

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

BismİLLAH-IR-RAHMAN-IR-RAHEEM
In The Name of Allah, Ar-Rahman, Ar-Rahim

*Some Possible Fine Tips&Tricks
for a healthier and safer life
in Sha Allah(if God Wills)*

Mr.Cool



As everybody is living in a life-span; there could be sometimes some tips & tricks which might help people to take some good steps easing his life[better health] and resulting in a better results if Allah / God Wiils.

Some of such tips & tricks could be like in the following slides with the usage of the name mr.cool in Sha Allah :

*Yahya Yunus [asım umut metin]
www.yahyayunus.net
Last update:14.10.2010
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For The Security of Home:

A Home in tranquility might sound fine.

For instance, letting daylight and sun-light inside; and fresh air available, finely isolated, finely secured with the doors& windows locks&keys tight.. ; might be fine.

But especially for singles, when they go out; a very simpler things could be much harder for someone to get in to the house! For instance: Securing with bands in addition to the locks with the doors inside which would not be able to sticked again otherwise inside. In order apply a similar precoution a sliding lock could be applied to the door as an easier means of application.

But leaving something with cloth overthrown and taken of its photo could also mean a preventive means when the pictures compared before and after or just archived for a later time in a possibility of suspicion.



An Addition to Home:

Something might make a quite difference if someone lives a family life. A wife or parents or a relative at home might mean a better-secured house.

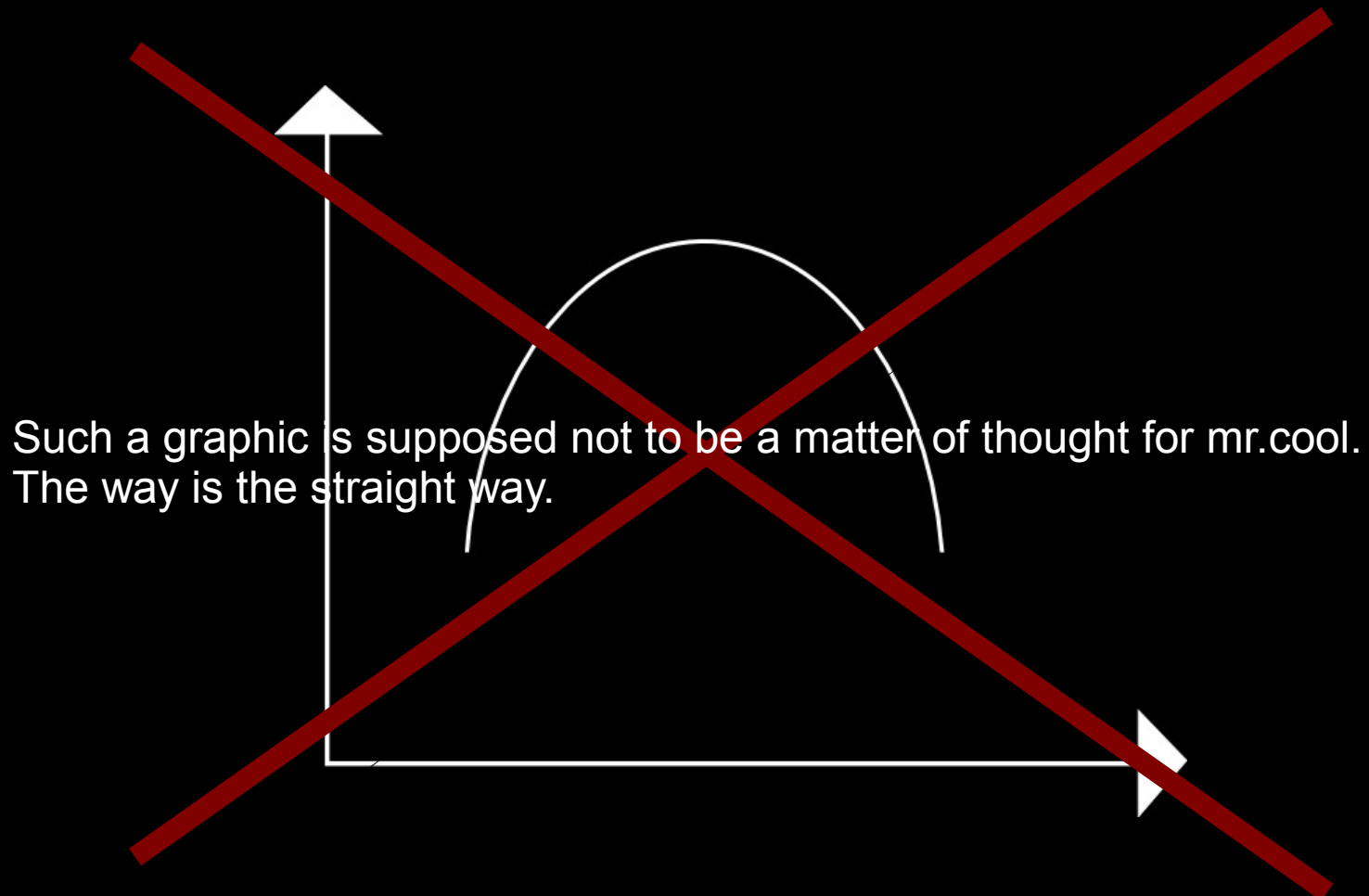
Especially, for singles; a wife *-in usual-normal terms-* could mean a securer home. And, normally, muslims should marry their singles.



