

Brain Fog

Published research in PLOS One found that pomegranates, figs, and dates — all fruits native to Israel — helped reduce brain inflammation linked to Alzheimer's disease in animal studies. Those are the Seven Species of Israel from Scripture.

Raw honey, cinnamon sticks, and pomegranate

A simple way to make it:

- Warm water (not boiling — heat destroys honey's benefits)
- 1 tablespoon raw honey
- 1–2 cinnamon sticks steeped in the water
- 4–6 oz pure pomegranate juice stirred in

Sip it daily, preferably in the morning.

When you simmer cinnamon sticks in water, they slowly release the beneficial compounds — including that CEppt extract the Israeli researchers found — into the liquid. You are essentially making a gentle infusion. The longer it steeps, the more you get.

Powder dissolves but it does not infuse the same way. It also sits at the bottom of your drink and can get gritty. And powdered cinnamon loses potency faster once it is ground.

Simple way to use the sticks:

- Simmer 2 sticks in 2 cups of water for 15 to 20 minutes
- Let it cool to warm — not hot
- Stir in your raw honey - wait for water to cool down
- Add your 4-6 oz of pomegranate juice
- Sip slowly

The sticks can actually be reused two or three times before they lose their strength. Rinse them and let them dry between uses.

Here is everything for your morning brain health routine in one simple order on Amazon:

1. DRUERA Ceylon Cinnamon Sticks <https://amzn.to/3RRWD1M>

2. Pomona Organic Pomegranate Juice <https://amzn.to/4erjz0A>

3. BodyBio Calcium Magnesium Butyrate <https://amzn.to/3PXqxBb>

4. H2 Tablets — <https://amzn.to/4xbMAof>

5. Nate's 100% Pure, Raw & Unfiltered Honey <https://amzn.to/4axhb61>

Add some good raw honey if you do not already have it. Look for local raw honey at a farmers market or health food store. Local is always best for honey — better for your immune system too.

That is your whole routine. Simple. Affordable. Real science behind every piece of it.