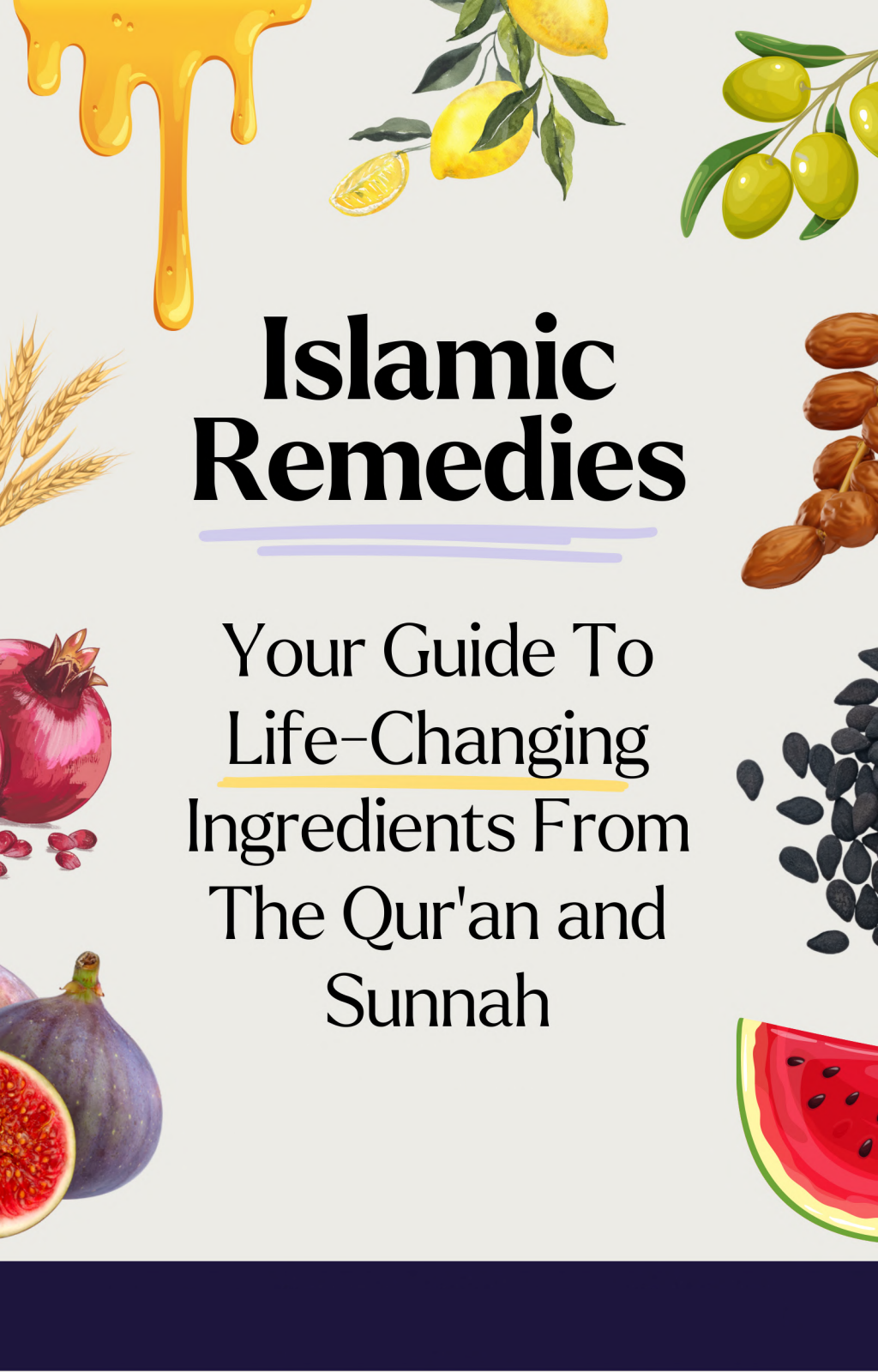




Islamic Remedies

Your Guide To
Life-Changing
Ingredients From
The Qur'an and
Sunnah

Contents

Introduction	i
Chapter One – Islamic Remedies	1
Hair Loss	2
Toothache	3
Weight Loss	5
Weight Gain	6
Headache & Migraines	7
Skin: Pimples & Acne	9
Coughs & Lung Health	10
Joint Pain	11
Eye Health	12
For Men	13
Anxiety & Depression	14
Chapter Two – Islamic Ingredients	15
Black Seed	16
Dates	17
Honey	18
Pomegranate	19
Barley	20

Ginger	21
Fig	22
Watermelon	23
Olives	24
Citrus Fruit	25
Vinegar	26
Gourd	27
Henna	28
Cucumber	29
Fenugreek	30
Cress	31
Milk	32
Aloe	33
Salt	34
Water	35
Beet	36
Myrtle	37
Truffles	38
Garlic	39
Musk	40

CHAPTER ONE

Islamic Remedies

Hair Loss

Overview

Hair growth is a complex biological process influenced by various factors such as genetics, hormones, nutrition, and overall health. Hair loss, or alopecia, can occur due to several reasons.

Androgenetic alopecia, commonly known as male or female pattern baldness, is the most prevalent cause. It's typically hereditary and results from a combination of genetic predisposition and hormonal influences. Other factors contributing to hair loss include stress, nutritional deficiencies and autoimmune diseases.

Henna



“

"The best things with which grey hairs are changed are henna and katam" – Prophet Muhammad (pbuh) [Mishkat al-Masabih 4451]

”

Can henna help not just recolour but rejuvenate old hair? Henna is an ancient plant that has antifungal properties. You can't eat it, but you can create a paste with water that you apply to your hair. Because it's anti-fungal, it's perfect for those with dandruff or hair-loss issues. Henna also contains Vitamin E, which can help to soften your hair.

Olive oil

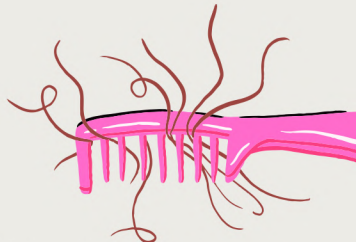


“

"Consume olive oil and anoint yourselves with it, for it comes from a blessed tree." – Prophet Muhammad (pbuh) [Ibn Majah 3319]

”

Olive oil contains omega-3 fatty acids which make your hair thicker when applied.



This oil can moisturise your hair, reducing scalp irritation and dandruff. And it can improve blood circulation in your scalp, leading to healthier hair follicles and more luscious locks.

Black Seed Oil



“

"In black seed there is healing for every disease except death." – Prophet Muhammad (pbuh) [Ibn Majah 3447]

”

So does this apply to hair as well? In 2017, a study indicated that a hair oil containing black seed resulted in hair fallout reduction of up to 76%.¹ Why? Black seed oil is antibacterial and antifungal.

And it can protect against telogen effluvium, a condition characterised by shedding or thinning of hair.



1. Dulal, M. (2014) 'Formulation and finding out the efficacy of the herbal hair oil over simple coconut oil', International Journal of Pharmaceutical Sciences and Research

Toothache



Overview

Toothache, a common dental woe, arises from diverse causes. Dental decay, resulting from bacterial action on sugars, erodes enamel, exposing sensitive nerves. Infections, like pulpitis or abscesses, inflame tooth pulp or surrounding tissues. Gum disease leads to recession, tooth mobility, and pain.

Tooth fractures, often from trauma or biting hard objects, expose sensitive layers. Additionally, tooth sensitivity, arising from enamel erosion or gum recession, causes discomfort upon exposure to hot, cold, or sweet stimuli.

Black Seed



“

"In black seed there is healing for every disease except death." - Prophet Muhammad (pbuh) [Ibn Majah 3447]

”

In 2016 a study revealed that black seed has a potential therapeutic effect for oral and dental disease.⁵ Being antimicrobial black seed oil helps a lot in healing the infection and damage caused by bacteria to the tooth and reduces pain. It can even be cooked with vinegar and used as a mouth wash.

Garlic



“

"He who eats them must not come near our mosque. If you must eat them, suppress their odour by cooking." - Prophet Muhammad (pbuh) [Mishkat al-Masabih 736]

”

When crushed and chewed, garlic releases an antibacterial and antimicrobial compound called allicin. Allicin can help kill bacteria associated with toothaches.² When garlic is pounded with vinegar, salt and honey, and placed on a decayed tooth, it can break the tooth up and make it fall out according to The Prophetic Medicine.³

Salt



“

Anas Malik reported God's messenger (pbuh) as saying, "The lord of your condiment is salt." [Mishkat al-Masabih 4239]

”

Salt promotes healing and reduces pain which is why it's so well recommended by doctors around the world.

Salt water is a natural antibacterial agent which can reduce inflammation and protect damaged teeth from infection. The best way to use it is by dissolving half a teaspoon of salt in a glass of water, rinsing your mouth with it and then spitting it out.



2. Wallock-Richards, D. (2014) 'Garlic revisited: Antimicrobial activity of allicin-containing garlic extracts', Plos One

3. Al-Jawziyyah, I. (1351) 'The Prophetic Medicine'. Translated from the Arabic by P. Johnstone

Pomegranate

“

"In both (Gardens of Paradise) are fruit and palm trees and pomegranates" [Qur'an 55:68]

”

So how can this heavenly fruit help fight nasty tooth ache? In 2011 a study showed that pomegranate rinse was effective against dental plaque microorganisms.³

More specifically, a pomegranate rinse reduced streptococci and lactobacilli bacteria formation.



Miswak

“

"I have told you repeatedly to use the Siwak" - Prophet Muhammad (pbuh) [Bukhari 888]

”

A number of studies have demonstrated that the miswak possesses antibacterial, anti-fungal, anti-viral and anti-plaque properties.⁴

The use of a miswak has an immediate effect on the composition of saliva.

And several clinical studies have shown that the efficacy of miswak chewing sticks can be equal and at times greater than that of the toothbrush.⁴

Subhanallah.

