a week during summer months.

Give them fruits and nuts of the season. Eggs are good at breakfast can be given half boiled. Give Ostrich eggs. Potatoes are excellent food year round.

Water is the best medicine give water round the clock with sea salt. Homemade fruit juices are good.

If the stomach hurts and cell phone towers are nearby use magnetic stimulation on the abdomen.

We can live with polio, we can live with measles but lymphoma caused after vaccination and autistic disorder is difficult to live with. Some scientist see a connection between the man made Aids virus and its spread in Africa following small pox vaccination. This story was published in a London newspaper and is available on the internet.

When you look at your beautiful children say Mashallah, so Allah will protect them from the Evil of Nazar, remember to say this when you look at a new car or beautiful animal. When you sneeze say Alhumdulillah.

If children get ailments after going to a party then they were affected by evil eye, recite the quls and ayatul quarsi. Even before going to a part recite these ayats as protection.

When choosing a guardian for the children it is best to have a old married man or woman. The example can be seen in the story of Mary (Mariam). In chapter 3 Al-Imran verse 35 Marys mother is saying , “Lord I vowed unto thee that is in my belly as a offering please accept this from me, only Thou art the knower and Hearer”. Please understand this carefully and this is very important to understand. Allah preferred Adam, Noah, Abraham and family of Imran above all others. (Al Imran 03-33)

Chapter Seven: Introduction to family relationships

16th chapter (Surah an-Nahl 16:68-69) the Qur'an mentions that the female bee leaves its home to gather food.

It took humans 300 years to discover this fact.

Some final hidden secrets: As mentioned early in this book there are many hidden secrets in the Quran and some of these are presented here in the last chapter which will help you succeed in Life.

Only ask Allah for help.

Remain close to your family for support. No matter how they behave. No differences should exist between you and other fellow Muslims.
Do not trust all your step brothers they may become jealous of you. (Story of Hazrat Yosuf or Joseph) You can see history repeating as the Moghul step brothers fought each other.

Everything you do should revolve around Allah. Prescriptions of Allah should remain in the center of what you do. Joseph said that it was Satan causing the problems to develop between the brothers.

Difficulties will come on you like they came on all the prophets and people will lose all their worldly goods but you have to seek Allah’s help to guide you out of trouble. Only Allah could get Hazrat Younas out of the mouth of the Fish and Hazrat Yousaf out of the Jail and then make him a leader. So patiently go through difficulties since they are a test. Do not break hearts among your fellow humans do not be arrogant, knowledge is a sea and one human cannot gain all the knowledge available on Earth.

The best people Allah loves are the ones who listen to what Allah says. Example is those people who pray to Allah when a hint arrives to them that its time for prayer. The hint comes as a thought even when you are asleep that it is time for prayer. Don’t keep Allah waiting, kneel down and pray. Similar hints will come to you while working. If a hint comes to you during your work that something you are writing is not correct, and then revise the document otherwise you may suffer severe humiliation due to an error.

Do not misguide others; give them your best advice.

If anyone asks you to vacate a seat then please move, always be kind to other humans.

Do not start arguments; keep your voice always low. When some one is saying a lie just say that Allah knows best what the truth is.

Look at the bird’s one gets injured and all come in support, the family needs to act as a unit of support and should have a leader. As the bees have a leader. If one member loses a job then the whole family needs to get involved to help. If one person dies then again the whole family needs to come out in support. Gossip has no place, no negatives should be spoken. This way family will prosper along with Allah’s blessings.

Within the family most of the problems occur due to property division and of course Satan is playing a big role in developing these issues. So please settle them according to principals in the Quran.

When someone asks you for help offer it, when they ask a silly question do not be arrogant, answer in such a way they become your best friend.

Never develop arrogance, never show off, talk about your cars, homes, bank balance or lands. This all will attract negative attention, its better you talk about Allah.
Chapter Eight: Introduction to secrets hidden in food by Allah

Secrets Hidden in Foods by Allah:

Allah has said in the Quran that a sign has been placed in all the foods. Below is the description of some of the signs placed by Allah in the foods. What fruits, vegetables and nuts look like and their benefits.

**Apple:** Looks like the heart and is full of iron, eating apple helps all the functions of heart and blood. Eating the seeds of apple prevents us from cancer.

**Coconut** is covered by thick hair looks like the head and scalp and coconut consumption increases the growth of beautiful hair, coconut oil can be applied to the hair to make the hair stronger and plentiful. Lauric acid is the main content of coconut and helps us stay younger. Coconut oil also protects the hair from falling. I was looking at a cartful of coconuts and the thought came to my mind that they looked like human heads.

**Cashews** have the shape of a fetus, they are full of magnesium and their consumption during pregnancy will help the development of the fetus as well as reduce the illness in pregnancy such as nausea, vomiting, hypertension and

**Pine nuts** look like the male organ and help in male erectile functions, bananas also have the male organ shape and help in erectile problems.

**Onion** look like body cells and a onion if cut and left in the house will help kill all organ names and keep you safe from flu’s and infections. You will not need to purchase disinfectants and air cleaners. Onion consumption helps all the body cells, onion contains sulphur which helps us stay healthy, reduce joint pains and reduce our weight.

A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and YES science now shows that carrots greatly enhance blood flow to and function of the eyes. The carrots are full of vitamin A and we know that to see at night the eyes need vitamin A.

A **Tomato** has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.
Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.

A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neuro-transmitters for brain function. The walnut should be consumed in every single brain disease, including Alzheimers. Make sure they are fresh and not black.

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys. People with kidney disease should consume them.

Celery, Bok Choy, Rhubarb and more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.
**Egg Plant, Avocados and Pears** target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervix cancers. And how profound is this? ... it takes exactly 9 months to grow an Avocado from blossom to ripened fruit. There are over 14,000 phytolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

**Figs** are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well to overcome male sterility. Dried figs look like the vagina and are very useful for female problems of painful sex, dryness of vagina and infertility.

**Sweet Potatoes** look like the pancreas and actually balance the glycemic index of diabetics. Diabetes can be reversed by their consumption. Good for the macula in our eyes.

**Olives** assist the health and function of the ovaries. Olives are mentioned seven times in the Quran. So olives or olive oil need to be used every day. The extract of the leaves of the olives has a lot of benefits and has antiviral, antibacterial and anti cancer properties can the tea or extract of olive leaves can be consumed daily by such sick patients for complete relief without any side effects.

**Grapefruits, Oranges**, and other **Citrus fruits** look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts. Excellent for cancer prevention and treatment, help joint pains and prevent many diseases.
Onions look like body cells. Today’s research shows that onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. The onions have Sulpher which is a great anti-inflammatory.

Bananas, Cucumber, Zuchini and more target the size and strength of the male sexual organ. It's true! If a female eats Bananas when she is pregnant then the likelihood of having a boy increases as they are alkaline and a male sperm survives in alkaline ph.

Peanuts have a profound effect on the testicles and sexual libido. Peanuts were once a banned food for males by the church during the middle ages. Most people don't realize that arginine, the main component of Viagra, comes from peanuts. Do not consume peanut butter as it may be contaminated by Afla-toxin and thus become a cause for cancer. Take them fresh and avoid the old ones. Do not use peanut butter as it is usually full of Alfalfa toxin.

Fennel emulates the eye and helps vision problems as well as help gastric acidity if consumed twice daily. In urdu called saunf. It is also a excellent appetite suppressant and provides tons of energy as well, then keeps you wide awake. Always keep fennel in your car while driving, its visual and mental relaxation. Fennel also provides a natural breath freshener.

Garlic clove looks like the liver and is a liver tonic. Its consumption will help in liver disease and it’s a antiviral and antibacterial compound. Garlic oil was laced on bullets in the Second World War, the reason being that it is such a toxin if it enters the blood stream directly it will kill the person. People who consume garlic daily stay away from diseases. A aged garlic clove in pickle form taken daily will lower blood pressure and cure hypertension. Helps men with male issues.

