

RAW HONEY AND CINNAMON



“Life Coaching For Your Individual Greatness”

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ABOUT ONE 80 TURN, LLC

One 80 TurnSM is a holistic life wellness service provider located in Nashville, TN. Our whole body approach utilizes results oriented tools and concepts, from various cultures and philosophies, to provide high school and college athletes with reliable information on various topics that have the potential to help them improve their athletic performance, as well as help them form good habits that will benefit them throughout their lifetime.

The concept for the services of One 80 TurnSM was conceived by the owner after several years of personal interaction with teens through life coaching and athletic instruction. The goal is for our business to be recognized as the number one source of life enhancing information and instruction for high school and college athletes.

Our mission is to provide a supportive, non-judgmental environment to assist our partners in reaching their highest potential as athletes and achieving whole body wellness by utilizing resources, programs and tools that promote good health physically, emotionally, mentally and spiritually. Personal gains, such as improved self esteem and self motivation, combined with measurable benefits, will create tremendous life long advantages. Our holistic approach to wellness will establish our reputation as the best in the industry.

DOCUMENT INFORMATION

2.1 Description

The information in this document, on raw honey and cinnamon, is taken from various internet and book sources and is provided in this compiled format for easy reading.

2.2 Objectives

Provide general information about and on the use of raw honey and cinnamon.

2.3 Suggested Users

Any person desiring to increase their knowledge about raw honey and cinnamon as they make choices for their individual nutrition needs/requirements.

DOCUMENT CONTENT

3.1 Raw Honey

Raw honey is the concentrated nectar of flowers that comes straight from the extractor; it is the only unheated, pure, unpasteurized, unprocessed honey. An alkaline-forming food, this type of honey contains ingredients similar to those found in fruits, which become alkaline in the digestive system. It doesn't ferment in the stomach and it can be used to counteract acid indigestion. When mixed with ginger and lemon juices, it also relieves nausea and supplies energy. Raw honey is the healthiest choice amongst the various forms of honey as it has the most nutritional value and contains amylase, an enzyme concentrated in flower pollen, which helps predigest starchy foods like breads.

Honey contains copper, iron, silica, vitamin B, manganese, chlorine, calcium, potassium, sodium, phosphorous, aluminum and magnesium. Depending on the part of the world where the honey comes from, honey will vary in mineral content.

Most honeys found in the supermarket are not raw honey but "commercial" honey, which has been heated and filtered so that it looks cleaner and smoother, more appealing on the shelf, and easier to handle and package. When honey is heated, its delicate aromas, yeast and enzymes which are responsible for activating vitamins and minerals in the body system are partially destroyed. Hence, such honey is not as nutritious as raw honey.

Raw honey will cost you \$8- \$10 a jar and can be purchased at most health food stores. It can also be purchased in the local grocery (in the Nashville, TN area) at Kroger in the organic food section. If you can not find it in your area, you can order on line at AMAZON.COM.



3.2 Raw Honey Health Benefits

As a healing remedy, raw honey can address multiple issues. There are far more benefits from taking honey than can be included here. Scientific research is ongoing surrounding the benefits of this remarkable substance. Below are some interesting health benefits:

- Taking organic raw honey is a healthy way to get an **energy boost**. Its carbohydrates supply us with energy and strength. It can boost your endurance and reduce muscle fatigue.
- Honey is a **great aid in relieving morning sickness**, reportedly even more effective than traditional soda crackers. It's also **good for sore throats including laryngitis and pharyngitis**.
- Honey and cinnamon can help in many areas including relief from **bladder infections, arthritis, upset stomach and bad breath**. **It's even supposed to be able to slow down hair loss**.

- Honey can be used as a medication for **men with problems of impotence and women with problems related to infertility**. Warm raw goat milk and raw honey is believed to increase sperm count considerably.
- A salve made of honey, for **diabetic ulcers**, has been proven effective when other topical antibiotics are not well tolerated. It can be applied to **eczema, canker sores or bleeding gums**.
- Honey and apple cider vinegar can be used for many ailments like **stomach aches, constipation and even migraines**.
- Honey and lemon goes to work in the body **shifting the extra fat stores**, thus making it usable energy for regular body functions. And, honey is cholesterol-free. It reportedly can even **help to keep cholesterol levels in check**.
- Honey has a viscous texture due to its low water content. It also **establishes a poor environment for bad bacteria to grow, and is a good natural preservative**.
- Much of the effectiveness of raw honey to help treat **respiratory problems** has been traced to the bee pollen and propolis suspended within it.

