

# Natural Health Bulletin

## Special Healing Food Edition

**If you're worried about your health, and would like to...**

- Banish painful symptoms in days... *instead of weeks*
- Wipe out chronic illness starting right now... *and know it'll never flare up again*
- Finally lose those dangerous pounds... *and keep them off*
- Replace your risky prescription medication... *with something that's safe, goes to work immediately and may even be more effective*
- Prevent health issues in the first place... *so you always enjoy peace of mind*

**... but not sure where to start?**

Then discover the powerful "healing truth" about this common household spice. Finally, a new complete resource on its staggering benefits gives you the power to take control of your health. Now you can...

**Rid More Disease, Ease More Pain and  
Prevent More Illness in the Next 60  
Days Than You Did in the Past 6 Years...**

**GUARANTEED!**

**Modern scientific research confirms...  
you can regain your health, quickly and naturally,  
from the comfort of your own home and enjoy vibrant  
health well into your 60's, 70's, 80's and beyond!**

Dear Health Enthusiast,

Current mainstream medicine thinks you won't notice.

They've quietly waged war on healing foods. Hoping to convince you their man-made formulas and surgery work better to minimize symptoms... reduce pain... eliminate disease... and more laughably, prevent illness in the first place.

But all it's gotten you is more of the same. More sick days, more doctor visits, more surgeries, more trips to the pharmacy, more side effects... more needless misery!

But today you can end all that.

Hi, my name is Emily Thacker. For decades now, I've shared dozens of powerful home remedies and healing therapies proven to bring relief from common diseases that plague us all.

I showed how baking soda relieves bladder infections and stomach acid... hydrogen peroxide treats athlete's foot and ear aches... and apple cider vinegar soothes leg cramps and insect bites.

**And now, a mountain of evidence is pouring in to support the amazing health benefits of America's favorite kitchen spice... cinnamon.**

In just a moment, I'll share with you some groundbreaking scientific studies. They prove what researchers on the leading edge of alternative therapies have known for years... and reveal the "real truth" behind the powerful effects of using cinnamon for health.

You'll see how savvy health enthusiasts choosing to add cinnamon to their diet are finding a better, safer way to fight against symptoms of common illness... recover from injury... eliminate disease... put off surgery... and, even prevent health issues in the first place!

Many discovered they can:

### **Meet Emily Thacker**

Best-selling author of over 18 natural health books, Ms. Thacker's passion for preserving youth and treating common health ailments naturally led her to create some of today's most powerful and timeless collections of home remedies.

Her unique, common sense approach to healing is well-received, with more than 4 million copies of her books in print, in multiple languages and in over a dozen countries.

Such popular titles as *The Vinegar Book*, *The Magic of Hydrogen Peroxide*, *Garlic: Nature's Natural Companion*, *The Magic of Baking Soda*, and *The Honey Book* are helping millions of natural health enthusiasts live longer and healthier.

Throughout her career, Ms. Thacker frequently contributed her expertise to Mother Earth News.

Countless articles about Ms. Thacker and her acclaimed works continue to appear in national newspapers (USA Today, The New York Times, Chicago Tribune, and Los Angeles Times) and magazines (Parade, USA Weekend, Modern Maturity, Womans Day and The Saturday Evening Post).

- Ease the pain of a toothache
- Soothe an upset stomach
- Relieve symptoms of the common cold
- Help treat infections and fight bacteria
- Boost memory function
- Reduce inflammation
- Stop weight gain and speed up weight loss

## Here's why cinnamon is such a healing powerhouse

You see, cinnamon has a long history of helping your body support and restore good health.

Today, the newest research shows even greater promise. Cinnamon is proving to be effective in fighting some of our most serious health issues.

Diseases like:

- **Type 2 diabetes**- A study from the *Journal of the American Board of Family Medicine* reported participants showing a positive effect in blood glucose levels after consuming cinnamon, thus affirming the possible prevention of type-2 diabetes.
- **Cancer**- A study conducted for the U.S. Department of Agriculture concluded that cinnamon helped reduce the growth of cancer cells in leukemia patients.

