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إلهي لا يطيب الليل إلا بشكرك ولا يطيب النهار إلا بطاعتك .. ولا تطيب اللحظات إلا بذكرك
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The Divine Oath of Figs and Olives in the Holy Quran and its Relationship with the Best Stature of the Man.

Prepared by: Samah Walid Fatayer.

Supervisor: Dr. Hisham Darwish.

Abstract

This research describes the relationship between the swearing object “Al Teen and Az Zayton” in the holy Teen Surah and what is sworn on “We have indeed created man in the best molds”. The interpreters had different views on the reason behind what Allah calls for in the fig and olive Surah “Al Teen and Az Zayton”.

The question which puzzled the interpreters was, whether it is meant by them the fruits or the origins of figs and olives or signals which refer to the era of Adam and Nooh. This study aims for initiating a preliminary comparison between these interpretations and refuting them in an attempt to get closer to the rightful interpretation in the light of the modern scientific findings and previous interpretations.

As the fig and olive emerged in the shape of an oath from Allah the Greatest, there must be a relationship between the swearing object and what is sworn on and the swearing object must be great to serve the affirmation of Allah on the greatness of the swearing object and what is sworn on in the Teen Surah “We have indeed created man in the best molds”.

The light was shed on the mold of the man and whether it is meant by it the physical or the moral meaning and what triggered this question was the verses which followed “Then we reduced him to the lowest of the low” which was interpreted by the Greatest as either the fire (hell) or the lowest of the low portraying in being feeble with old age but the exception which was mentioned in the verses thereafter “Except those who believe and do righteous deeds” caused a problem to those who interpreted the lowest of the low as feeble with old age since those who believe will reach the aging stage like the unbelievers.

Affectation and arbitrariness were made obvious in the interpretation as an attempt to bridge the gap in interpreting these verses to look reasonable, and after analyzing the components of figs and olives, their relationship to the physical and moral health of the human being seemed to be close. Physically, the fig is rich in water, fibers, carbohydrates, vitamins which dissolve in water, minerals and antioxidants, while the olive is rich in good

fats and vitamins which dissolve in fats, minerals and other antioxidants so therefore, figs and olives complement each other and they both contain all the important nutrients for the vital body functions, immunity and treatment of incurable diseases like diabetes, cancer, cardiac diseases, blood vessels, high blood pressure and cholesterol, Alzheimer, fighting other aging symptoms in addition to other diseases like kidney stones, gout, rheumatism, constipation, gallstones, infections, wounds, burns as well as aesthetic uses for skin and hair. In order to know their impact on the moral, it is crucial to identify the relevance of energy to food.

It is found that green plants which are subject to sun, air and water for a longer time are the most saturated with energy, therefore olives contain high energy and the finding was of the research matched this deductive reasoning where the olive oil had the highest electromagnetic frequency among the foods and it has been measured as 315 Mega Hertz (MH) which added another treatment value affecting the human morals thus increasing its capabilities in facing all kinds of diseases. In addition to that, Hormone Melatonin has been identified and confirmed in the olive oil which has to do with the mood, energies and the surrounding vibrations and it affects the human biotime and it is considered one of the hindering factors to aging.

As a result of these information, the closest interpretation of the fig and the olive is the fruits which are scientifically relevant to the good shape of the physical and moral human being and what is meant by the "lowest of the low" is the certain moral downgrade of every person who diverted from the common sense that God gave it to people which will be followed by going to hell. In addition to that, the "lowest of the low" is physical as the unbeliever's bodies will be deemed to damage and rapid aging due to the diseases which are resulted from stress, tension and harmful practices which God prohibited them but they didn't pay any attention.

