

Medicinal Honey Recipes

Honey may be one of the oldest intentionally used medicines. The world, outside of the United States of America, is much more amenable to using honey in the medicinal sense. Prior to World War II many foreign trained doctors practicing in America would recommend honey for ailments. These practices were a combination of homeopathic traditional treatments and old medicinal practices as taught in the “old world”. Since WWII, the more school learned practices of medicine and the threat of malpractice has allowed some tried and true holistic practices to wane.

While I make no claims of medicinal cures in this writing, I am trying to point out that honey is a viable option worth trying. These recipes are collected from many sources and can all be found on the internet. This may cast doubt on their efficacy. However, most of these recipes cannot hurt you and are tasty, so go for it.

In folk medicine ineffective remedies are cast aside and not passed to the next generation.

Disclaimer: If you have a medical condition or are under the advisement of a physician for any condition, I recommend you consult your physician about the use of these recipes. If they work or don’t work be sure and notify your doctor. If you have a bad reaction, seek medical help immediately.

Medicinal properties of honey and cinnamon

It is known in Ayurveda and oriental medicine that a mixture of honey and cinnamon are important cures. Ayurveda and Yunani medicine have used honey as a vital medicine for centuries. Practitioners today, also accept honey a “Ram Ban” (extra powerful medicine). Honey is a very affective medicine for all kinds of conditions. It definitely contributes to a condition of wellbeing throughout the body. Honey is used without side effects for many conditions.

Be cautious if you are diabetic. Today's science says that even though honey is sweet, if taken in the correct dosage as a medicine, it does not harm most diabetic patients. Honey is sweeter than sucrose sugar (white table sugar) so the amount required to sweeten your food is less. This is due to honey's simplistic molecular sugar structure. It is composed of mostly fructose and glucose. These sugars are the simplest sugars and are not "digested" in the body. They pass quickly through the digestive tract and are utilized by the cells first. NOW, what happens is, the body uses simple sugars first and then the more complex sugars like sucrose (white table sugar) and complex carbohydrates can cause an overload of sugar in the blood, not the honey.

The Canadian magazine "Weekly World News" 17 January 1995, lists the following health conditions and recipes.

Why would these recipes work to some degree? When honey oxidizes it partially turns into hydrogen peroxide releasing a puff of oxygen. Easy to digest sugars feed the body so it can repair itself quickly. Cinnamon has chemicals in it that are recognized scientifically to be good for you.

In the recipes water can generally be substituted with coffee or tea if desired. "Warm or hot" is to dissolve the honey and make it mix better with the cinnamon powder.

Part of the chemical reaction when honey oxidizes into hydrogen peroxide, a puff of oxygen is released. Almost all bad pathogens are anaerobic, and good cells are aerobic. Most cancers are aerobic cells. When the cell reaches out to grab a honey molecule (sugar) for food and it metabolizes the honey the hydrogen peroxide is antiseptic and the oxygen is deadly at the cell level.

Heart Conditions:

Make a paste of honey and cinnamon powder; apply to bread or chapatti instead of jelly or jam. Eat it regularly for breakfast. One tablespoon of bee's wax per day has shown positive effects also. Eat cut comb honey to get your daily dose of wax. Put the wax, honey and cinnamon on the bread. Chew and swallow the wax.

You can keep a small chunk of bee's wax in the refrigerator. Grate the cold wax on a nutmeg grater. The extra fine wax can be put on salads etc. like grated cheese. You will hardly notice it is there.

This reduces cholesterol in the arteries and may reduce the risk of heart attacks.

Regular use of this recipe relieves loss of breath and strengthens the heartbeat.

Some nursing homes in America and Canada have successfully treated patients with restricted arterial and venal blood flow with this recipe to revitalize the blood vessels.

Considering all other health conditions, wouldn't this treatment seem like fun, even if the effects could not be exactly scientifically quantified?

Cholesterol:

In 16 oz. of warm water mix

2 Tablespoons of honey

3 teaspoons of cinnamon powder

This was found to lower the cholesterol level in the blood 10% within 2 hours.

Arthritis:

Take one part honey and two parts lukewarm water

Add 1 level teaspoon of cinnamon powder

Make a paste

Massage into painful joint

Pain should recede within 1-2 minutes.

Cinnamon has a small amount of a chemical similar to Novocain.

Arthritis:

One cup of hot water

Add 2 Tablespoons of honey

Add 1 teaspoon cinnamon powder

Take twice daily, morning and night

Severe chronic arthritis should be reduced

Arthritis

Mix 1 Tablespoon of honey

½ teaspoon of cinnamon powder

Take Daily before breakfast

Research at Copenhagen University showed, of 200 patients, 73 responded completely within one week. Other patients who were fairly immobile from arthritis could walk and move with significant pain reductions.

Hearing Loss:

Equal parts honey and cinnamon

Taken morning and night will reduce tinnitus. One of our club members verifies this.

Works well as honey, cinnamon, butter paste on toast.

His wife agrees.

Hair Loss:

Make a paste of warm olive oil

1 Tablespoon of honey

1 teaspoon of cinnamon powder

Apply paste before bathing and keep it on approx. 15 minutes. Then wash your hair/scalp. Even 5 minutes showed some effects.

