

The Cinnamon Cure



Optimal Health Hub

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Cinnamon is one of the most powerful cleansers. It has been aptly called the "opener", as it opens your liver channels and gall bladder ducts, clearing out all the bad sugar and meat toxins.

If you eat or drink it everyday, you can start to open everything in your body. It opens the pores in the skin, allowing one to sweat out the stored toxins and filth that impacts the organs of the digestive system.

Cinnamon may significantly help people with Type-II diabetes improve their ability to regulate their blood sugar. One study showed that it increased glucose metabolism twenty-fold.

Used on a prolonged basis, it may stimulate an old illness, as a means of de-toxing it.

The Cure is simple. Just get some good quality cinnamon sticks, break off about 3-4 inches and chew on it till its gone. Do this everyday until you feel complete, whole and better. Discontinue use if you have eruptions in your mouth

Cinnamon Helps with:

- Appetite Loss
- Bronchitis
- Colds
- Fever
- Cough
- Indigestion
- Digestion
- Sore Throat
- Tendency to infection
- Diarrhea

Natural Medicine
Safe, Effective, Time tested,
Used by 75%
of the world
population



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