

# MUNCH



A Sri Lankan Health Initiative by [ceyloncinnamon.net](http://ceyloncinnamon.net) & [stone-n-string.com](http://stone-n-string.com)  
COVID 19 Simple Solutions for Immediate Implementation with DIY Systems -  
(Research Findings also attached for understanding and further Research)

## 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](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**

*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

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

##### 1. INSTANT FACE MASK-DIY

**EFFECTIVE Eyes - Nose -Mouth**

1.Pair of Glasses 2.Handkerchief 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.**

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

#### Relevant Latest Research on Ceylon Cinnamon & Short History

### Ceylon Cinnamon-Health Benefits

**Extracts from latest research Findings from around the World related to Immune System Boost , Bacteria & Viruses**

**1.** Why Cinnamon is insanely Good for You! **Time** 24th April 2017

**2. Key to cinnamon anti-viral extract found in the Bible, says Israeli researcher \*\*\***

<https://www.israel21c.org/key-to-cinnamon-anti-viral-extract-found-in-the-bible-says-israeli-researcher/> By [Karin Kloosterman](#) July 22, 2007

Michael Ovadia mulls the effects of a cinnamon stick<https://www.israel21c.org/key-to-cinnamon-anti-viral-extract-found-in-the-bible-says-israeli-researcher/>: I had a hunch that this oil [described in the Bible], which was prepared with cinnamon and other spices, played a role in preventing the spread of infectious agents to people. For most of his professional life, Tel Aviv University professor Michael Ovadia focused on snakes and the medicinal properties of their venom. But seven years ago, after meditating on a biblical passage, Ovadia's career focus began to take a twist... a cinnamon twist to be exact. **Today the spiritual scientist from TAU's Department of Zoology is commercializing a unique cinnamon extract that is touted to quell viral infections from HIV to the Avian flu.**

A research and license deal on his patent-pending cinnamon extract was signed last week between TAU's technology transfer company Ramot and Frutarom, a multinational nutraceutical company based in Israel **\*\*\* Please note he does not distinguish Ceylon Cinnamon from Cassia which has negligible amount of coumarin!!!!!! Cassia if taken in large doses it is Toxic will cause liver damage , cancer...**

**3. Cinnamon—scientifically proven Health and Wellness Benefits** <https://dupischai.com/cinnamon-scientific-health-benefits/>

**Cinnamon is the #1 most popular, of herbs and medicinal spices, in the world in terms of protective antioxidant levels.**

**High Source of Antioxidants: Cinnamon is a powerhouse in terms of bioactive compounds and ranks #16 on the ORAC Scale for antioxidant value amongst all of the foods and beverages across the world. Bioactive compounds within cinnamon including polyphenols, phenolic acids and flavonoids.**

**A research study into antioxidant potency compared 26 various spices and shows cinnamon to have the highest antioxidant concentrations than other powerful superfoods such as garlic, thyme, rosemary and oregano.**

**Anti-Inflammatory properties :**Cinnamon has numerous flavonoid antioxidants which are powerful anti-inflammatory compounds. [2,5] Researches have identified seven kinds of flavonoid compounds within cinnamon including *quercetin*, *gnaphalium*, *oroxindin*, *hypolaetin*, *hesperidin*, *gossypin* and *hibifolin*—all highly effective in lowering inflammation, swelling, pain relief and other age-related conditions. Also, cinnamon appears to have coagulation properties helping the body to form blood clots, while improving repair and recovery through greater blood circulation.

Research shows that flavonoid compounds within cinnamon actively seek out free radicals and reduce overall oxidative stress. [7] This includes cinnamon's essential oils and active compounds like *eugenol* which reduce nitric oxide build up [8,9] and lipid peroxidation—both responsible for chronic inflammation and contributing factors of various conditions and disorders.

**Helps Fight Bacterial, Fungal and Viral Infections:**Throughout history, cinnamon was used by many cultures to naturally help fight various infections and diseases. Today, science continues to confirm numerous protective properties of cinnamon. Cinnamon's essential oils contain many of the immune-boosting ingredients that have been identified to protect the body and defend it from various invaders. Cinnamon oil has been shown as an effective treatment against fungi causing respiratory tract infections. [36] Furthermore, these anti-inflammatory compounds are also anti-microbial, antibiotic, anti-fungal and anti-viral agents. As mentioned before, cinnamaldehyde is one of the main active compounds in cinnamon which has been a key focus in cancer treatment research.

Cinnamon was also investigated against viral infections. Human immunodeficiency virus (HIV) is an organism that attacks the immune system which can become weak and ineffective against any infection. Test tube experiments showed substantial promise of cinnamon's active ingredients against HIV-1 (most common strain human viral strain). **Improves Immune Function and Allergies:**Due to cinnamon's immense anti-inflammatory properties, helps with common seasonal allergy symptoms.

**4. Spread of coronavirus sparking demand for traditional medicines** <https://thehill.com/changing-america/well-being/prevention-cures/486881-spread-of-coronavirus-sparking-demand-for>

**People are flocking to herbalists for alternative Eastern medicines to prevent COVID-19. By Alexandra Kelley**

Speaking with New York City acupuncturist and herbalist Clayton Shiu, Reuters profiled the latest trend spurred by anxiety over the coronavirus: herbal remedies.

"It was like a light switch was flipped," Shiu told reporters, referring to the jump in demand for herbs and other holistic remedies as cities like New York consider ambitious quarantine efforts.

While the U.S. focuses on developing vaccines in clinical settings with partnerships with pharmaceutical companies, **[Reuters reports that the Chinese government jumpstarted emergency research programs to mitigate the massive outbreak near Wuhan in mainland China that included traditional Chinese medicines.](#)**

In 2019, the World Health Organization (WHO) **[formally recognized traditional medicines, including herbal remedies.](#)** The U.S. Centers for Disease Control and Prevention (CDC) has written extensively on the topic as well, **[but has not recommended](#)** using herbal remedies as treatment for the coronavirus.

**5. Corona Virus Past Present and Future** <https://cinnamonzone.hk/blog/author/Albert/> Author: **Albert** Posted on **February 17, 2020**

**Natural alternatives – Some foods have natural anti-viral properties. Like Ceylon Cinnamon Bark Oil, -effective against the Coronavirus but worth a try.**

**6. Seven Reasons We Should All Be Having More Cinnamon** By Kanchan is a molecular biologist, integrative nutrition coach, and mother, committed to bringing healing spices and their amazing health benefits to families everywhere. Updated August 19, 2016 *Cinnamaldehyde* is the main volatile oil in cinnamon and is responsible for most of its medicinal properties. True cinnamon, also known as Ceylon cinnamon, comes from the small *Cinnamomum verum* tree native to Sri Lanka. Most of the cinnamon available in the West, however, is of the Cassia variety, mainly grown in Indonesia and China.

If using cinnamon abundantly, as I argue you should, which kind you use matters. Cassia varieties contain a natural blood thinner, coumarin, which can be toxic to the liver in large quantities. Ceylon cinnamon has negligible amounts of coumarin so it is definitely worth going the extra mile to procure it

**Anti-Microbial Cinnamon can kill bacteria, viruses and even some drug-resistant fungi**

**Anti-Inflammatory:** Cinnamon is an anti-inflammatory spice—it blocks inflammatory molecules like arachidonic acid (6), keeping unnecessary inflammation in check and inflammation-related diseases at bay. *Kanchan Koya, Ph.D. combines her Doctorate in Molecular Biology from Harvard Medical School and her training from the Institute of Integrative Nutrition to elevate the health of families with science and flavor. She is a Certified Health Coach*