Bladder Infections:

Mix in a glass of lukewarm water

2 Tablespoons of cinnamon powder with

1 teaspoon of honey

Drink it down. The size of the glass is immaterial. The water just makes it easy to swallow. This recipe will attack the germs in the bladder.

Bad Breath:

People in South America gargle with 1 teaspoon of honey and 1 teaspoon of cinnamon powder mixed in warm water, first thing in the morning. Their breath stays fresh all day. Think cinnamon flavored hydrogen peroxide.

Toothache:

Make a paste of one teaspoon of cinnamon powder

5 teaspoons of honey

Apply 3 times daily to the tooth and gum area. Continue until you can get to your dentist. If you apply this recipe long enough the tooth will stop aching as the tooth

nerve will probably die and the tooth will fall out. Cinnamon contains some Novocain type chemicals.

Colds: viral

Mix 1 Tablespoon of lukewarm honey

¼ teaspoon of cinnamon powder

Take daily for 3 days. This will cure most chronic coughs and clear the sinuses. This may sound like:” You can take this medicine and go to bed for 72 hours or you can go to work and your cold will go away in 3 days.” But wouldn’t you feel better with the reduced symptoms from honey and cinnamon?

Upset Stomach:

Honey taken with cinnamon powder may cure stomach aches and clear some stomach ulcers. Mix your own recipe. Peppermint and sassafras also help calm a stomach. It may just be the cleansing and acid balancing that does the work. But again, it sure tastes good. See a doctor if symptoms persist.

Indigestion:

Cinnamon powder sprinkled on 2 Tablespoons of honey and taken before food relieves acidity and helps digest the heaviest of meals.

Gas:

Studies from India and Japan indicate that honey and cinnamon powder may relieve stomach gas.

Immune System:

Daily use of honey strengthens the white corpuscles to fight fungal, bacterial, and viral pathogens. Honey contains various vitamins and iron in large enough amounts to be beneficial. The strengthened white blood cells fight bacterial and viral infections.

Influenza: viral

A scientist in Spain found that honey contains a natural ingredient which kills the influenza virus. Put this on your to do list when the flu season comes around. See if it doesn't raise your resistance. But please still get your flu shot. Just remember, the shot is for last year's flu. This treatment and the flu shot may keep you from getting any symptoms this year.

Skin Infections: bacterial or fungal

Make a paste of equal parts honey and cinnamon.

Apply to affected areas of skin

Known to affect eczema, ringworm, and general skin infections. Think about the hydrogen peroxide.

Skin Burns: injured tissue and bacterial infection

Straight honey can be used as a burn ointment. Any burn from a stove burn, hot water, or sunburn can benefit from being coated with honey. The antiseptic property of honey keeps the burn area clean. The sugar is absorbed directly into the skin feeding the injured and new tissue. This reduces sloughing of dead skin. The honey will keep the skin supple and reduce itching.

Abrasions and Lacerations: bacterial infection

Honey will have the same effects as with burns. By keeping the wound clean and supple, it will heal rapidly.

Acne:

Make a paste

3 Tablespoons of honey

1 teaspoon of cinnamon powder

Apply the paste on the pimples before sleeping. Cover with a band aid. Wash it off the next morning. Apply daily for 2 weeks. There are recipes for honey facial scrubs also.

Longevity:

Make 3 cups of warm tea

4 Tablespoons of honey

1 teaspoon cinnamon powder

Drink ¼ cup of this tea 3-4 times daily. It keeps the body hydrated, skin soft and slows aging. Think anti-oxidants.

Fatigue:

Half Tablespoon honey taken with a glass of water sprinkled with cinnamon powder taken twice daily, after brushing your teeth in the morning and about 3 pm in the afternoon when the bodies vitality starts to wane, will increase your vigor within weeks.

Equal parts of honey and cinnamon will increase flexibility and alertness.

Maybe it is just the hydration and simple sugars but it sure tastes good and relaxes you. What can it hurt?

Weight Loss:

Make a honey and cinnamon tea. Mix to your taste.

Take twice daily: ½ hour before breakfast on an empty stomach and at night before going to bed.

This tea may interfere with the body's ability to store fat. Also, don't most diets recommend drinking lots of fluid? You might as well drink something tasty.

Infertility:

Yunani and Ayurvedic medicine have recommended honey for thousands of years to strengthen the semen of men. If impotent, men take 2 Tablespoons of honey before going to sleep. Their problem will be solved.

In China, Japan, and other far eastern countries, women who do not conceive and need to strengthen their uteruses, have taken cinnamon powder for centuries. Women who cannot conceive may take a pinch of cinnamon powder in half teaspoon of honey and apply it to their oral gums frequently throughout the day. It is slowly absorbed into the body this way.

A couple in Maryland, USA, had no children for 14 years and had lost hope of having children. 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.

Be careful not to overdo the honey. You might have quintuplets. But, realistically, think bacterial and yeast problems that this regime might have reduced to allow fertilization to occur.

Cancer ???

Research in Japan and Australia reveals that advanced cancer of the stomach and bones have been cured successfully. Honey has been shown to slow the growth of “tumors” in animals. Which cancer?

1 Tbs Honey

1 tsp

Mix in tea

Take 3x daily for one month.

We can remain skeptical of the actual efficacy of this treatment, but, wouldn't the tea help brighten the patient's day.

Again, remember, all medical treatments should be cleared with your doctor before proceeding.