

## Honey and Cinnamon

It is found that mixture of Honey and Cinnamon cures most of the diseases. Honey is produced in most of the countries of the world.

Ayurvedic well as Yunani medicines have been using honey as a vital medicine for centuries.

Scientists 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 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 also.

### *Arthritis*

Take one part honey to two parts of lukewarm water and add a small teaspoon of cinnamon powder, make a paste and massage it on the itching part of the body slowly. It is noticed that the pain recedes within a minute or two.

Arthritis patients may daily, morning and night take one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If drunk regularly even chronic arthritis can be cured.

In a recent research done 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.

### **Hair Loss**

Those suffering from hair loss or baldness, may apply a paste of hot olive oil, one tablespoon of honey, one teaspoon of cinnamon powder before bath and keep it for approx. 15 min. and then wash the hair.

### **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 of the bladder.

### **Toothache**

Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey and apply on the aching tooth. This may be done 3 times a day daily till such time that the tooth has stopped aching.

### **Cholesterol**

Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, if given to a cholesterol patient, it reduces the level of cholesterol in the blood by 10% within 2 hours. As mentioned for arthritic patients, if taken 3 times a day any chronic cholesterol is cured. As per the information received, 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 3 days. This process will cure most chronic cough, cold and clear the sinuses.

## **Infertility**

Yunani and Ayurvedic have been using honey for years in medicine to strengthen the semen of men. If impotent men regularly take two tablespoon of honey before sleeping, their problem will be solved.

In China, Japan and Far-East countries, women who do not conceive and to strengthen the uterus has been taking cinnamon powder for centuries. Women who cannot conceive may take a pinch of cinnamon powder in half 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.

## **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 & Japan, it is revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.

## **Heart Diseases**

Make a paste of honey and cinnamon powder, apply on bread or chappati instead of jelly and jam and eat it regularly for breakfast.

It reduces the cholesterol in the arteries and saves the patient from heart attacks. Also 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.

Patients have been treated successfully and have found that due to the increasing age the arteries and veins which lose their flexibility and get clogged are revitalized.

## **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 proved that honey contains a natural ingredient which kills the influenza germs and saves the patient from flu.

## **Longevity**

Tea made with honey and cinnamon powder, when taken regularly arrests the ravages of old age. Take 4 spoons of honey, 1 spoon of cinnamon powder and 3 cups of water and boil to make like tea. Drink 1/4 cup, 3 to 4 times a day. It keeps the skin fresh and soft and arrests old age.

## **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**

Eczema, ringworm and all types of skin infections are cured by applying honey and cinnamon powder in equal parts on the affected parts.

### **Weight Loss**

Daily in the morning, 1/2 hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one cup water. If taken regularly it reduces the weight of even the most obese person. Also drinking of 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 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 3 times a day.

### **Fatigue**

Recent studies have shown that the sugar content of honey is more helpful than detrimental to the body strength.

Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible.

Dr. Milton who has done research says that half tablespoon honey taken in one 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 decreasing, increases the vitality of the body within a week.

### **Bad Breath**

People of 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.

### **Hearing Loss**

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