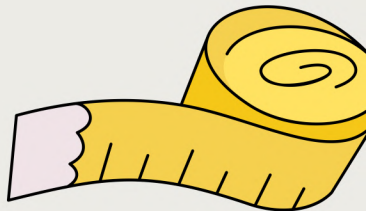


3. Kote, S. (2011) 'Effect of Pomegranate Juice on Dental Plaque Microorganisms', National Library of Medicine

4. Haque, M. (2015) 'A review of the therapeutic effects of using miswak on oral health', National Library of Medicine

5. AlAttas, S. (2016) 'Nigella sativa and its active constituent thymoquinone in oral health', National Library of Medicine

Weight Loss



Overview

Weight loss is pursued for various reasons, including improving health, enhancing appearance, and boosting self-confidence. Excess weight can stem from factors such as overeating, poor dietary choices, sedentary lifestyles, hormonal imbalances, genetic predispositions, and underlying medical conditions like thyroid disorders or insulin resistance. Psychological factors like stress or emotional eating can also contribute. Sustainable weight loss requires addressing underlying causes and adopting healthy habits for long-term success.

Monounsaturated fats vs saturated fats have greater fat burning properties while also improving insulin sensitivity.

Citrus fruit

“
The Prophet (pbuh) said: "A believer who recites the Qur'an is like a citrus fruit which is good in taste and good in smell" [Bukhari 7560]
”

When eaten, the fibre in citrus fruits expand helping you to feel fuller for longer.

Drinking lemon water also has beneficial effects on fat and glucose metabolism. And an increase in metabolism can be beneficial to weight loss.

Ginger

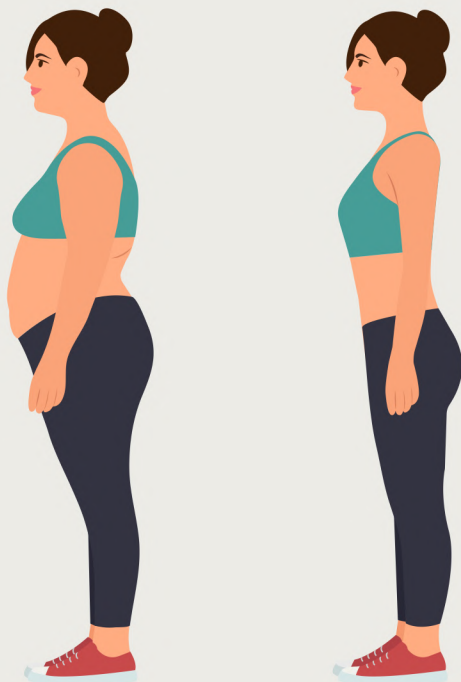
“
"And they will be given a drink there, in Paradise, flavoured with ginger." - Qur'an [76:17]
”

But how can ginger help you shed those pounds? This heavenly superfood contains gingerol which can stabilise blood sugar levels, helping to reduce cravings and enhance calorie burn. Its heat also helps your digestion by improving the flow of blood through your intestines and stomach.

Olive oil

“
"Consume olive oil and anoint yourselves with it, for it comes from a blessed tree." - Prophet Muhammad (pbuh) [Ibn Majah 3319]
”

Olive oil is rich in monounsaturated fatty acids which can help you feel fuller and more satisfied for longer, reducing your overall calorie intake.

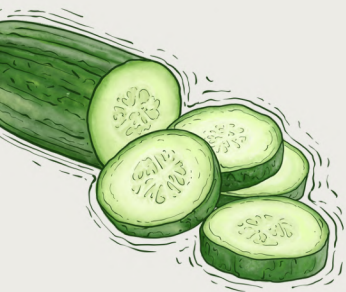


Weight Gain

Overview

Weight gain is sought for reasons including improving athletic performance, building muscle mass, recovering from illness or malnutrition, and addressing low self-esteem associated with being underweight.

Factors contributing to being underweight can include inadequate calorie intake, nutrient deficiencies, medical conditions like hyperthyroidism or gastrointestinal disorders, or mental health issues like eating disorders.



“

Aisha Radiallahu Anha said:

"But nothing which my mother gave benefited me until she gave me cucumber with fresh dates to eat. Then I gained as much weight as she desired"

[Sunan Abu Dawud 3903]

”

But how is this possible? I thought cucumbers were virtually calorie-less! Let's take a closer look.

Dates of course are calorie dense, offering 277 calories per 100 grams. They're also rich in key minerals like potassium and magnesium, as well as being rich in fibre. Cucumbers on the other hand are low in calories, with only 15 per 100 grams of cucumber. But they have a high water content, and so promote hydration and metabolism.

Staying hydrated can help to reduce constipation, increase bowel movements and boost metabolism which can improve your overall appetite.

“

Prophet Muhammad (pbuh) combined cucumbers with ripe dates saying:

"The heat of the latter is reduced by the coolness of the former" [Bukhari, Muslim, Abu Dawud and Ibn Majah]

”



So is there something science still doesn't know about the combination of these two foods? Try adding these to your diet and see if it helps you hit your weight target in 2024. And Allah knows best.

Headache & Migraines

Overview

Headaches and migraines are common neurological disorders characterised by pain in the head or upper neck. Causes include stress, muscle tension, dehydration, eye strain, caffeine withdrawal, and certain foods. Migraines, a type of headache, often involve severe throbbing pain, nausea, and sensitivity to light and sound. Triggers for migraines include hormonal changes, specific foods, environmental factors, and genetic predisposition. Additionally, underlying medical conditions such as hypertension, sinusitis, or neurological disorders can contribute.

Cucumber

“

"I saw the Messenger of Allah (peace be upon him) eating cucumbers with dates." – Abdullah bin Ja'far [Ibn Majah 3325]

”

But how can cucumbers help fight headaches? Cucumbers are composed of about 96% water and so they're especially effective at promoting hydration. When you're dehydrated your brain shrinks and pulls away from the skull, creating pressure and pain. So water helps rehydrate your brain.

Cress

“

"What is in the two most bitter means of healing? Thuffa (cress) and Sabir (aloe)" – Prophet Muhammad (pbuh) [Abu Dawud in al-Marasil]

”



The Prophetic Medicine³ encourages headache sufferers to mix cress with vinegar, apply to a cloth and put on the head.

While science is yet to catch up with this phenomenon, cress is packed with nutrients and is linked to supporting general wellness as it's rich in Vitamin C.



Watermelon

“

"The Prophet (Allah bless him and give him peace) ate watermelon with ripe dates" - Aisha RA [Al-Muhammadiyah 199]

”

Watermelon is 92% water and so is a great fruit to hydrate your mind and body. Headaches can occur when lack of fluids cause shrinkage in brain volume. Arteries in the brain can also narrow and this restriction activates pain receptors in the brain. So water helps to prevent unnecessary dehydration from occurring.

Black Seed Oil

“

"In black seed there is healing for every disease except death." - Prophet Muhammad (pbuh) [Ibn Majah 3447]

”

Researchers now believe that black seed oil helps reduce inflammation and pain caused by headaches.⁶ It inhibits the production of inflammatory chemicals in the body, and helps improve circulation and relax muscles, which can help relieve migraine pain.

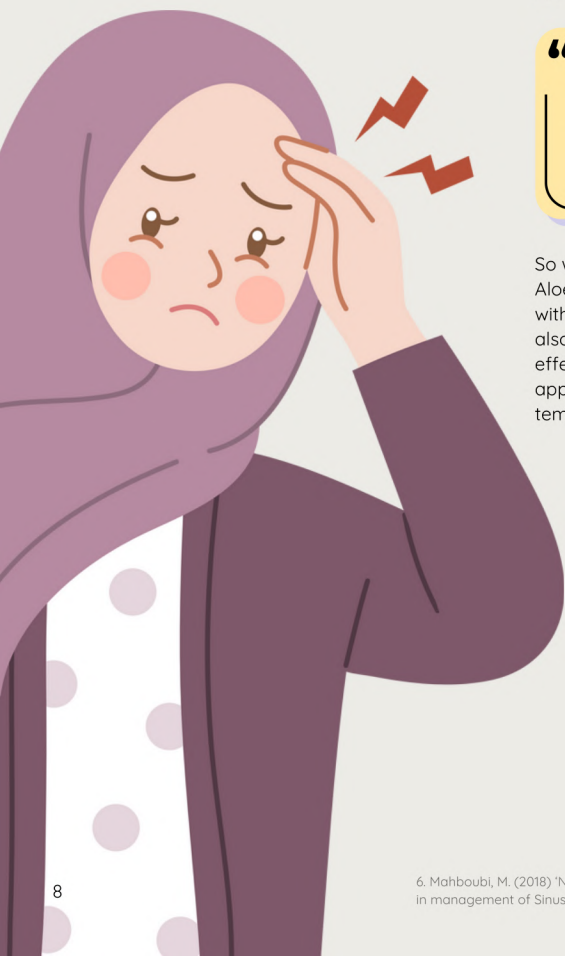
Aloe

“

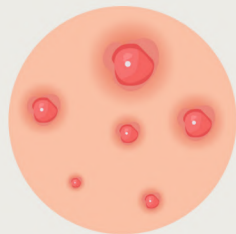
"What is in the two most bitter means of healing? Thuffa (cress) and Sabir (aloe)" - Prophet Muhammad (pbuh) [Abu Dawud in al-Marasil]

”

So what's so special about this cactus-like plant? Aloe vera gel contains plant sterols - substances with cholesterol-lowering properties. These are also thought to have an anti-inflammatory effect, perfect for headaches. It can also be applied as an ointment on the forehead and temples with rose water.



Skin, Pimples & Acne



Overview

Pimples and acne are common skin conditions characterised by inflamed, pus-filled lesions. Causes include excess oil production, clogged hair follicles, bacteria (*Propionibacterium acnes*), hormonal fluctuations, and genetics. Factors like hormonal changes during puberty, menstruation, or pregnancy can exacerbate acne.

Additionally, certain medications, stress, diet, and skincare products may contribute. Pimples typically occur on the face, neck, chest, and back.

Beet



“

“O Ali, take from this beet and barley, for it is more suitable for you.” – Prophet Muhammad (pbuh)
[At-Tirmidhi and Abu Dawud]

”

Beet is a well-known anti-oxidant rich in Vitamin C, which fights acne scars and dark spots. The Vitamin C helps reduce excess oils in the skin and can prevent breakouts.

