

## Benefits of Salt

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

The Prophet (sallal laahu alaihi wasallam) said: "O Ali! You should commence your meal with salt, since there is cure in salt for 70 illnesses and amongst them are leprosy, leucoderma, insanity, stomach and toothaches". ("Jaame Kabeer").

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