

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
وَجَعَلْتُكَ مَنَاسِكَ
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The HALAL FOOD

The PERMANENT HEALTH

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Perpetuate your idea

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Preface

Islamic instructions have emphasized eating the Halal foods and avoiding the Haram foods.

In a narration from **Prophet Muhammad** (peace be upon him), it is mentioned beautifully that:

"Eating Haram and forbidden foods resembles building a house on sand and water."

We should know the Exalted God has allowed eating the foods that are profitable, useful and strengthening to reinforce our body and He has outlawed the foods that are harmful for our health.

Muslims believe all acts of Allah are purposeful. It means that His acts include benefits for all creatures. So it is not true both doing and leaving His commandments would be the same. Allah is the All-perfect, All-mighty, All-sufficient and

all His acts are wisely.

In this era, humans must refer to little partial data on different sources to access religious instructions about useful, allowable foods. But the magnanimous author has mentioned all these subjects in this book and he has presented it to all Muslims.

Our best appreciation and blessings to the author is that we pray he would be successful in writing next useful books.

God willing

Ja'far Haji Karimi

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