

Health Benefits of

Honey & Cinnamon

Immune System: The antioxidants found in both honey and cinnamon combine to combat the free radicals in the body's organ systems.

Digestion: Honey and cinnamon can help to increase the health and functionality of the digestive system.

Heart Disorders: Honey and cinnamon are used for reducing cholesterol levels and thus promote the health of your heart.

Diabetes: Cinnamon contains antioxidant flavonoids, which effects closely resemble that of insulin and shows improvement in Type 2 diabetes management.

Skin Care: Honey and cinnamon can be applied to the skin to treat minor skin infections and pimples.

Cancer: Phytochemicals, found in large amounts in honey, have been linked to preventing cancer, while cinnamon has certain anti-tumor properties that can reduce the chances of metastasis.

Arthritis: One cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder, taken daily, was reported to relieve arthritis.

Health Benefits of

Honey & Nutmeg



Blood Pressure and Circulation: Nutmeg is a good source of Potassium, a vasodilator, which relaxes blood vessels and reduces blood pressure.

Pain Relief: One of the components of nutmeg is a compound similar to menthol, which has natural pain-relieving characteristics.

Brain Health: *myristicin* and *macelignan* are compounds in nutmeg oil that promote brain health and reduce problems related to dementia or Alzheimer's disease.

Oral Health: Nutmeg has antibacterial components that help to fight conditions like halitosis, also known as bad breath.

Skin Care: Nutmeg, applied as paste mixed with water, or even honey, can help to reduce irritation of the skin and signs and marks from pox and acne.

Insomnia: Nutmeg has a high content of magnesium that reduces nerve tension, and even stimulates the release of serotonin which creates a feeling of relaxation or sedation.

Leukemia: Studies have shown that a certain methanolic compound in nutmeg and its oil can actually induce cell death in leukemia cells.

HEALTH BENEFITS OF HONEY & GINGER

Organic  Facts
www.organicfacts.net



PROVIDES INSTANT
RELIEF FROM COLD,
SORE THROAT &
RUNNY NOSE



REDUCES &
CURES ASTHMA



REDUCES NAUSEA
& VOMITING
ASSOCIATED WITH
CHEMOTHERAPY



REDUCES BLOOD
PRESSURE &
RISK OF HEART
AILMENTS



AIDS IN DIGESTION
& EASES STOMACH
IRRITATION



WEAKENS
GROWTH OF
CANCEROUS CELLS
& METASTASIS

HEALTH BENEFITS OF HONEY

Organic  Facts

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Helps maintain blood sugar levels



Helps heal wounds



Helps in creating smooth & beautiful skin

Effective in removing free radicals from body



Good source of energy

Aids in weight loss

Used as an antiseptic



Good substitute of sugar

Regulates insulin in body



NUTRIENTS*
CARBOHYDRATE 27%
CALORIES 15%
DIETARY FIBER 1%

VITAMINS*
RIBOFLAVIN 2%
VITAMIN C 1%
VITAMIN B6 1%

MINERALS*
MANGANESE 4%
IRON 2%
COPPER 2%

*% Daily Value per 100g. For e.g. 100g of Honey provides 27% of daily requirement of Carbohydrate