

Nutrition Science in Qur'an (Honey & Ginger)

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Are you familiar with this little fellow?



- Bees are flying insects closely related to wasps and ants.
- They are known for their role in pollination and for producing honey and beeswax.

**1 BEE COLONY
CAN POLLINATE
300 MILLION FLOWERS
EACH DAY**

**BEES POLLINATE
FRUITS, NUTS,
AND VEGETABLES**

**BEES POLLINATE
ABOUT 90% OF
THE WORLD'S
NUTRITION SUPPLY**



Allah says in the Qur'an:

“And the lord inspired the bee, saying: Take your habitations in the mountains and in the trees and in what they erect. Then, eat of all fruits and follow the ways of your Lord made easy (for you). There comes forth from their bellies a drink of varying colour where in is healing for men. Verily in this is needed a sign for people who think.”

[Qur'an 16:68-69]

وَأَوْحَىٰ رَبُّكَ إِلَى النَّحْلِ أَنِ اتَّخِذِي مِنَ الْجِبَالِ بُيُوتًا وَمِنَ الشَّجَرِ
وَمِمَّا يَعْرِشُونَ ﴿٦٨﴾ ثُمَّ كُلِي مِن كُلِّ الثَّمَرَاتِ فَاسْلُكِي سُبُلَ رَبِّكِ
ذُلًّا ۖ يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُّخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ لِلنَّاسِ ۗ
إِنَّ فِي ذَٰلِكَ لَآيَةً لِّقَوْمٍ يَتَفَكَّرُونَ ﴿٦٩﴾



Benefits of Honey

Mosquito Bite Relief

Honey's anti-inflammatory properties make it a good option to help reduce the itch and irritation of mosquito bites.



Athletic Performance

Honey is superior in maintaining glycogen levels and improving recovery time and has been known to enhance athletic performance.



Wounds & Burns

Honey can be used as a natural cure in first aid treatment for wounds, burns and cuts because its antibacterial properties prevent infection and function as an anti-inflammatory agent.



Immune Booster

Honey is full of phenols, a type of antioxidant that helps to protect cells from free radical damage.



Ulcers

Recent research shows that honey may help disorders such as ulcers and bacterial gastroenteritis.



Sore Throat & Cough

Recent studies show honey helps with coughs, especially buckwheat honey.



Thanking Allah for Ginger “Zanjabeel”

وَيُسْقَوْنَ فِيهَا كَأْسًا كَانَتْ مِزَاجُهَا زَنْجَبِيلًا

[76:17] And they shall be made to drink therein a cup the admixture of which shall be ginger,



Zanjabeel (Ginger)

A ginger plant with a green stem and leaves is growing out of a piece of ginger root. The ginger root is surrounded by several sliced pieces of ginger, showing its characteristic yellowish interior and fibrous texture. The background is a wooden surface with a warm, brown tone.

Ginger is a flowering plant in the family Zingiberaceae whose rhizome, ginger root or simply ginger, is widely used as a spice or a folk medicine

‘Zanjadeel’ in Arabic, is the spicy-sweet warming flavour of ginger – a Quranic reference to Heavenly drinks and hardcore health improvement.

Health Benefits of Ginger



Provides relief from menstrual cramps



Boosts bone health & relieves joint pain



Regulates high sugar levels



Builds appetite & facilitates digestion



Reduces risk of cancer



Cures diarrhea



Helps cure nausea

Vitamins*

Vitamin E 90%
Vitamin B6 42%
Niacin 26%
Vitamin C 12%

Nutrients*

Dietary Fiber 50%
Carbohydrate 24%
Protein 18%
Calories 17%

Minerals

Manganese 1325%
Iron 64%
Selenium 55%
Magnesium 46%

Powerful Combination Health Benefits of Honey & Ginger



PROVIDES INSTANT
RELIEF FROM COLD,
SORE THROAT &
RUNNY NOSE



REDUCES &
CURES ASTHMA



REDUCES NAUSEA
& VOMITING
ASSOCIATED WITH
CHEMOTHERAPY



REDUCES BLOOD
PRESSURE &
RISK OF HEART
AILMENTS



AIDS IN DIGESTION
& EASES STOMACH
IRRITATION



WEAKENS
GROWTH OF
CANCEROUS CELLS
& METASTASIS



Thank You Very Much!