

# Honey and Cinnamon

**A MIXTURE FOR CURES**

# INTRODUCTION

- ★ It is found that a mixture of Honey and Cinnamon cures most diseases.
- ★ Honey is produced in most of the countries of the world.
- ★ Ayurvedic, as well as Yunani medicine, have been using honey as a vital medicine for centuries.
- ★ 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 all kinds of diseases.
- ★ Today's science says that, even though honey is sweet, if taken in the right dosage as a medicine, it will not harm diabetic patients.
- ★ A famous magazine named Weekly World News published in Canada dated 17 January, 95 has given a list of diseases that can be cured by Honey and Cinnamon as researched by western scientists.

# ARTHRITIS

- ★ Take one part honey to two parts of luke warm water and add a small teaspoon of cinnamon powder. Make a paste and massage it on the itching part of the body slowly.
- ★ The pain should recede within fifteen minutes in most cases.
- ★ Arthritis patients can take one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder every day.
- ★ If drunk regularly, even chronic arthritis can be cured.
- ★ In a recent research done at 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, 73 patients were totally relieved of pain within a month. Mostly of these patients could not walk or move around freely, but after the therapy, they started walking with less 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 a bath and keep it for approximately 15 minutes, and then wash the hair.
- ★ It was found very effective if kept for 5 minutes as well.

# BLADDER INFECTIONS

Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of luke warm 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, when given to a cholesterol patient, reduces the level of cholesterol in the blood by 10% within 2 hours.
- ★ As mentioned for arthritic patients - If taken 3 times a day, it lowers the cholesterol level.
- ★ As per the information received in a Medical Journal, pure honey taken with food daily relieves complaints of cholesterol.

# COLDS

- ★ Those suffering from common or severe colds should take one tablespoon of luke warm 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 tablespoons of honey before sleeping, their problem will be solved.
- ★ In China, Japan and the Far East, women who do not conceive, and 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 (USA) had no children for 14 years and had left hope of having a child of their own. When told about this process, both husband and wife started taking honey and cinnamon as stated above, The wife conceived after a few months and had twins at full term.

# STOMACH UPSET

- ★ 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 honey, if taken with cinnamon powder, relieves gas and pain in the stomach.

# HEART DISEASES

- ★ Make a paste of honey and cinnamon powder. Apply on bread or chapatti instead of jelly and jam, and eat it regularly for breakfast.
- ★ It reduces the cholesterol in the arteries and saves the patient from the risk of a heart attack.
- ★ For those who have had an attack in the past, follow this process daily and avoid the risk of another attack.
- ★ Regular use of the above process relieves loss of breath and strengthens the heartbeat.
- ★ In America and Canada, various nursing homes have treated patients successfully and have discovered that the arteries and veins lose their flexibility and get clogged. Honey and Cinnamon improves blood flow.

# 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 2 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 influenza germs and saves the patient from flu.

# LONGEVITY

- ★ Tea made with honey and cinnamon powder, and 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.
- ★ Life span also increases, and you begin to feel younger!

# PIMPLES

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

- ★ Every morning, on an empty stomach, half an hour before breakfast, and again 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 and continue with the Oncologist's treatment. No harm lost!

# FATIGUE

- ★ Recent studies have shown that the sugar content of honey is more helpful than detrimental to one's body strength.
- ★ Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible.
- ★ Dr. Milton, who has carried out extensive research on this subject, says that, half a tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder taken daily after brushing, and again in the afternoon around 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:

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

# LOSS OF HEARING

Honey and Cinnamon powder taken in equal parts daily, restores hearing.

**While you try the therapy...**

**Forward this and let others also  
benefit.**