Mangoes do not cause a increase in the sugar, rather they help control diabetes. Mangoes have been named the King of all fruits.

The violet colored fruit called Jamons that grow in India and Pakistan help in controlling diabetes.
Shatoot a fruit like berries and its sherbat is called “Tooth I sahia,” helps control tonsillitis and phrangitis.

Chapter Nine Rain water cures

Many times references are made to rain in the Quran

Rain water cure

Finally remember that Allah has mentioned rain water many times, rain water has hydrogen peroxide. When rain falls through Ozone (O₃) water takes an extra oxygen atom from ozone and forms H₂O₂. Thousands of published articles show that Hydrogen peroxide is effective in getting rid of any type of infection. So people have called Hydrogen peroxide a modern miracle. Its considered under oxygenation therapies. Hydrogen peroxide is also called the universal treatment for disease. Rain water has been used to treat diseases in the past generations. Using about 3% hydrogen peroxide will remove plaque from teeth and gums, you have to brush with this hydrogen peroxide. Some people mix baking soda with hydrogen peroxide.

I am always amazed that when it rains the whole environment becomes fresh, the breathing feels lighter, and there is an aroma in the air. I tried to find the reason and after much research determined that it was the hydrogen peroxide in the rain water that was causing all the freshness. A incident led me to these findings when I was in Lahore, Pakistan. A new meat shop opened in Lahore and I went to visit, the shop was full of meat but there was no smell. I was shocked to see such a clean shop even in USA when you go to the meat section you notice a smell. The secret of this no smell was that the shop owners were applying hydrogen peroxide to the meat. So you can use hydrogen peroxide as a cleaner around your house to make it fresh instead of the usual air cleaner.

For diseases people generally add five drops of hydrogen peroxide to a glass of water and drink this. Use this twice a day; keep increasing the drops slowly to ten. Most people tolerate this well. If you take more you get a sensation of swelling in the stomach due to bubbling action. Do not consume concentrated Hydrogen peroxide as it will cause sever burns. The 3% hydrogen peroxide 5-10 drops in a glass of water will help in every disease. Applying the same drops directly on the skin will get rid of many skin ailments, infections, allergies and discoloration. Do not apply H₂O₂ to hair as they will fall out. So some women use the H₂O₂ on the hair of the face and arms and legs after daily applications for two to three weeks you will notice the hair will clear off.

Some people purchase the food grade hydrogen peroxide which is 35%. This is a dangerous concentration and needs to be handled carefully. People have died inhaling such a concentration. If you do get a hold of 35% H₂O₂ then please just add a drop of this to a glass of water and only
then consume. Some people add two to three drops of the 35% food grade hydrogen peroxide to a
full glass of water and take it twice a day. Similarly a mist can be made by adding few drops of
food grade Hydrogen peroxide to a glass of water and then inhaling it in mist form. This will
clean up all breathing passages and get rid of any flu or viruses instantly. It can be used to clean
vaginal infections and be applied to skin to get rid of skin infections. Repeated applications on a
daily basis will make the hair come off the skin for this the 6% Hydrogen peroxide is used.
Avoid applying it to the head as it can make the hair fall off. Of course rain water falls on the
head and hair do not come off as the concentration in the rain is less.

A poor driver who was involved in many car accidents came to me due to long term deafness. I
used the diluted Hydrogen peroxide and put it in his ears. Instantly his deafness completely
reversed subhanallah. I also used 3% hydrogen peroxide in women who lost their hearing
suddenly and the cure worked. Remember to recite Bismillaah before you attempt the procedure.

Many patients of severe allergies have been controlled by applying the Hydrogen peroxide
diluted solution, acne has disappeared and skin lesions have cleared up.

Research has shown that H2O2 is a cure for all disease. Using H2O2 improves athletic
performance; it suppresses cancer growth and will make you alert. In reality it is a cure for all
diseases, you can say it can wake up the dead as it oxygenates. If inhaled it’s a cure for asthma
make sure you are inhaling 3% H2O2 from a mist bottle. Please see you-tube videos and search
the internet for more info on H2O2. Hydrogen peroxide will get rid of all allergies, skin lesions
and fungus on the toes.

Try to replace all your cleaning chemicals with H2O2, replace your air freshener with H2O2 and
replace you’re your swimming pool chemicals with H2O2.
So please avoid chemical cleaners. Allah has stated in the Quran that rain water puts life
in the dead soil. Rain water has hydrogen peroxide and is the best cleaner. I remember the
times when wood was burnt in our kitchen. The burnt ash that was left from burning the
wood was used to clean all the cooking utensils dishes, and glasses. I remember at that
time very few people would visit doctors. Today we have dishwasher liquid and whatever
chemical residue it leaves that is toxic for us. So today lets start to wash with baking soda, its natural comes from the ground and has hundreds of benefits for the humans.
Hydrogen peroxide can be used to get rid of any vaginal infection, a 3% solution should
be used.

Water cooking

Nearly all cooking can be done in water; one does not need to add any oil. So at times boil
vegetables in water, or steam cook them. Most of the oils available in the market go through
processing and lot of chemicals is added to them. I consider Butter oil, Coconut oil and Mustard
Palm oil, as the best oils for cooking. So avoid sunflower, safflower, corn oil as they are all
omega 6 oils. Do not consume Canola oil or Soy oil as they are genetically modified. Do not
consume bakery products as they are full of hydrogenated oils which are the worst offender to
block our arteries and cause heart disease. You cannot cook in flax seed oil or Olive oil as they
are easily denatured by cooking and become toxic.
If anyone has joint pains by using butter oil the pains will go away.
In these days of pollution and aflatoxin cook your foods well, that helps get rid of these toxins.
Chapter Ten: A Disease in the Quran

A disease specific to non believers:

Allah states that the chest of the non believers will be made like they are going in space. I have seen patients in U.K and USA who had severe breathing problems, their chest were swollen and yet they could not breathe. This is exactly as the Quran states, I have not seen such cases in the Muslim countries. So if one has severe breathing problems one needs to return to the teachings of Allah and beg for his forgiveness. Once you die that is too late to ask for forgiveness. *Shirk* is one of the acts which will never be forgiven by Allah. In general Shirk means that we should not pray to any other gods other then Allah. In particular shirk also means that one cannot say I helped so and so get a promotion that may fall under Shirk. You cannot say I helped turn that mans life around. That’s mans life could only be turned around if Allah wanted it to, any you were just a vehicle used by Allah to turn around his life. Similarly a doctor is just a vehicle that Allah uses to provide shifa to patients. If Allah does not want shifa for a particular person no medicine will help.

May Allah bless, protect and guide us all on the straight path to him. May he continue to shower his mercy on us. May he forgive our sins, make our homes accommodating and grant us abundance in our livelihood. All praise is due to Allah. In each prayer, need to ask Allah for better life after death and in this world. If you get all the blessings on Earth then your blessings in the next world will be nothing. See how simple life’s most prophets lived.

Learn from animals

Allah hints humans to learn from Birds:

If humans would analyze every single verse of the Quran and explain it in detail volumes and books can be written on every single verse. An example is when Allah states that signs have been placed in every food. If we go on and write about all these benefits it would make many books from just one verse.

Here is another verse, Allah states that when Adams son committed a murder of his brother and they was trying to hide the dead body a bird (Raven or crow) was sent to show how the body could be buried. From this verse we can write volumes. Not only is Allah teaching us to learn from the birds in particular but also teaching us to learn from the animals in general. Here from one verse one hundred books can easily be written

Humans have learned to give enemas to the constipated people after observing birds practicing the act of enema, sick bird were seen taking water in their beaks and placing it in their rectums.

