

# The Benefits of Honey and Cinnamon



## Introduction

It is found that a mixture of honey and cinnamon has proven beneficial in most dis-eases. Ayurvedic medicine has been using honey in vital medicines for centuries. Scientists of today also accept honey as an effective remedy for illness. Honey can be used without any side effects for any kind of disease. Taken in the right dosage as a medicine, it does not harm diabetic patients.

## Conditions that benefit:

- **Indigestion** - Cinnamon and honey taken before a meal relieves acidity and digests the heaviest of meals.
- **Immune System** - Daily use of honey and cinnamon strengthens the immune system and protects the body from bacteria and viral attack.
- **Heart Disease** - Honey and cinnamon applied on bread instead of jam and eat regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Regular use relieves loss of breath and strengthens the heartbeat and revitalises clogged, inflexible arteries and veins.
- **Bad Breath** - First thing in the morning, gargle with one teaspoon of honey and cinnamon mixed with hot water.
- **Upset Stomach** - Honey with cinnamon helps stomach and clears stomach ulcers. According to studies done in India and Japan, it is revealed that if honey is taken with cinnamon, the stomach is relieved of gas.
- **Weight Loss** - Daily in the morning, 1/2 hour before eating on an empty stomach and at night before sleeping, drink honey and cinnamon boiled in one cup of water. Regular drinking does not allow fat to accumulate in the body.
- **Longevity** - Take 4 spoons of honey and cinnamon in 3 cups of water. Boil to make tea. Drink 1/4 cup, 3 to 4 times a day regularly, to arrest the ravages of old age, keep the skin fresh and soft and increase the life span.
- **Pimples** - make three tablespoons of honey and one tablespoon of cinnamon Powder into a paste. Apply on pimples before sleeping and wash the next morning with warm water. Use daily for two week.
- **Infertility** - honey strengthens the semen of men. Take two tablespoons of honey before sleeping to remedy impotence. Women who cannot conceive may take a pinch of cinnamon powder in a half teaspoon of honey and apply it to the gums frequently throughout the day, to mix with the saliva and enter the body.
- **Fatigue** - half a tablespoon of honey with cinnamon taken in a glass of water, taken after brushing and in the afternoon about 3pm, increases the vitality of the body.
- **Bladder Infections** - Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of like warm water and drink it to destroy germs in the bladder.
- **Colds** - take one tablespoon lukewarm honey with 1/4 teaspoon cinnamon powder for 3 days. This will remedy most chronic coughs and clear the sinuses.
- **Cholesterol** - two tablespoons of honey and three teaspoons of cinnamon powder mixed with 16 ounces of tea water reduces the level of cholesterol in the blood by 10% within 2 hours. Take 3 times a day for remedy.