GRANDMA'S REMEDIES

Honey and Cinnamon: A Powerful Remedy That Even Doctors Can Not Explain

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According to anecdotal evidence, when combined, honey and cinnamon, two natural ingredients abundant in health benefits, can help with a long list of health problems. Honey is a sweet liquid which is produced by bees and it has long been used as a food and as a cure. Unrefined, raw honey is a potent cough suppressant and a healing remedy for burns and wounds.

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Cinnamon, a well known spice, possesses potent healing advantages and it may help lower inflammation, alleviate neurodegenerative illnesses, and keep you safe from cancer. If you want to learn about the best

healing uses of honey and cinnamon remedy, continue reading the article. We will present the 6 beneficial uses!

6 Best Healing Uses of Honey & Cinnamon Remedy

- **Alleviates diabetes**

Cinnamon can help regulate type 2 diabetes while honey will help balance the insulin resistance and the blood sugar levels. Despite what you may have thought, people who are keeping their diabetes under control with the help of prescribed therapy can actually benefit from honey when they consume it in moderation. Opt for a cup of warm water mixed with a tsp of raw honey and a tsp of quality cinnamon. Avoid mixing boiling water and honey to prevent the loss of nutrients.

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- **Relieves allergy symptoms**

Did you know that dust mites are one of the most common allergy triggers in your home? They have also been linked to rhinitis, asthma, and dermatitis. Cinnamon can help you remove dust mites from your home. According to a study, it was 2.5 times more powerful in destroying dust mites than benzyl benzoate. And, cinnamon is not toxic as it is the case with the chemicals that are commonly used for the removal of dust mites. Consume a tsp of organic honey for a strong immunity and combine it together with cinnamon to fight off dust mites and allergies from the inside out.

- **Reduces acne**

For centuries, traditional healers have used the combination of honey and cinnamon to treat acne and other skin-related problems. This is believed to be a result of the antimicrobial and antibacterial characteristics in cinnamon and honey. To prepare a honey and cinnamon acne remedy, combine a tbsp of raw honey and a tsp of cinnamon. Apply it onto the affected areas and leave it on for 20 minutes or overnight for optimal effect.

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- **Helps with UTIs**

In a study that tested 28 plant extracts against the causes of UTIs, including E. coli, cinnamon was ranked in the four most powerful ones. You can also help lower your risk of UTIs through cinnamon

supplements. Or, even better, combine fresh cinnamon with Manuka honey which is one of the healthiest types of honey and contains powerful antibiotic characteristics.

- **Boosts the digestion**

For a long period of time, cinnamon and honey have been used to manage digestive problems like nausea, ulcers, and constipation. Taking into account the fact that honey is pre-digested nectar; the body has no problem breaking it down. Cinnamon and its antimicrobial properties are of aid for bacterial overload in the digestive system, particularly in individuals suffering from an E. coli infection.

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- **Relieves gingivitis**

Chewing or sucking on a Manuka honey product, according to New Zealand researchers, lowered plaque for 35 percent and minimized bleeding in gingivitis patients by 35 percent. Combine it with cinnamon for additional antimicrobial effect and regularly use it to improve your oral health.

Sources:

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