

## IT CAN AID A COLD

When it comes to colds and flu, cinnamon is a must have in your cold busting kit. Ayurvedic therapist, Sunita Passi, says, "Eating  $\frac{1}{2}$  teaspoon cinnamon and 1 teaspoon honey 2 or 3 times a day can help keep a common cold, or cough under wraps. It will also help prevent congestion.

Furthermore, "If you suffer from sinus headaches, you may want to make a paste with cinnamon by taking  $\frac{1}{2}$  teaspoon with sufficient water. Spread the paste with your hands onto the affected area and let it sit for at least 20 minutes. Remove with a wet flannel and rinse off any residue with warm water, patting dry after". Ahh, we're feeling better already.

