

HONEY & CINNAMON CURE ALL?

I have a neighbour who uses **honey and cinnamon** for his arthritis and it helps him. His pain was so great that the doctors had him taking some form of chemo to lessen his pain and at one point he quit taking it (the chemo) and never told the doctor (and began taking the **honey and cinnamon**) and he felt better. He had to go to the hospital for some unexpected surgery and was without his "concoction" for a few days and was in pain once again. When he finally told the doctor what he had been doing the doctor told him to continue with it! His arthritis used to be so painful that he could hardly stand on his legs and get around for more than a few minutes at a time. He takes 1 tsp. of **cinnamon** and mixes it with 2 Tbsp of honey and stirs it together and takes like that.

"Facts About **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 accept **honey** as a "Ram Bam" (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.

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, those who already have had a heart 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 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.

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.

TOOTHACHE:

Make a paste of one teaspoon of **cinnamon** powder and five teaspoons of **honey** and apply on the aching tooth. This may be applied 3 times a day till the tooth stops aching.

CHOLESTEROL:

Two tablespoons of honey and three teaspoons of **Cinnamon** Powder mixed in 16 ounces of tea water, given to a cholesterol patient, reduced 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. According to 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 $\frac{1}{4}$ tbsp spoon **cinnamon** powder daily for 3 days. This process will cure most chronic coughs, colds 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 & 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 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 tbsp 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. 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 next morning with warm water. If done daily for two weeks, it removes pimples from the root.

SKIN INFECTIONS:

Apply **honey and cinnamon** powder in equal parts on the affected parts to cure eczema, ringworm and all types of skin infections.

WEIGHT LOSS:

Daily in the morning 2½ hour before breakfast on an empty stomach and a 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 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 **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, 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:

Daily - morning and night **honey and cinnamon** powder, taken in equal parts restore hearing.