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# How to Use Honey and Cinnamon to Lose Weight

By eHow Contributor

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Did you know that honey and cinnamon can be used to lose weight? Many people who regularly take honey and cinnamon powder together lose weight. Regular consumption of honey also reduces the risk of heart disease and reduces cholesterol. Honey and cinnamon help make veins and arteries regain their flexibility. Honey and cinnamon are also purported to aid hair loss, bladder infections and toothaches. [Have a question? Get an answer from a doctor now!](#)

To lose weight with honey and cinnamon, follow the steps below.

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## Things You'll Need

- V Raw honey
- V Water
- V Powdered cinnamon - no sugar added

## Instructions

- 1 To lose weight with honey and cinnamon, go to your neighborhood health store and purchase raw honey and cinnamon powder. Do not buy cinnamon with sugar added.
- 2 Combine one teaspoon honey with one-half teaspoon cinnamon powder. Soon you'll be losing weight.
- 3 Boil one cup of water, honey and cinnamon in a pan. Pour the mixture into two half cup servings. Let the mixtures cool for several minutes.
- 4 Consume one serving one half hour before breakfast, and consume one serving before going to bed at night. Make sure to wait a half an hour to consume the mixture before eating meals.

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- 5 Watch the numbers on your scale go down. By following these suggestions, a person should easily lose three to five pounds a week without dieting.
- 6 To lose weight faster, exercise, eat a healthy diet and drink plenty of water.
- 7 Make sure to keep your honey and cinnamon well stocked in your cupboards. They are good for many other ailments besides weight loss. See resource section below.



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## Tips & Warnings

- S**
- Always check with your doctor before starting any exercise and weight loss plans.

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