

Medicinal Value of Honey

Arthritis

Slow massage of honey paste made of one part of honey with two parts of lukewarm water and a small teaspoon of cinnamon powder, on the affected area of the body, recedes the pain within a minute or two.

Even chronic arthritis can be cured by consumption of one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder by arthritis patients in the morning and night everyday.

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.

Bladder infections

Drinking two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water destroys the germs of the bladder.

Toothache

Application of a paste of one teaspoon of cinnamon powder and five teaspoons of honey on the aching tooth be done 3 times a day cures the toothache within a few days.

Cholesterol

Two tablespoons of honey and three teaspoons of Cinnamon powder mixed in 16 ounces of tea water, if given to a cholesterol patient, reduces the level of cholesterol in the blood by 10% within 2 hours.

If this mixture taken 3 times a day any chronic cholesterol is cured. 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 teaspoon cinnamon powder daily for 3 days. This process will cure most chronic cough, cold and clear the sinuses.

Infertility

Yunani and Ayurvedic have been using honey for years in medicine to strengthen the semen of men. If impotent men regularly take two tablespoon of honey before sleeping, their problem will be solved.

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.

Upset stomach

Honey taken with cinnamon powder cures stomach ache and clears stomach ulcers from the root. It is revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.

Heart diseases

A paste of honey and cinnamon powder applied on bread or *chapati* instead of jelly and jam and eaten regularly for breakfast 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 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.

Longevity

Tea made with honey and cinnamon powder, when taken regularly arrests the ravages of old age.

Mixture of 4 spoons of honey, 1 spoon of cinnamon powder and 3 cups of water and boil to make like tea when drunk 1/4 cup, 3 to 4 times a day keeps the skin fresh and soft and arrests old age.

Pimples

Three tablespoons of honey and one teaspoon of cinnamon powder paste applied on the pimples before sleeping and washing it next morning with warm water, if done daily for two weeks, removes pimples from the root.

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.

Weight loss

Honey and cinnamon powder boiled in one-cup water if taken daily, in the morning 1/2 hour before breakfast on an empty stomach and at night before sleeping, reduces the weight of even the most obese person

Cancer

Patients suffering from advanced cancer of stomach and bones should take, on a daily basis, one tablespoon of honey with one teaspoon of cinnamon powder for one month 3 times a day.

Fatigue

Recent studies have shown that the sugar content of honey is very helpful and makes the person alert

and flexible.

It also increases the vitality of body if half tablespoon of 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.

Bad breath

The morning gargle with one teaspoon of honey and cinnamon powder mixed in hot water keeps the breath fresh throughout the day.

Digestive system

Honey is said to improve food assimilation and to be useful for chronic and infective intestinal problems such as constipation, duodenal ulcers and liver disturbances.

Respiratory system

In temperate climates and places with considerable temperature fluctuations, honey is a well-known remedy for colds and mouth, throat or bronchial irritations and infections. The benefits, apart from antibacterial effects, are assumed to relate to the soothing and relaxing effect of fructose.

Skin and wound healing

Honey is used in moisturizing and nourishing cosmetic creams, but also in pharmaceutical preparations applied directly on open wounds and burns. If applied immediately, honey reduces blistering of burns and speeds regeneration of new tissue

It helps against infections, promotes tissue regeneration, and reduces scarring also in its pure, unprocessed form.

A cream, applied three times per day and prepared from equal parts of honey, rye flour and olive oil, has been successfully used on many sores and open wounds.

Eye disorders

Honey reduces and cures eye cataracts, cures conjunctivitis and various afflictions of the cornea if applied directly into the eye.