{enclose http://dev.ksco.got.net/podcasts/2009-10-31.mp3} The following is a KSCO commentary. Here is Kay Zwerling.Let's put politics and other stressful issues on the back burner, and instead talk about the possible healing aspects of honey and cinnamon. If you have paper and pencil handy, that might help.Cinnamon is a spice from a tree, and honey is a sweet yellowish or brownish liquid produced by various bees ? from the nectar of flowers ? and enjoyed as food. No doubt it can be found all over the world where flowers grow. Drug companies would rather not have you know about the amazing healthful affects of the combined use of honey and cinnamon curing certain common human illnesses. First, remember to never boil honey, or put it in the microwave. To do so will kill the enzymes in the honey.Also, honey can be used without any negative effects for any kind of diseases. Today's science believes that even though honey is sweet, if taken with cinnamon as a medicine, it is not harmful to a diabetic. Also, Weekly World News, a magazine in Canada, in its issue dated January 17, 1995, had listed the following ailments that can be cured by honey and cinnamon, as researched by western scientists.For heart disease: Make a paste of honey and cinnamon powder, apply on bread instead of jelly or jam, and eat it everyday for breakfast. It reduces cholesterol, and avoids heart attacks. Arthritis: Take daily, morning and night, one cup of hot water with two tablespoons honey, and one teaspoonful of cinnamon powder. If taken regularly, even chronic arthritis can be cured.Bladder infection: Take two tablespoons cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder. Colds: Take one tablespoon of lukewarm honey with ? teaspoon cinnamon powder daily for a few days. This process will cure most chronic coughs, colds, and clear the sinuses. Upset stomach: Honey taken with cinnamon powder cures stomach ache, and also clears stomach ulcers. This one is important ? Gas: According to the studies done in India and Japan, honey with cinnamon powder relieves gas. 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 proven that honey contains a natural ingredient which kills the influenza germs. Weight loss: Daily, 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. Bad breath: People in South America, first thing in the morning gargle with one teaspoon each of honey and cinnamon powder mixed in hot water so their breath smells fresh throughout the day. And, finally, Longevity: Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four teaspoons of honey, one teaspoon of cinnamon powder, and three cups of water, and boil to make it like tea. Drink ? cup three or four times a day. It keeps the skin soft, and arrests old age. I think it is too late for me. Life spans also increase and even 100-year-olds start performing the chores of a 20-year-old. Wow. I think I will try it after all. Kudos to my good friend JR in Florida. And, no, I have not Googled this information ? feel free to do it yourself. I will certainly try some of these treatments, especially about extending longevity. If JR is not being facetious ? consuming honey and cinnamon is a very pleasant way to deal with these common ailments. For KSCO, this is Kay Zwerling. copyright 2009