

Scientific topics from sermons- lesson (012): Wheat chaff (Bran)

Praise be to Allah, the Lord of Creations, and Peace and blessings be upon our prophet Muhammad, the faithful and the honest.

Oh, Allah, we know nothing but what You teach us. You are the All-Knowing, the Wise. Oh Allah, teach us what is good for us, and benefit us from what You taught us, and increase our knowledge. Show us the righteous things as righteous and help us to do them, and show us the bad things as bad and help us to keep away from them.

O Allah our Lord, lead us out from the depths of darkness and illusion, unto the lights of erudition and knowledge, and from the muddy shallows of lusts unto the heavens of Your Vicinity.

Wheat ingredients including its chaff:

Allah created wheat to be a complete nutrition for human race, and He gave this plant the ability to grow everywhere on earth, it is able to grow on level land as well as on mountains and on valleys, it is also able to grow in cold climate as well as in hot or mild climate, so in every second of time there will be always wheat that is growing and fructifying.

Allah's plan is to make this grain a full nutrition. Its chaff composes 9 percent of the wheat's weight, and common people call it (bran). It has a thin layer which consists of nitric substance consisting 3 percent of its weight, it has embryonic root in it which blossoms when the grain is touched by dampness in the soil. It weighs only 4 percent of the wheat's weight, and the rest is pure starch, now what do we usually do?

We usually sift the wheat from the chaff, so in other words we eat only pure starch and throw away the chaff which consists, in addition to what we mentioned before, of vitamin B1, B2, B6, B12, and other vitamins, with phosphoric substance which is considered as a food for the brain and the nerves. In the chaff also there is iron which gives blood its power and helps the lungs in getting Oxygen from the lungs, not to mention the calcium which helps building up bones and strengthening the teeth. There is also silicon in the chaff which gives power and shine to the hair, and there is Iodine which balances the function of the thyroid gland which affects the mood and gives calmness and peace to the body it also has elements like Potassium, Sodium, and Magnesium, which involve in building up tissues and digestive secretions.

However, we sift the wheat from chaff and throw the later to animals to eat it, then we eat the pure starch which is considered by some doctors as good glue for the stomach.

Allah's plan to us is to eat all bran wheat so we can benefit all the materials which Allah created in the chaff.

Here are some Prophetic instructions:

Dear brothers, when we eat food as we are supposed to, and according to Allah's will, when we sleep as we are supposed to, and according to Allah's will, and when we apply the Sunnah of the prophet PBUH who said:

((We are people who do not eat until we are hungry, but when we eat we stop before we are satisfied (we eat moderately)))

And if we followed his instruction as he said:

((It is sufficient for the son of Adam to eat a few mouthfuls to keep him going))

So if we applied the purified Sunnah, and what Allah wants for us to benefit from the wealth which He created as a complete nutrition, we would most likely save ourselves from disastrous diseases which mark the contemporary era.

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