

# Cinnamon and honey's healing properties

by: Hesh Goldstein

(NaturalNews) On January 17, 1995, an article written by Beatrice Dexter about the benefits of honey and cinnamon powder, appeared in The Weekly World News.

Please allow me to preface this article with a bit of information unbeknown to the writer and virtually everyone else: cinnamon is 26 percent sulfur based and honey is 33 percent sulfur based, making their combination 59 percent sulfur based and the reason why their combination is so effective.

Honey is the only food on the planet that will not spoil or rot.

Honey will crystallize if it is left in a cool dark place for the long time, but do not mistake this crystallization for it turning into sugar. Honey never will become sugar. If it does crystallize, simply loosen the lid and let the honey jar sit in boiled water, as this will allow the honey to re-liquefy naturally.

It is important to note that you do not put a honey jar in boiling water while still be heated or in a microwave as these will kill the enzymes in the honey.

Obviously, you will never read about this in the mainstream media because they are hookers for BigPharma and could interfere with their drug pushing profits if too many people learned about the effectiveness of sulfur-based remedies.

Today's science says that even though honey is sweet and when taken in the right dosage as a "medicine", it will not and does not harm even diabetics.

Ok, all that being said, let's get to healing qualities of the sulfur-based cinnamon/honey combination as researched by Western scientists, who by the way, are clueless about the sulfur effectiveness or the fact that cinnamon and honey are sulfur based:

## **HEART DISEASE**

Make a paste of honey and cinnamon powder and apply it on bread instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and could prevent a heart attack. If someone already had a heart attack and you take this combination, your next heart attack may never happen. The regular use of this combination relieves loss of breath and 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; the cinnamon and honey combination revitalizes the arteries and veins.

## **ARTHRITIS**

Arthritis patients should take, twice a day (morning and night), a cup of hot water with two tablespoons of honey and one teaspoon of cinnamon powder. When taken regularly, even chronic arthritis can be cured. In a research project conducted at Copenhagen University, it was found that when doctors treated their patients with a mixture of one tablespoon of honey and a half-teaspoon of cinnamon powder before breakfast, they found that within a week 73 out of the 200 tested were totally relieved of pain. Within a month, most all of the people who had trouble walking or moving around because of their arthritis could walk 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 will destroy the germs in the bladder.

## **CHOLESTEROL**

Two tablespoons of honey and three teaspoons of cinnamon powder mixed in 16 ounces of water 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, chronic cholesterol is cured. The scientists also found that pure honey taken with

food on a daily basis relieves complaints of cholesterol

### **COLDS**

Those suffering from common or severe colds should take one tablespoon of lukewarm honey with one quarter of a spoonful for cinnamon powder daily for three days as this procedure will cure most chronic coughs, colds, and will clear the sinuses.

### **UPSET STOMACH**

Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers for its roots.

### **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. The scientists have found that honey has various vitamins and iron in larger amounts. Constant use of honey strengthens the white blood corpuscles, where the 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 aids in the digestion of the heaviest of meals.

### **INFLUENZA**

A scientist in Spain has proved that honey contains a natural "ingredient", which kills the flu germs and will prevent the person from getting the flu. (I ain't no learned scientist but I do know that the natural "ingredient" is sulfur and that those that take the organic sulfur crystals never get the flu).

### **LONGEVITY**

Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Use four teaspoons of honey, one teaspoon of cinnamon powder, and three cups of boiling water to make the tea. Drink one quarter of a cup three to four times a day. It keeps the skin fresh and soft and delays aging. Life spans increase and even those in their 90s plus, will have the energy of someone half their age. Allow me to inject some humor here: I play in two senior softball leagues. One of the guys, who is 87 asks me if the sulfur crystals are good for erectile dysfunction. I tell him that they are but they must be taken twice a day. About two weeks later I ask him if he is taking the crystals. He says he is. I then ask him if he is taking them twice a day. He says he is taking them once a day. I reminded him that their utmost effectiveness is by taking them twice a day. He says that he knows that but his wife can't handle it when he takes them twice a day.

### **RASPY OR SORE THROAT**

When the throat has a tickle or is raspy, take one tablespoon of honey and sip it until it is finished. Repeat this every three hours until the throat is without symptoms.

### **PIMPLES**

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 for two weeks, it removes pimples from the root (of course, eliminating sugar from the diet couldn't hurt).

### **SKIN INFECTIONS**

Applying honey and cinnamon powder in equal parts to cure eczema, ringworm and all types of skin infections.

### **WEIGHT LOSS**

In the morning and one half hour before breakfast and on an empty stomach, and at night before sleeping, drink

honey and cinnamon powder boiled in one cup of water. When 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.

### **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 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. A Dr. Milton, who apparently does not have a first name, has done research showing that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, even when the vitality of the body starts to decrease, when taken daily after brushing and in the afternoon at about 3:00 P.M., the vitality of the body increases within a week.