We need to look at all the birds and animals and see how they bath. The birds will go dig in the mud and sit in it, why do we not provide clay to the caged birds so they can enjoy these baths?
Look at the water buffalo, the elephants the mighty rhino all bath in mud baths. Mud baths have healing powers and can detox our body from all chemicals. We need to stop using the baths with soaps which are full of chemicals. The modern shower is not the best replacement for a proper bath. We need to return to mud baths for proper functioning of our bodies. Our hospitals need to be equipped with facilities of a clay bath for patients. However we can turn our showers to clay baths. It is very simple, just leave out the soap. Get clay in Pakistan its called Multani Mati, in USA Bentonite clay. Wet yourself in the shower then rub the clay all over your body, when it is near drying that is time to wash it off. I have taken this bath on a regular basis and feel great.

Here are some of the benefits of a clay bath, these baths will detoxify and remove all chemicals and heavy metals in your body. If your child has received a vaccination you can remove the toxic ingredients by clay baths and using cilantro 10 mg daily for two weeks.

You can remove the black circles around your eyes by applying this clay on your face with rose water or any water and washing it off before the clay dries. The clay will get rid of acne and any other lesions on the skin. If you apply wet clay packs to your neck they will get rid of all pain, even if there are bony fractures, clay packs will help heal them without surgery. Wet clay should be applied to all deep and superficial wounds for complete healing. If applying on any region mix clay with cotton make it wet and apply on the neck, once dry remove the pack and wet another one and apply.

These baths will help people with all ailments may it be Parkinson’s, Multiple sclerosis or Alzheimers, including cancer. So again a simple hint in the Quran to learn from animal goes on to teach us a lot.

I will give the example of birds eating berries, bears eat berries, these berries have antioxidants and they prevent all diseases including cancer. Berries and cherries cure arthritis.

In the San Diego zoo a Gorilla was given an apricot, instantly it peeled the apricot, threw the fruit and ate the small almond inside. We need to consume apricot pits to prevent cancer and treat cancer with these small bitter almonds from apricots.

Allah has mentioned the dog several times in the Quran, and has been mentioned as a guard. Your human bodyguards may betray you but a dog never will. Allah has allowed the meat for human consumption that the animals trained for hunting hunt for you.

Camel is mentioned 19 times, camel milk is high in vitamin-c and camel meat is low in fat. While on camel milk you will loose weight and gain strength. Washing your hair in camel milk will improve hair growth. Camel urine has been used by the prophet (saw) as a cure for illness.
Chapter eleven: Change yourself and heal yourself

Lifestyle Changes according to Quran.

You will only ask for help from Allah. You are not going to bribe anyone. If you are asked to move then move and give up your seat. In turn Allah will reward you for these actions and give you a better seat or position. Do not argue and quarrel with people. Stay calm and keep your voice low. Don’t do things that you do not know anything about. Stay positive all the time, ask Allah for help. Pray to Allah and remember to thank Allah. If you do not quarrel then your physical strength will increase. Raising you voice produces stress on your body and makes you and other people angry. Do not make enemies or hurt other people, so never get angry be polite and be kind. Talk is such a nice way that other people love you. When you use a loud voice so that is when they may pray against you, if someone loses a job because you fired they may harm you.

Muslim faith came to Earth when Adam was sent. As Muslims we should not have hatred against any one or any religion, person or thing. We should have love for all and we should help all the people. When you help anyone Allah gives you the reward. Allah is watching your every move, even when you are hiding in a tunnel. Humans cannot give anything so never expect anything in return when you help humans. A Kafir is some one who hides or denies the existence of Allah.

I was taken to a patient who was suffering from depression. I saw his face and looked like Satan, He had pointed ears and pointed chin, a V shaped face, thin straight eyes. I had a feeling I was sitting next to Satan. This patient told me after he lost a very high salaried position, he had become an atheist (non-believer), I asked him to beg forgiveness and Mercy of Allah and made him do a sajjadha (bow your head on the floor for prayer). I informed him if he continues on the wrong path no medicine will help him. It’s written in the Quran,”I have placed stamps on their face”. Since a stamp was on his face, I am a mere slave of Allah and I informed the person who had taken me there that this patient’s depression is not going to go away.

Stay honest, speak the truth and listen to the voice inside you. That voice is an eternal guidance. Allah will give you strength and don’t offer negative criticism about others. Stays quiet when you go to someone’s house, eat the food and leave and you should enter only through the front door. If you need anything then ask for it. Do not make negative talk. Do not criticize others; look at your own faults. The best topic to talk about is Allah, and what Allah states in the Quran. Once you talk about the information in the Quran, your knowledge will increase and you will be doing Jehad for Allah by helping Allah spread the teachings of Islam.

Milk, honey, olive oil, fruits, animals are allowed foods. I did not see any mention of cooking in the Quran so we need raw foods to stay healthy.

Quran mentions that we are spreading the pollution and we will taste the benefits. The pollution that humans are spreading is of many types, we pollute our ground water by directly pumping waste into it. Allah had a system of filtering the ground water that we
have defeated and the same people will reap the benefits when their children consume this deadly water. We are spreading air pollution by burning wastes. We are polluting the sea by dumping human waste, plastics and chemicals. We pollute when we put vegetables in plastic bags, or purchase drinks in plastic bottles. Applying makeup with chemicals and nail polish remover is all pollution. There are chemicals in lipstick and mascara, try to use all natural makeup and shampoo. The best make up is olive oil and honey mixed and applied to face. Look at all the cooking oils they are all polluted and full of toxins.

All women makeup is full of toxins, chemicals are in nail polish and nail polish remover. In their place we should be using alternatives.

Always help other people, teach others, teaching is Jihad. Be kind to others as showing kindness is considered better than charity. When people ask you for something, help them. Allah will not help those who provide wrong advice to others. Become the politest person on Earth and the most helpful. Do not yell, consider everything your own fault and then try to correct this.

Chapter Twelve: Cancer Cure

Allah has told us to fast, fasting kills Cancer cells. Allah has told us to eat fruits and vegetables to stay healthy. By consuming fruits and Vegetables our body will become alkaline and alkaline ph will kill cancer cells. Allah has told us to drink more water. Water is an anti cancer drink so use plenty of pure water and sea salt which will rid your body from the cancer. Allah has told us to eat a wholesome diet; people eating apricot seeds in Hunza do not get cancer. Japanese women who consume chlorella from the Sea, which is high in iodine, do not get Cancer. Eating wholesome foods kills cancer. Even turmeric kills cancer cells. Wake up humans God has written prescriptions for every disease, you just need to follow them.

Let’s take the case of Breast cancer; it’s been found that women who wear tight bras for more than 8 hours tend to get breast cancer. So do not wear a bra for more than 8 hours and massage the breast after wearing the Bra so lymph can flow. Those women who do not keep their teeth clean and use underarm deodorants, get flu shots are the ones who get cancer. Getting one single Mammogram releases enough radiation to your breasts that it can trigger cancer. The entire cancer is reversible. Allah has told us to clean our teeth five times a day.

Allah has mentioned that Honey treats many ailments. When Honey is mixed in freshly grinded Flax seed along with cottage cheese in equal amounts and consumed twice a day for a month it is a cure for all types of cancers.

I was visiting a patient in a Cancer Hospital in Lahore. She had been informed that she will not make it as the cancer was spreading fast. Her mother was reciting the Quran and
the young girl was lying lifeless on the bed. I saw the situation and gave a speech on Quran and how Allah has made a treatment for all diseases, gave her very simple diet options. By the time I was ready to go this patient woke up and was full of hope and life. The patient lying in the next bed also woke up and looked energetic. This girl recovered dramatically. So please never ever give up hope in Allah.

