

# Cinnamon and Honey – Better Health

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## Honey:

Honey is the only food on the planet that will not spoil or rot. It will do what some call turning to sugar. In reality honey is always honey. However, when left in a cool dark place for a long time it will do what I rather call "crystallizing" When this happens I loosen the lid, boil some water, and sit the honey container in the hot water, turn off the heat and let it liquefy. It is then as good as it ever was. Never boil honey or put it in a microwave. To do so will kill the enzymes in the honey. Do not buy cinnamon with sugar added.

## Cinnamon and Honey:

### Facts on 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 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. 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 DISEASES:

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 have already had an 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.

### INSECT BITES:

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.

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## **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.

## **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. It was found to be effective even if kept on for 5 minutes.

## **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, were found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three 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.

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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.

## INFERTILITY:

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

In China, Japan and Far-East countries, women, who do not conceive and need to strengthen the uterus, have 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.

A couple in Maryland, USA, had no children for 14 years and had lost hope of having a child of their own. When told about this process, husband and wife started taking honey and cinnamon as stated above; the wife conceived after a few months and had twins at full term.

## 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 and 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 bacterial and viral diseases.

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## **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.

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:**

Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

## **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 three times a day.

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## 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, 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 LOSS:

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

## NOTE:

The honey used needs to be **REAL RAW UNPASTEURIZED HONEY**. If it says **PURE** honey it is most likely **pasteurized**. It is best to only buy honey that says **RAW or UNPASTEURIZED** on the label. The difference is that the enzymes are all heated out of the pasteurized honey.

## WEIGHT LOSS:

Cinnamon and Honey formula for weight loss:

This should be prepared at night before going to bed.

1. Use 1 part cinnamon to 2 parts raw honey. 1/2 tsp cinnamon to 1 tsp honey is recommended but can use more or less as long as in the ratio of 1 to 2. --- So 1 tsp cinnamon to 2 tsp raw honey is ok too as an example.
2. Boil 1 cup...that is 8 oz of water.
3. Pour water over cinnamon and cover and let it steep for 1/2 hour... (30 minutes)

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4. Add honey now that it has cooled. Never add honey when it is hot as the heat will destroy the enzymes and other nutrients in the raw honey.
5. Drink 1/2 of this directly before going to bed. The other 1/2 should be covered and refrigerated.
6. In the morning drink the other half that you refrigerated... but do not re-heat it...drink it cold or at room temp only.

Do not add anything else to this recipe. No lemon, no lime, no vinegar.

It is not necessary to drink it more times in a day...it is only effective on an empty stomach and primarily at night.

This works for most people.

Inches are lost before any measurement on the scales.

This program will cause significant inches lost...but you will reach a plateau and may not lose anymore.

This is because the cinnamon and honey cause a cleansing effect in the digestive tract and cleans out parasites and other fungus and bacteria that slow down the digestion...causing a toxic build up. (Lowers pH)

Once this is all cleaned out then you will most likely have the weight loss slow down.

Other side effects from a cleansing can occur because of toxins being released...if this occurs, cut back on how much you use or take a break.

## **Different Types of Cinnamon:**

Differences in results may be due to the cinnamon used. There are three types of cinnamon:

Ceylon cinnamon  
Indonesian cinnamon  
Cassia cinnamon

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## The Effect It Has on the Body:

According to materials and articles recommending this diet aid, this mixture of cinnamon powder and honey stops the body from accumulating fat.

Other explanations include the fact that honey is an antioxidant and does all kinds of good things for the body.

Cinnamon is said to influence blood sugar and the way it's processed, giving your body a better chance to break it down in such a way that it doesn't turn to fat. It is said that abdominal weight is more sensitive to cinnamon's effects than other body weight

[http://diet.lovetoknow.com/wiki/How\\_to\\_Lose\\_Weight\\_Using\\_Cinnamon\\_Powder\\_and\\_Honey](http://diet.lovetoknow.com/wiki/How_to_Lose_Weight_Using_Cinnamon_Powder_and_Honey)

Additionally people report increased energy, more sex drive, and feeling happier/mood enhancer.

