



The Cinnamon & Honey Solution: ... Nature's Alternative Remedy For Optimal Health

Dana Grayson

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Well known for its healing properties, honey is seen as a “super food” due to its antimicrobial, antioxidant, and hygroscopic properties. Cinnamon has its very own history. The combination of honey and cinnamon has been in the spotlight as a one-stop alternative medication for a host of ailments including colds, hair loss and even hearing! "The Cinnamon & Honey Solution ... Nature's Alternative Remedy for Optimal Health" reviews how 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. Research has claimed that the mixture is a natural cure for many diseases and a formula for many health benefits...

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