3.3 Raw Honey Consumption

On average, the suggested consumption amount per day is one to two tablespoons. Many simply eat a tablespoon full right out of the jar.

A good energy drink recipe:

RAW HONEY BANANA SHAKE	
1 banana 1 / 2 cup milk 3 teaspoons wheat germ 1 teaspoon raw honey 1 teaspoon vanilla	Blend in blender until banana is dissolved. A quick energy builder that is also nourishing.

PRECAUTION--- Honey contains a natural presence of botulinum endospores, therefore, **children under one year old should not be given honey**. Before the age of twelve months, a child's intestinal track is not mature enough to inhibit the growth of clostridium botulinum, which is often found in honey. **No honey, in any form, should be given to babies younger than one.**

3.4 Cinnamon

Cinnamon comes from the twigs and bark of large tropical trees. When ground into a fine powder for consumption, it makes the body feel warm. Its properties reduce allergy reactions and regulate the circulation of blood.

The combination of honey and cinnamon has been used in both oriental and Ayurvedic medicine for centuries. Cinnamon is one of the oldest spices known to mankind and honey's popularity has continued throughout history. The two ingredients with unique healing abilities have a long history as a home remedy. 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. People have claimed that the mixture is a natural cure for many diseases and a formula for many health benefits.

3.5 17 Medical Uses For Raw Honey And Cinnamon

The information below has been widely circulated on the internet (and in a Canadian newspaper) but *the original source has never been identified.*

1. HEART DISEASE

Make a paste of honey and cinnamon powder, apply on 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, for those who have 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 heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalizes the arteries and veins.

2. 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. **NOTE—let the water cool to lukewarm before adding the honey, so as not to kill the enzymes in the honey**. 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.

3. 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.

4. 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 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the said Journal (Weekly World News), pure honey taken with food daily relieves complaints of cholesterol.

5. COLDS

Those suffering from common or severe colds should take one tablespoon lukewarm honey with ¼ tablespoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

6. UPSET STOMACH

Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

7. GAS

According to the studies done in India and Japan, it is revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.

8. 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.

9. INDIGESTION

Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals.

10. INFLUENZA

A scientist in Spain has proven that honey contains a natural 'Ingredient' which kills the influenza germs and saves the patient from flu.

11. LONGEVITY

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

12. 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.

13. SKIN INFECTIONS

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

14. WEIGHT LOSS

Daily in the morning one half hour before breakfast on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. If taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

15. 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 for one month three times a day.

16. 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 of 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.

17. 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.

3.6 Raw Honey Testimonials

ARTHRITIS

Parag from Grand Rapids, Michigan, USA: "This is a remedy I have seen other people use around me in India for arthritis. One (1)I teaspoon of ground cinnamon powder, mixed with 1 teaspoon pure, organic honey. Take it in the morning before you eat anything. And do not eat/drink anything for 30 minutes after. Drinking water is fine. You should see effects within a week, if not within days."

Estel from Wheelersburg, OH, USA: "I went to the doctor and they did an x-ray of my knee and told me I had to have surgery because of osteoarthritis. I heard about the honey and cinnamon for arthritis and thought I would try it. I drank it morning and night for 3 weeks and my pain was gone and I have more energy also. I have told many people about it and they are trying it too."

Frankie from Franklin, Louisiana, USA: "1st I tried black strap molasses remedy for a knee issue but I needed surgery for it. Arthritis was found in my right knee and now is in my left knee. For a week I have been doing the honey-cinnamon and I positively feel the difference. I have not taken any prescribed meds. for a week. I add 2 teaspoons honey and 1 teaspoon cinnamon and add this to a cup very hot water. I drink this morning and night. I also love the fact that it benefits me in other ways. Hope this helps someone else."

WEIGHT LOSS

May from Milwaukee, WI, USA "Hi, I used a honey and cinnamon remedy that I heard about from my friend. If you use about a table spoon of raw honey in a cup of warm water (hot will kill the enzymes) and some cinnamon (I don't know exactly how much to use, I just use a couple shakes from the shaker) it speeds up your metabolism, I've lost a little weight, I have yet to weigh myself, but I can already tell, so I suggest trying it."

