

## **Scientists in Britain launched today a new book: THE FAST DIET: Fast 2 days/week: (Monday and Thursday) /as the Prophet Muhammad said:**

Dear Imam,

AA

I humbly request you to publicise this new scientific medical discovery in a Hadith of the final Prophet Muhammad (pbuh) regarding the fasting of 2 days/week.

PLEASE:

- Mention it in coming Friday Khutba
- Put it on your website or other websites.
- Publish it in any way
- Send it to all your Muslim contacts
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You can give my name and tel no in case anyone has query.

Thank you

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### **A NEW SCIENTIFIC MEDICAL DISCOVERY IN A HADITH OF THE FINAL PROPHET MUHAMMAD(pbuh)**

**The new study was done by Dr Michael Mosley : FAST 2 DAYS/WEEK :TO LOOSE WEIGHT AND TO BECOME HEALTHIER AND TO AVOID MANY DISEASES AND TO LIVE LONGER...!**

**Dr Michael Mosley was interviewed this morning/ 2 Jan on BBC1 TV about the book.**

**He said clearly this was done before by prophet Muhammad....**

**He said also: I am fasting 2 days/week(Monday and Thursday) since June 2012,and I feel healthier and happier!**

The medical study done by Dr Michael Mosley has emphasized that every person in the world should fast 2 days/ week: for get healthy, to avoid many cancers and to live longer.... He stated that before in the Horizon programme on 6th August 2012

(This is the link to the study: Horizon BBC2 TV 9-10 pm, shown on 6th August 2012

<http://www.bbc.co.uk/programmes/b01lxycz> ) (the link is on only for 1 month)

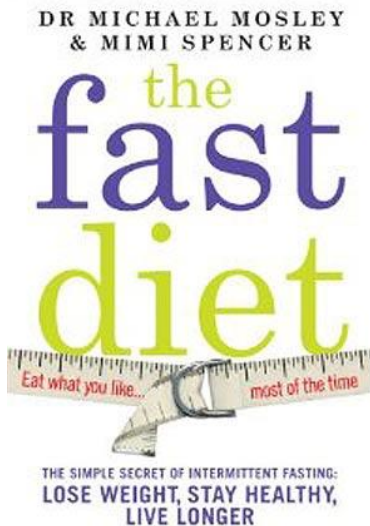
THIS IS A **NEW SCIENTIFIC MEDICAL MIRACLE** OF THE FINAL PROPHET MUHAMMAD (peace be upon him) ,THE PHYSICIAN TO MANKIND regarding INTERMITTENT FASTING/CALORIES RESTRICTION !

### **THE HADITH:**

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 or fasting every other day(Prophet Dawood's fasting) 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 and weight loss.....!

**BELOW IS THE NEW BOOK:**



Eating well ... The Fast Diet

**INTERMITTENT FASTING: The Fast Diet**

This approach to weight loss hit the nation when a Horizon programme was aired back in August with the presenter **Michael Mosley**.

He shed almost a stone in five weeks by eating normally for five days out of seven, and then eating just 600 calories a day for the remaining two.

As well as losing weight, Mosley's cholesterol levels went down and his blood glucose levels improved. Now he's written a book on the subject with journalist Mimi Spencer called The Fast Diet. Due out in February, it can be pre-ordered on Amazon for £5.99 and is published by Simon & Schuster. Mosley says there is evidence that eating well, but not much, also helps to extend life expectancy (at least in animals) by helping to reduce levels of growth hormone.

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NB: Available for interview