Further, a 2010 study from the Gwangju Institute of Science and Technology in the Korea proved the ability of cinnamon extract to inhibit the growth of cancer cells, as well as prevent the spread of cancer. This study targeted several types of cancer including melanoma, lymphoma, colorectal cancer and cervical cancer.

- **Heart disease**- Research is also showing that a single teaspoon of cinnamon worked into your daily diet can help lower LDL ("bad") cholesterol, reducing the risk of heart disease.
- **Arthritis**- One study in particular from the prestigious Copenhagen University asked subjects to consume one half teaspoon of cinnamon

each morning with breakfast. Participants reported less arthritis pain, joint discomfort and inflammation by the study's end.

- **Multiple sclerosis**- A study out of Rush University Medical Center found that sodium benzoate, the metabolism-altering component of cinnamon, has the ability to activate the body's glial cells which are known to destroy myelin sheath in multiple sclerosis patients.
- **Alzheimer's disease**- Tel Aviv University in Israel has conducted numerous studies on laboratory mice and discovered that a naturally-occurring chemical specific to cinnamon worked to prevent the development of Alzheimer's disease.

Further, it suggests the possibility of curing the disease in those already suffering from it.

With each new study, research continues to confirm these findings. Finally, the truth about the health benefits of cinnamon is seeing the light of day.

And now, a growing number of health-conscious consumers are using healing foods like cinnamon for health. You too can take advantage of the health benefits of cinnamon.

Because in a moment, you'll meet a new ally I've created to help you do just that. A resource that shows you exactly how to recover from, or even prevent, nagging illness... debilitating disease... painful injuries... and unnecessary surgery, using America's favorite household spice... cinnamon!

But first, I'll answer a question that might be on your mind...

## **“Why is the truth about cinnamon health benefits so hush-hush?”**

The answer may surprise you.

You see, most doctors are torn between a more natural approach to healing with foods, and their loyalty to mainstream medicine.

In many cultures throughout the world, healing with natural foods is commonplace. And their populations experience little disease.

Here in the West, we're told only doctors or medication can heal. And, we're bound by FDA regulations to conform, or face severe punishment.

But many doctors... maybe even yours... know one method works much better than the other.

However, they swore under oath to uphold Western society's failed model of medicine for treating common illnesses and debilitating disease. An approach that minimizes prevention. And focuses on symptoms, instead of causes... using dangerous, often ineffective prescription drugs or surgery as its solution.

It's no surprise your doctor is left scratching his head. Frustrated he can't cure your illness... and often, only makes you feel worse!

If this sounds familiar, your time may be running out!

**Now more than ever, you should consider adding cinnamon to your diet.**

When using cinnamon as a healing food, you'll feel better faster... stay healthy longer... and suffer less pain.

Because cinnamon can help you:

- Reduce the pain of inflammation
- Recover quicker from aggravating cold symptoms
- Lose weight and keep it off
- Heal problems with digestion
- Clear up brain fog and memory lapses

Plus, you can reduce your dependency on dangerous prescription medication to fight these, and many other, common health issues.

In some cases, you can bypass your doctor and pharmacist altogether. Using cinnamon is a more sensible, practical and safe approach to fighting illness. Something you can easily do at home... and, that actually works, but without the side effects of dangerous drugs!

Because cinnamon is proven to perform remarkably well when compared side-by-side to what mainstream medicine offers. The following chart illustrates how cinnamon stacks up against Western medicine's current often-ineffective model of treating disease.

<b>Side-by-Side Comparison</b>	
<b>Cinnamon</b>	<b>Prescription medication</b>
Promotes healing of multiple conditions	Targets only select symptoms
Inexpensive relative to drugs	Costs are skyrocketing
Extremely long shelf life	Loses potency/requires expiration date
Never loses its effectiveness	Promotes drug-resistant strains of disease
Few, minor side effects	Multiple serious side effects
Disaster-proof	Vulnerable to epidemic/pandemic

Furthermore, cinnamon is:

- Readily available
- Easy to store
- All natural
- Rich in nutrients
- Simple to use
- Cost-effective
- Extremely versatile
- Known for its record of safe use
- Still effective after exposure to high temperatures
- Delicious!

