

What happens if you mix honey with cinnamon powder every day?

What happens if you mix honey with cinnamon powder every day? Please join us to discover the great use of this drink in the article below!

Since ancient times, people have known how to use **honey and cinnamon** in health care and beauty, most commonly in Ayurveda Medicine and **traditional** Chinese medicine. Never expired honey and cinnamon as a precious gift that only the emperor had from thousands of years ago. Now, everyone knows about them and their great benefits have been scientifically proven. The mixture of honey and cinnamon not only has a great effect on health but is also effective in keeping the body slim and charming. Please join us to discover the great use of this drink in the article below!

Prevent aging



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Free radicals (oxidants) actively oxidize tissues and destroy body cells, which can lead to premature aging and disease. Honey and cinnamon contain antioxidants, which help control free radicals involved in the aging process. Therefore, drinking honey and cinnamon every day helps **prevent aging and increases life expectancy**

1. Honey contains phenols (*toxic chemicals, banned from food*), enzymes, flavonoids (the type of intermediate metabolite of plants) and organic acids, powerful antioxidants. Studies have shown that darker honey, such as buckwheat honey (buckwheat honey) is a rich source of these compounds and is considered a natural antibiotic.
2. Cinnamon contains polyphenols also a powerful antioxidant, boosts the immune system, cleanses the intestines, energizes, improves digestion, is an excellent remedy for colds and diarrhea. Cinnamon works better than 26 other spices and herbs among antioxidants, including garlic and oregano.

Improve heart function



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Honey and cinnamon are able to prevent **cardiovascular diseases** , the disease is reported to be the most common cause of death worldwide.

1. Honey increases blood flow to the heart, thereby dilating the arteries. Honey also contains antioxidants that help prevent blood clots that often lead to heart attacks and strokes.
2. Cinnamon has the effect of lowering "bad" cholesterol (forming atheroma on the artery wall) and increasing "good" cholesterol levels in the body.

Adding a few tablespoons of cinnamon to the honey jar and mixing it well, eating regularly during breakfast meals with a piece of bread or a cookie will help your heart healthier.

Anti-infection



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Both honey and cinnamon work to prevent the growth of **harmful bacteria** . Therefore, this mixture not only cures colds but also helps prevent infectious diseases such as kidney infection or bladder very well.

1. Honey is a natural antibiotic. Honey has long been used to disinfect wounds. It contains defensin-1 protein (which kills harmful bacteria and boosts the immune system) and glucose oxidase enzyme (the enzyme that catalyzes the oxidation-reducing reaction involving oxygen molecules) helps digestion. kill bacteria.
2. Cinnamon has antibacterial, anti-inflammatory, anti-fungal properties. Cinnamon containing cinnamic aldehyde gives the product a distinctive and good quality aroma.

Weight loss



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Honey and cinnamon are not weight loss products. However, they can be an effective weight-loss blend when combined with proper diet and exercise.

1. Replace sugar and sweets with honey: Moderate consumption of honey will reduce the amount of calories in your diet and prevent high blood sugar levels and then blood sugar suddenly decreases. Changing glucose levels can lead to emotional instability, as well as excess insulin production. Honey absorbs slowly into the body's blood, preventing blood sugar.
2. Cinnamon reduces blood sugar and increases insulin sensitivity, meaning that it is responsible for metabolism, which helps convert glucose into energy, not into fat.

Each day, mixing a drink mix of 1 teaspoon honey and 1/2 tablespoon cinnamon, taking 30 minutes before breakfast and 30 minutes before going to bed will help you quickly reduce from 2 to 3kg in just 1 week .

Reduce blood sugar



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High blood sugar can cause many diseases, especially diabetes.

1. According to scientists, honey and cinnamon can **lower blood sugar** . Honey is only 17% water and the rest is mainly fructose and glucose. Therefore, the body is easily absorbed and does not cause blood sugar changes. Therefore, diabetic patients can eat honey.
2. Cinnamon also helps reduce blood sugar. This is evidenced by studies of healthy volunteers and diabetics. Of course, cinnamon is not a drug, but it is an effective supplement and has the potential to reduce insulin resistance.

When choosing honey, be aware that it is often diluted with sugar, chalk, powder and starch. Make sure you buy honey from a trusted seller and always check its purity. It is better to use pure honey that has not been filtered and sterilized.

Buy cinnamon sticks instead of cinnamon powder, because it will be easy to distinguish Ceylon cinnamon from cinnamon that is often sold under the same name but has fewer benefits.

Honey should not be used for children under 2 years of age because it poses a risk of poisoning to babies.

Refer to some more articles:

1. What if you drink water as soon as you wake up?
2. What happens when you drink coconut water continuously for a week?
3. What will happen if you sit in a place for too long?

Having fun!

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