



Part 2: FASTING FOR YOUR HEALTH by **Dr Abdul Majid Katme**, Monday 6 August 2012 ,in English, about one hour Talking about the fascinating physiological healthy changes in the organs/body when one is fasting. This is the Link <http://youtu.be/m345MRiyZkY>

ALSO: NEW SCIENTIFIC MEDICAL DISCOVERY REGARDING A HADITH ON FASTING 2 DAYS/WEEK

This is the link to the study: Horizon BBC2 TV 9-10 pm ,shown on 6th August 2012
<http://www.bbc.co.uk/programmes/b01lxzyc> (the link is on only for 1 month)

The medical study advises every person in the world to fast 2 days/week :for get healthy ,to avoid many cancers and to live longer.... this is clarified in the second half of the programme. THIS IS A **NEW MEDICAL MIRACLE** OF THE FINAL PROPHET MUHAMMAD(peace be upon him) ,THE PHYSICIAN TO MANKIND!

Ref of the Hadith:

Volume 3, Page 128: Fasting Mondays and Thursdays (2 days/week):

Abu Hurairah reported that the most **the Prophet would fast would be Monday and Thursday**. He was asked about that and he said: "**The actions are presented on every Monday and Thursday. Allah forgives every Muslim or every believer, except for those who are boycotting each other. He says [about them]: 'Leave them.'**" This is related by Ahmad with a sahih chain. It is recorded in Sahih Muslim that the Prophet, when asked about fasting on **Monday**, said: "That is the day on which I was born and the day on which I received revelations."

Also, we have also another Hadith on fasting 3 days/month

Fasting 6 days of Shawwal,fasting Day of Arafat,fasting day of Ashura and fasting many days in Sha'aban....more and more health and benefits...!

Please circulate widely to all your Muslim contacts

Please publish it in magazines and newspapers

Please put it on the website

Please translate it(Brief) to other languages: Arabic, French, Urdu...

WS

Dr A Majid Katme(MBBCH,DPM)

Spokesman: Islamic Medical Association/Uk

T: 07944 240 622

E-mail address: akatme@hotmail.com