

COVID 19

A Sri Lankan Health Initiative by ceyloncinnamon.net & stone-n-string.com

COVID 19 Simple Solutions for Immediate Implementation with DIY Systems -
(Research Findings also attached for understanding and further Research)

This is the Miracle the World has been waiting for.....

CEYLON CINNAMON

*It Boosts the Immune System * It Kills Bacteria * Fights Viruses

All you have to do is... Enjoy Cinnamon even Raw... The virus need to come through the mouth, or nose. Hopefully the chemicals in it will prevent entering.

COMMUNITY & FAMILY HEALTH

1. You can munch the raw cinnamon in your kitchen
2. You can make a hot cinnamon drink and even SNIFF the aromatic vapour
3. Eat it-Mix it with Honey and eat it... with Bread, Chapatti, or simply lick it off your palm!
4. Take the raw cinnamon , crush and put it on your Salad, Curry, Soup, Noodles, Over Rice
5. Spray Cinnamon Oil in the House as Air Freshner

Enjoy the Gift of Mother Nature- Let Us Celebrate Life with a Delightful and Healthy Lifestyle

Why Cinnamon Is Insanely Good For You **TIME** 24/04/17

https://stone-n-string.com/sns/cinnamon/why_cinnamon_is_insanely_good_for_you.pdf

Further Research for Virus Only

<http://shorturl.at/loCM5>

Courtesy by **ceyloncinnamon.net**

THE FACE MASK ISSUE? **DIY** Simple Easily available at home...



1. INSTANT FACE MASK-DIY

EFFECTIVE Eyes - Nose -Mouth

1.Pair of Glasses 2.Hankerchief 3.Paper Serviette

Simply Wear as Shown-tuck the serviette into hanky just above chin

advantages: 1. Can be used & discarded 2.easy to make n use

3. Prevents Virus entering from Nose, Mouth & Eyes too

2. Use a handkerchief and rub some diluted cinnamon oil... this just an alternative and better than just wearing a **basic mask.....It might be a good idea to apply a little cinnamon on basic face masks when individuals are forced to enter public areas, or crowded places.**

Project : A Global Health Initiative-buy Ceylon Cinnamon at your local Grocer

1 CHEW - CEYLON CINNAMON

**KILLS
BACTERIA**



**FIGHTS
VIRUSES**

IMMUNE SYSTEM BOOSTER * MEDICAL POWER HOUSE * FULL OF ANTIOXIDANTS

Prevent CORONA VIRUS (Covid19) - W.H.O Guide lines <https://youtu.be/6Ooz1GZsQ70>

Do NOT touch your Eyes, Mouth or Nose, before washing hands after visiting busy locations.

A SRI LANKAN INITIATIVE : Cinnamon Fights Viruses. Local Grocer will have Ceylon Cinnamon. Crush with hands, (in the absence of an alternative) inhale the aroma and CHEW it. Boosts Immune System

2 SOLVING THE PROBLEM OF HYGIENE MASKS FOR NORMAL USE

Cinnamon is known to possess also antioxidant, Anti-inflammatory, antimicrobial, properties The major active components are cinnamaldehyde, eugenol, and linalool.

Researched health benefits of cinnamon oil include 1. Fights infections

2. High antioxidant content 3. Stimulates the immune system.

The idea is to smell Cinnamon from a roll on bottle, or rub the roll on on a handkerchief and smell the Bark Oil!.. This will help to breathe the cinnamon that will fight any virus that may enter the lungs. A simple and easy way as an alternate for the mask. (in the absence of a alternative)

Bark Oil Diluted 2 parts to 1000. Emulsified with water. Use deodorant roll on bottle May be suitable to sniff gently to inhale some immune system booster chemicals in Cinnamon



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