Tammy from Memphis, TN, USA: "I HAVE BEEN USING THE HONEY AND CINNAMON EVERY MORNING WHEN I AM ON MY WAY TO WORK AND I HAVE MORE ENERGY AM NOT HUNGRY AND I FIND MYSELF EATING LESS AND NOT REALLY HAVING AN APPETITE TO EAT. I WILL KEEP DRINKING THIS TEA TO SEE IF I WILL LOSE THE WEIGHT SINCE I HAVE BEEN USING THE TEA FOR ONLY ONE WEEK"

Brandy from Cincinnati, OH, USA "Cinnamon & Honey Remedy for Weight Loss: My husband was 240 pounds two weeks ago and since starting to take the honey and cinnamon tea in the morning and at night and now he has lost at least 15 pounds and he hasn't even started working out yet so now I think I'm going to try it."

Hariom from Sampla[rohtak], Haryana INDIA: Cinnamon and Honey formula for weight loss. This should be prepared at night before going to bed.

1. Use 1 part cinnamon to 2 parts raw honey. 1/2 tsp cinnamon to 1 tsp honey is recommended but can use more or less as long as in the ratio of 1 to 2. --- So, 1 tsp cinnamon to 2 tsp raw honey is ok too as an example.

2. Boil 1 cup of water (that is 8 oz of water).

3. Pour water over cinnamon and cover and let it steep for 1/2 hour (30 minutes)

4. Add honey now that it has cooled (to being warm). Never add honey when it is hot as the heat will destroy the enzymes and other nutrients in the raw honey.

5. Drink 1/2 of this directly before going to bed. The other 1/2 should be covered and refrigerated.

6. In the morning drink the other half that you refrigerated, but do not re-heat it. Drink it cold or at room temperature only.

Do not add anything else to this recipe--no lemon, no lime, no vinegar. It is not necessary to drink it more than one time in a day. It is most effective on an empty stomach and primarily at night.

This works for most people. Inches are lost before any measurement on the scales. This program will cause significant inches lost...but you will reach a plateau and may not lose anymore. This is because the cinnamon and honey cause a cleansing effect in the digestive tract and cleans out parasites and other

fungus and bacteria that slow down the digestion and cause a toxic build up (lowers pH). Once this is all cleaned out then you will most likely have the weight loss slow down.

Other side effects from a cleansing can occur because of toxins being released. If this occurs, cut back on how much you use or take a break.

3.7 Raw Honey Recipes

SUBSTITUTING HONEY for SUGAR	
Honey has a greater sweetening power than sugar. Twelve ounces (weight) of honey equals one standard measuring cup. In baked goods, reduce the amount of liquid by 1/4 cup for each cup of honey used; add 1/2 teaspoon of baking soda for each cup of honey used; reduce the oven temperature by 25 degrees to prevent overbrowning. For easy removal, spray the measuring cup with non-stick cooking spray or oil before adding honey	

CREAMY HONEY-TANGY SLAW DRESSING	
1 / 2 cup raw honey 1 / 2 cup cider vinegar 2 tablespoons horseradish 1 cup mayonnaise	Blend well. Serve on slaw.

RAW HONEY FRENCH DRESSING	
2 / 3 cup olive oil 1 / 4 cup vinegar 1 / 4 cup raw honey 1 / 8 teaspoon ground black pepper 1 / 8 teaspoon dry mustard 1 / 4 teaspoon sea salt	Mix well. Serve on salad.

SOOTHING SKIN CLARIFIER FOR ACNE	
1/2 cup warm water 1/4 tablespoon salt Dab of raw honey	Mix warm water and salt. Using a cotton ball, apply mixture directly to blemish. Maintain pressure with cotton ball for several minutes, to soften blemish. Using a cotton swab, dab raw honey on blemish; leave on 10 minutes. Rinse and pat dry. <i>You can use a dab of raw honey anytime on blemishes!</i>

SKIN SOFTENING BATH	
Add 1/4 cup of raw honey to water for a fragrant silky bath.	

3.8 Sources

1. <http://www.benefits-of-honey.com/raw-honey.html>
2. <http://www.globalhealingcenter.com>
3. <http://www.realrawhoney.com>
4. <http://www.earthclinic.com>
5. <http://ezinearticles.com/?Honey-and-Cinnamon-Remedy>