

Amazing Health Benefits from Cinnamon and Honey



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It is found that a mix of **Honey** and **Cinnamon** cures most diseases...

Honey is produced in most of the countries of the world and scientists note honey is a very effective medicine for all kinds of diseases and usually has no side effects.

Today's science says; even though honey is sweet, when it is taken in the right dosage as a medicine, it does not harm even *diabetic patients*.

Here are some amazing ways Honey and Cinnamon can help you help yourself;

HEART DISEASES: Make a paste of honey and cinnamon powder, use it on toast instead of jelly or jam, and eat it regularly for breakfast. It reduces the cholesterol and could potentially save one from a heart attack. Also, even if you have already had a heart attack studies show it can help lower future problems. Regular use of cinnamon honey strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully using this combination which helps revitalize the arteries and the veins.

ARTHRITIS: Arthritis patients can benefit by taking one cup of hot water with two tablespoons of honey and one small teaspoon of cinnamon powder. When taken daily 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) approximately 37% had pain relief.

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 water given to a cholesterol patient wash found to help reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, when taken three times a day, any chronic cholesterol could be cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

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COLDS: Those suffering from common or severe colds should take one tablespoon lukewarm Honey with 1/4 spoon Cinnamon Powder daily for three days. This process will cure most chronic cough, cold, and, clear the sinuses, plus it tastes good too!

UPSET STOMACH: Honey taken with cinnamon powder helps cure stomach aches and also is said to clear stomach ulcers from its root.

GAS: According to the studies done in India and Japan, it is revealed that when 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 bacterial 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 (where DNA is contained) to fight bacterial and viral diseases.

INDIGESTION: Cinnamon Powder sprinkled on two tablespoons of Honey taken before you eat can help relieve acidity and assists in digesting 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. Use four teaspoons of Honey, one teaspoon of Cinnamon Powder and three cups of boiling water to make a tea. Drink 1/4 cup three to four times a day. It keeps the skin fresh, soft and helps to arrests old age.

RASPY OR SORE THROAT: When throat has a tickle or is raspy, take one tablespoon of Honey repeat every three hours until throat is without symptoms.

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. When done daily for two weeks, it removes all pimples from the root.

SKIN INFECTIONS: Applying Honey and Cinnamon Powder in equal parts on the affected parts can help cure; eczema, ringworm and other 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. When taken regularly, it can help reduce the weight of even the most obese person. Also, drinking this mixture regularly blocks the fat from accumulating in the body.

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CANCER: Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have shown amazing success in helping to cure successfully. Patients suffering from advanced cancer of the stomach and bones have seen amazing benefits from daily ingestion of; one tablespoon of Honey with one teaspoon of Cinnamon Powder three times daily for extended periods of time.

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, even when the vitality of the body starts to decrease, when taken daily after brushing and in the afternoon at about 3:00 P.M., the vitality of the body increases 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 honey and cinnamon powder, taken in equal parts restores hearing.

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