



Are you among those who do not eat 7 dates per day ..

If yes then regret your past days! Try to consider the advantages of this:

- Decrease of the cholesterol level in blood and prevention from atherosclerosis, for containing pectin.
- Avoiding dental caries for containing fluorine.
- Prevention from toxins for containing sodium, potassium and vitamin C.
- Anemia treatment for containing iron, copper and vitamin B2.
- Osteomalacia and rickets treatment for containing calcium, phosphor and vitamin A.
- Appetite loss and lack of concentration treatment for containing potassium.
- General weakness and heart palpitation treatment for containing magnesium and copper.
- Rheumatism and brain cancer treatment for containing boron.
- Anti-cancer for containing selenium.
- Avoiding colon cancer, prevention from hemorrhoids, decrease of gallstones, facilitation of pregnancy, delivery and confinement periods for containing good fibers and easily digested carbohydrates.
- Sexual dysfunction treatment for containing boron and vitamin A.
- Hair loss, eyes fatigue, chilitis and stomatitis treatment for containing vitamin B2.
- Stomach acidity treatment for containing chlorine, sodium and potassium.
- Gingivitis, capillaries and blood vessels weakness, muscles and cartilages weakness treatment for containing vitamin C.

It was reported from our Prophet (PBUH) both sayings: *من تمر العالية لم يضره ذلك اليوم سم ولا سحر* and *بيت لا تمر فيه جياع أهله*, and that He ate dates with butter, dates with bread, dates alone, and dates also strengthen the liver and make you more flexible, plus they kill worms when eaten before any food. Also all kinds of dates have various advantages

This and more can be found in dates... Glory to God!

The heart attack and the risk factors for coronary artery diseases



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A heart attack (also referred us coronary a myocardial infraction) after occurs when a blood clot becomes stuck in a narrowed artery. When this happens, the person may experience angina symptoms that can not relived by rest or medication. This pain may be described as pressure, tightness and squeezing sometimes crushing.

The pain may be severe. It is often accompanied by navsia, vomiting stress ness of breath, dizziness or irregular beats.

Risk factors for coronary artery diseases are:

- Smoking
- High blood cholesterol
- High blood pressure (Hypertension)
- Lack of regular exercise
- Stress
- Obesity
- Diabetes mellitus

What can you do to decrease risk of cardiovascular disease?

- If you smoke, stop
- Exercise regularly
- Limit the fat and salt in your meals
- Take the medicine prescribed to you
- If you have diabetes and if you have hypertension follow your doctor's advice to control the disease
- See your doctor for regular check ups.

