

♥️ 🍷 ☐ ♥️ 🍷 ☐ The benefits of fasting ♥️ 🍷 ☐ ♥️ 🍷 ☐

🌷 ☐ 🌷 ☐ If we want to write about medical benefits of fasting either therapeutic or protective, we need many books for that. It is enough to mention the opinion of a non-Muslim doctor, professor Shakhshiry mentioned the benefits of fasting:

- 🌸 ☐ It cures indigestion troubles and chronic diseases of intestines.
- 🌸 ☐ It helps to lose weight.
- 🌸 ☐ It reduces sugar in blood and removes it from urine.
- 🌸 ☐ It cures sharp nephritis resulted in swollen feet. legs and swollen heart chambers.
- 🌸 ☐ It cures arthritis (rheumatism).

🌻 ☐ 🌻 ☐ This gets us to understand the great reason in the hadith of the prophet, (May the blessing and peace of God be upon him):

"Fast to have good health." (1)

🌲 ☐ 🌲 ☐ Islam doesn't only order a Muslim to fast, but it shows the best way to perform it. It shows the best way to have food either in sohour or iftar.

(1) Narrated by At'tabarany in Al-Awsat and Abu-Na'eem in At-teb Al-Nabawy after Abu-Horayrah.