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Pears

Muhammad b. Ja'far al-Bursi narrated from Muhammad b. Yahya al-Armani from Muhammad b. Sinan al-Zahiri from Yunus b. Zabyan from al-Mufaddal b. 'Umar from Muhammad b. Isma'il b. Abu Zaynab from Jabir al-Ju'fi from Muhammad b. 'Ali al-Baqir, peace be upon him, from his forefathers that Amir al-Mu'minin, peace be upon him, said: "Eat pears (*al-kamathra*), for they burnish the heart (*al-qalb*)."

From Ziyad b. al-Jahm from al-Halabi, who said: Abu 'Abd Allah, peace be upon him, said to a man who complained to him of a pain he felt in his heart: "Eat pears."

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