



Facts on honey and cinnamon

It is found that a mixture of honey and cinnamon cures most Diseases. Honey is produced in most of the countries of the world. Scientists of today also accept honey as a 'Ram Ban' (very effective) medicine for all kinds of diseases. Honey can be used without any side Effects for any kind of diseases.

Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients. Weekly World News, a Magazine in Canada, on its issue dated 17 January, 1995 has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

HEART DISEASES:

Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also, those who have already had an attack, if they do this Process daily they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

ARTHRITIS:

Arthritis patients may take daily, morning, and night, One cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon honey and half teaspoon Cinnamon powder before breakfast, They found that within a week, out of the 200 people So treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

TOOTHACHE:

Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey and apply on the aching tooth. This may be applied three times a day until the tooth stops aching.

CHOLESTEROL:

Two tablespoons of honey and three teaspoons of cinnamon powder mixed in 16 ounces of tea water, given to a cholesterol patient were found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol. By the way, if you're taking cholesterol medicine, STOP! They all contain STATIN which weaken your muscles...including YOUR HEART and none has been shown to stop heart attacks or strokes!!!!

COLDS:

Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

Miss Salsabeel Baddar
PR & Marketing Supervisor

SAVE Environment!!! SAVE EARTH!!!

- ☞ There is a cute small round press button at the bottom right corner of almost all monitors: Please make use of it.
 - ☞ Take two minutes from your busy schedule before hurrying back home to shut down the computer.
 - ☞ All of us are big time Googlers. Have you heard of the Blackle search engine? Blackle (Google powered) is a search engine designed all in Rich Black so that your system consumes less power. So change your homepage.
 - ☞ Try to segregate the different kinds of waste into Bio-Degradable (Fruit or vegetable waste), Recyclable (waste Paper, paper products) and Electronics (Floppy disks, CD-ROMS). Once you have segregated your thrash, look for specialized trash cans to throw them away.
 - ☞ Use rechargeable batteries though it's an expensive product, its one-time purchase. Recharge when required. (Same applies to cell-phones, MP3s, iPods and Laptops)
 - ☞ The best pens to use would be ink ones. Though if you have to use a ball point pen, buy refills instead of buying new pens. Pencils are much better for rough use!
 - ☞ Remember to close water taps before preening in front of the mirror. Of course you are beautiful, but Water is a precious resource!
 - ☞ Let's not just wake up and walk out of finished meetings and conferences with a sigh of relief, let us remember to turn off the lights and projectors too.
- The Earth has already become a dangerous place to live in for the animals and birds. Soon it might be our turn. So let's pledge to save our beautiful planet so that you and your future generations can live happily and peacefully ever after.

"Heal the World and make it better place to live in"

Mr. Kevin Mendonca
IT Technician

Did You Know

- ☞ Alexander Makedon was the first to put his photo on currencies .
- ☞ Rhinoceros' blood color is blue .
- ☞ (OH) is the most scarce blood type in the world, and only three persons around the world has (OH).
- ☞ Finland has the largest number of lakes in the world .
- ☞ Airplanes' black box color is orange.
- ☞ Cornea is the only organ in the human body that the blood does not reach .
- ☞ Confucianism is the third largest religion in the world, after Christian and Islam .
- ☞ 12 degree is the highest at Richter scale for earthquakes
- ☞ Aljamovobia is the fear of marriage .
- ☞ Crocodile has the largest number of teeth with 76 teeth .
- ☞ Human uses 17 muscles to smile and 43 muscles to frown
- ☞ Thomas Edison has 1033 inventions .
- ☞ Cambodian language has the largest number of characters, it consists of 72 characters .
- ☞ Pisa tower has 8 floors and Eiffel Tower has 3 Floors .
- ☞ The oldest palace in the world is Ghamdan palace in Yemen .
- ☞ Small intestine length is 6 meters and large intestine is one meter and a half .

