



**AN ISLAMIC HEALTH MESSAGE TO ALL WOMEN ON:
INTERNATIONAL WOMEN'S DAY: 8th March/2012**

We would Like to offer to all women in the world , on this International Women's Day(8th March),this unique effective Islamic Divine Healthy prescription from our all Almighty GOD :

The Islamic teachings and guidances with all the prohibitions/harams to avoid and all halals to practice ,when adopted, have been found , in comparative medical studies, to be the best for the HEALTH of every woman on our planet :!

- By adopting chastity/abstinence(no adultery) and avoiding sex before and outside marriage(fidelity),women(& men) will avoid about 25 sexually transmitted diseases and avoid pain,suffering,infertility,unwanted pregnancies,abortion,illegitimate children ,teenage mothers and even death....
- By avoiding:alcohol::women can avoid about 50 diseases
- By avoiding smoking::women can avoid about 25 diseases_
- By adopting Breastfeeding for good period :,women and their children will avoid many diseases including breastcancer in many cases :
- By avoiding abortion: : many women will avoid breast cancer and post abortion syndrome/psychological disturbances
- By having sexual relation only with the husband(one man) who is circumcised :Women will avoid many cases of Cervical Cancer.
- By staying modest,covering the flesh from exposure to the sun as on the seaside,women will avoid many thousands cases of skin cancer
- Etc...

The holy Book AL [QUR'AN](#) has been described as SHIFA/CURE from a lot of diseases!

Finally we would like to appeal to every women to adopt this unique effective Divine Islamic prescription for their own health,safety,happiness and survival.

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