

علوم وصحة  
Health & Science

from page 9

In April of 2009, an international research team sponsored by the Cochrane Collaborative, even found that consumption of the antioxidant supplements beta-carotene, Vitamin A, and Vitamin E actually correlated with shorter life spans! (ScoutNews; Armijo-Prewitt)

Another reason people can't substitute supplements for food is that there are more than 20,000 different antioxidants in food, but science has only figured out how to isolate a few of these. (Hellerman)

In addition to not being able to reproduce food nutrients, science cannot understand which of the known elements of food may be the most important ones. For example, science can extract sulforaphane, a compound found in broccoli, and put it into a pill. However, this is not the same as actually putting the entire broccoli in a pill.

Amy Stewart, author of *The Earth Moved: On the Remarkable Achievements of Earthworms*, puts it quite simply when she says, "The fiber and

juice in an orange, the beneficial oils in a walnut, the micronutrients in a spinach leaf are simply not readily available in pill form." (Stewart)

As science moves forward to learn more about the nutrients in foods, it is ultimately Allah (SWT), the Creator of these foods, Who holds the secret to the healing elements present in their mix. Almighty Allah says, (O you who believe! Eat of the good things that We have provided for you, and be grateful to Allah, if it is Him ye worship.) (QS Al-Baqarah/2:172)

Islamonline



"The fiber and juice in an orange, the beneficial oils in a walnut, the micronutrients in a spinach leaf are simply not readily available in pill form."

**"O you who believe! Eat of the good things that We have provided for you, and be grateful to Allah, if it is Him ye worship." (QS Al-Baqarah/2:172)**



**BEFORE YOU TAKE THAT PILL**

**WHY THE DRUG INDUSTRY MAY BE BAD FOR YOUR HEALTH**

*Risks and Side Effects You Won't Find on the Label of Commonly Prescribed Drugs, Vitamins, and Supplements*

**J. DOUGLAS BREMNER, M. D.**

كتاب الأسبوع  
Book of the Week

**The Miracle of Islamic Science**

Written By Dr KA Ajram

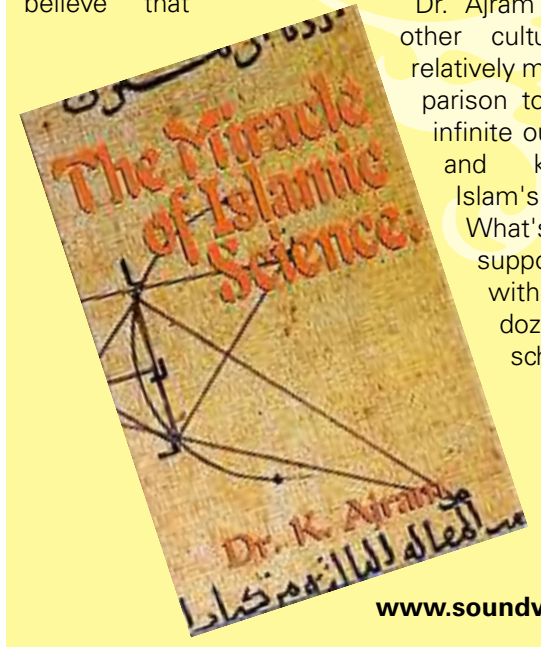
The history books and encyclopedias on science are overwhelmingly biased against the Islamic Sciences. Many of these books leave the impression that the Muslims (Arabs) acted merely as a conduit for the transfer of the wisdom of the ancient Europe.

Few, if any, original contributions are mentioned. Most people believe that

the scholars of ancient Greece originated the principles of modern science. Yet the fact is the Muslims ruled the world longer than the Greeks or the Romans did; further, they could never reach the size or grandeur of the Islamic empire neither their literary and scientific output was as great.

This book is an attempt to fairly account the contributions of the Muslim scientists and scholars.

Dr. Ajram states that all other cultures played a relatively minor role in comparison to the seemingly infinite output of science and knowledge of Islam's scholars. What's more, he supports his findings with the opinions of dozens of Western scholars.



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**SCIENTISTS**

**AL-IDRISI (1100-1165)**



**Name:** : Abu Abd Allah Muhammad al-Idrisi al-Qurtubi al-Hasani al-Sabti  
**Title** : Dreeses  
**Birth** : Ceuta (Sabtah), Morocco, North Africa, in 1100.  
**Death** : Sicily, Italy, in 1165.  
**Ethnicity** : Arab.  
**Expertises** : Geography, Cartography, Egyptology.  
**Notable Ideas** : Geographer, cartographer, Egyptologist and traveller  
**Works** : *Nuzhat al-Mushtaq fi Ikhtiraq al-Afaq* (The Delight of One Who Wishes to Traverse the Regions of the World), or more simply *al-Kitab al-Rujari* (The Book of Roger or Tabula Rogeriana). The text contained 71 part maps, a world map and 70 sectional itinerary maps, representing the seven climates each divided longitudinally into 10 sections. Another book was *A Diversion for the Man Longing to Travel to Far-Off Places*.

Wikipedia: www.saudiaramcoworld.com