

In This Week's **HONEY** Issue:

Maximize
Your
Metabolism

Cinnamon
and Honey

Raw
Honey for
Allergies

Exercise
of the
Week

Lemon-
Honey
Chicken

Cinnamon and Honey

The New Cure-All



Facts on Honey and Cinnamon: It is found that a mixture of honey and cinnamon cures most diseases. Honey is produced in most of the countries of the world. 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 disease. 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. Weekly World News, a magazine in Canada, in its issue dated 17 January, 1995 has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

Heart Diseases

Make a paste of honey and cinnamon powder, apply on bread instead of jelly or jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from a heart attack. Also those who have already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

Arthritis

Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly, even chronic arthritis can be cured. In a recent research conducted at Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon of honey and a half teaspoon of cinnamon powder before breakfast, they found that within a week, out of the 200 people so treated, 73 patients were totally relieved of pain. Within a month, most all the patients who could not walk or move around because of arthritis started walking without pain.

Bladder Infections

Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

Cholesterol

Two teaspoons of honey and three teaspoons of cinnamon powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 10% within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

~ First Marine Division Association, Evergreen Chapter, Scuttlebutt Newsletter
April/May/June 2009

Health Tip of the Week:

Maximize your Metabolism

It is possible to increase the amount of calories you burn, which will help you lose fat faster. Follow these strategies to help keep your calorie-burning furnace stoked all day long.

Sit down to breakfast

When you eat first thing in the morning, your body switches into calorie-burning mode.

Stay hydrated

A small German study found that when people drank two cups of water their metabolism jumped 30 percent after 40 minutes - and it stayed elevated for an hour.

Breathe deeply

Stress hormones, like cortisol, can put a damper on your metabolism. When your day gets hectic, close your eyes and take five deep breaths into your belly [making your stomach rise versus your chest].

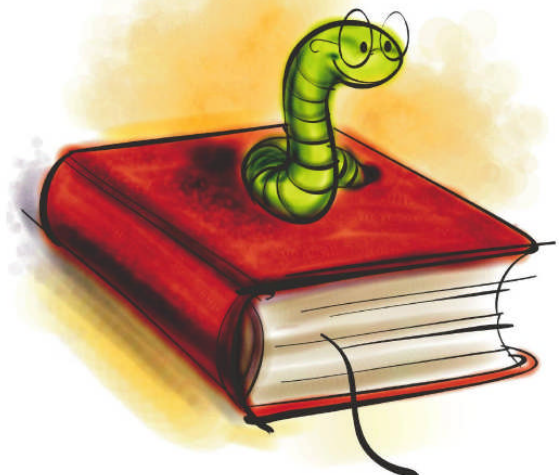
Snack

Eat 100 to 200 calories every four hours [at least; snacking every 2 hrs is better]. When you're consistently giving your body food, your metabolism doesn't have a chance to slow down. [When you sleep is when you want it to rest; so have a lighter dinner such as a protein with lots of veggies since they metabolize faster than grains, allowing your digestive system much needed rest when you sleep].

~SHAPE [with Maggie's educated advice]

Teacher Appreciation!

Baze chiropractic is offering teachers
COMPLEMENTARY EXAMS during the month of
May in honor of Teacher Appreciation Week.



As with all new patients, if you fill out and bring in the new patient forms found at www.bazechiropractic.com, you will receive a \$25 credit toward any products or services that we provide.



Raw Honey For Treating Allergies

An Oklahoma allergist told a meeting of 150 beekeepers that raw honey is an effective treatment for 90 percent of all allergies. Dr. William G. Peterson, an allergist from Ada, Oklahoma in the 1950's, said he now has 22,000 patients across the nation who are using raw honey along with more customary medications to relieve allergy symptoms.

"It must be raw honey because raw honey contains all the pollen, dust and molds that cause 90 percent of all allergies," he told a meeting of the Oklahoma Beekeepers Association. "What happens is that the patient builds up an immunity to pollen, dust or mold that is causing his trouble in the first place. The raw honey must "not be strained, not even through a cloth." he added. "I know the customer wants good, clear strained honey, and that's fine, but for health reasons, raw honey is what we need."