Despite overwhelming proof for the health benefits of cinnamon... and the known dangers of pharmaceuticals and surgery... your doctor may still insist prescription medications work best to solve your health issues.

But now you can politely decline, because today...

### **Real help is available to you!**

Recently I published the results of my extensive research... in a brand new comprehensive book... on America's favorite household spice, cinnamon!

Available to you now, your new resource partner reveals the powerful "healing truth" of cinnamon. It dispels any myths and explains in simple terms how cinnamon has already helped others:

- Relieve arthritis
- Resolve kidney stones
- Restore hair

- ☑ Help treat infections
- ☑ Comfort digestive issues
- ☑ Ease symptoms of the common cold
- ☑ Defend against bacteria
- ☑ Reduce the risk of heart disease
- ☑ Fight Alzheimer's disease
- ☑ Soothe inflammation
- ☑ Boost brain function
- ☑ Support weight loss
- ☑ Fight diabetes

And much, much more!

Imagine living a long life, feeling young and vibrant... doing the things you want, whenever you want... with abundant energy, and a lot less pain! You'll spend less time with your doctor... make fewer trips to the pharmacy... and enjoy overall improved quality of life.

**Every disease-fighting, health-promoting, prescription-free "healing truth" can be found in...**

## ***The Cinnamon Book!***

This unique resource offers practical solutions to help free you from the grip of today's most common illnesses... as well as more serious health crises. Years in the making, ***The Cinnamon Book*** provides:

- ☑ Health facts that make cinnamon such a healing powerhouse
- ☑ Actionable tips for using cinnamon to fight disease... and even prevent illness in the first place
- ☑ Compelling research that backs up cinnamon's effectiveness as a healing food

Now, you really can restore your health... using cinnamon. But, it starts with knowing how to take back control of your health.

### **Praises for Emily's past works:**

*"You could say it is a Common Sense Bible. I use it most every day... I thank Emily Thacker for writing this great book."* – **Blanche Eckelberry, Trenton, MI**

*"I knew & use this for lots of things, but want to know more. A charm for arthritis!"* – **Gladys Williams, Dekalb, TX**

*"Words can't describe how much we love this book... I have arthritis in my feet and as I walked upstairs, it didn't hurt nearly so much. So now I want to order 2 more of these books. Thanks again for a great book."* – **Joan Stephens, Quebec**

*"I have been drinking vinegar (apple cider) and clover honey. It absolutely works on your weight and makes your aches and pains go away..."* – **D.H., Gatesville, TX**

**[Click Here to Get Your Copy](#)**

I created ***The Cinnamon Book*** to make it easy for you to manage your own health... safely, effectively and naturally. To give you hope that common illnesses, even chronic disease, can become a thing of the past. So you live longer... and healthier!

## **Here's how you'll know if *The Cinnamon Book* is right for you**

This invaluable resource is packed full of history, folklore, facts and statistics, health benefits and uses, scientific data and research studies, favorite recipes, and much, much more.

Here are just a few of the amazing secrets you'll discover about cinnamon, and where to find them:

- Why cinnamon was once worth more than gold (pg 24)
- Where to find cinnamon... and is it sold in bulk like other products? (pg 43)
- How best to store cinnamon... and does it ever get old? (pg 45)
- What is meant by "true" cinnamon... and is this the only kind I should use? (pg 48)
- What makes cinnamon such a health powerhouse... more than other spices? (pg 56)
- How to make sure you're using a safe amount of cinnamon... and when to inform your doctor you've put cinnamon in your diet (pg 67)
- Numerous scientific studies that confirm cinnamon's natural medicinal value (chapter 6)
- When cinnamon may not be safe to use as a beauty product (pg 97)
- When to use cinnamon around the home and yard... which type works best... and precautions to take (pg 104)
- Does the Cinnamon Diet live up to its reputation... or is it just plain hype? (pg 117)



- Dozens of best uses for cinnamon... and some of America's favorite recipes (pg 134)
- Why you can find the "cinnamon bun" flavor in products like candles, shampoos, lip gloss... even jewelry! (pg 160)
- Some of the most Frequently Asked Questions about cinnamon (chapter 13)

These revelations, and more, will help you benefit from the natural healing power of cinnamon.

