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On Thinness

Isma'il b. al-Qasim al-Mutatabbib al-Kufi narrated from Muhammad b. 'Isa from Muhammad b. Ishaq b. al-Fayd who said: I was with al-Sadiq, peace be upon him, when a man from the Shi'a came and said to him: "O son of the Messenger of Allah, my daughter is wasting away and her body has become thin (*nahal*). Her illness has been protracted and she has a loose belly."

Al-Sadiq, peace be upon him, replied: "What keeps you from eating this rice (*al-aruzz*) with the blessed fat. Allah only made fat unlawful for the Banu Isra'il because of its great blessing in eating it, until Allah removed what was in it. Perhaps you think it will be harmful because of the amount of treatment she has had?" He [the man] said: "O son of the Prophet of Allah, how shall I prepare it?"

He replied: "Take four stones and place them under the fire. Put the rice in a pot and cook it until it is done. Then take the fresh fat of two kidneys and put it in a bowl. When the rice is cooked, take the four stones and throw them into the bowl which contains the fat and turn over it another bowl. Shake it violently and do not let its steam escape. When the fat melts, add it to the rice and let her sip it, neither hot nor cold. She will be cured, Allah, the Mighty and Sublime, willing." The man said: "By Allah, there is no god but Him, she ate it only once and recovered."

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