

-The new medical discovery about the many health benefits when one fasts 2 days/week ,as in the Hadith
 -Defend the honour of the Virgin Mary -The Virgin Mary is the role model to all women

By Dr Abdul Majid Katme
 07944 240 622

The views expressed in the article are the author's own

A New Scientific Medical Discovery In A Hadith Of The Final Prophet Muhammad (Pbuh)

Dr A Majid Katme (MBBCH, DPM)

Spokesman: Islamic Medical Association/UK
 akatme@hotmail.com

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: forget 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/b011xyzc>) (the link is on only for 1 month)

THIS IS A NEW SCIENTIFIC MEDICAL MIRACLE OF THE FINAL PROPHET MUHAMMAD (peace is 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

DR MICHAEL MOSLEY & MIMI SPENCER

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.

LOSE WEIGHT, STAY HEALTHY, LIVE LONGER

THE NUMBER ONE BESTSELLING DIETARY SCIENCE

LOSE WEIGHT, STAY HEALTHY, LIVE LONGER

Urgent Appeal To All Muslim Believers: Defend The Honour Of The Virgin Mary

Dr A Majid Katme

Muslim campaign to defend the honour of the Virgin Mary

The National Gallery in Trafalgar Square in London is showing a large photo/painting of the Virgin Mary in a very offensive and insulting way to both believers: Muslims and Christians?

The Virgin Mary is shown completely naked?

The naked painting is deeply disrespectful of the feelings of the adherents of the Holy Scriptures: Muslims and Christians.

They showed also another woman completely naked as the angel Gabriel?

THIS IS BLASPHEMOUS!
THIS IS INSULTING TO EVERY MUSLIM

AND CHRISTIAN BELIEVER!

This big photo/painting is on show till the middle of January, next month.

It is located in the Gallery in: Mary Sunly room: The Passage of the Angel to the Virgin /2007.

The least you can do is to send your E mail complaining against this offensive photo/painting and asking them to take it out immediately.

Ideally, they should be **PROTEST AND PICKETING** of both: Muslims and Christians outside the Gallery.

THE VIRGIN MARY IN ISLAM IS THE ROLE MODEL TO ALL THE WOMEN IN THE WORLD!

She is the symbol of

- Obedience and devotion to GOD
- Pro-life
- Chastity

-Modesty

-Natural birth

-Motherhood

-Womanhood and felinity

And the Prophet Muhammad (peace be upon him) said:

"THE VIRGIN MARY IS THE LEADER OF ALL THE WOMEN IN HEAVEN"

URGENT : Please send your E mail today to complain to:

information@ng.london.org.uk

Alternatively, you can phone the National Gallery and express/record your complaint on: 020 7747 2885

Or by post to: The National Gallery Trafalgar Square London WC2N 5DN

Thank you **FOR HELPING US TO DEFEND THE HONOUR OF THE NOBLE VIRGIN MARY:THE MOTHER OF THE BLESSED JESUS** (Peace be upon him).

The Virgin Mary is the role model to all the women in the world

Dr A Majid Katme

(MBBCH, DPM)

The Virgin Mary as the **ROLE MODEL** to all the women in the world!

According to the final revelation by God, the Holy Bookman **QUR'AN** ...and according to some sayings/AHADITH of the final Prophet Muhammad(peace be upon him),the Virgin Mary(mother of the blessed Jesus, peace be upon him) has got many noble characters and qualities, which are very much needed for women today!

These are:

Chastity. Many of our girls and women today are participating in a variety of promiscuous sexual behaviour which have proven harmful to them physically, emotionally and spiritually and to society at large. Sexually transmitted diseases abound, most devastatingly, AIDS. From unwanted teenage pregnancies, the vulnerability of teenage single motherhood and illegitimate births to abortion, sexual promiscuity has become a norm.

Pro-life. In an age of abortion on demand/600 innocent babies are killed every day in Britain), abortion as a solution to future financial hardship, abortion of those innocent, yet to be born souls who do not match the ideal of physical or mental perfection, Mary or Maryam in Aramaic and Arabic, was the bravest example of a pro-life woman, with her unusual traumatic and unexpected pregnancy!

Modesty/Hiram. Perhaps as never before, a woman and her body has become a mere business commodity, her nudity exposed for all and sundry to see, a tool of marketing industry exploited to generate sales from cars to pornographic material.

The fashion business, dependent upon the concept of planned obsolescence to maintain continual sales, encourages an almost obsessive preoccupation with what is currently fashionable, irrespective of any moral considerations.

Ever greater displays of female nudity have become the fashion norm with particularly impressionable young girls manipulated into the belief that less is more in the eyes of lustful men. The message is clear; as a sexual object, flaunt your sexuality and sexual availability through fashion.

Mary adhered to the highest standards of modesty through her dress and practicing Muslim women follow her example by wearing the dignified and protective Islamic dress of the hijab which permits only the face, hands and feet to be exposed in public. A woman's public dignity not her sexuality, is paramount.

Devotion to God. Mary was a devout woman, frequently at prayer in the temple worshipping God. Today, our girls and women are more often to be found in bars and clubs, worshipping and aping the behaviour of false idols, celebrities from the fashion and music industries.

Mary was devout in her belief in God, **THE PROVIDER,**

the Sustainer of life. From the United Nations to Family Planning Clinics(population control), fear of financial hardship, food shortages and threats of a population explosion serve to confirm a belief that sex is primarily a mere entertainment and not the fulfillment of marriage through procreation. The contraceptive pharmaceutical, fashion and other industries have much to gain in profits from the propagation of the above unfounded fears.

Obedience. Mary, and women who obey God's commands of chastity and modesty, are informed, mercifully protected and saved from the manipulation of the gullible by business and government. Instead of obedience and devotion to God, there is the slavish devotion to fashion and celebrity lifestyle and their attendant harmful consequences.

Motherhood. Mary is the symbol of Motherhood, lovingly devoted to her son, Jesus (peace be upon him). What status has been conferred upon motherhood today?

The description 'housewife and mother' is often accorded derision instead of respect and support. Societal, material expectations and financial pressures upon our women of today, denigrate that most valuable institution of motherhood. Favoring a woman's contribution to the economic health of society through dead end jobs or demanding careers, entails huge conflict between her maternal desires and the love and care a devoted mother can bestow upon

her family and thus prevents her contribution to the health of society at large.

Femininity/Womanhood. Mary is the symbol of not only motherhood and all that entails but of femininity. The most noble yet sadly uncherished qualities of woman; gentleness, compassion and nurturing, have been denigrated in order to compete with men in their aggressive, exploitative and selfish behaviour. Femininity and motherhood, defined by God through nature and by Christian and Islamic moral codes, have now been usurped by a confusing array of sexual orientations and equally confused accompanying behaviour.

Mary in Islam, has been found too to have these great qualities:

A caring **BREASTFEEDING** mother and a symbol of **NATURAL BIRTH**.

NB: All these great high qualities of the Virgin Mary are based on verses in the holy **QUR'AN**.

As Muslims, we revere Mary and her qualities of chastity, modesty, femininity and motherhood. Indeed, the Holy Qur'an, the literal words of God, devotes an entire chapter(or Surah),chapter 19, named in her honour - **Mary (Maryam)**. From this chapter and several verses in the Holy Qur'an do we learn as Muslims of her righteous life and Muslim women are exhorted to cherish and promote chastity, modesty, femininity and motherhood. Depictions of the Virgin Mary, are to be found in chapters 2, 3, 4, 5, 9, 23, 33, 57 and 61, twelve in all.