According to The Prophetic Medicine,³ the black sort is beneficial for freckles, skin rash and warts when its juice is applied

Milk



“

“We give you to drink of what is in their (cattle) bellies, from between digested food and blood: pure milk, pleasant to drink” [Qur'an 16:66]

”

Milk is a natural moisturiser as it's packed with essential nutrients; proteins, fats and vitamins. The lactic acid in milk helps retain water, leaving your skin hydrated.

Milk also contains alpha hydroxy acids, which helps unclog pores and prevents acne

Myrtle



“

“If anyone is offered rayhan (sweet-smelling plants), let him not refuse it.” – Prophet Muhammad (pbuh)
[Sahih Muslim]

”

In a 2020 study it was shown that myrtle lotion was effective and safe for the treatment of acne.⁷

Its essential oil has antibacterial activity and therefore valuable effects on removal of sebum and dead skin cells



7. Salmanian M. (2020) “The Effects of Myrtle and Clindamycin Topical Solution in the Treatment of Mild to Moderate Acne Vulgaris”, National Library of Medicine

Coughs & Lung Health



Overview

Lung health and coughing are intertwined aspects of respiratory wellness. Coughing serves as a protective mechanism to clear irritants or foreign particles from the airways. Causes of coughing include infections (such as colds, flu, or pneumonia), allergies, asthma and chronic obstructive pulmonary disease (COPD).

Maintaining lung health involves minimising exposure to pollutants, staying hydrated, exercising regularly, and seeking prompt treatment for respiratory infections or conditions to support optimal respiratory function..

Garlic



“

"He who eats them must not come near our mosque. If you must eat them, suppress their odour by cooking." - Prophet Muhammad (pbuh) [Mishkat al-Masabih 736]

”

Garlic has a whole range of antiviral and antimicrobial properties. The most well-known compound in garlic is allicin and it's this which gives garlic its antibacterial superpowers.

Roasted garlic has a higher bioavailability of allicin and can be taken with honey.

Fenugreek



“

It is reported that the Prophet (pbuh) visited a sick friend and said: "Cook up a broth for him of fenugreek with ajwa dates" - Ibn Qayyim al Jawziyya

”

Like black seed, fenugreek helps fight against inflammation in the lungs.

One study found that fenugreek was able to reduce mucus production in air ways, leading to improved breathing for people with asthma.⁸

Black Seed Oil



“

"In black seed there is healing for every disease except death." - Prophet Muhammad (pbuh) [Ibn Majah 3447]

”

Black seed oil's most important active ingredient is thymoquinone. This anti-inflammatory ingredient is particularly useful for obstructive airway diseases like asthma.

It is also an anti-oxidant which fights against oxidative stress found in airway inflammation.



Joint Pain

Overview

Joint pain is a common complaint, often stemming from conditions affecting the joints, bones, muscles, or surrounding tissues. Causes include osteoarthritis, rheumatoid arthritis, gout, bursitis, tendonitis, strains, sprains, injuries, and autoimmune disorders.

Factors like aging, obesity, repetitive movements, overuse, poor posture, and genetic predisposition contribute. Joint pain can also result from infections or inflammatory diseases. Symptoms may include stiffness, swelling, and decreased range of motion.

Cress

“

“What is in the two most bitter means of healing? Thuffa (cress) and Sabir (aloe)” – Prophet Muhammad (pbuh)
[Abu Dawud in al-Marasil]

”

It turns out cress is very rich in Vitamin K, a fat-soluble vitamin involved in bone formation. The bone protein osteocalcin relies on Vitamin K to increase bone strength.

Mixing cress with barley, vinegar or water and using it as a paste can help with hip pain.

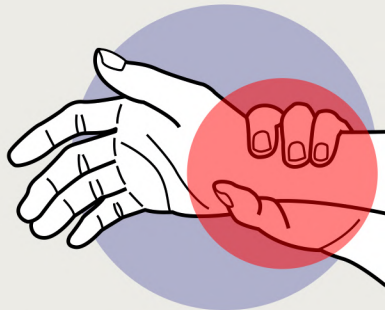
Tail Fat

“

The Prophet (peace be upon him) said:
“The cure for sciatica is the fat from the tail of a Bedouin sheep”
[Sunan Ibn Majah 3463]

”

What sounds obscure actually has amazing science behind it.



Desert sheep live on natural herbs, rich in omega-3 fats and these beneficial oils are stored in its tail. By melting the tail and killing bacteria, and then taking it on an empty stomach, you can absorb beneficial omega-3 lipids. These lipids are converted to prostaglandin which reduces inflammations and sciatica pain.

Fenugreek

“

It is reported that the Prophet (pbuh) visited a sick friend and said: “Cook up a broth for him of fenugreek with ajwa dates” – Ibn Qayyim al Jawziyya

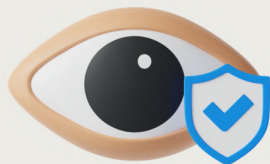
”

In 2016, a study showed fenugreek seeds to have significant anti-inflammatory and anti-arthritis properties.⁹ As they're rich in linolenic and linoleic acids, fenugreek helps calcium absorption and bone formation and the seeds can be used in cooking.



9. Pundarikakshudu, K. (2016) “Anti-inflammatory activity of fenugreek seed petroleum ether extract”, National Library of Medicine

Eye Health



Overview

Eye health is vital for overall well-being, with infections being common concerns. Causes of eye infections include bacteria, viruses, fungi, and parasites. Factors contributing to infection include poor hygiene, contact lens misuse, exposure to contaminated water or surfaces, and weakened immune systems. Conjunctivitis, or pink eye, is a prevalent infection, while keratitis affects the cornea. Symptoms may include redness, itching, discharge, and blurred vision. Proper hand washing, avoiding touching the eyes, and regular eye exams help maintain optimal eye health.

Pomegranate



“

"In both (Gardens of Paradise) are fruit and palm trees and pomegranates" [Qur'an 55:68]

”

So how can this heavenly fruit help improve eye health? According to The Prophetic Medicine,³ "Pomegranate juice cooked with a little honey and applied to the lashline removes yellowness from the eye, and cleanses it of thick moistures". Science now tells us that pomegranates are rich in antioxidants and polyphenols that can help to prevent disease. Pomegranate can also help combat sight loss conditions such as retinitis pigmentosa and macular degeneration.

Aloe



“

"What is in the two most bitter means of healing? Thuffa (cress) and Sabir (aloe)" - Prophet Muhammad (pbuh) [Abu Dawud in al-Marasil]

”

A 2012 study that tested filtered aloe vera extract on human corneal cells found evidence that aloe vera may contain properties that can help reduce eye inflammation and dryness.¹⁰

But it's important to avoid putting aloe vera gel directly into your eyes as it can cause irritation.

Truffles



“

"Truffles are a form of manna, and its liquid is a cure for the eye." - Prophet Muhammad (pbuh) [At-Tirmidhi 2067]

”

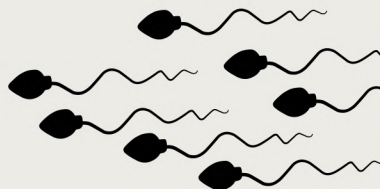
White truffle is a rich source of antioxidants and minerals, which helps reduce inflammation and fluid accumulation in the under-eye area. More recent studies have shown that truffles stop the formation of the fibrous tissue in an infected area.¹¹



10. Wozniak, A. (2010) 'Aloe vera extract activity on human corneal cells', Taylor & Francis Online

11. Science & Faith (2016) 'Truffles Healing The Eye', TheScienceFaith.com

For Men



Overview

Male health encompasses various aspects, including hormonal balance crucial for overall well-being. Optimal hormonal health is essential for maintaining muscle mass, bone density, libido, and mood. Testosterone, the primary male hormone, can decline with age, leading to symptoms like fatigue, reduced muscle mass, and decreased libido.

Lifestyle factors such as poor diet, lack of exercise, stress, excessive alcohol consumption, and sleep disturbances can also impact hormonal health negatively.

Fatty Fish



“

A starving army ate only fish for half a month. On returning to Madina and finding this out, the Prophet (pbuh) said:
"Eat, for it is food Allah has brought out for you and feed us if you have some of it"
[Bukhari 4362]

”

Science has now proven that fatty fish like salmon, are high in nutrients for hormonal health, like Vitamin D (which is essential for male reproductive health), zinc, protein and omega-3 fatty acids.

Pomegranate



“

"In both (Gardens of Paradise) are fruit and palm trees and pomegranates" [Qur'an 55:68]

”

In 2012 a study showed that eating pomegranate increased salivary testosterone levels by 24%.¹² And in 2008 a study reported that pomegranate juice helped to increase sperm count.¹³ How? Pomegranate is loaded with anti-oxidants and these can raise the levels of masculine hormones in the bloodstream.

Ginger



“

"And they will be given a drink there, in Paradise, flavoured with ginger." - Qur'an [76:17]

”

Studies have shown that ginger and its extracts can help improve testosterone levels.¹⁴ Like pomegranate, ginger is also high in anti-oxidants. Antioxidant properties protect the reproductive organs from oxidative stress. Ginger root can also enhance antioxidation in reproductive organs like the prostate and epididymis.



12. Al-Dujaili, E. (2012) 'Pomegranate juice intake enhances salivary testosterone levels and improves mood and well being in healthy men and women', Endocrine Abstracts

13. Turk, G. (2008) 'Effects of pomegranate juice consumption on sperm quality', ScienceDirect

14. Banihani, S. (2018) 'Ginger and Testosterone', National Library of Medicine

Anxiety & Depression

Overview

Anxiety and depression are common mental health disorders characterised by persistent feelings of worry, fear, sadness, or hopelessness. Causes include genetic predisposition, brain chemistry imbalances, traumatic life events, chronic stress, medical conditions, and substance abuse. Anxiety can manifest as generalized anxiety disorder (GAD), panic disorder, or social anxiety disorder, while depression may present as major depressive disorder (MDD). Symptoms vary but often include changes in mood, appetite, sleep patterns, and energy levels.

Dua

The Prophet Muhammad (peace be upon him) said in an authentic hadith that the prayer of the anxious should be:

“

"Oh my Lord. In your mercy I hope, so do not leave me to myself for a single instant, and make all things well for me. There is no God but you"

”

There are many remedies just in this dua, including acknowledging the unity of God, your hope in Him and your trust in His help.

Tawheed

Tawheed or unification is an important belief in Islam. That there is only one God with no other prescribed partners.