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www.hodaalquran.com

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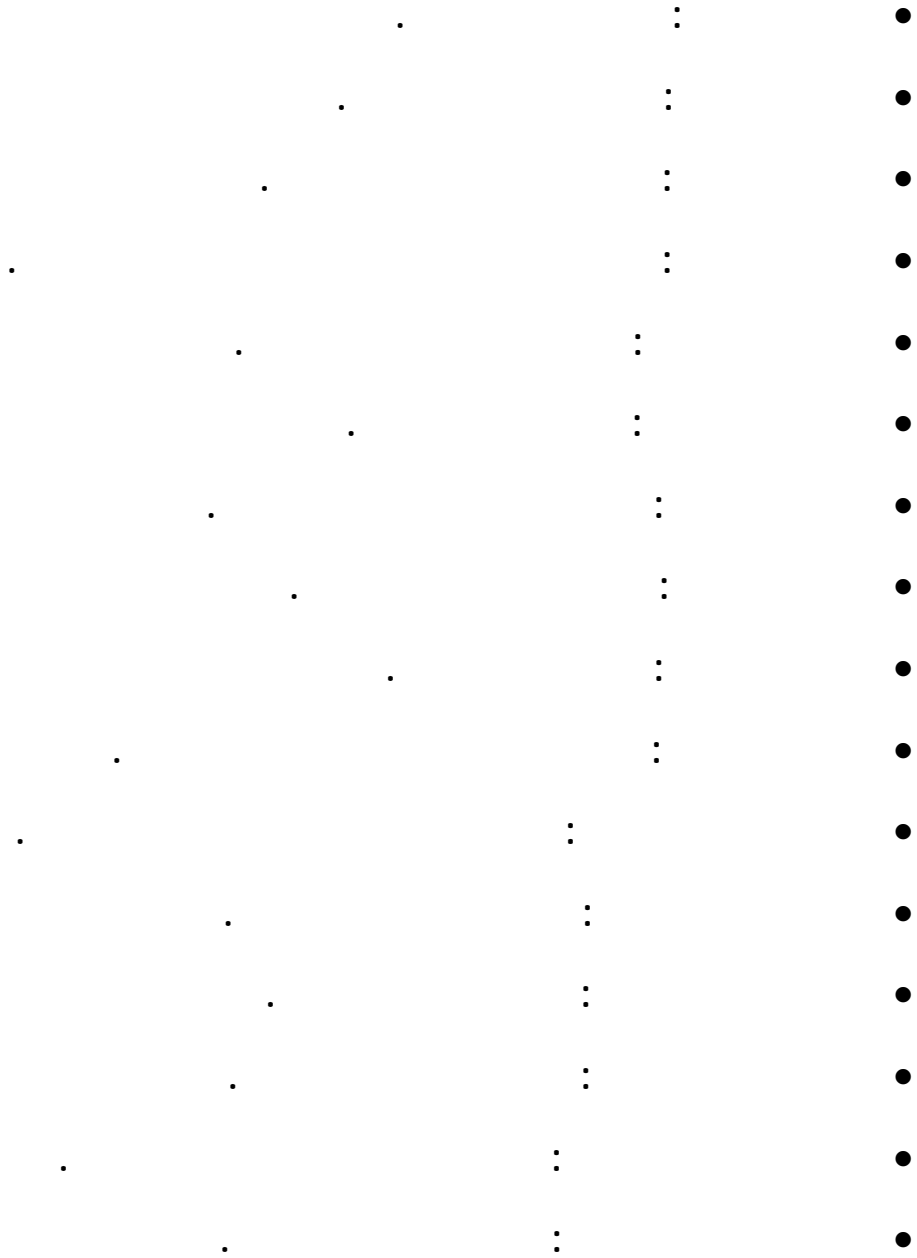
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Caria

²Pompeii

(Romulus and Ramous)

¹ . "fruit facts: fig"

²Cyrene ¹(Ovid)
³Saturn
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⁵ :
⁶ :

Fig	
Figuier	
<i>Ficus caria</i>	
Embryophyte	
Angiospermae	
Eudicotyledons	
Rosales	
Moraceae	
(800) Ficus	
<i>F. caria</i>	:

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⁶ . Classification of figs, from: www.figweb.org

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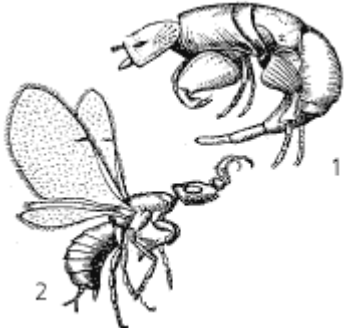
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ن². ويسمى هذا المحصول في فلسطين بالتين الدافور ويخرج عادة على

اطراف الافرع التي نمت سابقا ومن اصنافه الخضاري والغزلاني³.

main fruits : -2

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². *Ficus caria*, from www.hort.purdue.edu.

³. وكالة الأنباء الفلسطينية www.wafainfo.ps

⁴. *Ficus caria*, www.hort.purdue.edu.

⁵. www.alkafeel.net

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	:	seed oil
	:	أ. linolenic acid
	:	ب. oleic acid
	:	ت. palmitic acid
	:	ث. arachidic acid
%67.6	:	-2
%16.4	:	leaves
%5.3	:	N-free extract, %3.6 pentosans
bergaptene	:	المواد الكيميائية المختلفة مثل
tyrosine ⁴	:	تين carotene
	:	stigmasterol
	:	sitosteol

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⁴. *Ficus caria*, from www.hort.purdue.edu

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¹ ficin

caotcbouc
malicacid cerine albumin resin
proteolytic rennin sugar
lipase diastase esterase enzymes
peroxides catalyze

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⁴ 5-4

¹. www.safeglobal.com

². A. hashemi, S.Abediankenari,M.Ghasemi, M.Azadbakht, Y.Yousefzadeh, A A Dehpour, (2011), "the effect & fig lafex ficus caria on stomach line cancer), Iranian red crescent medical journal,(13) 4 272

³

www.wafainfo.com ⁴

World fresh fig production - all volumes are in metric tons (MT)