Ready to take control of your own health?

With ***The Cinnamon Book***, you'll learn how to quickly recover from common illnesses... minimize disease... ease pain... even prevent health issues altogether! Plus reduce, or even eliminate your dependency on prescription medication or surgery to treat chronic conditions.

**Get Your Copy Now!**

Your health is priceless, wouldn't you agree?

Therefore, I want to make it easy to get ***The Cinnamon Book*** into your hands as quickly as possible... so you can benefit immediately from its vast research and timely advice. Order today and you'll pay the low introductory price of just \$19.95, plus shipping and handling.

Delivered to you in just a couple days, and for less than the cost of dinner out, you'll quickly discover a safe, natural way to prevent disease... fight common illnesses... and even reduce your risk of more serious health conditions like:

- Type-2 diabetes
- Heart disease
- Arthritis
- Multiple sclerosis
- Alzheimer's

Want to share this gift of health with a loved one, and save even more? Order two books for the discounted price of \$30... and receive FREE shipping! That's an additional savings of more than 33% off the already low price!

Can't wait? I understand you may want to get the facts about cinnamon and put its powerful healing secrets to work for you right away.

So now, you can get a copy of ***The Cinnamon Book*** in just minutes... by simply downloading the eBook version to your computer immediately! And for a significant savings, at an even lower price of just \$4.99!

**Get Instant Access Now**

That right! ***The Cinnamon Book*** is available in both hardcover and as a downloadable eBook. But it gets even better, because...

## You also get this FREE Bonus!

As a special thank you for trying my newest natural health resource, I'll include with your order a FREE copy of "*Secrets of Pep, Vim and Vigor... At Any Age!*"

This valuable 8-page guide is not sold in stores anywhere. In it, you'll discover how to quickly and effectively eliminate stress, tension and fatigue from your life. "*Secrets of Pep, Vim and Vigor... At Any Age!*" also reveals the important connection between sleep and stress, plus the harmful effects of certain medications on sleep.

**Yet there's even MORE!** When you buy ***The Cinnamon Book***, you're covered by our publishers exclusive 100% Satisfaction, No Questions Asked, Money-Back Guarantee... for a full 90 Days! That's right! If you've struggled finding a natural solution to your health issues, try ***The Cinnamon Book***... risk-free for 90 days!



Uncover the powerful "healing truth" about cinnamon. Read the compelling research... discover the latest facts about its significant health benefits... and test drive the actionable steps for using cinnamon for health.

If you don't agree ***The Cinnamon Book*** is the most comprehensive, valuable resource for using cinnamon to fight common illnesses... recover from chronic disease... or prevent health issues in the first place, just return the hard copy book cover only to the publisher (or call customer support for eBook version) anytime within 90 days of the purchase date for a full refund, No Questions Asked!

Plus, even if you do decide to return the book, you can still keep your free gift, "Secrets of Pep, Vim and Vigor... At Any Age!", with our compliments!

**Try it RISK-FREE for 90 Days**

But hurry! We have a limited supply of hard copies available. Just click on the link now to reserve your Risk-Free copy of ***The Cinnamon Book***.

To your healing... *Naturally!*

*Emily Thacker*

Emily Thacker

**P.S.** Remember, you can stop suffering needlessly from health issues and the dangerous effects of prescription medications!

Instead, easily eliminate common illnesses... quickly reduce the effects of chronic disease... put off unnecessary surgery... even prevent health issues altogether when you discover the powerful "healing truth" of cinnamon. And, you can do all this when you get your own copy of ***The Cinnamon Book*** now!

**P.P.S.** Plus, we've removed all the risk! If ***The Cinnamon Book*** doesn't help put you back in control of your health, you pay nothing! Just return the cover only (hard copy book) or call customer support (eBook), and we'll refund your purchase price 100%... No Questions Asked. So grab your copy today!



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