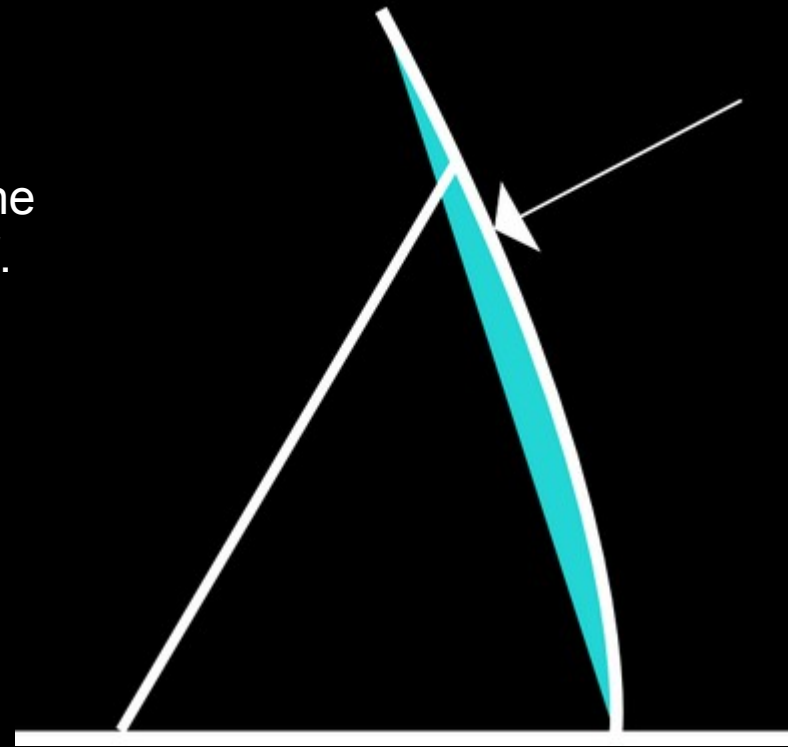
Preventing Strees:

Strees(of hurry etc.) could easen the possiblility of making a mistake. Eventhough it could be necessary for a muslim to be patient for what befalls him; it is the right action to go away or isolate from recoverable stress factors [for instance; some unnecessary monotone jobs which would be easened by a few easy application of some tools], not exposing yourself to unnecessary expose of torture.

Stress factor



Mr.cool of course do not let loose to use the gurad – shield and defend and protect himself.



Feed Well –Healthy:

It is very important to perceive from the importance of feeding well and healthy in Sha Allah. This condition can be seen and verified from Various ayats from Our Great Sacred Book; Qur'an; Which was descended from The Stage of The



**The fruits in the photo were assumed to be not genetically changed. Keep away from such one*

Prevent from genetically changed:

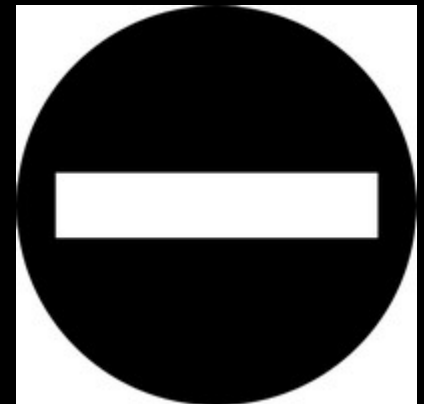
As I tried to stress the Prohibition of genetical change of an organism in Islam; as it is the meaning of the degradation of the best creation Which Allah / God Has Created and Spread to the world.

As the change of the best creation from the deepest level structurally could only mean the degradation of them and the calculation of the evil

And I referred it from The Great Qur'an from Surah An-Nisa page 96.

Then, it is necessary for a muslim to prevent from genetically changed and not to eat it.

Although it is very disgusting even to mention; there were seen many filthy results of eating from the genetically changed in animals.



There are examples from The Great Qur'an about the mention of some foods:

There are Surah "At-Tin" which means "the fig" and the fruit is certainly a superior fruit and by the permission of Allah, we could also understand and see that some of the fruits were superior than some other that which is again a miraculous and concise fact in accordance with the truth.

Completing the gaps (for instance of a vitamin maybe) with the fruits could be the matter of consideration which is again could be fulfilled by the eating of the fruits of its season that this fact again is again what is prescribed for us in The Great Qur'an.



gc and Wearing

While we are referring the change of genetical structure is HARAM in Islam; Allah Protects us in Sha Allah, but one of a possibility that it may rape into a possible aspect of life is the wearing.

Hoping from All-Mighty Allah that such a thing in Sha Allah be minimized - terminated.

And “in an asia country, where the soil were given by gcs has given up a gc-cotton and the people around there were badly affected by that and forced to go to hospitals..” may be given as a lesson-story for the badness of it.

And mr.cool, in that sense, prevents himself from wearing a genetically-changed.

On the other hand, he prevents himself from possible ittchy wearings that could have dangerous health affects on human health *-unless forced etc.-*



Honey & Its Superior Benefits

Yüce Kur'an'da One of the foods with its superior features that have been mentioned in Great Qur'an is honey.

The bee which tries to fullfy what was revealed for it from the Stage of its Rab; brings the honey which may include many beneficial contents for the human from the mountains and from various ..

One of the Surah in Al-Qur'an Al-Qareem is “An-Nahl” and which means “The Bee” .



Allah Knows it best so this serie might be susceptible to develop
Thank you for the view! Good days in Sha Allah.
Al-Hamd-u-LILLAH-I-RABBIL ALEMEEN