	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Turkey	235 000	250 000	280 000	275 000	285 000	290 151	210 152	205 067	244 351	254 838
Egypt	150 200	194 631	135 834	160 124	192 250	295 510	262 307	304 110	286 682	184 972
Iran	71 228	81 000	89 000	80 769	87 522	77 000	67 000	76 414	76 414	76 414
Morocco	75 600	97 500	67 000	60 000	82 600	77 000	61 606	69 723	70 000	74 300
Algeria	40 864	60 694	63 266	64 940	69 799	91 927	63 883	78 735	83 801	99 100
Syria	40 019	43 400	41 089	36 696	49 881	51 384	41 086	40 262	53 724	41 000
U.S.A.	37 195	48 260	43 998	46 357	44 633	37 830	43 363	39 280	39 689	37 113
Greece	95 258	88 987	25 000	21 245	23 493	22 255	20 413	18 000	15 000	11 014
Spain	43 163	41 130	43 533	41 297	35 295	26 442	25 906	30 828	24 400	26 800
Afghanistan	17 000	20 000	21 960	22 000	55 000	20 000	30 000	30 000	25 000	25 000
Brazil	25 981	23 921	25 586	26 839	23 697	26 476	23 225	22 565	24 146	25 727
Tunisia	19 000	18 000	21 000	27 000	23 000	25 000	22 000	25 000	28 000	28 700
Italy	21 803	13 354	19 349	21 226	20 091	23 629	17 013	15 900	12 106	12 022
Albania	22 790	14 500	17 500	14 000	16 000	16 650	16 000	18 000	19 517	18 387
Portugal	14 472	15 052	14 160	14 000	12 889	16 000	16 500	16 600	15 004	17 200
India	10 822	10 546	11 219	11 821	12 552	13 948	15 260	16 560	17 164	20 700
Japan	0	0	16 052	15 942	15 942	16 000	16 500	16 398	15 523	14 000
Libya	4 000	10 000	10 000	10 000	10 350	10 000	10 000	10 000	10 250	10 550
Azerbaijan	8 100	8 400	9 382	8 406	9 503	11 361	10 565	10 579	7 704	8 534
Lebanon	16 500	8 904	12 200	9 600	6 900	5 800	4 900	5 000	5 769	4 500

¹. World fresh fig production, www.novagrim.com

World fresh fig exports - all volumes are in metric tons (MT)

	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	TOTAL
Turkey	0	6 409	6 412	9 138	10 376	9 583	8 895	7 489	9 573	12 941	13 700	94 516
Austria	1 870	1 896	3 179	3 974	5 523	4 795	4 241	3 205	4 640	6 131	5 740	45 194
Netherlands	1 066	1 372	1 540	2 229	2 497	2 313	2 665	2 177	2 133	2 946	2 367	23 305
Spain	1 818	2 052	1 927	1 792	1 774	1 525	1 859	1 011	1 926	1 257	2 091	19 032
Italy	1 390	1 369	1 816	1 339	2 041	1 448	1 277	1 137	2 072	1 727	2 463	18 079
Brazil	707	633	622	815	910	837	875	1 599	1 645	1 669	817	11 129
Belgium	968	327	1 240	1 038	2 200	1 573	1 020	290	1 388	442	401	10 887
France	481	470	557	479	740	745	776	907	971	826	946	7 898
Germany	284	117	136	333	324	545	616	352	435	1 047	1 195	5 384
Syria	0	999	1 447	1 304	881	180	204	0	0	0	0	5 015

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www.attabeeb-g.com :

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جدول رقم 3 يبين القيمة الغذائية لكل 100 غم تين اخضر		
القيمة لكل 100 غم تين طازج	الرمز الكيميائي	المادة الكيميائية
80 gm	H ₂ O	ماء
74 cal	Cal.	سعرات حرارية Calories
2.7 gm	Cal.	سعرات حرارية من الدهون Calories from fats
18 gm	Carbohydrates	نشويات
3 gm	Fibers	الياف
0.8 gm	Proteins	بروتينات
16 gm	Sugars	سكريات
0 gm	Cholesterol	كولسترول
Fat soluble vitamins فيتامينات تذوب في الدهون		
142 mcg	Vit. A	فيتامين أ
0 mcg	Vit. D	فيتامين د
0.12 mg	Vit. E	فيتامين هـ
4.7 mcg	Vit. K	فيتامين ك
Water soluble vitamins فيتامينات تذوب في الماء		
2 mg	Vit. C	فيتامين سي
0.06 mg	Vit. B1	فيتامين ب1 Thiamin
0.04 mg	Vit. B2	فيتامين ب2 Riboflavin

0.4 mg	Vit. B3	فيتامين ب3 Niacin
0.3 mg	Vit. B5	فيتامين ب5 Pantothenic acid
0.113 mg	Vit. B6	فيتامين ب6 Pyridoxine
6 mcg	Vit. B9	فيتامين ب9 Folate
Electrolytes الايونات		
1 mg	Na	صوديوم
232 mg	K	بوتاسيوم
Minerals معادن		
35 mg	Ca	كالسيوم
14 mg	P	فوسفور
17 mg	Mg	مغنيسيوم
0.38 mg	Fe	حديد
0.6 mg	Cu	نحاس
0.2 mcg	Se	سيلينيوم
0.14 mg	Z	زنك
0.082 mg	Mn	منغنيز
Micronutrients مواد غذائية اخرى		
4.7 mg	Choline	كولين
9 mg	Lutein & zeaxanthin	لوتين وزيكسانثين
-	Phytosterols	فايتوستيرولات

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¹Ascorbic Acid :C

carnitine

mitochondria

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¹. www.lpi.oregonstate.edu

¹ beta-caroten pro-vitamin A : A

retina

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²: E

tocopherols

alpha-tocopherol

tecotrienols

LDL

platelets

vaso dialation

aggregation

³: K

Phylloquinone

K1

Menaquinone

K2

¹. www.nlm.nih.gov

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¹:Zinc

RNA and DNA polymerase , NADH dehydrogenase, DNA transcription :
Copper-Zinc Carbonic anhydrase
superoxide dismutase