But tawheed also means to relinquish striving for money, social status and egoism which can be the source of anxiety and depression in today's world.



Talbinah

Talbinah is an ancient recipe for a porridge or broth made from barley flour.

“

"Talbinah soothes the heart of the patient and relieves some of his sorrow and grief." – Prophet Muhammad (pbuh) [Bukhari 5689]

”

In 2003 a study showed that taking talbinah over 3 weeks reduced depression, stress and mood disturbances for participants.¹⁵



¹⁵. Badrasawi, M. (2013) 'Effect of Talbinah food consumption on depressive symptoms', National Library of Medicine

CHAPTER TWO

Islamic Ingredients

Black Seed

Black seed, scientifically known as *Nigella sativa*, is a small flowering plant native to Southwest Asia. It belongs to the buttercup family and produces fruits containing tiny black seeds, which have a slightly bitter taste and a peppery flavour. Mentioned in authentic hadith, these seeds are the primary source of numerous health benefits.



Origin

Historically, *Nigella sativa* has been cultivated in regions including the Middle East, Southeast Asia, and North Africa. The plant thrives in Mediterranean climates and is cultivated for its seeds, which are harvested and used for culinary and medicinal purposes.

Health Benefits



Immune Support

Helps the body defend against infections and illnesses.



Anti-inflammatory

Active compounds like thymoquinone possess anti-inflammatory properties



Digestive Health

Aids digestion, soothes stomach discomfort and indigestion



Heart Health

May lower cholesterol levels and blood pressure



Skin & Hair

Oil can nourish skin, reduce acne and promote hair growth

Islamic References

“

"In black seed there is healing for every disease except death."

- Prophet Muhammad (pbuh) [Ibn Majah 3447]

”

How to Consume



Whole seeds: Eaten whole (raw or toasted) in salads, soups or bread



Black seed oil: Extracted from seeds. Taken orally or applied topically to skin or hair



Herbal tea: Steep seeds in hot water



Supplements: Available in capsule, liquid or powder form

Scientific evidence

"Black seed extract has a positive effect on sleep quality, sleep latency, sleep duration, and overall sleep efficiency"
- [Mohan et al., 2023](#)

"Supplementation of black cumin was safe and found to significantly improve the sleep quality and ameliorate stress and anxiety" - [Das et al., 2022](#)

Dates

Dates are the fruit of the date palm tree, known scientifically as *Phoenix dactylifera*. They are cylindrical in shape with a wrinkled, brown outer skin and a sweet, chewy flesh inside. Dates are revered for their natural sweetness and rich nutritional profile, and a popular household item during the holy month of Ramadan due to its nutritional value.



Origin

Date palms thrive in warm, arid climates and are primarily cultivated in regions such as the Middle East, North Africa, and parts of Asia. These trees require ample sunlight and well-drained soil to produce high-quality fruit. Archaeological evidence suggests that they have been consumed for thousands of years.

Health Benefits



Nutrient Rich

Loaded with essential vitamins and minerals (B6, potassium, magnesium, fibre)



Energy

Convenient source of energy thanks to rich carbohydrate content



Digestive Health

Fibre promotes digestive regularity and prevents constipation



Sleep

Contain melatonin isomer and tryptophan to support sleep



Bone Health

Contain minerals like calcium, phosphorus and magnesium for health bones

Islamic References

“

“Indeed in dates there is a cure” - Prophet Muhammad (pbuh) [Ibn Hanbal]

”

“

“The Prophet (pbuh) ate watermelon with ripe dates” [Al-Muhammadiyah 199]

”

How to Consume



Fresh or dried: Dried dates can be an easy snack added to trail mixes or oatmeal



Stuffed dates: Elevated with nuts, cheese, or nut butter



Date paste: Blend soaked dates with water to create paste



Supplements: Available in capsule, liquid or powder form

Scientific evidence

Dates are an essential ingredient in the patented Chinese medicine for the treatment of sleep disorders” - [Alsaragrah et al., 2023](#)

“A study proved the role of Ajwa, Safai, and Sukkari date in relieving central nervous system disorders and helping to sleep for a longer period” - [Alsaragrah et al., 2023](#)

Honey

Honey, often referred to as nature's sweet nectar, is a natural substance produced by bees from the nectar of flowers. It is a thick, viscous liquid with a rich golden color and a distinctively sweet taste. Beyond its role as a delicious natural sweetener, honey boasts an array of health benefits and has been revered for its medicinal properties since before the birth of Islam.

Origin

Honey is a product of the efforts of honeybees, primarily the European honeybee species, *Apis mellifera*. Bees collect nectar from flowering plants using their long, tube-shaped tongues. Upon returning to the hive, they pass the nectar to other worker bees through regurgitation and evaporation processes. The bees then further process the nectar by adding enzymes before sealing it in honeycomb cells with beeswax.

Health Benefits



Anti-bacterial

Natural anti-bacterial effective in fighting infections and healing wounds



Anti-oxidant

Flavonoids and phenolic compounds to protect body from oxidative stress



Immunity

Helps alleviate sore throats and respiratory coughs



Sleep

May promote melatonin formation in the brain to help initiate sleep



Energy

Carbohydrates in honey provide quick and sustainable energy

Islamic References

“

"There emerges from their (bees) bellies a drink, varying in colours, in which there is healing for people" [Qur'an 16:69]

”

“

"Healing is in three things: a gulp of honey, cupping and cauterising. But I forbid my followers from cauterising." - Prophet Muhammad (pbuh) [Bukhari 5680]

”

How to Consume



Raw honey: Enjoyed straight from the jar, drizzled on toast, yoghurt or fruit



Cooking: Substitute honey for sugar in recipes and as a moist texture in baking



Honeycomb: Purest form of honey in its rawest state along with beeswax



Supplements: Available in capsule, liquid or powder form

Scientific evidence

"The glucose can introduce tryptophan absorption in the brain, and it seems that the sweet taste of honey can improve sleep quality" - [Fakhr-Movahedi et al., 2018](#)

"The mixture of milk and honey improves the sleep status of patients. So, it can be considered as an effective and affordable intervention to enhance the sleep quality of patients" - [Movahedi et al., 2018](#)

Pomegranate

The pomegranate, scientifically known as *Punica granatum*, is a fruit characterised by its vibrant ruby-red arils nestled within a tough, leathery skin. Each aril encases a juicy seed, which has a sweet and tangy taste. Pomegranates have long been revered for their exquisite taste, stunning appearance, and numerous health benefits.



Origin

Native to the Middle East and parts of Asia, the pomegranate tree has been cultivated for thousands of years in regions with Mediterranean climates. Today, pomegranates are grown in various countries worldwide, including Iran, India, Turkey, and the United States. These trees thrive in warm, arid climates and produce fruit in the late summer to early autumn months, making them a cherished symbol of abundance and fertility.

Health Benefits



Anti-inflammatory

Contain compounds to aid conditions like arthritis and improve joint health



Anti-oxidant

Rich in punicalagins and anthocyanins to protect against oxidative stress



Digestive Health

High fibre content aids digestive regularity and gut health



Heart Health

Can lower blood pressure, reduce cholesterol levels and improve circulation



Skin & Hair

Extract has anti-oxidant properties to protect from UV damage and aid collagen production

Islamic References

“In both (Gardens of Paradise) are fruit and palm trees and pomegranates” [Qur'an 55:68]

How to Consume



Fresh arils: Remove arils from the fruit and eat them as a snack or in salads, yoghurt



Juice: Juice fresh pomegranate arils and enjoy juice on its own or with other drinks



Molasses: Thick syrup made from reduced pomegranate juice



Supplements: Available in capsule, liquid or powder form

Scientific evidence

"Pomegranate is considered a source of natural multifunctional agents that exert simultaneously antioxidant, anti-inflammatory, antitumor, antidiabetic, cardiovascular, and neuroprotective activities" - [Ciccone et al. 2023](#)

"Pomegranate supplement can significantly ameliorate the menopausal symptoms and improve the quality of life in menopausal women" - [Adel-Mehraban et al., 2022](#)

Barley

Barley, scientifically known as *Hordeum vulgare*, is a versatile cereal grain that belongs to the grass family Poaceae. It is one of the oldest cultivated grains in the world and has been a staple food in many cultures for thousands of years. Barley is characterised by its chewy texture, nutty flavor, and impressive nutritional profile, making it a popular ingredient in various culinary dishes and beverages.

Origin

Barley is believed to have originated in Western Asia and has been cultivated since ancient times in regions with temperate climates. Today, it is grown in numerous countries worldwide, including Russia, Canada, the United States, and parts of Europe and Asia. Barley thrives in cool, moist conditions and is well-adapted to diverse soil types, making it a resilient and sustainable crop.

Health Benefits



Fibre

Excellent source of dietary fibre promoting digestive health



Blood sugar control

Low glycemic index. Helps those with diabetes or those preventing insulin resistance



Nutrient Rich

Essential vitamins and minerals (B6, iron, magnesium, selenium)



Heart Health

Can lower blood pressure, reduce cholesterol levels and improve circulation



Weight

Fibre helps you feel fuller for longer

Islamic References

“

“Talbina soothes the heart of the patient and relieves some of his sorrow and grief.” – Prophet Muhammad (pbuh) [Bukhari 5689]

”

How to Consume



Talbina: Broth made from ground barley or barley flour with milk and/or honey



Soup: Add cooked barley to vegetable or meat-based broth with seasoning



Drink: Brew barley kernels in hot water for a refreshment to quench thirst



Supplements: Available in powder form as barley flour powder

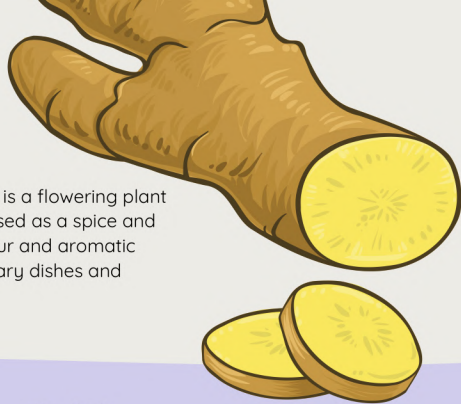
Scientific evidence

“Talbinah consumption among institutionalised elderly people showed statistically significant decrease on depression, stress, and mood disturbances” - [Badrasawi et al., 2013](#)

“Regular Talbinah consumption imparts in maintaining better gut and acts as anti-depressive, anti-diabetic, anti-oxidant, anti-inflammatory, antidiabetic and antihypercholesterolemic” - [Afzaal et al., 2021](#)

Ginger

Ginger, scientifically known as *Zingiber officinale*, is a flowering plant whose rhizome, or underground stem, is widely used as a spice and natural remedy. Known for its distinct spicy flavour and aromatic fragrance, ginger is a versatile ingredient in culinary dishes and traditional medicines around the world.