**Any cancer patient should Recite Sura Baqra** daily in the morning Inshallah this will lead to complete cure of your cancer, it has done so in other patients. Recitation can be done by electronic aids. Reciting the Sura Baqara daily will cure cancer. The Quran is a book of healing and has a cure for every disease in its recitation. If you can supplement the recitation of sura Rehman in the evening and Sura Baqra in the morning all the cancer will be gone Inshallah.

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**Chapter Thirteen: The ultimate remedy for all diseases**

**Secret of the Ultimate Hidden remedy for all diseases**

Allah states in the Quran again and again especially repeatedly in sura-Rehman that we need to be thankful. Allah is happy with the people who are thankful. Those people who are unhappy and discontented Allah is not happy with them. Being happy, content and thankful means you are feeling positive. While being ungrateful, unhappy and discontented means you are negative. In general we have to be positive all the time. No negative feelings should come in our mind. If some one is critical of us, thank them as they are trying to guide you to become better.

Allah is telling us to offer daily thanks for the food and drinks, comforts in life, good health, love and affection from parents, beautiful mountains, seas, gardens, fruits, animals, clothes that Allah provides. We need to have our faith in Allah for all problems and issues. Since Allah knows everything in the future and is the best decision maker for us.

It’s written in the Quran that **not a leaf moves without Allah’s order** that all things that are going to happen are written in the **Book of decrees**. Should we need to worry; we should be satisfied with everything that Allah does. Suppose a relative dies, then it is the will of Allah. If someone loses a job then it is the will of Allah. What we have to do is not look at the loss but be thankful to Allah for the benefits we have, our health our children. Since Allah is providing food, comforts and health we need to put our full trust in Allah. Just say your prayers and keep begging for forgiveness and no need to worry, be happy.

If we follow the above guideline we will not need to worry, there is no need of stress. By thanking Allah daily and only asking for his help we get closer to Allah. We need to fear Allah. So we need to be positive about everything and every turn our life takes. Allah wants us to be positive, content, happy and thankful. It’s the stress that causes every disease.

When negative thoughts come in our mind, we start to worry, and then this worry suppress our **immune functions** and causes disease. Allah knows this and thus he has advised us not to worry. We are **designed to think negatively**. **The change** we need to make is to **think positively**.
**By avoiding negative thoughts we should Inshallah be able to avoid all diseases.**
Our prayer to Allah should be for needs, as Hazrat Suliman (Soloman) asked for the greatest Kingdom so he could serve Allah and he got one. If you have a problem just pray. No one else other than Allah can give you anything. Be thankful to Allah, stay positive and pray to Allah that is the guidance Quran provides.

In the Quran Allah states that people are concerned about this world, while Allah is concerned about the final world (heaven and hell) Allah sees a person successful if the person gets into heavens. We need to have our full trust in Allah for all the decision that Allah makes for us in this world.

In Islamabad there was a bomb blast in a women cafeteria many young women passed away. The college officials went to visit these girls parents in the villages, the parents answered Allah gave us the daughter and Allah took her, we are content with Allah’s decision. Everything in this world is given by Allah and to Allah will return everything. This world is a test for us to see how well we go through difficulties. Every single person will be tested by Allah through difficulties and we have to stay positive, thankful to be successful.

Allah states in the Quran, that people need to be satisfied, no matter how much a person gets they keep on asking for more. If Allah gives them all in this Earth then what will be left for the second portion of your life. This means that rich people will become poor in Heavens and poor will become rich. So be thankful to Allah for what has been given to you. Once you are satisfied your health will improve.

**The Quranic verses have shifa, even if you have end stage disease and then recite the Quran daily** you will Inshallah overcome the disease. There is a story of a man who got severe throat cancer, then he was told to recite sura-Baqra daily and in a month his cancer was gone. So all you have to do in any chronic disease is recitation of the Quran and the disease will improve. Its best to recite Sura Baqara in the morning and Sura Rehman in the evening daily in any chronic disease. You can take the aids of electronically recorded prayers and listen and recite with them.

Ameen.

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**Chapter Fourteen: Introduction to Qul**

**The Qul** (Last chapters in the Quran) Recited to prevent Evil Eye, Black magic, Prevention from Jinn (creation on Earth made from Fire) There are Good and Bad Jinns. Angles are made from light they were most likely the first creation, as far we know angles are only males. Angles are the main workers for Allah. Jinns are made from smokeless flame and were most likely the second creation both female and male Jinns are present and they have children. Humans are made from earth and water. Satan is a Jinn and so the Jinns have the capacity to place negative thoughts in our brain and to make us commit faults. Satan can cause enmity between people, between wife and husband. To get protection from Satan we need to read the prayers below. Jinn or Satan can cause a divorce between husband and wife. When a Jinn is controlling a human the humans voice will change. This can easily be checked by reciting Quran in their presence. The human then speaks in a very fast and difficult to understand dialect. To be protected from evil eye or black magic recite these prayers morning and evening.
Please use You-tube or mounthira.com for learning the correct pronunciation.

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Surah 112. Al-**Ikhlas** (The Unity, Sincerity, **Oneness Of Allah**)

1. Say: He is Allah, the One and Only;
2. Allah, the Eternal, Absolute;
3. He never had offsprings, nor was he a offspring;
4. And there is none like Him.

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Surah 113. Al-**Falaq** (The **Daybreak**, Dawn)

1. Say: I seek refuge with the Lord of the Dawn
2. From the mischief of created things;
3. From the mischief of Darkness as it overspreads; (Evils within darkness)
4. From the mischief of those who practice secret arts; (arts of Magic, Kabala, Shir)
5. And from the mischief of the envious one as the practices of jealousy. (evil eye, black magic)

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Surah 114. An-**Nas** (**Mankind**)

1. Qul aooz bi Rab-bin nas
2. Malik in nas
3. Illah in nas
4. Min shar ril wes was il khen nas
5. Allalzee u wes wisu fee sud u rin nas
6. Minal jinnatti wan nas

1. Say: I seek refuge with the Lord and Cherisher of Mankind,
2. King of Mankind,
3. Allah of Mankind,
4. From the mischief of the Whisperer (of Evil), who withdraws (after his whisper),
5. Who whispers into the hearts of Mankind,-(Bad or negative thoughts can be placed in the mind
by the evil whisper of Devil (Shitaan).

6. Among Jinns and among men.

Surah 109. Al-Kafirun (The Disbelievers)

1. Say: you who reject Faith!

2. I worship not that you worship,

3. Nor will you worship that which I worship.

4. And I will not worship that which you have been worshiping,

5. Nor will you worship that which I worship.

6. To you be your Way, and to me mine.

Sura Nasar is not part of the Quls is mentioned here to get Allahs Help
Need to pray this when ever you need Allahs help

Sura 110 Nasr--Help
1. Idzaa ja’aa nasrullahi wal fath
2. Wa ra'aytan naasa yadkhuuluuna fee deenilla hi afwaajaa
3. Fasabbih bi hamdi Rabbika wastaghfirhu innahuu kaan tawwabaa

1-When comes the help of Allah and victory
2-And you do see the people enter God's religion in crowds
3-Celebrate the praises of your Lord and pray for His forgiveness: for he is oft-returning

Chapter Seventeen: The most powerful verses in the Quran

If you are walking alone, travelling at night and have fears recites these verses and Allah will provide protection.

The most Powerful verse in the Quran for protection from all Evil.
Aiyat ul Quarsi (The verse of the Throne)
Bnameillaah ar-Rahman ar-Raheem
Allah hu la ill aha illa hu
Wal Hayyul Qayyum
La te huzuuhu sinetun wala nawmun
Lahu ma fissemawati wa ma fil'ardi
Men thallathiy yeshfe'u indehu illa biznih
Ya'lemu ma beyne eydlyhim
wa ma halfehum
wa la yuhiytun bishey'in min ilmihi
illa bima sha-a wasia kursiyyuhu semavati wal'ard
Wa la yeuduhu hifzuhuma wa hu wal aliy ul aziym

"Allah! There is no god but He,
Al-Hayy (the Ever-living), Al-Qayyum (the Self-subsisting, Eternal).
No slumber can seize Him nor sleep.
His are all things in the heavens and on earth.
Who is there that can intercede in His presence except as He permitteth?
He knoweth what appeareth to His creatures as before or after or behind them.
Nor shall they compass aught of His knowledge except as He willeth.
His Kursi doth extend over the heavens and the earth,
and He feeleth no fatigue in guarding and preserving them.
He is Aliyy (the Most High), Al-Adhiim (the Supreme in glory)."