²: Se

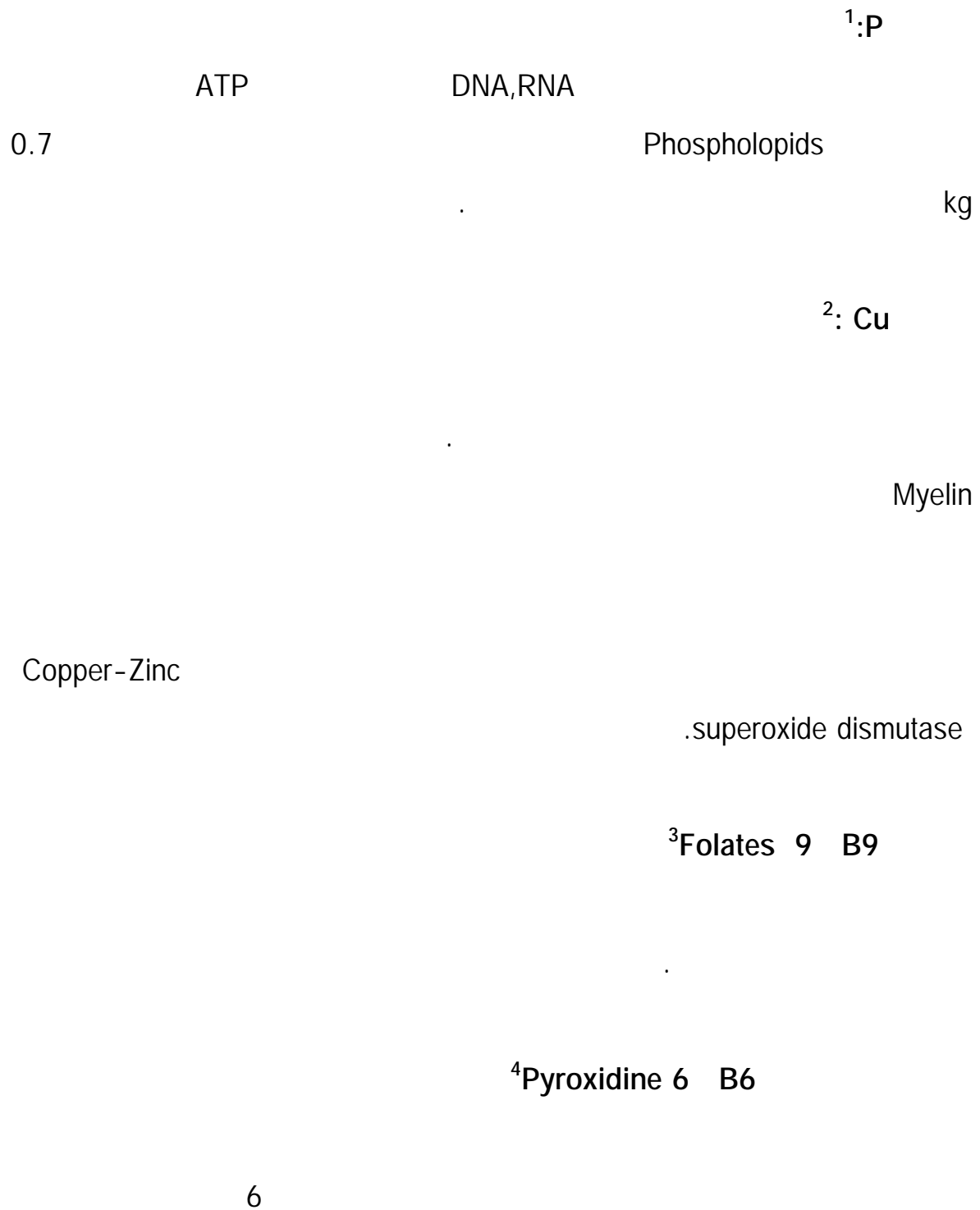
Thioredoxine Glutathionine peroxidase
reductase

³:Mn

Oxidoreductases, Isomerases, Lyases, Hydrolases, Transferases, Integrins, Lectins
Mn-containing superoxide dismutase , Ligases
12

¹. www.merckmanuals.com

². www.wikipedia.org



². www.botanical-online.com

³. www.nlm.nih.gov

⁴. www.umm.edu/altmed

12

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¹Riboflavin 2 B2

Flavocoenzymes

Flavoproteins

Redox

²Niacin 3

³Mn

DNA

¹. www.lpi.oregonstate.edu

². www.botanical-online.com

³. www.botanical-online.com

¹K

Sodium, Potassium-ATPase

ما يسمى ال membrane potential لضمان صحة أداء النواقل العصبية وصحة انقباض وانبساط العضلات وأداء القلب.
كما انه يؤثر على عمل انزيم Pyruvate kinase الهام لعملية استقلاب الكربوهيدرات.

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:phytosterols

, campesterol, stigmasterol
plants steroid

وتم فصل 14 مركب منها في التين
fucosterol ,sitostero

mass spectromy/gas chromatography

²apoptosis

¹www.californiafigs.com& Anderson, JW.Midgley, WR.Wedman B.(1997). "fibers and diabetes", PubMed, (2) 4 369-37.

².Jeong. W.-S, Lachance, P.A.(2001). "Pytosterols and fatty acids in figs (Ficus caria Var. mission) fruit and tree components,Journal of food science, (66) 2 278 & Ronco, avare. De Stefani, Eduardo. Baffeta, paolo. (1991). "vegatables, fruits and related nutrients and risk of breast cancer", nutrition and cancer, (35) 2 111-119

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varicose veins

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fibrin

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.regeneration of peripheral nerves

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phenol:

.phenic acid carbolic acid

gallic acid,

catechin, flavonoids مثل chlorogenic acid, and syringic acid والفلافونويدات

epicatechin and anthocyanin

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preservatives

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:flavonoids

polyphenolic compound

anti-

anti_inflammatory

anti_allergic

.²carcinogen

:pectin

heteropolysaccharide

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:ficain ficin

proteases

.⁴

:benzyldehydes

في دراسة حديثة .

