

## **HONEY & CINNAMON**

It is found that a mixture of honey and cinnamon cures most diseases. Honey is produced in most of the countries around the world. Scientists of today also accept honey as a “Ram Ban” (very effective) medicine for all kinds of diseases. Honey can be used without any side effects for any kind of disease. Today’s science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients.

The January 17, 1995 issue of *Weekly World News*, a Canadian magazine, gave the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

### **Heart Diseases**

Make a paste of honey and cinnamon powder. Apply on bread instead of jelly or jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also, those who have already had an attack can be kept miles away from the next one if this is eaten daily. Regular use of this relieves loss of breath and strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged. Honey and cinnamon revitalize the arteries and veins.

### **Arthritis**

Arthritis patients may take daily in the morning and at night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly, even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon honey and half teaspoon cinnamon powder before breakfast, they found that within a week, 73 of 200 people were totally relieved of pain. Within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

### **Bladder Infections**

Mix two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

### **Toothache**

Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey. Apply to the aching tooth. This may be applied three times a day until the tooth stops aching.

### **Cholesterol**

Two tablespoons of honey and three tablespoons of cinnamon powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 10% within two hours. As mentioned for arthritic patients, if taken three times

a day, any chronic cholesterol is cured. According to the information received in the said journal, pure honey taken with food daily relieves complaints of cholesterol.

### **Colds**

Those suffering from common or severe colds should take one tablespoon lukewarm honey with  $\frac{1}{4}$  spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

### **Upset Stomach**

Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

### **Gas**

According to the studies done in India and Japan, it is revealed that if honey is taken with cinnamon powder, the stomach is relieved of gas.

### **Immune System**

Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.

### **Indigestion**

Cinnamon powder sprinkled on two tablespoons of honey taken before food, relieves acidity and digests the heaviest of meals.

### **Influenza**

A scientist in Spain has proven that honey contains a natural ingredient that kills the influenza germs and saves the patient from the flu.

### **Longevity**

Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Boil four spoons of honey, one spoon of cinnamon powder, and three cups of water to make like a tea. Drink  $\frac{1}{4}$  cup three or four times a day. It keeps the skin fresh and soft.

### **Pimples**

Mix three tablespoons of honey and one tablespoon of cinnamon powder to make a paste. Apply on the pimple before sleeping, and wash off in the morning with warm water. If

done daily for two weeks, it removes the pimples from the root.

### **Skin Imperfections**

Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm, and all types of skin infections, such as boils.

### **Weight Loss**

Drink honey and cinnamon powder boiled in one cup of water daily in the morning ½ hour before breakfast on an empty stomach. If taken regularly, it reduces the weight of even the most obese person.

Also, drinking this mixture regularly does not allow fat to accumulate in the body even though the person may eat a high calorie diet.

### **Cancer**

Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancers should take one tablespoon of honey with one teaspoon of cinnamon powder three times a day for a month.

### **Fatigue**

Recent studies have shown that the sugar content of honey is more helpful than harmful to the strength of the body. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible.

Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3:00 pm when the vitality of the body starts to decrease, increases the vitality of the body within a week.

### **Bad Breath**

People of South America gargle with one teaspoon of honey and cinnamon powder mixed in hot water first thing in the morning so their breath stays fresh throughout the day.