One needs to memories Aiyatu Quarsi and recite this daily.
I have mentioned that if anyone suffers from evil eye or black magic, they may have a illness or pain that does not respond to treatment, they may have depression, psychological issues , epilepsy so for these people it is best they recite Aiyatul Quarsi 10 minutes before sunrise and ten minutes before sunset twice for 15 days and Inshallah all problems should be resolved.
People may have problems that their destiny is blocked, they do not make any progress in life, a girl cannot get married. Whenever you have fear sensation recite Aiyatul Quarsi.

Importance of Surat Ir Rehman . If any patient is not improving then recite Surat-Rehman in front of him daily for a month. This is available on You tube. You will Inshallah see improvement. Some people report improvement with Surat -Yasin.

"And they say, 'Why are not signs sent down to him from his Lord?' Say, 'Indeed, the signs are with Allah, and I am but a clear Warner.' But it is sufficient for them that We have sent down to you the Book [i.e., Qur'an] which is rehearsed to them? Verily, in that is mercy and a reminder to people who believe.” [Surah 29:50-51]:

And among his signs is this, that he created for you mates from among yourselves, that ye may dwell in tranquility with them, and he has put love and mercy between your (hearts): verily in that are signs for those who reflect. Translation by A Yusuf Ali [Qur'an 30:21]
Chapter Sixteen: Introduction to Prophets Medicine

Henna (Mahanadi) is a plant grown in India and Pakistan it has many medicinal properties. Henna is used to paint hands and feet. Henna is also good healing agent for burns. Its gargles are beneficial in pharyngitis and all ulcers of tongue, cheeks and lips. Its local application has soothing effects on acute inflammations and hot abscesses. Henna levels’ extract in oil mixed with natural wax and oil of rose, if applied locally in conditions of backache, is highly effective. If Mehndi leaves are soaked in water throughout the night and this decanted water, if taken in morning for 40 days, is effective in leprosy and heals the wounds. If Henna leaves are soaked in a sufficient quantity of water and kept throughout the night and the decanted water is taken in morning it is effective in Jaundice and Splenomegaly. Prophet Muhammad (saws) said "Use Henna, it makes your head lustrous, cleanses your hearts, increases the sexual vigour and will be witness in your graves" Prophet (saws). Passing his hand over his head he said that the head of all dyes was Henna which added a glow to the face and increased the sexual vigor." Mehandi applied on the hands will fix menstrual problems.

Fenugreek (Methi) is cultivated throughout asia. Methi seeds is highly beneficial for sore throat, throat pain and Tonsillitis, relieves Dyspnoea (Breathlessness) and the severity of cough. It also relieves the hyper acidity and stomach burning. This action of Methi is highly significant because all the drugs used for cough produce irritation in the stomach, whereas this relieves the cough without producing irritation in the stomach and might be used safely on patients suffering from cough along with dyspepsia. It relieves the complaints associated with hemorrhoids. The decoction or the fine powder of methi seeds is an established remedy for dandruff. It tones up the hair and the hair becomes silky and shiny. Fine powder of methi seeds mixed with honey-bee wax relieves chest pain if applied locally. It is a source of iron and B-complex, hence can be used in general weakness. It is also reported that continuous use of methi seeds is also significant in the treatment of hemorrhoids. The recent studies show that it is a good remedy for diabetes mellitus.

Several patients who were having raised blood glucose level and were treated with the formulation comprising methi seeds, kalonji and tukhm-e-kasni improved significantly and the blood glucose level became normal.
Apple cider Vinegar: Prophet loved vinegar and had it with meals. Two tea spoons of apple cider vinegar if added to a glass of water and consumed slowly by sipping twice a day will help any stomach ailment. Using apple cider vinegar as described above if combined with exercise is a remedy for weight loss.

Prophet (SAW) loved dates, dates are full of nutrition and specially magnesium and help overcome pains and relax muscles. Dates are a full meal and also help one loose weight.

From the prophet’s teachings comes a very important prayer that is called Istikhara or prayer of guidance. In this prayer we ask Allah to guide us in making a decision. Usually people pray it at night and it is two rakat prayers. After this prayer you make a dua and ask Allah for help in decision making and seeking the correct path. Then you wait for Allah’s guidance. Some people will get feelings for going toward one path, while others may see a dream. Most people do not get any feelings or dreams but it’s our belief that Allah will guide us.

In the dua after the two rakat you say, O – Allah help me and guide me, You are the most powerful, I am not, You are the one who makes the best decisions, I cannot, You are the ones who knows about he Invisible, I do not. Allah you are the most powerful and I am without power, so Allah please guide me, please help me.

Some people repeat the prayer for many nights. Following your prayer what ever happens that is the will of Allah, so need to be satisfied. Only Allah knows the future and is the knower of secrets, so Allah will make the best decision for us.

Cupping was used by the Prophet for pains in the body. Clay was used by the prophet for application on the wounds and is a tonic, which helps in complete and quick recovery. Clay has been used by the Prophet (SAW) for all types of injuries to the Muslim soldiers in war with complete recovery. Patients having bone injuries, vertebral injuries, abdominal problems, hepatitis can make a paste of water with clay and apply it on the affected area and then cover it with a wet cotton cloth. Leave it on for twenty minutes and then wipe it off with water and baking soda. Repeat this daily until the problem is resolved. Even severely affected bone injuries will heal. This method can avoid many type of surgeries. So please use clay on all injuries and remember that we are made out of clay and water and these two combined together are the best healers in the universe provided by Allah.

I have used clay as a child to apply to my knee and the skin over the joint that was not healing completely healed. I must tell the complete story,

Urine is not haram, and because the Quran tells us the only body fluid that is haram is blood. I was 6 years old and due to repetitive knee injuries the skin over my knee was not healing. So my grandmother told me to urinate in clay and apply this mixture to the knee joint. I did for a few days and complete healing took place. As a medical student years later I found that urine is full of enzymes, amino acids, vitamins, minerals and hormones.
This got mentioned here because it is said that the Prophet (SAW) once proposed the urine of a camel as treatment. Urine treatment is used in many parts of the world for nearly every disease and many medicines are made from urine. Kidney disease and nearly all diseases of the body will recover if one takes a few drops of their urine in the morning under the tongue, one can dilute the urine in 50 cc of distilled water and shake that bottle 60 times with one drop of urine in it. Then consume three drops every hour for a day or two, this should help all diseases.

**Honey:** Similarly honey is full of enzymes, minerals and vitamins and makes for an excellent recovery for wounds specially if the wound is from burns honey will be the best medication for this. Prophet (Saw) used to regularly use honey.

**Chapter Seventeen: Pollution and changes we have made**

Allah states in the Quran, not to change things but if we look at all the processed foods, they have changed and added chemicals to our foods. Look at the fries of MacDonald’s they are mostly chemicals and toxic omega-6 oils. The chicken Mac nuggets are also filled with toxic chemicals. This is the same story for most fast foods. So it is best you eat healthy diet.

There is a new thing ask for the contents of Pepsi (it’s a secret) same for coke ditto for all common fast foods. MacDonald’s does not list where the animal meat comes from?

Most foods are genetically modified and you need to avoid them.

