

Honey and cinnamon are readily available in most locations around the world. Wives tales relate of many diseases and conditions which are quickly dealt with and remedied by the use of these two common products. Many scientists today are currently beginning to accept the idea that honey itself can accomplish a quick fix for many diseases of all kinds. The best part of it is that honey can be readily used without any sort of side effects.

Many physicians and family practitioners claim that even though the honey may be a bit on the sweet tasting side that if it is taken in the correct dosages it is safe for the diabetic patients to consume. Below are several of the wives tales for cures associated with honey.

HEART DISEASES: You can create a paste consisting of cinnamon and honey that can be applied on bread in place of jelly or jam and consumed regularly for breakfast. This combination is reputed to reduce ones cholesterol in the arteries as well as protecting the patient from various heart disorders. In addition if you have already experienced a heart attack should you follow this process daily you will be afforded the luxury of no further heart attacks. If you were to use the above regularly it would relieve any loss of breath as well as strengthening your heart beat. Various nursing homes have started treating their patients regularly with this regiment and have achieved a measure of success.

Research reveals that as one age their arteries and veins tend to lose the normal flexibility and start to become clogged. The honey and cinnamon starts to revitalize both the arteries and veins in a short period of time.

ARTHRITIS: Another of these health tales relates to how arthritis patients should take 1 cup in both the morning and the evening of hot water which contains 2 spoons of raw honey and 1 small teaspoon cinnamon. When taken on a regular basis it has been found that even those patients who are suffering from chronic arthritis can in fact be cured. Recent research found that when doctors would treat their patients with 1 tablespoon of Honey and a ½ teaspoon of Cinnamon prior to eating breakfast 73 out of 200 were totally cured of their arthritic condition in only one week. In slightly over one month those patients who had acute arthritis and could not even move around by themselves were walking without any sort of pain what so ever.

BLADDER INFECTIONS: Our great, great grandparents relied upon 2 tablespoons of cinnamon to 1 teaspoon of raw honey dissolved in 1 glass of warm water to destroy any germs present in the bladder. Surprisingly it seemed to work for them.

TOOTHACHE: Now we come to those painful toothaches. To relieve the pain associated with this you should create a paste type product from 1 teaspoon of cinnamon well mixed in 5 teaspoons of raw honey and then apply onto your aching tooth. You should apply this paste 3 times a day until such time as your toothache goes away.

CHOLESTEROL: It is said that 2 tablespoons of raw honey mixed with 3 teaspoons of Cinnamon in 16 ounces of water will effectively reduce the level of cholesterol by 10 percent within a matter of several hours. If this remedy is taken 3 times per day any chronic cholesterol is certain to be cured. On the same lines whenever pure honey is taken on a daily basis with your food the cholesterol level is permanently reduced.

COLDS: Those people who are suffering from the common cold should dissolve 1 tablespoon of raw honey together with 1/4 spoon of cinnamon, on a daily regiment for 3 consecutive days. This will quickly cure most cough and colds while clearing the sinuses.

UPSET STOMACH: It has been traditionally known that honey taken in combination with cinnamon will cure the majority of stomach aches while it clears any stomach ulcers from its root cause.

GAS: From the tales coming from India and Japan if you take honey with cinnamon it will relieve your stomach of any gas.

IMMUNE SYSTEM: The daily use of the honey and cinnamon mixture will tend to strengthen the immune system while protecting the body from any outside bacteria as well as strange viral attacks. The constant use of the honey will strengthen your white blood corpuscles to the point where they can effectively fight off any bacteria or viral infections.

INDIGESTION: Here is a simple remedy for indigestion. Take some cinnamon and sprinkle it over 2 tablespoons of raw honey. Take this just before you eat your meal. It will relieve any acidity present in the meal and will easily digest the heaviest of meals.

INFLUENZA: It has been suspected for some time that honey contains some sort of natural ingredient which will kill the germs associated with influenza.

LONGEVITY: A tea which is composed of honey and cinnamon that is consumed regularly tends to stop the progression of old age. The secret is to take 4 spoons of your raw honey and mix it with 1 spoon of cinnamon into 3 cups of fresh water. Boil this mixture to make a tea like drink. You should drink about 1/4 of a cup 3 or 4 times per day. This combination will not only keep your skin soft and fresh looking but will tend to arrest old age and increase your life span.

PIMPLES: It has been reported that a mere 3 tablespoons of raw honey plus 1 teaspoon of cinnamon made into a paste and applied onto pimples prior to falling asleep will remove them permanently. In the morning wash your face well with warm water. If this process is repeated daily for several weeks you can successfully be pimple free.

SKIN INFECTIONS: Skin infections can often be resolved by applying the honey and cinnamon in equal portions to the parts of your skin which are affected with eczema or ringworm as well as other types of skin infections.

WEIGHT LOSS: If you happen to have a problem with excess weight you can drink honey and cinnamon boiled in 1 cup of water about ½ hour prior to consuming your breakfast and shortly before retiring for the evening. Make sure it is taken on an empty stomach. If you do this on a regular basis it will tend to reduce your weight. An interesting side note of this is that when you drink this mixture on a regular schedule it prevents the fat from accumulating in the body even though you may be eating high calorie foods.

CANCER: Several studies that have recently been conducted has revealed that cancer of the stomach and of the bones have been successfully cured by taking 1 tablespoon of raw honey in 1 teaspoon of your cinnamon for 1 month - 3 times per day.

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