Origin

Native to Southeast Asia, ginger has been cultivated for over 4,000 years in regions with tropical and subtropical climates. Today, it is grown in countries such as India, China, Nigeria, and Jamaica, where it thrives in moist soil and warm temperatures. The ginger plant produces clusters of white or yellow flowers, but it is the knobby rhizome that is harvested and used in various forms, including fresh, dried, powdered, or as an extract.

Health Benefits



Digestion

Contains gingerol, a bioactive compound to help with indigestion



Anti-inflammatory

Gingerol helps reduce inflammation in arthritis and muscle pain



Immunity

Rich in vitamins, minerals and antioxidants to support immune function



Nausea Relief

Natural remedy for motion sickness and morning sickness in pregnancy



Blood Sugar

Regulates levels by improving insulin sensitivity

Islamic References

“

“And they will be given a drink there, in Paradise, flavoured with ginger.” – Qur'an [76:17]

”

How to Consume



Freshly sliced: Add to stir-fries, curries, soups and marinades for a zesty kick



Tea: Brew sliced ginger in hot water and add lemon or honey for flavour



Juice: Extract ginger juice and strain. Take it as a healthy shot drink



Supplements: Available in capsule or extract form in concentrated doses

Scientific evidence

“Ginger has been effective in a majority of studies, including those that examined the alleviation of NVP, digestive function, improvement in the expression level of markers for colorectal cancer risk, and anti-inflammatory functions” - [Anh et al. 2020](#)

“Ginger has been reported to possess diverse pharmacological properties and use of ginger appears to be safe and its effects are mighty and amazing in its many applications.” - [Bode and Dong, 2011](#)

Fig

Figs, scientifically known as *Ficus carica*, are delicious fruits with a unique sweet flavour and soft, chewy texture. They belong to the mulberry family and are cultivated from the ficus tree, which produces clusters of figs that ripen into a variety of colours, including green, purple, and black. They are praised for their nutritional value and versatility in culinary applications.



Origin

Figs have a rich history dating back thousands of years and are believed to have originated in the Middle East and Mediterranean regions. Today, they are grown in countries with suitable climates like Turkey, Greece, and Spain. Figs thrive in warm, dry climates and are typically harvested in late summer when they reach peak ripeness. The fig tree's unique method of pollination involves a symbiotic relationship with a tiny wasp, making figs a fascinating fruit both botanically and culturally.

Health Benefits



Fibre

Excellent source of dietary fibre, regulating bowel movement



Anti-oxidants

Contain polyphenols and flavonoids to protect cells from oxidative damage



Bone Health

Rich in calcium, potassium and magnesium to prevent osteoporosis



Heart Health

Anti-oxidants contribute to heart health by lowering blood pressure



Weight

Low in calories and fat but high in fibre, making you feel satisfied for longer

Islamic References

“

Allah says:
"By the Fig and the Olive" - Surah At-Tin,
Chapter 95, Verse 1

”

How to Consume



Fresh fruit: Enjoy as simple and nutritious snack on their own or with cheese, yoghurt



Dried: Convenient snack and used in baking, cooking or salad topping



Jam: Spread fig jam on toast, crackers or sandwiches or glaze for meats



Supplements: Available in capsule or powder form

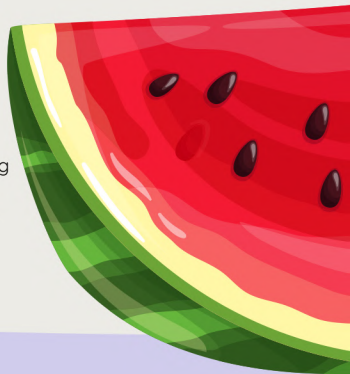
Scientific evidence

"Figs include flavonoids, phenolic acids, carotenoids, and tocopherols, which have been used for centuries in traditional medicine for their health-promoting effects addressing gastrointestinal, respiratory, inflammatory, metabolic, and cardiovascular issues" - [Sandhu et al., 2023](#)

"Due to the rich source of phytochemicals, fig by-products play an additive role in the development of different food products. Because these products are enriched with bioactive compounds, they are considered to be suitable for various disorders." - [Rasool et al., 2023](#)

Watermelon

Watermelon, scientifically known as *Citrullus lanatus*, is a refreshing and juicy fruit characterised by its vibrant pink or red flesh and green rind. Belonging to the Cucurbitaceae family, watermelon is botanically classified as a berry and is widely cherished for its sweet flavour and high water content.



Origin

Watermelon is believed to have originated in Africa, with evidence of its cultivation dating back over 4,000 years in regions such as Egypt and Sudan. Today, watermelons are grown in various countries with warm climates, including the United States, China, Turkey, and Iran. These fruits thrive in well-drained soil and ample sunlight, producing abundant harvests in the summer months when they are at their peak ripeness.

Health Benefits



Hydration

High water content (~92%) helps to maintain optimal hydration levels



Nutrient Rich

Rich source of Vitamin C, Vitamin A, Potassium and lycopene



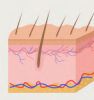
Digestive Health

Contains dietary fibre to promote healthy gut microbiome



Heart Health

Anti-oxidants and amino acids like citrulline lower blood pressure



Skin & Hair

Vitamin C and anti-oxidants promote collagen production

Islamic References

“

“The Prophet (Allah bless him and give him peace) ate watermelon with ripe dates” – Aisha RA [Al-Muhammadiyah 199]

”

How to Consume



Fresh fruit: Enjoy chilled slices on their own for a refreshing and hydrating snack



Smoothies: Popular in Ramadan, blend chunks with yoghurt, berries and lime



Salad: Add cubed watermelon to salads with cucumber, feta cheese and olive oil



Supplements: Available in capsule, extract or powder form

Scientific evidence

“Watermelon supplementation seems to be effective in increasing plasma L-arginine and improving vascular function” - [Volino-Souza et al., 2022](#)

“This study suggests watermelon can increase nutrient intake as well as diet quality in both children and adults” - [Fulgoni et al., 2022](#)

Olives

Olives are small, oval-shaped fruits harvested from the olive tree, scientifically known as *Olea europaea*. They come in various colors, ranging from green to black, depending on their ripeness and processing methods. Olives are widely known for their rich flavour and versatility in culinary applications, making them a beloved ingredient in Mediterranean and Middle Eastern cuisine.



Origin

The olive tree is native to the Mediterranean region, where it has been cultivated for thousands of years. Today, olives are grown in countries around the world with suitable climates, including Spain, Italy, Greece, Turkey, and the United States. The cultivation of olives requires well-drained soil, ample sunlight, and moderate temperatures, making regions with Mediterranean climates ideal for their growth.



Health Benefits



Anti-oxidant

Contain phenolic compounds and vitamin E to protect cells from oxidative damage



Anti-inflammatory

Polyphenols help to alleviate symptoms of arthritis and immune function



Digestive Health

Good source of dietary fibre and nourishes gut bacteria



Heart Health

Rich in monounsaturated fats, like oleic acid, to lower cholesterol levels



Skin & Hair

Rich in anti-oxidants and skin-friendly lipids to moisturise skin

Islamic References

“

Allah says:
"By the Fig and the Olive" – Surah At-Tin, Chapter 95, Verse 1

”

“

"Consume olive oil and anoint yourselves with it, for it comes from a blessed tree." – Prophet Muhammad (pbuh) [Ibn Majah 3319]

”

How to Consume



Fresh: Eat whole olives (pitted or with pips) as a healthy snack or paired with cheese



Olive oil: Use extra virgin (higher grade) oil in salads or as a cooking oil



Bread: Bake homemade olive bread by chopping olives and adding to dough



Supplements: Available as an oil, in liquid or as a capsule in extract form

Scientific evidence

"Health benefits associated with their consumption are... cardiovascular health, the antioxidant (AO) capacity of vitamin E and its role in protecting the body from oxidative damage and the anti-inflammatory and AO activities of HT" - [Rocha et al., 2020](#)

"Consumption of extra virgin olive oil reduces the inflammation, limits the risk of liver damage..." - [Bilal et al., 2021](#)

Citrus Fruit

Citrus fruits are a diverse group of fruits belonging to the Rutaceae family, renowned for their bright colours, tangy flavors, and refreshing aromas. Some common examples include oranges, lemons, limes, grapefruits, and tangerines. Citrus fruits are cherished for their abundance of vitamins, minerals, and antioxidants.



Origin

Citrus fruits are believed to have originated in Southeast Asia, with evidence of their cultivation dating back over 4,000 years. Today, they are grown in various regions around the world with warm climates, including Spain, Brazil, the United States, and China. Citrus trees thrive in well-drained soil and ample sunlight, producing bountiful harvests of juicy fruits that are enjoyed fresh or processed into juices, jams, and other products.

Health Benefits



Vitamin C

Excellent source of Vitamin C, helping immune function and wound healing



Weight

Fibres expand in stomach when eaten leading to satiety



Digestive Health

Good source of dietary fibre and prevents constipation



Heart Health

Anti-oxidants and flavonoids reduce inflammation and cholesterol levels



Skin Health

Vitamin C and antioxidants help protect against sun damage

Islamic References

“

The Prophet (pbuh) said: "A believer who recites the Qur'an is like a citrus fruit which is good in taste and good in smell" [Bukhari 7560]

”

How to Consume



Fresh: Peel and eat them as a snack or slice to add burst of flavour to salads or desserts



Juicing: Extract juice and mix with other fruit juices or vegetables for a healthy drink



Zest: Grate the outer skin of a citrus fruit to add flavour and aroma to baked goods



Supplements: Available as an extract or in powder form

Scientific evidence

"Of vital importance to human health due to their active properties. These characteristics include anti-oxidative, anti-inflammatory, anti-cancer, as well as cardiovascular protective effects, neuroprotective effects" - [Lv et al., 2015](#)

"Recently scientifically proven therapeutic activities of C. limon include anti-inflammatory, antimicrobial, anticancer and antiparasitic activities" - [Szopa et al., 2020](#)

Vinegar

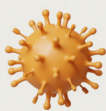
Vinegar is a sour liquid made through the fermentation of ethanol alcohol, typically derived from fruits, grains, or other natural sources. It has an acidic taste and pungent aroma, which varies depending on the type of raw material used and the fermentation process. Vinegar has been used for centuries as a versatile ingredient in cooking, cleaning, and traditional medicine.