**Here is a list of what to use and what to avoid.**

**Percentage of crops that are Genetically Modified in the U.S.:**
- Soy (85%)
- Cotton (Cottonseed) (76%)
- Canola (75%)
- Corn (40%)
- Hawaiian papaya (more than 50%)
- Zucchini and Yellow Squash (small amount)
- Quest brand tobacco (100%)

**List of Body Products That Contain Genetically Modified Corn Products and Oil, Soy, Canola Oil and Cottonseed Oil**
- Cosmetics
- Shampoo
- Bubble Bath
- Soaps
- Creams and Lotions
- Detergents

**Partial List of Food Products That Contain Genetically Modified Corn Oil and Corn Products, Soy, Canola Oil, Cottonseed Oil**
- Salad Dressings
- Infant Formula
- Bread, Rolls, Pastry
- Baby Cereal
- Canned rolls and breads
- Hamburgers and Hotdogs
A Method to Help Identify Genetically Modified Foods

The stickers that contain the PLU code (Price Lookup Code) tell you if the fruit was conventionally grown, genetically modified, or organically grown. The PLU code for conventional produce has four numbers, GM fruit has five numbers preceded by the number 8, while organically grown produce has five numbers, preceded by the number 9. Organically grown fruit will not be Genetically Modified or contain pesticides. Look for the number 9!

Ways To Ingest Genetically Modified Products

- Drink milk from or consume dairy products from cows fed GMO corn and who have been injected with rbGH (genetically modified growth hormone)

- Eat meat from animals fed genetically modified grain diets (rather than grass-fed) and who have been injected with rbGH (genetically modified growth hormone)

- Use of genetically modified food additives such as Aspartame, flavorings and enzymes

- Honey and Bee pollen that may have GM sources of pollen
• Names Of Ingredients That Have a Very High Chance of Being Genetically Modified

• As the U.S. does NOT require labeling of Genetically Modified Foods, consider the following ingredients on food labels to be Genetically Modified unless the ingredient is Certified Organic or labeled NON-GMO:

• Vegetable Oils: soy, corn, cottonseed, canola
• Margarine
• Soy Flour, Soy Protein, Soy Lecithin
• Textured Vegetable Protein
• Cornmeal, Corn Syrup

The Dangers of Pesticides to Humans

Pesticides accumulate in the body where they remain and cause damage. Infants and young children consuming breast milk ingest pesticides. Pregnant women can pass pesticides on to their fetus. Women who eat fruits and vegetables that have been sprayed with pesticides, pass the pesticides on to their nursing children. Women who eat meat that has been injected with growth hormones and antibiotics, pass these chemicals on to their nursing children. Children eating foods that have been treated with hormones, antibiotics or pesticides, have them in their bodies.

‘A study funded by the U.S. Environmental Protection Agency (EPA) and published in the September 2005 issue of Environmental Health Perspectives shows eating organic foods provides children with “dramatic and immediate” protection from exposure to two organophosphate pesticides that have been linked to harmful neurological effects in humans.

The pesticides—malathion and chlorpyrifos—while restricted or banned for home use, are widely used on a variety of crops, and according to the annual survey by U.S. Department of Agriculture (USDA) Pesticide Data Program, residues of these organophosphate pesticides are still routinely detected in food items commonly consumed by young children.

So try to wash the foods or buy organic foods without the above pesticides. Fasting will help you get rid of these toxins that you have consumed. You need to stay, healthy by fasting try this at least couple of days in a month.
Chapter Eighteen: Is there any Holy water?

Whatever the Prophet (peace be upon him) said is miraculously true because it was based on divine revelation, as Allah said in the Qur'an:
“Nor does he speak of (his own) desire. It is only a Revelation sent down to him.” (Quran 53: 3-4)

The Prophet (peace be upon him) said: “Zamzam water is a lavish meal and a great healer.”
He (peace be upon him) also said: “Zamzam water is what one intends to drink for. When one drinks it to be healed, Allah heals him; when one drinks it to be full, Allah makes him full; and when one drinks it to quench his thirst, Allah quenches it.”

We all know the history of ZamZam water, the natural spring which was started by Angle Gabriel. This water has been flowing for years. As the world has changed so has Zamzam. The original tasters of this water say that the current water has lost its taste. The change noticed by people is because a purification plant has been installed to purify this water, and maybe add chemicals to it. This is my own feeling after tasting the water and reading the news that a purification plant costing millions has been installed in Haram.

ZAMZAM = Holy water

The miracle of how it came to being in the middle of the desert, its consistency throughout thousands of years, the beneficial qualities it has, and the fact that it never dries up. This water is special.

This small 5 ft. deep well is far away from any other source or body of water. It is self-replenishing. It is constantly replenishing itself in order to produce gallons upon gallons of water for consumption of millions of thirsty pilgrims every year plus the additional amount that is bottled and also the amount that is taken as gifts distributed worldwide.

Zamzam water has scientifically been proven to contain healing qualities due to its higher content of calcium and magnesium Salts and also the natural fluorides. It is also an established scientific fact that pools or water wells tend to grow vegetation such as algae – especially in warm climates. Amazingly this is not the case in the well of Zamzam. It has remained free from biological contaminants. From the time that Hajirah (peace be upon her) wandered aimlessly through the desert in search of sustenance for her son and herself; to the moment that Angel Gabriel hit on the rock that caused the Zamzam to spring forth from the rocks. Muslims have been drinking from it. What is more fascinating is that it has never once dried up. To Muslims this blessed water is special in significance and history.
One of the greatest attributes of Zamzam is that it will never dry up. This is a gift from Allah to Makkah and to his pilgrims. As the tradition goes, Haajra, second wife, after Sara, of Ibrahim (Abraham), and mother of Nameaeill (Ishmael), was trying to find water for her son in the hot, dry valley of Mecca. She ran back and forth between two hills called Safa and Marwa seven times and could not find water. When she realized there was no water to be found, she climbed to the top of Mount al-Safa and prayed to Allah for help. Allah sent Jabreel (Gabriel), who struck the earth and made water appear.

Although sacred to Muslims, Zam Zam water cannot legally be exported from Saudi Arabia for commercial sale.

It is said Zamzam will improve any problem for which you intend to use it for. It is a complete diet. If you drink enough of Zamzam then you will not feel hungry. When you climb these hills in Makkah pray for your children as Haajra did.

Research was done on Zamzam by a Japanese scientist who said Zamzam has unique properties and crystals. If a drop of this water is added to a 1000 drops of regular water then Zamzam will change the molecular structure of those other 1000 drops to have same properties as Zamzam.

Allah gave me permission to come to Makkah and drink Zamzam after you drink this water you feel full, not at all hungry. You can see people pouring it on their heads. You must say Bismailah before drinking Zamzam for added benefits. When I was in Makkah it was Ramadan, fasting, dates and Zamzam helped me get rid of my entire belly, I returned to size 36 pants. I used Sana Makki a few times and when I started feeling weak I cut down on the Sana Makki. This all helped me to do a complete walking Hajj and on the final night returning home, I was so tired I got off at Ayesha Masgid and fell asleep there till Fajar time. Went home and slept another 24 hours. Hajj prepares you physically and spiritually. I would encourage young Muslims to participate in Hajj. I met young men from many countries some came from Siberia in Russia.

I felt like I was part of a big army as men and women were walking carrying their bags and chanting ,”Labaik Allhuma Labik”. With nearly two million people moving from Mina to Arfat in the morning and by evening returning to Muzdalifa and camping there was an experience of a lifetime. Here you slept on open ground, no camps and in a few hours you were ready to move towards Mina. Where you throw seven stones on Satan and then move on to the Harem Mosque in Makkah. Where you do your seven anticlockwise circles of the Kaba.

