

Habibi Youth

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Dr. Health

He performs operations only on Thursdays. He's on TV every week. Over a million people tune in to watch his shows. He's Dr. Oz, the talk show host doctor who teaches people how to live healthier lives.

Dr. Oz was born in Cleveland, Ohio, but his parents are from Turkey. He and his family are Muslims. Dr. Oz was named after Sultan Mehmet (Muhammad), the leader of the great Muslim Ottoman Empire, which lasted over six hundred years!

Dr. Oz believes you are what you eat. If you put healthful foods into your body, you will generally have a healthy body. If you fill your body with unhealthful food—high fat and sugary foods with few nutrients—your body will be less healthy.

Mehmet Oz is changing the way people look at medicine. How about you . . . would you like to change the way people see the world? What change would you make?

Dr. Inventor

Did you know doctors use catgut to sew up parts of the body during surgery? If you think catgut is the intestine of a cat, well think again. It is actually dried sheep or horse intestine. Don't leave me just yet.

Have you heard about the new tooth implants, lately? If a person loses a permanent tooth, a dentist can screw a brand new implant tooth into the gum. Wait—don't run out of the classroom!

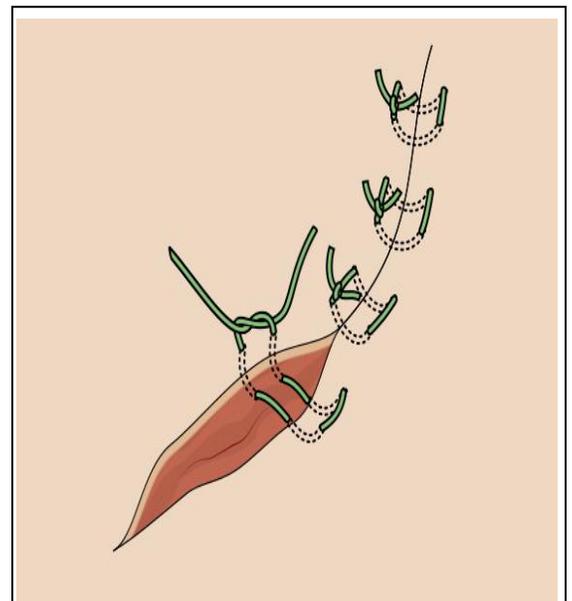
I doubt if you heard about this, though: A Muslim named al-Zahrawi invented the use of catgut for surgery. He was also replacing missing permanent teeth with bones way before implants were invented. He even used plaster casts for broken bones long before your parents or grandparents were born.

Today, doctors all over the world still use the teachings from Al Zahrawi's medical book *al-Tasrif*.

Here's one last guess for you—do you know how long ago al-Zahrawi lived? Over 1,000 years ago. What would you like to invent someday?



“Eat of the good things We have given you . . .” (Quran 18: 20)



“ . . . Use medical treatment, for Allah has not made a disease without having a cure, except for old age.” (Abu Dawud)