

## On the Hadeeth, “Fast and You Will be Healthy.”

Article taken and slightly adapted from: [shaikhalbaani.wordpress.com](http://shaikhalbaani.wordpress.com)

(Al-Hudaa wan-Noor, no. 692.)

---

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allaah, the Most Merciful, the Bestower of Mercy

**Questioner:** Is the hadeeth, ‘Fast and you will be healthy,’ authentic? If it isn’t how so?

**Shaykh al-Albaanee** (رَحِمَهُ اللَّهُ)<sup>1</sup>: This hadeeth differs totally from the one we mentioned before it, that last hadeeth about which we said that its chain of narration was weak and [along with that] the text itself was untrue [as well].

This hadeeth [however] is weak in terms of its chain of narration but correct in its meaning, ‘Fast and you will be healthy,’ as a hadeeth reported from the Prophet (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) according to the scholars of hadeeth its chain of narration is not authentic, but the state of affairs shows, and, before that, general hadeeth like his saying (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ), ‘**It is enough for the Son of Aadam to eat a few small bites that strengthens his spine. If he must have more, then let him fill a third with food, a third with drink and leave a third for his breathing,**’ ... so hadeeths like this confirm, and as occurs in another hadeeth which has no basis whatsoever but which does contain fine wisdom, ‘Prevention is the best cure, and the stomach is the home of disease,’ for this reason, this hadeeth, ‘Fast and you will be healthy,’—its attribution to the Prophet (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) is not correct but, due to what we mentioned, its meaning is.

And what I mean when I say, ‘Its attribution to the Prophet (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) is incorrect,’ is that it is not allowed for a Muslim to say, ‘Allaah’s Messenger (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) said, ‘Fast and you will be healthy,’ as you may have heard on some radio stations, this is not allowed. Why? Because the Prophet (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) said, ‘**Whoever attributes to me something that I have not said, let him take his place in Hell.**’

So it is not allowed for a Muslim to say a sentence, even if in and of itself it is a piece of wisdom and is acceptable in the view of other general, legislated proofs, [yet] it is [still] not allowed for a Muslim to say, ‘Allaah’s Messenger (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) said,’ unless it has, according to the scholars of hadeeth, been confirmed through the ways which establish the hadeeths of the Prophet (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ).

---

<sup>1</sup> (رَحِمَهُ اللَّهُ) (rahimahullaah) May Allaah the Most High have mercy on him