Remember this 7 stones for each Satan. Circles of Kaba are 7, similarly runs between Safa and Marwa are 7. When you stand on Safa you can see the Kaba, when you stand on Marwa you cannot see the Kaba. Marwa is close to the Prophets (SAW) house. Steps involved in Hajj are Haram 1:, Mina 2, Arafat 3, Muzdalfa 4, Stoneing 5, Haircut 6, sacrifice 7. The totals of steps are 7.
Yomado the Japanese scientist checked the crystals of the Zamzam water and found they were unique that the Zamzam water had the capacity to change the crystals of other waters. Even a drop of Zamzam can change the crystals of 1000 drops of other water. All the water in the world is a miracle of healing, water has special adaptability and it can adapt to its surroundings and the disease and then its crystals change and it becomes a cure for that disease. So we need to drink water daily, the way to get rid of diseases is to add salt from the sea to our water and then drink three glasses in the morning. If we take a total of eight glasses of this sea water we will all lose weight, remain fully protected from any disease, have low cholesterol, stay protected from arthritis.

Water is a cure of cancer, cholesterol, uric acid, arthritis, skin problems and Alzheimer’s.

Chapter 19 Healing from Milk

Allah informs us in the Quran how milk is formed by the cows and produced uncontaminated from other things present in the cows stomach. Let’s take a look at the milk Allah is recommending and the one that is available in the stores.

If a cow feeds on raw grass feed, then the milk is full of things that your body will thrive on. This milk will have good bacteria, raw fat, cancer-fighting conjugated linoleic acid (CLA), and much more. It is not uncommon for people who drink raw milk to report that many health issues, from allergies to digestive trouble to skin issues like eczema clear up.

So Raw Milk is a Magic Wand to Health

I remember using raw Milk as a child and when I would go play football no one could stand in my way. Yes I felt as strong as a bull. I really miss the unpasteurized raw milk.

These kinds of positive results are just not coming from pasteurized milk. What does come, however, are countless numbers of people experiencing all kinds of health troubles, from digestive upset to perhaps even autoimmune diseases and diabetes, from drinking milk that is heated to the point where nearly all of its beneficial properties in milk are destroyed, or, worse, turned into harmful ones.

This is why even organic milk, which should be from relatively healthy cows, is still not a healthy choice for milk, as it is still pasteurized.

As with nearly all food, the closer you consume it to its natural state, the better. And this is also true for milk.

Please visit farms in your community to get unpasteurized milk, if you cannot get organic milk then do not buy the useless product sold in stores. In Makkah driving on the old Jeddah road you can get fresh warm camel milk and the taste is great.

Do not eat any one food too much. In Haram Mosque dates are distributed free in Ramadan to all visitors for Iftar. So the cleaning boys accumulate tons of them and use them regularly. I have met the workers in Haram Mosque who say by consuming too many dates have developed gastric irritation. People who consume lentils over and over get lathyrism a

Allah mentions in the Quran a special egg (Pure), which is described as pure. Any food that is pure will help keep us all healthy. This egg is the Ostriches egg. So I would recommend that please include this in your diet. Ostrich is a wild bird capable of running 40mph for about 40 minutes. So the egg definitely has special nutrients. One of these eggs is equal to twenty of the regular chicken eggs. The taste of an Ostrich egg is much like a regular egg.

Allah states in the Quran if you would like to improve your vision then please search my earth for imperfections. So please look around imperfections are not easy to spot but will require observation and improve blood flow to your eyes and brain and if Allah wills your vision will improve.

================ IMPORTANT CLOSEING STATEMENT=================

**Quran 6 : 120** “Eat not from that on which Allah names has not been mentioned, its abomination, the devils do inspire you to dispute, if you obey you will be true idolaters”.

Please avoid eating anything on which Allah’s name has not been mentioned.

When you mention ALLAHS name on any food, that food becomes healing and will fill your appetite. However if you do not take ALLAHS name on a food you join the ranks of non believers. Allah has created the Humans and Quran is guidance for the humans. We need to follow all advice in the Quran. This advice comes from the Creator.

Allah wants to see his creation thrive and help each other, they should live in peace and they are required to read and recite the Book ,”Quran”.

**Learn about your Brain from the Quran**

The Quran tells us a very important fact that our Brain has been made evil. That is so true, we envy and have hate, intolerance, we cannot share, we do not like to help the needy, and we look down upon the poor.

Develop love for all the people on Earth, love for animals, love for plants, love for water so you do not waste it, love for food. Respect everyone, drive carefully, if you love people then you will be responsible and not want to hurt them. The more you love others then in turn you will get love from Allah. So make changes in your brain, get hate and rage out of your brain.

The Quran tells us if you need to get closer to Allah bring a change in your brain. Bring the change of love, if we see an old woman we stop and help her, get her water or meals. We need to
speak with kindness, guide the people. Once in a mosque I was getting feelings to go and talk to the Sheikh (Maulvie) giving the sermon. I ignored this feeling, and in a few days I hear that the young Maulvie had died due to heart disease. Learn to listen to your feelings and help other people. Now when I am walking and I see some one needs help, or I get a feeling, I will go and help and provide my advice, give food or drink.

Please become Allahs helpers and spread his message from the Quran, and help his poor people. Remember this that Allah has said that he will fill the heavens with poor. Thus poor are the privileged ones who will occupy higher status in Heavens. Allah tells us in the Quran you are asking for more, you are concerned with this world and Allah is concerned about the Heaven and Hell. When people get money and power they turn to become like Pharaoh. They start looking down upon the poor.

If you can change your brain to positive feelings about all, you change your brain to develop love for all, you change your brain to tolerance then you have been successful in this life. If you are the one who runs away from helping your poor brothers and sisters then you have failed. Just do not think that you are a better businessman if you let someone poorer then you pay the bills for your food. Little things need to be changed. Do not say things which will hurt others feelings.

Difficulties come in life as a test from Allah. Stay steadfast and pray to Allah for relief. These difficult situations are a test from Allah. Say your five times prayer as that is prevention from all evil. Difficulties can be due to your own actions or from Satan. So you need to pray to Allah, saying you are Rehman and Rahime and seek Allahs help in your affairs. Keep looking at the Horizon for Allahs signs.

**Clay for your help**

Remember the most important part that Allah tells us we are made from clay and water. So for any injury or routine protection use clay, we should have clay in a bottle with some water, so any injury then we should rub that clay on the injured site for healing. Consuming clay helps all of our gastrointestinal problems. The people in the mountains who live long lives consume clay on a daily basis as clay is in their water. So please stop using your toxic soap and use clay in its place. Placing wet clay over wound will bring complete healing. Black clay may work even better. You can also wet cotton sheets and place them over broken neck bones or spinal bones and repeat this twice a day and you will see complete recovery.

If you place clay on your face all the facial problems like acne and dark circles will clear up, even the skin color improves. Placing clay over the liver helps in hepatitis.

**Mathematical analysis of Food in the Quran**

The number 19 is the mathematical code of the Quran. Every line adds up to 19. The number of times a item is mentioned then the importance of that item increases.

Here is some mathematical analysis of the food mentioned in the Quran. Since numbers play a important role in the Quran this analysis will help you figure out the importance of particular food, meat or drink. This is indeed an eye opener for me and you.
**Fig** mentioned only once and **Oath** taken (use this once a week)
**Olive** mentioned five times and a **Oath** taken (so use this daily)
**Pomegranate** mentioned three times (use 3-4 times a week)
**Grape** mentioned 9 times (use twice daily)
**Date**, mentioned 19 times (19 is special number has the smallest and largest number 1 & 9) (Date should be consumed three times a day)
The word **Fruits** mentioned 49 times (Use fruits frequently daily as snacks)
**Grain** is mentioned 11 times thus this food can be consumed daily.
**Corn** is mentioned 7 times, and once as corn lands (can be consumed daily) This means corn which is pure not genetically modified.
**Wine** is mentioned 5 times and we are advised not to consume this, wine will as the ill effects are more, wine will be available in Heavens.
Coming to animal foods you are in for a surprise.
**Camel** is mentioned 19 times and many times as Allah’s camel. (Must have daily milk or meat)
**Sheep** is mentioned 4 times.
**Cow,** is mentioned 5 times.
**Fish** is mentioned 5 times.
Birds are mentioned 14 times as examples.

