

WED., JUN. 23. 2004 6:38 A.M. YR 17, DAY 312

RE: STATUS REPORT AND A SUGGESTION FOR HONEY AND CINNAMON--GCH/D

[The following is an excerpt from the full writing of just the part relating to the benefits of honey and cinnamon]

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### HEALTH AND YOU

My goodness, I watch you play at your nonsensical "gotcha" games and shiver in my own boots. You try to avoid a "spoonful of sugar" to save a waist-line by using poison and buying the "waste--line". STOP IT!

The money magnates are now going to put aspartame water into your schools. Why not just kill your children rapidly than destroy them in this manner--BRAIN FIRST?

I ask that we offer the "Honey and Cinnamon" article NEXT, right here. As lead-in however, I ask the small insert from *ALTERNATIVES* be offered. There is such an increase of diabetes in the world as to astound any mortal and quite a few angels--not to even mention obesity which is the new "population control" disease.

I am first going to offer the "Cinnamon" solution before I even add in the "Honey", Honey.

Oh you didn't KNOW? Oh well, surely you know all about Aspartame, Equal, and the other incredibly dangerous (to your health) substitutes from the Chemical houses. So be it.

\* \* \*

"A HALF-TEASPOONFUL OF CINNAMON HELPS THE GLUCOSE GO DOWN"

[Quoting from *ALTERNATIVES*, June 2004, pg. 92]

One gram (slightly less than a half-teaspoon) of cinnamon per day was given to 60 volunteers with type 2 diabetes. In just 40 days, this small amount of cinnamon reduced fasting glucose levels anywhere from 18 to 29 percent, triglyceride levels 23 to 30 percent, LDL cholesterol levels 7 to 27 percent, and total cholesterol 12 to 26 percent. *No advantages or greater improvements were found when larger doses were given.* **[H: This may well be so but added to honey, the benefits are instantaneous as to energy increase and other benefits which come directly from natural, especially wild-dark, honey. So be patient and read the article following this insert.]** Also, when the participants stopped taking the cinnamon, their blood sugar levels and other readings began to return to former levels. (*J Agri Food Chem 04:52(1) (Diabetes Care 03;26(12):3215-8)*)

If you have diabetes or insulin resistance (which can result in having Syndrome X, a pre-diabetic condition characterized by added fat around the waist, high blood pressure, elevated triglycerides, and/or cholesterol and glucose intolerance), you would be foolish to overlook the benefits of adding ½ teaspoon of cinnamon to your diet each day.

The explosion in diabetes is being fueled by several factors, and while it can be stopped, I don't see that occurring within the general population. The most significant risk factor for developing type 2 diabetes appears to be that of being overweight. *[D: OUCH!! And no, friends, it is a fact that if EJ and/or I lost only 15 pounds (off each) we would be considered "anorexic" but of proper weight. It is "around the waist" that is troubling and it does not just "go away with wishing and chips.]*

Researchers monitored several factors and their relationship to developing type 2 diabetes in 84,941 women from 1980 to 1996. They concentrated on five well-known risk factors: weight, diet, exercise, smoking, and alcohol. While all of these factors played a significant role, the most significant was their body mass index (BMI), a measurement of obesity based on height and weight.

(To find your BMI, do the following: first, divide your weight in pounds by the square of your height in inches, then multiply the result by 703.)

This study found that the ideal BMI was 23.0. As this number increased, so did the risk of developing type 2 diabetes. This study also found that individuals who had only moderate sugar intake, a low intake of trans-fatty acids, a high fiber intake, and low saturated fat intake, and who exercised at least seven hours per week, consumed a moderate amount of alcohol, and didn't smoke had a 90 percent lower risk of type 2 diabetes than those who didn't have this profile. (*N Engl J Med 01;345:790-797*)

Besides having to make significant lifestyle changes, there are other underlying reasons I don't think the general public will take the necessary steps to stop this epidemic of diabetes.

For one, caring for and treating diabetes has created a HUGE MARKET WORTH BILLIONS. New oral medications, insulin preparations, insulin deliver devices, and blood glucose-monitoring systems are being created and brought to the market every day. Those selling these items will be promoting them as the answer. And it will be far easier to sell the idea of checking blood sugar with an in-home laser monitor and then taking only one pill or a quick, painless injection each day than to convince someone to drastically change eating and exercise habits.

But treating diabetes doesn't cure diabetes. It may prolong life and even postpone many of the disease's associated problems. Still, simply living with a controlled form of the disease takes its toll.

Research shows that even with the best treatment, the reduction in life expectancy for those with diabetes is astounding. And the decrease in their quality of life is even more pronounced.

Men now diagnosed with type 2 diabetes at age 40 will live 11.6 less years than someone without the disease and, based on quality-adjusted life years, they will lose 18.6 years.

Women fare even worse. Women diagnosed at age 40 will lose 14.3 years of their life and 22 quality-adjusted life-years. (*JAMA 03:290 (14):1884-1890*)

**[H: NO, WE ARE NOT OFFERING MEDICINE IN ANY FORM OR SHAPE. WE ARE OFFERING YOU INFORMATION PUBLISHED AND PROBABLY YOU WILL HAVE "MISSED" IT.]**

[End Quoting]

Now read on if you want some more real "skinny" on the subject which should be shouted from roof-tops or at least in a "*NEWS DESK*" but we are limited in both input for same and space for such luxuries.

