



Cinnamon and Honey

Facts on honey and cinnamon: It is found that a mixture of honey and cinnamon cures most diseases. Honey is produced in most of the countries of 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 many diseases.

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. Weekly World News, a magazine in Canada, in its issue dated 17 January, 1995 has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

HEART DISEASE:

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. Also, for those who have already had an attack, if they do this process daily, they 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 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, morning and 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 research study conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon honey and half a teaspoon of cinnamon powder before breakfast, they found that within a week, out of the 200 people 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.

BLADDER INFECTIONS:

Take 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.

CHOLESTEROL:

Two tablespoons of honey and three teaspoons of cinnamon powder mixed in 16 ounces of tea, given to a cholesterol patient was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information 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 1/4 teaspoon cinnamon powder daily for three days. This process will cure most chronic coughs and colds, and clear the sinuses.

INFERTILITY:

Yunani and Ayurvedic Medicine have been using honey for thousands of years to strengthen the semen of men. If impotent men regularly take two tablespoons of honey before going to sleep, their problems will be solved.

In China, Japan, and Far-East countries, women who do not conceive and need to strengthen the uterus, have been taking cinnamon powder for centuries. Women who cannot conceive may take a pinch of cinnamon powder in half a teaspoon of honey and apply it on the gums frequently throughout the day so that it slowly mixes with the saliva and enters the body.

A couple in Maryland had no children for 14 years and had lost hope of having a child of their own. When told about this process, the husband and wife started taking honey and cinnamon as stated above and the wife conceived after a few months – full term twins.

UPSET STOMACH:

Honey taken with cinnamon powder cures stomach aches 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 which kills the influenza germs and saves patients from the flu.

LONGEVITY:

Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four teaspoons of honey, one teaspoon of cinnamon powder and three cups of water and boil to make it like a 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 increases and even a 100 year old, starts performing the chores of a 20-year-old.

PIMPLES:

Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it off the 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.

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. If taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the 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 cancers of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should take one tablespoon of honey with one teaspoon of cinnamon powder for one month three times a day.

FATIGUE:

Recent studies have shown that the sugar content of honey is more helpful rather than being 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, 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 P.M. 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.

HEARING LOSS:

Daily morning and night take honey and cinnamon powder in equal parts to restore hearing.