



PO Box 3393,
Port Elizabeth,
6056
South Africa

Email: muftis@themajlis.co.za
[The Majlis](http://TheMajlis.co.za)

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HONEY – ITS BENEFITS AND CURING PROPERTIES

BEEKEEPING The benefits of honey (and cinnamon)

It is found that a mixture of honey and cinnamon can assist with many diseases, with scientists increasingly accepting honey as a “ram bam” (very effective) medicine for all kinds of ailment. As long ago as 1995 Weekly World News, a magazine in Canada, listed a number of ailments that can be assisted by honey and cinnamon, as researched by western scientists.

HEART DISEASE: Make a paste of honey and cinnamon powder, apply it on bread instead of jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also, those who have already had an attack, when they do this process daily, they are assisted in preventing a further attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In the USA and Canada various nursing homes have treated patients successfully and have found that as one ages the arteries and veins, lose their flexibility and become clogged, and honey and cinnamon revitalize the arteries and the veins.

ARTHRITIS: Arthritis patients may take daily (morning and night) one cup of hot water with two tablespoons of honey and one small teaspoon of cinnamon powder. When taken regularly even chronic arthritis can be cured. In recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon of honey and half a teaspoon of 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 most of the patients who could not walk or move around because of arthritis now started walking without pain.

Cholesterol: Two tablespoons of honey and three teaspoons of cinnamon powder mixed in 16 ounces of tea water given to a cholesterol patient reduces the level of cholesterol in the blood by 10% within two hours. As mentioned for arthritic patients, when taken

three times a day, any chronic cholesterol is cured. According to information in magazine, pure honey taken with food daily relieves complaints of cholesterol.

Colds: Those suffering common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic coughs, colds, and clear the sinuses.

Influenza: A scientist in Spain has proved that honey contains a natural Ingredient which kills the influenza “germs” and saves the patient from flu.

OLD AGE: Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Use four teaspoons of honey, one teaspoon of cinnamon powder, and three cups of water and boil to make a tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age.

RASPY OR SORE THROAT: When the throat has a tickle or is raspy, take one tablespoon of honey and sip until gone. Repeat every three hours until the throat is without symptoms.

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 in 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 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 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 .

FATIGUE: Recent studies have shown that the sugar content of honey is 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. One medic who has done research says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, even when the vitality of the body starts to decrease, when taken daily after brushing the teeth and in the afternoon at about 3:00 P.M., the vitality of the body increases within a week.

HEARING LOSS: A dose daily morning and night of honey and cinnamon powder, taken in equal parts, restores hearing.

SORES THAT WON'T HEAL: The antiseptic properties of raw honey, when applied to open sores that won't heal as a balm, helps the wound to heal.

Extract from: Gauteng Smallholder magazine