You who endure stomach discomfort on a chronic basis are going to be shocked at how easy it is to attend such discomfort without those expensive anti-acids or even that old "soda" home remedy. You can also live a bit longer with some quality to your energy-life and indeed that is from intaking purely natural energy food--honey. FATIGUE has become the most debilitating one item in your modern lives and it comes with its debilitating "depression syndrome". Well, YOUR CHOICE--we practice NO medicine.

By the way: we can offer more suggestions on GOOD AND UNBELIEVABLE IMPROVEMENT TO HEALTH IF YOU JUST EAT SEVERAL CANS (AT LEAST TWO PER WEEK) OF "SARDINES". You will get a little iridium in addition which makes the world go 'round quite a lot better. We will try to get to that topic as well in the weeks to come.

When considering honey I suggest the wild-DARK variety. Tupulo honey is probably best as to variety of natural elements but is, at the least, twice to three times as expensive. I would suggest, further, that if you decide to use it that you save it for special and use the regular commercial dark honey for "every use". This is simply to save funds which is also a consideration in your world of graft and avarice.

Try cappuccino tea or coffee--and add cinnamon. It is tasty and helps the whole go down. Cappuccino comes from Capuchin monks who drank their beverages, yea, even coffee, with honey and cream. You can season it any way you like it and tea is especially wonderful with cinnamon, lemon/orange, and HONEY. Tip of the day to you!

You with spelt mush for breakfast--put honey and cinnamon into the mix and "run" face the world and whatever it brings instead of your "planned" events. May you eat well for the fuel of life is what keeps the old body going!

I ask that the "Honey and Cinnamon" article be added here and the writing closed off.

Thank you

### FACTS ON HONEY AND CINNAMON

It is found that mixture of Honey and Cinnamon cures most of the diseases. Honey is produced in most of the countries of the world. Ayurvedic as well as Yunani medicine have been using honey as a vital medicine for centuries.

Scientists of today also accept honey as a "Ram Ban" (very effective) medicine for all kinds of diseases. Honey can be used without any side effects for any kind of diseases. Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients. Weekly World News, a magazine in Canada, on its issue dated 17 January, 1995 has given the following list of diseases that can be cured by Honey and Cinnamon as researched by western scientists.

**HEART DISEASES:** Make a paste of honey and cinnamon powder, apply on bread, chapatti, or other bread, instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who already had an attack, if they do this process daily, they are kept miles away from the next attack.

Regular use of the above process relieves loss of breath and strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully and have found that as we age the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalizes the arteries and veins.

**INSECT BITES:** Take one part honey to two parts of lukewarm water and add a small teaspoon of cinnamon powder, make a paste and massage it on the itching part of the body slowly. It is noticed that the pain recedes within a minute or two.

**ARTHRITIS:** Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured.

In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week out of the 200 people so treated practically 73 patients were totally relieved of pain and within a month,

mostly all the patients who could not walk or move around because of arthritis started walking without pain.

**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. It was found to be effective even if kept on for 5 minutes.

**BLADDER INFECTIONS:** Take two tablespoons of honey and one teaspoon of cinnamon powder in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

**TOOTHACHE:** Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey and apply on the aching tooth. This may be applied 3 times a day till the tooth stops aching.

**CHOLESTEROL:** 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% within 2 hours. As mentioned for arthritic patients, if taken 3 times a day, any Chronic cholesterol is cured. As per information received in the said journal, 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 spoon cinnamon powder daily for 3 days. This process will cure most chronic cough, cold and clear the sinuses.

**INFERTILITY:** Yunani and Ayurvedic Medicine have been using honey for thousands of years to strengthen the semen of men. If impotent men regularly take two tablespoon of honey before going to sleep, their problem will be solved. In China, Japan and Far-East countries, women, who do not conceive and need to strengthen the uterus, have been taking cinnamon powder for centuries. 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. A couple in Maryland, USA, had no children for 14 years and had lost hope of having a child of their own. When told about this process, husband and wife started taking honey and cinnamon as stated above; the wife conceived after a few months and had twins at full term.

**UPSET STOMACH:** Honey taken with cinnamon powder cures stomachache and also clears stomach ulcers from the root.

**GAS:** According to the studies done in India & Japan, it is revealed that if 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 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.

**INFLUENZA:** A scientist in Spain has proved that honey contains a natural ingredient, which kills the influenza germs and saves the patient from flu.

**LONGEVITY:** Tea made with honey and cinnamon powder, when taken regularly arrests the ravages of old age. Take 4 spoons of honey, 1 spoon of cinnamon powder and 3 cups of water and boil to make like tea. Drink 1/4 cup, 3 to 4 times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increases and even a 100 year old, starts performing the chores of a 20-year-old.

**PIMPLES:** Three tablespoons of Honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.

**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 1/2 hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one-cup water. If taken regularly it reduces the weight of even the most obese person.

Also, drinking of 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 cancers of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancers should daily take 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 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.

Dr. Milton who has done research says that a half tablespoon honey taken in a 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 to decrease, increases the vitality of the body within a week.

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

**HEARING LOSS:** Daily morning and night honey and cinnamon powder taken in equal parts restore hearing.

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