

## **HONEY AND CINNAMON REMEDIES**

Honey is the only food on the planet that will not spoil or rot. However, when left in a cool dark place for a long time it will crystalize. When this happens, loosen the lid, boil some water and sit the honey container in the hot water. Turn off the heat and let it liquefy. It is then as good as it ever was. Never boil honey or put it in a microwave. To do so will kill the enzymes in the honey.

Scientists have discovered that honey is an effective medicine for many diseases, without producing side effects. When used in combination with cinnamon, it becomes potent for even more ailments.

Today's science says that raw, unprocessed honey if taken in the right dosage as a medicine, does not harm diabetic patients. Weekly World News, a magazine in Canada, in its issue dated 17 January 17, 1995 has given the following list of honey and cinnamon remedies as researched by western scientists.

### **ARTHRITIS**

Arthritis patients may take daily one cup of hot water each morning and evening with two teaspoons 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, out of the 200 people so treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

### **BAD BREATH**

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

### **BLADDER INFECTIONS**

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

### **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 cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month three times a day.

### **CHOLESTEROL**

Two tablespoons of honey and three teaspoons of cinnamon powder mixed in 16 ounces of tea water, given to a high cholesterol patient, was found to reduce the level of cholesterol in the blood by 10 percent within two hours. If taken three times a day, cholesterol levels may become balanced.

## **COLDS**

Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 teaspoon of cinnamon powder daily for three days. This process will cure most chronic cough, colds and clear the sinuses.

## **FATIGUE**

Recent studies have shown that the sugar content of honey is more helpful rather than detrimental to the strength of the body. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. Dr. Milton 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 P.M. when the vitality of the body starts to decrease, increases the vitality of the body within a week.

## **GAS**

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

## **HEARING LOSS**

Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing.

## **HEART DISEASES**

Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Those who have already had an attack, if they do this process daily, are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as people age, the arteries and veins lose their flexibility and get clogged. Honey and cinnamon revitalize the arteries and veins.

## **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 bacterial and viral diseases.

## **INDIGESTION**

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

## **INFLUENZA**

A scientist in Spain has proven that honey contains a natural "ingredient" which kills influenza germs and protects against catching the flu.

**LONGEVITY:**

Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four spoons of honey, one spoon of cinnamon powder and three cups of water and boil to make like tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans also may increase.

**PIMPLES**

Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.

**SKIN INFECTIONS**

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

**UPSET STOMACH**

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

**WEIGHT LOSS**

Daily in the morning one half hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. Honey is an appetite suppressant. If taken regularly, it reduces the weight of even the most obese person. Drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.