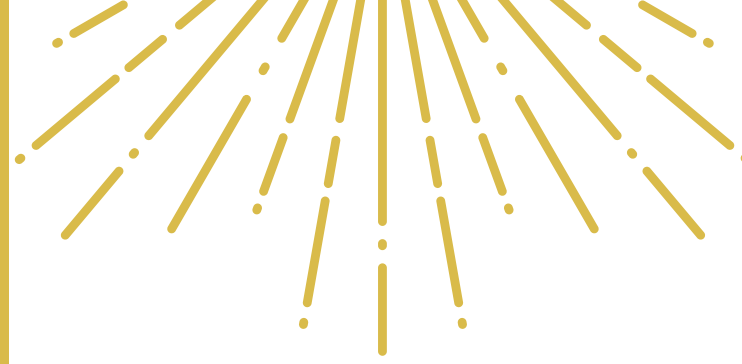
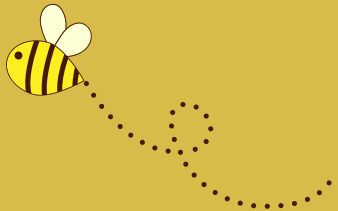


حَدَّثَنَا عَيَّاشُ بْنُ الْوَلِيدِ، حَدَّثَنَا عَبْدُ الْأَعْلَى، حَدَّثَنَا  
 سَعِيدٌ، عَنْ قَتَادَةَ، عَنْ أَبِي الْمُتَوَكِّلِ، عَنْ أَبِي  
 سَعِيدٍ، أَنَّ رَجُلًا، أَتَى النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ  
 فَقَالَ أَخِي بِسْتِكِي بَطْنَهُ. فَقَالَ " اسْقِهِ عَسَلًا ". ثُمَّ  
 أَتَى الثَّانِيَةَ فَقَالَ " اسْقِهِ عَسَلًا ". ثُمَّ أَتَاهُ فَقَالَ  
 فَعَلْتُ. فَقَالَ " صَدَقَ اللَّهُ، وَكَذَبَ بَطْنُ أَخِيكَ،  
 اسْقِهِ عَسَلًا ". فَسَقَاهُ فَبَرَأَ.

A man came to the Prophet (ﷺ) and said, "My brother has some Abdominal trouble." The Prophet (ﷺ) said to him "Let him drink honey." The man came for the second time and the Prophet (ﷺ) said to him, 'Let him drink honey.' He came for the third time and the Prophet (ﷺ) said, "Let him drink honey." He returned again and said, "I have done that ' The Prophet (ﷺ) then said, "Allah has said the truth, but your brother's `Abdomen has told a lie. Let him drink honey." So he made him drink honey and he was cured.

Reference: Sahih Bukhari

In-book reference: Book 76, hadith 7



## Surah Nahl Ayah 69

ثُمَّ كُلِي مِنْ كُلِّ الثَّمَرَاتِ فَاسْلُكِي سُبُلَ رَبِّكِ ذُلُلًا  
 يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ  
 لِلنَّاسِ إِنَّ فِي ذَلِكَ لَآيَةً لِقَوْمٍ يَتَفَكَّرُونَ ٦٩

and feed from 'the flower of' any fruit 'you please' and follow the ways your Lord has made easy for you." From their bellies comes forth liquid of varying colors, in which there is healing for people. Surely this is a sign for those who reflect.



علمني رسول الله

# The Significance of Honey

AMEER HUSAIN  
 SEERAH PROJECT  
 10TH GRADE  
 SR HOURIA





## ISLAMIC BENEFITS

1. Promotes Healing: Honey is encouraged as a natural remedy for physical ailments.
2. Digestive Health: The Prophet (ﷺ) recommended it for stomach ailments.
3. Boosts Immunity: Recognized for its strength-building properties.

The Quran and Sunnah revealed the healing properties of honey and its benefits over 1400 years ago, and modern science directly confirms it today.



## SCIENTIFIC BENEFITS

1. Contains antibacterial properties, which help prevent infection.
2. Studies show honey aids in digestion and can soothe stomach pain.
3. Rich in antioxidants that support immune system function.

