

## Honey and Cinnamon

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Facts on honey and cinnamon: It is found that a mixture of honey and cinnamon cures most diseases. Honey is produced in most of the countries of the world. 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 disease.

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 , in 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 DISEASE:**

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