**Honey,** is mentioned 1 time, & once indirectly as drink, which comes from the bee’s stomach. So use Honey once a week.

**Ostrich egg** is mentioned 1 time as pure this one egg is equal to 24 eggs of a hen in size and tastes the same as hen’s egg. Have a party weekly invite all the relatives and enjoy a single Ostrich egg.

From the above numbers the date and camel score higher and are better foods for us.
**Fig and Olive also score higher as a Oath has been taken.**

**Banana**
**Mud** is mentioned 5 times and **Clay** 15 times. Three times it is said, man has been created out of potters clay or black mud altered.

**Water** is mentioned 93 Times (The most important healing agent)
Wine is mentioned 5 times but something we should have in Heavens, it has benefits but causes more harm. Alcoholic brain damage, liver damage is well known side effects of excess alcohol.
**Milk** is mentioned twice.

In colors **white** is mentioned 15 times and **green** is 11 times, **black** 9 times. Green is the color of clothes in Heavens which will have gold embroidery.
**Gold** is mentioned 12 times and **silver** 9 times, **iron** is mentioned 5 times.
Gold, silver and iron are all tonics for the human body, medicines are made from gold to help arthritis and stimulate organs. Homeopathic medicines of gold, silver and iron are available. Silver is used as silver colloid for helping kill every toxic organism in our body.

We were made from mud and black clay, then clay is excellent for all healing, and consuming it provides benefits to our body. Salajeet is black clay sold specially in Pakistan which offers vitality to the consumer. It is sold all over the world under different names or ancient black clay. This is one of the best tonics in the world for health. Usually this clay is found high in the mountains where the human pollution is less. It is very hard and has to be grounded to be consumed, this can be done by crushing this and keeping the black clay in water.
Water is mentioned the most, the water needs to be consumed with sea salt to add minerals so drink at least 8 glasses a day of water with sea salt. This will keep you healthy. Make sure your urine stays light yellow in color.

Allah has said in the Quran no matter how much I give the humans they are not satisfied and want more. So we should all be satisfied with what we have. Allah also states that if you will want more then I will give you more, but they what will be left for you in the other world. This means all humans are given a fixed fortune and if they get more in this world then they will get less in the next world. So one should not worry about what you have or not have. It is mentioned in the Quran heavens will be filled with poor people. In the eyes of Allah we are all poor. Allah’s fortunes have no extent and they keep on growing, Allah’s knowledge is immense and Allah does not make any errors, we on the other hand make errors, have limited knowledge and what we have in terms of wealth is minuscule.
Be satisfied with what you have.

When you get positive advice it was sent from Allah, then you need to thank Allah and praise Allah, not the human who may have been used as a vehicle to deliver the message. So all praise is for Allah.
You will or will not get any income depends upon the will of Allah.
So be thankful to the Lord and pray for forgiveness. The best prayer to ask from Allah is Lord give us in this world and also in the next world, 
Rabana Aitaina Fid Duniya Hasna, wa fil Akharati Hasan, Wa fil Azab un nar
Ameen.

Prayers to avoid Satan

Mary mother prayed to Allah saying I have named her Mary and I crave thy protection for her and her baby from Satan the outcast
When thou recited the Quran you seek refuge from the Satan the outcast

The powers that Satan has we need to watch out

1. Satan makes you think that your actions are fair.
   Ad and Tahmud tribes were keen observers, Satan made their deeds seem fair to them, so winds and lighting ruined them. Every night sit down and think about your actions then bow down to Allah for repentance, or get ready for the consequences, Pharoh did not repent and was destroyed.

2. Satan divides a family
   Chapter 12 verse 100, Yousaf states that Satan had caused a divide between him and his brethren. This is common all over the world and if you do not repent face the consequences, Allah has ordered in the Quran do not argue and fight, if you split the family you have spilt the Muslim brotherhood, this is almost shirk.

3. Satan gets you into gambling
Chapter 5 verses 89, O ye who believe strong drinks and games of chance, idols and arrows are Satan’s handiwork, leave them aside so you may succeed

4. Satan causes you to become enemies and develop hate
Chapter 5 verse 90, Satan seeks to cause enmity and hatred by means of strong drinks and games of chance and turn you from remembrance of Allah and His worship

5. Satan make you forget
Chapter 18 verse 62, Moses servant tells him that when they stopped to rest, he forget the fish, as Satan made him forget, and it went to the water. Al khalf story of Moses and Zulkarnaine
Chapter 12 verse 42, the prisoner Yousaf had talked to Satan made him forget and Yousaf (Jospeh) was in jail for many years.

6. Satan makes you do negative things:
All sexual urges and unusual sexual practices are the work of Satan. Distorting of human bodies, or animal bodies, like cutting animal ears for superstations, is satanic work.

7. Suspect Satan in all the negatives and ignore him. He approached Adam in the form of a snake. So can take animal or human forms beware.

Seek protection of Allah from Satan by reciting the Qul daily. Allah has made it clear that to protect yourself from evil, you need to pray. If we miss a prayer then there is so much evil around us that we become a target. Prayer is a protection, lets pray.
Other then the 5 times prayer, is a prayer at night mentioned in the Quran, Allah wants you to recite his beautiful names during the day and recite the Quran.

While saying your prayer say it in such a tone that you can hear your voice. Your prayer should be in secret. Allah can hear your prayers even if you pray in your heart.

Since we are not aware of the future and only Allah is it is best to ask Allah and say, Please Allah in your prayer to do what ever is good for me.

You can call him Allah or call him Rab or Rehman or Rahime, many people use all the beautiful names of Allah after their prayers and then ask for favours.

The prayer should be done slowly, and you are begging from your master, you need to be wearing your best clothes. Some people will go to a weeding wearing beautiful clothes and while praying to Allah they will be in T shirts or undershirts, it is mentioned in the Quran wear your best clothes for prayer. Your Boss, King, Ruler is Allah so need to dress up well for him.

Masgid is a house of Allah, where special energies are present, need to pray in a Masgid. I have generally seen the health of people who go to a Masgid as very good.

Whenever you do something wrong then beg forgiveness of Allah.
Allah has said in the Quran if you bow down your head and ask forgiveness you will be forgiven, as Allah is Mercy giving and Beneficent. When you do anything wrong and then ask for forgiveness as soon as possible. You will be forgiven the sooner you ask and you should repent on what you have done. Be ashamed of what you have done.
As a doctor I cannot say I healed a patient, I just used the knowledge provided by Allah, and in reality Allah healed the patient.
You do not loose any money or gain any as everything belongs to Allah.
Do not take any interest from loans that you give to each other.
Whenever you are in poor health, start praying and Allah will help in Shifa, recite Quranic verses.

If something is not working out then give a sacrifice in Allaha’s way. Usually people sacrifice a black goat. That will bring healing and improvement in any business, social or legal problems.
We have been told about Adams sons that when they were asked to offer a sacrifice only one of the sons sacrifice was accepted. This one was accepted as he offered the best animal for sacrifice that he owned. What do we do give out old clothes for donation we need to wake up.

Ameen

I am still working on this book and will keep updating this information. From the original 20 pages this book is at 97 pages. All thanks is for Allah for opening my eyes and lifting my curtains. All the knowledge belongs to Allah.

Please send all your questions to my attention imran.khanmd@gmail.com

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The Quranic Shifa third edition was written in Makkah.

I am thankful to many websites that have provided information that has helped me complete this book. Internet is the modern miracle of Allah, its great positive benefits are the readily available information on health and religious topics.