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On Pain in the Waist

He said: "Take four *mithqal* of pepper, and a similar quantity of ginger, long pepper, rice (*birinj*), mace (*basbasa*), and Chinese cinnamon, each of them the same quantity, that is, four *mithqal*. Take forty-five *mithqal* of good, pure, fresh butter (*al-zibd*), and forty-six *mithqal* of white sugar. Grind them all and sieve them in a cloth or fine sieve. Add twice its total weight of honey which has had its foam removed. Whoever drinks it for the waist, let him take the weight of three *mithqal*; whoever drinks it as a laxative (*al-mashw*), let him take the weight of seven *mithqal* or eight with tepid water. It will remove every illness, Allah, the Exalted, willing, and with this medication there is no need for any other. It compensates and is a substitute for all medication. When it is taken as a laxative and the bowels have stopped moving, then let it be taken with honey, for it is good and tried."

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