

Honey as a cure...



1 The Qur'an and Hadeeth both refer to honey as being a cure

There comes forth from their bellies (honeybees), a drink of varying colour wherein is healing for men. (16:69)

2 Our beloved Nabi sallallahu alayhi wassalam advised its use for stomach problems.

A man came to our beloved Nabi, sallallahu alayhi wasallam, and said: "My brother has some abdominal trouble." our beloved Nabi, sallallahu alayhi wasallam, said to him, "Let him drink honey.".... (Bukhari)

3 Having honey for 3 mornings every month will save from calamities

"Whoever [eats/has a spoonful of] honey three mornings every month, will not suffer any serious calamity." (Ibn Majah)



'Allamah Ibn al-Qayyim (rahimahullah) writes that our beloved Nabi sallallahu alayhi wassalam would:

- 1) drink honey with water on an empty stomach...
- 2) drink honey mixed with cold water...

(Zadul Ma'ad)