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¹. kojic, anaBucic. Planinic, mirela. (2001). "effect of extractionconditions on the extractability of phenolic compounds from lypholised fig fruits (Ficus caria),polish journal offood and nutrition sciences (61), 195-199

.²

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⁴."Interesting fig facts" www.californiafreshfigs.com

⁵. Moss, Ralph. (1994). "hidden in plant sight: cancer treatment found on supermarket shelves", cancer chronicles, No.19

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phenols flavonoids

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phenols flavonoids

¹ “Importance of healthy PH in the body”, from www.blpublication.com

		Omega 3	phytosterols	
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			. ² chlogenic acid	.10
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². Serraclara A. (1998). "hypoglycemic action of fig leaf decoction in type I diabetic patient", Diabetes Res Clin Pract, (39) 1, 19-22



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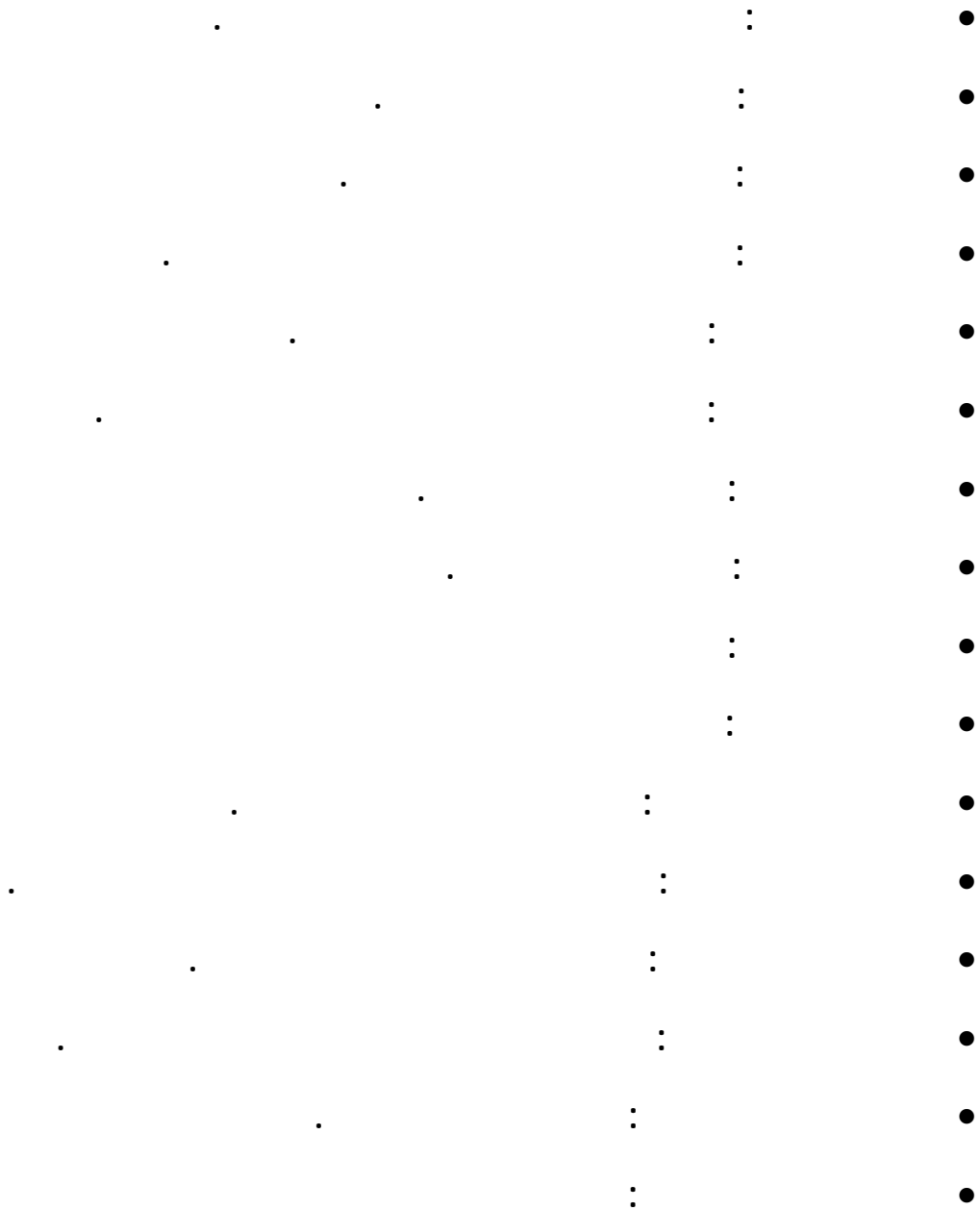
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¹.Trejo,barbi.(2009). "fig leaves provide a natural healthy remedy for diabetes.





