

# HONEY AND CINNAMON

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## IMPORTANT

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.**

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## Introduction

Honey is the only food on the planet that will not spoil or rot. It will do what some call "turning to sugar". However, never boil honey or put it in a microwave - this kills the enzymes in the honey. Always use honey that is untreated, unprocessed, and not heated to ensure the greatest benefit.



*Honey and Cinnamon*

The Cinnamon should be organic; and Chinese medicine says it is "warming and nourishing for the Kidneys".

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## Benefits

A Honey and Cinnamon combination is reputed to have powerful healing properties, and the following list of benefits comes from the Canadian magazine, *Weekly World News*: as reported on:

<http://www.newrealities.com/index.php/articles-on-health/item/2933-the-healing-benefits-of-cinnamon-honey>

*Weekly World News*, a magazine in Canada has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

**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.

**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, was 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.

**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. To make it lukewarm, place it in a small jar and let it set in warm water for awhile.

**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.

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.

**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 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 to fight bacterial and viral diseases.

**INDIGESTION:** Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals.

**INFLUENZA – FLU:** 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 four spoons of honey, one spoon of cinnamon powder, and three cups of water and boil to make like tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increase and even a 100 year old might start 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.

**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. If taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

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

**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.

**CANCER:** 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.

**BAD BREATH:** People in 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 helps restore hearing.

**CONCLUSION:**

It is good to take some sort of mixture of cinnamon and honey daily!

<http://www.newrealities.com/index.php/articles-on-health/item/2933-the-healing-benefits-of-cinnamon-honey>

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## APPENDIX

### HOW TO DIFFERENTIATE BETWEEN CEYLON AND CASSIA CINNAMON

From:

<http://www.peashealth.com/fake-and-real-cinnamons/>

#### Introduction

You need to pay attention to a very important fact that ***all cinnamon is no good***. Most people do not know it. There is a lot of discussion on the internet on topics like benefits, uses, remedies etc of cinnamon. There is either no or little information about the fact that all cinnamon is not good. There is fake and real, good and bad, toxic and non-toxic! In this article, I have explained all about this and how to choose the right one.

#### Cassia Cinnamon

This is called cassia, Chinese or Saigon cinnamon. Some people also call it fake cinnamon. It is produced in countries such as Vietnam, China and Indonesia. It is very hot and by chewing a piece you can feel the pungent taste sizzle and flame in your mouth. It shares some of the characteristics with real cinnamon like being anti-microbial, anti-fungal, blood regulation etc. The real problem, however, with the fake cinnamon is that it has a high content of coumarin; in fact, nearly 1200 times higher than found in the real herb. Taking large amount of coumarin is highly toxic and a prolong use may pose several serious health damages.

According to the Federal Institute for Risk Assessment (BfR) in Germany, coumarin can damage liver and kidneys if taken for longer periods. In case of sensitive individuals, only a small amount can cause damage.

BfR further advises that cassia cinnamon contains high levels of coumarin and should not, therefore, be eaten.

Cassia Cinnamon is a lot cheaper than the real or Ceylon variety. Most cinnamon sold in the supermarket is the Chinese or Cassia variety.

#### Ceylon Cinnamon

This is also called real, sweet or good cinnamon. It is produced in Sri Lanka from the plant called *cinnamomum zeylanicum*. It is light brown in color and thin and soft in appearance. The sticks are filled like a cigar with several folded layers. The amount of coumarin content is only 0.0004% against 5 % found in *cinnamomum cassia*.

#### How to Distinguish Between the Two?

In case of ground cinnamon, it is very difficult to distinguish between the two unless you are an expert, especially at sniffing spices. However, there is no guarantee that the result will be one hundred percent accurate. However, in case of sticks, it is easier to differentiate between the two. The following table and pictures highlight some of the differences which shall help you to choose the correct type.

| <b>Ceylon Cinnamon<br/>(Good)</b>   | <b>Cassian Cinnamon<br/>(Not So Good)</b>  |
|-------------------------------------|--|
| Soft texture, easily broken         | Hard texture Not easily broken             |
| Soft and Sweet aromatic             | Pungent and very spicy flavor              |
| Coumarin content 0.0004%            | Coumarin content 5%                        |
| Generally safe                      | Toxic if taken in case of prolonged use    |
| Expensive and not found everywhere  | A lot cheaper and found in supermarket     |
| Native to Sri Lanka                 | Native to China, India, Vietnam, Indonesia |
| Light brown in color                | Dark Brown or reddish in color             |
| Soft in appearance                  | Rough in appearance                        |
| Several folds of layer like a cigar | Only inward folded. Empty cavity           |

Most bottled or packaged ground cinnamon does not mention its type or origin. It is, therefore, difficult to ascertain its type and origin or the country or plant. The best course is to identify the sticks and make sure that you are buying the Ceylon variety. Once you get hold of the real “thing”, use your blender to crush it into powder.

<http://www.newrealities.com/index.php/articles-on-health/item/2933-the-healing-benefits-of-cinnamon-honey>

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