



Beatrice Cooke[®]

Mealtime Adventures

Natural Health Remedies
for:

Beatrice[®]
Feed & Teach
Nutrition Newsletter[™]

Honey, Cinnamon
& Ginger

Nutrition Recipes: Honey, Cinnamon & Ginger

These statements have not been evaluated by the Food and Drug Administration. This remedy is not intended to diagnose, treat, cure or prevent any disease.

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Facts on honey and cinnamon:

It is found that mixture of honey and cinnamon cures most of the diseases. Honey is produced in most of the countries of the world.

Ayurvedic as well as Yunani medicine have been using honey as a vital medicine for centuries. Scientists of today also accept honey as a "Ram Ban" (very effective) medicine for all kinds of diseases. Honey can be used without any side effects for any kind of diseases. Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients.

For the complete list of Honey & Cinnamon cures, visit our web site at www.beatriceco.com

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Heart Diseases
Insect Bites
Arthritis
Hair Loss
Bladder Infections
Toothache
Fatigue
Colds
Longevity
Upset Stomach
Gas

Bad Breath
Hearing Loss
Cholesterol
Weight Loss
Skin Infections
Pimples
Infertility
Influenza
Indigestion
Immune System

For basic use, follow this simple recipe:
1 cup boiled hot water (NOT MICROWAVE)
1 tsp. Organic cinnamon powder
1 tsp. Organic ginger powder
1 Tbsp. Honey

Mix all ingredients, and drink morning or night.