<http://www.angelfire.com/az/sturston/honeyandcinnamon.html>

Make sure to keep your honey and cinnamon well stocked in your cupboards. They are good for many other ailments besides weight loss.

[http://www.newsfinder.org/site/more/honey\\_and\\_cinnamon/](http://www.newsfinder.org/site/more/honey_and_cinnamon/)

## How can Honey and Cinnamon Help?

<http://hubpages.com/hub/Honey-and-cinnamon-for-weight-loss-the-facts>

(Must look at this site)

## Cinnamon:

The polyphenols found in cinnamon appear to be able to reverse the signs and symptoms of insulin resistance.

Research studies have shown that subjects with metabolic syndrome who were given an aqueous extract of cinnamon had lower fasting blood glucose levels, lower blood pressure, lower percentage body fat and higher lean body mass than those who were given a placebo without cinnamon. Consuming 1-6 grams of cinnamon daily for 40 days was also found to reduce blood levels of glucose, total cholesterol and LDL cholesterol in people with type 2 diabetes. Lastly, cinnamon extract was shown to improve fasting glucose levels, glucose tolerance and insulin sensitivity in women with insulin resistance and polycystic ovary syndrome.

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## Honey:

Honey has beneficial effects on blood glucose and lipids, and possibly on weight loss.

In a research study, healthy people were asked to consume a honey solution for 15 days. At the end of this period, they were found to have decreased levels of total cholesterol, LDL-cholesterol, triglycerides and blood glucose, and increased levels of HDL-cholesterol (“good” cholesterol). The same regime was also shown to decrease triglyceride levels in people with abnormally high levels of these lipids and to decrease total cholesterol in people with high cholesterol levels.

Thus honey also reverses some of the symptoms of insulin resistance and metabolic syndrome.

A subsequent study confirmed these effects in a group of overweight subjects. Moreover, after they had taken honey for a period of up to 30 days, they even showed small decreases in body weight (1.3%) and body fat (1.1%).

Taking cinnamon and honey therefore appears to be a way to counteract the metabolic disorders associated with insulin resistance and metabolic syndrome. Since cinnamon also increases sensitivity to insulin, it could also restore the normal body mechanisms of weight control that become disrupted in these conditions. Honey also appears to have a modest but positive effect on weight loss.

## How to take Honey and Cinnamon (2):

The recommended way is to mix half a teaspoon of cinnamon into a mug of boiling water, leave it cool for about 30 minutes and then add a teaspoon of honey. Drink this first thing in the morning.

Adding the honey later prevents some of its components being destroyed by heat. For the same reason, raw honey that has not been heat-treated should be used. For extra benefit to health and well-being.

Of course, cinnamon and honey can also be incorporated into your meals for additional intake. Cinnamon rolls, however, are not particularly helpful for weight loss!

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Cassia (Chinese cinnamon, *Cinnamomum aromaticum*) is sometimes passed off as genuine cinnamon (Ceylon cinnamon, *Cinnamomum zeylanicum*). Cassia contains coumarin, which is only present in trace quantities in true cinnamon. At high doses, coumarin can damage the liver and kidneys. Although this should not be an issue with the quantities of cinnamon used here, you may prefer for your peace of mind to ensure that you are buying true cinnamon.

## **Important:**

If you are diabetic, ask advice from your doctor or diabetes nurse before starting this method. Although honey has been found to increase blood glucose less than dextrose or sucrose in diabetics, it is a source of sugar and will have to be taken into consideration in your overall dietary planning.

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**DISCLAIMER:** This is not legal or medical advice as I am NOT a doctor nor trained in the medical field or an attorney. These are simply things that I have discovered along the way, and that you can talk about with your medical provider or with his/her attorney, I am just a caring person. The information I am presenting is from both personal experience and internet studies and research. I am advocating knowledge, general information, good health, and that should remain a personal preference. Everyone reading this article should research more about this topic first and consider asking their attorney and/or doctor if it's safe to do with your current medications before even thinking of trying it, if the subject is covering health.

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