



A BRIEF FOR THE IMAMS OF THE MOSQUES TO READ AT COMING FRIDAY PRAYER

## THE IMPORTANCE OF EATING GENUINE HALAL TAYYIB MEAT AND FOODS IN RAMADAN

In the Name of ALLAH, the most Compassionate the most Merciful

**"O YOU PEOPLE ! EAT OF WHAT IS HALAL (lawful) AND TAYYIB (pure/natural) ON THE EARTH, AND DO NOT FOLLOW SATAN'S FOOTSTEPS, VERILY HE IS TO YOU AN OPEN ENEMY !"**

**(Surah 2 (Al baqarah), verse 168)**

Islam is a whole way of life and we have all Islamic details on foods: Halal meat and Halal foods, Haram foods and drinks, how to eat and when to eat etc.....?

For genuine Halal meat/poultry: Our teacher and model, Sayyidna Muhammad (peace be upon him) has told us and has shown us : how to do Dhabh/Zabih (animal slaughter) and he warned us in a Hadith in case one deviate from his humane Prophetic method, as in the use today of many stunning/torture techniques (electric shock for sheeps, electric water bath for poultry and Captive bolt pistol for cows) which are adopted widely by the non Muslims in the UK/Europe and unfortunately by most Muslim/non Muslim companies who supply most so called Halal meat/poultry to most Halal shops and Muslim restaurants?

Although the law in Britain allows Muslims (& Jews) to slaughter their animals according to their religion/Prophetic method and without the use of any stunning technique.?

New Medical scientific knowledge on the effects of stunning on the animal have shown many HARAM OUTCOMES, apart from inflicting **pain** and **cruelty** on the animal:

Some animals **die** from stunning like the poultry (33%)....this is MITAH and is Haram to eat even when the throat was cut after.

There is less bleeding out after stunning and **some blood stays** inside the meat itself.

Blood is harmful to health and Haram to consume.

Stunning the cow has been found to spread Mad cow disease (BSE) too....

### **The Official Muslim view in the UK:**

Halal meat/poultry is only in the Prophetic method of Dhabh and without the use of any stunning before Dhabh or mechanical slaughter.

ALL MUSLIM BELIEVERS SHOULD MAKE SURE THAT THE MEAT/ CHICKEN THEY ARE EATING ARE NOT COMING FROM STUNNED ANIMALS, AND THAT THEY ARE GENUINE HALAL MEAT SLAUGHTERED ACCORDING TO THE PROPHETIC METHOD OF DHABH (direct method with Tasmiah on each animal), ESPECIALLY IN THIS HOLY MONTH OF RAMADAN.

IT IS A DUTY ON EVERY ONE OF US to make sure of Halal!

Unfortunately it was found in many reports/studies that in about 90% of the meat/poultry in halal shops and restaurants, the animals were stunned before: NOT GENUINE HALAL AND MANY MIGHT CONTAIN MUHARRAMAT!

Another order in the Qur'an is to eat also only: **TAYYIB MEAT/FOODS AND DRINKS.**

Unfortunately, most of the meat/poultry we eat today is not Tayyib?

The animal body, in most cases, is full of: antibiotics, hormones, harmful chemicals from vaccines, fed:GM diet , unnatural diet or animal protein?

Also most FOODS today is not Tayyib!

As it is not natural or wholesome , is full of chemicals and additives,processed and is considered as junk foods and is very unhealthy!

For Halal foods and drinks:

We are aware today of many **HARAM ingredients** in many foods and drinks on the market (bread,biscuit,icecream etc...) like:

Gelatin or fat from pork,alcohol etc...

Besides,many foods items contain many HARAM ADDITIVES/E NUMBERS(Emulsifiers,colouring...) like:E 120,E 140,E 471,E 472.....

Every Muslim believer should CHECK AND DOUBLE CHECK AND READ THE INGREDIENTS WRITTEN ON EVERY FOOD/DRINK ITEM

IN THE SUPERMARKET BEFORE BUYING IT!

Vegeterian food(without any animal protein), can be eaten but only after making sure that they contain no alcohol and does not contain any Haram harmful additives or GM ingredients..

Finally,let us all remember these **worrying facts** in case any one eat any haram meat or food or drink:

\*Du'as will not be accepted

\*Ibadat/Salat will not be accepted for 40 days

\*The Muslim will not enter Jannah/Heaven .

We have to remember here the parent's big responsibility in avoiding the feeding of their young developing children any Haram food item,especially as their bodies and organs are developing from the foods they eat?

SENT BY MINAB TO ALL THEIR IMAMS AND MOSQUES

Written by Dr A Majid Katme(MBBCH,DPM)

Spokesman: Islamic Medical Association/Uk on Halal meat  
TV and Radio broadcaster

Tel: 07944 240 622

E-mail address: [akatme@hotmail.com](mailto:akatme@hotmail.com)

Website: <http://www.halaltayyibmeat.com/>