



HONEY & CINNAMON

It is found that a **mix of honey and cinnamon** may assist in healing most diseases. Please use RAW Honey (it has a lower GI and has not been heated, which means it retains all the nutrients and healthy benefits. The type of cinnamon to use is Sri Lankan/Ceylon Cinnamon available from the [BioFlex Website SHOP](#) and not the regular food spice from the local grocery store. Honey is produced in most of the countries of the world. Honey can be used without side effects which is also a plus. Today's science says that even though honey is sweet, when it is taken in the right dosage as a medicine, it does not harm even diabetic patients. Honey is the only food known to man that NEVER goes off. It has anti-microbial and antibiotic properties.

Researched by western scientists:

HEART DISEASES: Make a paste of honey and cinnamon powder, put it on toast instead of jam and eat it regularly for breakfast. It **reduces cholesterol** and could potentially save one from heart attack. Also, even if you have already had an attack, studies show you could be kept miles away from the next attack.

Regular use of cinnamon-honey strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully and have found that as one ages the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalise the arteries and the veins.

ARTHRITIS: Arthritis sufferers 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) practically 73 patients were totally relieved of pain -- and within a month, most of the patients who could not walk or move around because of arthritis now 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....who knew?

CHOLESTEROL: Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 2 cups 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, when taken three times a day with food for chronic cholesterol, it could have remarkable effects.

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 soothe the most chronic cough and cold and clear the sinuses - and it's delicious too!

UPSET STOMACH: Honey taken with cinnamon powder settles stomach ache 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 food is eaten relieves acidity and digests the heaviest of meals

INFLUENZA: A scientist in Spain has proven that honey contains a natural Ingredient which kills the influenza germs.

LONGEVITY: Tea made with honey and cinnamon powder, when taken regularly, slows the ageing process. 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 and soft and arrests old age.

RASPY OR SORE THROAT: When the throat has a tickle or is raspy, take one tablespoon of honey and sip until gone. Repeat every three hours until throat is without symptoms.

PIMPLES: Mix 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 drastically reduces eczema, ringworm and all types of skin Infections.

WEIGHT LOSS: Daily in the morning one half hour before breakfast and on an empty stomach, and at night before sleeping, drink honey and cinnamon powder steeped in one cup of hot water. When taken regularly, it may reduce the weight of even the most obese person.

CANCER: Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been treated successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder three times a day for one month.

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, when taken daily after brushing teeth and in the afternoon at about 3:00 pm, 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.

BLOOD SUGAR ISSUES: Numerous studies show that **cinnamon regulates blood sugar**, making it a great choice for diabetics and hypoglycemics alike. That's also great news for anyone who wants stable energy levels and moods.

CINNAMON is a **natural food preservative**.

It **contains fiber, calcium, iron, and manganese**—albeit small amounts to the typical dose of ground cinnamon. It's been proven **effective for menstrual pain and infertility**. Cinnamon contains a natural chemical called cinnamaldehyde, which studies show increases the hormone progesterone and decreases testosterone production in women, helping to balance hormones.