### **BAD BREATH**

Gargling with one teaspoon of honey and cinnamon powder mixed in hot water first thing in the morning will keep the breath fresh all day.

### **HEARING LOSS**

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

### **TOOTHACHE**

Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey and apply it to the aching tooth three times a day until the ache is gone.

### **HIGH BLOOD PRESSURE**

High blood pressure and its accompanying symptoms of chest pain and dizziness disappeared in many patients' just weeks after an Italian researcher gave them regular doses of honey and cinnamon. Blood pressure improved and all 137 subjects felt better after a few weeks.

### **REGARDING CINNAMON**

The cinnamon powder that you get in the super markets could very well be sawdust that has been colored and artificially flavored. I think it is better to get the bark and powder it yourself or but it from a reputable natural food store. Most spices are irradiated. This is supposedly done to eradicate bacteria, but spices are generally excellent bactericides so the irradiation is merely a way of destroying the precious properties of spices. Non-irradiated spices are available from most high-end health foods stores. Cinnamon can be confused for cassia and in fact many powdered forms use cassia (<http://en.wikipedia.org/wiki/Cassia>). It is also known as "bastard cinnamon". True cinnamon is also known as "Ceylon" cinnamon. There are other variants such as Indonesian and Vietnamese so avoid anything that is from these countries. Specifically ask for Ceylon Cinnamon. *Cinnamomum zeylanicum* is the botanical name for the purest and most potent form of cinnamon.

Not long ago I wrote an article for natural news on the 21 Reasons To Try Organic Sulfur Crystals. See if you notice the similarities in benefits.

1. Organic sulfur is not a drug or prescription medicine, but rather a nutrient that the body is deprived of.
2. It increases enzyme production within the glands of the body, substantially increasing resistance to illness.
3. It increases flexibility in the tissues within the body and increases blood circulation.
4. It reduces muscle and joint inflammation, promotes healing in the muscles and joints and prevents them from becoming sore. To the degree there is soreness, recovery and return to normality is quickened. Athletes, in

particular, benefit from this as the intake of OS dramatically increases their recovery time.

5. It eliminates "free radicals" in the body. Allergies to pollens and certain foods can be eliminated or reduced by its use.
6. It promotes healthy, increased growth of hair and fingernails.
7. Because of the oxygenation of the cells and tissues that the OS facilitates, the body is kept in a constant aerobic environment making it so that cancer cells cannot survive or exist.
8. Studies have shown it can help reverse symptoms of osteoporosis, Alzheimer's disease and Parkinson's disease.
9. It aids in healthy skin production and the reduction of "wrinkles". It is one of the main ingredients in moisturizing creams.
10. It helps the body properly regulate insulin production. Adequate OS in the diet may reduce the amount of insulin injections.
11. It helps alleviate chronic headaches and migraines. Increased circulation in the brain cells promotes proper blood circulation within the brain. Less pressure and pain result, reducing tendencies for headaches.
12. It helps alleviate emphysema by providing the body with material to manufacture new, healthy cells on lung walls.
13. Because of the ability to make cell walls more permeable. OS causes the body to rapidly release and reduce alcohol "hangover" toxins, removing them as waste from the body. The process quickens recovery time from a "hangover", often as quickly as 20 minutes.
14. It helps in reducing and often eliminating diverticulitis. Parasites living in the intestines are unable to remain attached to the walls due to the slippery coating that the OS produces. Because of this, hatching parasitic worms are flushed out as well because they cannot attach to the walls.
15. It reduces hypoglycemia in the body because it has made it easier for the body to introduce blood sugar through more permeable cell walls. Less insulin is demanded for the process, resulting in less overuse of the pancreas. Within several months of constant usage, OS can reduce or eliminate hypoglycemia entirely.
16. It helps alleviate PMS. Glandular production is enhanced by OS to have more "normal" levels of production. Acid, enzyme, and hormonal levels are more evenly balanced facilitating reduction of cramps, headaches, and nausea associated with the monthly cycle.
17. It helps promote better kidney function more efficiently. Water retention problems associated with poor kidney function can be alleviated.
18. It can help alleviate eye problems. Dissolve 1 teaspoon of the sulfur crystals in 4 ounces of water and use as eye drops as frequently as you like.
19. OS delivers the essential omega-3 throughout the body and also allows the body to produce vitamin B-12.
20. It has amazingly reversed countless cases of asthma and 18 cases of autism that we know about so far.
21. Last and certainly not least, it eliminates the continued need for Viagra or Cialis by reversing erectile dysfunction.

This is by far the ONLY substance that can remove the poisons from pesticides, heavy metals, radiation, and other toxins. You can find out more by going to [www.healthtalkhawaii.com](http://www.healthtalkhawaii.com) and going to Products and Services.

Oh yeah, the Opti product does not work because they add the synthetic silicon dioxide, whereby all synthetics kill all the benefits.