Dr. Peterson said he and the 20 doctors at his clinic at Ada normally prescribe a daily teaspoon of raw honey. The honey treatment continues even after the allergy is under control.

Much of the effectiveness of raw honey to help treat respiratory problems has been traced to the bee pollen and propolis suspended within it. According to a research report from Bulgaria, they found the honey has anti-allergic, anti-inflammatory, and expectorant properties that insure the body has an immunobiological defense and give it the capacity to regenerate its attacked cells. Research on using raw honey to treat respiratory problems shows the following results: Of the 17,862 patients treated with honey, 8,836 were men and 9,026 were women. Most of the patients ranged in age from 21 to 60 years old. After treatment the results were:

Respiratory problem	Without Symptoms	Improved Condition	Temporary Improvement	No Effect
Chronic Bronchitis	64.41%	23.5%	6.3%	5.69%
Asthmatic Bronchitis	62%	26.4%	5.6%	6%
Bronchial Asthma	55.44%	30.25%	5.80%	8.51%
Chronic Rhinitis	82%	14%		4%
Allergic Rhinitis	62%	22%	6%	6%
Sinusitis	56%	14%	16%	14%

RAW HONEY WORKS GREAT FOR TREATING OTHER THINGS TOO

Honey As a Treatment for Stomach Ulcers

A team of researchers from the University of Waikato in New Zealand studied whether honey could benefit those afflicted with the H. pylori bacterium known to cause gastric ulcers. Within three days, honey stopped the growth of bacterium colonies!

Honey Has Anti-Cancer Properties

Recent studies, by Gribel and Pashinskii, 35.17 indicated that honey possessed moderate antitumor and pronounced anti-metastatic effects in five different strains of rat and mouse tumors. Furthermore, honey potentiated the antitumor activity of chemotherapeutic drugs such as 5-fluorouracil and cyclophosphamide.

-Gribel, N.V., and Pashinskii, V.G. Antitumor properties of honey. Vopr. Onkol., 36:704-709, 1990

C.V. Rao at the American Health Foundation in Valhalla, New York found caffeic acids in propolis [found in bee hives] are inhibitors of colon cancers in animals. Other research shows hive products have the ability to prevent and halt the spread of malignant diseases. Earlier research by M.T. Huang also published in Cancer Research found caffeic acids effective in inhibiting skin cancer tumors in mice.

-American Bee Journal, June 1994

~<http://www.reallyrawhoney.com/healthfacts.php>

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Ask for a tour at your next chiropractic visit

Swiss Thigh & Fly



Works: chest, core, and inner thighs

- Grab a pair of 8- to 10-pound dumbbells and lie on your back with your arms extended directly above your shoulders, palms facing in, and a stability ball between your legs.
- Keeping your legs straight, raise them so the bottoms of your feet face the ceiling (A).
- Keeping your elbows slightly bent, slowly lower the dumbbells out to the sides so they're in line with your shoulders.
- At the same time, slowly lower the ball to within a few inches of the floor (B).
- Slowly raise the dumbbells and the stability ball back to start.

That's one rep. Do three sets of 12 to 15 reps, resting for 30 seconds between sets.

~Women's Health



Broiled Lemon-Honey Chicken Breasts

Ingredients: Serves 4

- 1/4 cup honey
- 1/4 cup lemon juice
- 2 teaspoons vegetable oil
- 1 teaspoon rosemary, crushed
- 1 teaspoon grated lemon peel
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 4 (3-1/2 to 4 oz. each) boneless, skinless chicken breasts

Directions

Combine all ingredients (except chicken) and mix well. Marinate chicken in honey-lemon mixture 1 hour in shallow baking dish. Broil chicken 5 minutes, brush with pan drippings, turn and broil 5 minutes longer or until juices run clear. If desired, bring marinade to a boil; simmer 2 minutes. Strain hot marinade over chicken.

~www.honey.com

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