Origin

The production of vinegar dates back thousands of years and is believed to have originated in ancient civilisations such as Mesopotamia and Egypt. It is produced through a two-step fermentation process: first, yeast converts sugars into alcohol, and then bacteria called acetobacter convert the alcohol into acetic acid, the main component of vinegar. Vinegar can be made from fruits (such as apples, grapes, and berries), grains (such as rice, barley, and wheat), and even sugar or wine.

Health Benefits



Anti-microbial

Helps inhibit growth of harmful bacteria, fungi and pathogens



Blood Sugar

Improves insulin sensitivity, beneficial to those with diabetes



Digestive Health

Acetic acid improves digestion by stimulating production of stomach acid



Heart Health

May lower cholesterol levels, reducing blood pressure and risk of stroke



Weight

May increase feelings of fullness and reduce calorie intake for weight loss

Islamic References

“

The Messenger of Allah said: "Eat, what a good condiment is vinegar."
[Sunan an-Nasa'i 3796]

”

How to Consume



Dressing: Combine vinegar with olive oil and herbs for a homemade salad dressing



Marinade: Use to tenderise and flavour meats, poultry or seafood before cooking



Pickling: Soak vegetables in vinegar, water and salt to preserve



Supplements: Available commonly as apple cider vinegar in gummies or extract

Scientific evidence

Study found "a significant favourable effect of Apple Cider Vinegar consumption on fasting plasma glucose and blood lipid levels." - [Hadi et al., 2021](#)

"Vinegar has antibacterial properties, antioxidant activity, anti-diabetic and anti-tumor effects, and the ability to prevent cardiovascular disorders" - [Chen et al., 2023](#)

Gourd

Gourd is a term used to describe several species of plants in the Cucurbitaceae family, primarily known for their fruit, which often has a hard outer shell and a fleshy interior. These fruits come in various shapes, sizes, and colours, ranging from elongated and cylindrical to round and bulbous.



Origin

Gourds have been cultivated for thousands of years in various parts of the world, including Asia, Africa, and the Americas. They thrive in warm climates with plenty of sunlight and well-drained soil. Common types of gourds include pumpkins, cucumbers, squash, luffa, and melons, each with its own unique characteristics and culinary uses. Gourds are often grown on vines and require ample space to spread and produce their fruit.

Health Benefits



Nutrient Dense

Low in calories but rich in essential vitamins and minerals (Vit C, A)



Hydration

High water content, refreshing particularly during hot weather



Digestive Health

High fibre content promotes digestive regularity



Anti-oxidant

Some varieties, like bitter gourd, contain anti-oxidants and phytonutrients



Weight

High in fibre so makes for filling and nutritious food for weight management

Islamic References

“

"I saw the Prophet (pbuh) being served soup containing gourd and cured meat, and I saw him picking and eating the gourd." – Anas [Bukhari 5437]

”

“

"The Prophet (peace be upon him) liked gourd." [Ibn Majah 3302]

”

How to Consume



Cooking: Versatile use in dishes like curries, stews, soups and stir fries



Stuffed: Fill hollowed gourds with ground meat, rice, vegetables and spices then bake



Roasting: Cut into wedges or cubes, toss with olive oil and roast in oven



Supplements: Available in extract form (e.g. pumpkin seed extract)

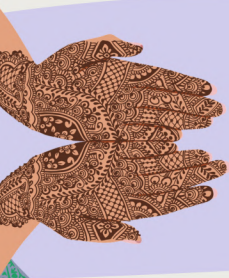
Scientific evidence

Study showed that "squash skin and seed material are potentially good sources of bioactive compounds with health benefits" - [Li, 2020](#)

"Several studies have suggested the crucial roles and effectiveness of pumpkin seed oil in the treatment of diabetes, anxiety and even cancer" - [Shaban & Sahu, 2017](#)

Henna

Henna, scientifically known as *Lawsonia inermis*, is a flowering plant native to regions of North Africa, the Middle East, and South Asia. The leaves of the henna plant contain a natural dye called lawsone, which imparts a reddish-brown hue when applied to the skin, hair, or nails. Henna has been used for centuries for its decorative and medicinal properties.



Origin

Henna has a rich history dating back thousands of years, with origins in ancient Egypt and India. The henna plant thrives in hot, arid climates and is cultivated primarily in countries such as India, Pakistan, Morocco, Yemen, and Iran. The leaves of the henna plant are harvested, dried, and ground into a fine powder, then mixed with water, to create a paste for dyeing the skin, hair, or nails.

Health Benefits



Skin Irritation

Has a natural cooling effect on skin to help with sunburn and bites



Antifungal

Antibacterial and antifungal properties to promote wound healing



Hair Health

Natural conditioner, adding shine, strength and volume to hair



Scalp Health

Alleviates dandruff, itching and scalp irritation and reducing hair fall



Hair Colour

Natural hair dye helping to cover grey hairs

Islamic References

“

“The best things with which grey hairs are changed are henna and katam” – Prophet Muhammad (pbuh) [Mishkat al-Masabih 4451]

”

How to Use



Hair Dyeing: Mix henna powder with water to create a paste then apply to hair



Scalp Treatment: Apply henna paste to scalp and hair to promote hair growth



Skin Decoration: Create intricate designs using henna paste (known as mehndi)



Medicinal: Use henna paste topically to soothe skin irritations

Scientific evidence

“Henna leaf extracts have antimicrobial activity on the bacteria responsible for the common skin infections.”

- [Al-Rubaiy et al., 2008](#)

“The application of henna is recommended for healing grade one pressure ulcers.” - [Rafiei et al., 2019](#)

Cucumber

Cucumber, scientifically known as *Cucumis sativus*, is a widely cultivated plant belonging to the gourd family, Cucurbitaceae. Known for its cylindrical shape, smooth green skin, and crunchy texture, the cucumber is a versatile and refreshing vegetable enjoyed around the world.



Origin

Cucumbers are believed to have originated in South Asia, where they have been cultivated for thousands of years. Today, they are grown in temperate regions across the globe, including Europe, North America, and Asia. Cucumber plants thrive in warm climates with plenty of sunlight and well-drained soil. They are often trellised or grown vertically to support their sprawling vines and prolific fruit production.

Health Benefits



Nutrient Rich

Low in calories but rich in Vitamin K, Vitamin C, potassium and manganese



Hydration

Water content of over 95% helping to replenish fluids



Digestive Health

High fibre content promotes digestive regularity and satiety



Skin & Hair

Contains silica that promotes collagen production and supports healthy skin, hair and nails



Anti-oxidant

Contains flavonoids and tannins to protect cells from oxidative damage

Islamic References

“I saw the Messenger of Allah (peace be upon him) eating cucumbers with dates.” - Abdullah bin Ja'far [Ibn Majah 3325]

How to Consume



Raw: Enjoy as a crunchy and hydrating snack, sliced thinly and added to salads



Pickled: Preserve in a mixture of vinegar, water, salt and spices



Juiced: Juice with other fruits and vegetables for a hydration detox drink



Supplements: Available in powder and extract form

Scientific evidence

“This vegetable is very high in water content and very low in calories. It has potential antidiabetic, lipid lowering and antioxidant activity.” - [Mukherjee et al., 2013](#)

“In addition to its soothing properties and digestive benefits, cucumbers fortify cells so they may retain hydrated and work at the highest levels, and may slow age-related cellular deteriorations” - [Murad & Nuy](#)

Fenugreek

Fenugreek, scientifically known as *Trigonella foenum-graecum*, is an aromatic herb which belongs to the Fabaceae family. It's cultivated for its seeds, leaves, and sprouts, which are widely used in culinary and medicinal applications. Fenugreek is well known for its distinctively sweet, nutty flavour.



Origin

Fenugreek has a long history of cultivation and use, dating back thousands of years to ancient civilizations such as Egypt, Greece, and India. Today, fenugreek is grown in various countries with temperate climates, including India, Egypt, Ethiopia, and China.

The plant thrives in well-drained soil and requires ample sunlight to flourish. Fenugreek seeds are harvested by hand and dried before being used in cooking.

Health Benefits



Blood Sugar

Seeds contain compounds like trigonelline which help regulate blood sugar levels



Breastfeeding

Promote lactation in breastfeeding mothers, increasing milk production



Digestive Health

Rich in dietary fibre to support regularity and prevent constipation



Heart Health

Antioxidants and compounds in seeds help lower cholesterol levels



Lung Health

Can reduce mucus production in airways leading to improve breathing

Islamic References

“

It is reported that the Prophet (pbuh) visited a sick friend and said: "Cook up a broth for him of fenugreek with ajwa dates" – Ibn Qayyim al Jawziyya

”

How to Consume



Seeds: Grind into a powder and use as a spice in cooking; curries, stews and sauces



Sprouts: Soak seeds to produce sprouts to add to salads, wraps and stir-fries



Tea: Steep seeds in hot water to make soothing and aromatic tea



Supplements: Available in powder, extract and capsule form

Scientific evidence

"The recent double-blind randomized placebo-control study demonstrated beneficial effects of fenugreek seeds extract powder enhancing male libido in healthy adult males" - [Wankhede et al., 2015](#)

"Fenugreek has antidiabetic, antifertility, anticancer, antimicrobial, antiparasitic, lactation stimulant and hypocholesterolemic effects" - [Wani & Kumar, 2018](#)

Cress

Cress, scientifically known as *Lepidium sativum*, is a leafy green vegetable belonging to the Brassicaceae family, which also includes broccoli, kale, and cabbage. This fast-growing plant is easy to cultivate and can be harvested within a few weeks of planting, making it a convenient and versatile addition to any garden or kitchen.