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Olea europae

Nucleated cells

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Magnoliophyta-Angiosperms	:
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Asteridea	:
Oleaceae	:
Olea	:
Europaea	:

www.morinodequiros.es

². olives classification, www.oliveoilsource.com

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www.aradina.kenanaonline.com

(2004) " " .¹

www.khairbaladna.com

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www.alkherat.com

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³ . www.wikipedia.org

www.forum.stop55.com

www.wafainfo.ps

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¹. Frenkel, Billie.(2013)."study shows olive trees may solve desertification". From: www.ynetnews.com

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(انظر الجدول رقم 4)

9.4

جدول رقم (4): البلدان الرئيسية في انتاج الزيتون (سنة 2010 حسب) FAOSTAT

الترتيب	الدولة/منطقة	الإنتاج (بالأطنان)	المساحة المزروعة (بالهكتار)
—	العالم	20,578,186	9,398,623
01	 إسبانيا	8,014,000	2,092,800
02	 إيطاليا	3,170,700	1,190,800
03	 اليونان	1,809,800	834,200
04	 المغرب	1,483,510	735,400
05	 تركيا	1,415,000	826,199
06	 سوريا	960,400	647,500
07	 تونس	876,400	1,645,100
08	 مصر	611,900	128,700
09	 الجزائر	555,200	316,300
10	 البرغال	239,600	250,200
11	 ليبيا	180,000	205,000
12	 الولايات المتحدة	172,370	13,354
13	 الأردن	171,672	60,879
14	 الأرجنتين	165,000	55,700
15	 فلسطين	99,000	108,100
16	 لبنان	97,600	62,500

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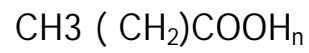
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www.wikipedia.org

www.wafainfo.ps

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unsaturated fatty acid

saturated fatty acid

polyunsaturated fatty acid

monounsaturated fatty acid

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(C_{18:1}) OLEIC ACID

%83 – 9

(C ₁₈ :2) LINOLEIC ACID	ب.
%21 – 3.5	6
(C ₁₆ :0) PALMITIC ACID	ت.
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(C ₁₈ :0) STEARIC ACID	ث.
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(C ₁₈ :3) LINOLENIC ACID	ج.
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Trans

free fatty acids

FFA (Free Fatty Acids)%0.5 100

peroxides

linolenic

linoleic

و

.¹20meq /kg

¹. chemical characteristics of oliveoil, from: www.oliveoilsource.com

تأثير الظروف الجوية على تركيبة الأحماض الدهنية

للثمار

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-2 :polyphenols

melatonoma

hydroxy tyrosol

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tyroso

lignans

flavonoids

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Pigments : -3

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pheophytin (

carotenoids

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Oxidative damage

Lipids peroxidation

Oxidative stress

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¹. "pigments", from: www.oliveoilsonrce.com

². yue, kevink. M. chung, wai – shing, leung, Albert. W.N, "redox changes precede the occurrence of oxidative stress in eyes and aorta", Life Sciences journal, (73) 20 2557-2570.

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200

: Phytosterols -5

Beta siosterol

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:Squalene -6

3. 100 700

¹. www.lpi.oregonstate.edu

Newmark, Harold I.(1997). "squalene olive oil and cancer risk: Review and hypothesis. Cancer epidemiology. (6) 1101-1103. From. (2001) .² & .³

: Phospholipids -7

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carotenoids (alpha tocopherol) :
hydroxy tyrosol phenolic comounds
oleuropein

DNA

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Platelets aggregation

Nitric acid

.Anti bacterial effect

LDL

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.(2011) .¹

². www.interinationaloliveoil.org

Arachidonic

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¹. DeNoon, Daniel J.(2008).” Olive oil vs breast cancer: extra virgin oil compounds fight breast cancer”, from:www.webmd.com/breast-cancer/news

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وكونه ينشط البيتاسيتوستيرول - Beta-

.sitosterol

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¹. Nathan, gray,(2010),"Olive oil may protect against liver damage".

². "Heart-health diet: 8steps to preuent heart diseases" from: www.mayoclinic.com

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Free

Radicals

www.reefnet.com :

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melanoma

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laxatives

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¹. www.intertianaloliveoil.com/estaticos.

². www.livestrong.com

³. Kalua, C.M. Allen , M.S.(2007).” Olive oil volatile compounds, flavor development and quality”,Food Chemistry, 100 p.273.

⁴. Moreno, luna R.munoz, Herandez R. Miranda,ML.(2012).“olive oil polyphenols decrease blood perssunre and improve endothelial funchion in young woman with mild hypertension, Pubmed, (12) 299-304.

& Frazer, Jessica.(2007) “Boosting olive oil intake can lower blood pressure in men:study finds”.

%30

%10

.¹(triglycerides)

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Helicobacter pylori

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200

Hydroxytyrosol

verbascoside

vanillic acid

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olive oil and diabetes (2012)

www.internationaloliveoil.com/estaticos

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www.diabetes.co.ukfrom:

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age – related macular degeneration

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³. www.internationaloliveoil.com& Yacoov, Parveen. Knapper, Jacqueline A, Webb, Diane.(1998). 'Effect of olive oil on immunofunction in middle aged men" , Am J Clin Nutr.

