

Honey & Cinnamon Therapy

from: <http://ezinearticles.com/?Honey-and-Cinnamon-Therapy&id=990629>

The health benefits of honey are well documented but yet not many people know about the true medicinal value of honey.

Honey is useful as an antimicrobial agent and antioxidant. The benefits of honey like many foods depends on its quality, but in this case, the situation is even more extreme, because the pollen that collects on the bees' legs as they move from plant to plant is only as healthful and as diverse as those plants.

The processing of honey often removes many of the phytonutrients found in raw honey, as it exists in the hive. Manuka and UMF honey are one of the most potent honeys available.

- Honey is known for its anti-tumor and cancer fighting properties.
- For those of us who have allergies honey can help control seasonal **allergies**.
- Honey is also good for your skin as it has the ability to attract water. It is safe for sensitive skin.
- Mixing honey with olive oil makes a great hair conditioner. Be sure to wash your hair thoroughly before you go outside.

Below I have listed some remedies that include honey and cinnamon that can help relieve every day ailments and health problems.

Arthritis: 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. Or arthritis patients may daily, morning and night take one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If drunk regularly even chronic arthritis can be cured. In a recent research done 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.

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.

And there you have it folks, some simple but effective ways to combat every day ailments with the use of honey and cinnamon. To make this therapy a lifestyle choice results are best achieved when the individual incorporates small portions of honey and cinnamon into their diets on a daily basis, an example would be to have a tablespoon of honey with a teaspoon of cinnamon in one cup of boiled water first thing upon waking up in the morning this makes it easier and part of your daily routine!

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 water, if given to a cholesterol patient, it reduces the level of cholesterol in the blood by 10% within 2 hours. As mentioned for arthritic patients, if taken 3 times a day any chronic cholesterol is cured. As per the information received in the said journal, pure honey taken with food daily relieves complains of cholesterol.

Cold and Cough: Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 teaspoon cinnamon powder daily for 3 days. This process will cure most chronic cough, cold and clear the sinuses.

Gas: According to the studies done in India & Japan, it is revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.

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 very effective.

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, are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heartbeat.

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 two tablespoons of honey taken before food, relieves acidity and digests the heaviest of meals.

Infertility: Since ancient times, it is commonly known, that the use of honey strengthens the semen of men. If impotent men regularly take two tablespoon of honey before sleeping, their problem will be solved. In China, Japan and Far-East countries, 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 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.

Influenza: It has been 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 span also increases and even if a person is 100 years 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 completely.

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.

Upset Stomach: Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

Weight Loss: Daily in the morning, 1/2 hour before breakfast on an empty stomach and 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.

Recent research 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. Recent studies have shown that the sugar content of honey is more helpful than detrimental to the body strength. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. It is said that half tablespoon honey taken in one 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 decreasing, increases the vitality of the body within a week.

from: <http://www.earthclinic.com/Remedies/honey.html#HONEYCOMBALLERGIES>

HONEY OR HONEYCOMB FOR ALLERGIES

Honeycomb is an old Vermont remedy for allergies. When honeycomb is chewed regularly during allergy season, it completely alleviates allergies.

Recipe: Chew a piece of honeycomb as long as possible as though it were a piece of gum. Within 30 minutes of chewing honeycomb, symptoms like a stuffy nose and headache disappear. Start chewing honeycomb a week or two before allergy season starts and you may not get any allergies. The honeycomb should be from a local bee farm so your best luck in finding a local variety is probably at your farmer's market. If you can't find honeycomb, try combed honey. Plain honey apparently works as well: dosage is 2 TBLS at each meal, three times a day.

from: <http://www.earthclinic.com/Remedies/honey.html#ALLERGIES>

ALLERGIES

Racheal from Irvine, CA writes: "Honey has healing properties. Using local honey from where you live should relieve your allergies. I live in a polluted place and recently tried the local farm honey. To my surprise, I have stopped coughing and my sinus has been healed. I can breathe better. In addition, dates and walnuts are a better source of fiber and iron."

Heather (sissybugfl[at][aol.com](mailto:sissybugfl@aol.com)) from Ashville, NC writes: "It was recently suggested to me that I try the "Honey Therapy" for my severe allergies. Honey therapy being- RAW honey that is made locally with local bees. That being bees that take pollen from the same sources that I am apparently allergic too. I started this and two days later noticed a difference. While getting a SEVERE allergy attack, the same person suggested adding ACV apple cider vinegar to the honey. I mixed 3 oz. acv and 3 oz raw honey. Hard to drink, but then realized adding a bit of spring water helped the taste. I instantly got relief from my allergy symptoms, it lasts about 12 hours and then I repeat. Only drinking about 3 oz of the mix at a time. I am going to continue with this therapy and try some of the ACV/Honey/Baking soda mixtures for my acne and see how they work. I will repost to let everybody know how that and the acv/honey taken internally is working. Good luck to everybody. Am now a FIRM believer that God gave us what we need to cure what ailes us."

Stacie from Galena, KS writes: "Honey has been a miracle cure for allergies in our family"