Nutrition Science in Qur'an (Honey & Ginger) Presented by: Atty. Abdul Rahman T. Linzag

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

BEES POLLINATE

FRUITS, NUTS, AND VEGETABLES

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] وَاَوْحَى رَبُّكَ إِلَى النَّحُلِ اَنِ اتَّخِذِى مِنَ الْجِبَالِ بُيُوْتًا وَّمِنَ الشَّحَرِ وَمِمَّا يَعُرِشُونَ (⁴1% ثُمَّ كُلِى مِنُ كُلِّ النَّمَرُتِ فَاسُلُكِى سُبُلَ رَبِّكِ مَنْ اللَّهُ فِيهِ شِفَآةٌ لِلنَّاسِ⁴ إِنَّ فِي ذَلِكَ لَايَةً لِقَوْمٍ يَّتَفَكَّرُونَ (11)

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"**

وَيُسْقُونَ فِيهَا كَأْسًا كَانَ مِزَاجُهَا زَنجَبِيلاً

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



Zanjabeel (Ginger)

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 spicysweet warming flavour of ginger – a **Quranic reference to Heavenly drinks and hardcore health improvement.**

Health Benefits of Ginger



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Boosts bone health & relieves joint pain

Regulates high sugar levels



Builds appetite & facilitates digestion

Reduces risk of cancer

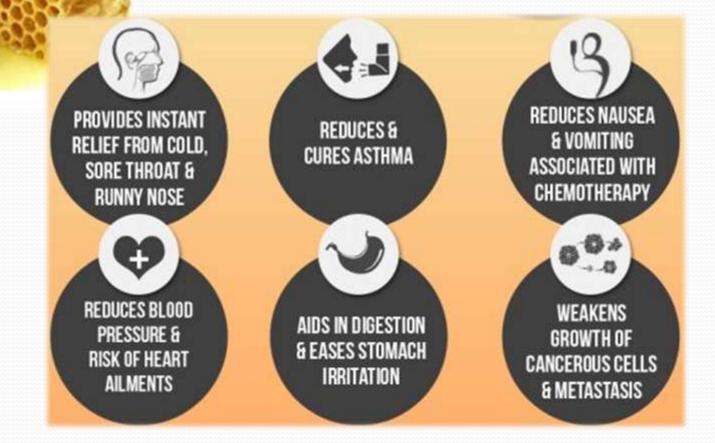
Cures diarrhea

nausea

Helps cure

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



Thank You Very Much!