

CHAPTER THIRTY SIX

Fruit ¹

And bless our master Muhammad (may Allah bless him and grant him peace) in every raindrop, in every rainfall and in every plant.

Fruits and vegetables provide nutrients essential for growth and renewal

Fruits and some vegetables contain substantial amounts of carbohydrates which supply most of the energy we use to live and perform work. Fruits and vegetables contain generous amounts of vitamins. Vitamins regulate metabolism and help in the conversion of the fats and carbohydrates into energy. Fruits and vegetables contain minerals that are necessary for the nerve and muscle function and are the building material for some body tissue.

Fruits and vegetables have a protective affect

Fruits and vegetables can protect the body from such major diseases as cancer and heart disease. Some are high in substances called anti-oxidants, such as beta carotene, Vitamins C and E and selenium, which are nutrients that protect cell membranes from the damage of free radicals. Some are rich in other anti-cancer compounds, such as indoles. This is especially true of the cruciferous family to which the cabbage belongs.

Fruits and vegetables have a medicinal effect

Fruits and vegetables can be your best non-prescription drugs. For example, blueberries are an effective anti-diarrhoeal agent, and ginger is as effective as well-promoted motion-sickness drug, and new studies show that it also relieves vomiting and stomach discomfort caused by pregnancy. Fresh juices are a perfect food supplement. They are far more potent than the isolated nutrients found in vitamin pills. Nutrients influence each other and, therefore, they should not be separated. Part of this influence is a synergistic effect among nutrients, which means that nutrients combined naturally in foods work together more effectively than when they are separated as a single supplement. For centuries plants have been used for their medicinal effects.

Abu Hurayrah (may Allah be pleased with him) states that, *“When the people saw the first fruit (of the season or of plantation) they brought it to the Messenger of Allah (may Allah bless him and grant him peace). When he received it he said, “O Allah (The Exalted) bless us in our fruits, and bless us in our city; and bless us in our Sa's (a measurement) and bless us in our mudd (a measurement). O Allah (The Exalted) Ibrahim (upon whom be peace) was thy servant, Thy friend, and thy apostle, and I am your servant and your apostle. He (Ibrahim) made supplication to You for (the showering of blessings upon) Makkah, and I am making supplication to You for Madinah just as he made supplication to You for Makkah, and the like of it in addition. He would then call to him the youngest child and give him these fruits.”*¹

¹ Muslim

¹ See Volume One, Chapter Thirty for this Sunnah