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.Melanoma

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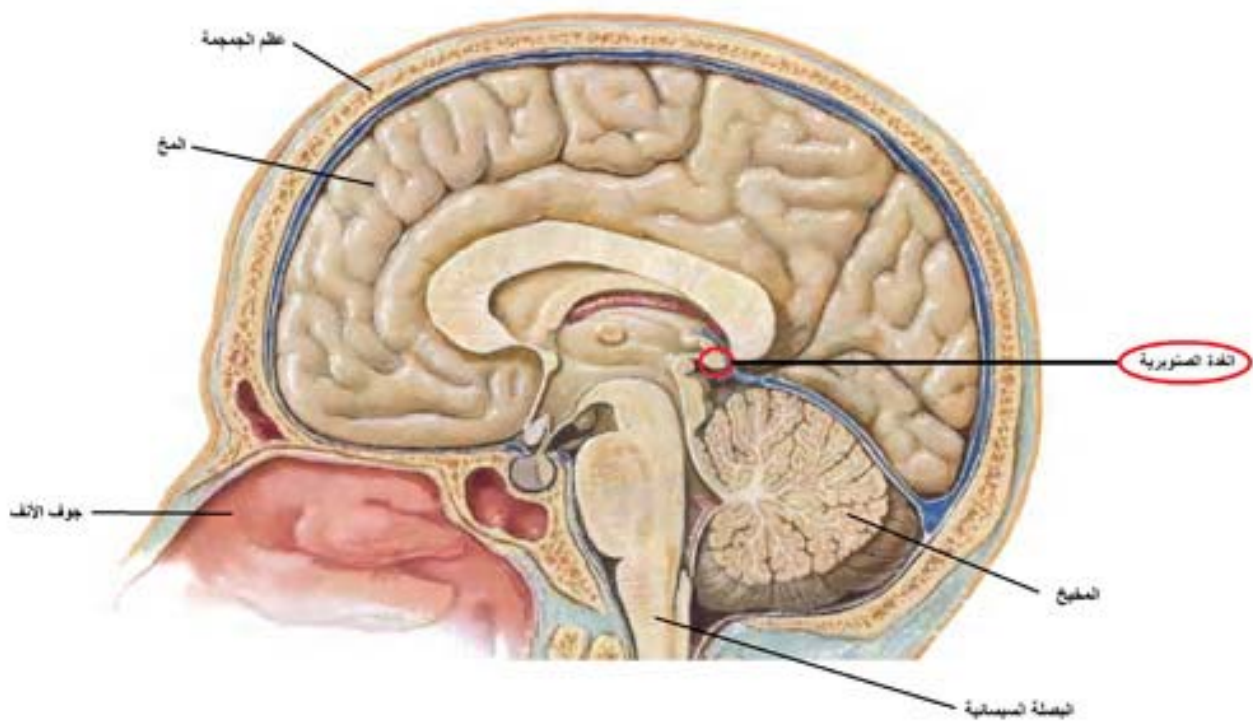
¹ . www.telegraph.co.uk

: Scarmeas, Nikolaos. Stern. Yaakov. Mayeux, Richard.(2009)." Mediteranean diet and mild cognitive impairment", JAMA Neurology, (66) 2 216-225.

Oleuropein	-2
Calcium elonate	acid
	LDL
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¹ .	حساسية الانسولين كذلك
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(CFSC	Chronic Fatigue Syndrome)
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¹ .“Olive leaf polyphenols improve insulin sensitivity in middle aged overweight men: A randomized, placebo- controlled crossover trial” from www.ploson.org/articles/info

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Pinolin

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hallucigens

³.EMF

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¹. Bowen, R. (2003). "The Pineal Gland & Melatonin".

². Prescotte, M. S., "Melatonin Supplement Open Pineal Gland".

³www.dorar.net "Roney-Dougal, S. M., "Some Speculations on the Effect of Geomagnetism on the Pineal Gland", from: www.psi-researchcentre.co.uk

⁴.

حوالي 71.5 pc/ml

Serotonin

Tryptophan

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¹De La Puerta, Cristina. Carrascasa, Maria P. (2007). "Melatonin Is a Phytochemical In Olive Oil". Food Chemistry, 104, pp. 609-612.

²Prescotte, M. S. "Melatonin Supplement Open Pineal Gland".

³Roney-Dougal, S. M., "Some Speculations on the Effect of Geomagnetism on the Pineal Gland".

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⁵ . Best, Ben, "Melatonin".

¹.Melanocyte Stimulating Hormone

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Dr.Rife

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¹ . www.livestrong.com.

² . Satt, R|. (2000), "Melatonin & Aging", Journal of Clinical Endocrinology & Metabolism", 85 (6), pp. 2137-2144.

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⁴ . "The Rife Machine Report", (2003), p. 17, from: www.rife.org.

⁵ . Skaa, Teya (2008). "Raise Your Immunity Frequency with Essential Oils", from:www.naturalnews.com.

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320-52

Rose oil

Essential oils

Carrier oil Base oil

¹ . Eliza, Genevieve. "List of High Vibrational Foods".

² . Cataldo, Andrea. De Benedetto, Egido. Cannazza, Giuseppe, (2011). "Board Brand Reflectometry for Enhanced Diagnosis and Monitoring Applications", Springer-Verlag; Berlin.

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current

¹.Direct current Coherent current

².MHZ 15-10



BT3 frequency monitor

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¹ . "Vibrational Frequency and the Subtle Energy Nature of Essential Oils".

²Stojanovic, Ljubisa, (2004). "Places of Power", p. 57.

