GRANDMA'S REMEDIES

Discover The Sensational Cinnamon and Lemon Remedy To Alleviate Joint Pain And To Treat Colds & Flu

By bestfolkmedicine · 17/06/2018 · 2 min read



In order to prevent the occurrence of diseases, people are trying to strengthen their immunity with the help of homemade remedies containing vitamins and minerals. One such powerful cure is the one we have decided to share with you in today's article and it is made with cinnamon and lemon. It is simple to prepare, yet it is highly potent. You will be amazed!

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The Benefits of Cinnamon and Lemon Remedy

Alleviates joint ache

This one-of-a-kind combination will minimize swelling and inflammation causing joint ache. This is because lemons are rich in vitamin C, a nutrient the body requires to create collagen, which is crucial for healthy bones and joints. The following remedy is highly recommendable for people who suffer from arthritis:

Needed:

One Ceylon cinnamon stick

Five tbsp of lemon juice

A tsp of organic honey

A cup of purified water

Preparation: Pour the water in a pot and bring it to heat. When it reaches boiling point, put the cinnamon and honey and cook them for 15 minutes. Then, remove the pot from the stove and leave it for 10 minutes before you strain it and add the lemon juice.

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Use: Drink the strained liquid in the morning, prior to breakfast.

Triggers weight loss

Cinnamon and lemon will definitely boost your metabolism and lead to weight loss. Namely, cinnamon is known to regulate the glucose and insulin levels in the body and when consumed on a regular basis, this cure is a great ally in the fight against body fat, especially against the one in the abdominal area. The needed ingredients and preparation is the same as the one mentioned above. The difference is that you need to take it 20 minutes after meals to better the digestion and speed up the metabolism.

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Clean the face from acne and other impurities

Cinnamon and lemon have strong antibacterial properties, which makes them highly beneficial against acne blemishes and blackheads. Here's what you will need:

A tsp of Ceylon cinnamon

A tbsp of lemon juice

A small container

One cotton pad

Preparation: Before going to bed, mix the ingredients well.

Application: After preparing the mixture, wash the face and then apply the content onto the face with the help of a cotton pad. Leave it for 5 minutes before rinsing it off with warm water.

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Treat colds and flu

The strong antibacterial characteristics of cinnamon and the vitamin C from lemons work together in strengthening the immunity. This remedy is also recommendable against surplus mucus.

You need:

One Ceylon cinnamon stick

A cup of orange juice

Five tbsp of lemon juice

A tsp of raw honey

Preparation: Heat up the freshly-squeezed orange juice with the honey and cinnamon stick and then remove the stick and add the lemon juice.

Use: Drink the mixture in the morning during breakfast.

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