Whosoever killeth a human being for other than manslaughter or corruption in the Earth, it shall be as if he had killed all mankind, and whosoever saveth the life of one, it shall be as if he had saved the life of all mankind. --Sura Maida, V.32 (Koran)

Men who donate blood have a 30% reduced risk of heart disease compared to those who do not. The difference is attributed to reduced levels of iron following blood donation. (Source: David Meyers, M.D., University of Kansas, in the 'Heart' journal)

Be The Change:
Help someone in need.