Miss Nada Shawqee
Graphic Designer



Happy Birthday

- Azizurahman Khan
- Juli Padiriss
- Dr. Sanad Al- Fadala
- Stella Real
- Khadijia Al Tamimi
- Ghassan hajj
- Lorraine Morales
- Dr. Abdulrahman Abueish
- Nada Shawqi
- Eman El Shebiny
- Rajitha Arakkottu
- Dr. Ahmed Shadi
- Asia Ahmed
- Davessy Lucy
- Sharif Abdel Raawf
- Anil Nair
- Rageb El-Metwali
- Bernadette Teng
- Esraa Riad
- Salah Abdel Radi
- Nada Najm
- Cherry Almonares
- Maria Seryano
- Fatma Gattan
- Anila Varghese
- Gracemma Joseph
- Nivein Salama
- Ajay Kishore
- Dr. Saed Ibrahim
- Dr. Rehab ElSayed
- Dr. Yasser Teima
- Dr. Nahla ElSayed
- Jude Ang
- Sibi Mathew
- Dr. Samah El Eassawy
- Abou elfoutouh Sehsah
- Lena Davis
- Ahmed Sayed
- Dr. Faisal Al-Kandari

Hope all your dreams & wishes come true

Congratulations to

- Mr. Dileep Sany (Accounting Dept) fot his Marriage.
- Mrs. Lissa Abraham (Nursing Dept) for having a baby boy.
- Mrs. Biji Koshy (Nursing Dept) for having a baby boy.

Our Warm Wishes for a Life Time of Joy & Happiness

Solution to game in the pervious issue

- # 1 Brerath
- # 2 A Staircase
- # 3 A Chair
- # 4 Friday
- # 5 A Flea
- # 6 A Cupcake

Welcome Aboard

- 01/07 Miss Sara Tharwat (Reception Department)
- 01/07 Miss Walaa Elshahat (Reception Department)
- 03/07 Mr. Emad Jihad (Contact Center)
- 03/07 Mr. Ghanem Sabr (Contact Center)
- 03/07 Mr. Abdullah Issa (Contact Center)
- 03/07 Mrs. Shinto John (Nursing Department)
- 03/07 Mrs. Pauline Reformado (Nursing Department)
- 03/07 Mrs. Chithra Syamla (Nursing Department)
- 05/07 Mrs. Dittu Mathai (Nursing Department)

Welcome your new colleages to Taiba Hospital
Wishes them the best of luck.

Learn with TAIBA

- 08/07 **Example Qodwa**
Example is better than precept .
Al qodwa al hasana khair men al wassiya .
- 09/07 **Grasp Tamei**
Grasp all, lose all .
Man tamei fe al fawz bekul shai khaser kull shai .
- 10/07 **Every Kull**
Every man is the architect of his own fotunes .
Kul emrean yassnai qadarah benefseh .
- 11/07 **Gather Ejmai**
Gather ye rosebuds while ye may .
Ejmai baraem al ward ma dumt qaderan ala thalek .
- 12/07 **Healthy Juices**
- 14/07 Carrot + Ginger + Apple = Boost and cleanse our system .
- 18/07 Apple + Cucumber + Celery = Prevent cancer, reduce cholesterol, and improve stomach upset and headache .
- 20/07 Tomato + Carrot + Apple = Improve skin complexion and bad breath .
- 22/07 Orange + Ginger + Cucumber = Improve Skin texture and moisture and reduce body heat .
- 23/07 Pineapple + Apple + Watermelon = To dispel excess salts, nourishes the bladder and kidney .
- 23/07 Apple + Cucumber + Kiwi = To improve skin complexion
- 24/07 Pear + Banana = regulate sugar content .
- 24/07 Apple + Carrot + Pear + Mango = Clear body heat, counteracts toxicity, decreased blood pressure and fight oxidization .
- 25/07 Honeydew + Grape + Watermelon + Milk = Rich in vitamin C & Vitamin B2 that increase cell activity and strengthen body immunity.
- 27/07 Papaya + Pineapple + Milk = Rich in vitamin C, E, Iron. Improve skin complexion and metabolism .
- 28/07 Banana + Pineapple + Milk = Rich in vitamin with nutritious and prevent constipation .
- 29/07
- 30/07
- 31/07

Miss Noura Elsayed
Nurse

If you have any questions or suggestions please contact:

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