Origin

Cress is believed to have originated in Western Asia and Europe, where it has been cultivated for centuries for its culinary and medicinal properties. Today, cress is grown in various regions around the world with temperate climates, including Europe, North America, and Asia. It thrives in cool, moist environments and can be cultivated indoors or outdoors, making it accessible year-round for culinary use.

Health Benefits



Nutrient Rich

High in Vitamin C, Vitamin K, Vitamin A, calcium, iron and potassium



Antioxidant

Vitamin C and beta-carotene help neutralise free radicals



Digestive Health

Rich in dietary fibre to support regularity and prevent constipation



Heart Health

Low in calories and fat but high in fibre which reduces cholesterol levels



Lung Health

Beneficial for asthma, difficulty in breathing and clears the lungs

Islamic References

“What is in the two most bitter means of healing? Thuffa (cress) and Sabir (aloe)* - Prophet Muhammad (pbuh) [Abu Dawud in al-Marasil]

How to Consume



Salads: Add fresh cress leaves to salads for a peppery kick and vibrant green colour



Sandwiches: Use as a crunchy topping for sandwiches, wraps or burgers



Garnish: Decorative garnish for soups, stews or main dishes



Herbal Infusion: Steep cress leaves in hot water to make a tea

Scientific evidence

“Garden cress (*Lepidium sativum* L.) seed is a rich source of proteins, dietary fiber, omega-3 fatty acids, iron, and other essential nutrients and phytochemicals” - [Adera et al., 2022](#)

“*L. sativum* oil extracts were active against tested bacteria and fungus, suggesting their antimicrobial activity” - [Adera et al., 2022](#)

Milk

Milk is a nutrient-rich liquid produced by female mammals to nourish their young offspring. It is characterised by its creamy texture, opaque appearance, and slightly sweet flavour. Milk is a complete food source, containing a balanced mix of macronutrients (such as carbohydrates, proteins, and fats) and micronutrients (including vitamins and minerals).

Origin

Milk is primarily obtained from domesticated animals such as cows, goats, sheep, and buffalo. Historically these animals were milked by hand. Today, these animals are raised in dairy farms, where they are milked using specialised equipment to extract the milk from their mammary glands. The milk is then processed, pasteurised, and packaged for distribution to consumers.



Health Benefits



Nutrient Rich

High in calcium, Vitamin D, Vitamin B12, potassium and phosphorus



Bone Health

Calcium and Vitamin D are crucial for maintaining strong and healthy bones



Muscle Growth

Contains high-quality proteins, casein and whey, for muscle repair and growth



Heart Health

Potassium and magnesium help regulate blood pressure



Hydration

Excellent source of hydration providing fluids and electrolytes

Islamic References

“

“We give you to drink of what is in their (cattle) bellies, from between digested food and blood: pure milk, pleasant to drink”
[Qur'an 16:66]

”

How to Consume



Plain: Drink plain, warm or chilled, for a simple and nutritious beverage



Cereal: Pour milk over your favourite cereal or granola



Smoothies: Blend with fruits, vegetables, yoghurt and protein powder



Hot Drinks: Add to tea, coffee, cocoa or turmeric to balance

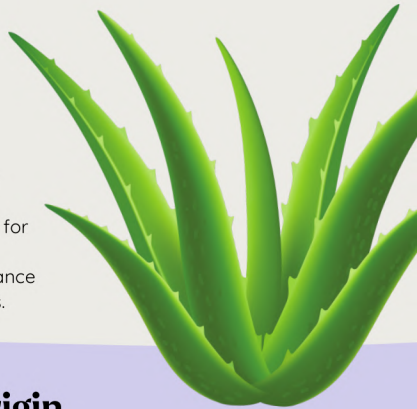
Scientific evidence

“Intake of milk and dairy products was associated with a neutral or reduced risk of type 2 diabetes and a reduced risk of cardiovascular disease, particularly stroke” - [Thorning et al., 2016](#)

“Evidence suggests that anticarcinogenic activities, antihypertensive properties, immune system modulation, and other metabolic features of milk, are affiliated with its proteins (intact proteins or its derivatives)” - [Davoodi et al., 2016](#)

Aloe

Aloe, scientifically known as Aloe vera, is a succulent plant species that belongs to the genus Aloe. Renowned for its medicinal properties and soothing gel, aloe has been used for centuries in traditional medicine and skincare. The plant features long, thick leaves filled with a clear, gel-like substance that is rich in vitamins, minerals, enzymes, and amino acids.



Origin

Aloe is native to the Arabian Peninsula but is now cultivated in various regions around the world with warm, dry climates, including Africa, Asia, and the Americas. The plant thrives in well-drained soil and ample sunlight, making it popular in arid and semi-arid regions. Aloe is commonly grown as a potted plant in households or harvested for its gel, which is extracted from the leaves.

Health Benefits



Hair Care

Aloe gel can nourish and condition the hair and scalp promoting hair growth



Digestive Health

Polysaccharides have laxative effects to relieve constipation



Skin Health

Aloe gel moisturises, soothes and heals the skin. Useful for sunburn and irritation



Headaches

Contains plant sterols with anti-inflammatory effect to fight headaches



Eye Health

Contains properties that can help reduce eye inflammation and dryness

Islamic References

“

“What is in the two most bitter means of healing? Thuffa (cress) and Sabir (aloe)” - Prophet Muhammad (pbuh)
[Abu Dawud in al-Marasil]

”

How to Consume



Gel: Extract gel from fresh leaves and consume in moderation



Juice: Drink aloe vera juice made from aloe gel and water and flavour to taste



Cosmetics: Use aloe gel for skincare, hair care or oral care



Supplements: Available in capsule, tablet or powder extract form

Scientific evidence

“Garden cress (*Lepidium sativum* L.) seed is a rich source of proteins, dietary fiber, omega-3 fatty acids, iron, and other essential nutrients and phytochemicals” - [Adera et al., 2022](#)

“*L. sativum* oil extracts were active against tested bacteria and fungus, suggesting their antimicrobial activity” - [Adera et al., 2022](#)

Salt

Salt, chemically known as sodium chloride (NaCl), is a crystalline mineral compound that is composed of sodium ions and chloride ions. It is one of the oldest and most commonly used seasonings worldwide, valued for its ability to enhance flavour, preserve food, and provide essential nutrients to the body.



Origin

Salt is found abundantly in nature and can be obtained from sea salt and rock salt, harvested from salt mines, salt pans, and seawater. Sea salt is produced by evaporating seawater, leaving behind salt crystals. Rock salt is mined from underground salt deposits, formed millions of years ago from the evaporation of ancient seas. Table salt is refined and processed to remove impurities.



Health Benefits



Electrolyte Balance

Facilitates nerve transmission, muscle contraction and fluid balance



Hydration

Help regulate water balance in the body, preventing dehydration



Thyroid Function

Necessary for the function of thyroid hormones to regulate metabolism



Tooth Health

Natural antibacterial agent to reduce inflammation and protect damaged teeth



Eye Health

Sodium leaches out additional fluid and can reduce puffiness and swelling

Islamic References

“

Anas Malik reported God's messenger (pbuh) as saying, "The lord of your condiment is salt." [Mishkat al-Masabih 4239]

”

How to Consume



Cooking: Use salt to season and enhance flavour of savoury dishes and marinades



Table Salt: Sprinkle small amount on dishes to enhance taste



Salt Gargle: Mix half a teaspoon with warm water and use as a mouth rinse



Supplements: Available in capsule, tablet or in raw form to add to powders

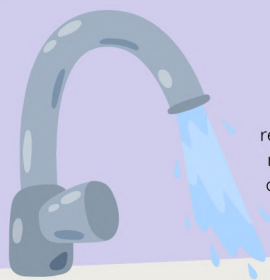
Scientific evidence

"Use of a sea salt-based mouthwash in daily oral hygiene reduces the bacterial levels of *S. mutans*" - [Ballini et al., 2020](#)

"Drinking mild-salinity water was associated with lower BP, which can be explained by higher intake of Ca²⁺ and Mg²⁺ through saline water." - [Naser et al., 2019](#)

Water

Water is a transparent, tasteless, odourless, and colourless chemical substance composed of hydrogen and oxygen molecules (H₂O). It is the most abundant liquid on Earth, covering approximately 71% of the planet's surface in the form of oceans, seas, rivers, lakes, and groundwater. Water is essential for all known forms of life.



Origin

Water originates from various sources and undergoes a continuous cycle of evaporation, condensation, and precipitation, known as the water cycle. It is replenished through rainfall, snowmelt, and groundwater recharge, while also being recycled and reused through processes such as transpiration, evapotranspiration, and runoff. Water is naturally purified through filtration and purification processes as it percolates through soil, rocks, and aquifers, ensuring its quality.

Health Benefits



Kidney Function

Helps flush toxins, waste products and excess salts from body



Hydration

Essential for maintaining proper hydration levels in the body



Skin Health

Improves skin elasticity, moisture retention and complexion



Digestive Health

Softens stools and lubricates gastrointestinal tract



Weight

Helps reduce appetite, increase satiety and enhances metabolism

Islamic References

“

"And We made every living thing from water. So will they not accept faith?" [Qur'an 21:30]

”

“

"And it is He who created man from water... and your Lord is all able" [Qur'an 25:54]

”

How to Use



Drinking: Consume at least eight glasses of water per day or more depending on age



Cooking: Use for boiling, steaming, cooking and baking



Bathing: Take regular showers or baths with water to purify and cleanse



Hygiene: For performing wudu; washing hands, mouth, nose, face, arms, hair, neck, ears, feet

Scientific evidence

"Recent literature suggests that even mild dehydration — a body water loss of 1% to 2% — can impair cognitive performance" - [Riebl et al., 2013](#)

"The decrease in body weight, body mass index and body composition scores of overweight subjects at the end of study period establishes the role of water induced thermogenesis in weight reduction of overweight subjects." - [Vij & Joshi, 2013](#)

Beet

Beet, scientifically known as *Beta vulgaris*, is a root vegetable known for its vibrant colour, earthy flavor, and nutritional richness. Belonging to the *Chenopodiaceae* family, beets are known for their edible roots, although both the root and the leaves of the beet plant are edible and offer a plethora of health benefits.



