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On Abstaining From Certain Foods

Ishaq b. Yusuf narrated from Muhammad b. al-'Ays that he said to Abu 'Abd Allah, peace be upon him: "May I be your sacrifice, someone among us is ill and the medical practitioners instruct him to abstain from certain foods." He [Abu 'Abd Allah] said: "We Ahl al-Bayt do not abstain except from dates (*al-tamr*) and we cure ourselves with apples and cold water." He [Muhammad] said: "Why do you abstain from dates?" He said: "Because the Prophet, blessings on him, made 'Ali peace be upon him abstain from eating them when he was ill."

And he said: "The patient is not harmed by the food from which he abstains."

Ahmad b. Muhammad narrated from al-Hasan b. Mahbub from 'Ali b. Ri'ab from al-Halabi who said: I heard Abu 'Abd Allah, peace be upon him, say: "Abstaining from food is not beneficial after seven days."

Al-Hasan b. Raja' narrated from Ya'qub b. Yazid from one of his associates from Abu 'Abd Allah, peace be upon him, who said: "Abstaining from food is for eleven mornings, then there is no abstaining [from it]."

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