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(1250-700) -3

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Flash point

²Smoke point

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³. www.culinary-yours.com

Essential oils electromagnetic frequencies

جدول يبين الذبذبات الكهرومغناطيسية المنبعثة لعدة زيوت أثرية

Name of oil or food	Frequency
Rose oil	320 MHZ
Lavender oil	118 MHZ
myrrh	105 MHZ
Blue chamomile	105 MHZ
juniper	98 MHZ
Aloes \ sandal wood	96 MHZ
Angelica	85 MHZ
Peppermint	78 MHZ
Galbanum	56 MHZ
Basil	52 MHZ
Canned food	0 MHZ
Other herbs	Less than 20 MHZ

www.biospiritual-energy-healing.comSource:

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50-35	50¹-35	100 <small>²</small>	100 <small>³</small>		
-	-	0	80 gm	H2O	
2000 cal	2000 cal	852 cal	74 cal	Cal.	

¹Dietary Guideline for Americans 2010, American Ministry of Agriculture and Ministry of Health and Human Services, p.76, from www.dietaryguidelines.gov

²USDA National Nutrient Data, from www.nutrition-and-you.com &www.whfoods.com & www.oleificitmatluni.com & www.livestrong.com

³[www. Whfoods.com](http://www.Whfoods.com) & www.californiafigs.com

					Calories
-	-	852 cal	2.7 gm	Cal.	Calories from fats
130 gm	13 gm	0 gm	18 gm	Carbohydrates	
31gm	25 gm	0 gm	3 gm	fibers	
56 gm	46 gm	0 gm	0.8 gm	Proteins	
-	-	0 gm	16 gm	Sugars	
Less than 300 gm	Less than 300 gm	0 gm	0 gm	Cholesterol	
Fat soluble vitamins					
900 mcg	700 mcg	250 mcg	142 mcg	Vit. A	
15 mcg	15 mcg	22.7 mcg	0 mcg	Vit. D	
15 mg	15 mg	15 mg	0.12 mg	Vit. E	
120 mcg	90 mcg	62 mcg	4.7 mcg	Vit. K	
Water soluble vitamins					
50-35	50¹-35	100 ²	100 ³		
90 mg	75 mg	0 mg	2 mg	Vit. C	
1.2 mg	1.1 mg	0 mg	0.06 mg	Vit. B1	1 Thiamin
1.3 mg	1.1 mg	0 mg	0.04 mg	Vit. B2	2 Riboflavin

¹Dietary Guideline for Americans 2010, American Ministry of Agriculture and Ministry of Health and Human Services, p.76, from www.dietaryguidelines.gov

²USDA National Nutrient Data, from www.nutrition-and-you.com & www.whfoods.com & www.oleificitmatluni.com & www.livestrong.com

³[www. Whfoods.com](http://www.Whfoods.com) & www.californiafigs.com

16 mg	14 mg	0 mg	0.4 mg	Vit. B3	3 Niacin
-	-	0 mg	0.3 mg	Vit. B5	5 Pantothenic acid
1.3 mg	1.3 mg	0 mg	0.113 mg	Vit. B6	6 Pyridoxine
400 mcg	400 mcg	0 mg	6 mcg	Vit. B9	9 Folate
Electrolytes					
Less than 2300 mg	Less than 2300 mg	4 mg	1 mg	Na	
4700 mg	4700 mg	1 mg	232 mg	K	
Minerals					
1000 mg	1000 mg	50 mg	35 mg	Ca	
700 mg	700 mg	1 mg	14 mg	P	
50-35	50¹-35	100 ²	100 ³		
420 mg	320 mg	0 mg	17 mg	Mg	
8 mg	18 mg	3.3 mg	0.38 mg	Fe	
900 mcg	900 mcg	0 mg	0.6 mg	Cu	
55 mcg	55 mcg	0 mcg	0.2 mcg	Se	
11 mg	8 mg	0.22	0.14 mg	Z	
-	-	0.002 mg	0.082 mg	Mn	

¹Dietary Guideline for Americans 2010, American Ministry of Agriculture and Ministry of Health and Human Services, p.76, from www.dietaryguidelines.gov

²USDA National Nutrient Data, from www.nutrition-and-you.com &www.whfoods.com &www.oleificitmatluni.com &www.livestrong.com

³[www. Whfoods.com](http://www.Whfoods.com) &www.californiafigs.com

Micronutrients					
550 mg	425 mg	-	4.7 mg	Choline	
10 mg for lutein, 2 gm for zeaxanthin	10 mg for lutein, 2 gm for zeaxanthin	-	9 mg	Lutein & zeaxanthin	
-	-	442 mg	-	Phytosterols	

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¹www.livestrong.com

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¹ . Wild, sarab, rogljic, gojka. Green, Andres. (2004). "global prevalence of diabetets", diabeter care, 27,5,1047.

From: www.who.int

².www.cancersesearchchuk.org

³ . "raised blood pressure", www.who.int

⁴ . raised cholesterol", www.who.int

⁵ . bridget B, Kelly. Fuster, valentine. "promoting cardiovascular health in the developing world, cardiovascular health in the developing world",

Ebook from: www.ncbi.nib.gov

⁶ . batsch, nicole."world Alzheimer report", p.7

From: www.alz.co.vk

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Squalene ,lignans, oleocanthal, deoxyribonucleic acid		
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www.islamstory.com

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www.khairbaladna.com

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- 10-www.internationaloliveoil.org
- 11-www.livestrong.com
- 12-www.californiafigs.com
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- 14- www.oleificitmataluni.com
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