

Ceylon CINNAMON TEA with BEE HONEY

Nature's BRAND

Herbal SLIMMING TEA

**Health Benefits from
Ceylon Cinnamon & Bees Honey**

CINNAMON DRINK *With*
BEE HONEY

Product of SRI LANKA

Inside Wild Harvest **BEES' HONEY**
In 20ml phial to enrich your cinnamon Tea

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Shape your body with
Slimming
Tea

100% Ceylon Cinnamon

The Magic of
Ceylon
Cinnamon
With **BEE HONEY**

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Health Benefits from Ceylon Cinnamon & Bees Honey

It has been found that a mix of bees honey and cinnamon cures most diseases in human beings. Honey contains many substances, which include two kinds of sugar- laevulose, enzymes, many vitamins, small amounts of proteins and acids. That is why honey is good for our health and fitness.

Slimming Tea



(100% Ceylon Cinnamon + Bees Honey)



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Health Remedies:

As a health remedy a paste of honey and cinnamon powder is good for heart diseases. Put it on toast instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol and could potentially save one from heart attack. Regular use of cinnamon honey strengthens the heart beat Arthritis patients can benefit by taking one cup of hot water with two tablespoon of honey and one small teaspoon of cinnamon powder. When taken daily even chronics arthritis can be cured.

Skin Infections:

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

Weight Loss:

Daily in the morning one half hour before breakfast and on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled on 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 fact 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 daily take one tablespoon of honey with one teaspoon of cinnamon powder three times a day for one month. Cancer Prevention In a study published by researchers at the U.S. Department of Agriculture in Maryland, cinnamon reduced the proliferation of leukemia and lymphoma cancer cells.

Urinary 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:

Take 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, when taken three times a day, any chronic cholesterol-could be cured. According to information received in the said journal, pure honey taken with food daily relieves complaints of cholesterol. Just ½ teaspoon of cinnamon per day can lower LDL cholesterol.

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Colds:

Those suffering from common or severe colds should take one tablespoon lukewarm honey with $\frac{1}{4}$ spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold and clear the sinuses and it's delicious too!

Upset Stomach:

Honey taken with cinnamon powder cures stomach ache and also is said to clear stomach ulcers from its root. Cinnamon powder sprinkled on two tablespoons of honey taken before food is eaten relieves acidity and digests the heaviest of meals.

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 bacterial and viral diseases.

Influenza:

A scientist in Spain has proved that honey contains a natural 'ingredient' which kills the influenza germs and saves the patient from flu. When added to food, it acts as an antibacterial and inhibits bacterial growth and food spoilage, making it a natural food preservative. High in nutrients, it is a great source of manganese, fiber, iron and calcium.

Longevity:

Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Use four teaspoon of honey, one teaspoon of cinnamon powder, and three cups of boiling water to make a tea. Drink $\frac{1}{4}$ cup, three to four times a day. It keeps the skin fresh and soft and arrests old age.

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 daily for two weeks, it removes all pimples from the root.

Fatigue:

Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body.

Bad Breath:

People of South America, gargle with one teaspoon of honey and cinnamon powder mixed in hot water first thing in the morning so their breath stays fresh throughout the day.

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Hearing Loss;

Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing. Good quality of Cinnamon powder will be available at Sri Lanka which is largest producer in Asia.

Read more at : sl-donaldj.blogspot.com.

Honey and Cinnamon Remedy

The combination of honey and cinnamon has been used for centuries in both traditional Chinese and Ayurveda, a system of healing founded 5000 years ago in India. The two ingredients with unique healing abilities have a long history as a home remedy. Cinnamon is one of the oldest spices known to mankind and honey's popularity has continued throughout history. Cinnamon's essential oils and honey's enzyme that produces hydrogen peroxide qualify the two "anti-microbial" foods with the ability to help stop the growth of bacteria as well as fungi. Both are used not just as a beverage flavoring and medicine, but also as an embalming agent and are used as alternatives to traditional food preservatives due to their effective antimicrobial properties.

Also, it is worth mentioning that in Ayurvedic medicine, honey is known as 'Yogavahi', which means "the carrier of the healing values of the herbs to the cells and tissues". It is believed that when combined with another substance (eg a herb or spice) in a formulation, the special quality of honey enhances the medicinal qualities of that formulation and helps them reach the deeper tissues in the body more effectively. And honey and cinnamon, which is one of the best-known mixtures, has been reported to be a natural cure for many diseases and a formula for many health benefits:

Manufactured & Exported By

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