



# Grandma Useful Tip

Drinking water in empty stomach  
early in the morning cures...

1. Headache
2. Body pain.
3. Diabetes.
4. Constipation
5. All sort of eye ailments.
6. Womb cancer
7. Ear, Nose, Throat, disorders.

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# Grandma Useful Tips



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## For Diabetes

Soak one or two teaspoon of methi  
Seeds/fenugreek seeds in water  
Overnight and drink this first thing  
in the morning on empty stomach.



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## **CHOLESTEROL:**

**Two tablespoons of honey and 3 teaspoons of cinnamon powder mixed in 16 ounces or 475ml of green tea and drink. Reduces the level of cholesterol in the blood by 10 percent within two hours.**



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## **CANCER:**

**Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Person suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder mix in warm water 3 times a day for one month.**





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## **ARTHRITIS:**

**Arthritis person can benefit by taking one cup of hot water with one tablespoon or two teaspoon of honey and one small teaspoon cinnamon powder taken regularly even chronic arthritis can be cured.**





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## **COLD/COUGH:**

**Take one tablespoon honey in lukewarm water mixed with 1/4 teaspoon cinnamon powder daily for three days. It is very helpful to cure most chronic cough, cold, and clear the sinuses.**



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## **UPSET STOMACH:**

**Take a spoonful of honey with  
1/4 teaspoon of cinnamon powder  
in a cup of ginger water.**

**Cures stomach ache and also clears  
stomach ulcers from the root.**

**Bananas :** Bananas are easy to digest and high in potassium, a nutrient often lost through diarrhea. They're also high in pectin, a fiber that helps ease diarrhea.





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## **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.**





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## **IMMUNE SYSTEM:**

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**Start each day with one teaspoon of honey and pinch of cinnamon in a cup of green tea to protects the body from bacterial and viral.**



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## **HEARING LOSS:**

Daily morning and night  
honey and cinnamon powder,  
taken in equal parts helps  
restore hearing.





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## **PIMPLES:**

**Three tablespoons of honey and one teaspoon of cinnamon powder.**

**Apply this paste on the pimples before sleeping and wash it next morning with warm water. When done daily for two weeks, it removes all pimples from the root.**





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## **SKIN INFECTIONS:**

Apply honey and cinnamon powder in equal parts on the affected area cures eczema, ringworm and all types of skin infections.



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## **INFLUENZA:**

**Drink a cup of warm water, to which a teaspoon of honey and drops of lemon have been added. This soothes the symptoms and at the same time loosens the phlegm, so that the body can get rid of it. This exercise should be repeated around 2 or 3 times a day.**





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## For Sore Throat

Mix 1 teaspoon cinnamon powder,  
1/2 teaspoon pepper powder,  
1 teaspoon ginger powder and  
1 teaspoon honey.  
to a glass of water.

Consume this mixture twice a day.





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## **BAD BREATH:**

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**Gargle with honey and  
cinnamon powder mixed  
in warm water.**



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## Low Blood Pressure

Soak 8 almoands in water overnight.

Next morning, remove the skin

And grind to a smooth paste.

Boil the paste with glass of milk

And Drink warm.



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## For Acidity,

Add 1 tsp of fennel (saunf), to one cup of boiled water. Cover the mixture and leave it overnight. In the morning remove the cover strain the water, add 1 teaspoon honey and drink it. Take it atleast 3 times a day to eliminate acidity.

You can also use this methods to treat your stomach gas and bloating problems pemanently.



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