Origin

Beets have been cultivated for thousands of years, with origins traced back to the Mediterranean region and parts of Asia. They are believed to have been domesticated from wild sea beet plants and were historically valued for their edible roots and leaves. Today, beets are grown in temperate climates worldwide, with top producers including Russia, the United States, France, and Germany. They thrive in well-drained soil and cool temperatures.

Health Benefits



Anti-inflammatory

Contain betalains, pigments with powerful anti-inflammatory properties



Heart Health

Rich in nitrates. Nitric oxide helps dilate blood vessels and improve blood flow



Digestive Health

Fibre supports digestive regularity and prevents constipation



Brain Health

Nitrates may enhance cognitive function and improve mental clarity



Skin & Spots

Vitamin C helps reduce excess oils in the skin and prevents breakouts

Islamic References

“

"O Ali, take from this beet and barley, for it is more suitable for you." – Prophet Muhammad (pbuh) [At-Tirmidhi and Abu Dawud]

”

How to Consume



Raw: Grate raw beets and add them to salads or slaws



Roasted: Roast whole or sliced in the oven with olive oil and salt



Juiced: Juice with other fruits and vegetables for a nutrient-packed drink



Supplements: Available as beet root in capsule, extract and powder form

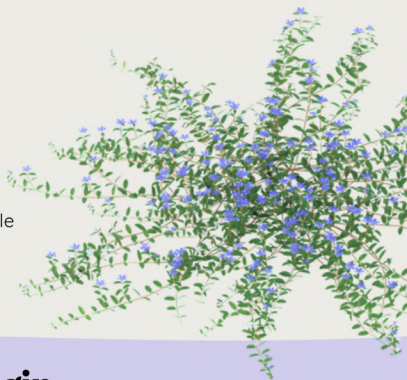
Scientific evidence

"Beetroot juice concentrate supplementation was associated with beneficial effects on daily systolic blood pressure" - [Jajja et al., 2014](#)

"Beetroot juice has been shown to attenuate the negative effect of hypoxia on peripheral oxygen saturation and exercise tolerance" - [Muggeridge et al., 2014](#)

Myrtle

Myrtle, scientifically known as *Myrtus communis*, is an aromatic evergreen shrub or small tree belonging to the Myrtaceae family. Native to the Mediterranean region, myrtle is famous for its fragrant foliage, delicate flowers, and flavourful berries.



Origin

Myrtle is native to the Mediterranean basin, where it grows wild in rocky, coastal areas and is cultivated in gardens and orchards for its ornamental and practical value. The plant thrives in warm, sunny climates with well-drained soil and ample moisture. Myrtle has been cultivated for centuries for its aromatic leaves, which are used in cooking and perfumery, and its berries, which are used in herbal medicine and culinary applications.



Health Benefits



Lung Health

Contain cineole and alpha-pinene which have antimicrobial properties for lungs



Immune Support

Contain bioactive compounds which boost immune function



Digestive Health

Rich in antioxidants, vitamins and minerals to support digestive function



Mental Wellbeing

Aroma has calm, uplifting and stress-relieving effects to improve mood



Skin & Spots

Antibacterial properties help remove sebum and dead skin cells

Islamic References

“

"If anyone is offered rayhan (sweet-smelling plants), let him not refuse it." - Prophet Muhammad (pbuh) [Sahih Muslim]

”

How to Consume



Essential Oil: Use in aromatherapy diffusers, massage oils or bath blends



Cooking: Use fresh or dried leaves as a flavourful herb



Tea: Steep fresh or dried leaves in hot water to make a herbal tea



Supplements: Available as a tincture for internal or external use

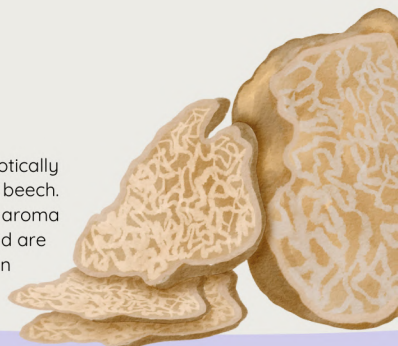
Scientific evidence

"The antioxidant, antimicrobial, anti-diabetic, antihypertensive, and anti-cancer properties of different parts of the myrtle plant have been confirmed in this review" - [Gorjian & Khaligh, 2023](#)

"The anti-inflammatory and antimicrobial properties of Myrtle have also proven effective in alleviating gastrointestinal conditions such as gastric ulcers" - [Dabbaghi et al., 2023](#)

Truffle

Truffles are a type of underground fungus that grows symbiotically with the roots of certain tree species, such as oak, hazel, and beech. These rare, culinary delicacies are known for their distinctive aroma and rarity. Truffles belong to the fungi family Tuberaceae and are highly regarded for their culinary value, fetching high prices in gourmet markets and restaurants worldwide.



Origin

Truffles are found in various regions around the world, with the most renowned varieties originating from Europe, particularly France and Italy. They grow underground, typically in soil rich in organic matter, near the roots of host trees. Truffle hunters, aided by specially trained dogs or pigs, harvest these elusive fungi by digging them out of the ground. Truffles are seasonal and grow during specific times of the year, depending on the species and environmental conditions.

Health Benefits



Nutrient Rich

Low in calories but rich in protein, fibre, vitamins and minerals



Immune Support

Vitamins, minerals and antioxidants help boost immune function



Digestive Health

Fibre content supports digestive regularity and gut health



Brain Health

Rich in amino acids such as glutamate and glycine to help brain function



Eye Health

Antioxidants help reduce inflammation and fluid accumulation under eyes

Islamic References

“

“Truffles are a form of manna, and its liquid is a cure for the eye.” – Prophet Muhammad (pbuh) [At-Tirmidhi 2067]

”

How to Consume



Shaved: Shave fresh truffles thinly over pasta, risotto or scrambled eggs



Infused: Infuse truffle flavour into oils, butters, salts or sauces



Grated: Grate dried truffles over popcorn, potato chips or roasted vegetables



Supplements: Available in extract or oil forms

Scientific evidence

“Recent studies in truffles revealed their potentials as anticancer, antioxidant, antimicrobial, anti-inflammatory, antidiabetic agents” - [Lee et al., 2020](#)

“High nutritional value as antioxidant, anti-inflammatory, antiviral, hepatoprotective, anti-mutagenic, antituberculous immunomodulatory, antitumor, antimicrobial, and aphrodisiac” - [Mustafa et al., 2020](#)

Garlic

Garlic, scientifically known as *Allium sativum*, is a bulbous plant that belongs to the onion genus in the lily family. Renowned for its pungent aroma and distinctive flavor, garlic has been used for culinary, medicinal, and therapeutic purposes for thousands of years. Each bulb is comprised of several cloves encased in a papery skin, with each clove possessing its unique taste.



Origin

Native to Central Asia, garlic has a rich history dating back over 5,000 years. It is believed to have originated in the region spanning from present-day Iran to Kazakhstan. From there, garlic cultivation spread to other parts of Asia, Europe, and Africa. Today, garlic is cultivated worldwide in temperate climates and is a staple ingredient in cuisines across various cultures.

Health Benefits



Antibacterial

Natural antibacterial, antiviral and antifungal properties



Immune Support

Rich in antioxidants like allicin, which strengthen immune system



Cancer Prevention

May reduce risk of certain cancers (stomach, colon and prostate)



Heart Health

Reduces blood pressure and cholesterol levels



Teeth

Allicin can help kill bacteria associated with toothaches

Islamic References

“He who eats them must not come near our mosque. If you must eat them, suppress their odour by cooking.” - Prophet Muhammad (pbuh) [Mishkat al-Masabih 736]

How to Consume



Raw: This is not advised in the Sunnah due to its bad odour, but garlic can be minced



Cooked: Sautée or roast garlic cloves with vegetables, meats or grains



Infused Oil: Heat garlic cloves in olive oil until fragrant



Supplements: Available in extract form in capsules and tablets

Scientific evidence

“Several researches in the literature have shown evidence that garlic exhibits antioxidant, antiviral, anti-microbial, anti-fungal, antihypertensive, anti-anemic, anti-hyperlipidemic, anticarcinogenic, antiaggregant, and immunomodulatory properties” - [Verma et al., 2023](#)

“Different compounds in garlic are thought to reduce the risk for cardiovascular diseases, have anti-tumor and antimicrobial effects, and show benefit on high blood glucose concentration” - [Bayan et al., 2014](#)

Musk

Musk is a natural aromatic substance renowned for its captivating scent and long-standing use in perfumery, cosmetics, and traditional medicine. It is derived from the musk glands of certain animals or synthesised from natural and synthetic ingredients to replicate its fragrance. Musk is a premium ingredient in luxury fragrances and skincare products.



Origin



Historically, musk was obtained from the musk glands of male musk deer, native to the Himalayas, Siberia, and East Asia. These glands secrete a waxy substance known as musk, which is harvested through a process called "musk hunting." However, due to conservation concerns and ethical considerations, the use of natural musk from musk deer has been largely replaced by synthetic alternatives or plant-based substitutes in modern perfumery.

Health Benefits



Aromatherapy

Scent has a calming, soothing and mood-enhancing effect on mind and body



Skin Care

Moisturising, nourishing and rejuvenating properties



Antimicrobial

Believed to have analgesic, anti-inflammatory properties



Mood

Pleasant scent can improve mood and raise cognitive function



Eye Health

Musk can dry up the eye's moisture and can dissipate swelling

Islamic References

“

The Messenger of Allah (pbuh) said: "The best of perfume is musk."
[Sunan an-Nasa'i 1905]

”

How to Use



Perfume: Apply musk-based perfume to pulse points (wrists, neck and behind ears)



Skincare: Use infused skincare products like moisturisers and lotions



Candles: Burn musk-scented candles or incense sticks



Aromatherapy: Diffuse essential oil in diffuser to experience aroma

Scientific evidence

"Some of the fragrance components from animal origin such as macrocyclic ketones and esters as well as aromatic nitro compounds and polycyclic aromatics (group of musk fragrances) are also widely used in the perfume industries" - Kim et al., 2016

"The findings of this research suggest the use of musk incense stick aroma inhalation during neurofeedback training to increase training efficiency." - Hasheminia et al., 2023

