



INGREDIENT OF THE MONTH CINNAMON

BY TONY ESCOBAR, MARCH 2006

Cinnamon has been used by many different cultures for its medicinal properties for thousands, of years.

One of the most talked about benefits of cinnamon relates to type II diabetes.

A profound study published in the journal *Diabetes Care* found that half a teaspoon of cinnamon a day significantly reduces blood sugar levels in people with type II diabetes. Cinnamon also reduced triglyceride, LDL cholesterol, and total cholesterol levels among this study group.

Studies have also documented Cinnamon's other wonderful benefits, which include:

- Supports digestive function and metabolism
- Constricts and tones tissues
- Relieves congestion
- Relieves pain and stiffness of muscles and joints
- Relieves menstrual discomfort
- Stimulates circulation and enhances oxygenation at a cellular level
- Anti-inflammatory compounds that may relieve arthritis
- Helps prevent urinary tract infections, tooth pain and decay as well as gum disease
- It's a powerful anti-microbial and anti-parasitical agent that can kill *E. coli* and control parasites and other bacteria
- It can also help burn excessive undesirable fat